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Welcome

This review document compiles the research and academic work completed in 2017 by colleagues and affiliates of Nordoff Robbins Music Therapy. These consist of publications (books, chapters and peer-reviewed journal articles) and prominent national and international conference presentations, as well as other ongoing academic, research and teaching work. All of these activities together form a crucial foundation for growing a healthy attitude of continuous enquiry, of engaged curiosity, and for contributing to professional and disciplinary knowledge and debate. This is a crucial part of the charity’s activities, dedicated to understanding and supporting the high quality of the music therapy services offered by the charity, providing an evidence base that both emerges from and supports the development of music therapy practice, while committing to learning from and creating dialogue with wider research on music therapy, and music in wellbeing and health.

A comprehensive review of these activities between 1980 and 2015 was produced, and we continued to document and acknowledge further work produced in 2016. The annual report last year received extremely positive feedback from practicing music therapists, researchers in the field, trustees and other interested parties alike, and we hope that this new review, celebrating our work in 2017 will be similarly valued by those within, related to and beyond Nordoff Robbins.

In addition to carrying out research and evaluation, a core part of Nordoff Robbins’ academic activity is to train future generations of music therapists and researchers. The research team at Nordoff Robbins carries out service evaluation projects as well as research work often in collaboration with Nordoff Robbins music therapists and external partners. Evaluation projects are included since they are often triggers for research.

Data was collected by survey, email and web search over the period from November 2017 to February 2018. Some items with 2016 dates are included, if they did not appear in that year’s document for one reason or another. Section titles with no examples this year are retained for consistency with past and future Reviews. Asterisked entries were completed without formal support from Nordoff Robbins England and Wales, but by researchers who remain affiliated in one way or another. We hope that this document shows the breadth, depth, quality and value of the academic and research activities conducted by and associated with Nordoff Robbins, and that it will invite interest in the work and achievements of the charity which remain centred around people’s engagement with music.

Owen Coggins
The Research Team
March 2018

Suggested Citation:
Available at: https://www.nordoff-robbins.org.uk/academic-review.
PUBLICATIONS
1. Books


2. Book chapters


3. Articles in peer-reviewed journals


4. Thematic journal issues

5. Editorials


6. Book reviews

7. Resources for teaching, practice and research


8. Articles in conference proceedings, non-peer-reviewed journals and reports


PRESENTATIONS, EXTERNAL TEACHING & RESOURCES
9. Keynote conference presentations


10. Conference presentations


11. Conference workshops and panels


12. Poster sessions


13. Conference booklets


14. Teaching and lectures in other institutions (UK & abroad)


Coggins, O. (2017). Methodology in researching popular music audiences. Guest lecture, School of Languages, Arts and Cultures, University of Manchester, UK.


Hornblower, A. (2016-2017). Teaching, marking and personal tutoring as part of the online pilot course *Music and Resilience Support – an Erasmus Plus project*, run by Nordoff Robbins in partnership with Prima Materia (Italy), Euridea (Italy), the International Music Council (France), The Catalan Choral Movement (Catalonia, Spain) and NISCVT (Lebanon).

North, F. (2017). Nordoff Robbins Music Therapy. Seminar/experiential workshop for counselling and psychotherapy degree students at University of Salford, Manchester, UK.


Tsiris, G. (2017). The arts as a health promotion agent in palliative care: Perspectives from music therapy. Lecture at St Columba's Hospice, Edinburgh, UK.
PROJECTS
15. Research projects

An overview of internal and collaborative research projects is provided below. Most projects involve at least informal contributions by people beyond the project team. A number of themes run through the projects including: the exploration of what happens in music therapy; how it can be discussed, assessed and evaluated; and, how music therapy is seen by clients and those around them. Music is at the heart of many of these projects, and at the same time they explore how related fields can inform music therapy practice and research. All of the projects have the overarching aim of learning about, and contributing to, practice. We thank the members of Nordoff Robbins Research Ethics Committee for their guidance and support throughout the research projects.

Research projects are ordered according to the ‘date first published’. Research projects that are still in-progress and with no publication record are listed first followed by the ones with the most recent first publication.

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**Nordoff Robbins music therapy and improvisation**

**Research team:** Spiro, N., Sanfilippo, K.R. & Schober, M.

**Organisations involved:** Royal College of Music; Nordoff Robbins; The New School for Social Research, New York.

**Start date:** October 2013

**Project outline:** Since improvisation is at the heart of Nordoff Robbins music therapy, this study investigates the following questions: 1. What characterises music therapy improvisation in the eyes of participants? 2. What are the techniques used? 3. To what extent co-improvisers agree about ‘what happened’? This project builds on a series of studies about shared understanding in collaborative music making.

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**Outcome measures for use in music therapy**

**Research team:** Spiro, N., Tsiris, G., Cripps, C., Snowman, A., & Pavlicevic, M.

**Organisations involved:** Nordoff Robbins

**Start date:** October 2014

**Project outline:** Although there is currently a plethora of outcome measures available for music therapists, and a large number of these are used in music therapy work, practitioners and researchers often encounter problems in identifying the most appropriate outcome measures. This project identifies outcome measures that are currently available for those working with clients with dementia and autism and investigates:

- what the methods of assessment are,
- where the focus lies in terms of the client’s ‘behaviour’,
- what the differences and similarities are across different outcome measures,
- what (if anything) is missing from the measures,
- what the pros and cons of using such measures might be in different situations.

As part of the project we will also bring together definitions of outcome measures, while considering their potential usefulness to Nordoff Robbins work.
Randomised controlled trials in music therapy: What have we learned so far?

Research team: Spiro, N, Tsiris, G., Sobolewska, T., & Pavlicevic, M.

Organisations involved: Nordoff Robbins England and Wales; Nordoff Robbins Scotland.

Start date: October 2014

Project outline: Randomised controlled trials (RCTs), which often feature in debates regarding hierarchical models of evidence and their methodological assumptions, play a key role in the modern healthcare landscape. Findings from RCTs influence policy-making and shape the image of professional fields nationally and internationally. This holds true for music therapy and the wider field of music and health too. Despite the increasing number of RCTs conducted in music therapy and other music interventions, the research community is still learning how to carry out and report on such studies. Studies have considered practical guidelines for the design and implementation of RCTs in music, but it is equally important for researchers, and also for research audiences, to develop clear theoretical foundations and understanding of the links between RCTs and the practices that they study. Through analysis of 25 RCTs on music therapy and music intervention in dementia care, this study provides an overview of the type and format of practices studied in these RCTs, the outcome measures, as well as the relationship between the aims of such practices and foci of RCTs respectively. The patterns, as well as the methodological tensions and ‘gaps’ identified in the study, help us to learn about the connections between practice and outcome, as well as raise questions that have perhaps been overlooked in review studies that emphasise aspects of reliability, validity and generalisability. Looking ahead, the consideration of RCTs alongside other research approaches can enhance mutual understanding and exchange.

To what extent do performers and listeners share understanding of free jazz performances?

Research team: Pras, A., Schober, M., & Spiro, N.

Organisations involved: The New School for Social Research, New York;

Start date: November 2014

Project outline: Music therapists communicate with a range of audiences about their work. The questions they face regarding the extent of shared understanding between those participating in an activity and those observing are not limited to music therapy. Through interviews and questionnaires, this case study investigates free jazz musicians’ creative processes and the extent and nature of shared understanding when they improvised together for the first time. It also observes the extent to which other free jazz musicians within the same community agree with the performers’ characterizations when listening to their recorded performance. This is one of a series of studies about shared understanding in collaborative music making. We hope that the methods developed and findings identified in these projects will help inform our exploration of the variability of shared understanding in music and music therapy.

Players’ and audience members’ overlapping understanding of a piano-cello chamber workshop performance

Research team: Schober, M. & Spiro, N.

Organisations involved: The New School for Social Research, New York; in association with Nordoff Robbins

Start date: 2015

Project outline: Communication with non-music therapists about their work is a daily challenge for NR practitioners. The question of the extent of shared understanding between those participating in an activity and those observing is not limited to music therapy. Therefore, our study explores audience interpretation of duo musical performance and the extent to which variability in understanding across different audience members can be predicted by prior musical experience.
# Evaluating Nordoff Robbins music therapy services in the UK: Exploring the applicability and transferability of the impact areas

**Research team:** Tsiris, G., Spiro, N, & Coggins, O.

**Organisations involved:** Nordoff Robbins Scotland; Nordoff Robbins England and Wales

**Start date:** 2016

**Project outline:**

Service evaluation is a crucial component of effective music therapy service provision. Given the diversity of contexts within which music therapy services are provided however, developing a consistent service evaluation framework can be a challenge. Context-sensitive initiatives of music therapists and organisations have led to diverse service evaluation systems over time, but the need to develop more coherent and transferable evaluation frameworks for music therapy services has emerged as a necessity not only within Nordoff Robbins but also across the field.

With the aim of developing further our internal evaluation systems as well as contributing to disciplinary knowledge regarding service evaluation in the wider music therapy field, we are currently undertaking a collaborative project with our sister charity Nordoff Robbins Scotland. This research project builds on previous work on service evaluation (e.g. Spiro & Tsiris, 2016; Tsiris, Farrant & Pavlicevic, 2014; Tsiris & Hartley, 2014).

# Music Therapy & Education

**Research team:** Coggins, O., Robertson, C., Spiro, N., Wang, L.-C., & Sanfilippo, K.R.

**Organisations involved:** Nordoff Robbins, London schools.

**Start date:** 2017

**Project outline:**

Ethnographically investigating what happens in music therapy in schools, how decisions are made and how music therapy is perceived, addressing shortcomings in relevant academic research.

# Do the Shuffle: Exploring reasons for music listening using the shuffle function

**Research team:** Sanfilippo, K.R. & Spiro, N.

**Organisations involved:** Nordoff Robbins; Royal College of Music.

**Start date:** 2017

**Project outline:** Music is in many people’s everyday lives. In health, educational, and social settings music can fulfil specific functions. Many of the uses of music in these settings may be reliant on people’s relationships with the music used. However, the factors contributing to people’s relationships with music are often not considered fully in these contexts. In this study, we capitalise on the ubiquity of personal music devices and the shuffle function to test a new method and investigate which aspects of music listening are prioritized by people with music on their personal devices. Through people’s descriptions of randomly selected music on their device, we explore their relationships with tracks and the factors that contribute to those relationships. We do this in order to understand better which aspects of music listening people prioritize and the factors that contribute to the different relationships they have with pieces of music.

# Impact Case Study: Assessment of the Research of Prof Tia DeNora

**Research team:** Ansdell, G.

**Organisations involved:** Exeter University

**Start date:** September 2017

**Project outline:** Assessing the research of Professor Tia DeNora in fields relevant to musicology, music therapy research and music sociology.
### MUSOC Core Network

<table>
<thead>
<tr>
<th>Research team:</th>
<th>Henley, J. &amp; Higgins, L., with participation by Ansdell, G.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organisations involved:</td>
<td>Royal College of Music, London; York St Johns University</td>
</tr>
<tr>
<td>Start date:</td>
<td>September 2017</td>
</tr>
<tr>
<td>Project outline:</td>
<td>Exploring intersectional aspects of community music, music therapy and music education [AHRC network grant].</td>
</tr>
</tbody>
</table>

### Metal Health: Musical Preference in Music Therapy and Wellbeing

<table>
<thead>
<tr>
<th>Research team:</th>
<th>Coggins, O.</th>
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</thead>
<tbody>
<tr>
<td>Organisations involved:</td>
<td>Nordoff Robbins</td>
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<tr>
<td>Start date:</td>
<td>December 2017</td>
</tr>
<tr>
<td>Project outline:</td>
<td>Investigates the influence of musical preference on music therapy interventions and other intersections between music and wellbeing, by exploring case studies within a broad musical culture--metal and noise--in which strong identity affiliations and taste preferences are expressed, and in which polarised discourses circulate surrounding connections between mental health and the impacts of music.</td>
</tr>
</tbody>
</table>

### Mapping the Musical Lifecourse

<table>
<thead>
<tr>
<th>Research team:</th>
<th>Creech, A., with participation by Ansdell, G. and others.</th>
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</thead>
<tbody>
<tr>
<td>Organisations involved:</td>
<td>Faculty of Music, Université Laval, Canada</td>
</tr>
<tr>
<td>Start date:</td>
<td>January 2018</td>
</tr>
<tr>
<td>Project outline:</td>
<td>Advancing theoretical frameworks and methodologies for understanding emergent affordances, constraints, and challenges relating to musical pathways across the lifecourse.</td>
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</table>

### Caring for Music

<table>
<thead>
<tr>
<th>Research team:</th>
<th>Ansdell, G.</th>
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</thead>
<tbody>
<tr>
<td>Organisations involved:</td>
<td>University of Exeter; University of Bergen [AHRC funding bid]</td>
</tr>
<tr>
<td>Start date:</td>
<td>Funding dependent.</td>
</tr>
<tr>
<td>Project outline:</td>
<td>Ethnographic study of music in late life/end of life settings in UK and Norway with an emphasis on mutual care for music between therapists, residents/patients and family members.</td>
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</table>
16. Doctoral projects

The Nordoff Robbins MPhil/PhD programme was inaugurated in 2006. Initially the programme was validated by City University London, and from 2016 will be validated by Goldsmith’s University. The projects listed here are part of the Nordoff Robbins programme or are projects carried out in other programmes by individuals during their Nordoff Robbins employment. The projects are ordered according to the year of completion, starting with the projects that are in-progress.

**Completed**

Performing spirituality in music therapy: Towards action, context and the everyday
Dr Giorgos Tsiris (PhD awarded). Gary Ansdell & Mercédès Pavlicevic (Supervisors)
Registering institution: Nordoff Robbins / Goldsmiths, University of London

Thesis available at [http://research.gold.ac.uk/23037/](http://research.gold.ac.uk/23037/).

**In progress**

Co-musicking with (neuro)diverse families: co-creating knowledge on musicking, its accessibility and meaning
Maren Metell (MPhil/PhD student); Simon Proctor & Mercédès Pavlicevic (Supervisors)
Registering institution: Nordoff Robbins / Goldsmiths, University of London
2015 – ongoing.

Playing the changes II- A participatory action research project exploring how music can make a difference for people in a prison
Kjetil Hjørnevik (PhD candidate)
Registering institution: Nordoff Robbins / Goldsmiths, University of London

When music is shared: Exploring performer & audience experiences in music therapy performance
Erin Epp (MPhil/PhD student); Gary Ansdell & Mercedes Pavlicevic (Supervisors)
Registering institution: Nordoff Robbins / Goldsmiths, University of London
2016-ongoing.

Claire Flower (PhD student) Mercedes Pavlicevic & Gary Ansdell (Supervisors)
Registering Institution: Nordoff-Robbins/Goldsmiths University
2011 – ongoing.
17. Evaluation projects

This section includes 34 monitoring and evaluation projects of music therapy services provided or supported by Nordoff Robbins, in collaboration with partner organisations. It also includes monitoring and evaluation projects of continuing professional development courses provided by Nordoff Robbins. Projects are ordered according to their delivery date, with two reports completed in early 2018 though the majority of the process in each case took place in 2017.

2017

Moorlands View Low Secure Unit
Regional Head: Alison Hornblower
Practitioner: Katy Gaul
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 13 February 2017

Northern Counties School
Regional Head: Alison Hornblower
Practitioner: Hannah Ashman
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 20 February 2017

The Toby Henderson Trust
Regional Head: Alison Hornblower
Practitioner: Hannah Ashman
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 28 February 2017

Oulton Manor (Hadrian Healthcare Group)
Regional Head: Alison Hornblower
Practitioner: Sarah Smith
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 28 February 2017

Neuro-rehabilitation Unit at Neath Port Talbot Hospital and the Traumatic Brain Injury Service at Morriston Hospital, Swansea
Regional Head: Fraser Simpson
Practitioner: Jo Humphreys
Date of report delivery: 10 March 2017
Data Analyst: Sherif Ejiwunmi

Epinay School
Regional Head: Alison Hornblower
Practitioner: Hannah Ashman
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 13 March 2017

St Kentigern Hospice and Palliative Care Centre
Regional Head: David Robinson
Practitioner: Charlotte Bailey
Data Analyst: Owen Coggins
Date of report delivery: 14 March 2017
Marie Curie Hospice
Regional Head: Harriet Crawford
Practitioner: Joseph Jezard
Data Analyst: Sherif Ejiwunmi & Owen Coggins
Date of report delivery: 22 March 2017

Grove House School
Regional Head: Harriet Crawford
Practitioner: John Wallis
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 29 March 2017

St Elizabeth’s College
Regional Head: Harriet Crawford
Practitioner: John Wallis
Data Analyst: Sherif Ejiwunmi
Date of report delivery: 29 March 2017

Memory Service Barking & Dagenham
Regional Head: Allison Anthony
Practitioner: John Wallis
Data Analyst: Owen Coggins
Date of report delivery: 14 June 2017

Sea View Day Centre (Parkstone Connect)
Regional Head: Fraser Simpson
Practitioner: Alison Hughes
Data Analyst: Owen Coggins
Date of report delivery: 19 June 2017

Ty Olwen Hospice
Regional Head: Fraser Simpson
Practitioner: Jo Humphreys
Data Analyst: Sherif Ejiwunmi & Owen Coggins
Date of report delivery: 20 June 2017

Daylight Spectrum Day Centres
Regional Head: Harriet Crawford
Practitioner: Oliver Kluczewski
Data Analyst: Owen Coggins
Date of report delivery: 20 June 2017

HAIL Community Outreach
Regional Head: Harriet Crawford
Practitioner: Oliver Kluczewski
Data Analyst: Owen Coggins
Date of report delivery: 20 June 2017

Hammerson House Care Home
Regional Head: Harriet Crawford
Practitioner: Jose Alor
Data Analyst: Sherif Ejiwunmi & Owen Coggins
Date of report delivery: 27 June 2017
**Hatton School**
Regional Head: Harriet Crawford
Practitioner: Emily Grimes
Data Analyst: Owen Coggins
Date of report delivery: 28 June 2017

**Downhurst Care Home**
Regional Head: Harriet Crawford
Practitioner: Joseph Jezard
Data Analyst: Owen Coggins
Date of report delivery: 28 June 2017

**Newman School and Additional Resource Base**
Regional Head: Alison Hornblower
Practitioner: Susanna Hewitt
Data Analyst: Owen Coggins
Date of report delivery: 28 June 2017

**NELFT NHS Foundation Trust, Park View Memory Service**
Regional Head: Allison Anthony
Practitioner: John Wallis
Data Analyst: Owen Coggins
Date of report delivery: 4 July 2017

**The Manor House (Hadrian Healthcare Group)**
Regional Head: Alison Hornblower
Practitioner: Sarah Smith
Data Analyst: Owen Coggins & Anna Carow
Date of report delivery: 4 July 2017

**Acacia Unit, Park House, Greater Manchester Mental Health NHS Trust**
Regional Head: David Robinson
Practitioner: Louise Gregg
Data Analyst: Anna Carow
Date of report delivery: 26 July 2017

**Elms Bank Specialist Arts College**
Regional Head: David Robinson
Practitioner: Holly Dickson
Data Analyst: Sherif Ejiwunmi & Owen Coggins
Date of report delivery: 31 July 2017

**Forest Park School**
Regional Head: Fraser Simpson
Practitioner: Alison Hughes
Data Analyst: Anna Carow
Date of report delivery: 1 August 2017

**Alexandra Centre**
Regional Head: Allison Anthony
Practitioner: Kate Williams
Data Analyst: Sherif Ejiwunmi & Owen Coggins & Anna Carow
Date of report delivery: 18 September 2017
Gwelfor Cefn Coed Hospital
Regional Head: Fraser Simpson
Practitioner: Joanna Humphries
Data Analyst: Anna Carow
Date of report delivery: 10 October 2017

Eccles Home Care Home
Regional Head: David Robinson
Practitioner: Richard Instone
Data Analyst: Anna Carow
Date of report delivery: 16 October 2017

St Giles School
Regional Head: Richard Bennett
Practitioner: Kerry Atchison
Data Analyst: Anna Carow
Date of report delivery: 14 November 2017

Hadrian School
Regional Head: Alison Hornblower
Practitioner: Beverley Rayner
Data Analyst: Anna Carow
Date of report delivery: 8 December 2017

Ellenor
Regional Head: Richard Bennett
Practitioner: Petra Stoffel
Data Analyst: Anna Carow
Date of report delivery: 18 December 2017

Nordoff Robbins London North Centre
Regional Head: Allison Anthony
Practitioner: Various
Data Analyst: Anna Carow
Date of report delivery: 19 December 2017

Royal Manchester Children’s Hospital
Regional Head: David Robinson
Practitioner: Brigitte Schwarting
Data Analyst: Anna Carow
Date of report delivery: 19 December 2017

Royal Albert Hall
Regional Head: Allison Anthony
Practitioner: Elaine McGregor
Data Analyst: Anna Carow
Date of report delivery: 22 January 2018

International Care Network
Regional Head: Fraser Simpson
Practitioner: Anna Tyrell
Data Analyst: Anna Carow
Date of report delivery: 23 January 2018