

A photograph of two women playing violins in a lecture hall. The woman on the left is wearing a purple dress and has dark hair. The woman on the right is wearing a black dress and has long blonde hair. They are standing in front of a large chalkboard. A red podium with the University of Bergen logo is in the foreground. The text 'Music therapy in action: International collaboration through research and education' is overlaid on the image.

Music therapy in action: International collaboration through research and education

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Nordplusmusic

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(foto: Rune Rolvsjord)

with contributions from Tora Söderström Gaden, Christian Gold, Ingrid Kvestad, Lucja Bieleninik, Jörg Assmus, and others

A collaboration between GAMUT and RKBU



Background

- Bachelor degree in flute performance
- Worked for 14 years as music therapist in U.S.
 - Neonatal intensive care, pediatric intensive care, burns, trauma
 - Palliative and end-of-life care
 - Adults with substance use problems
- Moved to Bergen in 2014

What is music therapy?

- Explores the relation between music and health both in clinical situations and as a resource in everyday life
- Clients in music therapy actively engage in:
 - Listening to, talking about, playing, composing, recording, producing, moving to, or being in music
- Clients' strengths and potentials are emphasized, while their needs are also addressed

How are music therapists educated at UiB?


- 5-year integrated master's degree
- 300 study points
- Practice, theory, research
 - Ex.phil, ex.fac, psychology
 - Intro to music therapy, group musicking skills, functional music skills
 - Therapeutic voicework, musical identity
 - Community music therapy
 - Music therapy in medical contexts, mental health, with elderly, in child and youth development
 - Music therapy theory, research methods, master's thesis



GAMUT – Grieg Academy Music Therapy Research Centre

l o n g

s t r p



Den fyrste song eg høyra fekk
Var mor sin song ved vogga;
Dei mjuke ord til hjarta gjekk
Dei kunne gråten stogga

Den fyrste song

(text: Per Sivle; melody: Lars Sjøraas; tr. Finn Tømmerberg)

The first song I ever heard when in my cradle lying
Was mother's heartfelt lullaby, which ended all my crying.

It gently lulled me into sleep, her words could soothe me only
They pointed out a way so grand, far from our cottage lonely.

Oft when I rest my weary eyes, I see that road so clearly
A smiling angel standing there, and none can smile so dearly.

When I am worn by pain and strife, and dark seem my tomorrows
I hear sounds from mother's grave, the song that heals my sorrows.







Tora Gaden – Akershus Universitetssykehus
(foto: Silje Måseide)
Støtte fra Extrastiftelsen

l o n g

s t r p



Støttet av Norges forskningsråd

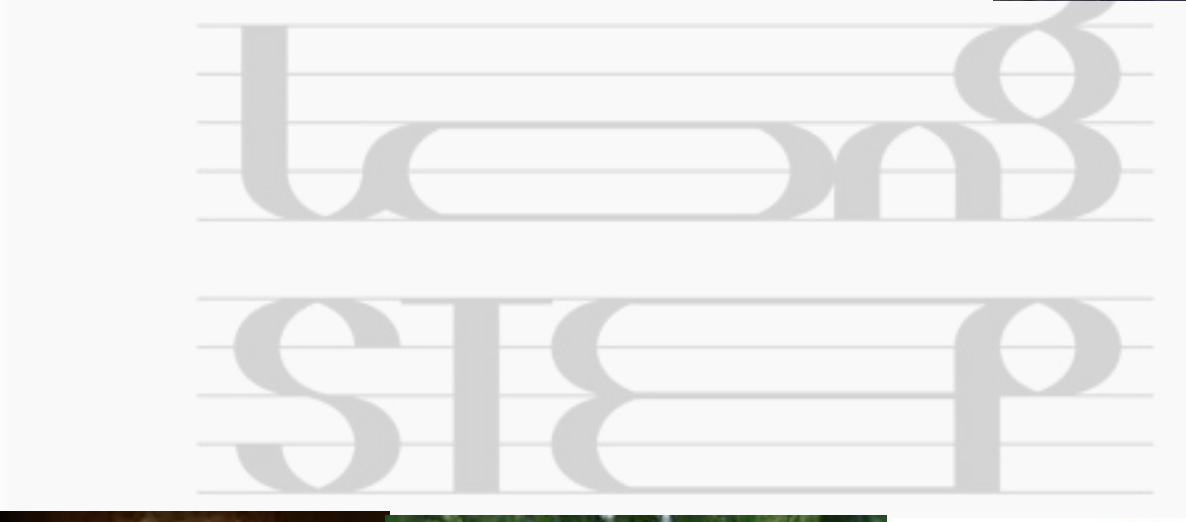
NORCE

Griegakademiets senter for musikkterapiforskning - GAMUT

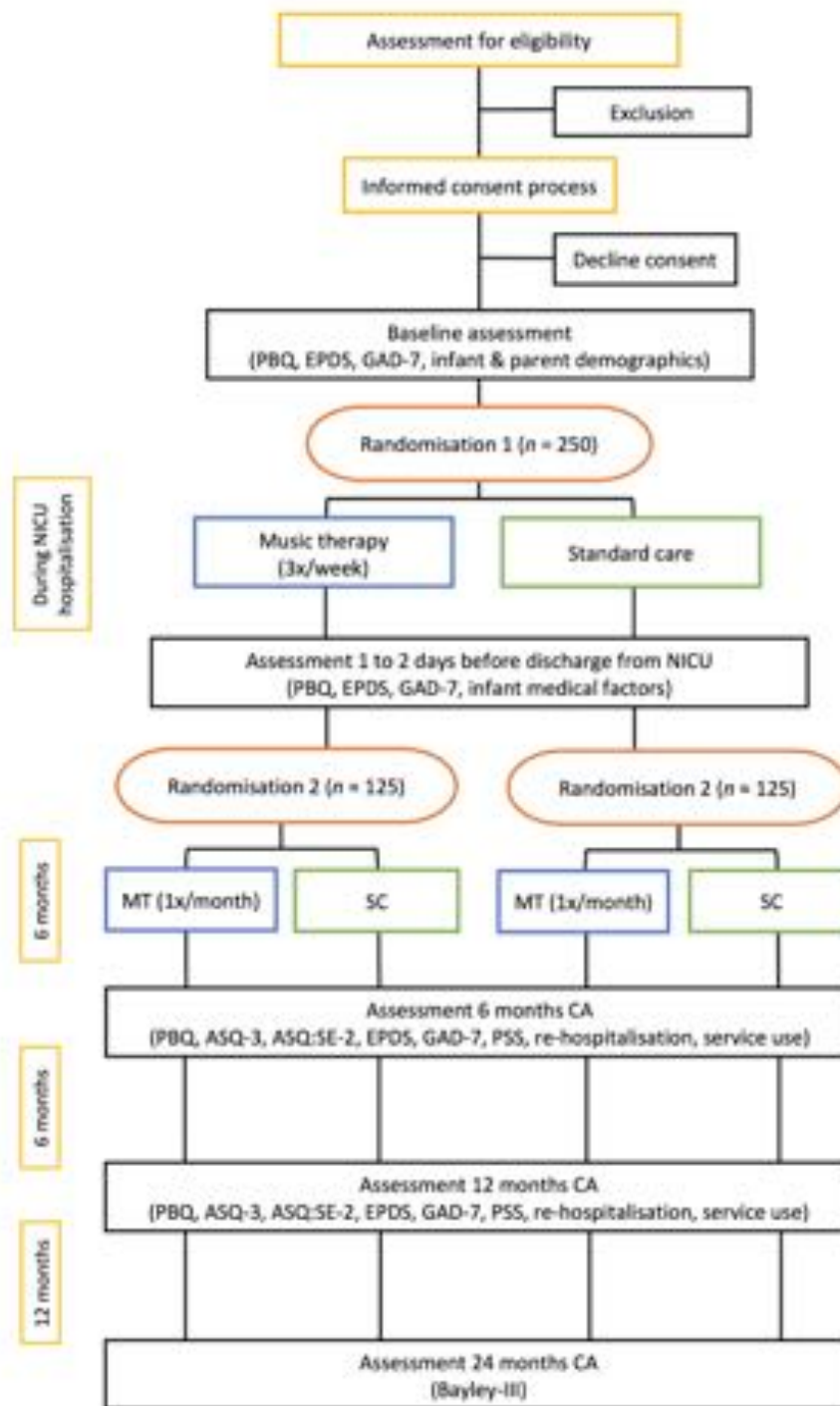
**RKBV Vest - Regionalt kunnskapssenter for
barn og unge**

polyfon
kunnskapslynge for musikkterapi





PBQ – Postpartum Bonding Questionnaire;
EPDS – Edinburgh Postnatal Depression
GAD-7 – Generalized Anxiety Disorder Assessment;
PSS – Parental Stress Scale



NICU

At home

MT during NICU stay (3x/wk)



MT follow-up first 6 months
(1x/mo)

MT during NICU stay (3x/wk)



Standard care

Standard care



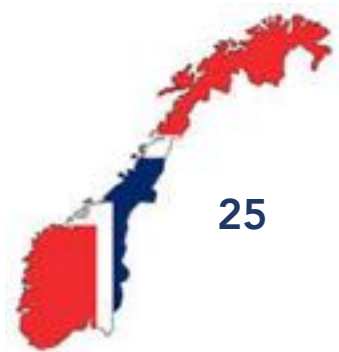
MT follow-up first 6 months
(1x/mo)

Standard care



Standard care

41
26. august 2018



25

Haukeland: 27. november 2018
Akershus Universitetssykehus: 14. januar 2019
OUS Rikshospitalet: 24. april 2019



35
17. Oktober 2018

10
10. mai 2019



33

9. januar 2019



Participating hospitals

- Barne- og ungdomsklinikken, Haukeland University Hospital, Bergen, Norway
- University Hospital Fundación Santa Fe de Bogotá, Bogotá, Colombia
- Szpital Miejski w Rudzie Śląskiej Sp. Z o.o, Ruda Śląska, Poland
- Meir Medical Center, Tel Aviv University, Israel
- Akershus University Hospital, Oslo, Norway
- Rikshospitalet, Oslo University Hospital, Oslo, Norway
- Hospital Fernández, Buenos Aires, Argentina

International collaboration partners

- SONO – Centro de Musicoterapia, Bogotá, Colombia
- School of Creative Art Therapy, University of Haifa, Israel
- Karol Szymanowski Academy of Music in Katowice, Poland
- Institute of Psychology, University of Gdańsk, Poland
- King's College London, UK
- Universidad de Ciencias Empresariales y Sociales, Buenos Aires, Argentina





How are students involved in LongSTEP?



Master's thesis
Astrid Linnea Østerholt, 2019
MT in follow-up care for premature



PhD Candidate, LongSTEP
NORCE (NFR & RKBU)
2018 - 2022
Tora Söderström Gaden



External PhD
Univ of Haifa
2019 – 2022
Shulamit Epstein



What is next?

Researcher/educator exchange?

Post-doctoral projects?

Student exchange?

Researcher residency?

PhD candidate residency?

Applications for EU funding?

Implementation research?

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