

HEALTH for CHILDREN with MUSIC

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Proceedings of the

Child Music Therapy Conference in April 26 – 27



HEALTH FOR CHILDREN WITH MUSIC
CHILD MUSIC THERAPY CONFERENCE
APRIL 26-27 / HELSINKI 2022



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Finnish Society for Music Therapy



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Face to face Program

Start	End			
TUESDAY 26, April 2022 (Marina Congress Center, Katajanokanlaituri 6, 00160 Helsinki)				
MUSIC THERAPY IN PEDIATRIC HOSPITALS				
8:00	09:00	Registration		
09:00	10:45	FENNIA 1		
		Welcome: Conference Chairs Hanna Hakomäki and Jaakko Erkkilä Keynote Speakers (Session Chair Jaakko Erkkilä) Dr. Friederike B. Haslbeck, University & University Hospital, Zurich, Switzerland <ul style="list-style-type: none">“The brain booster – how creative music therapy can improve brain development in preterm infants” Prof. Dr. Minna Huotilainen, Department of Education, University of Helsinki, Finland <ul style="list-style-type: none">“Music therapy in infancy – Nordic experiences” Dr. MT-BC Cheryl Dileo, Emerita Laura H. Carnell Professor of Music Therapy, Founding Director: The Arts and Quality of Life Research Center, USA <ul style="list-style-type: none">"Tell Me Where It Hurts" A Hierarchy of Music Therapy Pain Management Approaches in Pediatrics MUSIC: Ninni Repo and Sanna Saarinen with babies and young children from the Juvenalia Music Institute, Espoo		
10:45	11:00	Light Breakfast Break		
		FENNIA 1	NORDIA	MARINE
		ROOM		
11:00	11:30	(Session Chair Hanna Hakomäki) PAPER: Potentials of Music and Imagery as Complementary Interventions for Health–Promotion in Child Ilan Sanfi, Child and Adolescent Medicine, Aarhus University Hospital	(Session Chair Anne Takamäki) PAPER: When music therapist and physiotherapist join forces - Case study of a brain injury rehabilitation Hanna Sahinoja, Tampere University of Applied Sciences, Jyrki Nikkilä, Neurolay/Sinivire,	(Session Chair Markku Pöyhönen) VIDEOS: The New Children´s Hospital, Helsinki, Finland The New Children´s Hospital Virtual Tour http://www.koeuusilastensairaa.fi/index-en.html
11:30	12:30	Lunch		
12:30	14:00	(Session Chair Kirsi Tuomi) ROUNDTABLE: Implementing family-centered music therapy in neonatal care – Sharing strategies from a Finnish, Swedish, German, and Swiss perspective Kaisamari Kostilainen, Cognitive Brain Research Unit, Faculty of Medicine, University of Helsinki, Finland; Pernilla Hugoson, Department of Women and Children’s Health Karolinska Institute, Stockholm, Sweden; Friederike Haslbeck, Department of Neonatology, University Hospital Zurich, Switzerland	(Session Chair Anne Takamäki) WORKSHOP: A developmental approach to music therapy for children with developmental disorders Melanie Voigt, University of Applied Sciences Würzburg-Schweinfurt	(Session Chair Reetta Keränen) PAPER: A theory-supported documentation tool for music therapy as procedural support; promoting better continuity of care. Tone Leinebø Steinhardt, Claire Ghatti, Oslo University Hospital PAPER: “I will do the voices and you tell the story!” Making musical stories as a method in music therapy with children and youngsters dealing with a cancer treatment.

				<p>Inge Bracke, University Hospital Leuven, paediatric oncology</p> <p>PAPER: A supportive distraction: Implementing music therapy interventions in an ambulatory chemotherapy unit and an intensive care unit for pediatric patients in Peru.</p> <p>Sarah Helander, Independent Music Therapist</p>
14:00	14:15	Coffee Break		
14:15	14:45	<p>(Session Chair Anne Takamäki)</p> <p>PAPER: Parent-driven infant-directed singing as resource-oriented music therapy: Theoretical frames and considerations for implementation</p> <p>Claire M. Ghatti, GAMUT, The Grieg Academy - Dept. of Music, University of Bergen, Tora Söderström Gaden, GAMUT Grieg Academy Music Therapy Research Centre, NORCE Norwegian Research Ctr; Christian Gold, GAMUT Grieg Academy Music Therapy Research Centre, NORCE Norwegian Research Ctr; Ingrid Kvestad, RKBU West, NORCE Research Centre</p>	<p>(Session Chair Hanna Vuorimaa)</p> <p>PAPER: Discovering new perspectives in pediatric pain; music therapy into Helsinki Pediatric Pain center</p> <p>Hanna Vuorimaa, Reetta Keränen and Hanna Hakomäki, Helsinki University Hospital, Finland</p>	<p>(Session Chair Jaakko Erkkilä)</p> <p>PAPER: Music Therapy in Pediatric Hospitals offered by a non-profit organization as a voluntary service: opportunities and challenges.</p> <p>Dimitris Koukourakis, "Angels Of Joy", Greece</p>
14:45	15:15	<p>PAPER: Beyoncé MD: Music - based therapeutic interventions and their effect on cognitive development and DNA methylation in extremely preterm infants admitted to the Neonatal Intensive Care Unit</p> <p>Artur Jaschke, ArteZ / University Medical Centre Groningen</p>	<p>PAPER: 'Balancing the Public and the Private': an exploration of the role of music therapy and boundaries in paediatric palliative care</p> <p>Victoria Kammin, University of Roehampton</p>	<p>PAPER: Music therapy with children visiting their hospitalized sibling in the NICU</p> <p>Christina Kalliodi, "Angels of Joy" / "echo" music psychotherapy center</p>
15:15	15:45	<p>PAPER: Longitudinal study of music therapy's effectiveness for premature infants and their caregivers (LongSTEP): Results from feasibility studies with Norwegian and Polish cohorts</p> <p>Łucja Bieleninik, GAMUT, NORCE Norwegian Research Centre AS; University of Gdansk, Tora Gaden Söderström, GAMUT, NORCE Norwegian Research Centre AS; Claire Ghatti, GAMUT, The Grieg Academy - Department of Music, University of Bergen; Christian</p>	<p>PAPER: Music Therapy in Palliative Care in Hospital-at-home - Results from a Scoping Review</p> <p>Monika Overå, Norwegian Academy of Music</p>	<p>VIDEOS: The New Children's Hospital, Helsinki, Finland</p> <p>The New Children's Hospital Virtual Tour</p> <p>http://www.koeuusilastensairaa.fi/index-en.html</p>

		Gold , GAMUT, NORCE Norwegian Research Centre AS; Ludwika Konieczna-Nowak , The Karol Szymanowski Academy of Music in Katowice, Poland; Ingrid Kvestad , RKB, NORCE Norwegian Research Centre AS		
15:45	16:00	Break		
16:00	17:30	(Session Chair Anu Arponen) WORKSHOP: NeuroPlay® Hanna Sahinoja , Tampere University of Applied Sciences, Jyrki Nikkilä , Neuroplay/Sinivire, Kai Himberg , Neuroplay	(Session Chairs Tiinapriitta Savela and Sari Laitinen) WORKSHOP: The Laulau Songdrawing Method as Support for Interaction, Inclusion and Learning Minna Lappalainen , Laulau Oy	
		Break		
19:00	20:00	HELSINKI CITY RECEPTION (light savory food with wine and refreshments) Vanha Raatihuone, Empire Hall, Aleksanterinkatu 20, Helsinki		

Start	End			
WEDNESDAY 27, April 2022 (Marina Congress Center, Katajanokanlaituri 6, 00160 Helsinki)				
MUSIC THERAPY IN CHILD PSYCHIATRY				
8:00	9:00	Registration		
9:00	10:45	FENNIA 1 Welcome: Conference Chair Hanna Hakomäki and Director of Child Psychiatry Leena Repokari, Helsinki Univ Hospital Keynote Speakers (Session Chair Hanna Hakomäki) Prof. Dr. Gro Trondalen, Norwegian Academy of Music, Oslo, Norway <ul style="list-style-type: none">Musical Relationship: An act of trust. On music therapy with adolescents in mental health. Research Director Dr. Mari Tervaniemi, Cicero Learning and Cognitive Brain Research Unit, University of Helsinki, Fin <ul style="list-style-type: none">"About children's musical learning through brain research" Prof. Dr. Karin Schumacher, Berlin University of the Arts, Germany <ul style="list-style-type: none">"Music and the Development of Interpersonal Relationships in Early Childhood, Implications for Music Ther." MUSIC: Saara-Maija Strandman and Marjukka Eskelinen with Lied Singing Children from the Music Institute of Vantaa		
		Light Breakfast Break		
10:45	11:00			
		FENNIA 1	NORDIA	BALTICA
11:00	11:30	(Session Chair Sami Alanne) PAPER: Nyanssi Music Therapy Model for Children with Developmental Trauma Reetta Keränen, Tiinapriitta Savela, Nyanssi Therapy Centre, Lahti, Finland	(Session Chair Anu Arponen) PAPER: A new framework for Music Therapy practice with young children with Selective Mutism: Implications of a multiple methods research study, Kate Jones, Music Therapy Lambeth	(Session Chair Sari Laitinen) PAPER: Children's Lied - Art of Storytelling and Emotional Skills in Music Pedagogy Saara-Maija Strandman and Marjukka Eskelinen, Developers of Children's Lied
11:30	12:30	Lunch		

12:30	14:00	(Session Chair Sami Alanne) WORKSHOP: Music therapy interventions in trauma treatment with a child <i>Hillevi Torell, Swedish Red Cross Centre, Uppsala Sweden</i>		
14:00	14:15	Coffee Break		
14:15	14:45	(Session Chairs Auli Lipponen and Sami Alanne) PAPER: Musical Moments in the Early Interaction of the Infant Observation and Psychotherapy <i>Sami Alanne, University of the Arts Helsinki, Sibelius Academy, CERADA</i>	(Session Chair Anu Arponen) PAPER: Nurture and play for foster families with young children: Foster – parents’ reflections on attachment-focused group <i>Kirsi Tuomi, University of Jyväskylä</i>	(Session Chair Anne Takamäki) PAPER: Special or typical? Goals and principles of music psychotherapy with children with special needs <i>Päivi Saukko, Private practice</i>
14:45	15:15	PAPER: Using Early Interaction Music Therapy for Affect and Emotion Regulation <i>Auli Lipponen, University of Jyväskylä</i>	PAPER: ‘For better or worse: Case studies on long term home-based music therapy for young children’ <i>Crystal Luk-Worrall, Clap and Toot, Janina Brady, Connect Music Therapy</i>	PAPER: In limine: on the edge of music therapy work with hyperkinetic autistic children <i>Oscar Pisanti, Association for Social Promotion Roots In Action</i>
15:15	15:45	PAPER: Satuseinä interactive music fairytale wall <i>Teemu Laasanen, MusicFairytale MFT Oy</i>	PAPER: Dimensions of fun. Children’s experiences of music therapy in mental health care <i>Guro Parr Klyve, University of Bergen</i>	PAPER: Integrative music psychotherapy in the treatment of fear symptoms with a child with intellectual disabilities <i>Hanna Hakomäki, Helsinki University Hospital, Child Psychiatry</i>
15:45	16:00	Break		
16:00	17:30	(Session Chair Auli Lipponen) WORKSHOP: How do we use our words when working with parents in music therapy? – Dialogic approach as a verbalizing tool <i>Päivi Jordan-Kilkkä, Dialogic Partner Oy, Kirsi Tuomi, University of Jyväskylä</i>	(Session Chair Anu Arponen) WORKSHOP: Nyanssi Music Therapy Model for Children with Developmental Trauma <i>Tiinapriitta Savela, Reetta Keränen, Nyanssi Therapy Centre, Lahti, Finland</i>	(Session Chair Sari Laitinen) WORKSHOP: The Inner Flute – Inspiration and method on how to use singing in psychiatric care <i>Ellinor Ingvar-Henschen, Opera singer, MA and Music therapist at the Child and adolescent psychiatric inpatient unit at Malmö University hospital, Sweden</i>
		Break		
19:00	20:00	SYMPHONY CONCERT at the Paavo Hall / MUSIIKKITALO, Mannerheimintie 13, Helsinki Music & Imagery by Ilan Sanfi Symphony orchestra of the Länsi-Uusimaa Music Institute, conductor Tuomas Törmä <i>The concert is funded by the Finnish Cultural Foundation</i>		

Library Program

MUSIC THERAPY IN CHILD PSYCHIATRY / Library Program	
TITLE	PRESENTERS
Live streaming April 27, 2022, 9-10.45 pm	Keynote Lectures
Musical Relationship: An act of trust. On music therapy with adolescents in mental health.	Prof. Dr. Gro Trondalen, Norwegian Academy of Music, Oslo, Norway
“About children's musical learning through brain research”	Research Director Dr. Mari Tervaniemi, Cicero Learning and Cognitive Brain Research Unit, University of Helsinki, Finland
“Music and the Development of Interpersonal Relationships in Early Childhood - Implications for Music Therapy”	Prof. Dr. Karin Schumacher, Berlin University of the Arts, Germany
<u>April 26 – May 30, 2022</u>	<u>Library Program</u>
A new framework for Music Therapy practice with young children with Selective Mutism: Implications of a multiple methods research study	Kate Jones, Music Therapy Lambeth
Using Early Interaction Music Therapy for Affect and Emotion Regulation	Auli Lipponen, University of Jyväskylä
Integrative music psychotherapy in the treatment of fear symptoms with a child with intellectual disabilities	Hanna Hakomäki, Helsinki University Hospital
Beyond Song-Based Interventions: Treating Childhood Trauma When Words Aren't Enough	Stephenie Sofield, Avanzar
Learning to think Out-of-the Box: Reaching the Hidden World of Children through Innovative Music Therapy Interventions	Christine Naguib, Ometz/JFK High School Montreal
Music Therapy in The Emergency Department Extended Care Unit (EDECU)	Juan Pedro Zambonini and Amy Troyano, Children's Hospital of Philadelphia

TITLE	PRESENTERS
Live streaming April 26, 2022, 9-10.45 pm	Keynote Lectures
“The brain booster – how creative music therapy can improve brain development in preterm infants”	Dr. Friederike B. Haslbeck, University & University Hospital, Zurich, Switzerland
“Music therapy in infancy – Nordic experiences”	Prof. Dr. Minna Huottilainen, Department of Education, University of Helsinki, Finland
"Tell Me Where It Hurts" A Hierarchy of Music Therapy Pain Management Approaches in Pediatrics	Dr. MT-BC Cheryl Dileo, Emerita Laura H. Carnell Professor of Music Therapy, Founding Director: The Arts and Quality of Life Research Center, USA
<u>April 26 – May 30, 2022</u>	<u>Library Program</u>
Implementing family-centered music therapy in neonatal care – Sharing strategies from a Finnish, Swedish, German, and Swiss perspective	Kaisamari Kostilainen, Cognitive Brain Research Unit, Faculty of Medicine, University of Helsinki, Finland; Pernilla Hugoson, Department of Women and Children's Health Karolinska Institute, Stockholm, Sweden; Friederike Haslbeck, Department of Neonatology, University Hospital Zurich, Switzerland
Communication with Music — Developing musicality for hearing-impaired children	Russ Palmer, freelancer
Legacy Work & Memory-Making in the Pediatric Hospital Setting	Lydia Westle, Children's Hospital of Philadelphia
Bridging the gap: Use of virtual music therapy sessions to support patients transition into survivorship.	Caitlin Krater, Riley Hospital for Children at Indiana University Health
Music Therapy services offered by "Angels of Joy" in Pediatric Hospitals	Dimitris Koukourakis, “Angels of Joy”, Greece
Potentials of Music and Imagery as Complementary Interventions for Health–Promotion in Child Oncology and Paediatrics	Ilan Sanfi, Child and Adolescent Medicine, Aarhus University Hospital
Music Therapy as the Patient's Performance of Ritual Healing: A Case Presentation	Clarissa Lacson, Drexel University
Interdisciplinary Collaboration with Pediatric Music Therapists: Results from a United States Survey	Clarissa Lacson, Drexel University
Longitudinal study of music therapy's effectiveness for premature infants and their caregivers (LongSTEP): Results from	Łucja Bieleninik, GAMUT, NORCE Norwegian Research Centre AS; University of Gdansk; Tora Gaden Söderström, GAMUT,

feasibility studies with Norwegian and Polish cohorts	NORCE Norwegian Research Centre AS; Claire Ghetti , GAMUT, The Grieg Academy - Department of Music, University of Bergen; Christian Gold, GAMUT, NORCE Norwegian Research Centre AS; Ludwika
Discovering new perspectives in pediatric pain; music therapy into Helsinki Pediatric Pain center	Hanna Vuorimaa, Reetta Keränen and Hanna Hakomäki, Helsinki University Hospital, Finland
Collaborative reasoning for team, and program development in a pediatric hospital	Helen Shoemark, Temple University; David Knott, Seattle Children's Hospital
Voice work in music therapy for children who have an acquired brain injury	Claire Wood, The Children's Trust
NeuroPlay®	Jyrki Nikkilä, Neuroplay/Sinivire, Kai Himberg, Neuroplay, Hanna Sahinoja, Tampere University of Applied Sciences
When music therapist and physiotherapist join forces - Case study of a brain injury rehabilitation	Hanna Sahinoja, Tampere University of Applied Sciences; Jyrki Nikkilä, Sinivire / Neuroplay, Kai Himberg, Neuroplay
Music Therapy in the SDU and CFDT	Karinne' Andonian, Children's Hospital of Philadelphia

Greetings from Chairs of the First Children's Music Therapy

Dear participants of the 1st international Children's Music Therapy Conference

After the worst phases of hard and isolating COVID-19, we are finally in a situation where the event can be arranged in person. After being forced to postpone the event twice, the organizers felt great relief when noticing that so many were able to decide about their participation at short notice. Thank you! This tells us that the idea of the Congress is perceived to be important and that it is time to have an event, which fully focus on children. And indeed, when you look at the themes and titles of the program, you really notice how diverse clinical activities and research in children's music therapy is currently being conducted. It is also gratifying to note that interdisciplinary collaborations appear in many projects. This reflects the current trend in both professional and research activities, where multidisciplinary expertise and teamwork is valued and where it is considered to create the best foundation for high quality. It is also obvious that music therapy in many countries is increasingly connected to official health-care and academic contexts. This is essential for productive dialogue, and this dialogue is present in this conference as well.

Finally, thanks for coming, sharing, and participating in building a new network!

Hanna Hakomäki
Chair

Jaakko Erkkilä
Co-Chair

Parent-driven infant-directed singing as resource-oriented music therapy: Theoretical frames and considerations for implementation

Tora Söderström Gaden¹

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Ingrid Kvestad³

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³RKBU West, NORCE Research Centre

Abstract

Hospitalization in the neonatal intensive care unit places premature infants and their families under significant duress. Family-centered approaches empower parents in their caregiving roles and help them connect with innate resources. Proponents of various forms of music therapy posit parental singing as a means of promoting healthy parent-infant bonding and infant development, but evidence of long-term impact is lacking. We present the theoretical framework for a resource-oriented approach to music therapy with premature infants and their caregivers, used in the clinical trial LongSTEP. The approach consists of parent-driven infant-directed singing, where family culture and music preferences serve as the basis for attuned musical interactions. Through the supportive presence of a music therapist, parents learn how to adjust their voices and singing in response to infant cues, enabling beneficial mutual regulation. Parents learn how to adapt principles according to infant development across NICU hospitalization and during six months following return to home. We describe guiding principles and illustrate how they manifest in music therapy sessions, discuss prerequisites, present proposed mechanisms of change, and discuss implications for implementation in research and practice. This resource-oriented and family-centered approach has been implemented in a multinational pragmatic randomized controlled trial, to evaluate its impact on longer-term measures of parent-infant bond, parental well-being and infant development. Variations in culture across the study locations will be used to explore implications for translation of the approach to clinical practice.

Keywords: *families, premature infants, voice, theory, research*

A new framework for Music Therapy practice with young children with Selective Mutism: Implications of a multiple methods research study

Kate Jones

Music Therapy Lambeth

Abstract

Selective Mutism (SM) is a serious anxiety disorder that affects some children when they begin school (Toppelberg 2005). The long-term impact of the disorder, if untreated, can include complex, debilitating mental health conditions. Usual presentation is lack of speech in educational settings, contrasting with confident speech at home. Incidence is estimated at around 0.7% (Bergman 2002) but can be three times higher for children with immigrant backgrounds (Elizur 2003). Strong evidence suggests Music Therapy is a helpful intervention for SM (Jones 2012) but increased awareness of SM and our potential therapeutic role is needed. Multiple methods -literature review, survey, interviews and multiple case studies- were used to test and refine a theoretical framework derived from prior research (Jones 2012). Template analysis was used to examine and synthesise data (King 2012). Results confirmed that Music Therapy is a powerful, early intervention for the treatment of SM in young children. The theoretical framework was refined and new components added including the importance of a pre-therapy understanding of SM and the impact of context on therapy. Implications for practice include: increased exchange of knowledge and understanding on the subject of SM within the MT profession, comprising provision of training and resources; an open, flexible approach, along with collaborative or transdisciplinary team work and access to specialist supervision. Further recommendations include: the location, session length and frequency of sessions; the role of humour and the importance of speech generalisation. The overarching theme of power both inside and outside the therapy sessions is also considered.

Keywords: Selective Mutism; Anxiety; Schools, Early intervention; Transdisciplinary working

The Laulau Songdrawing Method as Support for Interaction, Inclusion and Learning

Minna Lappalainen

Laulu Oy

Abstract

Songdrawing is a multisensory form of activity in which singing, drawing, movement and story-telling are combined in a holistic and interactive process and drawings are conjured up by joyful drawing songs. With its diverse working methods, the Laulau Songdrawing Method supports children in multiple areas of learning and offers experiences of interaction and inclusion. In addition to singing and drawing, songdrawing invites the children to concentrate, communicate, and cooperate. Songdrawing is a joyful and an easy-to-adapt working method providing an inspiring self-made platform for interaction and communication, as well as for various therapeutic processes and session themes. It also offers a child a natural and illustrative way to express and visualize one's feelings, thoughts and observations. During almost 10 years of method development the Laulau Songdrawing Method has become established in Finnish early childhood education and preschool, as well as in special education and rehabilitation (e.g. speech, music and occupational therapy of children with special needs). According to the user studies, the method effectively supports e.g. a child's interaction and communication skills, linguistic and social-emotional skills, executive functioning skills, motor and manual skills, self-efficacy, and courage. Method materials are currently available in English, Swedish, Finnish and Estonian. In the workshop the ideas and possibilities of songdrawing will be experienced through a shared method process by singing, drawing, moving, creating and sharing ideas together.

Keywords: *Singing, drawing, play, interaction*

A developmental approach to music therapy for children with developmental disorders

Melanie Voigt

University of Applied Sciences Würzburg-Schweinfurt

Abstract

Music therapy has been used to support children with developmental disorders for many years. Since these delays and disabilities rarely affect only one area of development, an approach to music therapy is needed that views development as a whole. After a very short overview of important pioneers in this, a specific approach and its possibilities for supporting these children and their families will be explored. Gertrud Orff developed an approach to music therapy for this population within the area of Social Paediatrics in Germany. This developmental approach to music therapy (Orff Music Therapy) was greatly influenced by the interdisciplinary clinical field in which it originated. In this paper, the following topics will be considered: foundations of the approach, indications to therapy, specific interventions for children with different diagnoses, the role of music therapy in supporting families and participation (e.g. ICF) in society and necessary knowledge and competencies for therapists working in this area. Examples from clinical practice will serve to illustrate the implementation of this approach to music therapy.

Keywords: *developmental disorders, developmental music therapy, ICF, family support*

Implementing family-centered music therapy in neonatal care – Sharing strategies from a Finnish, Swedish, German, and Swiss perspective

Pernilla Hugoson¹

Friederike Haslbeck²

¹Department of Women and Childrens Health Karolinska Institute, Stockholm

²Sweden Department of Neonatology, University Hospital Zurich, Switzerland

Abstract

Introduction: Music therapy in neonatal care is a growing area of interest worldwide. Several studies during the past two decades have demonstrated the beneficial effects of music therapy on both preterm infant's physiological state and postnatal development as well as on parental wellbeing and parent-infant bonding. This evidence base facilitates new opportunities for music therapists to work towards implementing this method in the hospital environment. Therefore, sharing experiences and discussing how to implement music therapy programs in the neonatal care setting would be needed. **Description:** In this roundtable, music therapists from Finland, Sweden, and Switzerland/Germany share their experiences, strategies, and challenges in implementing family-centered music therapy practices in the neonatal units. Each music therapist introduces their hospital units, the step-by-step progress of their music therapy programs, and the used music therapy methods. We will discuss the different phases and possible pitfalls of carrying out a new program and introducing music therapy to the hospital environment. Furthermore, we will compare the possible similarities and differences regarding the hospital and music cultures. We will highlight the importance of music therapists to work in close co-operation with the nursing staff as well as other professionals, such as social workers. This roundtable aims to offer insights and strategies to other music therapists who aim to implement music therapy services in hospital settings. Moreover, the aim is to introduce clinical music therapy work also to other professionals and hospital staff to extend the general knowledge of family-centered neonatal music therapy.

Keywords: *hospitalized infant, music therapy program, neonatal care, NICU, preterm infant*

Communication with Music – Developing musicality for hearing-impaired children

Russ Palmer

Freelancer

Abstract

Introduction Some hearing impaired children use cochlear implants (CI). One of the challenges is developing the child's musicality and confidence in speaking and singing. Familiarisation and adaptation to new sounds may take time to develop. Sound perception from music and instruments can often be difficult to discriminate, especially when played by an orchestra or a small ensemble. Feeling music, also known as vibrosensoric experience, will help with this. Developing musicality and confidence during a performance requires intensive concentration and training. This process may include developing listening skills and using extra equipment. **Description** During the rehabilitation process a child may wish to explore their voice by imitating or singing along to pre-recorded music. It may be appropriate to use the same music both before and after the CI. For example, a piano may sound "honky-tonky" and off-tune and the CI soundscape takes time to get used to. Sometimes individual instruments may be easier to discriminate and follow in comparison to a large orchestra. Too much sound may be confusing in the early stages of rehabilitation. Positioning of the child in a group is important for their development of synchronised time and rhythm. Furthermore, this ensures the best, balanced soundscape and this process may take time. Using a hat enables a child to deflect unwanted sounds and amplify their own voice.

Keywords: *musicality, hearing impairment, vibrosensoric experience, cochlear implant*

Satuseinä interactive music fairytale wall

Teemu Laasanen

MusicFairyTales MFT Oy

Abstract

MusicFairyTales is a creative start-up that has a mission to present children and families the best quality classical music combined with emotional and visual storytelling. We want to help millions of educators, therapists, parents and grandparents teach soft skills - social and emotional intelligence to children. We want to help children in finding more ways of handling different emotions and expressing their creativity. With our latest invention that we piloted together with OiOi Collective, the Satuseinä music fairytale wall, children can also use their own hand movements to play and participate in the music adventures we create, alongside to merely listening and watching the stories. We also produce music fairytale books, e-books and audiobooks, and have started developing the Feel&Play mobile application for Emotional Intelligence gaming, Music Painting and a music fairytale library.

Keywords: *social and emotional intelligence, classical music, storytelling, interactive, handling emotions, visual and spatial experiences*

A supportive distraction: Implementing music therapy interventions in an ambulatory chemotherapy unit and an intensive care unit for pediatric patients in Peru

Sarah Helander

Independent Music Therapist

Abstract

This presentation will provide an international and multicultural perspective on music therapy in pediatric intensive care units and ambulatory chemotherapy units for pediatric patients, based on a four-month-long project in the public hospital for children, INSN, and the national hospital for neoplastic diseases, INEN, in the city of Lima, Peru. The implementation of active and receptive music therapy interventions in these hospital units will be discussed through case vignettes from music therapy sessions with a 9-year old girl in the intensive care unit, in addition to responses from questionnaire-based interviews with caregivers, hospital volunteers and members of the medical team in the ambulatory chemotherapy unit. The interviewees' experiences of the impact of music therapy interventions on the patients, the hospital environment, the caregivers and the interviewees themselves, between and during medical procedures, were explored through a thematic analysis. The connections between the outcome of the analysis and the needs of the patients in these hospital units will be further discussed, from a here-and-now perspective within a holistic and culturally sensitive approach.

Keywords: *Pediatrics, ambulatory chemotherapy unit, intensive care unit, multicultural music therapy*

Legacy Work & Memory-Making in the Pediatric Hospital Setting

Lydia Wrestle

Children's Hospital Philadelphia

Abstract

This presentation will aim to explore the concept of legacy work and will discuss implications for music therapists working with patients in the pediatric hospital setting. In the United States, the term “legacy” is often traditionally associated with themes surrounding death and dying. This presentation will focus on helping clinicians to expand their perception of the phrase legacy work to also include an emphasis on life and living. This presenter will reference three distinct legacy frameworks the literature and will discuss the ways in which they are applicable to a diverse range of circumstances in the pediatric hospital setting, including but not limited to patients receiving palliative and / or end-of-life care. A case example from Children's Hospital of Philadelphia will further highlight how specific music therapy interventions, as well as collaborations with the interdisciplinary team, were used to enhance opportunities for legacy work and memory-making throughout a patient's extended hospitalization on the Pediatric Intensive Care Unit. Considerations regarding process vs. product of legacy interventions and the ways in which they were incorporated to support family-centered care during different stages of patient's life, including her gradual medical decline, will be discussed. Consented media examples will be incorporated into this presentation and recommendations for clinical practice will be provided.

Keywords: *Legacy Work, Pediatric Hospitals, Music Therapy Interventions, Family-Centered Care*

Dimensions of fun

Children`s experiences of music therapy in mental health care

Guro Parr Klyve

University of Bergen

Abstract

In my PhD-study, I explore children`s experiences of music therapy in mental health care at hospital. Through semi-structured interviews with children, various experiences are being expressed through words, drawings, movements, gestures and music. Informed by feminist theories (Klyve, 2019), as well as the knowledge that children often show as much as they tell, a narrative approach in the analyzing process, informed by "Portraiture" (Lawrence-Lightfoot & Davis, 1997), was chosen. This is a method of documentation and inquiry where "systematic, empirical description" is combined with "aesthetic expression" (p. 3). The narrative episodes in this study are not complete portraits of the children, but purposively chosen descriptions of episodes which represents a rich and varied picture of the children`s experiences. Through these narrative episodes, the term "fun" became a central term across the different cases, used as a container of experiences, with rich variations and multiple meanings. This presentation will focus on the various dimensions of fun that came to the foreground through the different modalities the children used, and I will discuss what significance these various experiences of fun in music therapy might have for the assessment and treatment in mental health care for children. References: Klyve, G. P. (2019). Whose knowledge? Epistemic injustice and challenges in hearing children`s voices. *Voices: A World Forum for Music Therapy*, 19(3). <https://doi.org/10.15845/voices.v19i3.2834> Lawrence-Lightfoot, S., & Hoffman-Davis, J. (1997). *The Art and Science of Portraiture*. San Fransisco: Jossey-Bass Publishers.

Keywords: *Portraiture, Interviews, Mental health care, Music therapy, Children*

Musical Moments in the Early Interaction of the Infant Observation and Psychotherapy

Sami Alanne

University of the Arts Helsinki, Sibelius Academy, CERADA

Abstract

In this presentation, the vital musical experiences between a mother and a child during the first year of life are described. Spontaneous musical play moments, which included traditional Finnish folksongs, nursery rhymes and rhythmical plays are analyzed. They seemed to develop positive interaction, reciprocity and communication between the mother and child in the infant observation (Trevarthen 2011). This has theoretical and clinical importance for understanding children's early object relations and using music in their psychotherapy for the corrective experiences to occur. Vignettes from the observations are analyzed according to the psychoanalytic and attachment theories. Regular weekly observations of a child corresponded interestingly to psychodynamic theories of music as holding, attuning, mirroring, potential space, transitional objects, and vitality affects (Winnicott 1971; Stern 1985; Alanne 2014; 2017; De Backer & Sutton 2014). In five to eight months, there seemed to develop musical, rhythmical and interactional representations in a baby. The domain of intersubjective relatedness developed in five months before the usual nine months which may suggest the positive effect of music (Stern 1985). For understanding the psychotherapy process in relation to the early interaction, important are the moments of meeting and alive moments between a mother and a child (Alvarez 1992; BCPSG 2010). According to them, verbal and non-verbal interpretations, such as music and songs, can be used as emotional "something more" to address issues and interaction in a child's play to support the change and development in psychotherapy.

Keywords: *Music psychotherapy, psychoanalysis, child development, communication, play*

Using Early Interaction Music Therapy for Affect and Emotion Regulation

Auli Lipponen

University of Jyväskylä

Abstract

Problems in children's and adolescents' emotion regulation and ability for empathy have been in public discussion in Finland. Increased violence towards close and even unknown children, adolescents and adults has been observed. Attachment theories emphasize the meaning of parent's ability to contain and hold infant's emotion and affect expressions to create the foundation for the infant's ability to regulate them. This presentation considers the special prerequisites which enable the symbolization process to develop in early interaction. The symbolization process is examined closely in terms of its' importance in affect and emotional regulation. The prerequisites of emotional and affect regulation are investigated based on the concepts of potential space, early illusions and non-verbal communication and their recreation in music therapy. This presentation also investigates the prerequisites of the development of parent's mentalization and reflective ability, which has been considered as fundamental requirements for supporting the infant's emotion and affect regulation. The development of mentalization and reflective ability is examined also in the context of parent's music therapy process as a tool to reach the earliest interactional phases of the parent. Parent's and infant's interaction is discussed in the context of its musical qualities and the differences in their dynamic and rhythmical expression. Presentation gives perspectives to music therapy as a tool for recreating conditions which offer the infant the possibility to create in musical interaction the potential space and other essential preconditions for developing good enough emotion regulation to cope with frustration situations they encounter in later life.

Keywords: *emotion and affect regulation, early interaction, music therapy*

Music therapy with children visiting their hospitalized sibling in the NICU

Christina Kalliodi

"Angels of Joy" / "echo" music psychotherapy center

Abstract

Music therapy in neonatal care in Greece is in its formative stages. In 2019 the first NICU music therapy service was established in the Neonatal Intensive Care Unit of the General Children's Hospital "P. & A. Kyriakou" in Athens through the hospital's collaboration with the non-profit "Angels of Joy". Deeply rooted in family-centered developmental care it aims to address the physical and psychosocial needs of the neonates and their families and offer individualized support. This paper describes different facets of music therapy work with children visiting their hospitalized sibling in the NICU. After an initial review of similar music therapy practices, the rationale and the perceived benefits of offering music therapy sessions for the siblings will be illustrated by three short case examples. The organic development of a working model influenced by the limitations of this particular NICU setting will be discussed as well as suggestions for service development and research.

Keywords: *NICU, neonate, sibling, family, music therapy*

Music Therapy in Pediatric Hospitals offered by a non-profit organization as a voluntary service: opportunities and challenges.

Dimitris Koukourakis

Angels of Joy

Abstract

In Greece music therapy is mainly provided in private institutions or settings. In some occasions it is offered in public institutions through grants or donations for a specific period of time. What happens when a non-profit organization decides to engage music therapy and provide it to pediatric hospitals as a voluntary service? There is an opportunity for music therapy to expand in the medical/hospital field but alongside there are interesting challenges occurring during this process. The non-profit organization I work for as a music therapist since the end of 2018, has managed to open the gates of national pediatric hospitals through theatre and music and has prepared the ground for music therapy to be introduced as an important therapeutic intervention for children and their families. In this paper I will briefly present the process of introducing Music Therapy to three departments of the Athens General Children's Hospital; the psychiatric, the PICU and the oncology unit. Furthermore there has been an expansion to the NICU with a specialized NICU music therapist. The paper will focus on the work in the psychiatric unit for adolescents and will address the following questions; what are the challenges and opportunities of this kind of setting, following a psychoanalytic approach? Where and how the therapeutic relationship and process is taking place? What are the overall benefits? The discussion will include the process of reorganising the music therapy program in order to adapt to the difficult circumstances of isolation in the hospital caused by Covid-19.

Keywords: *Music Therapy, Non Profit Organisation, Paediatric Hospital*

Music Therapy services offered by "Angels of Joy" in Pediatric Hospitals

Dimitris Koukourakis

Angels of Joy

Abstract

The non-profit organization I work for as a music therapist since the end of 2018, has managed to open the gates of national pediatric hospitals through theatre and music and has prepared the ground for music therapy to be introduced as an important therapeutic intervention for children and their families. The poster will outline the activities and practices of the non-profit organization called "Angels of Joy" that was founded in 2011 and is based in Athens, Greece. "Angels of Joy" offer artistic (music, theater, fairy tales) and music therapy programs in public hospitals, child care units, institutions for the disabled and care homes for the elderly. The presentation will refer to the interventions that "Angels of Joy" are offering focusing on Music Therapy different models and approaches

Keywords: *music therapy, arts in health, paediatric hospitals*

Integrative music psychotherapy in the treatment of fear symptoms with a child with intellectual disabilities

Hanna Hakomäki

Helsinki University Hospital

Abstract

Mental health and behavioral disorders are common in children with developmental disabilities. Many nonpsychiatric factors can also cause symptoms similar to mental disorders. The specific features associated with certain syndromes can also predispose to mental disorders. This case story describes an integrative music psychotherapy process in the treatment of fear symptoms with a child with 22q11.2 syndrome. This syndrome causes increased risk for mental disorders. Music psychotherapy and cognitive perspective as well as narrative and resource-oriented family and couple psychotherapy formed the integrative theoretical background in this process with music therapy methods such as narrative musicking, storycomposing and therapeutic songwriting.

Keywords: *22q11.2 syndrome, developmental disability, integrative psychotherapy, mental disorder, music therapy*

Nyanssi Music Therapy Model for Children with Developmental Trauma

Reetta Keränen

Nyanssi Therapy Centre

Abstract

Our goal at Nyanssi Therapy Centre is to form a comprehensive model that combines modern research and clinical experience in treatment and assessment of children with developmental trauma. Repetitive mistreatment or neglect can cause developmental trauma through insecure attachment style. This will have an effect on child's brain development, autonomic nervous system reactions, self-regulation skills and core beliefs. (Geller & Porges, 2014; Ogden, Minton & Pain, 2006; Schore, 2012.) Positive and safe experiences of interaction form the basis for social bonding and feeling of safety in relationships (Geller & Porges, 2014). Through therapeutic relationship and methods of music therapy it is possible to build safe interactive space in which child may strengthen his/her social engagement system and self-regulation skills. In Nyanssi Therapy Centre (Lahti, Finland) music therapists combine active and receptive music therapy methods (e.g. improvisation, songwriting, figurenotes, VAT/vibroacoustic therapy) and sensorimotor exercises. Active music making gives an opportunity to reorganize experiences and to engage with others (Erkkilä et al, 2012; Trevarthen, 2011). Playing gives also chances to practice regulation of tension while the therapist helps a child to feel safe enough and to find structure from music. Based on clinical experience VAT seems to help regulate a traumatized child's autonomic nervous system and gradually develop bodily-related feeling of safety (Punkanen et al, 2017). Sensorimotor exercises help to develop body awareness and reflective motor behaviour. The workshop is addressed especially for those who are not music therapists but want to learn more about music therapy methods.

Keywords: *Music Therapy, Children, Developmental Trauma, Nyanssi Therapy Centre, Child Psychiatry*

Nyanssi Music Therapy Model for Children with Developmental Trauma

Tiinapriitta Savela

Nyanssi Therapy Centre

Abstract

In our oral presentation we want to introduce Nyanssi Music Therapy Model. Our goal is to form a comprehensive model that combines modern research and clinical experience in treatment and assessment of children with developmental trauma. Repetitive mistreatment or neglect can cause developmental trauma through insecure attachment style. This will have an effect on child's brain development, autonomic nervous system reactions, self-regulation skills and core beliefs. (Geller & Porges, 2014; Ogden, Minton & Pain, 2006; Schore, 2012.) Positive and safe experiences of interaction form the basis for social bonding and feeling of safety in relationships (Geller & Porges, 2014). Through therapeutic relationship and methods of music therapy it is possible to build safe interactive space in which child may strengthen his/her social engagement system and self-regulation skills. In Nyanssi Therapy Centre (Lahti, Finland) music therapists combine active and receptive music therapy methods (e.g. improvisation, songwriting, figurenotes, VAT/vibroacoustic therapy) and sensorimotor exercises. Active music making gives an opportunity to reorganize experiences and to engage with others (Erkkilä et al, 2012; Trevarthen, 2011). Playing gives also chances to practice regulation of tension while the therapist helps a child to feel safe enough and to find structure from music. Based on clinical experience VAT seems to help regulate a traumatized child's autonomic nervous system and gradually develop bodily-related feeling of safety (Punkanen et al, 2017). Sensorimotor exercises help to develop body awareness and reflective motor behaviour. In Nyanssi we collect clinical information on the use and benefits of these methods.

Keywords: *Music Therapy, Children, Developmental Trauma, Nyanssi Therapy Centre, Child Psychiatry*

'Balancing the Public and the Private': an exploration of the role of music therapy and boundaries in paediatric palliative care

Victoria Kammin

University of Roehampton

Abstract

This presentation will explore the role of music therapy and therapeutic boundaries within paediatric palliative care and the clinical driven necessity for a more flexible practice in order to meet the individual needs of these children and families. Reframing therapeutic boundaries in paediatric palliative care and the challenges and potential benefits to children, families and the wider organisation will be discussed. The notion of a continuum from 'private' to 'public' is posed, representing different layers of clinical practice in a children's hospice. The continuum ranges from individual sessions inside the therapy room in a private and confidential space, to extending these boundaries in order for the session to take place (for example a nurse supporting a child's medical needs within the session, the therapeutic space becoming a child's bedroom or hospital bed or parents spending precious moments with their child at end of life), to the public end of the continuum (a musical performance for example which provides opportunities for children to share this experience with their families and create lasting memories). This presentation will also examine whether this engagement with the wider hospice community has the potential to deepen understanding of music therapy and provide far reaching ripple effects. Clinical video and audio extracts will accompany this presentation, further illustrating the concept of a continuum from 'private' to 'public' and how therapeutic boundaries are considered and reframed in music therapy practice in paediatric palliative care.

Keywords: *Boundaries, paediatric palliative care*

Special or typical? Goals and principles of music psychotherapy with children with special needs

Päivi Saukko

Private practice

Abstract

The presentation explores the premise, the goals and basic elements of psychotherapeutic music therapy with children with special needs. It is based on my PhD research 'The goals of music therapy in the child's rehabilitation process' and on my long experience of clinical work with children and their families (Saukko 2008).

Keywords: *developmental disabilities, goals of music therapy, mental health, rehabilitation*

“I will do the voices and you tell the story!” Making musical stories as a method in music therapy with children and youngsters dealing with a cancer treatment.

Inge Bracke

University Hospital Leuven, Paediatric Oncology

Abstract

Music therapy helps young patients undergoing a treatment against cancer to deal with their illness. Various methods are used and several conceptual frameworks and theories are integrated to offer the best support. Making musical stories is one of the methods used in music therapy. Intuition, contact, and interaction are fundamental. The process of making the stories is the most important. A recording of the story can be very valuable for the child and their family, it boosts the ego, and nourishes resilience and empowerment. Together with the young patient the music therapist agrees on a few things about the content of the story and then the story flows by itself, like a long improvisation. The stories arise spontaneously, one idea brings the other. Little by little the plot is created, the music colours the story and sometimes leads to new ideas. The music therapist can be the storyteller while the patient does the voices, but the child can be the storyteller as well. Most of the time the child and the music therapist play the musical accompaniment together. Sometimes parents play along, and they have their own characters in the stories. Children dive into their imagination, the stories often seem to bubble and flow from a fantastic source. They process their personal story using a lot of metaphors that are related with their experience of being ill. This way the children and youngsters cope with their situation. Case studies with audio fragments of musical stories will illustrate this method.

Keywords: *cancer, musical stories, metaphors, children and parents*

Potentials of Music and Imagery as Complementary Interventions for Health-Promotion in Child Oncology and Paediatrics

Ilan Sanfi

Child and Adolescent Medicine, Aarhus University Hospital

Abstract

In many countries music therapy has been used for decades in child oncology and paediatrics to promote healthy coping, expression of emotions etc. However, only few studies have been made on child oncology. The same applies to studies on music and imagery in paediatrics. On the basis of his ongoing Scandinavian multi-site project, the MICO Project (Music Imagery in Child Oncology) the presenter gives an outline of the research project and addresses the clinical potentials of music and imagery in child oncology, paediatrics, as well as hospital personnel. The MICO project comprises two RCT studies on the effect of music and imagery on nausea and side effects of chemotherapy in children with cancer. Study 1 involves children (7–12 years) and specially designed music imagery journeys composed by the principal investigator. Study 2 concerns teenagers and young adults (12–24 years) and a continuum model of music and imagery. Both studies combine of music therapy sessions and music medicine. The paper also comprises a short first hand experience of the presenter's specially designed music imagery journeys. Further information about the MICO project: see www.micostudy.com

Keywords: *Music and imagery, Child Oncology, Paediatrics, Health-promotion*

'For better or worse: Case studies on long term home-based music therapy for young children'

Janina Brady

Connect Music Therapy

Abstract

It is common for children and therapists engaging in long term home-based music therapy (LT-HB-MT) to experience life-changing transitions together. The Covid-19 pandemic puts the impact that these transitions can have on therapists' approaches to facilitating therapy under a magnifying glass. This presentation will contribute to the limited amount of literature currently available on the subject by sharing two case studies. The first case study outlines a therapist's work with a 3-year-old presenting with developmental delays over an 18-month period. The therapist will share how the focus of the therapy, along with her therapeutic approach, evolved in response to the significant changes that occurred in the child's life. This included starting school and moving house, whilst navigating their therapeutic relationship through restrictions put in place during the pandemic. The second case study outlines a therapist's work with a 9-year-old adopted child with emotional behavioural challenges over a 20-month period. In the early stages of the therapy, the therapist and client engaged in imaginative play using shared musical instruments featuring scenes from the child's past. The sessions moved online shortly after the outbreak of the pandemic. The presenter will share her experience of feeling a sense of disconnection with the client, and how they acknowledged the loss and rebuilt their relationship together. To conclude, the presenters will explore the inherited challenges of facilitating LT-HB-MT, including the lack of training, inequality of access for clients and the mental capacity required to sustain long term therapy from therapists' point of view.

Keywords: *long-term therapy, therapy at home, COVID-19, treatment planning, music therapy*

Beyond Song-Based Interventions: Treating Childhood Trauma When Words Aren't Enough

Stephenie Sofield

Avanzar

Abstract

This session will focus on the presenter's experience working with complexly traumatized children. The presenter will provide a brief examination of the neurobiology literature to provide rationale for why song-based interventions may not be initially useful in the treatment of traumatized children. This literature will also provide rationale for phase-based treatment. The presenter will discuss a phase-based approach, which features a gradual invitation into music over time. This approach integrates improvisational and musical play techniques to create a safe therapeutic space so that the child can be invited into moments of musical connection when they are ready. Examples will be provided through video clips that will feature 3 child clients between the ages of 3-5 years old. These videos provide examples of music therapy techniques that incorporate macro- and micro-improvisational play techniques that create the space and support for the child to gradually explore their trauma. The presenter will provide time for attendee processing and discussion of video content. The presenter will draw attention to specific 'moments of connection' that occurred within a child-centered approach that may not have been possible with structured song-based interventions. The presenter will also discuss the challenges of treating trauma within music therapy, including possible resistance to singing and song-based techniques. Emphasis will be placed on listening to the child, the use of alternative pre-musical techniques, and bringing the child safely into music opportunities when they are ready. Ethical considerations for treating traumatized children, including problematic power dynamics within the therapeutic relationship, will be addressed.

Keywords: *trauma, children, musical play, improvisation*

"Tell Me Where It Hurts" A Hierarchy of Music Therapy Pain Management Approaches in Pediatrics

Cheryl Dileo

Private Consulting and International Teaching

Abstract

Pain management is a challenging issue for hospitalized children and adolescents. Concerns regarding the the undertreatment of pain is salient in the literature. Music therapy is commonly used to treat pediatric pain with some evidence of its effectiveness. There are a number of music therapy methods used to treat pain, many with the purpose of distraction (refocusing) from pain, as distraction is an effective cognitive strategy. However, there are other music therapy approaches that may be used in pediatrics. the purpose of this presentation is to describe a levels approach to music therapy pain management in children, with levels corresponding to the following variables: the child's relationship to the pain, the developmental level of the child, the preferred way of participating in the music, the intention/goal of the approach, the relevant theory and evidence, and the training needed for the therapist. A discussion of recommendations for future practice, research and training will conclude the presentation.

Keywords: *music therapy, pain, pediatrics*

Music Therapy as the Patient's Performance of Ritual Healing: A Case Presentation

Clarissa Lacson

Drexel University

Abstract

This is a clinical case presentation of a young patient and family in the hospital with a re-diagnosis of cancer. Honoring the patient's and family's rap and hip-hop culture and empowering them as central actors in the music therapy sessions was essential to the facilitation of a healing experience. The presenter will describe how social identity is affected by experiences of illness, then explain how music therapy can be viewed as a transition rite that "actively transforms one identity into another" (Kapferer, 1991). She further proposes that music therapy cannot hope to be effective vehicles of healing and transformation unless the musical experiences carry aesthetic integrity, as perceived by the patient and family. The presenter will also explain how the music therapist achieved a transformation of the space (a hospital room) into a music studio. This became the site for rehearsal/performance/recording of the music in which the family embodied moments of hope and moments of re-integration, through reclaiming their identities as artists, fighters, and survivors. The music therapist is a musician trained in Euro-centric (Classical) music, who actively let go of her role as "musical expert" to give the patient/family's rap and hip-hop culture the central role in the services she provided while they were hospitalized. In this presentation, she discusses how working within this patient/family's musical language communicated reverence and respect for their culture in a predominately White context.

Keywords: *Aesthetic integrity, cultural humility*

Interdisciplinary Collaboration with Pediatric Music Therapists: Results from a United States Survey

Clarissa Lacson

Drexel University

Abstract

Interprofessional collaborative practice is difficult to achieve for many reasons, including scheduling demands, high workloads, physically distant workspaces, and lack of opportunity for face-to-face interactions between team members. Also, overlapping practice capabilities, differences in treatment paradigms, perceived power differentials, and misunderstanding about team members' roles may potentially lead to role ambiguity and role conflict between team members. However, music therapy service development literature demonstrates that pediatric music therapists display collaborative behavior in their efforts to establish new music therapy services and the role of the music therapist on the multidisciplinary team. To understand the current landscape of interprofessional collaboration in pediatric hospitals, pediatric music therapists were surveyed about their workplace characteristics, their interactions with co-workers, and their perceptions of interprofessional collaboration, servant leadership, interpersonal team processes, and thriving at work. Results from the free-text responses included information regarding the pediatric music therapists' most frequent collaborators, how pediatric music therapists educate others about their role, how they interact with other music providers in the hospital, and what factors were believed to contribute or inhibit collaborative interactions with co-workers. Results from the standardized instruments were analyzed to explore whether servant leadership, interpersonal team processes, and thriving at work were predictors of interprofessional collaboration. Implications of the findings will be discussed.

Keywords: *Interprofessional collaboration*

The Inner Flute – Inspiration and method on how to use singing in psychiatric care

Ellinor Ingvar-Henschen

Skåne University Hospital, Psychiatric department for children and youth (BUP)

Abstract

Which child or youth thought they would be treated with song when they entered the psychiatric emergency ward? At the University Hospital in Malmö, Sweden, it happens. There music therapy has been included in the team at the inpatient care since 2017. The workshop is based on this clinical practice and has singing, with all its' benefits and abilities to reach emotional reactions and awareness in the body, as its' base and departing point. This due to the initiator's (and presenter's) primary vocal education as a professional opera singer. Through continuous meetings with over 100 patients in the ages between 12-17 for over four years a "method" has emerged, which is presented in the workshop. The six steps for it are also described in a recently published book in Sweden, "Akut Sång" (Gidlund's), ("Urgent Singing" in English) by the presenter: 1) establishing the musical room, 2) relaxation and breathing, 3) making sounds, 4) singing technique and songs, 5) improvisation, 6) songwriting. Focusing on the patient's ability to discover the singing voice and its' connections to the body and personal history, the workshop will introduce and go through each step practically with the participants in a way that hopefully will evoke both laughter, thoughts and inner calmness. The book Akut Sång is peer-reviewed by MD Töres Theorell and music therapist Ingrid Hammarlund, the latter is also author of the introducing chapter.

Keywords: *singing, inpatient ward, songwriting, breathing, body awareness*

Music Therapy in Palliative Care in Hospital-at-home - Results From a Scoping Review

Monika Overå

Norwegian Academy of Music

Abstract

This presentation will sum up the results from a literature review on music therapy in paediatric palliative care in hospital-at-home. In recent decades, there has been a shift from hospitalisation to hospital-at-home in paediatrics. This shift involves more children are treated at home. The opportunity to receive treatment at home is something both patients and their families report greatly satisfactory. This is an expansion of the treatment at the hospital that probably will keep developing. A scoping review was conducted including determining the research question, determining relevant studies and study selection, and charting the data. And finally, collating, summarizing, and reporting the findings. The search strategy was modified to suit different databases. The results from the scoping review on music therapy in palliative treatment in hospital-at-home will be presented, to give an overview of the large and diverse body of literature. Empirical evidence of music therapy in paediatric palliative care will be summarized. In this way, the knowledge gaps that need to be investigated, become exposed. A main question is: Which areas in this field of practice need to be explored and further researched?

Keywords: *Literature review, hospital-at-home, paediatrics, palliative care*

Longitudinal study of music therapy's effectiveness for premature infants and their caregivers (LongSTEP): Results from feasibility studies with Norwegian and Polish cohorts

Tora Gaden Söderström¹

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Abstract

Introduction: There is evidence that music therapy (MT) has a significant positive effect for preterm infants and their caregivers in a short-term perspective, but assessment of longer-term outcomes is needed. Though MT is increasingly available in NICUs in Europe, its use is in a pioneering phase within Norway and Poland. **Methods:** We present two feasibility studies that evaluated the acceptability, integrability and safety of intervention; adaptability of outcome measures and feasibility of procedures of the LongSTEP trial. We used an abridged version of LongSTEP (without control group, with limited number of participants, MT sessions and measurements) with Norwegian and Polish cohorts. **Results:** Participating families (N = 7; three in Norway, four in Poland) were willing to actively engage in MT with their infants, with parental voice as main means of interaction. All included families took part in MT during NICU with a range of 4-7 sessions for Norway and 2-6 for Poland. Two Norwegian families participated in MT post-discharge with 4 and 6 sessions, respectively; and four Polish families with 2 sessions each. Measures (bonding, parental mental health) were completed by mothers at baseline, discharge and three-month follow-up. Study procedures and outcome measures were acceptable and suitable. Parents were able to transfer skills learned in MT to parent-infant interactions outside of MT. **Discussion/Conclusions:** Feasibility studies conducted prior to commencing large-scale, international, multi-site projects provide a crucial preliminary step in the research process. **Note:** Similar content was presented at the 11th EMTC, but final results were not available at that time.

Keywords: *Music Therapy; NICU; Premature Infant; Early Intervention; Pilot Study*

Discovering new perspectives in pediatric pain; music therapy into Helsinki Pediatric Pain center

Hanna Hakomäki¹

Reetta Keränen²

Hanna Vuorimaa³

¹Helsinki University Hospital

²Helsinki University Hospital

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Abstract

Pediatric Pain Center is in New Children's Hospital (NCH). The center was first initiated in 2020 to fill the gap in pain research and pediatric pain care in Finland. To develop services, a part time music therapist was recruited in the pain center recently. As a national hospital NCH is responsible for several pediatric patient groups regarding chronic diseases. In these diseases acute, procedural, and non-specific chronic pain is a distinct part of the whole. The aim of the project Music therapy into Helsinki Pediatric Pain center is to design music therapy services in cooperation with a designated group, comprised of a music therapist, psychologists and pain nurses in the wards of the hospital. The music therapy service design will be a three-fold process, in which music therapy, music medicine and other music therapy interventions are piloted, the feasibility of these services are tested and finally the methods are implemented. First, a process named My life is music, will be started by setting up a group-based music therapy session for adolescent with severe non-specific chronic pain symptoms. This out-patient process is based on music listening. The therapeutic goal is to add means to express feelings of adolescent life connected to chronic pain symptoms. The group process will be achieved by a music therapist and a psychologist together. The preliminary results of the first stage of the service design will be reported in the congress. Based on the results, the services will be extended in the near future.

Keywords: *pediatric pain, music therapy, palliative care, accessibility*

Learning to think Out-of-the Box: Reaching the Hidden World of Children through Innovative Music Therapy Interventions

Christine Naguib

Ometz/JFK High School Montreal

Abstract

This presentation describes and discusses the use of different music therapy interventions created to reach a group of children who presented with an array of challenging behaviours, demonstrated low self-esteem, and were diagnosed with anxiety, depression, and PTSD. The children came from diverse ethnic backgrounds, low-economic status, and several came from violent homes, or had faced family related traumas in their life. A 16 week music therapy program was pioneered for this select group of children. Literature reveals that children who have experienced family violence have little opportunities to express how they are feeling (Keys, 2009 as cited in Fairchild, Thompson, & McFerran, 2017). Music can be a powerful tool that allows the music therapist to enter the child's world and can provide the child the opportunity to express feelings that would otherwise be difficult to explore verbally (Kim, 2017 & Fairchild, Thompson, & McFerran, 2017). In my proposed presentation, I present innovative interventions such as allowing the clients to share their favourite songs, colouring to music, drumming different feelings, using a feelings wheel for improvisation, musical games, mini music ensembles, creating personalized song books, and creating a thunder drum that were developed to encourage participation, develop rapport, and allow the clients to be a part of the music therapy process. I address the need to provide the clients the opportunity to be a part of the therapeutic process by creating interventions that meet their interests and share successful strategies used when dealing with strong resistance to music therapy.

Keywords: *self-esteem, children, city, family trauma, resistance, interventions*

In limine: on the edge of music therapy work with hyperkinetic autistic children

Oscar Pisanti

Association for Social Promotion Roots In Action

Abstract

Autistic children with hyperkinetic disorder (ACHD) often show of not being able to stay in the music therapy room as well as to engage in musical activities and exchanges. In some cases, despite the use of music therapy techniques to hook the child and gain his/her attention, these difficulties can persist. Is this a contraindication to music therapy or are there any methodological indications that could allow the therapeutic work to continue? Winnicott (1971) wrote that, in child psychoanalysis, the therapist work is firstly directed towards bringing the patient from a state of not being able to play into a state of being able to play and then “psychotherapy may begin”. This paper is intended to show how a preliminary non-musical work with a hyperkinetic autistic child that were unable to play gradually allowed him to engage in sound dialogues with the music therapist. The aim is to highlight that the recovery of the patient’s ability to play and share musically can be a primary goal of the therapeutic work in music therapy with ACHD. Clinical vignettes will be discussed with the aid of audio-video excerpts. The music therapy approach was psychoanalytically informed. The discussion will focus on the elements of the technique that mainly concern the music therapist's stance “on the edge” of sound-musical work, summarized as follows: (I) a “negative capability” (Bion, 1970); (II) a “firm but kind holding” (Tustin, 1990); (III) oscillation between the stance of “therapist-environment” and “therapist-object” (Danon-Boileau, 2012).

Keywords: *autism, hyperkinetic disorder, inability to play, music therapist's stance, theory of technique*

Collaborative reasoning for team, and program development in a pediatric hospital

David Knott

Seattle Children's Hospital

Abstract

To effectively develop music as a program for children in hospital, music therapy teams must move from an ideal (“music therapy can...”) to a model that is responsive to the needs and culture in which it is situated. This intrinsic case study reports on a the journey of two experienced music therapists – one from outside the hospital providing a structured program to develop collaborative reasoning, and the other inside the hospital using a longitudinal and embedded knowledge of the site and program - in developing a precise service delivery model. This paper will explain the structured program called the Team-Based-Service Development (TBSD) and the experiences of the team leader in implementing the resulting team communication and program. The TBSD program uses principles from Laursen’s model of collaborative reasoning (2018). The facilitator provided a series of provocations in the form of discussion prompts and paper-and-pen exercises by which each therapist freshly shared known perspectives, put arguments to each other, and re-configured a foundation of collective knowledge. The key outcomes were a consensus on three theoretical domains that encompass all services, and more significantly the learned capacity of the team to reason together which serves them in the tasks of constant innovation, and advocacy. This has proven to be valuable in the deployment of music therapy services in the midst of the COVID-19 pandemic. Collaborative reasoning has created the conditions for improved patient care by creating a model for increased team engagement and ongoing ownership of that team’s service delivery model.

Keywords: *Collaborative reasoning; program development; discourse; COVID-19*

How do we use our words when working with parents in music therapy? – Dialogic approach as a verbalizing tool

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Myllytalo

Abstract

Family centered music therapy is widely acknowledged way of working especially with children and adolescents. It seems that the opportunities for different models of work are likely to be contextual. The literature describes how verbal interactions and support to parents often take place in short, informal encounters before, during and/or after the music therapy sessions. Some recent studies report benefits to parents who received separate counselling sessions or worked exclusively with parents. Music therapists are experts in creating dialogue through music. Though, both musical and verbal interventions are important. Verbal processing is an effective tool to facilitate communication with parents and other carers. Verbalizing can structure, give shape, and bring the experience to the cognitive level. It may establish trust between parent and therapist, deepen the experience of the present moment and clarify many aspects. The basis of dialogic approach is found from conceptualizations of Trevarthen and Stern. When creating a dialogical space the therapist is remaining in the position of not-knowing and uncertainty. Instead of skillful questions or interpretations the therapist may repeat client's words and use open-ended questions. Also, dialogical utterances like inviting responses, speaking in first person and reflective wording are important. This demands the therapist to adapt on the present moment and into listening of her own embodied responses and inner dialogues. The use of words in music therapy can and should be practiced. In this workshop, the dialogic and reflective ways are introduced and exercised.

Keywords: *Family Centered Music therapy, Dialogic approach, Working with Parents*

Beyoncé MD: Music -based therapeutic interventions and their effect on cognitive development and DNA methylation in extremely preterm infants admitted to the Neonatal Intensive Care Unit

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Abstract

Understanding the influence of music on early brain development has received increasing interest over the past decades. Investigating neural biomarkers through DNA methylation in combination with hemodynamic measurements and Near Infra-Red Spectroscopy shows to be a promising candidate in determining neural development in very young patients on the Neonatal Intensive Care Unit (NICU). This pilot/feasibility study investigates the influence of a live music-based therapeutic intervention on neural and physical development in extremely pre-term born children. Biological parameters (i.e. heart rate, respiratory rate, blood pressure and oxygen saturation) were constantly monitored during the live-music therapy sessions. Every five minutes, these data were measured during the session, as well as before each session of live-music therapy and after each session. Comparisons were made within infants after each session and an overall comparison was made of all infants receiving the intervention. DNA methylation is by far the most studied epigenetic mechanism. It may lead to reduced transcriptional activity and gene silencing. We non-invasively collected tissue samples of stool before the start of the intervention, after three weeks and again after six weeks. With live-music therapy, we first and foremost hope to improve the quality of life of extremely preterm infants admitted to the NICU. Live-music therapy will most likely be stress reducing, which could have beneficial effects on neurodevelopment. Reducing neurodevelopmental problems and improving speech and language might provide these children with better chances to participate in society, again affecting their quality of life and public health care.

Keywords: *Music NICU fNIRS*

Voice work in music therapy for children who have an acquired brain injury

Claire Wood

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Abstract

The impact of Neurologic Music Therapy to support neuro-rehabilitation in the adult population is well documented, alongside growing evidence within the paediatric population (Pool/Wood, currently in press). This presentation explores the neurological, physiological and psychological aspects of voice-work in music therapy for neuro-rehabilitation of children who have an acquired brain injury. The neurological impact on the voice stems from the brain injury itself and changes to the bodily systems which enable the voice. Physiological aspects impacting voice may come from secondary injuries, such as damage to the area of the larynx from the cannulation process often required in acute care post brain injury. The psychological aspects come from a changed identity for the child, especially where their voice is changed post-injury. Many auditory qualities - timbre, cadence, volume, level of clarity and even accent may change, and be further impacted by cognitive changes altering access to language itself. The voice, once the internal narrator of thoughts and the means of fluid communication with others may now be experienced as effortful and even alien. Music therapy case studies show techniques to support functional recovery of voice, but are here also contextualised within the theoretical framework of identity rehabilitation developed by colleagues at The Children's Trust (Perkins, 2019) evidencing how shared song-singing and song-writing may become a means of connection with others and of creating the safe space necessary for a child to explore a new, or recover a former, sense of self and identity.

Keywords: *Acquired brain injury, ABI, Voice, Neurologic Music Therapy, Identity Rehabilitation, Song-writing*

Music Therapy in The Emergency Department Extended Care Unit (EDECU)

Amy Troyano

Children's Hospital of Philadelphia

Abstract

This presentation aims to share our experience of creating a music therapy service for the Emergency Department Extended Care Unit (EDECU) in the Children's Hospital of Philadelphia, one of the largest pediatric hospitals in the United States. This service is offered to patients that come into the Emergency Department with a psychiatric need and require a longer stay in order to be medically and psychologically stabilized before they are transferred to a psychiatric hospital in the area or admitted into the Medical Behavioral Unit (MBU) of the hospital. A theoretical framework from psychoneuroimmunoendocrinology, psychodynamic music therapy, resource-oriented music therapy, and emergentology will be introduced. Additionally, receptive, creative, and recreative music therapy interventions will be explored in the context of providing focal interventions that aim to (a) reduce anxiety, (b) develop resiliency, (c) encourage healthy coping, and (d) provide a sense of safety and support in the midst of a psychiatric crisis. Implications for interdisciplinary collaborations and continued care will also be discussed.

Keywords: *Music Therapy, Emergency Department, Psychiatry, Behavioral Health, Stabilization, Resiliency*

When music therapist and physiotherapist join forces - Case study of a brain injury rehabilitation

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Abstract

A case-study of a six-year therapy for a 13-year-old patient severely disabled in a traffic accident at the time of the incident, in which a music therapist and a physiotherapist work together to create new methods to successfully enhance a client's rehabilitation. The client's rehabilitation has been exceptionally extensive. As the therapy progresses, the music therapist will consult with a physiotherapist to obtain accurate information about the client's motor skills, muscle strength, and coarse and fine motor skills in the limbs. Together with the client, therapists created a variety of music therapy playing exercises that utilized the NeuroPlay® method. Therapists visited the client's community to create a variety of body coordination exercises and strength exercises that the music therapist contributed as part of the music therapy. A case study is an example of real multi-professional work, without which the client's exceptional progress would presumably not have been possible. The presentation encourages rehabilitators from different fields to work more together. Provides methods and new approaches to rehabilitate trauma clients through music. In therapy, videos of the progress of the therapy are shown, it is possible to observe the progress of rehabilitation and the results achieved from various methods and videos. The NeuroPlay® method is utilized as part of neurological exercises in rehabilitation.

Music Therapy in the SDU and CFDT

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Abstract

This presentation aims to examine the use and benefits of music therapy for pregnant persons and their partners on the Special Delivery Unit (SDU - inpatient) and Center for Fetal Diagnosis and Treatment (CFDT - outpatient) in the hospital. Some of the issues which these individuals and partners face include increased anxiety, increased depression, increased pain and physical discomfort, and increased need for psychological support around dealing with the complex diagnosis for their unborn baby. Babies born on the SDU are often taken to an ICU of the birth may be a palliative birth. The work on these units incorporates a trauma-informed lens, particularly when the experience of being pregnant triggers feelings related to past traumas, as well as a Sound Birthing lens, which supports the birthing person and partner in preparation for labor and delivery, and incorporates the "womb song". This presentation will discuss the benefits of using music therapy with patients in the CFDT and SDU to support anxiety reduction, prenatal bonding, and preparation for delivery/post-partum experience. In addition, this presentation will also examine the use and effectiveness of various music therapy interventions with patients and their partners in the CFDT and SDU during their prenatal, antepartum, and delivery experiences, specifically those interventions which make use of voice and breath, creating playlists, or improvisation. Lastly, this presentation will provide an evidence-based and theoretical framework for the use of music therapy interventions with patients in CFDT and SDU, while also posing the areas for future research.

Keywords: *Prenatal bonding; Antepartum; Womb Song; Anxiety Reduction; Palliative Birth*

Nurture and play for foster families with young children: Foster – parents’ reflections on attachment- focused group intervention

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Abstract

An insecure attachment history puts foster children at risk for many kinds of difficulties which may include psychopathology. Nurture and play (NaP) for foster families - intervention for children aged one to five years of age aims to help the new attachment relationship between foster parents and their young children develop in a secure direction. The short-term group intervention is based on theraplay combined with music therapy. The session activities are attachment-based and modelled on early interactive play. The target is to create fun, enhance attachment, and support regulation. Parental mentalizing is supported by helping the parents see and feel situations from the child’s and their own perspective. This actualizes in reflective sessions after both each session and separately. The aim of this presentation is to introduce the results of a study where foster parents use their mentalization skills to reflect the different meanings of the NaP for foster families -intervention. A stimulated recall method was chosen to correspond to these research targets. The main findings including emotional, social, and behavioural qualities are discussed. Also, the parent’s reflections of the intervention are presented and the relationship between the tenets of attachment theory and the results of the study on hand are compared.

Keywords: *Young Children; Family Work; Foster Care; Group Intervention; Stimulated Recall Interview*

A theory-supported documentation tool for music therapy as procedural support; promoting better continuity of care

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Abstract

Music therapists are often challenged to communicate the therapeutic relevance of their work in a manner that enables other health professionals to appreciate and comprehend the subtleties and unique contributions of such practices. In this session, we present and illustrate a documentation tool based upon a theoretical model of music therapy as procedural support. The tool facilitates articulation of the various on-going therapeutic processes taking place during procedural support, and as such, serves as a resource for both the music therapist and the interdisciplinary team to improve continuity of care. We will provide an overview of the theoretical model from which the documentation tool was developed, and trace how the tool contributes to continuity of care within a biopsychosocial frame. Clinical relevance of the documentation tool will be illustrated through case examples related to the use of music therapy as procedural support for children and adolescents undergoing punctures and administration of chemotherapy via an Ommaya Reservoir. When music therapists specifically and clearly describe the processes underlying procedural support, including child and family contributions and preferences, other health professionals can use such knowledge to help the child cope more effectively in the future. This documentation tool improves quality of care by providing music therapists with a means to reflect over specific facets of practice, and by translating that reflection into terms and concepts that can be effectively communicated to interdisciplinary staff and thereby implemented to improve wholistic care of the patient and family.

Keywords: *Music Therapy, Pediatrics, Oncology, Procedural Support, Documentation*

Where do I go from here? Music therapy interventions in trauma treatment with a child

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Abstract

"The Swedish Red cross has six Treatment Centres from north to south in the country, where individuals who are suffering from trauma linked to war, torture and/or severe migration journeys can get help. The centre in Uppsala, has since 2017 opened for treatment of children and families. The aim of this workshop is to give the participants an insight into this new field of work, a treatment area where, at times, there is little guidance from clinical experience and research in the daily work. The participants will become acquainted with how music therapy interventions can be used in treatment of psychological trauma. The workshop opens for dialogue and reflection about different themes around the treatment work: musical interventions and their purpose, parents' participation, treatment measurements, difficulties as well as opportunities in the treatment work. The therapist's own feelings when working with a traumatized child is another theme as well as the courage to dare to try interventions and plan treatment where there are no given answers and pre-trodden paths. At the center in Uppsala, different networks are built around the work with children to support the child, learn more and widen the perspectives. One of the networks is with Deaconess Foundation in Helsinki Finland. Literature

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Keywords: *Psychological trauma, children, families, war, music, therapist*

Children`s Lied - the Art of Storytelling and Emotional Skills in Music

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Abstract

"Lied is an art form that builds on the collaboration of singer and pianist. The genre has traditionally been performed by adults and musicians with advanced skills. Children's Lied is a novel concept. Marjukka Eskelinen and Saara-Maija Strandman have been developing the concept since 2016; they have published repertoire books, lectured in various pedagogical forums and organised events. Children's Lied has shown lied music is suitable also for children and adolescents. In only a few years, the concept has been adopted at music institutes across Finland. Lied music can be seen as poetry shaped into musical form. In Children's Lied, children concentrate on text-interpretation, storytelling, social and musical interaction, instrumental skills and performing. Through all of these dimensions children and adolescents learn also general skills of living that includes, for example, emotional skills and capability of understanding cultural phenomena of one's own time and the past. The world of children and adolescents is full of various attitudes, thoughts, emotions and opinions. Children's Lied may offer a safe space in which children and adolescents can examine and marvel oneself, the world and its mysteries. Simultaneously, the expression of these manifold emotions and thoughts is what makes art so exciting and refreshing"

Keywords: *Lied, children, storytelling, interaction, instrumental and emotional skills*