

Contents

	Foreword by Joanne Holmes	9
	ACKNOWLEDGEMENTS	11
	Introduction	13
Chapter 1	Characteristics of My Music Therapy Approach in Child and Family Psychiatry	15
	Introduction	15
	The Croft Unit for Child and Family Psychiatry	15
	History of music therapy at the Croft	17
	Two vignettes	17
	Defining my approach	20
	Influences from my own background	22
	Some thoughts about working in child and family psychiatry	22
	Parallels with family life at home	24
	Therapeutic music teaching	25
	The Croft team	27
	Written music therapy reports at the Croft Unit	28
	Conclusion	28
Chapter 2	Music Therapy Diagnostic Assessments in Child and Family Psychiatry	29
	Introduction	30
	Alternative approaches to music therapy assessment	30
	Description of the Music Therapy Diagnostic Assessment (MTDA)	35
	Feeding back to the rest of the team	43
	Three vignettes	43
	Conclusion	46

Chapter 3	Music Therapy at the Croft: Assisting Clinical Diagnosis	47
	Introduction	47
	General organisation of the music therapy group	48
	Group philosophy	49
	Rationale for the group	50
	Group structure	52
	Reviewing the group	63
	Four Vignettes	63
	Conclusion	69
Chapter 4	Individual Short-term Music Therapy in Child and Family Psychiatry	70
	Introduction	70
	Other approaches to short-term music therapy	71
	Four case studies	72
	Reflections on the four cases	80
	Improvised stories, working in partnership with a psychotherapist	81
	Conclusion	88
Chapter 5	Music Therapy with Families at the Croft Unit	89
	Introduction	89
	Other family music therapy work	89
	Three families receiving individual music therapy treatment	91
	A six-week group with mothers and young children	99
	One-off interventions followed by video reviews with groups of mothers and babies	105
	Conclusion	109
Chapter 6	Music Therapy Research	110
	Introduction	111
	Effects of music therapy on a group of adults with profound learning disabilities	111
	Qualitative and quantitative approaches to research	114
	What constitutes research?	115
	Investigation into music therapy with mothers and young children at a unit for child and family psychiatry	117
	Common points in all my research investigations	120
	Reflections	120
	Conclusion	122

Chapter 7	Research Investigation into Music Therapy	
	Diagnostic Assessments	123
	Introduction	124
	Background	124
	Methodology	125
	Results of the study	137
	Additional study comparisons	154
	Review of main findings in this chapter	156
Chapter 8	Teaching Music Therapy	159
	Introduction	159
	Music therapy workshops	160
	Training music therapists	165
	Making music therapy training videos	176
	Conclusion	178
Chapter 9	Music Therapy Supervision	179
	Introduction	180
	Receiving supervision	180
	Giving individual supervision	181
	A supervision group	186
	Reflections on what supervisees have written	194
	Conclusion	195
Conclusion		196
	APPENDIX 1 BLANK SHEET USED FOR RECORDING ON-GOING MUSIC THERAPY NOTES IN THE CROFT NURSING FOLDER	199
	APPENDIX 2 SUMMARY DESCRIBING DAMIEN'S MUSIC THERAPY SESSION	200
	APPENDIX 3 SUMMARY DESCRIBING NANCY, CLAUDE AND PHOEBE'S MUSIC THERAPY SESSION	202
	APPENDIX 4 DAMIEN'S MUSIC THERAPY REPORT	203
	APPENDIX 5 NANCY, CLAUDE AND PHOEBE'S MUSIC THERAPY REPORT	205
	APPENDIX 6 CROFT GROUP 'HELLO' SONG	206
	APPENDIX 7 FULL MTDA SCORING SHEETS	207
	APPENDIX 8 MTDA AND ADOS TESTERS' QUESTIONNAIRE	210
	APPENDIX 9 GUIDELINES FOR STRUCTURED INTERVIEWS WITH THE CHILDREN	213
	APPENDIX 10 GUIDELINES FOR WRITING ABOUT INDIVIDUAL SUPERVISION	215
	APPENDIX 11 GUIDELINES FOR WRITING ABOUT GROUP SUPERVISION	216
	REFERENCES	217
	SUBJECT INDEX	221
	AUTHOR INDEX	224

List of Tables

Table 7.1	Overlaps and similarities between the categories in the ADOS and MTDA scoring systems	134
Table 7.2	Music therapist's MTDA adjusted scores, main ADOS scores and diagnosis	138
Table 7.3	SPSS descriptive statistics on the MTDA and ADOS figures relating to the Croft diagnoses	140
Table 7.4	Summary of agreements and disagreements between tests	141
Table 7.5	Summary of general statistics on the MTDA and ADOS scores	144
Table 7.6	Nine similar scoring categories in MTDA and ADOS tests	145
Table 7.7	Nature of the comments made in answer to the question: 'Did the person carrying out the test feel they administered the test well?'	149
Table 7.8	Children's strengths and difficulties mentioned by the ADOS testers	150
Table 7.9	Children's strengths and difficulties mentioned by the MTDA tester	151
Table 7.10	Summary of agreements and disagreements between the ADI and other tests	155

List of Figures

Figure 7.1	Ratio of girls to boys	128
Figure 7.2	Age distribution of the children	128
Figure 7.3	Croft diagnosis	141
Figure 7.4	MTDA and ADOS agreements and disagreements	142
Figure 7.5	Analysis of agreements and disagreements	142
Figure 7.6	Agreements and disagreement between MTDA and ADOS with the Croft diagnosis	143