

Copyright is owned by the Author of the thesis. Permission is given for a copy to be downloaded by an individual for the purpose of research and private study only. The thesis may not be reproduced elsewhere without the permission of the Author.

ADULTS WITH NEURO-DISABLING CONDITIONS: EXPLORING THE
WAYS MUSIC THERAPY CAN SUPPORT RESIDENTS IN A LONG TERM
CARE FACILITY

An exegesis presented in partial fulfilment of the requirements for the degree of:

Master of Music Therapy

At New Zealand School of Music

Massey University and Victoria University of Wellington

New Zealand.

Elizabeth Mary Bolwell

2014

Abstract

This exegesis presents findings which emerged from secondary review of clinical practice data collected during a music therapy placement. The setting for this research is a long-term residential care facility for people with a variety of physical and neurological conditions, including cerebral palsy, traumatic brain injury, stroke and multiple sclerosis, aged 18 to 65. The aim of the facility is to maximise the quality of life for people with physical disabilities and those with terminal illnesses. The research aim was to develop theory about how music therapy can provide support to people with long term neurological conditions. Thematic analysis was employed to develop core themes about the support that music therapy has provided. These findings are presented under the following six themes: building relationships, collaborative practices, fostering community, acknowledging diversity, emotional support and musical engagement. These themes all focus on relatedness, and the quality of life of individuals, groups and the community. They also indicate the value of a flexible community-centred approach for delivering music therapy. A vignette from clinical practice is included to illustrate important points made in the exegesis. The study complements other music therapy research situated within a health-care perspective and could offer particular significance for new music therapy practitioners looking to understand and work with people with neuro-disabilities in long term care facilities.

Acknowledgements

I would like to thank the following people:

The residents and staff at the facility: This study would not have been possible without you and I have learned so much from all of you and enjoyed making music alongside you.

Dr Sarah Hoskyns my research supervisor, for her genuine warmth, and passion for music therapy, and for keeping things real over two years of this student journey.

Dr Daphne Rickson for her consistent support over two years of training and for providing the inspiration for me to pursue the dream of working in this field.

Penny Warren my visiting music therapist, for her insight, and fun, and for challenging me this year to grow as a professional.

Carolyn Nixon for her encouragement as my clinical liaison, and for the opportunity to work together as fellow therapists.

Dr Greg Gilbert, CTL, Elizabeth Smith and the staff of Massey library, for their willing help and availability.

My friends and family for supporting me continually throughout this journey.

This exegesis is dedicated to my late parents Mary Duncanson Bolwell and John James Bolwell for instilling in me a love of music.

Ethical approval was gained for this project: HEC : Southern A Application – 11/41 Master of Music Therapy Programme ethical template for student research in NZSM 526 undertaken as observational studies, theoretical or case study research.

Contents

Abstract.....	i
Acknowledgements.....	ii
Contents	iii
Introduction.....	1
Neuro-disability	1
The research and the research facility.....	2
Personal position.....	3
Structure of the exegesis	3
Literature Review.....	4
Long-term care.....	4
Music therapy and neuro-disability.....	6
Music therapy in neuro-rehabilitation.....	8
Models for rehabilitation and recovery	10
Collaborative interdisciplinary practice	11
Music therapy methods and techniques	12
Summary	13
Research Methodology and Methods.....	15
Data collection	15
Data analysis	15
Ethical Considerations	17
Clinical Practice	18
Overview of music experiences offered over whole practice	19
Findings	20
Theoretical perspective	20
Music therapy supports residents in long term care facilities in the following ways	21
Vignette of Music Therapy Practice	21
The Six Themes	25
1. Building relationships	26
1.1 Being alongside.....	26
1.2 Providing support in a therapeutic relationship	27
2. Collaborative practices.....	29
2.1 Rehabilitation and therapy team	29
2.2 With residents	30
2.3 With staff and caregivers	31
2.4 Interdisciplinary work.....	32

2.5 Supervision	33
3. Fostering community	33
3.1 Making connections	33
3.2 Participation and belonging	35
3.3 Social interaction and humour	36
4. Acknowledging diversity	37
4.1 The need to work in a flexible way to support diverse needs	37
4.2 Restrictions experienced	38
4.3 Techniques to meet diverse needs.....	38
5. Emotional support.....	39
5.1 Supporting people to manage and express emotions	39
5.2 Supporting residents through song-writing and lyric substitution	40
6. Musical Engagement.....	42
6.1 Mastery and independence.....	42
6.2 Creativity and originality	43
6.3 Group skills through musical engagement.....	43
6.4 Resource-oriented therapy	44
Discussion	45
Relationships, relatedness and community perspectives	45
Flexible therapeutic approach	47
Quality of life and well-being	47
Strengths and limitations.....	48
Future implications	49
Conclusion	49
Glossary of Māori Terms	51
References.....	52
Appendices.....	60
Appendix 1. Thematic Map	60
Appendix 2. Analysis of Data 1 Sample: Women’s Group Session 24/6.....	62
Appendix 3. Analysis of Data 2 Sample	63
Appendix 4. Request for Permission Letter to Facility.....	64
Appendix 5. Consent Form for Vignette.....	65
Appendix 6. Permission letter to use supervision and meeting notes	66
Appendix 7 Song Composition.....	67