
 Norges musikkhøgskole
Norwegian Academy of Music

 CREMAH
Centre for Research in Music and Health

Music and health as innovative practice


CREATIVE ENTREPRENEURSHIP
West University of Timișoara, May 29th-31st, 2023
Romania

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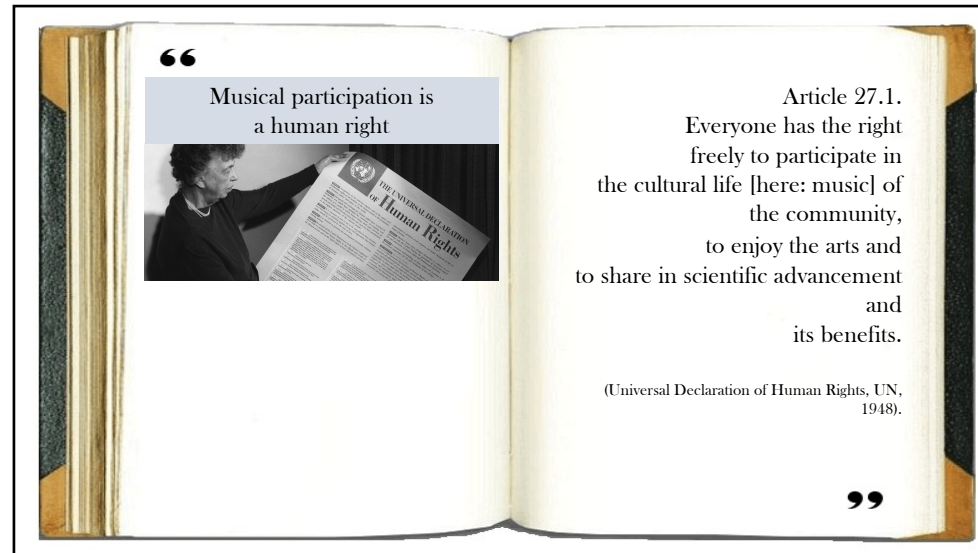
Content

- **A basis**
- The call
- Centre for Research in Music and Health (CREMAH)
- Leadership
- Ethical concerns
- Innovation through the arts

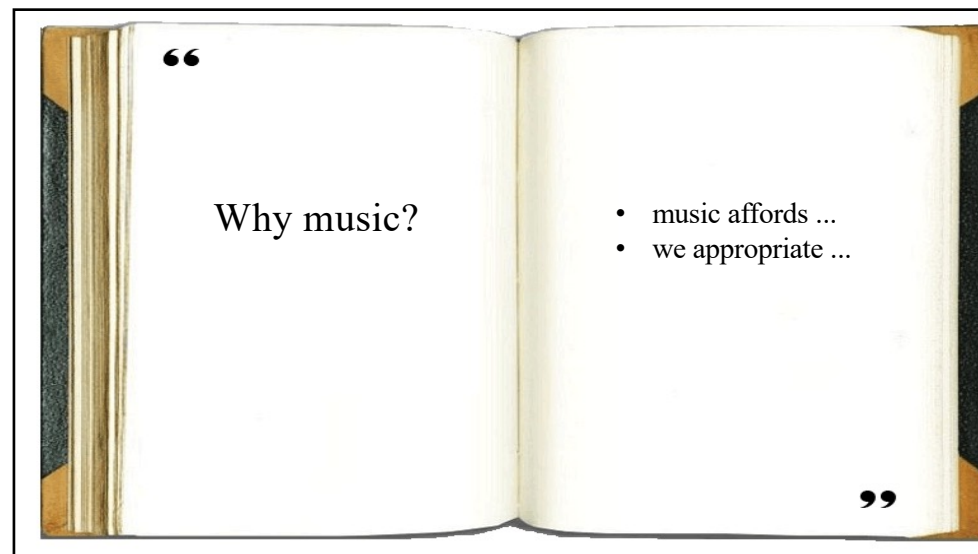


Ill. on template: Pixabay.com

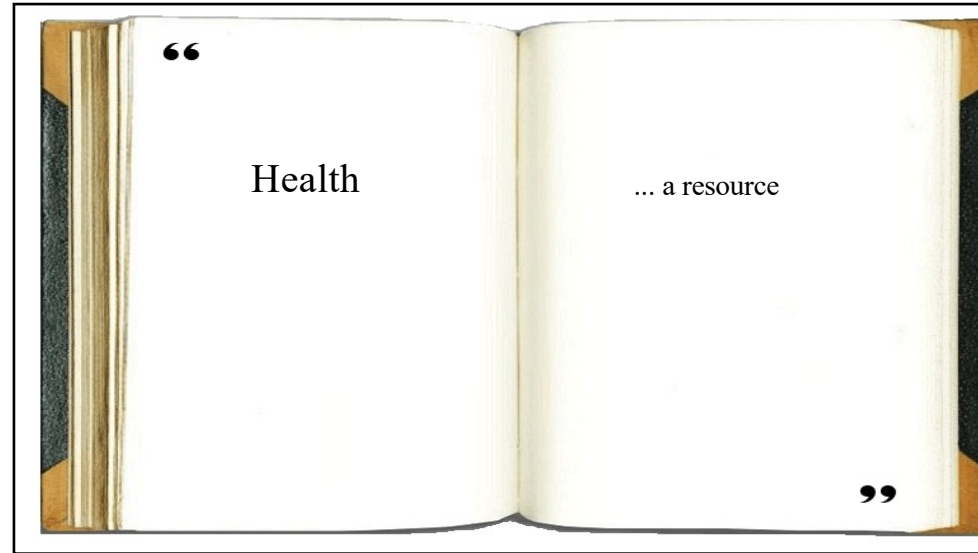
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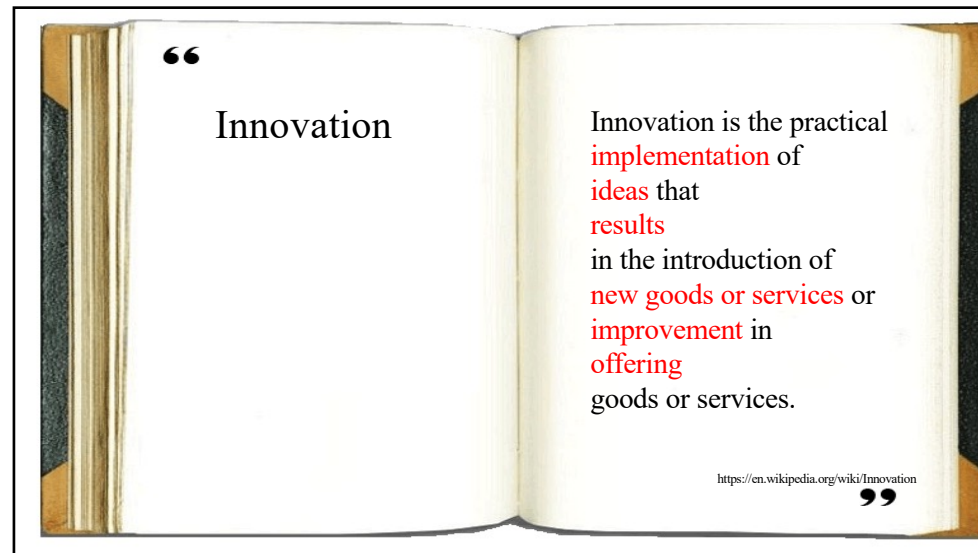
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PERSPEKTIVER PÅ MUSIKK OG HELSE
30 år med norsk musikkterapi
Skriftserie fra Senter for musikk og helse
Gro Trondalen og Even Ruud (red.)
NHH-PUBLIKASJONER 2008:3

NORGEHUSIKKSKOLEN
Norsk senter for musikk og helse

2008

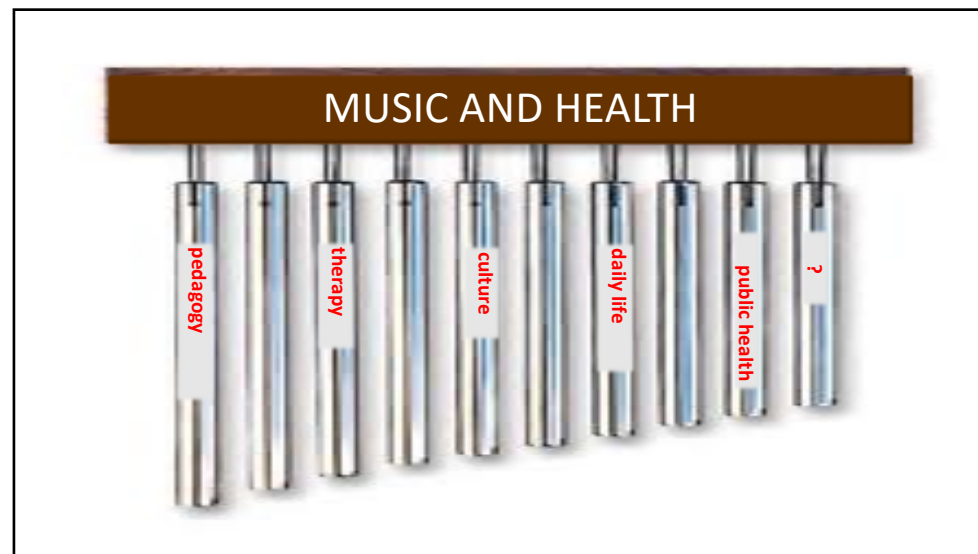
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CREMAH stands for Center for Research in Music and Health and aims to develop new knowledge, understanding, evidence and critical reflection through research in music therapy and on music as a health resource for people and society.

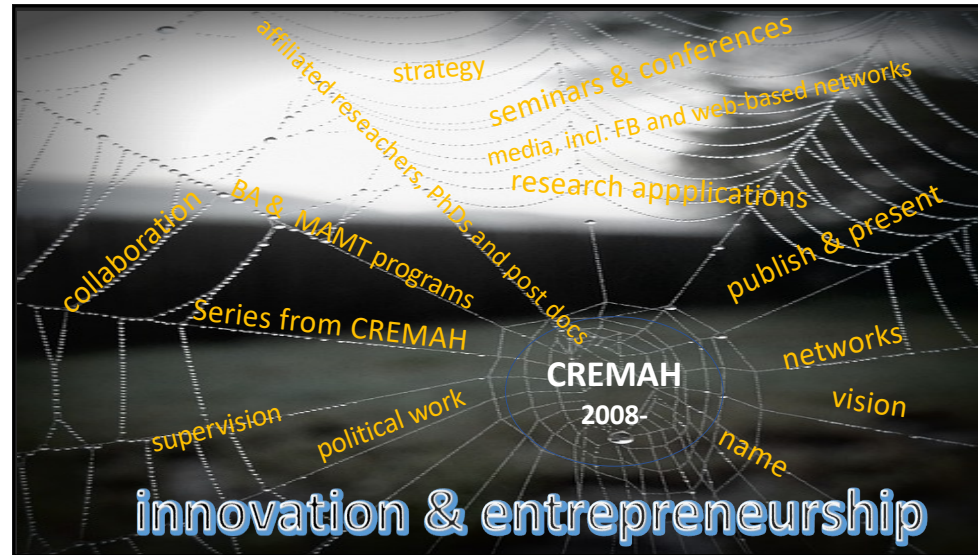
<https://nmh.no/en/research/centres/cremah>

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The vision of CREMAH is to **expand knowledge** about the relations between music and health, and the ambition is to be a beacon in the area. CREMAH advocates a **humanistic view** on the relationship between humans and music. We argue that **music is a valuable resource** that affords aesthetic and existential experiences that are profound to the human being as an ecological whole. Music is also a **democratic right** that belongs to all of us, either as recipients of music as an art form and cultural offer and/or as active participants in music and musical activities. These musical activities may be music listening, composing, songwriting, song sharing, singing and playing, either alone or in groups. This is not just CREMAH's vision, it is an **ethical and ecological call** and a **social mandate**, and a **responsibility that CREMAH takes on**.

(CREMAHs annual report, 2022)

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Redaktører:
Jan Sverre Knudsen
Marie Strømd Skarland
Gre Trondolen

Musikk etter 22. juli

Høgskolen i Bergen
musikkhøgskole
Norwegian Academy
of Music

NBM publikasjoner
2014:4

Music after the 22nd of July

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Series from Centre for Research in
Music and Health (CREMAH)
25 books

[https://nmh.no/forskning/publikasjoner#research_centers\[\]=cremah](https://nmh.no/forskning/publikasjoner#research_centers[]=cremah)

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Ingelill B. Eide	<i>Music Therapy: Success factors for implementation and stability</i>	PhD Fellows
Ingeborg Nebelung	<i>Expectations towards music therapy in the field of children and adolescents in challenging life situations: An instrumental multiple case study.</i>	
Monika Overå	<i>Music therapy for children and adolescents admitted to the Department of Advanced Home Hospital within palliation</i>	
Kristi Stedje	<i>The quality of the relationship between persons living with dementia and their carers (HOMESIDE project)</i>	
Jelena Golubovic	<i>Developing single-session music therapy protocols to regulate symptoms of delirium in patients admitted to an acute geriatric hospital ward</i>	
Randi Bettina Flater	<i>Heart Rate Variability and Subjective Experience in Music Therapy in Mental Health Care A real-time parallel analysis.</i>	
Christine Wilhelmsen	<i>Trauma-Informed Approach in Music Therapy Work With at Risk Adolescents</i>	
Merete Holme	<i>Music therapy and emotion processes in adolescents with depressive disorder</i>	
Guro Cornelia Almenningen Høimyr	<i>(Highschool) revues in upper secondary seen in a public health perspective.</i>	
Anne Karine Råmunddal Kippenes	<i>Music for health and wellbeing in Early Childhood Community Service at the National Referral Hospital in Bhutan: an exploratory study</i>	

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Post Doc Fellows

Hans Petter Solli: *MustCare*. Music therapy in community mental health care –mobilizing the knowledge.

Kjersti Johansson: HOMESIDE, research coordinator

Marie Strand Skånland: *Music Therapy in FACT team* (funded by Ansgar University College).

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CREMAH is involved in about 30 research projects

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CREMAH
invites to- & participates in
conferences,
seminars &
collaborative meetings

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Innovation in innovation:

National Network on Music Therapy in Addiction and Mental Health (2010-)

- Department of learning and coping, Fredrikstad municipality
- Fagrådet – the main organization of the drug field
- POLYFON knowledge cluster, University of Bergen
- CREMAH, Norwegian Academy of Music
- Several Competence Centers: KORUS Oslo, KORUS Midt, KORUS Bergen, KORUS Stavanger
- NAPHA (National Competence Center for Mental Health Work)

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a meta-synthesis of users' perspective on music therapy in municipalities (2022)

leaflets

a guide to establishing music therapy in addition and mental health services

Free download
<https://nmb.brage.unit.no/nmb-xmlui/handle/11250/2652988>

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Music therapy for me

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The International Consortium
of Universities with PhD
programs in music therapy
(Europe, USA, Australia)

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Applications / grants

- Research
- Networks & clusters
- Documentation
- Pilot-projects

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 **JPND**
research
EU Joint Programme – Neurodegenerative Disease Research

 **Homeside**
Partnership in dementia care

<https://www.homesidestudy.eu/>

International study

Australia, Poland, Great Britain, Germany and Norway

(PI, N: K. Stensæth)



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www.nrk.no
Norwegian Broadcasting Cooperation & CREMAH



→ wave of dementia choirs & need for training

Kurset i demenskorledelse holdes i regi av Norges Musikkhøgskole. Foto: Lars Bull

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A glowing lightbulb hanging from a cord against a dark background.

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- the role
- personal leadership capabilities
 - leadership skills
- development of their leadership



- improvise / surprise oneself
- hear /make 'the call'
- values (open & hidden)
- appreciate a culture of creativity & laughter & trial/errors ('daring greatly')
- relationships with potential stakeholders & collaborators
- ethics

leadership **as** innovation

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Safety procedure

Put on your own mask ...before helping others

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Formative visions as empowerment

- Take the floor
- Ask questions
- The cards on the table
- Intellectualize
- Confirm good standard of language and behaviour

Photo: G. Trondalen

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Pedestal for the future

Imagine yourself ...

Photo: G.T.

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THE MUSIC to the art work

Title: Men går jag över ängarna. Musician: Ole Edvard Antonsen.
From the album Tour De Force (2001). Universal Music AS. (Spotify.)

CREMAH EN

<https://nmh.no/en/research/centres/cremah>

CREMAH NO

<https://nmh.no/forskning/sentre/cremah>

CREMAH Series from CREMAH

[https://nmh.no/forskning/publikasjoner#research_centers\[\]=cremah](https://nmh.no/forskning/publikasjoner#research_centers[]=cremah)

The film: Music therapy for me

<https://www.youtube.com/watch?v=wMDMWF6FIb0>

Reports

<https://www.rusfeltet.no/musikkterapi-i-behandling/rapporter-om-brukererfaringer-og-implementering-article852-959.html>

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