Dear colleagues and friends,

The TIME-A project is officially over! We had the closure meeting in autumn; we have submitted the main results for publication; we have had several conference presentations about the main results, with lots of good feedback; and last not least, we were able to congratulate Monika with Anton and Łucja with Nikodem, the last two babies of a project that was fertile in many ways.

It was a strange moment for me to declare the last TIME-A meeting closed in November last year. Over the last 4 years or so, the group had grown together. Therefore, I was very happy that others in the group took initiative for keeping the group connected after the official closure. In particular:

- Alexandra Georgaki will coordinate future newsletters (e.g. on an annual basis), where everyone can report updates on their projects connected to or building onto TIME-A.
- Ferdinando Suvini will coordinate future meetings (e.g. in Florence later this year).
A contact list for everybody was uploaded to Dropbox. Everyone is responsible for keeping their details up to date. We will keep the various systems for internal and external communication open (i.e. TIME-A website, dropbox folder, UHEADS folders).

Below you will find the usual reports from some of the sites (not all had something to report this time). At the end there is a note from Łucja thanking everyone. In memory of our great closure party in November last year, I also wish to share with you a recipe for Bacalao (the traditional Portuguese fish stew with traditional Norwegian salt-dried fish that we had at the closure party).

In this sense: “So long, and thanks for all the fish!” (D. Adams).

And for all the inspiring collaboration over the last half decade.

I look forward to more.

Best wishes,

News from the sites

The data collection of the Brazilian site has been completed and now we are focusing in the analysis of data to different publications about the Brazilian site. We especially highlight the translation and validation of the Social Responsiveness Scale to use in Brazil, as well as the validation and translation of the Music in Everyday Life (MEL) assessment. Also, we will send to the different families a report with the main data of the TIME-A research, thanking them for their participation. We hope to elaborate in August one meeting about Music Therapy and Autism where we can invite all families to share personally the results of the TIME-A study.

Gustavo Gattino, Universidade Federal do Rio Grande do Sul, Brazil

We are very pleased that our Tali Gottfried received her PhD from Aalborg University this past November 2016, on the topic of: Creating Bridges: Music-Oriented Counseling for Parents of Children with Autism Spectrum Disorder. She was co-supervised by Prof. Christian Gold and myself. The PhD directly connected to the TIME-A project and provided a deeper insight into music oriented parent counseling.

Roni Viderman, a movement therapist from the University of Haifa delivered her master thesis on the topic of Tracking Communicative Movement Patterns of Children with ASD and their Change during Music Therapy treatment. The thesis, co-supervised by Dr. Nava Lotan and myself.

The second thesis by Tamar Dvir titled Documenting rhythmic movement patterns of children diagnosed with ASD and tracking their changes following music therapy will shortly be delivered.

We are hoping to produce several articles out of the PhD and master
thesis.

Cochavit Elefant, University of Haifa, Israel

In Pisa we are working on an article based on the Italian site data about the Cost Effectiveness Analysis, in collaboration with A-La Park (UK). Thanks to Łucja's proposal the Italian team has just published two different articles strictly connected with the TIME-A Research Project. (1) Venuti P., Bentenuto A., Cainelli, S., Landi, I., Suvini, F., Tancredi, R., Igliozzi, R., Muratori F. (2017). A joint behavioral and emotive analysis of synchrony in music therapy in children with ASD. Health Psychology Report, 5(2). The article is based on the synchrony between child and therapist. 


Filippo Muratori & Ferdinando Suvini, IRCCS Fondazione Stella Maris, Italy

Total 27 children participated for the TIME-A trial in Korea. It has been a long 5 year journey with the first child participant signed for the TIME-A starting in October 2012 and the last participant completing the last interview with us in October 2016. This includes four music therapists and two music therapy professors with family counselor license, each partaking in either as music therapist, or parents counselor. All of them expressed their gratitude for the opportunity to partake in the TIME-A project. We also had close collaboration with another institution (Rudolf, The Korea Institute for Children’s Social Development) for various assessments (ADOS, ADI-R, LEITER-R, etc.). The director of Rudolf, Dr. Yoon-ju Koh (Research level of ADOS assessor) has been very helpful and supportive towards the TIME-A project, and we became close friend and colleague. There is high potential to future collaborative research in the field of ASD with Rudolf and other institutions.

Jinah Kim, Jeonju University, Korea

The Shared Moments project has completed the analysis of the first data set of participants. The main research objective of this project was to examine whether the therapeutic relationship predicts generalized changes in social skills in children with ASD. Significant interaction effects between the therapeutic relationship and several outcomes could be found. A therapeutic relationship, in which the therapist attunes to the child emotionally and musically, was associated with a decrease in autism severity in the ADOS social affect domain, and especially communication and language, after 12 months as well as a decrease of problems in social responsiveness as measured by the SRS after 5 months. These results underline the importance of emotional and musical attunement processes in music therapy as they form and inform the therapeutic relationship and subsequently mediate the development of generalized social skills.
Greetings from the Rebecca Center for Music Therapy at Molloy College, New York! As we come to the end of the TIME-A project I would like to take this opportunity to thank the entire international TIME-A team. A special thank you to Christian Gold and his team for initiating and inviting The Rebecca Center to be a part of this important study. I can speak for all of us at The Rebecca Center when I say it’s been an honor and a privilege to have been a part of project. On a personal note, I’m so grateful for new friendships and ever-growing learning and knowledge that I have experienced as a result of TIME-A. I look forward to seeing you all again soon and hope we can again work together!

John Carpenter, Molloy College, Rockville Centre, NY, USA

The TIME-A team in the East of England, in partnership with University of Bergen, Imperial College London, and Anglia Ruskin University, collaborated with schools in Cambridgeshire, Essex, Huntingdonshire, and London. Of 37 children screened, 34 entered the trial and 33 completed baseline measure. 28 children completed all the assessments. Follow up attendance was high. In 3 schools, parent meetings were held and video reports with consent were shared with families. Some schools continued music therapy for their children, and two schools already had a strong music therapy service there. Letters are now being prepared to send with the results of the trial as families are very interested in this. Alexandra Georgaki our music therapist is looking at shared histories for her PhD.

Helen Odell-Miller, NIHR funded TIME-A team in the UK –Eastern Region, London, UK

From Łucja

Dear Friends, my post-doc at Uni Research Health/GAMUT has come to an end. I would like to thank all of you for cooperation, collaborative work, making a nice atmosphere, and for being so kind and supportive throughout my time with you. I also wish to extend the special warmest thanks to Christian for leading such an interesting project. Over the last four years I’ve learnt a lot about Music Therapy which became close to my heart. I am going for my maternity leave with hope that maybe after my parental period or maybe one day I will re-join the “GAMUT” family. TIME-A is a fabulous team and I hope to see you all again in the not too distant future!

Łucja

Recipe for Bacalao

1. Travel to Bergen where you can not only visit our team, but also buy the salt-dried fish (“klippfisk”) that may be harder to get in your country.
2. Soak the klippfisk in water for a day or two.
3. Cut it into pieces and cook it in tomato sauce with potatoes, onions, and maybe olives, garlic, chili, whatever you like. You probably don’t need to add salt because there is still enough salt in the fish for the whole stew, even after soaking it in water.

4. This is the basic recipe and there are many variants available. This has become “the most exotic Norwegian dish” after a kind of re-import from the Mediterranean countries. For centuries, Norwegians used to trade their fish to Mediterranean countries, for example in exchange to port wine. It was not until recently that they discovered they could also eat the fish themselves. Nowadays the tomato-sauce-based Bacalao is a common dish in Norway, whereas there are many other versions, including many without tomato sauce in the Mediterranean countries (allegedly 365 – one for every day of the year).

5. Thus, Bacalao not only tastes great, it also symbolises fruitful international exchange. It is therefore an excellent dish for the TIME-A project.