



MusT

A NEWSLETTER FROM THE NEW ZEALAND SOCIETY FOR MUSIC THERAPY INC.

March 2007

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This undertaking is one of many taken over the past few years by ETPP and NZSMT to ensure that music therapy has a presence and a voice in all areas of policy making and job development. Barbara Mabbett has written submissions and attended several governmental hearings on policy matters that could affect music therapy. Last year Daphne Rickson co-coordinated and wrote the submission on the Draft Curriculum in Schools to the Ministry of Education which had some worrying aspects to do with the future presence of music in schools.

Much background work is being done by your elected representatives to the governance bodies of the New Zealand Society for Music Therapy. This is an important aspect of developing a full and active music therapy profession.

M. Croxson

FROM THE PRESIDENT

“WORKING FOR YOU”

In November/December 2006 members of the public were invited to take part in a three-month written consultation process in the Draft Evidence-Based Guidelines for Autism Spectrum Disorder. This invitation came from the Disabilities Services of the Ministry for Health and the Special Education research team of the Ministry of Education.

A two hundred and sixty page document was sent on application, together with a response form. This was also available on web-sites.

Daphne Rickson, as Convenor of the ETPP Group for NZSMT and as the spokesperson for Special Education, called for comment and support from music therapists. With some assistance from May Clulee and Morva Croxson she then prepared and forwarded the official NZSMT submission in early March 2007.

REPORT OF NZSMT MEETING

The Council Meeting was held on Sunday 18th February 2007.

CONFERENCE 2007

Conference 2007 will be held on 22nd and 23rd September at the Brentwood Hotel at Kilbirnie in Wellington. Council is delighted to hear that Leslie Bunt will be able to make journey from Britain and will be the Keynote Speaker for the Conference.

Estimated Costs: Costs were estimated and Council calculated a budget based on an expected attendance of a minimum of 60, including any discounts for students and new graduates. The Conference committee is exploring sponsorship for Conference to assist in defraying costs.

Programme: Several Papers were being considered currently for inclusion in the programme. (Note Abstracts have now closed and a preliminary programme will be available after Council meets in

mid May.) The conference registration form is attached to this MusT and on the website. Do book early to secure the cheapest flights.

WEBSITE

Tender documents were sent to five companies for development of the website and two responses were received. The Council chose "Mutasis Creative" in conjunction with Tim Gummer Design in Auckland who offered a comprehensive design proposal at reasonable cost.

REPORTS.

ETPP - Morva Croxson reported on ETPP matters covering graduate folders for new graduates, the development of brochures for use by Music Therapists, progress on the review of Pay scales, Forum 2007, which has been set down for 22-23 June, and the editing of "Connections", which now has been passed on to Kathryn Stevenson in light of Natalie Nugent's increased family commitments. The Council acknowledged its appreciation of the support and dedicated work of Daphne Rickson to ETPP and Council.

Music Therapy Centre - Morva Croxson tabled a paper on the planning progress to date.

Project Applications - The supervision course being undertaken by Karen Twyford and Megan Berentson-Glass was approved and seen as a very important use of the society's funds in the on-going training of our music therapists.

Special Education - Daphne Rickson and May Clulee were commended for their work on the submission on the ASD Guidelines which has been sent to the Ministry of Health.

Editorial Report - Barbara Mabbett commented on the difficulty of attracting articles for publishing in the Journal to date. It was suggested that there may be a need to provide training in (*) reviewing articles. (* A useful website suggested for this was

<http://www-fhs.mcmaster.ca/rehab/ebp/>

Scroll down the page and click on the PDF documents that match the type of study you are interested in researching i.e. either qualitative or quantitative.)

NZSM Advisory Group - Morva Croxson tabled a report. The need for increased P.A. help for the Music Therapy staff at NZSM was discussed and it was decided that a formal letter be sent from the Chair to Linda Webb as the NZSMT representative on the group advising of the urgency of the problem for the Music Therapy programme.

Archives - Barbara Mabbett has investigated the requirements of the National Library for Music Therapy archives. Linda Wilson recommended that in light of her own research experience that more rather than less anecdotal material be kept for historical records.

GENERAL BUSINESS

General business covered NZSMT Policy documents, strategic planning day open to all

members, membership/recruitment drive, Charities Commission, Rules Revision and Music Therapy academic regalia.

The next meeting is on Sunday 13th May in Wellington.

REPORT OF ETPP FORUM MEETING

The ETPP Forum met on Saturday 3rd March.

Convenor - Daphne Rickson retired as Convenor and was thanked for her dedication and hard work on behalf of the group. Heather Fletcher is the new Convenor.

Representatives - Representatives to Council are Yid Ee Goh, Katherine Stevenson and Heather Fletcher. Claire Molyneux is the ETPP representative on the Registration Board.

Music Therapists' Forum 2007 - Dates for the next Forum are set down as **23rd and 24th June**. The venue is yet to be confirmed. Members of ETPP should contact the Executive Officer **by 1st May** with suggestions of what they would like to see included in the Forum programme.

Pay Scales - Music therapy pay scales were discussed and a pay scale survey is shortly to be sent to music therapists.

Supervision - Supervision of music therapists was discussed and the meeting noted two music therapists are currently on a course, studying supervision training.

Connections - Kathryn Stevenson has undertaken to edit Connections.

Brochures - Promotional brochures on music therapy will be collated for discussion at Forum 2007.

The meeting also looked at Conference 2007, resource development for music therapists, Special Education contracting opportunities for Registered Music Therapists, professional development needs, a survey of music therapists on the HPCA Act and marketing of music therapy.

The next meeting is on Saturday 12th May in Wellington.

THE NEW ZEALAND JOURNAL OF MUSIC THERAPY

Price \$20

Copies of the 2006 Journal are available from:

The Executive Officer

P O Box 22364

Khandallah,

WELLINGTON 6035

Raukatauri Music Therapy Centre
Directors Report

RMTC Fundraiser 2006

The Raukatauri Music Therapy Trust hosted its 3rd annual fundraiser in the town hall in November 2006 raising over \$200,000. Items up for auction included a guitar signed by all four members of the Rolling Stones and a skateboard signed by the Beastie Boys.

Hosted by actors Danielle Cormack and Oliver Driver, the event featured outstanding live performances by an interesting mix of the country's leading musicians. Fiona McDonald joined RMTC patron Boh Runga for unique performances of "Black Hole Sun" by Soundgarden and "Hey Ya!" by Outkast. SJD, Tim Finn, Electric Confectionaires and Ladi 6 also provided entertainment.

<http://www.rmtc.org.nz/fundraising.cfm>

New Appointments

The Raukatauri Music Therapy Centre is proud to announce the appointment of two more music therapists who have started on the Raukatauri Clinical Team in 2007.

Marie Bagley

Marie completed a post graduate Diploma at the Guildhall School of Music and Drama, London, England. Her interest in music and sensory integration with clients with visual impairment led to her appointment as music therapist in the therapy team at the Royal London Society for the Blind in 2005. Marie plays the clarinet and piano and has a diploma in Dalcroze Eurhythmics.

<http://home.freeuk.com/dalcroze/dalcrozeright.html>

Alison Cooper

Alison is a graduate of the Masters of Music Therapy course from the New Zealand School of Music (formerly Massey University). She plays viola and also the piano. She works part time at the Blind and Low Vision Education Network NZ (BLENNZ). Alison will be working at Carlson School for Cerebral Palsy for two days a week as part of the Raukatauri Music Therapy Centre School Outreach programme.

The RMTC is pleased to have two excellent therapists that will enrich the clinical team with their diverse backgrounds and interests.

Student Placement 2007

The Centre is also giving support to three students from the Wellington NZSM Master of Music Therapy Programme providing clinical supervision and a student support group. We welcome Yaeun Park on placement at the RMTC and are proud to be able to support New Zealand's future music therapists in this way.

RMTC Development and pledge campaign

Since the Centre opened in 2004, 85 children have had music therapy at the RMTC. The Centre

currently sees 67 children a week and this is likely to grow throughout the year.

The RMTC now has a pledge campaign to raise funds for the Centre. Money raised will enable the Centre to grow, providing music therapy to more children with special needs and to build a purpose built Music Therapy Centre. Please direct potential donors to <http://www.rmtc.org.nz/donations/index.cfm>

So, onwards and upwards. We continue to work closely with the NZSMT and NZSM training course to develop music therapy in New Zealand and are grateful for the initial financial push from the NZSMT that helped get us started in the first place.

Yid-Ee Goh

Director & Music Therapist
Raukatauri Music Therapy Centre
Auckland, New Zealand

REGISTRATION BOARD REPORT

The Registration Board for 2007 is comprised of Judith Field, the Chair of NZSMT, Tim Burns, Executive Director of Volunteering New Zealand and Claire Molyneux as the ETPP representative. They bring a depth of experience which will be beneficial to the Board and are warmly welcomed. Daphne Rickson has been co-opted for one year to assist with continuity and her contribution is greatly appreciated.

The Registration Board met in early March of this year to consider nine new applications of which four were granted full registration and two provisional.

This year will see a number of Practising Certificates due for renewal and reminder letters will be sent out by the Registrar to those to whom this is applicable.

Those wishing to obtain registration as a music therapist within New Zealand may obtain the necessary forms from the Registrar. Care should be taken that all documentation required is included to avoid delays in the registration procedure.

The application fee for Full Registration has increased to \$100.00 as passed by the previous Board and will apply from 1st April 2007.

The next meeting of the Registration Board is set down for 26th May 2007.

Case Study Presentations - B. Mabbett

At the end of 2006, fellow-students, NZSM staff, and members of NZSMT enjoyed an open seminar presentation by four second-year students in the Master of Music therapy programme of case studies arising from their practicums. (A further private session of presentations by students who had more sensitive issues of consent continued in the afternoon.) All the morning presenters gave excellent accounts of their experiences in four very different settings, and used some audio and video material to illustrate their work. The following summaries give some flavour of these fine pieces of work.

Case Study 1:

One student worked with an adolescent boy who had serious problems of anger and aggression. An exacerbating factor was anxiety arising from a shift in his home circumstances. School staff recognised his strong musical interests and referred him for music therapy. The music therapy student aimed to reduce his aggression by developing his sense of self-worth and helping him to build relationships. She engaged him as a piano duo in improvisation, responding to the emotions he revealed as he began to play. Her intelligent, skilled musical answers to his initiatives offered him an alternative means of communication. He found a way of expressing himself while sitting, literally, alongside someone else. In the course of their sessions, his demeanour changed from being either passive or aggressive to having a sense of direction and a means of contributing creatively to a shared experience. Improvisations could last up to 20 minutes, and by the end of the series of sessions this young man had recognised the importance of his 'reunion with the piano' and had agreed to re-form a musical group at his school.

Case Study 2:

Another student worked with a girl who was severely affected by cerebral palsy and microcephaly. However, she was a happy, social child who enjoyed being with others. The goal of music therapy was to help her become aware of her body in space so that she could gain some control over her movements, be aware of others in a group, lift and hold her head, and co-operate in standing, sitting, and transferring to a walking frame. The music therapy student used familiar songs in their interactions, so that the teacher aides and other children could participate, and more relaxed relationships between the children and staff were noticeable – there was more vocalising and smiling among the whole group. The client's

concentration levels improved, too, and her ability to make choices increased. She moved more freely with musical support, experiencing some physical and emotional release, and by the end of the series of sessions was just beginning to organise independent movement on cue.

Case Study 3:

Another case study focused on work with an adolescent girl who had been seriously disabled in infancy by a 'near-miss cot death'. Her sight was so limited that she was legally blind, and she rocked and flapped her hands in self-stimulation. Social contacts are widely understood as being especially important for these children, while music is recognised as a means of developing both their language range and skills in non-verbal communication. This young client showed a high level of musicality: she was always very focussed during music sessions, was able to sing in tune, and used many vocalisations. The music therapy student provided strong, supportive rhythmic frameworks to build the girl's confidence, and to reduce her strong – almost risky – rocking and flailing movements. In the course of the sessions, the client responded not only by vocalising but also using instruments and dance movements. She showed communication, self-expression and real joy, and was able to participate with pleasure in her class group.

Case Study 4:

The final case study presented a quite different setting. The music therapy student worked with six men and women who were living in a sheltered house for elderly mental health clients – aged around 60-70 years. They had a range of diagnoses, including schizophrenia and bi-polar disorder. They had tended to live very isolated lives, avoiding eye contact or other communication. The aim of music therapy was to develop social interactions within the group, and to promote participation and enjoyment. The routine of preparing for a music session and attending promptly provided a motivating force for these clients – structured boundaries were important. During the sessions, a variety of musical approaches were used, including song-writing and movement, but the student found that improvising by building on well-known songs was especially effective in encouraging relationships and developing 'exchanges'. The student provided strong leadership, with questions that supported interactions. Confidence grew and the musical development was coherent, with increased listening and attention and, most particularly, appreciation of each other within the group.

Playing in a Pantomime.

by Kathryn Stevenson

I was asked last year to play piano for a pantomime. The performance was a modern version of Cinderella complete with Cinderella performed by an aerobics' instructor and with adaptations so that the cast did not have to learn too much.

My initial response to the invitation was that I had played flute in several musicals before, but not piano. However the challenge interested me and both practices and performances fitted exactly into the spare slots of my schedule. I also learned that the actors were people from several day programmes which catered for those with a variety of mental illnesses. The Occupational Therapists involved in organizing this event were focused on helping the performers have access to the arts.

We had several practices and two performances. I found the experience to be stimulating and a lot of fun. I was involved in accompanying the musical parts of the show. My Music Therapy skills were particularly useful during the performers' individual singing practices, to help a few of the singers gain confidence. It was gratifying to see these people with such talent push past their own difficulties (such as hearing voices while reciting their lines) to achieve a commendable performance.

It was indeed an entertaining and rewarding time.

GRADUATION – GAUDEAMUS IGITUR!

It was a proud moment for Music Therapy when, at the University of Victoria's capping ceremony on 14 December 2006, the Vice Chancellor welcomed the first graduates of the New Zealand School of Music – the Masters of Music Therapy.

The names of the four recipients were announced by the Director of the School, Dr Elizabeth Hudson, and Associate Professor Sarah Hoskyns presented their degrees. Daphne Rickson beamed from her position off stage among the staff, while some other members of NZSMT, fellow-students, friends and families applauded these trail-blazers. They were Judy Cooper, Anna Hill, Fiona Shaw, and Rebecca Travaglia. Mary Hepburn had had her degree conferred earlier in the week at the Massey University ceremony.

Our warmest congratulations and best wishes go to the five new graduates as they take up their work and foster the use of music therapy in New Zealand.

Barbara Mabbett



CONFERENCE 2007 NEWS

Hello friends and colleagues! We are in the middle of organizing the conference for 2007 and would love any suggestions from you as to how we could include even more music/ music making in the conference programme.

Amongst other things, we are considering having a workshop at some stage during the weekend, and would like to know what you would find useful or inspiring. If you have any suggestions, please email me at meganglass@clear.net.nz

Thanks every-one, and we look forward to seeing you in Wellington in September!

Regards,
Megan Berentson-Glass

Notices of Events, Conferences, Seminars, Workshops (from related professions and organizations)

Are you aware of upcoming events that may be of interest to other members? Contact the Executive Officer to have the information included either in MusT or on the website.

Employment Opportunities

NZSMT is able to promote opportunities for employment of Registered Music Therapists both in this magazine and on the website. Let your employer know that we can offer this service to them at no cost or contact the Executive Officer if you are aware of opportunities which could be advertised.

'Around the Country'

Our thoughts are with Millicent McIvor as she recovers from major heart surgery.

Francine McGovern has been appointed to the leadership role of the NZ Marist Sisters and is now living in Papatoetoe. This is a change for Francine into a more administrative role which she says may not leave her much time for any music therapy but who knows? We wish her well in her new position.

Congratulations to Natalie Nugent and family on the birth of a fine baby boy, Wilkie.

Comments are invited from the music therapists in Invercargill, Greymouth and other small centres. Let us know what is happening in music therapy in your region.

REVIEWS

Review of the British Society for Music Therapy (BSMT) Bulletin (No 57, Autumn 2006) The Final Issue

In this final issue of the BSMT bulletin, Wendy Magee (BSMT chair) details the change in the BSMT office staff which includes the retirement of Denize Christophers following her 35 years of service working and supporting the BSMT. Magee notes that these changes have impacted significantly on the BSMT and the future of the Society will need to be examined. Firstly this issue of the Bulletin is to be the last and it is intended that this will be replaced with another type of newsletter. Secondly, the planned conference for 2007 will be postponed to 2008 due to the financial implications resulting from the recent changes. A working party has been formed to form a new organisation which will incorporate the functions of both the BSMT and the Association of Professional Music Therapists.

Denize Christophers writes a farewell letter and recalls her involvement with administration for the BSMT from February 1972. She notes the developments and progress that has been made since that time within the BSMT and shares her memories of significant moments and highlights including the World Congress in Oxford 2002.

An obituary for The Very Reverend Michael Mayne, who passed away in October 2006, is given by Nigel Hartley. Michael Mayne was a great supporter and advocate for music therapy, inspiring many World Congress attendees in Oxford 2002 with his plenary session which addressed spirituality within music therapy.

The Bulletin lists a number of new books available and these include:

Alternate Therapies in the Treatment of Brain Injury and Neurobehavioural Disorders – A Practical Guide

Edited by Gregory J Murrey

Published by The Haworth Press, USA, 2006

Interactive Music Therapy in Child and Family Psychiatry. Clinical Practice, Research and Teaching

By Amelia Oldfield

Foreword by Dr Joanne Holmes

Published by Jessica Kingsley Publishers, 2006

Interactive Music Therapy – A Positive Approach. Music Therapy at the Child Development Centre

By Amelia Oldfield

Foreword by Dr Fatima Janjua

Published by Jessica Kingsley Publishers, 2006

Multimodal Psychiatric Music Therapy for Adults, Adolescents and Children. A Clinical Manual

By Michael D Cassity and Julia E Cassity

Third Edition to be published by Jessica Kingsley Publishers, 2006

Music and Altered States. Consciousness, Transcendence, Therapy and Addictions

Edited by David Aldridge and Jorg Fachner

Published by Jessica Kingsley Publishers, 2006

The Music Effect – Music Physiology and Clinical Applications

By Daniel J Schneck and Dorita S Berger

Forward by George D Patrick

Published by Jessica Kingsley Publishers, 2006

Music Therapy Methods in Neurorehabilitation. A Clinician's Manual

By Felicity Baker and Jeanette Tamplin, with a contribution by Jeanette Kennelly

Foreword by Professor Barbara L. Wheeler

Published by Jessica Kingsley Publishers, 2006

Writing Works: A Resource Handbook for Therapeutic Writing Workshops and Activities

Edited by G Bolton, V Field and K Thompson

Published by Jessica Kingsley Publishers, 2006

Music as Therapy; A Dialogical Perspective

By Rudy Garred

Published by Barcelona Publishers, USA, 2006

Recent fundraising for the BSMT was achieved through a 'Big Sing for Music Therapy' which involved groups of carol singers singing in public places in London and other areas of the country in December 2006. Fundraising for the Society was also achieved through Fun Running, in which 3 music therapists took part in sponsored fun runs donating the money raised to the BSMT.

Beccy Read writes a report from the Hampshire MusicSpace which hosted its 10th annual conference on Music Therapy and Autism. She details the success of the event which was well attended by music therapists and other professionals. Speakers included Ros Blackburn (an adult with autism), Amalia Brightman, Jackie Roberts, and Leigh Warren-Thomas.

Judith Gwynne also reported on the Southwest's successful 2nd all day Music Therapy conference titled 'Music Therapy, Journey to the Centre'. This involved invited guest speakers Hazel Bayley, Henry Dunn and Julian O'Kelly all presenting on their respective areas of work.

The Bulletin notes Dr Kenneth Aigen's full-time appointment to the music therapy faculty at Temple University, Philadelphia, USA, where he will join Professors Kenneth Bruscia, Cheryl Dileo and Darlene Brooks on staff.

A series of 'Family Work Meetings' are currently being given by music therapists and other professionals in the UK. A report given by Colette Salkeld from the first meeting 'Music Therapy and Families' noted its success, highlighting case work presented by Esther Mitchell, music therapist and Maeja Rajcar an attachment-based psychoanalytical psychotherapist. The second meeting in February 'Managing the Talking' will include speakers Dr Sebastian Kraemer, Consultant Child and Adolescent Psychiatrist and Ann Woodward, Music Therapist. Vanessa King, Animateur and Emma Davies, music therapist will present at the third meeting 'Musical Improvisation with Families' in May.

Notification of two forthcoming conferences include:

The Canadian Association for Music Therapy (CAMT) 33rd Annual Conference 'Music Therapy: Riding the Waves, Sounding the Depths' in Victoria, British Columbia from May 3-5, 2007. More information can be found at www.musictherapy.ca

7th European Music Therapy Congress 'Dialogues in Music Therapy' August 15-19, 2007 in Eindhoven, The Netherlands. More information can be found at www.musictherapy2007.com

Finally, ISM has a new website which can be found at www.ism.org

Karen Twyford
Registered Music Therapist
February 2007

CONFERENCE VENUE

www.brentwoodhotel.co.nz



Classic lodge style accommodation in a lovely outdoor environment

This year the Council has selected the Brentwood Hotel for its 2008 Conference venue in looking to provide attendees with a quality "time out" experience. The Brentwood was recently refurbished and has well equipped meeting rooms. It also offers affordable accommodation ranging from single to quad rooms, with ample on site parking available.

The hotel is located close to the airport and within easy reach of Wellington central on the bus route.

In addition there is a complimentary shuttle service operating to and from the airport 24 hours a day on request only. Delegates should ring the hotel from the Airport on arrival and a porter will be despatched to collect you (the porter is not able to sit and wait for flights, this is a pick up and drop off service only). The phone number for the shuttle is **0508 BRENTWOOD**.

Fifteen rooms have been reserved from 21st September and will be available on a "first come first served" basis. Please note these rooms will be released 14 days prior to Conference if not booked and named before then. The Superior twins and doubles have either two queen beds or one queen bed per room respectively. Suites have one bed in them only.

Other accommodation options are being identified and will be put on the website as soon as possible.



REGISTRATION FORM

NZSMT ANNUAL CONFERENCE: 22/23 SEPTEMBER 2007
Venue: Brentwood Hotel, 16 Kemp Street, Kilbirnie, Wellington

"From Strength to Strength: The Rise of Music Therapy"

Name _____

Tel No (____) _____ Email _____

Address _____

Registered Music Therapist Member Non Member Student (ID required)

Fee (incl GST)

The registration fee includes materials, morning and afternoon teas and lunches on both days. Materials will be available when you register at the conference.

ENROLMENT BEFORE 31 JULY

LATE ENROLMENTS AFTER 1 AUGUST

NZSMT member	\$200.00	NZSMT member	\$220.00
Non-members	\$220.00	Non-members	\$230.00
Student (ID signed by course supervisor required)	\$100.00	Student (ID signed by course supervisor required)	\$110.00
Half day session (no student discount)	<u>\$ 85.00</u>	Half day session (no student discount)	<u>\$ 85.00</u>
Sub-total		Sub-total	
Dinner: Yes / No	\$ 42.00	Dinner: Yes / No	\$ 42.00
TOTAL CHEQUE ENCLOSED	\$ _____	TOTAL CHEQUE ENCLOSED	\$ _____

Accommodation: Please make your own bookings.

PLEASE RETURN, NO LATER THAN Friday 7th September, 2007

TO: NZSMT CONFERENCE c/- P O Box 22364, Khandallah 6035, Wellington

REFUND POLICY

If you cancel your registration before 19 August 2007 a refund will be made, less an administration fee of \$50 (incl GST). After 19 August 2007 there will be no individual refunds unless the conference is cancelled. **Refunds will not be made after 19 August except in special cases of medical or family emergencies.** Registrations are transferable. Please advise NZSMT in writing of the change. NZSMT reserves the right to cancel or reschedule this conference if necessary.