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a newsletter from



music therapy
new zealand
Te Roopu Puoro Whakaora o Aotearoa

the new zealand society for music therapy inc



www.musictherapy.org.nz

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FROM THE CHAIR

Linda Webb

Kia ora

As a music educator, I stumbled across music therapy when I was living in America in the late seventies. I attended a few workshops and on my return to Wellington in the early eighties, joined the local support group to find out more about what was being offered in New Zealand. By the time I moved to

Auckland in the late eighties I had attended several week long live-in courses offered by MThNZ in a range of locations throughout the country. These were led by high profile overseas music therapists of the time, and included Nordoff and Robbins, Carol Bitcon, Susan Munro, Kenneth Bruscia and others. Taking inspiration from Morva Croxson and her determined drive to establish a music therapy training course in New Zealand, I offered to be involved and very soon after was voted on to the MThNZ Council. I also had the privilege of chairing the initial external advisory group that assisted in giving direction to the music therapy course when it was first developed at the Massey University Jazz School campus in Wellington. With the new course up and running, I re-directed my

energies towards leadership roles associated with my teacher education position at Auckland College of Education. Family and career opportunities led us to Christchurch in 2000, and over this time period I continued to keep a keen eye on the developments that were unfolding with the growing number of practicing music therapists active in New Zealand.

It was again an honour to be approached about re-joining the Council two years ago, and this year to step into the leadership role of Chair. I thank out-going Chair Alison Talmage, President Heather Fletcher, and all Council members for their support in making the transition seamless, and continue to be in awe of the depth of talent, professionalism and energy that they, and all music therapists bring to their work. It is important to acknowledge the voluntary time and expertise that members of Council, and others in supporting roles, contribute to the profile and future of music therapy in Aotearoa, in particular the extensive portfolio work carried out for example, relating to standards of practice,

other professional bodies aligned with music therapy. But please remember as our valuable MThNZ members, that it is you that we represent, so please make sure that your voice is part of the ongoing dialogue that guides our decision making into the future. An immediate example, is the Council's governance and management workshop planned for the middle of this year that will provide an important opportunity to review our strategic and operational direction for purposes of prioritising future goal setting and decision making. I encourage you to watch out for updates on the website concerning opportunities for you to directly contribute your views too.

I believe that the addition of lay people on the Council, is vital to the future success of this organization, and as an example, it is a privilege to work alongside Kerry Ludlam, who in a very short timeframe has provided much needed expertise and advice as coordinator of the Finance portfolio. In my role as Chair, I will continue to encourage adding further balance and expertise to our current skill set, and this is one of the aspects to be discussed at our pending governance and management workshop. Currently on the Councils agenda is the extensive Communications

Strategy Proposal, presented by Bronwyn Bent our multi-skilled administrator. This has highlighted the importance of communication, marketing and public relations in the extremely fast paced developing digital world we live in, as another priority. Therefore, seeking a Council member with the level of knowledge and expertise required to oversee this portfolio, and guide the redevelopment of our branding image, digital presence and website, is being seriously considered.

In recognition of the valuable contribution and professionalism Bronwyn Bent has brought to MThNZ as administrator over the last eighteen months, on behalf of the Council I most sincerely thank her, and wish her well as she moves onto new endeavours when she leaves us at the end of this month.

With your help, I look forward to continuing to move MThNZ forward as an influential and supportive organization, underpinning the practice of music therapy in New Zealand.

Ngā mihi nui,

Linda Webb, Council Chair, April 2017

ANZATA SYMPOSIUM 2016: ARTFUL TRANSITIONS

Heather Fletcher

Heather was awarded a grant from the newly launched Judith Clark fund to go towards her registration to attend the Aotearoa New Zealand Arts Therapies Association (ANZATA) symposium.

The symposium was attended by over 100 delegates from around the world, but mainly New Zealand and Australia, including a significant number of students on the Postgraduate Diploma in Arts Therapy and Master of Arts in Arts Therapy (Clinical) courses. I was the only music therapist delegate and mine was the only music therapy presentation.

As well as the presentations, there was plenty of opportunity for informal discussion and networking. The people I spoke to were interested in hearing about music therapy as a separate arts therapy, with some previously not realising it had its own masters course and registration board. We discovered there are many parallels in our work and that we each have a lot to learn from the other.

Caroline Miller, editor of two recently published books on the work of arts therapists, was also in attendance and was promoting both these books, which contain contributions from a number of New Zealand and Australian based Registered Music Therapists, including myself. This provided further opportunities to talk about the work.

I was also invited to co-facilitate the closing ceremony, along with Prof Rainbow Ho, a dance movement therapist from Hong Kong, who gave one of the keynote presentations.

My presentation was entitled *Singing the Changes*. Singing songs with children fosters a sense of wellbeing and belonging, strengthening attachment and emotional self regulation. Songs also teach

language, life and social skills. The paper I presented explored the use of vocalising and singing in music therapy with children who have developmental delay and how it can facilitate change. It was illustrated with case examples of work with pre-verbal children and children on the autistic spectrum, where the introduction of songs was pivotal in the work.

There were six presentations running concurrently, so approximately a dozen people attended my presentation. This was somewhat disappointing, as there were a number of people who would have liked to attend, but were drawn more to other presentations. Those who did attend were receptive and curious to know more about the work. Verbal feedback included comments such as 'thought provoking' 'informative' and 'inspirational'. One student found it an 'invaluable learning experience'.

Whilst there are no specific plans moving forward, the opportunity to attend and present at this symposium was, I feel, an important strategic opportunity for music therapy. Having a music therapy presence at the symposium raised awareness of music therapy as

a discrete discipline in its own right. Arts therapy in Australasia is going from strength to strength, with a number of therapists being employed in health settings where music therapy is still struggling to get a foothold. Further conversations with therapists in these positions, as well as the employers and funders, are essential if we are to gain a better understanding of how to advocate for music therapy as a viable therapeutic approach in these areas. I think it is important to continue to develop relationships with ANZATA members - to educate as well as to share ideas.

The Judith Clark fund was established from a bequest by Judith Clark, received in 2015. The fund is to support registered music therapists, final year music therapy students, and new graduates awaiting registration to attend and/or present about music therapy at national conferences, hui and events. Emerging practitioners are encouraged to apply to this fund and applications may be made at any time, but must be made at least a month before an event for which funding is being sought. Application forms can be found at musictherapy.org.nz/funding-grants

MUSIC THERAPY WEEK 2017

Music Therapy Week is returning for 2017, from July 1-9 and with the theme *Finding Your Voice*. The aim of the week is to increase awareness of music therapy in its multiplicity of models. For the first Music Therapy Week in 2016, there were a range of events throughout the country, from talks to market stalls to symposium to workshops, and it would be great to see a similar

Click above to see a One News story on the CeleBRation Choir from Music Therapy Week 2016



range of events this year so you are encouraged to get thinking about what you might like to do! Each region has a modest budget to go towards supporting events, and Music Therapy New Zealand will also support event marketing and publicity. For more information, contact info@musictherapy.org.nz or your regional co-ordinator.

MUSIC THERAPY SPARKS MEMORIES IN WAIRARAPA

Janelle Cheesman

Music therapy has helped Wairarapa elders with advanced dementia reconnect with the world around them. Enliven's Kandahar Court in Masterton ran sixteen music therapy sessions with residents last year thanks to funding from Trust House and the Roy and Jan Mace Charitable Trust.

Kandahar Home recreation office Di McCuish said the music therapy sessions, which were run by music therapist Rani Heath, made a notable difference to the residents' lives by increasing participation, communication and sparking memories.

"Music therapy is just awesome. Elders who don't normally participate in activities participated in the music therapy sessions. One resident used to play the trombone and he's only played it once before in all the years he's lived here. The music therapy session inspired him to get it out again!"



Music therapist Rani Heath sings along with residents of Enliven's Kandahar Court

Di said music therapy enabled elders with dementia to recall various memories and share their stories with the group.



Music therapy inspires residents and staff to get up and dance to the music.

“Rani sang one-on- one to the residents in the group, got down to their eye level and made a connection with each and every one of them. She asked them about the memories that came with the songs for them, which usually resulted with the resident recalling a memory. It’s quite amazing,” Di recalled.

“Music therapy is simply amazing and we are providing sessions for our residents as often as possible.”

Janelle Cheesman is the Communications Coordinator for Presbyterian Support Central.

AUCKLAND WRITING WORKSHOP

Jen Ryckaert

Ali Talmage, Commissioning Editor of the NZJMT and a member of the MThNZ Council, held a workshop for the Auckland Regional Group on February 1st entitled Developing a Writers' Toolkit. The workshop brought a great representation of Auckland music therapists together at the Devonport Library to learn more about the process of writing for publication and to inspire each other to write, whether it be for publication, reflection or for pleasure.

Ali reminded the group that writing is an essential and regular part of our work, and encouraged members to share their clinical practice and research through writing and publication in the NZJMT, Must newsletter and other media. She demystified the process of publication by spending time with the group in looking at the content, genres and style guidelines of recent journal issues and newsletters; clarifying the roles of authors, co-authors, reviewers and editors; and encouraging the participants to reflect on their strengths and learning edges as writers.

Ali encouraged a creative and experiential approach to the workshop through spontaneous group writing experiences and multiple opportunities for members to share their experiences, successes and challenges as writers. All participants were encouraged to set and share a manageable writing goal and interest was expressed in finding ways that we can continue to support each other in our writing. Many thanks to Ali for organising this workshop for the Auckland Regional Group and for her ongoing encouragement to explore and embrace the writing process!

NEW COMPETITION: THE MORVA CROXSON PRIZE

Alison Talmage

Announcing: The Music Therapy New Zealand Morva Croxson Prize for Emergent Writers ("The Morva Croxson Prize")

Music Therapy New Zealand invites students and early career music therapists to submit an essay of 3500-5000 words on a topic of relevance to the contemporary NZ music therapy profession.

First Prize: \$500 cash prize. The winner will also work with the NZ Journal of Music Therapy editor to revise their essay for publication in the 2018 issue of the journal.

Second Prize: \$250 cash prize

We are honoured to announce a distinguished panel of judges:

Dr Denise Grocke

Emeritus Professor of Music Therapy, University of Melbourne, Australia

Claire Molyneux

NZ RMTh, Music Therapy Lecturer, Anglia Ruskin University, Cambridge, UK

Vini Olsen-Reeder

Pukenga/Lecturer, Te Kawa a Māui/School of Māori Studies, Victoria University of Wellington, New Zealand

Competition rules and entry criteria are available from [here](#), or from the MThNZ Administrator: info@musictherapy.org.nz. Inquiries must be addressed to the MThNZ Administrator. Entries close on 15 September, 2017.

SING UP RODNEY!

Alison Talmage

Sing Up Rodney is a new community music therapy group for people living with a neurological condition (such as stroke,

Parkinson's or dementia). The group is led by Ali Talmage RMTh, with the support of volunteers, including provisionally registered music therapist Retts van Damm. The singing group has links with the Centre for Brain Research and the CeleBRation Choir, but is an independent group.

Our launch was made possible through a Lindgren Award from Music Therapy NZ and the active support of local community groups including Alzheimers Auckland, Aphasia NZ, Parkinson's NZ, Rodney Aphasia Group and the Stroke Foundation. We also

thank Countdown Orewa and our volunteer bakers for our delicious morning teas!



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