

musT

a newsletter from



music therapy
new zealand

Te Roopu Puoro Whakaora o Aotearoa

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From the Chair

by Heather Fletcher

As another year draws to a close, I find myself reflecting on the past year – the changes and the constants.

As we know, Christchurch has gone through major changes this year. As the Earth shifted, so have Cantabrians been forced to shift with it. The blueprint of the city, which nearly all New Zealanders knew and loved, has disappeared. People have been forced to re-evaluate and adjust their lives – some have left, but many more have stayed. Our

Christchurch music therapists are continuing to work, supporting the vulnerable people of their city, despite having to deal with their own challenges as a result of the earthquakes. One music therapist has even returned. In acknowledgment of this, Music Therapy New Zealand recently hosted a professional development day for Christchurch music therapists. Christchurch based psychotherapist Dennis Mills facilitated a workshop exploring post earthquake trauma and how to build resilience. Feedback suggests it was a valuable and timely experience for all involved.

Another change we cannot escape is that of birth and death. It is with great sadness that we learned of the deaths of valued and respected music therapists and supporters of music therapy this year, both from New Zealand and away. In this issue, we acknowledge some of these people and their valuable contribution to the field of music therapy.

A constant this year has been the continued dedication of those MThNZ members who volunteer their time and energy to developing and promoting music therapy in New Zealand. It is a privilege to work with such a skilled and dedicated team – my thanks go to you all. Sadly we said goodbye to Karen Twyford, ETPP member and Journal Editor, who has returned to Australia. We are grateful to Karen for all her work over the past few years and are pleased Karen has agreed to continue in her role as Journal Editor for the coming year. We wish Karen all the best. We welcome Neil Jourdan as ETPP representative on Council. Neil was appointed to replace Megan Berentson-Glass, who recently resigned from her position as ETPP rep on Council. Megan remains on ETPP.

For MThNZ, this year has been about consolidation and future planning. The year started with a review of the Strategic Plan, from which MThNZ's vision was developed and six key objectives were identified for the period 2011–2013. It is a credit to the MThNZ team that many of the objectives are already being met – a new Professional Resource Pack has been put together to help new graduates and music therapists new to New Zealand into employment; the Draft Standards of Practice has recently been put out for consultation; and the MThNZ DVD has been completed and is available to view on the website. Hard copies will be distributed to MThNZ members at their subscription renewal. Preparation for Conference 2012, –

“Music and the Brain: developing pathways”, is continuing.

Post-election, MThNZ will be keeping a close eye on developments in key areas, such as Health and Education, and will continue to look for opportunities to promote music therapy as a valid and viable profession.

In the meantime, as we move into the festive season, I wish everyone safe and happy holidays.

Heather Fletcher
Registered Music Therapist
Chair, Music Therapy New Zealand

Obituary: A tribute to Judy Cooper

by Alison Talmage & Raeline Savage

Judy began her music therapy training in Wellington in 2003 and was a much loved member of the music therapy community. At a time of life when we might opt to ease up, Judy challenged herself to new learning and new areas of work. Judy's love of people, love of music and love of life were evident to all, and were reflected in the diverse congregation that gathered in Old St Paul's to celebrate her life in a service of music, poetry and personal reflections.



For many of us, Judy will always be a smiling face. Sometimes that smile demonstrated her serenity, sometimes her fun-loving nature, at other times her caring spirit or her love of family and friends. Raeline Savage now works with clients and staff who began their music therapy journey with Judy, and even three years after she had finished this work, they still asked after her... Judy is not a person who is easily forgotten. Her love of family was so evident – her special relationship with husband Richard and her delighted anticipation of two grand-children to be born in February and March of 2012; knitting and embroidery needles busily preparing special things for the babies whose births she realised she was unlikely to see.

When we think of Judy, we also recall her irrepressible giggle, generous spirit, and the warmth and openness that she extended to everyone. She was a sensitive musician and got so much joy from giving to others and being selfless – ideal qualities in a music therapist. A host of other memories strike at unexpected times. A frog song in the voicemail. A noisy surprise parcel that raised eye brows in the Post Shop. Watching the sunset over the sea. Sharing photos, poetry and Dr Seuss.

Losing Judy has been a shock. She helped others through hard times in their lives, offering support, understanding and compassion, gorgeous hugs and calming energy – and she inspired us with her courage, openness and continued enjoyment of life while facing terminal illness. The time Judy spent in Mary Potter Hospice, where Raeline is the music therapist, prompted many of the multi-disciplinary team members to comment on what a delightful person she was. Several said it was easy to see her as a music therapist, sharing herself with others through music. Judy and Raeline spent many lovely times there – sharing music, discussing its meaning and personal relevance, planning music-based legacies for

the anticipated next generation, and just relaxing together with the support of music.



At Judy's service, we joined together to sing the Peace Song by Judy's friend, and New Zealand composer, Dorothy Buchanan:

“To find your true self seek for peace
With head and hand and mind,
With friends and lovers unite for
peace,
Peace and joy and love.”

Within the music therapist community there is a special bond of care and understanding. Although Judy is no longer physically here with us, she'll always be a member of this community and will never be forgotten.

Alison Talmage and Raeline Savage
With contributions from Emma Boniface, Kim Jones and Anna Moore

Obituary: In Memory of Sister Gemma Finlay

by [Morva Croxson](#)

Imagine a diminutive Dominican nun coaching primary school boys in the basics of rugby! This is what Sister Gemma Finlay did both in Central Otago and in Bluff when she was a young teacher. As she said “They had to learn somehow, and I did have a small book of rules and coaching hints.” This commitment and energy was typical of her approach to all aspects of education, especially to music education.

Sister Mary Gemma OP (Noeline Margaret Finlay) died in Oamaru on November 15th this year. She was one of 11 Finlay siblings; one

sister is a Carmelite nun and all her brothers and sisters were with her in her last few days.

Gemma was a music therapy stalwart in the Manawatu area from the very early days in the 1970's when Paul Nordoff and Clive Robbins first came to New Zealand. She was in charge of music at St Dominic's School for the Deaf in Feilding and very quickly obtained the instruments and implemented the ideas suggested by those two wonderful music therapy pioneers. Clive Robbins visited Palmerston North several times later, once with his wife Carol. He had a particular interest in children with hearing problems and to Gemma's delight they went out to her school and worked with her pupils.

Sister Gemma, with others, contributed to several "Introduction to Music Therapy" courses which were held at the then Palmerston North Teachers College, modestly telling of her work and helping other speakers in every practical way possible. She was a member of the local music therapy committee, chairing it for several years. She attended several national music therapy conferences and courses, really enjoying the companionship of others who were exploring music therapy as a discipline, and contributing a great deal from her quiet professional approach to the appropriate use of music with children.

Following her retirement from the education field Gemma kept in touch; we had coffee together several times a year, and she loved hearing about the latest developments in the new course in Wellington, the quality of the new graduates, the growth of awareness and appreciation of music therapy in the Country. She was great company and a wonderful friend.

Music Therapy New Zealand salutes you, Sister Gemma.

Birth: Future music therapist in the making



Kimberley Jones has kindly shared these adorable photos of baby Adeleyn, born on 11 September 2011, weighing 8 pounds 3 oz. Kimberley likes the photo of Adeleyn "singing". So do we!



Kimberley writes, "she is gorgeous and we are just loving being parents. (I am) looking forward to going to music groups with her, that I don't have to take. Yay!"

Singing for Health

by Alison Talmage, RMTh

The CeleBRation Choir, led by music therapist Alison Talmage, welcomed Auckland mayor, Len Brown during his recent visit to The Centre for Brain Research's Brain Recovery Clinic at the University of Auckland.



Mayor Brown joined the choir in singing several well-known songs, before discussing his love of singing and its role in his own recovery from a heart attack. He gave a solo performance of a new waiata “Ko Tamaki Matou”, celebrating the history and future of Auckland, and led the group in singing a Christmas carol.



Also pictured in the background are Professor Suzanne Purdy (Principal Investigator in the current choir research), Sylvia Leao (PhD candidate and member of the research team), Professor Richard Faull (Director of the Centre for Brain Research) and Laura Fogg (Communications and Liaison Manager, Centre for Brain Research, MSc student and member of the research team). The research announced in the September issue of MusT is underway, and results will be reported in 2012.

Registration Board: Draft Standards of Practice for New Zealand Music Therapists

by Claire Molyneux

The Registration Board of Music Therapy New Zealand, in collaboration with the Education Training and Professional Practice forum (ETPP) and Council of Music Therapy New Zealand, would like to invite your participation in reviewing the draft Standards of Practice for New Zealand Registered Music Therapists.

The draft document has been prepared by a small working party and we are pleased to put the document out for consultation to Registered Music Therapists, members of Music Therapy New Zealand, other stakeholders and interested parties. Your comments and feedback about this document are really important and we hope that you will take the time to read and reflect on the Standards and let us know what you think. Many people reading this will have already received an invitation to complete an online survey. To maximise the consultation process, the deadline for completing the survey has been extended to 22 December 2011. Please copy and paste this link into your browser to access the survey:

http://www.kwiksurveys.com?s=OOEMKM_5a07cbfd

A copy of the draft Standards of Practice is available from Claire Molyneux via Claire.molyneux@gmail.com. If you miss the deadline for completing the survey your comments on the draft Standards of Practice can still be emailed to Claire.

“Performing and Inquiring” conference review, NZSM, 11–13 November 2011, Wellington

by Morva Croxson

“Performing and Inquiring– celebrating practice-based research in music therapy and related professions”

This was an exciting weekend which showcased music therapy research and practice alongside papers and workshops which gave insights into other disciplines which had a relationship in some way with music therapy principles. All this stimulating content was surrounded by superb organisation from the New Zealand School of Music’s Sarah Smythe and Stephen Gibbs. Conference organisers from the Master of Music Therapy Course staff, Associate Professor Sarah Hoskyns and Senior Lecturer Dr Daphne Rickson can well feel proud of the overall success of this event.

Keynote speakers are the anchors of such conferences, and the two people filling that roll were strong contributors to knowledge and understanding in their respective fields. Professor Denise Grocke, who founded and still directs the postgraduate courses in music therapy at the University of Melbourne, had the ability to present quite challenging practice-based research material in an accessible and interesting framework; she spoke of effective methodologies in a very helpful way. The second keynote presenter, Associate Professor Deborah Fraser from the University of Waikato, also captured her audience with an overview of a two-year research project around teaching methods which had congruence with the arts; the main thrust highlighted “salient issues of learner’s engagement in a curriculum that matters to

them”. This project had been the basis of her doctoral study.

Hospice presentations from music therapists, also medical and counselling staff from that sphere, were engaging. There was a theatre-based paper relating to a medical environment, and several papers with special education content. A team from the Raukatauri Music Therapy Centre in Auckland shared insights into their work; also from Auckland, Ajay Castelino talked about developing a mental health music therapy research project targeted to older people. Both Ajay and a Celebration Choir team, (which includes music therapist Alison Talmage) from the Brain Research Unit at Auckland Medical School have received substantial grants recently to support their work, and it was heartening to hear some detail of that.

Importantly, a session from Dennis Kahui supported by Sarah Hoskyns explored a Maori approach to music therapy. Audience reaction, participation and meaning were looked for by Euan Robertson based on his bagpipe performance.

Also of note, and a most welcome note, second year students from the Master of Music Therapy course had a day to themselves, where a range of client centred research projects were shared. The projects were really “work-in-progress” snapshots covering required course content which had to be completed prior to qualification.

There were many other interesting sessions centred on the sub-theme for the conference. Beneath the Performing and Inquiring headline was a statement that the occasion would be “introducing an interdisciplinary conference of practice-based research in music, the arts, health and education”. It certainly achieved its goal in a very positive and professional way.

Therapeutic Choir – developments to date

by Shonagh O'Hagan, General Manager,
Therapy Professionals Ltd

Music Therapy New Zealand has generously provided funding for this initiative of Therapy Professionals Ltd.

The Choir is scheduled to start in February 2012 led by an enthusiastic Music Therapist, Kimberley Jones, and Speech Language Therapist Susan McDonald.

The word has been spread far and wide and we have eight interested participants and three volunteers to help, and support from Multiple Sclerosis, Parkinson's Society and Stroke Foundation field workers.

We have an excellent venue, the Mary Potter Community Centre, which is centrally located. Our intention is to hold our first meeting on the first Wednesday of February 2012. We hope to secure more funding to keep the choir going beyond 10 weeks.

Therapy Professionals Ltd wishes to thank Music Therapy New Zealand for their generous support of this pilot project.

Note from MThNZ Administrator: Therapy Professionals Ltd were awarded a Lindgren Project Fund grant in 2010, with the funds put on hold. The funds were transferred to the Therapeutic Choir Project in 2011.

MThNZ 2012 Conference

Music Therapy New Zealand can confirm the 2012 MThNZ Conference, "Music and the Brain: Developing Pathways", will be held in Auckland on 22–23 September 2012. Note these dates now. More details in the next edition of MusT.

Future MThNZ meetings

MThNZ Council will next meet in Wellington on Sunday 12th February 2012. ETPP's next meeting will be held on Saturday 11th February. Please contact the administrator if you have any agenda items you wish discussed by ETPP or Council.

STOP PRESS: Passing of Clive Robbins

Barbara Hesser, director of the NYU music therapy program has advised that friend, colleague and teacher, Clive Robbins has passed away.

Those wishing to honour Clive's memory are welcome to make a donation to the Nordoff–Robbins Center for Music Therapy New York University
82 Washington Square East, 4th floor
New York, NY 10003, USA.

An obituary and tribute to Clive will be in the next edition of MusT.