

# musT

a newsletter from



music therapy

new zealand

Te Roopu Puoro Whakaora o Aotearoa

the new zealand society for music therapy inc  
box 10352, the terrace, wellington 6143, new zealand



[www.musictherapy.org.nz](http://www.musictherapy.org.nz)

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Chair: Heather Fletcher

President: Daphne Rickson

Administrator: Lynn Gestro

## From the Chair

by Heather Fletcher

Firstly, I would like to express my condolences to everyone who has been affected by the Pike River Mine disaster, Christchurch earthquakes and Japan earthquake and tsunami. Our thoughts are with you and later I will be explaining how MThNZ are hoping to support the people of Christchurch.

In the meantime, it was with some surprise and trepidation that I took on the position of Chair for Music Therapy New Zealand,

following the elections for Council in October last year. I would like to thank Judy Field for the marvellous job she has done in guiding us through the last few years and I am very pleased that both Judy and Morva Croxson will continue to be part of the team following their co-options. Their knowledge and experience is invaluable. I would also like to welcome our new lay member, Janine Stewart, who has considerable experience in marketing through her work with IHC.

If I were to choose one word which sums up the last twelve months, it would have to be resilience. Last year was a challenging year on many different levels but, despite and maybe because of these challenges, many positives and successes have shone through.

Music Therapy New Zealand received support from a number of unexpected benefactors in 2010. A substantial bequest was gratefully received from Erika Schorss. Then, following some fantastic ground work by our president, Daphne Rickson, we were delighted to begin collaborating with IHC on a project aimed at raising the profile of music therapy in New Zealand, which will include the production of a promotional DVD; an upgrade of the MThNZ website; and improved marketing strategies. IHC are providing their services free of charge, for which we are very grateful.

On 4<sup>th</sup> September 2010, Christchurch was hit by the first of the devastating earthquakes that have struck the Garden City over the past six months. The Christchurch Conference Committee worked on however, to ensure that the 2010 MThNZ Conference: “Making Sound Progress – working collaboratively in music therapy”, went ahead as planned. I would like to give a big thanks to those Registered Music Therapists involved from Christchurch, namely Liz Wallace, Megan Spragg, Kimberley Jones, and Sophie Buxton, for all their hard work and for helping to make the conference such a success. We even escaped the shakes that weekend! Our thoughts go out especially to our Christchurch colleagues at this difficult time.

Sadly, the South Island was also shaken in November with the loss of 29 miners in the Pike River Mine explosions. This has touched me personally as I view Greymouth as my adopted home town and work in one school where six children lost their fathers. Others I know have lost friends and relatives. Our thoughts go out to all who have been affected by this tragedy.

In recognition of these two tragedies, MThNZ are now offering support for two projects. The first is to provide ‘Music for Christchurch’ – whereby we hope to send two

registered music therapists to Christchurch for a week to provide supportive music sessions in primary schools and residential homes for the elderly. We will bring you more on this in the next edition of MusT. The second project is to provide training for registered music therapists in crisis response. MThNZ has received many offers of support from the international music therapy community and this seems an appropriate way to follow this up.

Before I finish, I would also like to celebrate our President, Daphne Rickson’s achievement in finally completing her PhD. This is a great accomplishment not only for Daphne personally, but also for music therapy in New Zealand. You can read more about this later in MusT.

Finally, MThNZ recently held a Strategic Planning day, expertly facilitated by our lay members Linda Wilson & Janine Stewart. From this, Council are now developing a robust strategic plan, which we hope will not only carry us through the coming year, but will also provide a secure base from which we can continue to promote and support music therapy in New Zealand for the foreseeable future.

## Christchurch Disaster Response Co-ordination

by Megan Berentson-Glass and Daphne Rickson

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Since the latest devastating earthquake in Christchurch on February the 22<sup>nd</sup>, MThNZ have been inundated with emails of support from the international music therapy community. Many of these have come from people with considerable music therapy experience in the field of disaster / crisis response.

An email has been sent on behalf of MThNZ to all who have made contact, thanking them

for their messages and offers of assistance. Dialogue also continues with various individuals, regarding the situation as it develops and what they might be able to offer.

Music Therapy New Zealand and Daphne Rickson, President of MThNZ have received messages of support from:

Lucanne Magill, University of Windsor School of Music, Ontario, and Chair of the World Federation of Music Therapy (WFMT) Crisis Intervention Commission;

Thomas Wosch, University of Applied Sciences of Würzburg and Schweinfurt, Germany;

Barbara Else, music therapist and research consultant, USA, and American Music Therapy Association (AMTA) Disaster Response Coordinator;

Barbara Wheeler, University of Louisville, USA;

Clive Robbins, New York University, USA;

Robert Krout, Southern Methodist University (SMU), Dallas, Texas;

Leslie Bunt, University of the West of England, Bristol, UK;

Anja Tait, Charles Darwin University, Darwin Australia;

Louise Miles, President of Australian Music Therapy Association;

Graham Dickerson, Music Therapist, UK;

Mireya Gonzalez, Music Therapist and active member of Global Crisis Intervention Team, Chile;

Vicky Abad, Music Therapist, Brisbane Australia.

The World Federation of Music Therapy Global Crisis Intervention team have offered support, advice, and training to music therapists who wish to support the people of Christchurch, and/or to be prepared for other events that might occur in the future.

For further information about the work of the team, go to:

[http://www.musictherapytoday.com/WFMT/GI\\_Column\\_1\\_2011.html](http://www.musictherapytoday.com/WFMT/GI_Column_1_2011.html)

## Dr. Daphne – a milestone for NZSM and music therapy

In December 2010 Dr Daphne Rickson became the first PhD to be conferred by the New Zealand School of Music, granted jointly by Massey and Victoria Universities.

To complete her PhD, Daphne spent five years of study, research and writing in music therapy through which she was able to demonstrate the benefits of using music as an everyday tool when teaching disabled children.

Daphne worked with teams supporting four primary school-age children with very high special needs in South Canterbury, the West Coast, the Bay of Plenty and Hawke's Bay. She spent a week at each school, showing the teachers and teacher aides working with the disabled student how to include music in activities and daily routines, and provided a term of follow-up support to ensure the strategies were cemented in classroom programmes.

Using music made a tangible difference to the relationship between team members and the student, Daphne said. "A big part of it was that the team members felt more motivated and optimistic as a result of using music in their teaching and care giving." One example was a student who constantly got up from their desk and moved around the classroom. "The teacher made up a 'sitting at your desk song' and would sing it to the child whenever they weren't at their desk. Within a few weeks, the student was remaining seated for much longer periods."

Many of the research participants told her the music strategies would be helpful for all students, not just those with special needs.

“Music motivates and is a great form of emotional expression. It also keeps a group together—a class of children that is marching and singing is more contained.”

MThNZ Council was delighted for Daphne on her achievement and presented her with flowers at the recent strategic planning day in February.

Daphne is a lecturer in music therapy in the NZSM at Massey's Wellington campus and is President of MThNZ.

Note: Information for this article was sourced from the NZSM and Massey University websites: [www.nzsm.ac.nz](http://www.nzsm.ac.nz) and [www.massey.ac.nz](http://www.massey.ac.nz)

## NZSM Music Therapy Conference – November 2011

### PERFORMING AND INQUIRING - CELEBRATING PRACTICE-BASED RESEARCH IN MUSIC THERAPY AND RELATED PROFESSIONS

The NZSM is hosting a music therapy conference, “Performing and Inquiring – Celebrating Practice-based Research in Music Therapy and Related Professions” on the 11th to 13th November 2011 at the Massey University Campus, Mt Cook, Wellington. Keynote speakers are Professor Denise Grocke, University of Melbourne and Associate Professor Deborah Fraser, University of Waikato.

This conference will bring together practitioners and researchers interested in evaluation and inquiry into the complex and stimulating environments in which music therapy and other social science, arts, education, allied health or medical practice takes place.

Presenters at this conference will be sharing completed research, and research in progress. The conference will be of particular interest to music therapists, arts

practitioners, musicians, educators, psychologists, counsellors, psychotherapists, and other medical and allied health professionals.

Further information can be found from <http://www.nzsm.ac.nz/events/MusicTherapy2011.aspx>. Alternatively, register your interest for the conference by emailing Sarah Smythe, Conference Secretary at [sarah.smythe@nzsm.ac.nz](mailto:sarah.smythe@nzsm.ac.nz), to ensure registration information is sent to you directly.

## Strategy Planning for MThNZ

by Linda Wilson, MThNZ Council

### PLANNING, STRATEGISING, AND STREAMLINING OUR ACTIVITIES.

In February Music Therapy New Zealand members of council, and representatives of ETPP forum and the registration board met for a strategic planning workshop. Registered music therapists had been invited to make contributions to this workshop and a number of people did, through writing, or through comment to and discussion with people who were scheduled to be present. The strategic planning day was facilitated by Linda Wilson and Janine Stewart. We started with a recap on the strategic planning day that Linda Wilson had facilitated in 2007, and reviewing what had been achieved since then. We looked at what had been completed, and identified from the balance those activities that were still important and those that were no longer important. We reviewed factors within and without the organisation that might help us be realistic about what we wish to focus on next. We then did some priority setting around what we should stop, continue or start doing. From this work it has been possible to identify seven intentions for Music Therapy New Zealand.

### Our intentions are that:

- Music Therapy New Zealand is recognised as the primary source of representation and support for all matters relating to ensuring music therapy is available to people who need it.
- Music Therapy New Zealand will have positive sustaining working relationships, with funders, employers, supporters, other professionals, and music therapists both locally and internationally.
- Music Therapy New Zealand is recognised by music therapists as the pathway to achieve quality music therapy for all who need it.
- Music Therapy New Zealand will have sufficient contributors, donors and members to ensure sufficient ongoing funding to achieve its other goals and projects.
- Music Therapy New Zealand will have processes and products to ensure that practitioner music therapists have the recognition and resources they need both to promote the profession to the public and to practice well.
- Music Therapy New Zealand supports music therapists to consistently practice competently.
- People dealing with Music Therapy New Zealand get prompt, clear, helpful advice and support which enhances the quality of Music Therapy practice.

There are many activities that we could undertake that contribute towards making or keeping these intentions. We identified six specific objectives to work on, and these will now be developed further, being clear about the contributing activities, responsibilities and the timeframes for our activities over the next few years. The draft key objectives, discussed by Council at the March meeting,

will be ratified in June, along with the specific contributing activities.

Our current key objectives are to:

- Build positive, involving relationships with students and new graduates;
- Clarify and develop roles and responsibilities within Music Therapy New Zealand, supporting people to engage and develop their confidence;
- Complete the statement on professional competencies and promote these to appropriate professional employing and other bodies;
- Develop resources for therapists and employers that help smooth entry into employment, including recommended pay scales;
- Develop targeted resources that promote music therapy as a legitimate service for specific clients and populations; and
- Recruit, maintain and develop resources and communication processes of interest to supporters of music therapy.

It will be interesting to see in two or three years time again what percentage we have actually achieved, and what else has come along in the interim to need our attention.

## Notes from the March Council Meeting

The Council meeting was held in the Music therapy Room, New Zealand School of Music, Wallace Street, Wellington on 13 March, 2011 at 9am. Apologies were received from Andrew Tutty, Janine Stewart, Morva Croxson and Megan Berentson-Glass.

Council had a full agenda and there were several good discussions on matters of importance. Key agenda items included:

**Christchurch earthquake support** – this was discussed at length. Council decided a donation of time and music to Christchurch

to be most appropriate at this time, as well as in prioritising learning how to respond to crisis.

**Strategic Plan** – key work plans were talked through which focused the information gathered from the Strategic Planning day held in February. Council clarified there are seven themes recurring throughout: sustainable funding; relationships/ supporters/ partnerships; resources/ information; professional development; marketing/promotion; communications; admin/ support. Council identified six objectives which link into one or more themes, with each having specific priorities.

**ETPP Report – Music therapy promotional (MTP) Project** – good progress was being made with a deadline for completion in April. **Health & Special Ed payscales** – payscales are to be summarised, to find out where RMTh fit. **Christchurch Community Music Therapy Project** – a project application will be coming to Council to approve the ETPP-led response to the Christchurch earthquake by sending two RMTh to spend one week in ChCh and provide MTh sessions for earthquake victims. **Professional Development Portfolio** – A PD workshop was proposed for August 2011, to include professional writing skills and crisis intervention training. Council welcomed an application from ETPP for an annual workshop for students/ new MTh to NZ/ those changing practice. **AHPAF** – feedback from recent meetings included an emphasis on working together in allied health and across the professions.

**Website** – the revised designs for the new-look MThNZ website were endorsed.

**McKenzie Scholarship** – Massey University Graduate Research School advised two recipients are to receive the McKenzie Scholarship for 2011: Yair Katz and Shari Ludlam.

The meeting closed at 4pm.

## Council celebrates with Marjorie

by Daphne Rickson

At the recent Council meeting we were delighted to have Barbara Mabbett and Marjory Orchiston to join us for lunch, to celebrate the wonderful work Marjory has done for Music Therapy New Zealand and her acceptance of life membership to our society. Although the nomination for Marjory's life membership was accepted and approved unanimously at our 2010 AGM, this was the first opportunity we had to read her the citation that Barbara Mabbett had prepared, and to present her with flowers.



On a personal note, I remember fondly the support Marjory was able to give me when I set out to train as a music therapist, and began to be involved in the affairs of what was then the New Zealand Society for Music Therapy. Marjory would generously offer Wellington accommodation to this shy Christchurch girl, and during our time together she would help me to feel very much at home as we engaged in much hilarity, singing and playing piano together as we shared our repertoire of material for older people. What a wonderfully talented and generous lady she is!

## Administration Changes

The Education, Training and Professional Practice Forum (ETPP) now has its own part-time administrator, Petra Press. Petra is also

the Registrar for the MThNZ Registration Board.

Lynn Gestro, MThNZ administrator will still look after ETPP finance matters and RMTh membership.

So what has changed for you? RMTh-related enquiries, including training and professional development should now go to Petra at [etpp@musictherapy.org.nz](mailto:etpp@musictherapy.org.nz).

For all other MThNZ administration enquiries, email Lynn at [info@musictherapy.org.nz](mailto:info@musictherapy.org.nz). And if you are unsure? Email Lynn in the first instance.

Note all MThNZ registration board enquiries go to [petra.press@xtra.co.nz](mailto:petra.press@xtra.co.nz) as usual.

## MThNZ Council/ ETPP and AGM dates for 2011

ETPP's next meeting is via Skype on 15 June. The next face to face meetings for ETPP and Council will be on 30<sup>th</sup>–31<sup>st</sup> July 2011 at the New Zealand School of Music, Wallace Street, Wellington, Block 1, Room 1D11 (the music therapy room). The 2011 MThNZ AGM will be held on Saturday 30 July at the same venue from 3:30pm to 4:30pm.

All remaining ETPP and Council meetings for 2011 (dates to be determined) will be via Skype.