

musT

a newsletter from



music therapy
new zealand
Te Roopu Puoro Whakaora o Aotearoa

the new zealand society for music therapy inc
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www.musictherapy.org.nz

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Chair:	Judy Field
President:	Daphne Rickson
Acting Secretary:	Morva Croxson
Administrator:	Lynn Gestro

From the Chair

by [Judy Field](#)

Greetings again to all.

It's spring and as I go about my work and the travel it involves, although arduous at times, it allows me to see and appreciate the countryside around us. The temperatures are rising, the trees are in blossom, gardens are showing many spring flowers and of course there are lambs playing and also enjoying the sun. This change always cheers me up and makes me feel recharged and enthusiastic – I hope it has that effect on you too. It's also a time I reflect on how privileged I am to be working in the world of music where just about every day I see music having an effect on lives in so many different ways.

However in saying that I also note that not everyone believes in the benefit of music and the arts as strongly as we do in the music therapy community. I ask you to stay alert to changes that are happening around us politically and advocate for the arts in your local areas whenever you have the opportunity.

MThNZ Council stays alert to changes that may affect music therapy either directly or indirectly and follows up where possible with letters, visits or talking to anyone who maybe able to have influence or advice. Council sees that as a vital part and purpose of their work. Council consists of the president, two lay members and three members nominated from ETPP – the Education, Training and

Professional Practice Forum. Council has the option of also co-opting members for a special purpose and for a set period of time. This means that where Council feels there is need for expertise in some specific areas we can ask someone who has that expertise for help for a certain time. Council can co-opt up to three members at any one time and finds this is a very useful option to be able to use. At the next council meeting we will look at the requirements for the coming year and decide what help we may need.

Our administrator Lynn takes care of all day to day work but consistently throughout the year ongoing decisions need to be made between Council meetings. A small group – the Secretariat – is in email contact with Lynn, and each other, to take care of any matters that may need to be attended to immediately. The Secretariat consists of the President, the Chair, ETPP Convenor and Secretary. The system keeps us efficient and able to deal with any matters in the interim. With the constantly improving website and updated title and documents we hope we are giving the public an organisation that has a professional face and is memorable.

Enjoy the spring and the sunshine and warmth we are soon going to have.

Judy Field
Chair, MThNZ

Mary Potter Hospice Music Therapy Audit for Winter 2009

by Elizabeth Johnston Taylor

When Mary Potter Hospice began hiring music therapist Raeline Savage for 4 hours per week, it sought to evaluate the effectiveness of this potentially healing modality. Thus, a simple audit tool was designed to measure pain, general well-

being, and relaxation (on scales of 1–10) both before and after the music therapy. Patients receiving the therapy were also asked two additional questions regarding their appreciation for this therapy. Nursing staff were responsible for collecting these data. Data were collected between May and July of 2009. The sample is one of convenience.

FINDINGS:

Complete data were available for 26 patients.

- Pain diminished significantly from before music therapy to after therapy (mean of 3.08 to 2.23; $t=2.8$; $df=25$; $p=.01$).
- General sense of well-being significantly increased from before to after therapy (mean of 4.0 to 2.73; $t=3.0$; $df=35$; $p=.006$).
- Relaxation likewise improved significantly (mean of 3.64 to 2.36; $t=2.7$; $df=24$; $p=.013$).
- When asked, "How much did the music therapy help you?" (1=not at all, 4=a good deal), responses averaged 3.5 (range 1–4; Std Dev=.85). This indicates most responses indicated it helped a good deal. Indeed, 2/3rds of the patients marked 4 as their answer.
- When asked if they would "recommend music therapy to someone like yourself?", all but 2 of 27 respondents reported yes.
- The brief anecdotal comments supplied by some participants were positive. A couple particular choice comments include: "Would you please debit my account so as [to give] a contribution to the musician?" and "Enjoyed it very much, good to occupy the mind."
- The most prevalent reasons for referring a patient to the music therapist were 1) anxiety, 2) pain, and 3) social isolation.

IMPLICATIONS AND RECOMMENDATIONS:

The data that we have strongly supports the efficacy of our music therapist. Yet caution must be added: This is a sample of convenience. It is also a small sample. Future research endeavours must establish better processes for collecting data.

Elizabeth Johnston Taylor, PhD, RN
Research Director
Mary Potter Hospice

Raukatauri has new premises

Five years after opening, the Raukatauri Music Therapy Centre now has a new home with improved facilities to meet a growing demand for its services.

The centre is now based in Grey Lynn, Auckland in a bigger building that has been fitted to better facilitate music therapy sessions. The new centre was officially opened on 3 September 2009 by the Minister for Disability Issues, the Honourable Tariana Turia.

Council congratulates member Linda Wilson on becoming a Fulbright Scholar

Council was delighted to hear fellow member Dr Linda Wilson has become New Zealand's first ever occupational therapist to be awarded a prestigious Fulbright scholarship.

Linda is the Principal Lecturer of the School of Occupational Therapy at Otago Polytechnic, and was one of eight Fulbright New Zealand Senior Scholar Award recipients this year.

The scholarship will allow Linda to travel to the United States to teach and conduct research for three months. During her time in the US Linda will be at the University of New Hampshire and at the University of the Sciences in Philadelphia and present at the conference of the Society for the Study of Occupations in New Haven Connecticut. She will also use this time to develop a new postgraduate course.

Council warmly congratulates Linda on her achievement.

Registration Board News

The Registration Board will next meet in November 2009. All applications for registration and practising certificate renewals will need to be received by Monday 2 November 2009 in order to be considered at the November meeting.

Please submit applications to the following address: Music Therapy New Zealand Registration Board, PO Box 10352, The Terrace, Wellington 6143. Application Forms are available from the webpage www.musictherapy.org.nz or via email: petra.press@xtra.co.nz.

Music Therapy New Zealand Registration Board

Keeping up to date with MThNZ and RMTh happenings

There are several ways to receive information on the latest initiatives MThNZ and RMTh are undertaking to promote music therapy in New Zealand.

At the latest AGM it was suggested that the MusT newsletter contain more anecdotal pieces on RMTh and the areas they work. Council and ETPP at their latest meetings agreed this was a good idea and so from the

next issue of MusT there will be updates from ETPP portfolio holders (e.g. Special Education, HPCA Act, ACC) on what is happening in these areas.

Annually all members receive the New Zealand Journal of Music Therapy which aims to extend the knowledge of music therapists and develop their understanding of their own profession and of the context in which they work, while also helping to promote the understanding of the use of music and the place of music therapy in the wider health professional community. The 2009 Journal is about to go to print, and members will receive their copy in the post when this process has been completed. Extra copies of the Journal (current and previous years) are available to purchase from the administrator (email: info@musictherapy.org.nz).

The MThNZ website www.musictherapy.org.nz is the first point of call for many in finding out more about music therapy. The site is updated regularly and you are encouraged to use this site to find answers to your questions on music therapy, finding a music therapist near you, and seeing the resources available. The news section also advertises upcoming NZ music therapy events.

Within the website is an online Forum, solely for registered music therapists (RMTh) who are also members of MThNZ. RMTh who use Forum regularly find this an invaluable source of information and support from the wider NZ RMTh community.

Whether it be MusT, the Journal, the website or the online Forum it is hoped you are kept well informed about music therapy in New Zealand.

Next edition of MusT

The next edition of MusT is due out in December. Please submit by 30 November 2009 your articles or ideas/ topics of interest you would like included in the December edition by emailing the administrator at info@musictherapy.org.nz

