Contents

FROM THE PRESIDENT
Heather Fletcher

FROM THE CHAIR
Alison Talmage

BOOK LAUNCH
Alison Talmage and Shari Storie

MUSIC THERAPY WEEK

SOUTHERN MUSIC THERAPY
Kimberley Jones

SOUNDS WELL SINGERS UPDATE
Megan Berentson-Glass and Penny Warren

MUSIC MOVES ME TRUST LAUNCH
Shari Storie

RACHEL BUSH
Sarah Hoskyns

PERSONAL REFLECTION
Rona Abbott

PROJECT GRANTS UPDATE
Claire Molyneux

REVIEW: BRITISH JOURNAL OF MUSIC THERAPY
Kathryn Stevenson

2016 / April

www.musictherapy.org.nz
FROM THE PRESIDENT

Heather Fletcher

As I sit down to write this, I cannot believe we are already three months into 2016. As the mornings grow chillier and the evening light fades earlier, I’m sure many of you have already started preparing for winter - getting in the wood; clearing away the remnants of the summer blooms and checking you know where the snow chains are.

But even further ahead, it’s time to prepare for spring - in particular getting those spring bulbs in the ground, ready to give you a cheery display as we come out the other side of winter. We are constantly investing our time and resources in order to reap the benefits later. And this was the thinking behind Music Therapy New Zealand initiating its inaugural Music Therapy Week in May. Key Objective One of Music Therapy New Zealand is to raise awareness and understanding of music therapy. With this comes the potential for better recognition at local and national levels and therefore more opportunities to meet Key Objective Two, which is to advance the provision of music therapy to all who will benefit from these services. What better way of doing this than to have a week in which to celebrate the fantastic music therapy work taking place across the country!

Music Therapy Week: Celebrating Music Therapy - runs from 21st to 29th May and the programme of events is shaping up nicely, with workshops and presentations being planned in Auckland, the Waikato, Wellington and Christchurch. Check out the website or new Facebook page for more details. All events are being organised at grass roots level and anybody can get involved. It doesn’t have to be a big workshop or presentation. You could host a morning tea for your friends or colleagues and take the opportunity to tell them about music therapy and the work of Music Therapy New Zealand, or simply put a flyer in your colleagues’ pigeon holes at work. No matter how big or small, every gesture is an investment. To make it even easier, promo packs will be available which will include MThNZ brochures; pens & postcards – contact Bronwyn, our administrator for further information. If you are planning a workshop or presentation, you may also be able to access one of our new banners, which will be located in Auckland, Wellington, Christchurch and Dunedin/Invercargill. Please contact Bronwyn for more information, or make contact with your Regional Group.

Thinking ahead to later in the year, the AGM for Music Therapy New Zealand will be held on Saturday 20th August 2016 in Auckland. The AGM will be part of a Music Therapy Hui which will include presentations by guest speakers on topics including evidence based practice, research and new music therapy initiatives. I encourage you to come along and see what’s happening with music therapy in New Zealand.

It is also election year! A few months from now there will be a call for nominations for the role of President; Lay members and Music Therapist members on Music Therapy NZ Council. Sitting on Council provides great opportunities for developing organisational and leadership skills; networking; and keeping up to date with what’s happening with music therapy in New Zealand. It's also a great opportunity to support a very worthwhile cause. So don’t be shy. If you are interested in being nominated, or think someone you know could do a great job, start the conversation now. Ali explains what’s involved in her report from the Chair.

It’s a time to plant those seeds, big and small, so we can continue to grow music therapy in New Zealand.

Nga mihi nui, Heather Fletcher, MThNZ President
FROM THE CHAIR

Alison Talmage

I hope you have all enjoyed the summer months and a relaxing Easter break. Seasonal changes bring to mind Janus, whose two faces look to the past and the future.

As an organisation, profession and individuals we continually look back at our roots and journeys, and ahead in our individual personal and work lives and in our collective vision of advancing the provision of music therapy. With this in mind, I would like to glance back at Council’s recent work, and highlight forthcoming events and opportunities.

Council update

The MThNZ Council aims to be transparent and approachable, so if you have suggestions, queries or concerns about any aspect of our work please contact the Administrator (Bronwyn Bent), President (Heather Fletcher) or a Council member (Alison Talmage, Claire Molyneux, Libby Johns, Linda Webb, Megan Berentson-Glass, Shari Storie).

Council met in Auckland on February 27th in Auckland. Three further face-to-face meetings are planned for 2016: 22nd May (Wellington); 20th August (following the AGM in Auckland) and November (provisionally Wellington, date to be confirmed by the incoming Council). We welcome wide geographical representation, and Council members are reimbursed for reasonable travel expenses.

Correspondence between meetings is via email, Dropbox and occasional Skype or phone meetings (particularly for the Events subgroup). Council members may also have individual portfolios, tasks and projects.

The objects of MThNZ are set out in the society’s Rules. Current priorities and tasks are summarised in the Strategic Plan. Three underlying strategic priorities, approved by members, are: (1) Communities as the context of practice, (2) Recognising the diversity in practice, and (3) Ensuring the sustainability of music therapy in New Zealand.

Council members take responsibility for specific portfolios, individually or in subgroups. Current projects include:

- Music Therapy Week, 21st - 29th May;
- AGM and Hui, 20th August, Auckland;
- Negotiating support from a potential financial adviser;
- Reviewing the 2015 Annual Plan (for audit, AGM and DIA reporting requirements) and approving the 2016 plan and budget;
- Establishing a Māori roopu (advisory group) and a Māori hui in partnership with NZSM;
- Analysing the 2016 MThNZ survey responses; and
- Reviewing rates for membership and professional registration.

Some MThNZ members also hold responsibilities outside Council - e.g.

- SIG:H (Special Interest Group: Health) supports the Health Portfolio holder (currently Alison Talmage). Projects include developing a generic MThNZ PowerPoint presentation and other resources.
- Our AHANZ reps (Sarah Hoskyns, and now also Andrea Robinson and Siddarth Pagad) regularly attend AHANZ meetings on behalf of MThNZ.
- Special Education Portfolio (Dr Daphne Rickson, as well as Council members Megan Berentson-Glass and Libby Johns).

- Helen McGann’s contribution to the Music Therapy Week subgroup; and
- IHC library liaison (Catherine Wilkinson): MThNZ and IHC have a memorandum of understanding and IHC holds a collection of MThNZ books and journals.

You will soon receive information about the 2016 elections for President and Council, a two-year term of office. While we anticipate that some existing members will stand again, we welcome additional nominations and inquiries.

NZ Music Therapy Registration Board

The Registration Board operates independently of Council, but is underwritten by MThNZ. It is serviced by a contracted, part-time Registrar (Petra Press) and consists of the Council Chair (or their proxy), a Registered Music Therapist (elected by, but not a member of, Council) and a Lay member (who need not be a Council member). Additional members may be co-opted by the Registration Board, e.g. to consider particular registration applications when board members have expressed a conflict of interest.

NZ Journal of Music Therapy

The 2015 NZJMT has been published; please contact the MThNZ Administrator if you do not receive your copy, a member benefit. I would like to thank Sarah Hoskyns (Editor), Mark McGann (Publishing Editor) and Bronwyn Bent (Administrator) for their work on the journal. Council has reviewed the journal policies and are establishing of an Editorial Team. A
establishing an Editorial Team. A call for 2016 submissions has been circulated to MThNZ members and posted on the website, with a deadline of June 1st.

In this issue of MusT...

In this issue you will read news and updates about many music therapy initiatives around the country, including a range of events for...

**MUSIC THERAPY WEEK**

In May we will be celebrating our inaugural Music Therapy Week – please send photos and Music Therapy Week news to the Administrator for inclusion in the next issue of MusT!

I would like to thank the current Council, Registration Board, outgoing Journal Editor and other portfolio holders for their commitment to Music Therapy NZ. We are all busy yet somehow find time to contribute in diverse ways to our collective vision.

*Ngā mihi nui,*

Ali Talmage,

*MThNZ Council Chair*

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**BOOK LAUNCH**

**Alison Talmage and Shari Storie**

The Women’s Bookshop in Ponsonby, Auckland, overflowed at the March 22nd launch of this new publication. *Arts therapists in multidisciplinary settings: Working together for better outcomes* (Miller, 2015) is the initiative of editor Caroline Miller, an Auckland psychologist and dramatherapist. The book proposal was accepted by Jessica Kingsley Publishers, London, following the success of a previous arts therapy anthology, also edited by Caroline (Miller, 2014).

Individual chapters by seventeen mainly NZ-based arts therapists include examples of art therapy, dance/movement therapy, drama therapy, music therapy and play therapy. Five of these are the work of NZ Registered Music Therapists:

- Heather Fletcher (West Coast) provides a case study illustrating collaborative work in a rural and bicultural context;
- Megan Spragg (Melbourne, formerly Christchurch) discusses transdisciplinary work in special education;
- Keryn Squires (Wellington) writes about music therapy in children’s bereavement care in hospice;
- Shari Storie (Auckland) describes collaborative work with an occupational therapist in a specialist mental health inpatient unit for older adults; and
- Alison Talmage (Auckland) describes improvisational music therapy as a “holding” environment for young children and the multidisciplinary team in a special school.

With such a geographical spread of authors, not everyone could attend the book launch. However, each author was individually named and applauded. Some authors have completed their work without actually meeting Caroline in person, so it was great to bring Caroline and Heather together following the February Council meeting in Auckland.

As music therapists we brought a song rather than speeches, and led everyone in singing the waiata *Te aroha*. A further notable feature was the presence of a NZSL signer, to interpret the speeches – and the waiata.

We would like to express our thanks to Caroline and our fellow authors for the opportunity to contribute to this resource. Both books will be reviewed for the 2016 issue of the NZ Journal of Music Therapy. For further information, please visit Jessica Kingsley Publishers.

Celebrating the book launch: Alison Talmage RMTh, Caroline Miller (Editor), Abi Raymond (Art Therapist) and Shari Storie RMTh

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**References**


Kia ora koutou,

The very first ever Music Therapy Week is coming! The 21st - 29th of May will be Music Therapy Week, with the theme Celebrating Music Therapy.

We are very excited to hear about all of the things that you, our members, will be doing during the week in your workplaces and potential workplaces. Presentations, ‘Lunch and Learn’ sessions, music-themed morning tea baking, experiential music improvisations, putting up posters, sending emails, having that conversation you’ve been meaning to, a static installation in a local art gallery – all a great way to celebrate what music therapists are doing throughout NZ, and to let people know about it. Thank you for bringing your energy and creativity to this wonderful opportunity to raise awareness and understanding of music therapy in NZ and to develop relationships within our communities.

The Council planning committee have been busy putting together a promotional package which will be coming out to your Regional Liaisons. Get in touch with them so that you can start sending postcards, planting stickers, sharing information sheets and incorporating information into your presentations – and then leaving pens behind when you leave. Many thanks to Clare Saunders-Lee who has generously donated her time and talents doing the graphics design work. We also welcome PR guru Josie Campbell from Great Things to the team, who will be co-ordinating a national media campaign to try and place stories about music therapy in media outlets big and small.

Check out the new MThNZ Facebook page at facebook.com/MusicTherapyNewZealand

Thank you to those who participated in the MThNZ 2016 Survey – there was more than 90% support for a social media presence. Over the next couple of months in particular we hope to start sharing stories about music therapy - through photos, written blurbs, videos – so let us know if you have something you’d like to share.

**What's Happening:**

**21 May**

Lower Hutt Markets: Stall and music sessions

**24 May**

Auckland: Music Therapy Symposium at University of Auckland including a CeleBRation Choir performance

**25 May**

Wellington: Massey University – Information booth

**26 May**

Cambridge: Music Moves Me Trust Fundraiser - movie night

Christchurch: This is Music Therapy public presentation: information, video examples of work and live examples of songwriting.

**27 May**

Wellington: SoundsWell Singers – 1st Birthday open celebration

**28 May**

Wellington: Drumming Workshop with Neil Jourdan

Christchurch: Regional Group Gathering at Therapy Professionals

**29 May**

Auckland: Titirangi Village Market – stall and music sessions
Who do I contact more for more information?

In the first instance, get in touch with Bronwyn via info@musictherapy.org.nz, remember to keep checking the forum for further updates, and talk to your regional liaisons:

Auckland: Shari Storie, shari.storie@outlook.co.nz, and Libby Johns, libbyjohns@gmail.com
Central North Island: Helen McGann, helenmcgann@gmail.com
Wellington/Lower North Island: Megan Berentson-Glass, meganglass@clear.net.nz
South Island: Heather Fletcher: president@musictherapy.org.nz

Ma te wā, from the Music Therapy Week planning group: Shari, Megan, Libby and Bronwyn

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SOUTHERN MUSIC THERAPY
Kimberley Wade

I founded Southern Music Therapy (SMT) as a private practice with a vision to provide, with a team of Registered Music Therapists, a professional service that is dynamic, creative, supportive and developing. A service in which therapists feel supported and the therapy is client centered.

We currently have two therapists who work part time, myself and Raeline Savage. We mostly work out of a soundproof room at the new facility at St John of God, called the Granada Centre in Halswell, Christchurch. We are very fortunate to have a supportive Allied Health team, and a designated Music Therapy room. We see private clients here on a Tuesday and Thursday. We also have the contract from Therapy Professionals to take the Cantabrainers Choir, which is a choir for people with neurological conditions.

I had the opportunity at the end of 2015 to visit Alison Talmage in Auckland and join the CeleBRation choir in session. This was a fantastic afternoon, as we have been talking about our respective choirs for over 3 years, and this was the first time I had witnessed the CeleBRation choir in action, which was a privilege. It was also great to meet with Suzanne Purdy and discuss the Choirs’ futures and some new initiatives. This trip was funded by the MThNZ Lindgren Fund.

UPCOMING EVENTS
Music Therapy Week will be a busy week for Southern Music Therapy as we have several presentations booked in. We feel that Music Therapy Week is a wonderful excuse to provide people with more information about Music Therapy and the service we run. Our main public presentation will be:

This is Music Therapy

A presentation about music therapy, and the Southern Music Therapy service at the Granada Centre, with videos and a live performance.
26 May, 1:30pm – 3pm. Afternoon tea provided.
The Granada Centre, 26 Nash Road, Halswell.

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SOUNDS WELL SINGERS UPDATE
Megan Berentson-Glass and Penny Warren

Penny Warren and Megan Berentson-Glass would like to express their gratitude to MThNZ for the funding provided to support the SoundsWell Singers – a neurological choir which was set up in 2015.

The MThNZ grant has enabled us to cover a number of initial costs involved in running the choir while we build the membership numbers. This included such things as room hire, providing morning teas for the members, and promoting the choir (and music therapy) through interactive sessions at various community support groups.

As we near our first birthday, we can proudly say that we have a committed (still small, but growing) membership group, and very enthusiastic participants. We have given our first performance, for health professionals at Wellington Hospital, which a number of staff in attendance said was the highlight of their PD day! We have completed a survey of members and analysed the responses, which gave us some guidance on direction (adding some classical music and more part singing to the repertoire,
and creating song lyric folders) and a huge amount of positive feedback, which has inspired us to continue with the work while options for future funding and sustainability. Rather than writing any more from my perspective, I would like to once again thank MThNZ for their support of this initiative, and let the choir members’ words from the evaluation speak for themselves:

- It’s enjoyable. The exercises help me to breathe deeper and therefore sing (at least I feel it does), and the songs are interesting, some South African, Aboriginal, Irish and American.
- Both feel we are becoming friends, supporting each other too. And we all want to be there.
- Very enjoyable—helps keep my spirits up. Good music therapists. And variety of songs.
- Aphasia can [be] isolating—choir— you belong.
- Being with other people helps my speech.
- It has exceeded my expectations, both in musical and voice training aspects.
- (from a partner) … is saying much more at home. Sings when happy or hums.
- I never had a really strong voice but feel it is getting stronger with the exercises we do.
- All the members are nice, non-judgemental. We really do enjoy the choir.
- Enjoy the sense of companionship of choir. People need people.

CELEBRATION CHOIR UPDATE
Shari Storie and Alison Talmage

SINGING FOR YOUR BRAIN: A PERFORMANCE BY THE CELEBRATION CHOIR AND ELLERSLIE SCHOOL CHAMBER CHOIR

“It was spell binding. The sound was delightful and the interaction between the choir and the Ellerslie children was great to behold.” CeleBRation Choir carer

“I liked the lovely songs, performing with amazing people, the inspirational speeches and everything else! It was absolutely perfect!” Ellerslie Choir singer

A taste of the delights beheld by those involved with this year’s choral performance at the Brain Day: Interactive Expo with the University of Auckland’s Centre for Brain Research on 12th March. A collaborative, intergenerational project between the CeleBRation Choir and the Ellerslie School Chamber Choir, led by Maria Winder, this event brought together singers as young as 10 and as old as 90 with the theme of peace – living in peace and harmony with one another and our world. Favourites included We are Ellerslie, composed by students, and We shall overcome, a protest anthem of personal significance which brought some of the audience to tears. Making music together highlighted the fact that singing is a universal human ability - accessible, enjoyable and beneficial for people across the lifespan.

IN THE MEDIA
The choir continue their acclaim of their choral singing experiences, with one of our members featured in the Sunday Star Times earlier this year, with an article titled Back on song: A stroke almost killed her. Now an unusual choir has given Lois Dudding her voice back. (Click on the title to read this article.)

WORLD VOICE DAY
The choir now turn their attention to the upcoming World Voice Day (16th April) which we will be observing on 11th and 18th April. World Voice Day is an international annual event that celebrates the voice – in all cultures – as our primary means of communication, as a musical instrument, as an essential tool in education and work, and as a significant factor in our quality of life. For further information, please email Sylvia Leão, New Zealand’s World Voice Day Co-ordinator and speech science PhD candidate at the University of Auckland, via: s.leao@auckland.ac.nz.
MUSIC THERAPY SYMPOSIUM - SINGING TOGETHER: CELEBRATING MUSIC THERAPY AND MUSICAL PARTNERSHIPS

As part of New Zealand’s first Music Therapy Week, the Centre for Brain Research with support from MThNZ will host a music therapy symposium on Tuesday 24th May. The CeleBRation Choir is excited to perform at the event, and is looking forward to hearing from a range of professionals about music and music therapy. For further information and tickets, please click here.

Further information about the choir is available at www.cbr.Auckland.ac.nz/choir. Please also visit and “like” our Facebook page: www.facebook.com/CeleBRationChoirNZ

MUSIC MOVES ME TRUST LAUNCH
Shari Storie

Members of the Waikato community, friends and family came together on 6th March to celebrate and launch a new initiative – the Music Moves Me Trust (MMMT). In the beautiful Zealong Tea Estate in Gordonton, guests had the pleasure of hearing Waikato based trio Amoroso Springs, Deputy Mayor Gordon Chesterman, along with trustees – Director Vicki Jones, Kath Woodley, and Helen McGann (RMT). Shari Storie (RMT and MThNZ Council member) spoke on behalf of MThNZ, and - as music therapists do – Shari and Helen led a waiata, Te aroha, which was warmly joined by the room.

Music therapists have been working with older people in New Zealand, including those with dementia, on a small scale since the 1970s. In the twenty first century the benefits of music for people with dementia are increasingly recognised by families, professionals and the public in New Zealand and internationally. We commend the MMMT for recognising the value of music listening, musical interaction and music therapy for people with dementia, and for recognising the professional, consultative and supportive roles played by music therapists.

Together the Music Moves Me Trust are making a real difference to the people of the Waikato and we wish them every success.

Shari Storie and Helen McGann at the launch of Music Moves Me Trust.

RACHEL BUSH: 1941 - 2016
Sarah Hoskyns

It is with great sadness we report the death of Rachel Bush on 23rd March 2016 - poet, partner to Richard Nunns (Aotearoa expert player of taonga pūoro), and much loved family member. Rachel’s beautiful poems on her experience as poet-in-residence at Wellington Hospital in All Patients Report Here are pragmatic but jewelled insights into the daily lives of patients and staff in a medical environment. They are combined with delicate sepia photos of the hospital and its staff and patients. Rachel was admitted to hospital the day she started her residency and her poems about that journey have extraordinary candour and empathy. I (Sarah) was very grateful to Judith White (MThNZ President Emerita) for introducing this lovely volume, that I have used with students ever since! I was lucky to meet Rachel briefly at the graduation where Richard Nunns was honoured with a doctorate, and warm and delightful she was.
A PERSONAL REFLECTION

Rona Abbott

This photo was taken during a recent visit to my darling husband, Murray, who is in permanent care for advanced dementia. He was a journalist, author and university lecturer, and always, a devoted music lover.

He was a pianist and led a dance band in his Christchurch high school days. A keen traveller, his favourite trip of all time was the Mozart Festival in Prague in the 1990s.

On this visit I brought Murray his old European OE hitchhiking hat, memorabilia from his Olympics reporting, and a disc of Blondie’s hits. His finger-tapping response to the beat was immediate!

On other days I bring some of his classical favourites…Faure, Rachmaninoff, Mozart or popular performers like the Beach Boys, the Seekers, and so on. Murray always shows an emotional response, sometimes with his word, “beautiful”.

We turned to music throughout all stages of his illness. It brought great pleasure, eased his daily anxiety (often with dance) and provided a language for joyful marital time together.

We still often sit in the rest home garden and share earpieces for something of this.

There are no words to express my gratitude for what music gives us both during this most painful journey.

Rona Abbott has been a friend member of MThNZ in recent years while drawing on earlier counselling study of expressive therapies and their use in caregiving

PROJECT GRANTS UPDATE

Claire Molyneux

Funding Applications - New Closing Date 1st October

Applications are welcome to the Lindgren Project and McKenzie Music Therapy Hospice Funds. An updated application form is now available from the MThNZ administrator. The new closing date for all applications is 1st October.

Funding guidelines are currently being updated by Council. Please watch this space for further announcements later in the year.
There are more book reviews than articles in this issue, therefore I have give a bit more detail about the reviews than last time.

The first article in this issue “An Investigation into Music Therapists’ Clinical Experience of Working with the Visually Impaired” is as the title says. Elizabeth Nightingale describes her research into the methods and changes music therapists use and make in their work with the vision impaired. Being vision impaired myself, I could make several comments about this article, which would be an article in itself. I will entice my colleagues to read for themselves and form their own considerations.

Next we have Leslie Bunt “Looking inside the Profession with Kenneth Aigen. In this article, Bunt delineates Aigen’s writing as an augmented book review, “The Study of Music Therapy: Current Issues and Concepts” and includes his own thoughts along the way. Bunt narrates the outlay of the book with his own interjections, and concludes with a plea for music therapists and students to read and continue the motivating debate and considerations of the many evolving facets of music therapy today.

Several book reviews follow.

Anna Maratos reviews “Assessment and Outcomes in the Arts Therapies: A Person-Centred Approach. By Caroline Miller (Ed). If this title sounds familiar, it is because the music therapy chapters in the book were written by Alison Talmage and Claire Molyneux. Maratos gives a personal glimpse to her review, emphasises the music therapy chapters, and concludes with her reasons for this book as recommended reading.

Two books by the same authors are evaluated in the same review by Catherine Carr. They are; “A Guide to Evaluation for Arts Therapists and Arts & Health Practitioners” Giorgos Tsiris, Mercédès Pavlicevic and Camilla Farrant. Also “A Guide to Research Ethics for Arts Therapists and Arts & Health Practitioners” Camilla Farrant, Mercédès Pavlicevic and Giorgos Tsiris. Carr shares her opinion of each book by explaining each one’s compliments along with additions that might enhance the writings. She summarises them collaboratively and leaves us with the sense of their usefulness to anyone in the Arts Therapies disciplines.

“Clinical Improvisation techniques in Music Therapy: A Guide for Students, Clinicians and Educators” by Debbie Corroll and Claire Lefebvre is assessed by Sarah Gail Brand. This text is described by Brand as quite an interesting read and a good step towards further development of how to train music therapy students to do clinical improvisation. Brand however felt that more emphasis on the music would generate a more useful manuscript.

The final book review in this issue is written by Kirsten Halliday. “Tackling Selective Mutism: A Guide for Professionals and Parents” by Berita Rae Smith and Alice Sluckin (eds), foreword by Jean Gross, CBE. Halliday gives a very positive and detailed description of this title. She outlines the structures of the book and makes reference to the music therapy comments contained in the script. She concludes with an observation that for music therapists working with clients who have selective mutism, this book is a worthwhile read.

John Strange compiled this issue’s “Journal Watch” which lists alphabetically by first author, titles of articles which are more than 3 pages, from the Australian and Canadian journals for the reader’s interest.

Several topics are covered in the issue reviewed here. They are all interesting and make for useful information sharing and discussion.