From the Chair

by Heather Fletcher

Each time I sit down to write my message for MusT, it gives me the opportunity to reflect on what’s been happening recently for Music Therapy New Zealand: achievements to celebrate; issues to consider; and events to look forward to. This time, as I sit down to write, I realise it is a time of change for Music Therapy New Zealand, and so it is a time to say goodbye and hello to a number of members.

Firstly, I would like to thank Claire Molyneux and Tim Burns for their valuable contribution as members of the New Zealand Music Therapy Registration Board over the past six
years. Notable achievements by the Board have been the development of the Standards of Practice and updating of Registration Board documents and procedures, including the transition from three year to one year practising certificates for Registered Music Therapists (RMThs). They leave the Registration Board in good shape for incoming appointees Penny Warren and Lynn Humphrey, whom I would like to warmly welcome to their new roles.

Next up is the Education Training & Professional Practice Forum (ETPP). My thanks go to outgoing members – Andrew Tutty (Convenor), Ajay Castelino and Neil Jordan – who all cite increased family commitments for their departure – they all became dads in the last eighteen months! Congratulations to you all. Continuing members are Megan Berentson-Glass, Megan Spragg and myself, Heather Fletcher, and we welcome new members Helen McGann (formerly co-opted) and Alison Talmage. ETPP have co-opted two additional RMThs, Raeline Savage and Erin Upjohn Beatson – welcome – for a period of one year, as there were insufficient nominations to fill the seven places available. The new ETPP will be holding their first face–to–face meeting in Auckland on Saturday 24th August. As previously trialled in Christchurch last year, the meeting will be opened up in the afternoon for MThNZ member RMThs to attend. Keep an eye on the Online Forum for more details. We look forward to meeting and catching up with some of you then.

Finally, Council elections are coming up for the two lay members and president. A number of current members have indicated they will be stepping down at this time, so Council may well have a very different look come September. I would therefore like to take this opportunity to thank current members of Council – Daphne Rickson (president), Morva Croxson, Judy Field, Linda Wilson and Janine Stewart – for their commitment to MThNZ over the past three years and beyond. Each one deserves their own page at least in terms of their contribution to the work of the Society – which for some totals over 20 years. Their energy, knowledge and expertise has been invaluable in steering MThNZ through some very challenging times and keeping the Society on track and in good shape.

Whilst it is always sad to say goodbye, and the unknown can be quite scary, it is also exciting to consider what ideas and skills new people may bring. I am therefore looking forward to these new collaborations, which will no doubt benefit the future growth of Music Therapy New Zealand.

Obituary: Memorable Moments of Millicent McIvor (1928–2013)

by Kathryn Stevenson

Millicent was my best friend. It only seems like yesterday that I received a phone call “Hello Kathryn would you like to come to our next music therapy meeting – I can pick you up?,” and she did, and so was the start of my more regular attendance at the then Auckland Branch Society meetings and involvement with MThNZ. For years Millicent
supported, listened to and laughed with me. She shared stories and ideas with me, and encouraged me. I know she did the same for many others as noted at her funeral.

Millicent shared her music, her love, her insights, and her enthusiasm through her actions, words, poems, and song. She made a notable (excuse the pun) contribution to music therapy in her writings and research on the importance and value of Māori Waiata and its place in the community, and in many other ways too. It is easy to see how much she contributed to music therapy by reading Voices: A World Forum for Music Therapy, Vol.9, No 1 (2009). See: https://normt.uib.no/index.php/voices/article/viewArticle/368/291. NZ registered music therapists can also read Alison Talmage’s article about Millicent in the May 2008 Volume 3, Issue 2 of Connections.

Millicent was the little lady from Little Oneroa on the little island of Waiheke, but she had a big heart and played a big role in many people’s lives.

In addition to her involvement with music therapy, Millicent was involved with a book club, poetry group, recorder group, walking group, community garden, and many more activities. I’ve often said my retired friends are busier than the working ones. Even so Millicent still found time to spend with each and everyone of us. She was gentle and kind.

It was so lovely that she was able to enjoy the company of many of her friends and family during the early days of illness and before her stroke. Millicent leaves behind four children, and several grandchildren and great grandchildren. If you wish to contact her family, you can write to Shona McIvor, 32 Whakarite Rd, Ostend, Waiheke Island.

I’d like to offer a special thanks and appreciation to those in the music therapy world who have acknowledged our closeness. I know I will miss her greatly. I have already had the odd moment, and there will be many more, when I think “I must tell Milli... oh I can’t”. I also know many others will do the same and will miss Millicent’s fun, advice and attitude to life. Thank you Millicent.

World Voice Day 2013 – 16 April

by Sylvia Leão, University of Auckland

World voice Day (WVD) was celebrated for the first time this year in New Zealand with enthusiastic performances for the human voice. This year the theme of WVD was
“Voice Matters”. WVD is a worldwide annual event with the aim of demonstrating the huge significance of the voice in our daily life, as a tool for communication, and as an area of focus for the arts and sciences, spanning many disciplines such as physics, psychology, phonetics and biology, and to raise awareness of the importance of having a healthy voice.

There were three events in NZ. The main event took place on 16th April at The University of Auckland – Soprano Morag Atchison gave a recital followed by a lecture on “The Singing Voice”. Morag was accompanied by pianist Dean Sky-Lucas. Morag followed her performance with a talk that looked at the technical and physical demands required by singers in a variety of styles. There was a very good attendance by singers, speech–language therapists, music therapists, otolaryngologists (Ear, Nose & Throat specialists) and the general public. It was a success! The recital was part of the Global Concert which started in New Zealand all the way to Hawaii. Feedback on the event was very positive.

The Celebration Choir celebrated WVD in advance on 8th April with a wonderful performance at Glen Innes Library, Auckland, lead by music therapist Alison Talmage. The choir, a social singing group for people with neurological conditions at the University of Auckland’s Centre for Brain Research, is the focus of research into the potential benefits of group singing for speech and language rehabilitation and quality of life for people with Parkinson’s disease or stroke. Further information about the choir is available at: http://www.fmhs.auckland.ac.nz/faculty/cbr/events/choir.aspx

The third event was a teleconference on clinical issues in voice, presented by Dr Anne Vertigan who is based in Australia.

NZ WVD 2013 was coordinated by Sylvia Leão, speech language therapist specialising in voice, and PhD candidate in Speech Science. Special thanks to Prof Suzanne Purdy, The University of Auckland, for her invaluable support.

We hope that the 2013 events will encourage more people to create even more spectacular actions for coming years. We are looking forward to hearing interesting ideas for 2014 WVD!

Sylvia Leão
University of Auckland

[This article was printed in the NZ Choral Federation Auckland Newsletter and has been reprinted here with permission.]
Altogether Autism
Conference Review –
Hamilton, 9–10 July 2013
by Claire Molyneux, Head of Clinical Services, RMTC

Altogether Autism is an information service under the leadership of Parent to Parent New Zealand and Life Unlimited. Operational for six years, the organisation provides evidence based information and advice through a Clinical Psychologist and Professional Experts Group, as well as a Consumer Reference Group whose membership consists of people with 'lived experience' of Autism or 'experience living with and/or assisting people with autism'.

The conference, 'Inspiring excellence in autism: Highlighting and encouraging research, best practice, worthwhile support and effective self-advocacy in New Zealand,' took place in Hamilton. Papers covered a wide range of topics including: specific services for people with autism, parenting programmes, autism and mental health, autism and the criminal justice system, and personal perspectives on living with autism.

Keynote presenters included: Paula Jessop, who describes herself as a 'regular' person with lived experience of Aspergers; Matt Frost, Policy and Research Analyst for New Zealand Disability Support Network, and Chair of the Living Guideline Group who is autistic; Dr Matt Eggleston, Consultant Child and Adolescent Psychiatrist who was on the writing team for the 2008 Autism Spectrum Guidelines; Tanya Breen, Consultant Clinical Psychologist and specialist in autism spectrum disorder (ASD); and Dr David Newman, Developmental and General Paediatrician at the Child Development Centre at Waikato Hospital. Professor John Werry, Emeritus Professor, University of Auckland, Child and Adolescent Psychiatry, was unable to attend the conference due to ill–health and his keynote address was presented by David Newman. This was a moving address as John Werry spoke openly and candidly about the challenges of finding answers. His presentation acknowledged that despite the very best efforts in family–centred care and advances in clinical experience and understanding of autism, families receiving this diagnosis would be likely to "go away from this feeling lonely and unheard as you always have done and will do again as you continue on your journey."

Paula Jessop gave a powerful address about the importance of language, challenging the audience to go beyond the idea of balancing strengths and weaknesses and provide ‘radical empowering acceptance’ of autism spectrum as a valid type of difference. This theme was developed by other presentations during the conference including Julie Dent, a parent, who shared strategies from her own experiences of advocating for her teenage son. Matt Frost is a most engaging speaker who called for more collaboration between policy makers and more money to support a range of services for people with ASD including supporting people to live authentically in the community and transition services. He also acknowledged that 'the counterpoint between love, acceptance, joy and powerlessness is very fine indeed'.

There was an informative panel presentation by the ASD Living Guideline Group (LGG). The function of the LGG, a collaboration between the Ministries of Health (MoH) and Education, is to consider current research information on autism, review the scholarly literature, and decide whether there is new evidence to justify modifications to the existing 2008 New Zealand Autism Spectrum Disorder Guideline. Music therapists working in this field should be aware of the systematic reviews published by the LGG available on the MoH website: http://www.health.govt.nz/our-work/disability-services/disability-projects–
Matt Eggleston and David Newman's presentations covered current debates and controversies in medicine and psychiatry. The controversial change to diagnostic criteria for ASD in the DSM-5, which has removed the sub-diagnoses (Autistic Disorder, Asperger Syndrome, Pervasive Developmental Disorder Not Otherwise Specified, Childhood Disintegrative Disorder), was discussed. It was suggested that this may herald positive changes in allocation of services as it would mean a single entry point to eligibility criteria which may increase equity and availability of services across the entire autism spectrum.

One of the most thought-provoking aspects of the conference for me was the dichotomy between the language used by those presenters advocating a strength-based and individualised approach and the medical practitioners who acknowledged the constraints of the medical language and terminology. The conference programme unfortunately did not allow for robust discussion of this issue, although there was much informal discussion during the breaks.

I had the opportunity to present a case study outlining one client's journey towards self-determination in music therapy. The case study focused on the strength-based approach in music therapy and the importance of sharing and celebrating experiences with parents and other professionals.

Overall the conference was inspiring and thought-provoking and my thanks go to the Raukatauri Music Therapy Centre for supporting me to attend. For more information go to http://www.altogetherautism.org.nz.

Claire Molyneux
Head of Clinical Services
Raukatauri Music Therapy Centre

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RMTth Profile: Raeline Savage

by Raeline Savage

My emergence into music therapy came rather later in life than for most! It all began with comments made by a Kiwi music therapist in the USA. Each time Nigel Cross came home to New Zealand he told me he was sure music therapy would be “just the thing” for me.

My husband Peter and I worked for The Salvation Army (TSA) in various responsibilities around New Zealand. During the late 1980s and early 1990s my role centred around music. I was invited to be a member of the faculty at a Youth Music Summer Camp in the USA and Nigel’s response was, “If you’re coming to America, you’re going to see music therapy”. He arranged visits to four facilities to observe music therapy sessions and to two universities.

That was it – I discovered a passion for music therapy. I joined the NZSMT and attended conferences. The NZ training course was being planned and the enthusiasm of people like Morva Croxson further spurred my interest. I added psychology papers to my qualifications so that if the opportunity ever came I’d be ready to apply for the course. And it
came....and we moved to an appointment in Wellington. There I also became a student in the second MMusTher course intake. Following graduation I worked both as a music therapist (in addictions recovery, special education, mental health) and in my new SA responsibilities in Christchurch. With “retirement” from our work with TSA came a move back to Wellington. There I actively pursued my passion, approaching Mary Potter Hospice and Aged Care Hospitals, offering music therapy as an addition to their patient-services. This led to employment contracts with the hospice and four elder-care hospitals. I find music therapy in hospice and dementia care hugely fulfilling.

Earlier this year Peter and I returned "home" to Christchurch. It’s a very different city from that we left – apart from my father’s home every building important to us and our family has been demolished: my childhood home; the home where we recently lived; our church; my brother’s home and workplace. But I am pleased we were in Christchurch on February 22nd in 2011! Yes, it was a terrifying experience, but having shared a fragment of their experiences, I can appreciate to a small degree how the people of Christchurch feel in their “new normal”. There is no doubt that such an experience is life-changing in many ways, not least an increased valuing of life itself and an increased appreciation of what matters most – the people we care about.

Music therapy in Christchurch is ably carried out by four registered music therapists. There is huge potential for further involvement in this city – even the experience of so many earthquakes has led to work and potential work for music therapists. Much of this would require job-creation, but at present we dare not suggest too much.... we just could not meet the requirement! Liz, Kimberley and Jenny provide excellent music therapy in the city while at the same time working through their own experiences of recent years. I am working in special education and addictions rehabilitation. My passion for work in palliative care remains and my meeting with the local hospice revealed good potential to add music therapy to their services. This is a wonderful city. Broken? - yes, and with many hurting people..... but also a vibrant place, a city of hope for the emerging future.

Raeline Savage
RMT, MMusTher, BMus

CeleBRation Choir performs at Totara Hospice South Auckland

by Wendy Wright, Occupational Therapist, Totara Hospice South Auckland

A joyous rendition of rousing partner song “Oh She'll Swing Goodnight!” was the culmination of a recent performance by the CeleBRation Choir at Totara Hospice South Auckland.

Led by Music Therapist Alison Talmage, some 30 members of the choir shared a variety of melodies from their repertoire including rounds, call and response tunes, folk songs and old favourites. These were warmly received by a large audience of staff, patients and friends of hospice. The hosts showed little hesitation in joining in,
demonstrating their enthusiasm for singing and an appreciation of its therapeutic value.

Afterwards over lunch, choir members had a chance to chat, catch up with friends and learn a bit more about Totara Hospice. Occupational Therapist Wendy Wright says that feedback from hospice colleagues was overwhelmingly positive and an encouraging start to the establishment of their own choir.

If you are interested to assist or advise in the development of a Totara Hospice Choir, please contact wendy.wright@hospice.co.nz DDI 09 6400284.

Letter from 2012 McKenzie Music Therapy Scholarship recipient Libby Johns

“To The Sir Roy McKenzie Trust

I wish to thank you for the [McKenzie Music Therapy] scholarship I received in 2012. I was able to complete my final year of training as a music therapy student on placement in Auckland, at the Raukatauri Music Therapy Centre, whilst travelling to Wellington once a month for university class/requirements. The scholarship made this financially possible.

My experience on placement, at the Raukatauri Music Therapy Centre, was rich and therefore gave me the opportunity to learn and grow as a music therapy student. Being immersed in a positive and vibrant team of music therapists gave me the opportunity to observe many different approaches to music therapy. Each therapist in the team had different backgrounds and levels of experience with which I could draw on. I worked with individual children at the centre and at a nearby school. I was also given the opportunity to work with small and large groups of children who had hearing impairments. I really enjoyed working with children and feel very passionate about this age group and area of work.

The support you offered me was mentioned in my exegesis as a way to further acknowledge and show my gratitude for the opportunity you gave me.

Once again, many thanks.

Libby Johns”

[reprinted with permission]

Ministry of Health Certificate of Recognised Achievement for Raukatauri Youth Volunteer

by Alison Talmage

We are proud to celebrate the Ministry of Health’s decision to award a youth volunteer achievement certificate to Nicholas Tapsell, a volunteer at the Raukatauri Music Therapy Centre. Nick (aged 15) was nominated for this award by Carol White (Director) and Alison Talmage RMTh, in recognition of his significant contribution to the enjoyment and quality of life of another young person.

Nick is a talented musician who supports a peer with autism to attend music therapy sessions at the Centre. Together they have recently progressed from sessions with Alison Talmage to group work with three other adolescents, facilitated by Yair Katz. Nick’s musical skills, patience and collaborative work with the music therapist have enabled him to form a supportive friendship, a considerable achievement for both young people. Nick shows commendable qualities of acceptance of diversity, empathy and openness to experience, which allow him to be genuine and thoughtful with the client and his family.
Nick’s sustained commitment over three years is an outstanding achievement for a young person with a busy school schedule and his own musical and sporting interests.

In addition Nick has made himself available to assist with Raukatauri fundraising and educational events, including performances at several of our family concerts. As a charitable trust, we are heavily reliant on running fundraising activities, and support from volunteers such as Nick is instrumental in determining the success of these. He truly is a remarkable young man and well deserving of this achievement certificate.

Nick’s letter from the Hon. Tony Ryall, Minister of Health, emphasises the high calibre of nominations and the panel’s difficulty in selecting the main award winners. Further information about this award scheme is available at: http://volunteerawards.health.govt.nz/2013-volunteer-awards-recipients.

ETPP Forum consists of seven Registered Music Therapists elected by Registered Music Therapists who are members of Music Therapy New Zealand (MThNZ).

Following the closure of the nomination period on 31 May 2013, five nominations had been received. As the number of nominations was less than the seven available seats, no election was held.

The following nominees were therefore declared elected as members of ETPP Forum for 2013 – 2015: Megan Berentson–Glass, Heather Fletcher, Helen McGann, Megan Spragg, Alison Talmage.

At its meeting held on 18 June 2013, ETPP Forum elected Penny Warren as the Registered Music Therapist representative to the New Zealand Music Therapy Registration Board. ETPP Forum would like to thank all nominees for their willingness to contribute to the profession with their knowledge and skills. ETPP Forum extends best wishes to Penny in her new role.

At its meeting held on 1 July 2013, ETPP Forum elected Megan Berentson–Glass as Convenor. At the same time ETPP elected three ETPP Forum members as representatives to the MThNZ Council. The three elected representatives are: Megan Berentson–Glass, Heather Fletcher and Helen McGann. ETPP Forum has co-opted Erin Upjohn Beatson and Raeline Savage for one year to the Forum. ETPP Forum wishes to thank outgoing members Andrew Tutty, Ajay Castelino and Neil Jourdan for their contributions to ETPP.

ETPP Forum News

by Petra Press, ETPP Administrator

NOTICE OF ETPP FORUM ELECTION 2013

The period for nominations to the Educational Training and Professional Practice Forum (ETPP) closed on 31 May 2013.

New Zealand Music Therapy Registration Board – update

by Claire Moyneux

It is with great pleasure that we introduce Penny Warren as the new Registered Music Therapist representative elected by ETPP for the New Zealand Music Therapy Registration Board. Penny completed her training at
Guildhall School of Music and Drama, UK, 23 years ago and has worked as a music therapist throughout this time with various client populations. In the last 18 years she has lived and worked in New Zealand and has had previous roles within NZSMT. She is passionate about the development of the profession of music therapy within New Zealand and developing and maintaining professional standards.

In addition, MThNZ Council has appointed, at their 9th July meeting, Lynn Humphrey (B Com (accounting), LLB, NLP Practitioner Certificate) as the Lay Member representative to the Board to replace outgoing Lay Member Tim Burns. Lynn is a founding partner of Stepshift Ltd and has been a Leadership Coach for 11 years (specialising in emotional intelligence). Lynn has been an Advisor to NZ and international businesses for 35 years and brings a wide range of experience and skills to the role.

The Board welcomes Penny and Lynn to their respective roles, with handover and the election of a new Chair occurring at the October 2013 meeting.

As you know, the Board has been in the process of aligning all practising certificate renewals with an annual renewal process. The transition period will be complete by April 2014, at which point all practising certificates will be due for renewal annually and should be submitted by 1 April each year. You will continue to receive a reminder notice for renewal. The Board is also working on an audit process for Continuing Professional Development (CPD), including supervision, and will announce details about this in due course.

The Board has received several requests to make the application and CPD forms available to complete on-line and wishes to inform you that we are working towards this. It is hoped that this will make the process of submitting applications more straightforward in the future.

Finally, those Registered Music Therapists whose certificates are due for renewal at the Board’s next meeting in October will receive a reminder soon. Applications need to be with the Board by 1 October 2013. Requests for further information or queries can be addressed to the Registrar by emailing: petra.press@xtra.co.nz.

Claire Molyneux
Chair (outgoing)
New Zealand Music Therapy Registration Board

MThNZ Council Elections 2013

NOMINATIONS FOR LAY MEMBERS AND PRESIDENT

The NZ Society for Music Therapy/ Music Therapy NZ’s election of its President and Lay Members (2) is held every three years. 2013 is an election year for these positions.

Nominations for the President and Lay Members (2) of the Music Therapy NZ Council close on 23 August 2013.

Please see the Appendix for all information required, including a copy of the nomination form.

Guest Speaker at 2013 MThNZ AGM

22 SEPTEMBER 2013, WELLINGTON

When: 10am–12pm, Sunday 22nd September, Music Therapy Room (Rm 1D11) Block 1, New Zealand School of Music (NZSM), Massey University, Wallace St, Mt Cook, Wellington.

This year we are fortunate to have a Guest Speaker at the 2013 Music Therapy NZ AGM. Janine Stewart, IHC General Manager of
Programmes, and MThNZ Council Member will be speaking on “Fundraising – for music therapy practice, organisations and projects”.

Janine will speak at 10am followed by the MThNZ 2013 AGM. Mark the date in your diaries now.

MusT newsletters

The MusT newsletter is circulated three times a year, (Mar/Apr, Jul/Aug and Nov/Dec). Your input to MusT is always welcome. Please send contributions and/ or ideas for articles, to the MThNZ administrator.
NEW ZEALAND SOCIETY FOR MUSIC THERAPY / MUSIC THERAPY NEW ZEALAND

COUNCIL ELECTIONS 2013

CALL FOR NOMINATIONS - PRESIDENT / LAY MEMBERS (2)

A new Council of the New Zealand Society for Music Therapy / Music Therapy New Zealand will be elected at the Annual General Meeting of the Society on 22nd September 2013.

The Music Therapy NZ Council consists of six members – the President, three Registered Music Therapists appointed by the Education, Training and Professional Practice Forum (ETPP), and two Lay Members elected by ballot of all Members. Elections are held three yearly.

Nominations are invited for the President and Lay Members (2) of Council, to be received in writing by Friday 23 August 2013. The President and Lay Members shall be elected by postal ballot of all financial and Life members to be closed on Friday 20 September 2013. All ballots must be received in the MThNZ PO Box before or on this date.

The nomination must be signed by the nominee, and include his or her name, full postal address, and email contact details, as well as a concise resume – approximately 150 words.

Nominations must be in the hands of the MThNZ Administrator by Friday 23 August 2013.

Voting/ballot papers will be prepared by the MThNZ Administrator and forwarded to all Financial and Life members after 23 August 2013. Ballot/voting papers must be returned to the MThNZ Administrator by Friday 20th September 2013. The count will be conducted by the MThNZ Administrator and the ETPP Administrator. The Results will be announced at the AGM.

Lynn Gestro
MThNZ Administrator
PO Box 57220
Mana
Porirua 5247
NEW ZEALAND SOCIETY FOR MUSIC THERAPY / MUSIC THERAPY NEW ZEALAND

COUNCIL ELECTIONS 2013

NOMINATION FORM - PRESIDENT / LAY MEMBERS (2)

Send completed form, with accompanying 150 word resume, by Friday 23 August 2013 to info@musictherapy.org.nz with “Council Nomination” in the subject line or to: MThNZ – Council Nomination, PO Box 57220, Mana, Porirua 5247.

NOMINATION

I ………………………………………………………………… (phone …………… email ……………………)

wish to nominate ………………………………………………..

as President / Lay Member (please circle) for the Society.

SECONDER

I……………………………………………………………..(phone …………… email ……………………)

second the above nomination.

SIGNATURES

Nominee ………………………………………………………… Date

Person nominating …………………………………………… Date

Seconder ………………………………………………………… Date

One nomination per form please.