I hope you are all keeping warm and dry as winter makes its presence known.

Conference 2012 continues to occupy much of MThNZ business at present, with the full conference programme now viewable on the website. With conference in Auckland this year two exciting opportunities have arisen: one is to hear the CeleBRation choir, who will be featuring in the opening programme; and the other is a tour of the Raukatauri Music Therapy Centre, which is taking place on the Friday evening preceding conference. This will be a great opportunity to learn about the centre and the work they do, as well as a chance to meet and catch up with other conference delegates. Transport will be provided between the conference venue and the centre. Please indicate on your registration form if you wish to take advantage of this. We are also seeking sponsorship to assist with the costs of conference and have a number of sponsorship options available. If you are interested in sponsoring conference, please contact our MThNZ Administrator, Lynn.
Gestro, for further information.

If you have been following the news recently, you will be aware that services in Health and Education are facing some challenging times, and this is being keenly felt in the music therapy community. As District Health Boards, ACC, schools and MoE Special Education tighten their belts, it is becoming increasingly difficult to maintain funding for some music therapy services. MThNZ are following the political situation closely and are working strategically to address these funding issues, to ensure music therapy services continue where there is an identified need.

In spite of these challenges, new music therapy projects and initiatives continue to develop. Recently MThNZ supported Christchurch-based Therapy Professionals Ltd’s neurological choir project through a retrospective Lindgren Project Fund grant. Our congratulations go to Registered Music Therapist, Kimberley Jones, for her work on this project, which received significant media coverage. Further south, the Southern Music Therapy Trust’s Music Links Pilot Project, also supported by a Lindgren Project Fund grant, enabled twelve children, with a range of special needs, to access music therapy for a period of one term. This project raised awareness of music therapy in the region and generated interest from schools and specialist teachers, who were keen for the work to continue. Congratulations to Registered Music Therapists Penny Warren and Natalie Nugent for initiating and facilitating this project. At the time of writing, both these projects are seeking further funding to enable their respective work to continue.

I also had the privilege to meet with Penny and another Registered Music Therapist, Dennis Kahui earlier this year, when I visited Dunedin, and you can read my report on the visit later in this issue.

Work is under way with the MThNZ/ IHC library resources initiative. IHC has very generously offered to host a music therapy library within their IHC library. Registered Music Therapist, Alison Talmage has been appointed as library liaison and is currently collating a wish list of books for inclusion in the library collection. Some books have been donated already – thank you – and MThNZ have agreed that a portion of donations received this year will go towards purchasing more books. The library is accessible to the general public and information about how to join is available on the IHC website. If you would like to make a donation towards MThNZ library resources, please contact Lynn.

I hope you enjoy this issue of MusT and look forward to seeing some of you later this year at Conference.

Heather Fletcher
Registered Music Therapist
Chair, Music Therapy New Zealand

MThNZ Fund Awards 2012

Two applications to the Lindgren Project Fund and two applications to the McKenzie Music Therapy Hospice Fund have been received by MThNZ in the latest funding round to 30 June 2012. These are currently being considered by the Project Grants Committee who will make recommendations to MThNZ Council for consideration in due course.

RMTh Profile: Helen McGann

by Helen McGann, RMTh

Ever since I was 16, I wanted to be a music therapist. Music was always very special in my life – I knew I didn’t want to be a professional musician – but I found human beings fascinating and had a feeling of wanting to help.
Original from Staffordshire in England, I worked at getting my A-levels at school in psychology and music, and I then went to University in Derby and did a bachelors degree in ‘Creative Expressive Therapies’. It was the first of its kind in the UK, and designed to be an undergraduate for the arts therapies, where students were encouraged to go on to do a masters in music, art, dance or drama therapy. My family and I (Mum, Dad, brother, two sisters, brother-in-law, nephew, dog and cat) then made the huge move over to Tauranga, New Zealand in 2006, two days after my final exam.

My degree provided a great stepping stone to apply for the NZ master’s degree in music therapy, so I made the call. It appeared after talking to Associate Professor Sarah Hoskyns way back in 2006 I had a lot more to do...

First up was that much needed experience. I found work as an education support worker for Special Education in Tauranga, which then allowed me to apply for residency in New Zealand, a long, scary and expensive process.

Once I had work experience and NZ residency I called Sarah Hoskyns again. This time my music skills weren’t up to scratch. So, in a period of 12 months I passed my grade 6 and 7 Trinity Hall piano exams then called Sarah again, and yes I could apply! So in 2009 (3 years later) I applied, had the scariest audition I’ve ever had, and I got in!

So here I am, newly graduated and happy. The master’s degree was the hardest thing I’ve ever done and it has allowed me to develop in many ways. I’ve become more confident, a better musician, writer, reader, and in music therapy lecturer Daphne Rickson’s words “a beautiful therapist”. I’m very proud of what I’ve done and now I’m looking forward to what’s next on the horizon.

As there were already a number of established music therapists in Wellington, it was harder to find work locally. I knew of a music therapist position which had been vacant for some time at Kaka Street Special School back in Tauranga, and found there had been a few enquiries made through MThNZ for private work. So my partner and I made the move back to the sun, sea and easy living in the beautiful Bay of Plenty.

Now I’m here I’ve worked hard to promote myself, and have set up a music therapy practice called “Awaken Music Therapy”. I have six private clients, four groups, some piano teaching and two days at Kaka Street Special School, with some prospect this may increase to three days.

I hope that my experiences and knowledge so far might assist other new graduates to merge into the music therapy world. I’m passionate about retaining the high standards of professionalism and helping people obtain work, but also encouraging music therapists to move from the main centres. There’s so much potential for music therapy to grow in other provincial towns and cities in NZ. I have the role of Graduate Liaison Portfolio Holder for ETPP (Education, Training and Professional Practice Forum), so students and new grads please contact me for any support or advice. You’ll get there – if I can do it, you certainly can!

Helen McGann
RMTh, Graduate Liaison Portfolio Holder, ETPP
Email: awakenmusictherapy@gmail.com
Report on Therapeutic Choir for People with Neurological Conditions
by Shonagh O’Hagan, General Manager, Therapy Professionals Ltd.

The Pilot, supported by MThN through a Lindgren Project Fund grant, has been a great success. It ran from 1 February 2012 to 15 April 2012 – eleven weeks with a concert on 2 May 2012 sponsored by the NZ Brain Research Institute.

History
About 18 months ago Susan McDonald, Speech Language Therapist attended a Music Therapy conference, where a Music Therapist presented on the CeleBration Choir based in Auckland. At this conference Susan and Kimberley Jones, Music Therapist talked about how wonderful it would be to run a similar choir in Christchurch.

This was the birth of Susan’s vision to develop a Therapeutic Choir run by a Music Therapist and Speech Language Therapist. She felt the addition of a Speech Language Therapist would enhance the value of such a choir.

Susan convinced the two directors of Therapy Professionals Ltd, to trial the choir. We then approached Music Therapy NZ with a proposal for a 10-week pilot, and they generously provided funding towards the project.

The main goals of the choir are to help participants improve or maintain their:

- voice (fluency, volume, pitch, pace, pause)
- posture
- breathing
- speech
- mind (concentration, focusing, attention, memory)
- communication
- confidence

and to be fun, supportive and provide social contact for people.

On 1 February Susan McDonald, Kimberley Jones and our volunteers Jane Keith, Robyn Woods and Sachi Leslie started the choir with about 20 willing and enthusiastic participants, referred by the Stroke Foundation, MS and Parkinsons Society, NZ Brain Research Institute and Canterbury District Health Board.

Outcomes
We were keen to see if there would be any difference in the participant’s voices and general confidence. So at weeks one and 10, we did voice meter recordings on voice volume and the length of time individuals could hold a sound, plus a survey.

To our delight the voice meter readings show an improvement in both volume and the length of time the individual could hold a sound. For the whole group there was an overall average increase in decibel level of 12.42db and increase in the time of vocalisation over low, mid and high pitch range of 0.2665 seconds. Unfortunately the survey was not reliable from a research perspective. However, it did indicate an improvement in the voice.

Anecdotally participants, their families, our therapists and volunteers have seen improvements in the participants’ voices and confidence. This confidence has, for some participants, extended into their lives outside the choir.

Below is an example of feedback from a choir member’s support person.

“I’m in a choir I’m in a choir I don’t believe it! I just don’t believe it! I’M IN A CHOIR!”

‘This was a message left on my answer phone recently by one of the participants of the music therapy programme run by Therapy Professionals at the Mary Potter Community
Centre. This person has always had a love of singing and music but in the years since having a stroke she has not been able to pursue this passion. She did not expect she would ever have the opportunity to sing in a group again and certainly not be part of a choir performance. Each week at home she memorises and practices the songs in preparation. The group has given her confidence and great enjoyment, it has become the highlight of her week and she is hoping the group will find a way to continue.

We have received good media exposure for the duration of the pilot, appearing in the Christchurch Press and on TVNZ’s ‘Close Up’ as well as Radio NZ’s ‘One in Five’ programmes.*

Thank you to Music Therapy NZ for their support of this pilot. We have some additional funding that will help towards keeping the choir going for an additional 17 weeks while we secure other funding.

Shonagh O’Hagan
General Manager
Therapy Professionals Ltd.


MThNZ 2012 Conference Update

With less than three months until the start of MThNZ Conference 2012, it is both an exciting and busy time for MThNZ Council, ETPP and other MThNZ members as we bring together what we hope to be a stimulating and thought-provoking programme. The conference title “Music and the Brain—Developing Pathways” is representative of the Keynote address from Dr. Wendy Magee, international music therapist and Associate Professor at the Department of Music Education and Therapy at Temple University, USA; Major Address from Dr. Simon Rowley, senior Neonatal Paediatrician in the Newborn Intensive Care Unit at National Womens Health, Auckland City Hospital; and a further seven papers, two workshops and two poster presentations from New Zealand and overseas presenters.

All conference registrants have the opportunity to see first-hand NZ’s only dedicated music therapy centre, when Raukatauri Music Therapy Centre (RMTC), opens its doors on the Friday evening preceding conference. This is a wonderful opportunity for registrants to meet with RMTC’s RMTh, tour the centre and meet with other conference delegates before the start of conference.

Sponsorship opportunities for conference are still available to interested organisations. Please email the administrator if you are interested in sponsoring MThNZ 2012 Conference to discuss your options in detail.

On the Friday preceding conference there is a Professional Development Day for NZ RMTh which we are very fortunate to have facilitated by Conference Keynote, Dr. Wendy Magee. Places for this day are limited so please register as soon as possible!

A snapshot of the Conference programme is below. Please see the dedicated conference page on the MThNZ website for more detail. (http://www.musictherapy.org.nz/conference-2012/)

Day one of conference:
KEYNOTE ADDRESS – Dr Wendy Magee – Music Therapy with neurological populations: bringing insights from science into evidence-based clinical practice.

WORKSHOP – Sing, sing together; merrily, merrily sing! Social singing for well-being and voice/speech rehabilitation for people with neurological conditions by Alison Talmage, Kimberley Jones, Shari Ludlam,
Celebrating our members – Judy Field

MThNZ was delighted to hear Judy Field, MThNZ Council member, has been awarded a Citizen’s Award from the New Plymouth District Council. This is in recognition of Judy’s services within the music community over several years. Congratulations Judy.

MMusTher Graduates

Music Therapy NZ (MThNZ) wishes to congratulate recent graduates of the NZSM Masters of Music Therapy (MMusTher) course – Pip Algie, Sophie Buxton, Patrice Dennis, Laura Halligan, Rani Heath (nee Allan), Shari Ludlam, Helen McGann, and Erin Upjohn Beatson. Fellow graduand Yair Katz will graduate in December 2012. All are members of MThNZ. Congratulations to you all and best wishes for your music therapy journeys.

MThNZ Chair’s visit to Dunedin – April 2012

by Heather Fletcher, RMTh, Chair MThNZ

Following ETPP & Council discussions regarding communication with and support for Registered Music Therapists (RMThs) around the country, Council partially funded my recent visit to Dunedin, to enable me to meet with local RMThs and two stakeholders, with a view to increasing awareness of the role of Music Therapy New Zealand (MThNZ), and also to establish closer links with local services.

This visit has become part of a wider project initiated by ETPP, designed to increase RMTh’s awareness and understanding of the role of Council and ETPP and how these bodies can support RMThs in their practice,
and also to encourage more active engagement by RMThs with their professional body. As part of this project ETPP have committed to holding one of their two face-to-face meetings a year outside Wellington and inviting RMThs to attend part of these meetings. The first of these meetings was held in Christchurch on 28th April.

During my visit, I was privileged to meet local RMThs, Penny Warren and Dennis Kahui, both formally and informally. This started with coffee at a lovely café overlooking the sea in St Clair, which was a great way for us all to connect.

The next day I met with Dennis at his workplace, Te Hou Ora Whanau Services.

“Te Hou Ora have been working with the Otepoti community for over thirty years in the area of Youth and Whanau wellbeing. Te Hou Ora (THO) aim to nurture whanau holistic wellbeing by informing and equipping whanau with tools and strategies to add to their kete of knowledge so better informed lifestyle choices that will nurture the mauri of their whanau can be explored.”

(wWW.finda.co.nz)

Dennis took me on a tour of the facilities and spent time with me explaining his role as Supported Bail Youth Worker and how he is incorporating music therapy into this. For example, Dennis has engaged in song writing with some clients and through this process one young person was able have a voice in their Family Group Conference in a way that facilitated listening and understanding. Dennis’s role is currently on a trial basis, but it is hoped that funding will continue.

In the afternoon, I visited Penny at Sara Cohen school for children with special learning needs, where she works part-time as a music therapist, and the two of us met with the principal, Raewyn Alexander.

We discussed the culture of music therapy at Sara Cohen School since 1996 and Raewyn explained the process of funding and the history of music therapy at the school. This included clarification about funding for therapies for the Ministry of Education’s Ongoing Resourcing Scheme (ORS) funded students at the school. This discussion highlighted the nationwide discrepancies regarding how music therapy is funded in Special Education.

We then discussed how the role of music therapy could be strengthened in Special Education and the need for education to support this area.

Both Penny and Raewyn concluded that this meeting had been helpful in clarifying some of the issues relating to music therapy and funding, and getting them thinking about how they could be part of the solution.

In the afternoon, Penny and I then met with Patrick Crowley, Manager of Special Education in Dunedin. Again we discussed the disparity of funding for music therapy, both locally and nationally. It appears that the skill mix of therapists has been the focus in Dunedin’s team, with no room currently for a music therapist. This could change in the future, however, especially if there is more demand for music therapy and it can be demonstrated that it meets a need for Special Education Services.

This meeting helped both Penny and myself gain a better understanding of how funding decisions are currently being made in Dunedin.

My thanks to Penny and Dennis for their time, both of whom expressed appreciation for the opportunity to meet and discuss their work and the issues they face relating to this.

I would also like to thank Council for reimbursing the cost of my flight home, which enabled me to extend my trip to Dunedin by an extra 1½ days, allowing time for these meetings.

I would also like to thank Penny for taking notes during our meetings, which form the basis of much of this report.
Review of British Journal of Music Therapy
VOLUME 25, NO.2, 2011, ISSN 1358-4575.

by Morva Croxson

Julie Sutton’s editorial is headed “Continuity” highlighting the second No 25 volume to celebrate change in presentations by the British Association of Music Therapists. This national body now has a new website, logo, organisational structure and two publications – the Journal; and the magazine “Leading Note”.

This BJMT focuses on clinical work with the voice as an overall theme, particularly the mother–infant voice interaction. There are three papers, a student essay, a list of recent writings, and an obituary for Professor Tony Wigram.


The author, a well-known German music therapist, first clearly differentiates between the concepts of “voice” and of “language”. The latter relates to communicative words and speech, whereas voice represents “presentational symbols” as sound (which includes the tone, melody and rhythm of language).

The importance of the mother’s voice before and after birth is identified as a key factor psychologically and developmentally for the foetus and neonate. The author has assembled, in very readable fashion, literature informed by research from biopsychosocial contexts, developmental psychology, neuroscience, psychoanalysis, and psychotherapy and music therapy. This collection of material is impressive; some familiar names register e.g. Papousek from earlier days in this field, De Backer and Australian Helen Shoemark, but there are others whose work within the past five years is fresh in style and new in content. One gets a valuable overview in an important area. Monika Nocker-Ribaupierre’s final emphasis asks for consideration of the use of music therapy with the mother; this could give much-needed help to effect the bonding process where relaxed, flexible use of voice could be a vital intervention.

2. “Advanced Training in Music Therapy with Premature Infants: Impressions from the United States and a Starting Point for Europe”. Authors Friederike Haslbeck and Therese Costes.

First a general overview is given of neonatal care for premature infants pointing out the vulnerability of this fragile patient group and the need for advanced knowledge and enhanced therapeutic practice.

Then the context and philosophy of two U.S specialised training courses is presented. One, directed by Dr Jayne Standley at Florida State University is structured, following a schedule and having a Medical Music Therapy approach. It is based on a behavioural model. The other has a Medical Music Psychotherapy framework. Dr Joanne Loewy directs this course which is located at Beth Israel Medical Center in New York City. This is a more flexible and individually structured programme. Both courses are professionally accredited and the delivery time is between 30 and 35 hours.

The article then goes on in some detail to make the case for the establishment of a comparable education programme in Europe for music therapy in neonatology. As with the first article in the Journal a full reference list brings useful literature into focus.


Tina Warnock uses the term “voice” to represent vocal sound that is non-verbal. Key theorists used as a basis for her writing were
Jung, Winnicott and Stern. The early section of the article provides a good entry point for readers not familiar with theories and practice related to improvisation and music therapy practice not only with mothers and children but also with other client groups. The second half of the article explored the relativity of the voice, self and the therapeutic relationship within three clinical settings of work with children and young people with learning disabilities and autism.

4. Rachel Bennetts’ essay, which won the first Tony Wigram Student Essay Prize, describes “the journey of a student music therapist” within case-work with an adult male.

Her client became a catalyst for a wide-ranging exploration of the cross-over between learning disability and mental illness. She became influenced by the theory of Secondary handicap (Sinason, 1992) and was impressed by the 2007 dedicated journal, Advances in Mental Health and Learning Disabilities, which addressed the mental health needs of people with learning disabilities.

Nordoff-Robbins idea of the “music child” in every person, plus the mother–child “affect attunement” theory espoused by Daniel Stern (1985) directed her approach in music therapy work with her client. This is described honestly and with reflection making this an impressive essay.

The last part of the Journal contained John Strange’s Text Watch, a list of recent music therapy writings, and a moving obituary to Professor Tony Wigram who died on 24th June 2011 after a battle with cancer. Colleagues from Britain and Denmark added their personal tributes and expressions of affection for this remarkable man whose energy and passion for the advancement of music therapy was legendary. A further list of his publications from 1992–2011, over 12 pages, completed the Journal content.

References (in Bennetts’ essay)


Registration Board Update

The next meeting of the NZ Music Therapy Registration Board will take place on 23rd October 2012. Applications for renewal of practising certificates and applications for registrations will need to be with the Registration Board by 1 October 2012. Further information can be obtained from the Registrar by emailing petra.press@xtra.co.nz.

MusT editions

The next edition of MusT is due out in October 2012. If you have contributions and/ or ideas for articles, please get in touch with the administrator.