From the Chair

by Heather Fletcher

I hope you have all had a good start to 2013 and have been enjoying the exceptionally warm dry weather, although we must spare a thought for the farmers, who are having a pretty tough time of it.

After a quiet start for MThNZ, we had a big weekend earlier in March, with our Strategic Planning (SP) review meeting followed by the first Council meeting of the year. The Strategic Planning meeting was attended by MThNZ members of Council, Education & Professional Practice Forum (ETPP), New Zealand Music Therapy Registration Board and the New Zealand School of Music, and was expertly facilitated by lay Council members, Janine Stewart and Linda Wilson. In the afternoon Daphne Rickson facilitated a panel discussion which focused on the current and future role of music therapy in Special Education, with invited guests Ali Przkawetz, Merete Spencer, Sally Jackson, Jhan Lindsay and Andrew Totty. It was very encouraging to hear how much music therapy is valued, although the recurring theme which came through was the...
continuing challenge of funding it!

Funding was also the theme running through both the SP & Council meetings, as it became clear that in order for MThNZ to move forward with identified projects, e.g. a music therapy centre, the society needs to increase its funding sources and work on becoming more financially sustainable. I think it’s fair to say that MThNZ has been in a holding pattern over the last few years, as a result of the financial climate, which has enabled us to continue operating, but not to embark on more risky or ambitious projects. However, it was agreed it is now time to start moving forward again. Look out for updates on this via the MThNZ website.

Communication was also a hot topic and MThNZ will be looking at ways of improving communication and increasing collaboration, with its music therapist members as well as stakeholders in the wider community. As a first step, we will shortly be inviting Registered Music Therapists to submit a brief profile of themselves which will be added to the MThNZ website under ‘Our Therapists’. The aim is to make it easier for people to find a music therapist in their geographical area or area of special interest.

The other theme which came through strongly was Celebration: reflecting on what we have achieved as a profession and celebrating individual’s contributions to the promotion of music therapy in New Zealand. At this point, I would like to congratulate Registered Music Therapist, Dr Daphne Rickson on being awarded a $25K research grant from IHC, which you can read more about later in this issue.

I hope you enjoy this edition of MusT. In the meantime, it’s started raining here on the West Coast …

Heather Fletcher
Chair, Music Therapy New Zealand

MThNZ Strategic Planning Day overview

by Linda Wilson & Janine Stewart, Lay members, MThNZ Council

The focus for this year’s strategic planning day was around our contexts. By examining our own aspirations, getting a sense of New Zealand’s policy directions, and understanding trends past and present in music therapy internationally we aimed to identify the parameters within which Council might revise its current strategic plan. In contrast to some strategic planning sessions that focus specifically on long and short term aims or goals or objectives this year’s session took a more indirect approach. The day was planned and facilitated by two of Council’s lay people Linda Wilson and Janine Stewart.

The day was organised initially around a series of interactive conversations. Participants, in two groups moved around each of three locations. At each table

Individual therapists

In 2033 what will your life be like – who will you be living with, where will you be living and what will your major daily activities and occupations be?
What will your involvement be with music therapy – will you be a practitioner music therapist? If so what sort of music therapy practice? What clients, techniques, remuneration, employed or individual practice?
Will you be contributing to Music Therapy New Zealand? In what ways? What are the “elephants” in your career possibilities?
What are the “elephants” for Music Therapy New Zealand?

individuals were asked a number of prompts, and key answers were put on paper. In all locations we were asked questions about the “elephants”; the elephants in the room, the big things we just take for granted that we can’t move, don’t like to talk about, or that
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organisationally, personally or professionally seem too hard and too big to tackle.

After lunch a panel of people involved in special education (a teacher, a music teacher, music therapist, and a policy analyst) shared with us their responses to similar questions. We asked them to talk about how they see music therapists working in special education into the future, what policy directions they think are going to influence music therapy in special education in the future, and changes in special education internationally that might impact on music therapy in special education and special education policy into the future.

In the final session we looked at and organised all the key answers given from earlier sessions, then identified what individually and collectively seemed to be the most important issues and themes that can be used by Council to set priorities, amend or develop the strategic plan.

Three key themes were evident: that music therapists work as part of Communities – and we need to find ways of working differently, adapting, using integrated approaches across all communities, working individually, in groups, and with other professionals. Music therapy as a profession has professional issues that need to be addressed including ensuring evidence based practise, on-going training, and support, skills development in business, being holistic and feeling comfortable with more diversity across practice. Music therapy in the future will place different demands on individuals and people will need to find ways of managing the “risks” and being bolder. Addressing and ensuring adequate remuneration, diversity and recognition will become more important.

We also discussed that, given our size, membership and resources, we need to be clear that Music Therapy New Zealand cannot do everything that everybody thinks would be a good idea, and nor should it. Music Therapy New Zealand can work in partnership and collaboration with practitioner music therapists, with other professional organisations and entities to achieve recognition of the profession, services to all who would benefit, and adequately remunerated practice for all music therapists. As the profession grows and diversifies Music Therapy New Zealand needs to support practitioners who will work with different communities in different ways. We need to help celebrate success – clients’ and music therapists’ – and encourage and support people to be bold and innovative in their practices. Music Therapy New Zealand needs to be responsive to and supportive of therapists, and provide the conduits for sharing experiences, evidence and information that enable others to value music therapists' contributions. These effectively form five key principles for how music therapy New Zealand will operate. (See box below).

From the strategic planning day we are continuing to work on the specific strategies that Music Therapy New Zealand (or more

How does Aotearoa New Zealand compare to the rest of the Music Therapy world? How is music therapy in New Zealand the same or different from music therapy internationally? In relation to how services are funded, the number of music therapists to head of population, the age gender class abilities and disabilities of therapists and clients. If Music Therapy New Zealand were to be "reviewed" by the World Federation what would they say our elephants were?

<table>
<thead>
<tr>
<th>The context of practice</th>
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<tbody>
<tr>
<td>What are the policy trends that might impact on Music Therapy over the next 5 years – e.g. in MSD and the Welfare reforms, Health, Education, Justice, Housing, Youth and Aging, the Economy,</td>
</tr>
<tr>
<td>What do we know and what will we need to do to be part of the future in these areas?</td>
</tr>
<tr>
<td>What are the policy elephants that might walk all over us?</td>
</tr>
</tbody>
</table>

(See box below).
particularly the Council, ETPP, and Registration Board) will do to collaborate and support practitioner therapists and promote music therapy throughout Aotearoa New Zealand. There will be further discussions at the Council meeting in May, about the priorities and the annualised activities. They are likely to relate to partnership and collaboration, marketing and awareness, and sustainable strategy and funding.

Before they can be finalised, consultation with music therapists through a survey coming out by ETPP, will help Council ensure that it gives priority to those activities that music therapists identify are most likely to have benefit for them and their practice. We hope that you will participate and contribute further to the strategic planning activities of Music Therapy New Zealand.

RMTh Profile: Penny Warren

by Penny Warren

My road to music therapy came from a combination of my passion for music and a wish to work with people. After initial thoughts of studying medicine and having focussed my academic work on the sciences and languages I decided to take my ‘hobby’ of music as the path to follow and went on to study music at tertiary level and completed a performance degree. In my final year of study I was lucky enough to be able to attend an introductory music therapy workshop facilitated by Leslie Bunt. Soon after that, a chance meeting with a former youth orchestra colleague who had just completed her training in music therapy led to one of those ‘aha’ moments and the landscape of what I might do next suddenly became clear. I hadn’t heard of music therapy until this point and so I wanted to explore this option further. I was accepted as a volunteer with music therapist Stephanie Zalik in Bristol, one day a week, where I observed music therapy sessions. I then went on to complete a PG Dip in Music Therapy at the Guildhall School of Music and Drama in London in 1990.

After graduating, I returned to Bristol for 5 years, working with adults and children with intellectual and physical disabilities, within institutions and then in the community as people were resettled. Alongside this, I worked for MusicSpace as an outreach worker.

In 1995 my partner was offered a post in Dunedin, and we decided to have an adventure with a move to New Zealand. For the last 17 years I have lived and worked in Dunedin, establishing a music therapy practice which has involved developing a whole range of extra skills alongside my music therapy work. Over this time I have experienced many changes in employment and have worked with a wide range of clients. I have predominantly worked with children ages 1–21 years, in health, special education (GSE) and in a self employed capacity. I also provided teaching to 3rd year Occupational
Therapy students. Other work also emerged in rehabilitation, PTSD (post traumatic stress disorder) and children, and mental health. Until 2005, I was involved in different ways with the National Executive, ETPP and had a short stint as co-editor for *NZJMT*.

My other passion for Playback Theatre ran alongside my clinical work and was a natural extension for me using improvised music with improvised theatre performance within the community. Performances ranged from public performances to connecting with community organisations dealing with specific community issues such as youth suicide, domestic violence and at risk youth.

In 2009, and after many years of pondering the possibility of such a project, I was thrilled to be involved in setting up the Southern Music Therapy Trust with a colleague, Natalie Nugent and a wonderful group of music therapy supporters in Dunedin. The trust took over seeking funding to continue running the Music Connections pre-school programme and it has been heartening that the funding continues to be successfully sourced for the programme each year.

At the start of 2013, I moved to Wellington with my family for another new chapter. In between unpacking boxes, I am working part-time at the Central Eating Disorders Service and also offer supervision. Just to keep life interesting I am taking the opportunity to extend myself and my qualifications by studying for the 2nd year of the Masters in Music Therapy (Thesis option) at New Zealand School of Music this year, 22 years since I last studied. So my learning curve is a steep and stimulating one at present and I am looking forward to being more connected to the music therapy community with the move North.

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**IHC Foundation Support Music Therapy Research**

*by Daphne Rickson, MThNZ President*

The IHC Foundation has awarded a $25,000 grant to Dr Daphne Rickson (New Zealand School of Music [NZSM], Music Therapy Department), to facilitate a project which will enable young people with intellectual disability to ‘music’ and research in a university environment.

Young people who have intellectual disabilities typically face significant barriers to participation in the activities that are available to their peers. This community music therapy project aims to support a group of young people with intellectual disability who are transitioning to adulthood to come together to make music and to explore issues that are of mutual concern to them. The developmental period of transition from late adolescence to young adulthood is a time of very significant change, bringing heightened opportunities but also new uncertainties, challenges, and risks for individuals with intellectual disability and their families (Blacher, 2001).

The young people will be invited to a safe and supportive environment on the NZSM Mt Cook Campus, where the study of music and engagement in research activities are usual practices for young people. They will be assisted to engage in purposeful and enjoyable musical activity, which is likely to help them develop individual mastery, independence, self–esteem, and autonomy, as well as group skills. The project will also involve their participation in an action research project. Together participants will determine why, what and how music will be made; what they consider easy, hard, good or bad about it; and how doing music together might help them in other ways. The sessions will be facilitated by two registered music therapists; and the research team, led by
Daphne, will include the young people and their music therapists.

The project will also help to determine how to provide the best services now and in the future for children and young people with intellectual disability. IHC are looking for opportunities to work collaboratively with young people and their families, and are seeking out strategic projects and trialling innovative programmes which involve young people working together on projects that can contribute to the development of clear and sustainable youth pathways (IHC, 2013). Research that examines the critical transition from late adolescence to young adulthood is needed (Blatcher, 2001). Detailed and clear descriptions of music therapy process can be obtained from action research (Bunt, 1994), and findings are likely to contribute to the wider public’s knowledge and understanding of young people with intellectual disability, and the place that music therapy programmes might have in supporting their transition to adulthood.

Nine Years Old and Still Growing
by Carol White, Director RMTC

It has been an incredible first nine years of our life with so many memories, milestones, friends, colleagues, advocates and supporters of this still very new and pioneering field of music therapy in New Zealand. From humble beginnings in March 2004 with one music therapist and a few clients, to late 2012 where over 4000 sessions were delivered by nine registered music therapists. And in November 2012 another milestone was reached – over 200 children and young people accessing music therapy in one month.

Continuing to increase the opportunity to provide music therapy to more children and young people remains a priority this year, whether via more Outreach locations or at the Centre in Grey Lynn.

One initiative already in place is the Centre opening on Saturday mornings. This was trialled last year with positive results, and further plans are in place to extend Saturday hours into mid afternoon, as demand increases. Other Outreach location opportunities are also being explored in the Red Beach/Silverdale (Auckland) area, where there is demand from several families.

All of this pioneering work and commitment to expansion of music therapy services, requires significant financial support. With no statutory funding the Raukatauri Music Therapy Centre needs to raise approximately $600,000 each year to change the lives of so many young New Zealanders. So this year we will need to work even harder to raise these much needed funds.

For further information on how you can support the Raukatauri Music Therapy Centre visit www.rmtc.org.nz or call Director Carol White or Centre Administrator Jo Clark on 09 360 0889.

Thank you to RMTC for permission to reprint this article from their Issue 9: Autumn 2013 Espressivo newsletter.

McKenzie Music Therapy Scholarship 2013 recipients

Music Therapy New Zealand congratulates students Penny Warren and Helen Ridley, joint recipients of the 2013 McKenzie Music Therapy Scholarship. Best wishes with your future studies.
Reflections from Claire Molyneux, outgoing Chair of the NZ Music Therapy Registration Board

by Claire Molyneux

As I come to the end of two terms on the New Zealand Music Therapy Registration Board, I would like to share some reflections with members about my experience. I have always been aware of what a privilege it is to sit on the Board and the responsibility inherent in the role. When preparing for the most recent Board meeting, I spent some time reflecting on how far we have come, both as a Board and as a profession.

Music Therapy in New Zealand has a robust registration process with an annual renewal of practising certificate. Registered Music Therapists are required to submit details of their professional practice, clinical supervision, and a log of continuing professional development. In reviewing the applications, I often feel a huge sense of achievement for the profession as I read about the variety of work, both employed and private practice, in which music therapists around the country are engaged. It is so exciting to see work developing in so many different areas and fields and I would like to take this opportunity to acknowledge and share my appreciation for these developments. Even the smallest contract of just two hours a week somewhere means that music therapy is reaching someone who otherwise may not have had the experience. This is something to celebrate. I wonder what the figure would be if we added up the number of people whose lives have been changed through contact with a New Zealand Registered Music Therapist.

Another aspect of the registration process I would like to acknowledge is that of continuing professional development (CPD). Although completing the CPD log may seem a bit of a chore at the time, for me personally it is a great opportunity to pause, reflect and consider the impact of the CPD I have undertaken and see the direction in which this is pointing me. There are many and varied opportunities available to us and it is exciting and inspiring to read of the various CPD activities RMTh's have undertaken. I am impressed by the breadth and depth of knowledge that is held by our profession. The requirement to document and reflect on our CPD in relation to our practice is one that I believe is essential to the growth of the profession as well as to our personal growth as therapists.

With these thoughts in mind, I was somewhat disappointed to realise it was time for me to step down from the Registration Board having served two terms (six years), although my husband and family are quite excited about the potential increase in my availability! It is a role that has presented challenges and opportunities for growth and learning. Since joining the Board I have played a role in two major projects: development of the Standards of Practice and the transition to annual practising certificate renewal with clear documentation for CPD. I have enjoyed contributing to these developments and am excited about improvements the Board has in mind for the future such as online application forms.

I have a great deal of respect for each and every one of the Registered Music Therapists in New Zealand who delivers music therapy and strives to develop their professional practice. I also wish to acknowledge the many non–music therapists who support and advocate for music therapy.

Thank you to my fellow board members over the past six years: Daphne Rickson, Judy Field, Tim Burns and Heather Fletcher, and to Petra Press, Registrar. It has been a pleasure working alongside you. I know the work of the Registration Board will continue to support and safeguard the work of music
therapists in New Zealand and I deeply value the opportunity I have had to contribute to this process.

Claire Molyneux NZ RMTh
Chair of New Zealand Music Therapy Registration Board

NZ Music Therapy Registration Board nominations

CALL FOR NOMINATIONS - RMTH REPRESENTATIVE
Nominations are invited for the election by the Education Training and Professional Practice forum (ETPP) of one Registered Music Therapist representative to the New Zealand Music Therapy Registration Board.

NOMINATION FORM - RMTH
A nomination form is included in MusT (see Appendix) to enable you to put your name forward as a candidate or to nominate someone else as a candidate. If you are a New Zealand Registered Music Therapist, hold full registration and a current practising certificate, you are entitled to self-nominate. All Registered Music Therapists may nominate a Registered Music Therapist or act as seconder.

Completed nominations must be:
- addressed to the ETPP Administrator
- marked “nomination papers – Registration Board”
- received in the Music Therapy New Zealand PO Box by 5pm, 30 April 2013.

The relevant PO Box number is 57220, Mana, Porirua 5247.

Any nominations received after the deadline may be deemed ineligible.

Nominations will be considered by ETPP at its next meeting. ETPP will elect the successful nominee.

CALL FOR NOMINATIONS - LAY MEMBER
Nominations are invited for the election by the Music Therapy New Zealand Council (the Council) of one lay representative to the New Zealand Music Therapy Registration Board.

NOMINATION FORM - LAY MEMBER
A nomination form is included in MusT (see Appendix) to enable you to put your name forward as a candidate. Nominees must be independent and skilled persons who are not a New Zealand Registered Music Therapist.

Nominations must include the nominee’s:
- full name
- full contact details including email
- current curriculum vitae
- two current referees

Completed nominations must be:
- addressed to the Music Therapy New Zealand Administrator
- marked “nomination papers – lay member Registration Board”
- received in the Music Therapy New Zealand PO Box by 5pm, 17 May 2013.

The relevant PO Box number is 57220, Mana, Porirua 5247.

Any nominations received after the deadline may be deemed ineligible.

Nominations will be considered by the Council at its next meeting. The Council will elect the successful nominee.

Please contact Chair of the Board, Claire Molyneux if you have any questions about the role of the Registered Music Therapist position or lay member on the Board. Claire’s email is: claire.molyneux@gmail.com

Please contact Petra Press at petra.press@xtra.co.nz, if you have any administrative questions about either nomination process.

Petra Press, Registrar
New Zealand Music Therapy Registration Board
Arts Therapies Symposium

OCTOBER 26TH & 27TH 2013 AT WHITECLIFFE COLLEGE AUCKLAND

by Caroline Miller

The Creative Therapies Association of Aotearoa (CTAA) and the Australia and New Zealand Arts Therapists Association (ANZATA) are holding a joint symposium on the weekend of 26 & 27 October at Whitecliffe College in Auckland.

Music Therapists are warmly invited to present at this Symposium on 27th October, or to attend on either day as participants. Please contact Lydia Pask for a proposal form, at lydiapask@ymail.com.

Further information about the programme will be provided to this newsletter later in the year.

Caroline Miller cmillerc@xtra.co.nz

MusT newsletters

The MusT newsletter is currently circulated three times a year, during March/April, July/August and Nov/Dec. MusT is available to read or download from the Music Therapy New Zealand website and includes news and updates of music therapy happenings from New Zealand and further afield. Your input to MusT is always welcome. Please send contributions and/ or ideas for articles, to the MThNZ administrator.
Appendix

NOMINATION FORMS - FOR RMTH AND LAY REPRESENTATIVES OF NZ MUSIC THERAPY REGISTRATION BOARD

Please note submission dates (30 April for RMTh representative nominations and 17 May for Lay representative nominations). Please use the correct form.

New Zealand Music Therapy Registration Board

NOMINATION FOR REGISTERED MUSIC THERAPIST REPRESENTATIVE

NOMINATION
Name of person being nominated.................................................................
Contact details of person being nominated........................................................
Registration number..............................................................................................
I hereby consent to the above nomination and declare that all other information that I have listed on this form is true and correct.
Signature of Nominee .................................................................Date.................................

SECONDER
Name, address and phone number of person seconding the nomination
(phone)..........................................................................................................................
Signature of Seconder.................................Date.................................

One nomination per form please.

Notes: As a candidate you are required to submit a brief (up to 400 words) statement, a current CV and contact details for two referees.

The person being nominated must be a New Zealand Registered Music Therapist who holds full registration and a current practising certificate.

Please return the completed form, so that it is received by 5pm 30 April 2013, to:

ETPP Administrator, Music Therapy New Zealand
"Nomination papers – Registration Board"
PO Box 57220
Mana
Porirua 5247
New Zealand Music Therapy Registration Board

NOMINATION FOR LAY REPRESENTATIVE

NOMINATION
Name of person being nominated.......................................................... ..........................................................

Contact details of person being nominated..........................................................

I hereby consent to the above nomination and declare that all other information that I have listed on this form is true and correct.

Signature of Nominee .......................................................... Date..........................................................

SECONDER
Name, address and phone number of person seconding the nomination

(phone)..................................................................................................................................................

Signature of Seconder............................................ Date..........................................................

One nomination per form please.

Notes:
As a candidate you are invited to submit a brief (up to 400 words) statement and a current CV.
The person being nominated must be an independent and skilled person who is not a New Zealand Registered Music Therapist.

Please return the completed form, so that it is received by 5pm 17 May 2013, to:

MThNZ Administrator, Music Therapy New Zealand
“Nomination papers – Lay member Registration Board”
PO Box 57220
Mana
Porirua 5247