And suddenly it was April! I hope your year is going well and that you have been able to enjoy the exceptional summer weather and a relaxing Easter break.

In the five months since the November elections, the revised MThNZ constitution and strategic plan have been approved by the Department of Internal Affairs, and Council have been considering new initiatives to advocate for music therapy provision throughout Aotearoa New Zealand, including the possibility of funding student placements and research. Council members and our administrator, Lynn, have also been upskilling with regard to our responsibilities as a charitable organisation, including the new reporting requirements for the Charities Services, with members attending free workshops being delivered around the country. The Strategic Plan 2015–2018 is available from http://www.musictherapy.org.nz/about-us.

We began our February Council meeting by singing the waiata gifted by Dr Te Manaaroa Rollo to music therapists and Te Kōkī, NZSM – we hope you will enjoy discovering this in the 2014 NZ Journal of Music Therapy.

Planning is underway for a MThNZ Hui in Wellington for members, potential employers and the general public – please mark August 22–23 in your diaries and expect further news soon. This event will focus on MThNZ’s goals of developing public awareness and
understanding of music therapy, developing relationships with individuals and agencies, and overseeing professional standards. The MThNZ AGM will also be held on the Sunday morning.

At a local level, Council is supporting the establishment of MThNZ Regional Groups, aiming to bring together Professional, Friend and Corporate members and support local networking and advocacy. Look out for more information on the website, online forum and email. We have also reviewed the portfolios held by members of Council and the former ETPP, in line with the objects of MThNZ. We are already looking ahead to 2016 and welcome suggestions for local and national events that will further MThNZ’s goal “to advance the provision of music therapy to all who will benefit”.

In this issue of MusT you will find letters of appreciation from the 2015 McKenzie Scholarship recipients, an update from the CeleBRation Choir and a review of the Canadian Journal of Music Therapy 20 (1) and (2).

This column has been prepared with the support of Heather Fletcher, President and former Chair, whose experience and collaboration have supported me in my new role. Many thanks also to our fellow Council members for generously sharing your time and expertise as we work together, and to Lynn Gestro, Administrator, for your ongoing advice and support.

Alison Talmage
Chair, MThNZ Council
08/04/15

Your life, your brain, your voice
by Alison Talmage and Shari Storie

At Brain Day on March 28th the CeleBRation Choir, led by Shari, was delighted with workshop attendees’ willingness to explore their voice and experience a taste of what we do at choir on Monday afternoons at the University of Auckland’s Centre for Brain Research – and why. From snarling tiger faces to singing in round and sonorous harmony to emphatically shushing the person next to them! The group enjoyed the acoustics and opportunity to hear from choir members and Dr Clare McCann who discussed the evidence and research around the therapeutic use of singing in people living with neurological conditions. Another highlight from Brain Day was playing and moving with balloons in a presentation about music and dance for people with dementia.


The choir has also been filmed for the Attitude website, in connection with a forthcoming Attitude TV episode about stroke rehabilitation. We expect this to go live in May. A previous Attitude documentary about stroke also features one of our choir members and discussion of speech and singing after stroke. This can be viewed at http://attitudelive.com/documentary/stroke-effect
Alison was fortunate to attend recent presentations by Ex Cathedra (http://excathedra.co.uk) a UK charitable trust whose award-winning education and participation programmes include Singing Playgrounds and Singing Medicine. The group’s visit was hosted by Dr Te Oti Rakena and Dr Karen Grylls of the University of Auckland’s School of Music, and included workshops for teachers, schools and a presentation at the Centre for Brain Research.

On April 16th we will be celebrating World Voice Day with an open day and guest singers and speakers. World Voice Day is an annual international event – “a global celebration in terms of an impressive multitude of voice and vocal events on April 16, 2015 in as many countries as possible, from New Zealand all the way to America and Hawaii” (http://world-voice-day.org). The 2015 motto is VOICE, the original social media. The New Zealand liaison with WVD is Sylvia Leão, a Speech Science PhD candidate and voice specialist at the University of Auckland. We would love to see some more NZ events next year!

McKenzie Music Therapy Scholarship recipients for 2015

Victoria University Wellington announced the 2015 recipients of the McKenzie Music Therapy Scholarship are: Carolyn Ayson – recipient of the PhD scholarship; Olly Lowery and Jamie Macdonald – joint recipients of the MMusTher scholarship. Congratulations to you all. Letters of appreciation from the recipients are copied below:

Dear Music Therapy New Zealand,

I was very excited to learn that I was a recipient of the McKenzie Music Therapy Scholarship. I am writing to thank you for your generous financial support towards my PhD.

I commenced my PhD part-time in 2014. I thoroughly enjoyed my year of study, which included auditing an advanced qualitative research paper and completing a paper in ethnomusicology/ethnography. This has helped give me a good understanding of the methodology I wish to use for my PhD. I am really benefiting from my studies and am already seeing it have an impact on my work as a music therapist.

I would not have been able to continue my PhD study without scholarship support. By being awarded the McKenzie Music Therapy Scholarship, I feel very privileged and honoured to be given this opportunity. I am looking forward to working on and submitting my research and ethics proposal this year and being able to share what I learn with the wider music therapy community in the years to come.

Once again thank you very much for your support.

Sincerely,

Carolyn Ayson

Alison Talmage and Shari Storie

E: cbrchoir@auckland.ac.nz

CeleBRation Choir: www.cbr.Auckland.ac.nz/choir

Please also visit and “like” our Facebook page: https://www.facebook.com/CeleBRationChoirNZ
Dear Sir Roy McKenzie Scholarship Donor,

I am writing to thank you for your generosity in awarding me this incredibly valued scholarship. As a lover of music and the outdoors, I feel honoured to be considered a McKenzie Scholar, and am continually inspired by Sir Roy McKenzie’s life.

The Sir Roy McKenzie Music Therapy Scholarship will allow me to complete my degree in Auckland whilst commuting to Wellington once a month for lectures and university support. Once I complete my Master of Music Therapy degree, I aim to continue my education in working with a range of people with varied challenges, whilst establishing my career as a Registered Music Therapist.

Your generosity has allowed me to remain focused on what I feel is important in life – helping people – and has inspired me to do so with passion and devotion. I thank you for your kindness and hope to one day inspire others as Sir Roy McKenzie has inspired me.

Sincerely,
Olly Lowery

To whom it may concern,

I am writing to you to express my gratitude for the scholarship I have been awarded. I was incredibly delighted and appreciative to learn that I had been selected as a recipient.

I am about to embark upon the second year of my Masters of Music Therapy. This is a field of which I am very passionate and I hope to be able to positively affect the lives of many people with what I gain from these studies.

I would like to extend my sincere gratitude to the late Sir Roy McKenzie. Without his overwhelming generosity my Masters would’ve been seriously hindered by monetary concerns. With the proceeds of this scholarship I will be able to afford the travel costs of reconvening monthly in Wellington and sharing my research with my fellow researchers.

With every therapy participant I help with my acquired skills I will know that it couldn’t have been possible without the kindness of Sir Roy McKenzie.

Thank you so much,
Jamie Alexander Macdonald

Journal review: Canadian Journal of Music Therapy 20 (1) and (2), 2014
by Alison Talmage

This journal’s cover is unusually inviting – a photo of a music therapist (with a young client) profiled in the journal. This is separate from the main articles, and seems a lovely additional way of acknowledging individuals and professional practice.

The journal encompasses a diverse range of articles and innovative practice. Jane Edwards summarises current knowledge about infant musicality, and encourages clinicians and researchers to disseminate their work in the area of infant–parent attachment. At the other end of the lifespan, Amy Clements–Cortés’ research finds positive outcomes of choral singing for older adults, with and without dementia, in a care home. Kirkland et al. explore the potential benefits of integrated music therapy and spiritual care, through observation, video recording,
Kitwood’s dementia care mapping, and qualitative interviews – an approach that reminded of the work of Mary Hepburn and Robert Krout (2004). I particularly enjoyed Melissa Jessop’s use of creative writing and metaphor to portray individuals with dementia participating in group music therapy – among the most original, poetic writing I have discovered in the music therapy literature.

Prateeksha Sharma integrates Indian music and spirituality with the western concept of resource-oriented music therapy in an autoethnographic study of self-management of bipolar disorder – prompting reflections about individual initiative and the role of the music therapist (where available).

This issue includes four book reviews: recommendations (in French) of Levitin’s pop psychology book *This is your brain on music* (in French translation), and *Sérénade pour un cerveau musicien (Serenade for a musician brain)* by French neurologist Pierre Lemaquias; a recommendation of Hadley’s *Experiencing race as a music therapist: Personal narratives*, previously reviewed in the NZJMT (Molyneux, 2013); and finally Aigen’s (2013) *The study of music therapy: Current issues and concepts*, with its focus on indigenous music therapy theory.

**CJMT 20(2)**

The second volume celebrates the 40th anniversary of the Canadian Association for Music Therapy and again presents diverse clinical and research papers. Gross and Young’s survey and analysis of professional and accreditation issues in Canada is an interesting read in the light of the growth of music therapy as a self-regulated profession in New Zealand. Professional challenges are also examined in Chang’s qualitative study of burnout and recovery, which highlights the value of supervision and the importance of raising awareness during training.

In a discussion of receptive methods, Black reframes the client’s role as more active than it is usually portrayed. Faber and Fiveash compare musicians’ and non-musicians’ perceptions of happy and sad emotions conveyed through music and speech prosody, finding more consistent responses to music than to speech and some differences between groups of participants.

Jakubiak’s microanalysis of gesture in music therapy includes a valuable discussion of subjectivity and interpretation when working with non-verbal clients. Berends’ clinical exploration of her primary instruments (oboe and cor anglais) is a timely topic in view of a new book focusing on instruments in music therapy (Loombe et al., 2015). Kogutek explores the use of tango to provide support, variety and challenge in co-improvisation with clients with dementia. Laforme (writing in French) recommends support for family caregivers of dementia patients through song writing, poetry and improvisation. Larouche discusses (also in French) the relative value of music therapy and music education in special education and the value of collaboration.

Krocker presents an interesting emic/autoethnographic study of an original protocol, Jungian archetypal music psychotherapy (AMP), that aims to increase self-awareness and well-being through exploration of dream themes using techniques of free association, improvisation, and responding to recordings of these improvisations through drawing and writing. Jung’s influence is more commonly observed in art therapy, and I was interested to read of his own experience of music therapy, as well this music therapist’s application of Jungian concepts.

The eclecticism of these papers resonates with our NZ valuing of multiple pathways in professional practice – the journal as a whole is a highly recommended read. I am also left with reflections about our maturing NZ profession, our own bicultural and multicultural concerns, and the value of both practice-based articles and research reports in the NZJMT.
References


ACCESSING AND REVIEWING JOURNALS
These journals will be placed in the IHC music therapy collection – loan information is available from http://www.ihc.org.nz/resources/our-library.

The CMJT is also available electronically through public libraries that have an EBSCO subscription. Search the catalogue in the usual way and look for electronic resources.

We would like to hear from members interested in reviewing future journals for MusT – please contact the Administrator: info@musictherapy.org.nz.

Songs from NZ Music Therapy
Copies of this resource are available for a donation ($20 suggested) to MThNZ.

Please send inquiries to: musictherapysongbooknz@gmail.com.

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.