In the November / December 2015 Issue

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Chair: Alison Talmage
President: Heather Fletcher
Administrator: Bronwyn Bent
Kia ora,

With the festive season and end of year just around the corner, it feels like a good time to reflect on the achievements of 2015 and start planning for 2016.

Firstly, I would like to thank the following Music Therapy New Zealand members for their valuable contribution to the work of MThNZ over the past twelve months: Council members: Megan Berentson-Glass, Helen McGann, Claire Molyneux, Shari Storie, Ali Talmage and Linda Webb; Registration Board members: Lynn Humphrey, Penny Warren and Ali Talmage; and Journal Editor and Allied Health NZ Rep: Sarah Hoskyns. I would also like to acknowledge the great job Ali has done chairing the current Council - moving us forward with a thoughtful focussed approach.

Without the time and energy of dedicated members such as these, the society would be unable to function. With this in mind, I note as I look through this list, a number of these members (myself included) have served five or more years in various MThNZ roles and some more than ten. With President and Council elections happening in 2016, perhaps you could consider stepping up and standing for nomination. Everyone has something valuable to offer - even if you think you don’t have enough experience or skills. It’s a great way to connect with other music therapists and music therapy enthusiasts and develop a range of skills. I have thoroughly enjoyed my time on the various committees of MThNZ and have especially valued the connections it brings, which has helped me feel less isolated in my work.

The major achievement this year was, of course, the MThNZ Hui and book launch in August, which was reported in the August issue of MusT. Whilst this event was very popular with music therapists, we were a little disappointed that more of our invited guests and general public did not attend. We have hopefully learned from this experience and are working on ways to improve this for future events. We are very excited, however, with the relationship we have established with Peter Dickens from the New Zealand Music Foundation and look forward to further developing this for the benefit of all.

It is exciting that New Zealand Registered Music Therapists are being published internationally. Not only did we celebrate Daphne Rickson’s & Katrina Skewes McFerrin’s new book Creating Music Cultures in the Schools: A Perspective from Community Music Therapy; but Sarah Hoskyns is busy working on an updated edition of The Handbook of Music Therapy with UK Music Therapist Prof. Leslie Bunt; and a new book entitled Arts Therapists in Multidisciplinary Settings: Working Together for Better Outcomes, edited by Caroline Miller, will be available in December/January and includes chapters by five NZ Registered Music Therapists.

Thinking further about developing relationships, one of our strategic priorities has been to build bi-cultural partnerships. In order to do this, it was acknowledged that we need to start from within the organisation. As a first step, Claire Molyneux and myself are in the process of consulting with Māori members with a view to establishing a MThNZ Māori Roopu (group) to advise and support MThNZ.

We also envisage that further relationship building will happen as a result of our inaugural Music Therapy Week, planned for 21st - 29th May 2016. The Regional Groups have already started to think about what they might do in their region to promote music therapy during that week. Some of these ideas are as simple as putting MThNZ flyers in everyone’s pigeonhole at your workplace. Others might involve giving a presentation, workshop or concert. Music therapy supporters might choose to host a morning tea for family and friends. Perhaps you could write a short piece for your local paper or do a radio interview - many journalists are happy for you to approach them, particularly in smaller regions. If you are not confident about doing something on your own, you could link in with your nearest Regional Group - a great way to meet fellow music therapists and music therapy supporters. MThNZ will be putting together a promotion pack, which will be available via the Administrator early in the new year, to help with your event - however big or small. We have also linked in with the
promoters of NZ Music Month, who have agreed to include any events on their national events calendar. If every member does one thing to promote music therapy during that week, think about how many people we will reach.

On that note, I wish you all a safe and restful festive season and look forward to the enlivening work ahead in 2016.

Ngā mihi nui,
Heather Fletcher, President

From the Chair
by Alison Talmage

At Council’s November 8th meeting in Wellington, we formally welcomed our new Administrator, Bronwyn Bent. Bronwyn is already making a positive contribution to the work of Music Therapy NZ. We also welcomed co-opted Council member Libby Johns, a NZSM graduate and Auckland-based music therapist. We also thank Helen McGann for her continued contribution (outside Council) to marketing.

Council discussed the following key areas, which represent the priorities of the Annual Plan and the ongoing work of Council portfolio holders.

1. Standards of practice

A Registration Board report was received from the Board Chair, Penny Warren. Council, the Registration Board and New Zealand School of Music have established a Standards of Practice working party, which met following the Council meeting.

2. Research and practice

Health and special education updates were discussed. Council welcomed Dr Daphne Rickson, who provided a stimulating summary of recent, current and future research projects – please read Daphne’s report in this issue of MusT.

3. PR, marketing and communication

Council established a subgroup to plan and oversee our inaugural Music Therapy Week, May 21-29, 2016. We are encouraged by the establishment of three regional groups - for further information, please contact Libby Johns and Shari Storie (Auckland), Megan Berentson-Glass (Wellington) and Heather Fletcher (South Island). Helen McGann has also contacted widely dispersed members in the Central North Island.

Claire Molyneux and Helen McGann have designed a member survey. Further details about these initiatives will be circulated soon. Council received a journal update from the editor, Dr Sarah Hoskyns, and approved a proposal to establish an editorial committee.

4. Bicultural and multicultural partnerships

Claire Molyneux and Heather Fletcher have consulted Māori members about establishment of a MThNZ rōpū (advisory group) and are liaising with NZSM about plans for a Māori hui in 2016.

5. Finance

We are on track to comply with the D.I.A’s new reporting requirements for charitable organisations. Council is still seeking someone with financial expertise to provide advice about investments and ensuring financial sustainability.

If you would like further information about any of these areas, please contact the Administrator or a member of Council. Council’s 2016 meetings will be held in February, May, August/September (AGM) and November – dates and venues will be confirmed soon.

Thank you to Heather Fletcher (President) and everyone in Council, the Regional Groups, Registration Board and wider membership for your continued support of MThNZ. It is not too soon to consider whether you might stand or nominate someone for the August/September 2016 President and Council elections.

Council also values the active support of members who hold responsibilities outside Council – please contact us if you have skills and time to share.

At this particularly busy time of year, we reflect on a successful year for MThNZ and I hope you can look forward to a revitalising summer break. In the context of our own self-care and our wider concerns for a troubled world, I would like to share two inspiring songs. Peace, salaam, shalom, composed by American musicians Pat Humphries and Sandy Opatow following 9/11, has become a favourite of the CeleBRation Choir. Click here to
hear the piece, and here for free sheet music. This also brings to mind the beautiful Peace Song by Dorothy Buchanan, Christchurch composer and friend of our late music therapist colleague Judy Cooper. Do also continue to enjoy our MThNZ resources – Songs from NZ Music Therapy and Joan’s Songs; please contact the Administrator for further information.

Ngā mihi nui,
Ali Talmage, Chair

Regional updates: South Island
by Heather Fletcher

The first meeting held in Christchurch on 31st October. Five members attended, including one from Blenheim and one from the West Coast. The group decided to meet twice a year. Most of the meeting was spent on catching up with what’s been happening for everyone and the difficulties attracting Registered Music Therapists (RMThs) to come and live and work in Christchurch. The Regional Liaison role was also discussed, but no-one was appointed at this meeting.

Regional updates: Wellington
by Megan Berentson-Glass

A meeting was held in Wellington in June, with very positive feedback from people attending, which included students, new grads, established RMThs and one friend member. All are very keen to have further meetings, and there was discussion around holding social events (to keep people feeling connected) as well as Music Therapy focused events. One of the main points of discussion was that the group is keen to start a local Facebook closed group, as this would allow friend members to also access details of upcoming events and meetings. We are looking further into this, and also planning on holding a social event early in the new year.

Regional updates: Auckland
by Libby Johns

The Auckland group has continued to meet monthly this year (first Wednesday of the month) and interest is building. We create space for musicking at the beginning of the meeting and then use an hour to share, brainstorm and discuss. With MThNZ Music Therapy Week in May 2016 we brainstormed ideas and offered these to the November council meeting. Our ideas were well received and contributed to the planning during the meeting. Our attention now turns to planning events for music therapy week and we hope to organise some professional development opportunities in 2016.

Please contact Shari Storie (shari.storie@outlook.co.nz) or Libby Johns (libbyjohns@gmail.com) if you wish to know more or be added to our MThNZ Auckland regional group mailing list.

Special Interest Group: Health
by Ali Talmage

The Special Interest Group: Health (SIG:H) is a network of MThNZ members acting to increase awareness and provision of music therapy in health settings. Currently there is a scattered but growing music therapy service provision in some hospices, rest homes and (few) DHBs, by music therapists in private practice, the growing neurological choirs network – and a focus on wellbeing permeates the work of music therapists in most settings. I currently hold the Council Health Portfolio, with the support of Shari Storie, and co-ordinate SIG:H. Please find further information in the MThNZ online member forum.

Music Therapy New Zealand is an active member of AHANZ – Allied Health New Zealand Aotearoa. Dr Sarah Hoskyns represents MThNZ at most AHANZ meetings. AHANZ has asked member organisations to use the AHANZ logo alongside our own logo, to highlight allied health services and collaboration.

The Ministry of Health has launched a review of the NZ Health Strategy. MThNZ and AHANZ encourage everyone to consider joining the online discussion here and/or submit a formal response here by December 4th.

SIGH’s current focus is the creation of a PowerPoint presentation template, with a “pick and mix” of health-related slides and space for vignettes selected by the presenter. Thanks to May Clulee and Sarah Hoskyns for your help with this, and to Shona How for presenting about music therapy for children with brain injury at the
AHANZ roadshow event in Hamilton on October 1st.

I was fortunate to represent MThNZ at the NZ Dementia Summit in Wellington on November 5th and 6th. This conference was jointly hosted by the NZ Dementia Cooperative, Alzheimers NZ and Carers NZ, and brought together health professionals, service providers, government officials, educators, researchers and people affected by dementia. High quality presentations and opportunities for small group discussion encompassed local and national initiatives as well as enablers and barriers to support for people affected by dementia. I am particularly excited about the networking potential of a new web portal at ndc.hiirc.org.nz. I also recommend that you read the World Alzheimer’s Report 2015, available here.

At the Summit I was also pleased to meet Kath Woodley and Dr Vicki Jones, who – with music therapist Helen McGann – have recently established the Music Moves Me Trust in the Waikato. This is a wonderful initiative for the people of the Waikato, and we are pleased to welcome the trust as corporate members of MThNZ.

I also represented both MThNZ and the Centre for Brain Research at a Meet the Music Industry event alongside the exhibition “Musik: From sound to emotion” at Puke Ariki, New Plymouth. This Canadian exhibition featured researchers familiar to many music therapists – Drs Robert Zatorre and Isabelle Peretz, co-directors of the BRAMS Laboratory. The “double nature” of music therapy as both a music profession and discipline and a health profession and discipline (Bunt & Stige, 2014, p.5) was highlighted by this opportunity to present alongside musicians Mike Chunn, Peter Taylor and Andre Manella, manager Cushla Aston and radio broadcaster Dave Haskell.

Please see also the Neurological Choirs Network news in this newsletter, including information about the recent Aphasia NZ conference.

Our collaboration within and beyond MThNZ frequently brings me back to this whakatauki:

He aha te mea nui o te ao?
What is the most important thing in the world?

He tangata, he tangata, he tangata.
It is the people, it is the people, it is the people.

Reference:

Music Moves Me Trust
by Vicki Jones

Music Moves Me Trust is a new not-for-profit organisation that is bringing interactive music and music therapy to people living with dementia across the Greater Waikato. Vicki, a GP and palliative care doctor, lost her grandmother, Esmee, last year to dementia. Having seen the effect that music had on Esmee throughout her illness, she was inspired to found Music Moves Me Trust. Kath, a talented musician and teacher, has been leading the fundraising campaign and Helen, our wonderful music therapist, has designed our music programme and will be instrumental (pardon the pun) in rolling this out. The Trust has their initial pilot project starting in the near future at Aparangi and St. Kilda Care Homes in the Waikato.

Helen McGann, Kath Woodley, Vicki Jones

Kath and Vicki recently met with Alison Talmage at the New Zealand Dementia Summit in Wellington. There was a real emphasis placed on living well with dementia at the conference, something that both our organisations hope can be achieved through music therapy.

The trust’s website can be found at: musicmovesmetrust.co.nz
Music Therapy related research updates

by Dr. Daphne Rickson

This article provides a brief overview of several recent research projects, which are likely to be of interest to the music therapy community.

The Orchestra Project

This research aimed to capture the experiences of team members who were working to include young people with disabilities (aged 12-18) in a public performance with a professional orchestra. Data were gathered through observation and interviews. The research built on the understanding that disabled people are confronted with barriers created by the dominant majority who are unable or unwilling to conceptualise the potential of diverse individuals, and different ways of thinking about or experiencing music. Findings suggest the young people with disabilities developed their musical identities, and demonstrated their potential to offer a meaningful contribution to an orchestral performance (Rickson, 2012). Team members believed that innovative projects such as this had the potential to challenge the way in which people conceive of an orchestra; to encourage wider audiences to orchestra events; and to increase interaction between orchestras and all young people, not only those who identify as disabled. However, while the learners’ responses during preparatory workshops were described as interesting, meaningful and creative, there seemed to be a general perception that they were vulnerable and in need of protection from potentially unsympathetic audiences (Rickson, 2014b). Nevertheless, interviewees remained convinced of the artistic value of the work and believed the learners had the potential to attract wider audiences to their performances. This project opened opportunities for young people with intellectual disabilities to be involved in community arts projects alongside non-disabled musicians.

The ACTIVE Music Project (funded by the IHC Foundation)

This project involved a group of twelve young people with intellectual disability and three music therapists. We did Participatory Action Research at the New Zealand School of Music to find out how a music group might be helpful for young people with intellectual disabilities (Rickson, Evans, Claydon, Dennis, Dovey, Francis, Pollock, SOS, Upjohn-Beatson, et al., 2014). We found out that being part of a music group was hard work, but it was helpful and fun. We also found out it is important to be able to share ideas and feelings with other people. We developed confidence and became more independent, but we know we still need support. People with intellectual disability can do research too but it is also hard work and takes a lot of time. We think that it is important to ask young people with intellectual disability about their lives. They have a lot of things to say but they don’t have a lot of chances to tell their own stories. We want to use our research to show people what we can do; what we like to do; and what we want to do in the future. Most of us would like to do more music and research in future. We would need different levels of individual support to get started and to reach our goals.

Our full report is available online (Rickson, Evans, Claydon, Dennis, Dovey, Francis, Pollock, SOS, Upjohn-Beatson, et al., 2014), and further information can be found in the online music therapy journal ‘Voices’ (Rickson, 2014a). (This project led to the introduction of a course entitled ‘Music for All: Creative Inclusive Music Making’. The course was offered through Victoria University of Wellington’s Continuing Education programme in Trimester 2, 2015. Research to evaluate how the project was perceived is currently being completed. This evaluation research is also funded by the IHC Foundation).

The Music Therapy and Autism Spectrum Disorder Project (funded by the IHC Foundation)

This exploratory mixed methods research investigated the potential for further research into music therapy with people who have autism spectrum disorder to be undertaken in the New Zealand context (Rickson, Molyneux, Ridley, Castelino, & Upjohn-Beatson, 2015). Impetus came from IDEA Services ASD Communication and Behaviour Service who signalled the need for more evidence to underpin the potential employment of music therapists to work with
children who have ASD. While the New Zealand Autism Guidelines list music therapy as an intervention option, they suggest evidence for its effectiveness is unclear. Findings from this exploratory research show that while New Zealand music therapists agree that a variety of evidence is needed to underpin the practice of music therapy, opportunities for experimental research in this context are limited by paucity and heterogeneity of practice.

There are several reasons for this. Firstly, while high percentages of Registered Music Therapists work with children who have ASD, the actual numbers of music therapists and children are still low. Further, music therapists favour naturalistic, flexible, improvisational approaches when working with children who have ASD, which allow them to respond to the needs of their participants in the moment; the focus of their programmes can be broad; and evaluation is predominantly descriptive. On the other hand, music therapy is a rich, complex process which lends itself well to qualitative and mixed method designs.

Based on these findings the authors propose two further studies. The first is to investigate the perceived impact of music therapy to support the interpersonal communication (joint attention, imitation, initiation, turn taking and/or emotional expression) of children who have Autism Spectrum Disorder (ASD) using a convergent parallel mixed methods design. The second is an action research project to determine how music therapists can support families and other professionals to use music in their work with individuals who have ASD.

Funding for these projects is currently being sought. It is anticipated that at least one music therapy PhD student will be involved in these ongoing projects.

Contact Daphne Rickson via email on daphne.rickson@nzsm.ac.nz, for further information regarding these projects.

**References**


**RMTh Profile: Libby Johns**

by Libby Johns

As I reflect on my journey into music therapy it is surprising how it all fell into place. It was during my Bachelor of Music course (Jazz performance) that I came across the idea of music therapy. The students up in the corner room of the NZSM Mt. Cook campus appeared so mysterious. At a lunchtime concert they performed and looked so comfortable and seemed to enjoy themselves
and the connections they made as they sang and played. This was quite different from my experience of performing at the time.

Subsequently I ended up meeting one of the masters students and we ended up talking for 30mins (both of us were supposed to be practicing for assignments). It was perhaps this chat, two years of travel and seasonal work that led me to meet with the NZSM music therapy department professors Sarah Hoskyns and Daphne Rickson. Within a week I had applied for the audition; within a month I had auditioned; within three months I was accepted onto the course and, before I knew it, I was on placement at the Raukatauri Music Therapy Centre in my second year of the masters course. Five years later I’m still in Auckland working at RMTC and privately. I never intended to be a therapist, or work with children and now I can’t believe how lucky I am to be involved in such a creative, stimulating and enriching profession.

**Neurological choirs news**

_Haere mai, everything is ka pai, you’re here at last, you’re really here at last…_ It was uplifting to start the day with song at the recent Aphasia NZ Conference, Auckland. Alison Talmage (RMTh, CeleBRation Choir, Auckland) and Danielle Waterhouse (SLT, Cantabrainers Choir, Christchurch) presented a well received introduction to neurological choirs – “Finding a Voice and Social Connections through Singing”. We were delighted that the audience included members of the CeleBRation and Cantabrainers Choirs, the recently formed SoundsWell Singers (Wellington) and two members of Melbourne’s Stroke A Chord aphaasia choir. We also acknowledged the work of Robin Matthews SLT in Tauranga, who leads the Brainwaves Singers and is currently undertaking a PhD in this field at the University of Auckland.

Conference delegates included roughly equal numbers of people with aphasia, carers, professionals and students – a wonderful opportunity to talk, listen and learn together. Valuable keynote presentations were given by Associate Professor Cathy Stinear, a movement scientist specialising in neuro-rehabilitation, human neurophysiology and neural plasticity at the University of Auckland, and Dr Amy Rodriguez, a research health scientist specialising in ageing, aphasia, exercise and treatment dosage at the Atlanta VA Medical Center, Georgia, and formerly the University of Queensland). Several people with aphasia told their personal stories, including beneficial experiences of the Aphasia LIFT programme, the Gavel Club (allied with Toastmasters) and art therapy. I (Alison Talmage) would like to thank the Centre for Brain Research for funding my conference registration and Aphasia NZ for their contribution towards travel. Further information about Aphasia NZ and the biennial conference is available from [www.aphasia.org.nz](http://www.aphasia.org.nz).

On Sunday 20 September the CeleBRation Choir sang at the end of the Alzheimer’s NZ Memory Walk in Auckland. Walkers included May Clulee RMTh and Joan Leung (PhD student and volunteer with the CeleBRation Choir and Raukatauri Music Therapy Centre).

We hope to extend our network of music therapists and others interested in establishing or developing choirs for people with neurological conditions. Alison Talmage has been awarded a
CeleBRation Choir performing at the memory walk.

grant from the Maurice and Phylis Paykell Trust to assist with this. The CeleBRation Choir has also hosted a visit from Kimberley Wade (RMTh, Cantabrainers Choir) funded by a MThNZ Lindgren Award.

If you have a current or potential interest in increasing music therapy provision for people with aphasia or other neurological conditions, please consider linking up with the Neurological Choirs Network (info: alison.talmage@auckland.ac.nz) and/or MThNZ’s Special Interest Group: Health - info available on Forum or from Alison Talmage.

Newsflash!

- Check out this wonderful film about the Cantabrainers Choir, shown at the Aphasia NZ conference and available from here.
- Look out for a Sunday Star Times feature on the CeleBRation Choir in December.
- CeleBRation Choir performances: Saturday 5 December at Edward & Son Art Event, Newton, and Monday 7 December at the University of Auckland.

- Cantabrainers Choir concert: Wednesday 16 December 16 at the Hohepa Hall, 23 Barrington Street, Christchurch
- SoundsWell Singers first performance: Friday 27 November at Wellington Hospital, as part of a training day for health professionals from the lower North Island, specialising in working with people post-stroke.

Contact information for each choir is available on page 13.

Living Well With Dementia Day

by Liz Wallace

In September Alzheimers Canterbury organised a ‘Living well with dementia day’, which was attended by around 100 people, including those who work with and care for people living with dementia, family members and people living with dementia. It was a full day of presentations from a range of speakers.

Dr Matthew Croucher, Specialist Psychiatrist of old age, talked about the importance of individualised person-centred care and the possibilities of positive psychological and social factors helping to reduce the disability of dementia. He recommended Tom Kitwood’s book Dementia reconsidered: the person comes first.

Professor John Dalrymple-Alford, Professor with the Department of Psychology, University of Canterbury and the NZ Brain Research Institute, talked about lifestyle and other protective factors to combat dementia. He discussed the new hypothesis that in dementia misfolded proteins self-aggregate and spread like a very slow infection in the brain. He made the point that many people live to old age with high levels of ‘biomarkers’ of dementia but keep good thinking skills. He discussed the plasticity of the brain and the importance of the use of networks in the brain where aspects of the brain work in time with each other.

Consumers of Alzheimers Canterbury services and a family member talked about their experiences and the importance of being involved in enjoyable activities. The comment was made that there is no loss of self, just a change in self through dementia.
Other presentations explored sexuality, intimacy and dementia; and challenging stigma, which included You Tube video from the ‘Alive Inside’ documentary showing the use of individualised music play lists for people living with dementia. Alzheimers Canterbury’s Occupational Therapist presented, as did the Artzheimer’s Art Appreciation group and the Christchurch City Library Next Chapter Book Group.

I presented on how music therapy can help people living with dementia to live well. This included getting the participants up moving to music, and presenting a case study from my work. As well, I presented research about the areas of the brain that are involved when listening to music, when being involved in music making and when moving to music. I discussed music therapy research including leading research which has shown that music therapy can significantly improve and support the mood, alertness and engagement of people with dementia, can reduce the use of medication, as well as helping to manage and reduce agitation, isolation, depression and anxiety, overall supporting a better quality of life (Ridder et al, 2013). The session finished with a rousing group percussion instrumental activity!

Music therapy fitted well into the day’s focus on person centred care, valuing each individual’s personhood and providing positive psychosocial stimulation.

2015 Scholarship Awards
by Claire Molyneux

It is with great pleasure that Music Therapy New Zealand congratulates the McKenzie Music Therapy Scholarship recipients for 2015 & 2016.

2015 recipients:
- Carolyn Ayson - PhD Scholarship
- Oliver Lowery and Jamie MacDonald - joint recipients of the scholarship for the second year of the Master of Music Therapy degree

2016 recipients:
- Ajay Castelino - PhD Scholarship
- Katie Boom - second year of the Master of Music Therapy degree

2015 Project Grants Group
by Claire Molyneux

Further to the report in the previous edition of MusT (August 2015), Music Therapy New Zealand (MThNZ) Council is pleased to announce the following awards made in addition to those detailed in the earlier report.

Lindgren Project Fund Grants 2015

1. Advancing the provision of music therapy is one of the key objectives of MThNZ and is central to the music therapy project being delivered by Creative Kids Trust in Blenheim. Funding of $3,600 was awarded to the Trust to support delivery of group music therapy to children with identified developmental needs, anxiety, concentration, attention and communication difficulties.

2. MThNZ Council has a current focus on developing bi-cultural partnerships and conversations with Māori. Council are pleased to be working collaboratively with Associate Professor Sarah Hoskyns at Te Kōkī New Zealand School of Music, Victoria University of Wellington, towards a Hui that aims to explore the links between Māori Hauora and music therapy training and practice. An initial award of $1,160 has been made towards the Hui.

McKenzie Music Therapy Hospice Fund Grants 2015

1. A grant of $5,000 was made to Eastern Bays Hospice, Dove House, Auckland to support the extension of a music therapy pilot project for patients and carers at the Hospice. Further to awards from the two designated funds above, MThNZ Council awarded $500 from the General Fund to second year MMusTher Student Jamie MacDonald to support travel requirements related to his practicum in Dunedin.

Application forms for the Lindgren Project Fund and McKenzie Music Therapy Hospice Fund are available from the Administrator and guidelines are available on the Music Therapy NZ website. Applications close on June 30th each year. Projects are considered carefully by a subcommittee which makes recommendations to the Music Therapy New Zealand Council.
Jamie Macdonald: McKenzie Scholarship recipient
by Jamie Macdonald

For those who do not know me, my name is Jamie Macdonald, a second year Master of Music Therapy student. I grew up in Invercargill, and have long been proud to call the South my home. I currently live in Dunedin, where I have recently completed my practicum, and am working hard to complete my course so I may finally become a registered music therapist. Being able to complete my practicum in Dunedin would not have been possible without funding from Music Therapy New Zealand, in the form of the Lindgren grant, and for that I am incredibly grateful.

As I have come to learn on placement, music therapy is quite under-represented in the south. Generally, students choose to complete their practicums in the North Island. Having students complete their practicum requirements in places further afield, such as Southland and Otago, helps increase and broaden New Zealand awareness of the benefits of music therapy. Just in the time that I have been practicing at my facility they have become fund-holders and have begun hiring their own therapists including a music therapist. I would like to believe that my presence here has aided that. I have tried to be as vocal as possible amongst the community about music therapy and the ways it can benefit many of our local populace. In a region where many have never even heard of music therapy, I hope that the examples of my work, alongside my loud-and-proud sharing of the powerful effects of the profession, pave the way for many employed music therapists. As I see it, this is what both Dunedin and New Zealand’s music therapists deserve.

Once again I would like to extend my gratitude to Music Therapy New Zealand for their generosity in enabling me to spread awareness of our profession to the south of our country.

Journal review: Canadian Journal of Music Therapy V.21 (1), 2015
by Jen Ryckaert

I was excited, and somewhat sheepish, about reviewing the Canadian Journal of Music Therapy Volume 21 (1), 2015 since, until moving to New Zealand four months ago, I had spent almost all of my life living less than 50 miles from Canada but knew absolutely nothing about the field of music therapy there. I was immediately touched by the story of the cover photo: an image of a young girl reaching out to touch a music therapist’s guitar with a wide smile on her face. I read inside that the music therapist in the photograph is Alpha Woodward, PhD., MTA, a Canadian music therapist who left Canada in 2004 to work at the Pavarotti Music Centre in Bosnia and Herzegovina, at a time when that country was recovering from terrible conflict. The photograph was taken at a moment when the young girl with Angelman’s Syndrome, who Alpha had been working with, stopped screaming, listened to the music and vocalized softly. The journal describes this as a “significant moment”, one that I’m sure was similar to many that music therapists have experienced in their work but that, no matter how frequently they happen, never ceases to amaze and inspire.

The Canadian Journal is published in both English and French and this particular edition featured two pieces of research and four brief book reviews. The first piece of research presented, Alike and Different: Canadian and American Music Therapists’ Lives and Works by Sandra L. Curtis, PhD., MTA, MT-BC, focused on the results of a survey that was completed by Canadian and American music therapists. This work was undertaken because, while “anecdotal literature makes reference to a distinct and diverse Canadian music therapy identity, little research exists concerning the Canadian experience itself or the Canadian experience in comparison to that of American music therapists.”

As someone who was curious about music therapy in Canada, this was a great introduction to the field there and, interestingly, I found many
similarities between the field in Canada and here in New Zealand, such as the fact that being able to train as a music therapist in Canada is a relatively new thing and that the country has a small population of music therapists spread over a large geographic area. I also found it fascinating that, despite having a relatively small and young body of music therapists, Canadian music therapists have set themselves apart from their American counterparts in terms of approach; with community, feminist, humanistic and Nordoff-Robbins music therapy being more strongly represented in Canadian work than that being done in the States.

The second piece of research presented in the journal is Music Therapy Support Groups for Cancer Patients and Caregivers: A Mixed-Methods Approach by Abbey L. Dvorak, PhD., MT-BC. Dvorak's study, the first to look at cancer patients and their families within the same music therapy support group, found significant improvement in biopsychosocial functioning for both patients and their families and is a wealth of information for other therapists interested in doing similar work. Dvorak provides detailed information on the implementation, assessment and evaluation practices that she used in her support groups (including descriptions of interventions and her assessment and evaluation forms) and makes a strong case for why and how other music therapists might integrate this type of work into their practice.

The journal concluded with reviews of new books on Guided Imagery and Music, the Individual Music-Centered Assessment Profile for Neurodevelopmental Disorders-assessment tool (IMCAP-ND), Psychodynamic Music Therapy in Europe and the latest edition of Kenneth Bruscia's Defining Music Therapy. I was particularly intrigued by the approach of The Music in Therapy-Psychodynamic Music Therapy in Europe: Clinical, Theoretical and Research Approaches, edited by Jos De Backer and Julie Sutton, which includes 14 chapters of clinical case studies by various European authors which the reviewer, Heidi Ahonen, describes as “insightful and noteworthy … very inspiring”.

News Flash! New book

Arts Therapists in Multidisciplinary Settings: Working Together for Better Outcomes

A new publication from Jessica Kingsley Publishers, coming out in December or January.

This will be available at The Women's Bookshop in Ponsonby, Auckland, and on the Jessica Kingsley website.

Writers include arts therapists, dramatherapists, dance movement therapists and music therapists. A number of current or past Creative Therapies Association Aotearoa members, Whitecliffe College and New Zealand School of Music graduates, as well as others, have contributed chapters. Writers include Caroline Miller as Editor, NZ Registered Music Therapists: Heather Fletcher, Megan Spragg, Keryn Squires, Shari Storie and Alison Talmage, and other therapists: Abi Raymond, Agnès Sigley Anaia Treefoot, Adrian Lania, Jennie Halliday, Judy Donovan, Lucy Mulholland, Mariana Torkington, Marion Gordon-Flower, Neetu Sharma, Robin Barnaby, Steve Harvey, and Tosca Lammerts Van Bueren.

Catch up with exciting and groundbreaking work being done right on your doorstep!

MusT issues

The MusT newsletter is circulated three times a year (March/April, July/August and November/December). Your input to MusT is always welcome. Please send contributions and/or ideas for articles to the MThNZ administrator.
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