It was great to see so many of you at the MThNZ conference – “Music and the Brain: Developing Pathways” – in September and the feedback from delegates has been overwhelmingly positive. It was very exciting to also welcome music therapists from across the Tasman, as well as one delegate all the way from Bulgaria! The papers were all very stimulating and there was much cross referencing, which only served to enrich the experience. It was also a privilege to have the CeleBRation Choir perform as part of the opening and contribute to the morning sessions. Keynote speaker, Dr Wendy Magee, drew attention to the increasing awareness of the importance and value of the client’s voice when researching the efficacy of treatments, and this was clearly evident in having the
choir there and taking an active role in proceedings. I would also like to thank everyone who helped organise and support the conference, including the Raukatauri Music Therapy Centre, who very kindly opened their doors to delegates on the Friday evening for a guided tour and social networking time, members of Council and the Education Training & Professional Practice Forum (ETPP), Auckland based music therapists and not least our Administrator, Lynn Gestro, who oversaw the smooth running of the weekend and ensured any ruffles were smoothed out with us hardly noticing! You can read more about the conference later in this issue.

The AGM on Sunday 23rd September was also well attended and it was good to get feedback from MThNZ members. The AGM highlighted for me how much work is done on behalf of MThNZ and the Registration Board by volunteers, and I would like to take this opportunity to thank the members of ETPP, Council, the Registration Board and other MThNZ members who have volunteered their time and demonstrated their continuing commitment to the promotion and professional development of music therapy in New Zealand.

One of the Lindgren Fund Projects being worked on over the past year has been a New Zealand Music Therapy Song Book. This project has been led by Registered Music Therapist, Alison Talmage and MThNZ Council member, Judy Field. On the Friday evening before conference at the Raukatauri Music Therapy Centre, we were treated to a preview of the new book, during which we were invited to sing through the songs together, acknowledging their authors, many of whom were present, as we went along. This was a wonderful introduction to the book. The book will soon be available for purchase through MThNZ.

Some significant documents have been developed and reviewed over the last year too. Members of the Registration Board and ETPP have completed the new Standards of Practice for Music Therapy in New Zealand, which brings us in line with other health professions in New Zealand and completes our membership of the Allied Health Professionals Association Forum (AHPAF). In addition, members of the Registration Board and ETPP have also reviewed and updated the Code of Ethics for the Practice of Music Therapy in New Zealand. These changes were ratified at the AGM on 23rd September. Both these documents will soon be available to view on the MThNZ website.

This is not a time to sit on our laurels, however. In the new year, MThNZ will be reviewing the Strategic Plan and identifying what areas we need to focus on over the next few years.

In the meantime, I’m sure you won’t mind if we wind down a little and enjoy the sunshine and the holiday season which is fast approaching.

Wishing you all safe and happy holidays.

Heather Fletcher
Chair, Music Therapy New Zealand

NZ Music Therapy
Community notes passing of Robin Howat and Michael McGuire

by Daphne Rickson, MThNZ President

I report with great sadness that our music therapy friend and colleague Robin Howat passed away suddenly in Australia in October. Robin had extensive experience in clinical music therapy, and in music therapy training. Having completed his Nordoff–Robbins Music Therapy training in London in 1978, he advanced to Head of Training at the
London centre where he had the privilege of working closely over a long period with Clive Robbins. Robin moved to Australia in the 1990s to become the director of Nordoff–Robins Australia, and the Centre Manager and Head of Music Therapy at the centre in Sydney where he developed the Master of Creative Music Therapy programme. He came to New Zealand in 1998 to give the keynote to our annual conference, and to facilitate a four day professional development course on group improvisation. His paper ‘New Horizons: forward with music therapy’ was published in our 1998 journal. (Howat, R. (1998). New Horizons: forward with music therapy. Annual Journal of the New Zealand Society for Music Therapy, 5–15).

While he was less well–known to us, the NZ music therapy community was also sorry to hear of the passing, in July, of Michael McGuire, founding editor of the American Music Therapy Association journal, Music Therapy Perspectives.

A music therapist’s visit to Rarotonga

by Marie Willis, NZ RMTh

Marie Willis, Registered Music Therapist, recently returned from Rarotonga where she and NZ Speech–Language Therapist, Jenny Watson, volunteered their time and expertise to conduct initial assessments of eight children identified by the Cook Islands Ministry of Education as priorities for speech language therapy assessment.

This was Jenny's fourth annual visit to Rarotonga to contribute her energy and skills to providing consultation and resources to school staff and families of the children and adults. Alison Talmage (RMTh) who works with Jenny at Carlson School unfortunately had to cancel plans to accompany Jenny on a visit two years ago, following successful involvement in similar work in Fiji in 2008.

This year Marie was inspired to travel with Jenny to explore how she may offer her skills and resources as a music therapist to the children identified by the Ministry of Education.

In some cases Marie and Jenny conducted separate assessment sessions with the children who attended either Rutaki or Avatea School. In other cases the therapists conducted joint sessions where this was felt to be more helpful to ascertain the children's strengths and the challenges they and their carers faced. The therapists were able to liaise with school staff and some parents to gain a broader understanding of difficulties and to provide support and resources to them. Marie and Jenny completed joint music therapy and speech–language therapy reports for each child which included written recommendations and resources which were presented to the Learning and Teaching Advisors at the Ministry of Education for distribution to the schools and families.

A music therapist’s visit to Rarotonga

by Marie Willis, NZ RMTh

Marie Willis, Registered Music Therapist, recently returned from Rarotonga where she and NZ Speech–Language Therapist, Jenny Watson, volunteered their time and expertise to conduct initial assessments of eight children identified by the Cook Islands Ministry of Education as priorities for speech language therapy assessment.

This was Jenny's fourth annual visit to Rarotonga to contribute her energy and skills to providing consultation and resources to school staff and families of the children and adults. Alison Talmage (RMTh) who works with Jenny at Carlson School unfortunately had to cancel plans to accompany Jenny on a visit two years ago, following successful involvement in similar work in Fiji in 2008.

This year Marie was inspired to travel with Jenny to explore how she may offer her skills and resources as a music therapist to the children identified by the Ministry of Education.

In some cases Marie and Jenny conducted separate assessment sessions with the children who attended either Rutaki or Avatea School. In other cases the therapists conducted joint sessions where this was felt to be more helpful to ascertain the children's strengths and the challenges they and their carers faced. The therapists were able to liaise with school staff and some parents to gain a broader understanding of difficulties and to provide support and resources to them. Marie and Jenny completed joint music therapy and speech–language therapy reports for each child which included written recommendations and resources which were presented to the Learning and Teaching Advisors at the Ministry of Education for distribution to the schools and families.

Marie conducts 'stop!' in the the 'Play–Stop' game with three eager participants (permission to use this photo was granted by Mrs Nooroa Ingaua, Principal of Rutaki School).

On two occasions Marie and Jenny also visited the Creative Centre for adults with disabilities. Jenny had made connections with the staff and service–users in previous years and was keen to introduce Marie to them. The group were in the process of rehearsing for an upcoming public concert which would show–case some of the songs and chants they had been learning or creating in their Te
Reo classes. Marie was invited to partake with the rehearsals (which included being pulled up to dance!) and was asked to share some songs of her own. Marie had prepared a greeting song using Cook Islands Māori words which was well received by the members of the group.

One Rutaki student exploring the swanee whistle

Marie was able to gift kazoos and a variety of small percussion instruments to the students and adults she met during this visit. One boy who was described by Ministry and school staff as being isolated from his peers engaged readily in the 'Conductor and Kazoo Orchestra' activity in his session with Marie and Jenny. When given several kazoos to take with him to share the game with his class peers, he asked if he could take another kazoo for his sister. Minutes later he returned to the room with his cousin and asked for just one more!

The shaker eggs were also well received, especially by a young boy with autism whose main engagement in the assessment was to vigorously shake his shaker egg in the 'Play and Stop' game. He showed lovely anticipation, eye-contact and cooperation during this game and his family were given several more shaker eggs to foster interaction with him in the home environment.

During her visit Marie was also able to enjoy the beaches, reef, local music, culture and hospitality of Rarotonga, and is keen to return in future years to further foster the relationships forged in this trip.

The Raukatauri Music Therapy Centre, with the cooperation of Wilson School and Carlson School, has been able to further introduce Tracey Ellery, one of the Learning and Teaching Advisors to the practice of music therapy when she visited Auckland for a week in early September. The following quote was given by Tracey during her visit to Auckland:

As an advisor with responsibility for Inclusive Education I was privileged to see Marie at work with some of our Cook Island students during her visit. Marie’s manner and expertise was inspiring and it left me pondering how we can introduce some ‘music as therapy’ into our schools here? During my week in Auckland I have had further opportunity to view several music therapists at work, enabling me to put together some ideas for training teacher-aides in the delivery of ‘music as therapy’ sessions. Our students have a high degree of communication disorders and music is such a non-threatening way to support the development of their IEP goals. My greatest appreciation to Marie and the RMTC for the opportunities they have provided for me this week.

by Daphne Rickson

Music Therapy New Zealand held their 2012 biennial conference at the Quality Hotel Barrycourt, Parnell in Auckland on Saturday
and Sunday 22–23rd September. The conference was well attended with over 60 participants enjoying a great venue, excellent food, and stimulating and informative presentations. Some registrants had taken the opportunity to visit the Raukatauri Music Therapy Centre (RMTC) on the Friday evening before conference and, stimulated by that visit, were really looking forward to learning more about the work of music therapists in New Zealand and abroad. We thank the RMTC for their hospitality!

The conference was warmly opened by Auckland’s Deputy Mayor, Penny Hulse and following the Whakatau we were treated to a performance by the CeleBRation Choir. This performance was important from several perspectives. Firstly, it was warm and wonderful entertainment. Secondly this was, to my knowledge, the first time we have been able to invite people who are participants in music therapy to join us in a more official capacity at conference. Thus it marks a new era for music therapy in New Zealand as we openly engage with what would be considered to be Community Music Therapy approaches – collaborating with our participants in a more public domain.

It was also most exciting to have Dr Wendy Magee from Temple University in Philadelphia to give what was a highly relevant and timely keynote address. Dr Magee presented findings from brain imaging technology, which is advancing our knowledge of the effects that music has on us and helping us to understand the changes that we observe in our music therapy work. It is amazing that playing, singing, listening, and even thinking about music has the potential to change the structure of our brains.

Dr Simon Rowley, neonatal paediatrician and Brainwave Trust representative, while also providing scientific neurological evidence for his claims, gave us a very ‘human’ presentation describing the importance of early nurturing, relationships, and attachments, and impact of abuse, neglect, and other trauma on developing young people. He noted that music is a significant mediator when things go wrong: and “when parents ask what they might do to help their children, I suggested they learn a musical instrument”.

Facilitators and members of the Therapeutic and CeleBRation Choirs (Christchurch and Auckland respectively) collaborated to tell us about and demonstrate their work with people who have neurological conditions. The workshop of vocal warm ups leading to part singing energised and enthused us; once again it was fabulous to have music therapy participants collaborating in the workshop presentation, and I hope they too found it a valuable and empowering experience.

Raeline Savage gave a very moving account of her music therapy process with a woman in a hospice setting; there was not a dry eye in the place when the song they composed for the patient’s daughter was played for us. Songwriting was also the theme for Heather Fletcher’s paper. Using case vignettes, Heather was able to demonstrate that songwriting is a powerful therapeutic tool for people of all ages. Matthew Huckel, Australian Music Therapist, gave an intriguing case study of a man who developed pitch–colour synesthesia following a stroke. This patient was experiencing ‘locked–in syndrome’ and communication was extremely difficult for him. Matthew’s presentation demonstrated the extreme patience and commitment that is required, not only to converse about everyday matters but to engage such patients in case study research.

Day two brought presentations from Megan Spragg, who gave another very moving account of the effects of the Christchurch earthquake on music therapists and their clients; and Shannon Clark, who travelled from Australia to share his research into music, empathy, and the prediction of
prosocial behaviours. Another practical workshop followed, facilitated by Simon Faulkner (another Australian!) who led us through some of the ‘Drumbeat’ programme. It was, as expected, incredibly stimulating to be playing djembe with this large group of conference participants. I was amazed that Simon got so many drums together to enable all who wanted to, to play. This presentation was important from an “age-stage” perspective too; the value of community musicians working alongside music therapists is being increasingly acknowledged, and Simon demonstrated the positive potential of such collaboration.

Collaborative approaches were again to the fore as the Raukatauri team gave us their joint presentation including several diverse music therapy cases which clearly demonstrated some of the ways in which music therapy can support health, development, and wellbeing. In our last, but not least, presentation Heather Fletcher brought together current information relating to music therapy in early intervention, and highlighted the importance and potential of developing this field in New Zealand.

Thanks to Kimberley Jones who facilitated the essential after lunch “wake up” music making, and to Andrew Tutty who facilitated our musical farewell! I would also particularly like to thank Heather Fletcher, who not only presented two papers but chaired the conference admirably; and our tireless, dedicated and efficient administrator, Lynn Gestro, who organised and ensured the conference ran smoothly. We were delighted to be able to offer a conference programme that prompted offers of papers from music therapists from as far afield as the USA; and attracted registrants from a range of related professions, including a neurologist who came all the way from Bulgaria to be with us. All registrants are important though – thanks to those who attended. Feedback has been extremely positive – “the best yet!” I look forward to seeing you all, and your friends and colleagues, at our next conference in 2014 (details to be announced!)

Daphne Rickson,
President

Greetings from sunny Perth!
by Karen Twyford, RMTh MThNZ member
It is hard to believe that nearly a year has passed since we left New Zealand for Australia. Initially the thought of leaving New Zealand was difficult for me, particularly leaving friends and music therapy colleagues, who were so supportive and valued during our six years spent in New Zealand. The move overseas (as anyone who has done it knows!) was monumental, but by all accounts we as a family have settled into a new and happy way of life here in Perth. We are living north of the city in the seaside suburb of Hillarys, just across from the beach, and are making the most of the fantastic outdoor lifestyle that Perth offers.

I have taken this year quietly, which has been great. I have enjoyed spending time with my youngest child before she goes to school next year, getting fit, meeting fellow music therapy colleagues in Western Australia and undertaking some occasional music therapy work.

There are ten music therapists in Western Australia, a few whom I trained with back in the day at the University of Melbourne, and who are originally from Perth, so it has been great to reconnect with them. Others have moved here from other parts of Australia and from overseas. The group is a diverse one, and although frequent meetings and gatherings are hard to co-ordinate, as everyone is spread across the city and surrounds, there is a definite sense of
community and support for each other.
Similarly to New Zealand, music therapists in WA are mostly working in sessional and short-term music therapy contracts in a variety of settings or private practice. Therapists work within aged care, early intervention, children with special education needs, paediatric oncology and paediatric palliative care. The Sing and Grow initiative also provides increasing work for music therapists through its family centred music programmes and workshops.

Regarding my own music therapy work, I decided to take a gradual approach to clinical work after a busy few years in New Zealand. I have been fortunate to be able to help out fellow WA music therapists where possible and this has provided great opportunities to learn more about systems in Australia, meet people, discover Perth and outlying regions and think about where I might like to head professionally in the next few years. I enjoyed the opportunity to lecture to 4th year Occupational Therapy students at Edith Cowan University as part of their Creativity and Health Course, in both March and August. I have also been presenting a number of ‘Sing and Grow’ workshops around Perth and surrounding areas for Playgroup WA. These are fun and lively sessions with parents and their babies/children, with groups ranging in size from six to twenty-six participants at any one workshop.

In September I was fortunate to attend the Australian Music Therapy Conference in Sydney, with some funding provided by the WA branch of music therapists. This was a great conference with a variety of streamed papers and opportunities to network with familiar and new music therapy colleagues. It was wonderful to catch up with fellow RMTh Megan Spragg in Sydney also, to learn about her exciting move to Melbourne, and hear her moving conference paper.

I expect that 2013 will bring lots of new opportunities and ventures and I will look forward to discovering these as my spare time increases. As for the remainder of this year, my big challenge is the Women in Triathlon course that I have undertaken, which culminates with a sprint distance triathlon on 16th December!

I would be more than happy to hear from anyone who would like more information about music therapy in Australia and Perth, or just to keep in touch.

With best wishes for 2013!
Warm regards,
Karen

Celebrating our members – Megan Spragg
by Daphne Rickson

MThNZ Council congratulates ETPP member Megan Spragg on her appointment to a permanent position at Belmore School in Melbourne; and her presentation at the 2012 Australian Music Therapy Conference. We are sorry to lose Megan from our shores. We thank her for the work she has done for Music Therapy NZ since she graduated with her MMusTher from NZSM in 2007, and wish her well in her new job.

MThNZ Fund Awards 2012

Two applications to the Lindgren Project Fund and two applications to the McKenzie Music Therapy Hospice Fund were received by MThNZ during the 2012 funding round.

Music Therapy New Zealand was pleased to award $700 from the Lindgren Project Fund to successful applicant, Education Training and Professional Practice Forum (ETPP) for their “Creating Music Therapy Jobs” project. A further applicant to the Lindgren Project Fund had their project conditionally approved, once further detailed information
was received. A Council decision on this is pending.

A $5000 grant was awarded to Cranford Hospice, Hastings from the McKenzie Music Therapy Hospice Fund for their development of a music therapy programme at Cranford.

MThNZ Council was impressed with the diversity of applications received and encourages music therapists and organisations to apply for funding for relevant projects in 2013.

‘Denise’s Symposium’ and NaMTRU: A celebration of the work of Professor Denise Grocke, Melbourne University

by Daphne Rickson

‘Denise’s Symposium’, held on the 19th and 20th of October at Melbourne University was a stunning event; an exciting, enlightening, fun-filled and fitting acknowledgement and celebration of the pioneering work of Professor Denise Grocke who is ‘retiring’ from music therapy teaching in December. Professors Cheryl Dileo (Temple University), Inge Nygarrd Pederson (Aalborg University), Gro Trondalen (Norwegian Academy of Music), Helen Odell–Miller (Anglia–Ruskin University), and Cathy McKinney (Appalachian State University) joined local researchers Dr Ruth Bright, Dr Katrina McFerran, Associate Prof Felicity Baker, Dr Helen Shoemark, and Dr Clare O’Callaghan, plus PhD students, for two days of presentations focusing on Guided Imagery and Music (GIM), Wellbeing, and Mental Health – Denise’s special themes.

My teaching commitments only allowed me to attend the second day of the symposium but that experience, as well as seeing and hearing from others who attended day one, provided evidence that each of these amazing women gave highly informative presentations on these topics, summarising work in the field or describing their innovative current projects, and linking the significant contributions that Denise has made to their own research and other aspects of their professional and personal lives. Most had arrived several days earlier and it was fun to hear of their escapades prior to the symposium. For example one of them (who shall remain nameless) managed to purchase a gorgeous fascinator, originally not for sale, from an art gallery – so they all arrived wearing beautiful hats which they sported throughout the day. It was truly a heart-warming symposium.

On the third day of this productive weekend, I was invited to join the National Music Therapy Research Unit (NaMTRU) presentations, Melbourne University. NaMTRU was established by Denise in the late 1990s to provide a specific forum for clinically-based applied music therapy research. NaMTRU has since entered a consortium with eight other universities that offer PhD programs in music therapy, in Australia, Denmark, USA, Norway, Finland, UK, and Belgium. It was extremely interesting and encouraging to hear PhD students describe and discuss their research in progress with the small group of attendees, but in particular with Professor Dileo who was the formal ‘advisor’ to the meeting. NaMTRU is another significant monument to Denise’s tireless commitment to the development of music therapy.

Denise insists she is not really retiring: while relinquishing most of her teaching and administrative tasks, she will continue to supervise PhD students and is delighted to be able to give focus to her work in Guided Imagery in Music (GIM). It seems an appropriate time though to acknowledge all
Registration Board Update
by Claire Molyneux, Chair of Registration Board

The Registration Board and Education Training and Professional Practice Forum were pleased to launch the Standards of Practice for Registered Music Therapists in New Zealand at the recent MThNZ AGM. Copies of the Standards will soon be available on the MThNZ website. Should you wish to obtain a copy of the Standards in the meantime, the document is available from the MThNZ Administrator or on the Registered Music Therapist's Online Forum.

The Board also announced a change of name at the AGM to 'New Zealand Music Therapy Registration Board'.

The next meeting of the NZ Music Therapy Registration Board will take place in April 2013. Applications for renewal of practising certificates and applications for registrations will need to be with the Registration Board by 1 April 2013. Further information can be obtained from the Registrar by emailing petra.press@xtra.co.nz.

Overview of Canadian Journal of Music Therapy
VOLUME 18 (1), 2012
by Megan Spragg

This journal has a wide range of articles covering both work completed within therapy sessions and research relating to Music Therapy. With one article in Canada’s official French and four in English this journal highlights the diversity of Music Therapy around the world. Here I have reviewed the English based articles.

The First article by Guylaine Vaillancourt discusses the experience of a Music Therapist undergoing Music Therapy in order to understand one’s clients experiences, to increase one’s self–knowledge and to enthuse Music Therapist’s to maximise the therapeutic support they can offer during psychotherapeutic work. The author explores five different psychotherapy approaches to gain understanding: The Bonny Method of Guided Imagery and Music, Mythopoetic Music Therapy, Music Therapy groups, Bioenergy and Music Therapy and Vocal Work.

Ina Henning focuses of Music Therapy with premature infants in Neonatal Intensive care in her article, Music Therapy and Premature Infants: Insights and recommendations from the Current Literature and a German Pilot Project.

She describes the process of setting up a pilot project in interactive Music Therapy within the NICU unit in Pforzheim, South Germany. Referrals, therapeutic interventions and integrating into the Multi–Disciplinary team are discussed. Interventions used included infant directed singing and tactile stimulation to infants older than 31 weeks gestation and soft humming and tactile stimulation to infants under 31 weeks gestation. The importance of involving parents in interventions is discussed so as to strengthen their skills and to support the parent/child bonding process. Guidelines for the support of premature infants as well as literature on receptive and Interactive Music Therapy with this population are discussed. This article outlines the depth of thought involved in setting up a pilot project in a crucial area of work.

Singing, in particular choral singing, has long been associated with psychological well–being. In their quantitative study of Choral Singing and Psychological Well–being Sally L.
Busch and Mary Gick use hedonic and eudaimonic measures of well-being with two choirs to gain some perspective on the effect of choral singing on well-being. They begin by discussing the literature on singing and well-being, which led them to consider their study. Participants in their study answered questionnaires before and after a single rehearsal to measure the effect of singing in a choir on their well-being. There were significant increases found in six different well-being measures, a single hedonic and two eudaimonic well-being measures showed significant change. Although this was a very small study it does add to the literature on choral singing enhancing well-being and suggests that the beneficial effect on well-being can be measured using a combination of hedonic and eudaimonic measures of personal growth, positive effect and vitality. An interesting read particularly in light of the emergence of therapeutic choirs in New Zealand.

In her article Primum Nil Nocere (Above all do no harm), Connie Isenberg examine the potential for doing harm in Music Therapy work. She raises this issue in light of the professionalisation of our profession where Music Therapists serve as full members of a community of health professionals, thus protecting the public from harm. She asks the question – ‘from what are we protecting them?’

She presents a list of thirteen possible ways Music Therapists may possibly do harm relating to both the way a Music Therapist plans, acts and presents treatment and the way the client may receive treatment. Isenberg lays a challenge out for Music Therapists to have the courage to start talking about this area of our profession in order to become fully accepted members of the community of health professionals.

Along with these detailed articles this journal has reviews of four books and one CD providing a wealth of resources for pondering and is an insightful, challenging and thought provoking publication well worth a read.

Megan Spragg
MMusTher, NZRMTh

Music Therapy NZ has a new postal address
Music Therapy New Zealand has a new postal address: PO Box 57220, Mana, Porirua 5247. Please update your records.

MusT newsletters
The MusT newsletter will now be 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 www.musictherapy.org.nz and includes news and updates of music therapy happenings from New Zealand and further afield. Your input to MusT is welcome. Please send contributions and/ or ideas for articles, to the MThNZ administrator.