FROM THE PRESIDENT

2006 has been an interesting one for the New Zealand Society for Music Therapy, with both plaudits and worries to share.

Warm congratulations go first to the Master of Music Therapy graduates who were capped at a Graduation Ceremony on December 14th. These young people are the first of the two-year course students to complete their degree which is now awarded by the New Zealand School of Music; Judy Cooper, Mary Hepburn, Anna Hill, Fiona Shaw and Rebecca Travaglia - we salute you all. And we salute Sarah Hoskyns and Daphne Rickson who have provided such a high quality programme.

New music therapists looking for full time work will be pleased to hear that a feasibility study is to be prepared around the broad concept of a Music Therapy Centre, with an open entry policy, based in the Wellington region. The principles of providing work space, a resource centre, sharing premises with other musicians or professionals and giving a meeting place for music therapists was given the ‘green light’ at a recent Council meeting. This concept has been initially endowed by Sir Roy McKenzie who despite his recent decline in health still takes a personal interest in all that we do. We owe him much. The present course at NZSM, the McKenzie Scholarships now administered by Massey University, the pilot stage of the Executive Officer position - all these and more come from Sir Roy’s benefactions for over thirty years.

Worries? Well, we need membership to grow, as we have realised for some time. We had an excellent annual conference in Dunedin this year, with a wonderful atmosphere and very good presentations, but the number attending was modest.

Strong vibrant people help a profession grow and gain maturity. You could help by encouraging people you feel would be interested in knowing more about music therapy, or supporting the new stage of development for music therapy, to join the Society. We are proud of the Master of Music Therapy course which was our main project in recent years, we have a vision for a Music Therapy Centre for Wellington and hope it will encourage the development of other centres, and we must increase membership and income to achieve a new set of goals. We have been offered help from the Raukatauri Music Therapy Centre in...
A newsletter from NZSMT
P O Box 22 364, Khandallah, Wellington 6035, New Zealand
Tel (04) 479 3889

Executive Officer: M.Wheeler
Email:morag.wheeler@ihug.co.nz
Website: www.musictherapy.org.nz

The Society’s Rules are to be updated to reflect the new Executive Officer position.

The meeting approved the increase of the professional fee from $75.00 to $93.00 annually.

Sir Roy McKenzie has generously given a further gift of shares in Rangatira to the society worth approximately $60,000.00 to be directed towards the development of a Music Therapy Centre in Wellington.

METANZ has prepared a response to the draft New Zealand Arts curriculum which the meeting agreed to endorse. Members are encouraged to also become members of MENZA to support the initiative in relation to the curriculum.

The society expressed its gratitude to NZSM and Associate Professor Hoskyns in respect of the progress made with the NZSMT Course and the first round of graduates of the two year music course were congratulated.

The next AGM will be at Conference 2007 in Wellington.

A full statement of the Annual Report, the Financial Statements, and the Minutes of the AGM may be found on our website

Auckland, and we will look to see how St. Chad’s in Rotorua is developing their exciting new community outreach music therapy programme. So we know that there is support for new initiatives, which must happen quickly to support our growing number of professional music therapists.

At this moment, though, we all are looking forward to some relaxation in order to recharge our energy levels. From the NZSMT Council and its professional arm, the Education Training and Professional Practice Forum, may I wish you all good health and lots of positive outcomes in 2007.

Morva Croxson,
President.

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2006 AGM NEWS

- The 2006 AGM was held in Dunedin on Sunday 1st October at 9.00 am (daylight saving time). Twenty-seven music therapists attended.
- The Annual Report highlighted the achievements of the society to date and the on-going support of Sir Roy McKenzie. The retirements of Barbara Lewis and Natalie Allen was noted and thanks expressed for their contributions to the society.
- The ETPP Annual Report outlined the main activities of the group and noted the passing of Joan Stevens and Mary Brooks. Issues dealt with over the year included matters relating to Professional Indemnity insurance; registration under the HPCA Act; ACC and Special Education contracting opportunities for RMTs; supervision needs and provision; mentoring of graduates; ongoing communication; professional development; music therapy pay scales; revision of the music therapists’ Code of Ethics; enquiries from film makers and publishers; and contributions to NZSME meetings and publications.
- The Registration Board Report recorded that a casebook approach had been taken and actions minuted. Few formal meetings were held.
- The Annual accounts were tabled. Members who have queries about the accounts can address them to Council for following up with the auditor.

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Annual Conference 2007

From Strength to Strength: The Rise of Music Therapy

WELLINGTON

Venue to be confirmed

Date 22nd - 23rd September 2007

Watch for the Conference Programme early in 2007 on our website

“www.musictherapy.org.nz”

SEE PAGE 5 FOR THE CALL FOR PAPERS
A Lay Comment

Dunedin’s spring blossom, a very comfortable venue, and warm Southern hospitality set the scene for a thoroughly enjoyable 2006 Conference. I thought Sarah Hoskyns clarified well the concept of ‘reflective practice’, not only as a valid approach to research, but also as an essential element of personal professional growth. This paper was especially thought-provoking in relation to the issues raised by Natalie Nugent in her case study on using the ‘medical’ model of randomised controlled trials. Both methodologies have value, but it was clear to me that investigating the efficacy of music therapy for particular clients raises demanding questions for those designing research methodologies.

Linda Wilson’s analysis of ‘professionalism’ was timely for NZSMT, and her presentation was both comprehensive and practical. By a serendipitous piece of timing, the next paper, from Karen Twyford, explored collaborative practice, and focused on understanding one’s own professional strengths and boundaries in building relationships with other practitioners.

Just one niggle – not all presenters have mastered the art of using PowerPoint as a prompt and audience alert signal, rather than a script! But this was a stimulating and altogether satisfying conference. Thank you, Dunedin.

Barbara Mabbett

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A Music Therapist Summary

This year’s NZSMT Conference was held in the deep south in Dunedin. The inviting atmosphere soon warmed us and many thanks go to Margaret Murphy who hosted several of us so wonderfully.

Conference opened with an address from Professor John Drummond which set the stage for a stimulating weekend.

Sarah Hoskyns’ keynote address broached the relevance of research for the music therapy clinician, utilizing aspects of research in the training of the music therapist. Questions were asked - how we train the MT to practice and do research? And is research considered to be a process or a chore? These were relevant questions considering the growing pressure for the health professional to produce empirical evidence of success. Can one research and practice concurrently? How can research help? and so on. Her questions prompted dialogue that arose throughout the conference and led into following topics well.

Penny Warren and Natalie Nugent followed with a look at their trans-disciplinary work using music therapy with children and their parents.
The benefits of this work were described and included evidence that the non-verbal approach was conducive to strengthening the child-parent relationship, as both child and parent had a “playful time” while they interacted in the music setting. Feedback was gained through a questionnaire which asked; “Was MT helpful? What changed? What could have been better? “

After lunch Penny got us moving around as ‘circles’ ‘squares’ or ‘lines’ as a means of reflecting on our emotions on arrival, during the morning, and while participating in the exercise.

Linda Wilson then gave a most timely address which covered several factors related to societies, the processes and the growth they go through, and how these might relate to NZSMT as a growing professional organisation.

One of the highlights of this conference for me was Karen Twyford’s paper which focused on the importance of collaborative work with other disciplines. Having presented at the world congress myself, on co-treatment with a speech therapist, I know how important this is and it was exciting to see others carrying out similar work. Karen who identified a lack of documentation of collaborative work, had carried out her own research, and now presented the results. She demonstrated the benefits of working with others across a variety of disciplines. Benefits spoken of included: wider recognition of the MT profession, development of multidisciplinary assessments, music helping the child to engage in the therapy session, and the ability to work towards common goals. Thank you Karen.

Sunday started bright and early with a shift to daylight saving, an AGM and morning tea (the morning and afternoon teas were great too).

Natalie Nugent then continued the research theme by discussing the validity of randomised control trials within the music therapy field. Daphne followed with a discussion around a research project in which she had taken part, which involved investigating the effects of carefully selected background music on the acoustic environment in a preschool setting.

Louise Docherty commented on the lack of documentation surrounding the effectiveness of music therapy with a focus on parent-child relationships in early intervention.

Just before Conference came to a close, “Playback Theatre Dunedin” enacted a ‘series of plays’ which depicted what delegates had experienced during Conference, how they felt at the moment the plays were being performed and what they needed before leaving.

Thanks to everyone who made Conference a warm and enjoyable time.

Kathryn Stevenson

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A student’s perspective

As a second-year music therapy student, I was lucky enough to attend the 2006 NZSMT Annual Conference in Dunedin. This was made possible with the financial help of the Archer Grant. I found the conference to be a very important part of my professional development.

Delegates listened to stimulating and thought-provoking papers that were all extremely well written and presented. Having the opportunity to make contact with music therapists, students and other professionals was another beneficial part of the conference.
As students we need to take every opportunity we can to further our knowledge and gain contacts with like-minded professionals.

This was the fourth NZSMT conference that I had attended, and I found it to be very interesting. Most of the papers presented were about music therapy in early intervention. I found these papers to be particularly useful as I am currently on placement working in this area.

I am very thankful for the financial help I received, as I was able to benefit from an inspiring and educational conference. I encourage all those who missed this year’s conference to join us for the next conference in Wellington next September.

Catherine Wilkinson

Workshop - “Use of Music Technology in Music Therapy”.

On the evening of Tuesday 28th November, several music therapists and allied professionals from Auckland and Rotorua met at the Raukatauri Music Therapy Centre for a most interesting demonstration and workshop entitled “Use of Music Technology in Music Therapy”.

The talk was given by Music Therapist Neil Eaves, who has a special interest in using technology in his practice. He currently works in special education at Rainbows Children’s Hospice in Leicestershire, UK.

Neil demonstrated the use of Delay boxes, Soundbeam, Midi-creator and Cubase (computer software). He drew from case studies for his examples of how he used these electrical devices in his work and described technology as an ‘extra tool in music therapy.’

While many of us were already familiar with the Soundbeam, we had an interesting information exchange regarding its use. For example, one could tie a torch to the sensor, so that a child can ‘see’ a physical ‘beam’; or tie a piece of string along the ‘line’ the invisible beam travels so that a child who is blind has a way of tangibly understanding how the beam ‘travels through space’.

Delay boxes, in essence, digitally alter incoming sounds so that they sound different when heard. For example, a child’s vocalisation may be ‘delayed’ so that the child can hear it back, or have a ‘chorus’ added, to make it a fatter, more easily heard sound.

Although I had heard of Midi-creator many times, in this presentation I gained a much clearer idea of what it was, and its potential for use in a music therapy session. It works in a similar way to Soundbeam but has many more sensors ranging in size from a small bar, which can be tapped to produce the sound of a large drum, to a large foam keyboard which can be touched and played. Other sensors included a tube which can be squeezed to initiate sound, a small pad that can be tapped to make sounds, or a cushion which can be folded up and pressed to make sounds. Some of these can be placed in a pillow or bean bag for clients who can’t sit up by themselves.

There is also a huge selection of sounds which are stored on cards (the size of a credit card) and which can be swapped amongst therapists by
up/down-loading on the computer, or by emailing.

Cubase is one of several computer programs which can record both MIDI and Auditory sounds on to a computer. These sounds can then be edited. Editing might involve speeding the sound up, playing it backwards, or changing one sound into another e.g. piano into a base guitar sound. It’s like having a ‘musical word processor’ that can do all manner of effects with sounds. We all know Spell check (hopefully) takes out typing errors; in a similar way, Cubase can edit ‘sound mistakes’ – one can take out the client’s mistakes, or add volume to segments of a song a client may have sung too softly. These edits in turn give the client’s performance a polished sound, and a personal recording with positive enhancements. This program requires a good sound card because the average computer takes too long to process the complex information involved here.

Using these electronic resources is like performing ‘electrical improvisation’, but one in which many of our clients have more control of the end product.

I’m writing from the perspective of one who prefers the good old acoustic piano, and ‘live’ music. I find the electronic sound to be sometimes artificial, but what a plus for some of our clients, for whom a slight movement could play a symphony. Imagine the amount of choice technology can give to someone who may only be able to move his head, or arm.

I have only touched on a small part of the two hour workshop, which was very well presented, informative, practical, and one which could offer many another ‘string to the bow.’

I feel this report does not quite do the workshop justice because it is difficult to put such a valuable hands - on experience into a few paragraphs. I hope that Neil can return in the future and offer more workshops and professional development to us, and the many other specialists around the country.

by Kathryn Stevenson.

Websites that might be of interest.

The following is a collation of information I have received over the past few years from a music therapy email list I am on. I thought some of these might be of interest to others so am sharing them for your interest.

From Kathryn Stevenson

Here are some that list Songs, titles, chords etc.
www.worshiptogether.com

If you already know names of songs these two websites can be very helpful:
- The Gospel Music Archive http://gospelmusic.org.uk/
- Country Lyrics, Tabs, Chords, etc. http://www.cowboylrics.com/
The Cowboy Lyrics site has the most popular country albums of the day listed on the main page.

A site that has a Christmas song link on it www.guitar.about.com

http://www.letssingit.com

For older songs,
www.rienzihills.com

Mostly for children but some songs from the past four decades http://www.niehs.nih.gov/kids/music.htm

Lyrics and chords www.chordie.com

Find more songs to use with various clients! http://www.pandora.com/

Finding chords for songs http://setiathome.ssl.berkeley.edu/~aparsons/guitar/guitar1.html

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From the New Zealand School of Music

It is an exciting time of year for us here in the Music Therapy Department at the New Zealand School of Music. The first graduates to have completed the two-year programme will have had their degrees conferred by the 15th December (one at Massey last week, and another four at Victoria on the 14th). These students have grown with us through the development of the course and ‘weathered’ the significant changes brought by the merger of Victoria and Massey Universities’ Schools of Music. We are very proud of their work and know that the New Zealand music therapy community will value what they contribute as they begin to develop their careers as professional music therapists.

We have eight students due to finish their research projects in February, seven going into their second year (just starting out on the ‘Research Road’) and we are pleased to have a good number of applicants for entry into the programme for 2007. So we continue to get busier! Nevertheless, in the spirit of music therapy we continue to make music together at every opportunity and look forward to contributing to a ‘musical gathering’ being organised by Jenny Wollerman in honour of Joan Stevens, to be held at midday in Wellington on 15th December 2006. Staff and students will also be joining together in music for an NZSM lunchtime concert in May next year – watch for details and come if you can.

Our students go to at least three facilities during their training programme, as part of their Practicum, and Casework and Research papers. We owe a great debt of gratitude to staff at facilities and music therapists from the community who help us look after these students. We are amazed by the goodwill that comes our way and by the effort that people are prepared to put in to ensure that our students have a valuable experience and emerge as confident practitioners. We are delighted that our graduates have also created employment opportunities at their facilities through much-valued clinical work and their own developing skills at promoting music therapy.

We would like to take this opportunity to thank you all, students and supporters, who have made this another successful year.

Best wishes for a Happy Christmas and New Year.

From

Sarah Hoskyns and Daphne Rickson

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CALENDAR 2007

FEBRUARY
Sunday 18th February
Council Meeting
Venue: At Mercy Centre, Guildford Terrace, Wellington

MARCH
Saturday 3rd March
ETPP Forum
Venue: At Mercy Centre, Guildford Terrace, Wellington

MAY
Sunday 13th May
Council Meeting
Saturday 19th May
ETPP Forum
Venue: Both meetings at Mercy Centre, Guildford Terrace, Wellington

JUNE
Forum 2007 23rd – 24th June
Venue: to be arranged

JULY
Saturday 28th July
ETPP Forum
Sunday 29th July
Council Meeting
Venue: Both meetings at Mercy Centre, Guildford Terrace, Wellington

SEPTEMBER
September 22nd - September 23rd
NZSMT Conference, WELLINGTON
Venue: to be arranged

Saturday 22nd September
ETPP Forum
Sunday 23rd September
Council Meeting
Venue: Both meetings at Conference Venue

Information about forthcoming events or material for those listed above to
The Executive Officer
NZSMT
P O Box 22364,
Khandallah 6035,
Wellington

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REGISTRATION BOARD NEWS

Chair: Judith Field
Registrar: Executive Officer
Lay Member: Tim Burns
ETPP Member: Claire Molyneux

The Registration Board register currently shows a record of twenty-one Registered Music Therapists of which one has lapsed, four are Provisional and the balance are fully registered.

The Board has seen several changes in its make-up since inception and this year farewells one of its longest serving members. We gratefully acknowledge the long period of dedicated service, commitment and contribution to the professional status of music therapy in New Zealand given by Peter Barlow who retires from the Board this year.

Peter’s position has been taken up by Tim Burns, Executive Director of Volunteering New Zealand, the national organisation established to promote and represent volunteering within New Zealand. Tim has worked for many years within the health and community services sectors and brings a wealth of experience to the Board. His voluntary community activities include serving as a National Councillor, Treasurer and Deputy Chair of Barnardos NZ, of which he is a life member. He has also served on the executive and sub-committees of the Wellington Division of the Cancer Society.

Claire Molyneux is Head of Clinical Services at the Raukatauri Music Therapy Centre in Auckland and was recently nominated as ETPP representative to the Board. She qualified as a Music Therapist from Anglia Polytechnic University (APU) in 1996 and completed a Masters in 2001. She has worked in the Child and Adolescent Mental Health Service (NHS) and in special education for the last 10 years and is a registered supervisor with the APMT. She has six years experience supervising Music Therapy trainees on placement and input as a guest lecturer to the course at APU, Cambridge, as well as supervising newly qualified and experienced therapists.

She has also spent two years as a regional area coordinator for the APMT and in this role, gained additional knowledge regarding the professional status of Music Therapists in the UK. She will bring valuable skills to the Board.

Next year will see many of the Practising certificates of current Music Therapists come up for renewal. Letters will be sent out as reminders to those to whom this applies but you should all take some time to check that your Practising Certificate is current and contact the Registrar for a renewal application form, if it is not.

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NZJMT

Authors wishing to submit material for publication in the next NZJMT should send their articles to:

The Editor
NZJMT
19 Kiwi St,
St Leonards,
Dunedin

Email: pentone@clear.net.nz

No later than the deadline date of 4pm on 31st December 2006.

No extensions will be available.

Merry Christmas and a Happy New Year
The New Zealand Journal of Music Therapy

NUMBER 4, 2006

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