

Editorial

Reading, Writing, Reviewing, Reflexivity

Alison Talmage

Editor, NZJMT

May Bee Choo Clulee 吳美珠

Assistant Editor, NZJMT

Kia ora koutou katoa.

Welcome to the 2021 issue of the New Zealand Journal of Music Therapy.

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Note on visual formatting: This editorial is presented as a sequence of speech bubbles, to suggest dialogue and reflection. Download a text-only version, as a Word docx¹ or pdf.²

As 2021 draws to a close, we reflect on another rollercoaster year in Aotearoa and worldwide.

Another year of taking one day at a time – whether together or apart; whether feeling safe, unsafe, stuck, or in limbo; considering our tech skills and access challenges; individual preoccupations, collective priorities, and equity issues.

What themes and significant events have emerged this year for music therapy in Aotearoa New Zealand?

The Symposium with its theme of collaboration ... followed by another lockdown.

Music Therapy Week's theme of kotahitanga, unity.

Collective weariness?

¹ <https://www.musictherapy.org.nz/wp-content/uploads/2022/04/NZJMT19-2021-Editorial-Text-Only-Version.docx>

² <https://www.musictherapy.org.nz/wp-content/uploads/2022/04/NZJMT19-2021-Editorial-Text-Only-Version.pdf>

We hope that what is curated between the covers of this year's journal reflects a commitment to be reflexive in professional practice contexts, as we respond creatively to the all the changes brought about by covid.

This year the journal opens with two reviews reflecting diverse expressions of creativity in our community.

May Clulee provides a tauwiwi response to *Tōku Pāpā*, a collection of poems by Ruby Solly about the intergenerational ties that bind:

"In the context of intergenerational trauma in te ao Māori, Ruby's healing spaces of safety and security are evident. The groundedness that comes from a deep intimate ancestral knowing shines through. I also felt a strong sense of the aroha afforded by her relationships with tupuna, Pāpā, and whānau, amidst all the challenges, complexities, and contradictions of life."

Fiona Hearn reviews *We Can Play*, a music resource featuring original material by music therapist Megan Spragg, a Melbourne-based New Zealander.

"The collection provides fresh ideas for those needing new inspiration and encompasses a good range of musical styles and suggested goals [...] We have limited resources written specifically for our Aotearoa New Zealand context. Music therapists improvise and create songs, but we do not often publish! I hope that more music therapists, both local and international, will be inspired to produce similar publications to benefit their communities."

These publications and reviews invite us to explore how creativity enables us to reframe our contexts, shift perspectives, and discover new insights.

In our first article Alvaro Saura Moreno reports on a group songwriting process with people living with early stage dementia: "Singing to humanity with affection and friendship... Listening to their voices made me realise the importance of our work as music therapists."

Angela Jeong (music therapist) and Becky Darroch (participant) share their experience of Becky's music therapy:

"Becky's journey did not begin as she wanted, but unfolded through her desire to speak via the letter board. [...] I (Angela) learned that there is more to be discovered between my clients and me..."

Alison Talmage and Suzanne Purdy present research interviews with current and potential neurological choir leaders:

"Consideration needs to be given to how a manualised protocol can also allow for flexibility, such as improvisation or song choice."

Sophie Sabri writes about Musicking Together, a community music therapy group:

"Our goals of connection, inclusion and self-expression are needed more than ever while we continue to cope with the pandemic."

Daphne Rickson encourages collaboration with the work of the World Federation of Music Therapy:

"... connect, stay informed, contribute, participate, and make a difference."

The richness and diversity of our music therapy practice in Aotearoa New Zealand is evident!

Rebecca Travaglia reflects on the use of archetypal themes and cultural identity in Marion Gordon-Flower's book, *Arts Therapies with People with Physical Disabilities*:

"This book offers a clear explanation of an *archetypal* approach, and how this is used as a therapeutic doorway for liberating unconscious creative processes in multicultural contexts. She draws on Jungian psychology to list archetypal concepts, including symbolic objects and shapes, mythological stories and creatures, narrative patterns, rituals, and spiritual notions. The universality of many of these symbols suggests that archetypal modes can be found across cultures."

We highlight a new edition of counsellor Simon Faulkner's book on drum circles, previously reviewed by Heather Fletcher.

This book "shines a light on the many applications and benefits of drum circle work, in the light of evidence-based, ethical and safe practice."

Don't miss the Proceedings of Music Therapy New Zealand's 2021 Symposium: Collaboration – an outstanding event squeezed in just before the sudden lockdown in August.

The annual Theses and Publications Alert celebrates Master of Music Therapy student theses – congratulations to all new graduates and graduands. This year we particularly congratulate Hyunah Cho on her PhD from the University of Otago, the fourth doctoral study in music therapy in Aotearoa New Zealand. The Alert also highlights professional writing by New Zealand Registered Music Therapists beyond this journal.

The creativity, collaboration and resilience celebrated in last year's journal has been evident as music therapists navigated another year of living with covid.

Congratulations to all authors and book/resource reviewers. The process of writing, submission, review and revision can be daunting. We thank you for your sharing your work and for the privilege of supporting you to publish and disseminate your ideas.

Our thanks too to all peer reviewers, our te reo adviser, image accessibility adviser, journal advisory panel, and proofreaders. We appreciate your time and commitment.

Read and reflect!
Professional reading supports safe, ethical practice.

Read, then write!
We aim to support people to develop reflexivity as writers.

We welcome genre experimentation and offer a choice of open or anonymous review.

We aim to prioritise collaboration and equity in the submission, review and editorial process. We encourage constructive peer review and offer support, such as video conferencing.

Read and share!
The journal contributes to the evidence base for music therapy, so do cite NZJMT articles when advocating for music therapy service provision.

In 2022 we will publish a landmark twentieth issue of the New Zealand Journal of Music Therapy. The editorial team have some preliminary ideas for a celebratory issue and welcome your suggestions.

We also welcome expressions of interest from potential new peer reviewers able to offer constructive feedback to our authors, and book/resource reviewers willing to evaluate new publications.

Submissions to the journal are welcome at any time. For publication within the calendar year, we request submissions by April 1st, to allow sufficient time for reviews, revisions, and editorial tasks. However, we maximise the advantages of a digital journal by offering an early online option the following year, once any accepted content is ready for publication.

But first... summer is here once again in Aotearoa New Zealand, and brings with it an invitation to reflect, relax and recharge. Whatever the year ahead holds for you, may it be filled with music!

Our pōhutukawa trees in flower remind me to rest and unwind - dod yn ôl at fy nghoed - literally, to come back to my trees.

平安是福
May you have an abundance of peace.