

Proceedings of Music Therapy New Zealand Symposium 2021: Collaboration

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Keywords

Music Therapy New Zealand Symposium 2021; music therapy practice;
music therapy research; collaborative practice

Citation

Music Therapy New Zealand. (2021). Proceedings of Music Therapy New Zealand Symposium: Collaboration. *New Zealand Journal of Music Therapy*, 19, 109-118. <https://www.musictherapy.org.nz/journal/2021-2>

Date Published

November 2021 (Early Online); (updated version) March 2022 (NZJMT, 19)

Abstract

These Proceedings record the activities of the Music Therapy New Zealand Music Therapy Symposium: Collaboration, August 13-15, 2021, in Ōtautahi Christchurch. The list of abstracts also highlights three articles in this issue of the journal arising from symposium presentations. An evaluation summary is included, based on a full report provided for the Convenor and Council (and previously published in the *MusT* newsletter, October 2021).

Symposium 2021: Convenor's Report

With a diverse range of professional presentations offered at our 2021 Music Therapy New Zealand (MThNZ) Symposium, we are delighted to be presenting you with these Proceedings. In partnership with University of Canterbury (UC) Arts, we felt extremely fortunate to have gathered together at the centre of arts activity in Christchurch, considering the challenging Covid environment we are living in. On Friday 13 August 2021 we began in the beautiful historic Great Hall of The Arts Centre to celebrate, learn, and exchange knowledge about music therapy practice in New Zealand.

The stunning sound of the pūtātara (conch shell) signalled the start of the mihi whakatau (Māori welcome) with UC and Arts Centre staff gathered on the stage to greet guests. The tangata whenua sang the waiata, *Purea Nei*. As Symposium Convenor and President, I had the honour of responding with “Karanga mai, mihi mai, tēnā koutou katoa,” to thank and give greetings to all. This was followed by a whakataukī that encapsulated the purpose of our weekend gathering, with the theme *collaboration*:

Nau te rourou, naku te rourou, ka ora ai te iwi.

(With your contribution and our contribution, the community will prosper.)

To conclude, Nolan Hodgson (Ngāi Tūhoe, Ngāti Awa) led MThNZ members in singing the waiata, *Āio Mauritau Āio* (Rollo, 2013).

I officially opened the Symposium and extended a welcome to all music therapists, MThNZ members, and attendees. Our special guests included Martin Chadwick, Allied Health Professionals Officer, Ministry of Health; Annette Rotherham, President, NZ Speech-Language Therapy Association; Ciarán Fox, Mental Health Foundation; Margaret Maw, President, Institute of Registered Music Teachers; Duncan Webb MP, Christchurch Central; Rosemary Fisher Canterbury Region Chair, NZ Choral Federation; Trevor Batin, Regional Manager Stand Tū Maia; Glenda Martin, Outreach Manager, Volunteering Canterbury; Kevin Watson, Acting Pro-Vice Chancellor Arts; Chris Archer The Arts Centre Creative Director; and other UC representatives.

Before the mix and mingle, and being served with delicious food and drinks, the MThNZ Chair, Helen Dowthwaite RMTh, spoke briefly about our organisation. Kimberley Wade RMTh (Southern Music Therapy) and Jen Glover RMTh (Raukauri Music Therapy Centre) shared snapshots of their experiences of practice in Christchurch and Auckland respectively.

It was very pleasing to be able to continue to offer such a high standard, and a rich mix of presentations over the weekend that more than met the expectations of those attending. This was achieved through no small measure, by the amazing efforts of the Symposium Coordinator – thank you, Barbara Lewis.

Our sincere thanks must go to the generosity of the presenters who shared their knowledge and expertise, and to Alison Talmage, NZJMT Editor, for publishing these Proceedings. A summary of the symposium evaluation, managed by Alison, in collaboration with Barbara Lewis, is included and expresses how overwhelmingly positively the symposium was received by attendees. I invite you to enjoy reading the abstracts that follow and related articles in this issue of the journal.

Symposium Evaluation

This summary is adapted from a report originally published in the Music Therapy New Zealand *MusT Newsletter*, October, 2021. The full report for Council is lengthy, because of all the detailed and thoughtful responses. Congratulations to the organising team and all presenters on a very successful event.

Positive feedback was received about the Friday evening mihi whakatau, introductory presentations, and meet & mingle, and the beautiful Arts Centre venue. The standard of presentations was exceptionally high.

Feedback about individual presentations has been sent to the presenter(s) concerned. This *box and whisker* graph shows the median evaluations of the presentations and range; – e.g. the median percentage of *Excellent* evaluations across all presentations was 79% (Figure 1). The symposium presentations abstracts are listed in Table 1.

Figure 1

Music Therapy New Zealand 2021 Symposium Presentation Evaluation

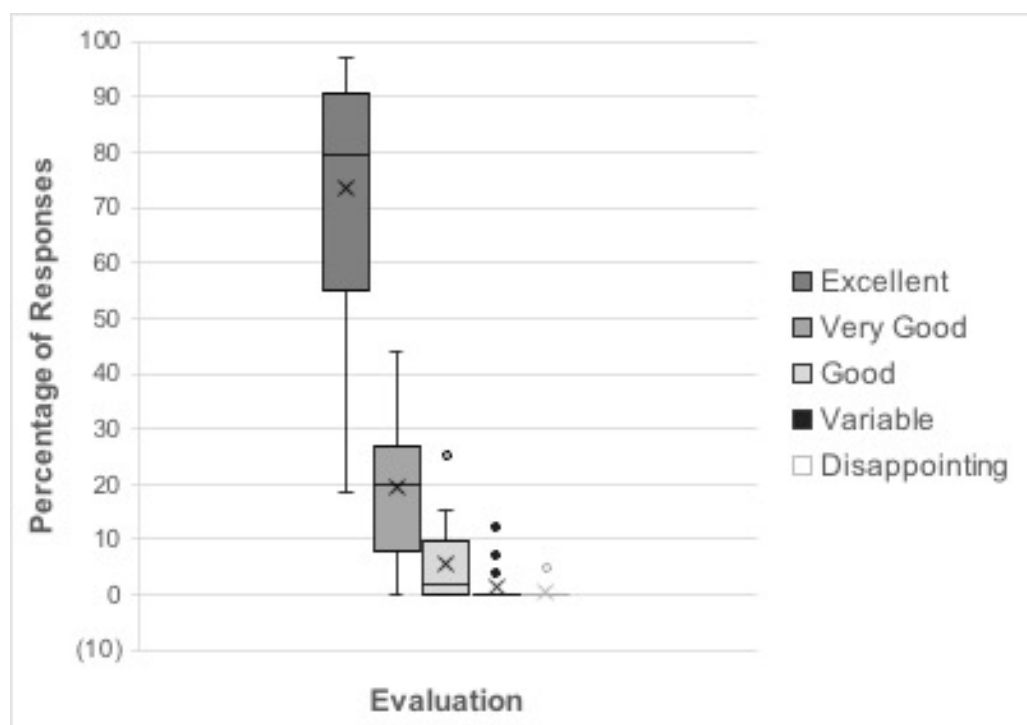


Image description: Box and whisker chart. The main information shown is median responses to symposium presentations: Excellent 73%, Very Good 19%, Good 6%, Variation 1%, Disappointing 0%.

Reflections about the discussion session – *Moving Forward with Bicultural Partnerships* – indicated that members anticipate future conversations building on this initial discussion. Many people made constructive suggestions for ensuring a safe space, open dialogue, and sufficient time and space for this important matter.

Presentation feedback suggested twelve aspects that symposium attendees particularly valued – these may provide helpful tips for our future presentations and events:

- Balance of theory & practice;
- Experiential components & musicking;
- Cultural diversity;
- Diverse contexts of practice;

- All stages of professional experience;
- Clients as co-presenters;
- Professional collaboration;
- Supporting whānau and community;
- Sharing challenges & strategies;
- Sense of humour;
- Presentation skills; and
- Concurrent streams (pros & cons).

The evaluation process also gave attendees the opportunity to provide suggestions for future presentations and ways to further improve our events. Thank you to everyone who shared their feedback – this will be very helpful for future event planning. Comments included:

“Huge thanks to the organising team! You did a fantastic job. Really appreciate all the hard work that went in to making it happen.”

“Partnership with the University of Canterbury was great!”

“So stimulating. Great team organisation. Such a rewarding weekend. So appreciated energy, organisation and connection.”

Reference

Rollo, T. (2013b). Āio Mauritau Āio. *New Zealand Journal of Music Therapy*, 11, 6-7.

Symposium Abstracts: Collaboration (2021)

Table 1

Music Therapy New Zealand Symposium 2021: Abstracts

No.	Citation	Abstract	Contact
1	Wade, K., Reimer, A., & Cantabrainers Choir. (2021, August 14). <i>Collaboration: Cantabrainers Choir interactive workshop</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	An interactive workshop – with the Cantabrainers Choir. A live 60-minute rehearsal with the Cantabrainers Choir members scattered amongst the audience. We will pause and discuss the reasons for the warm ups and chosen songs. Two members of the choir will also speak about the reasons why they joined the choir, and how they have found it beneficial to their recovery and/or quality of life.	kim@smtnz
2	Lowery, L. (2021, August 14). <i>Collaborative practice within Starship Children's Hospital</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	For the past three years the Raukatauri Music Therapy Centre has been providing music therapy as part of the Hospital Play Specialist Service at Starship. This presentation will give an insight into the collaborative development of the programme and how it currently supports children and young people through their hospital experience.	ollylowery@rmtnz.org.nz
3	Pureti, K., & McConnell, J. (2021, August 14). <i>A music and dance movement therapy collaboration to provide trauma-informed continuing professional development in early childhood centres around Northland</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	A unique collaboration between Katie Pureti NZ RMT and Jan McConnell, Dance Movement Therapist, has led to the Ministry of Education funding professional development for early childhood centres across Northland. This project focuses on supporting tamariki who may have experienced trauma	katie.pureti@gmail.com

No.	Citation	Abstract	Contact
4	Jeong, A.A.Y., & Darroch, B. (2021, August 14). <i>Autistic individuals can teach if some are ready to listen</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	Through the case of Becky, the use of letter boards and their ability to promote self-expression are evident and supporting of a client-centred music therapy approach. Communication with this assistive device has enabled the client to present their authentic self and further educate the therapist.	angelajaeong@mtc.org.nz Note, see related article in this issue of the journal
5	Payne, L. (2021, August 14). <i>An integrated response to trauma: Sensory exploration, emotional regulation and music therapy</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	It is important for us as music therapists to understand, differentiate and amalgamate both sensory and emotional regulation techniques into our practice. This presentation will discuss the autonomic nervous system, the eight senses and how they relate to trauma informed care in children and adolescents.	musicalmilestones nz@gmail.com
6	Menzies, M., & de Lautour, R. (2021, August). <i>Demonstrating the collaborative process: The viola and live digital processing</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	In collaboration with Prof Mark Menzies, Dr Reuben de Lautour will give a 12-15 minute performance of a musical work for viola and live digital sound processing, followed by a discussion of the collaborative process and how the way that performers interact with reactive live digital sound processing influences the creative process.	reuben.delautour @canterbury.ac.nz
7	Talmage, A., (2021, August 13-15). <i>Music Therapy New Zealand Morva Croxson Prize: Working together to encourage emerging professionals</i> [Poster presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	This poster presentation aims to encourage entries for the Morva Croxson Prize, established in 2017 to establish student and new graduate writing. Past winners and judges will be highlighted, alongside FAQs and information for potential entrants.	nzm1@musicther apy.org.nz

No.	Citation	Abstract	Contact
8	Talmage, A., & Clullee, M.M.C. (2021, August 13-15). <i>New Zealand Journal of Music Therapy: Our People, Our Stories</i> [Poster presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	This poster presentation highlights the values, purpose and scope of NZJMT. The presenters will clarify the publication process, and the roles of editors, reviewers and advisers. It is hoped to generate discussion as a more diverse journal is developed that fully represents our practice and research in Aotearoa New Zealand.	nzjmt1@musicther apy.org.nz
9	Trinick, R. (2021, August 14). <i>My moko and me: Our musical collaboration</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	My moko (grandson) is three years old and has PURA syndrome, a rare neurodevelopmental disorder characterised by a range of intellectual and physical challenges. As a music educator, I use my understanding of the value of music to nurture his growth in affective, aural, physical, intellectual, social, cultural and linguistic ways. Together we sing, dance, play a range of musical instruments, explore sounds and listen to a broad range of music. I share my perceptions of the impact music has had on his overall development – the successes, the challenges, and the surprises.	r.trinick@ auckland.ac.nz
10	Bolwell, E. (2021, August 14). <i>Collaboration with education professionals to support wellbeing and social and emotional development in a primary school setting through a "rhythm for wellbeing" programme</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	In Christchurch it is recognised that children may be showing anxiety after significant events in the region. Rhythm4wellbeing offers group rhythm and reflective activities to support the health curriculum in a fun and motivating real life context. The schools' core values are represented in the programme. The positive effects of rhythm to increase emotional regulation provide a research base for the programme.	lizbolwell @gmail.com

No.	Citation	Abstract	Contact
11	Jourdan, N. (2021, August 14). <i>Moving forward collaboratively: Professional growth and growing as a profession</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	What value do you, as a registered music therapist, get from completing the annual practising certificate application form? Does it make you think about your practise, or is it a necessary evil? What is relevant CPD to show the Registration Board your clinical and professional growth? Linking goals with work and professional growth and looking for these connections.	jourdan.neil@gmail.com
12	Rickson, D. (2021, August 15). <i>Collaborating with the World Federation of Music Therapy</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	The World Federation of Music Therapy (WFMT) is an international non-profit organisation bringing together music therapy associations and individuals interested in developing and promoting music therapy globally through the exchange of information, collaboration among professionals, and actions. Examples of their work will be shared and suggestions invited regarding future collaborations.	australianewzealand@wfmt.info Note, see related article in this issue of the journal
13	Kelly, L. (2021, August 15). <i>Music therapy as an intervention for children who have experienced trauma</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	This presentation will look at how music therapy can be an effective intervention for children who have experienced trauma. I will look into how early trauma can impact brain development and discuss how music therapy can provide a different approach to trauma intervention. I will present multiple case studies from my work.	lucy@smt.nz or lucy.kelly@standtochildren.org.nz
14	Cho, H. (2021, August 15). <i>A culturally sensitive "wif" healing model</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	The "wif model" emphasises the significance of the cultural musical context in music therapy practices and suggests a new framework for collaborating different musical culture in music therapy practices.	hyunahanes@naver.com

No.	Citation	Abstract	Contact
15	Polczyk-Przybyla, E. (2021, August 15). <i>Collaborating with a fellow music therapist to transition into a new position</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	Departing managed isolation and commencing work for the Raukatauri Music Therapy Centre in Hawke's Bay, then working collaboratively with the existing therapist in each session over a two-week transition period proved to be both challenging and really special. An insight into how we worked together as music therapists, the vulnerability and the cohesion I experienced.	ellapolczyk@mtc.ac.nz
16	Kingi-Kaui, M.-I. (2021, August 15). <i>Ngā taonga puoro pouhine ororo</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	Taonga puoro sound bath and healing.	
17	Wallace, L. (2021, August 15). <i>Working it out together</i> . [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	Empowering community support workers to use music to help adults with learning (intellectual) disabilities.	lizwallacent@gmail.com
18	Sabri, S. (2021, August 15). <i>Musicking Together: Collaborating with local musicians and music therapists</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	This presentation describes a collaborative music therapy project that runs monthly in Wellington and is open to anyone. The presenter will tell the story of their initial vision for to project to the unexpected benefits and challenges that have occurred on the way.	musicwelltherapy@gmail.com Note, see related article in this issue of the journal
19	Talmage, A. (2021, August 15). <i>Songwriting with the CeleBRation Choir: A matrix of approaches to support identity, communication, and advocacy</i> [Presentation]. Music Therapy New Zealand Symposium: Collaboration, Ōtautahi Christchurch.	This music-centred presentation will discuss songwriting with and for the CeleBRation Choir, whose participants are adults living with neurogenic communication difficulties, supporters and volunteers. Approaches will be considered in the context of a social model of communication rehabilitation and Wood's (2016) matrix for community music therapy practice.	alison.talmage@auckland.ac.nz