

1975

Newsletter of the New Zealand Society for Music Therapy Inc.

President Mr. Gerald Kember  
Editor ♦ Marion Rayward

Secretary Penny Phillips

This first newsletter of the New Zealand Society for Music Therapy is an attempt to share with members some of the latest activities and moves toward new areas of therapy in New Zealand; articles from members studying overseas are included and reports on discussions with the Department of Education on progress toward In-service Training of therapists and the setting up of training courses. Information that members would like to share with their colleagues would be most welcome for future issues, along with news of the establishment of branches, seminars and workshop sessions.

A supplement on courses overseas is also included to encourage students and teachers who hope to further their knowledge independently outside New Zealand. Further information may be obtained from Eleanor Lightfoot, Box 6117, Upper Riccarton.

Annual General Meeting

1975

The annual general meeting of the New Zealand Society for Music Therapy was held at Judith White's home on Saturday, May 3rd. Members travelled from as far apart as Christchurch and Auckland and a new National Committee was elected.

President Gerald Kember  
Treasurer Alan Nicholls  
Secretary Penny Phillips

Members Bill Keith (Auckland)  
 Eleanor Lightfoot (Ch'ch)  
 Morva Croxson (Pal. Nth.)  
 Marion Rayward (W'gton)

Dr. Arthur Fieldhouse (W'gton)  
 Alison Harding (W'gton)  
 Paula O'Regan (Dunedin)  
 Judith White (W'gton - co-opted)

This nationally selected committee represents interests in many fields - Audiology, psychology, music education and special education in the four main centres. Its function rests mainly on its representation of the Branch Societies in their efforts to improve the conditions of therapists in the field; the establishment of training courses in music therapy, both short In-service Courses and extended courses resulting in recognition of a career in music therapy; and approaches to various departments and organisations in order to implement these plans.

On Sunday 8th June, the committee met to prepare submissions to present to Mr. Bill Renwick, Director-General of Education (designate) regarding the training of music therapists. In informal discussions Mr. Renwick had declared himself to be most interested in the Society's plans and had made it clear that he would welcome submissions in this area.

A sub-committee of Gerald Kember, Dr. Fieldhouse, Paula O'Regan, Bill Keith and Judith White were delegated to meet Mr. Renwick. The latter had invited Dr. Stanley Mirams (Health Dept) and Mr. David Ross (Special Education) to attend the meeting also.

Amongst points that were raised were developments since Conference. These included the formation of the National Executive and four local branches, the preparation of this newsletter, research into the curricula of overseas training courses, moves towards Claus Bang's visit in 1977, the advancement of music therapy in many areas following the visit of Nordoff and Robbins, and the development of workshop sessions.

With regard to In-service Training, support was asked for Mrs. Joan Stevens of Wellington who has taken leave from her position at the Correspondence School to visit Denmark, America and England at her own expense basically, with some aid from the Society. It is hoped that on her return Mrs. Stevens will be involved in In-service training of a short course or workshop type for those already working in the field and also those who may be interested in making a beginning in music therapy. Support was asked for the inclusion of Education Department Music Advisers from each area in these courses.



The need for New Zealand educators and musicians to travel overseas to explore the administration and course content of degrees and diplomas offered by various institutions was stated by the committee and recognised by Mr. Renwick. The encouragement of overseas specialists to visit New Zealand to advise in the development of professional training was also explored.

Areas of need where music therapists work is most in demand were outlined. In the physical area for the blind, deaf and crippled; in the hospital in geriatric and children's wards, psychological services and rehabilitation centres; with the mentally retarded in IHC and special schools, and in prisons and detention centres.

In the long term it is hoped that full courses will be established in New Zealand using technical institutes and teachers colleges, and opportunities for overseas training with support from the Department of Education will also be available.

Department support and participation in the Claus Bang visit in January 1977 was requested and favourably received by Mr. Renwick. Dr. Fieldhouse was requested to set up a co-ordinating committee with Mr. Ross and Dr. Mirams to discuss this visit to New Zealand.

The possibility of the inclusion of a Departmental Officer with special responsibility for music therapy in the Curriculum Unit was also discussed.

From this successful initial meeting have come many useful ideas with which the aims of the music therapy society can be advanced. It is hoped that many more such productive discussions can be arranged.

The National Committee meets again in Wellington on Sunday, July 6th.

-----000-----

A letter has been received from Joan Stevens in New York where she is studying Music Therapy at the Turtle Bay Music School while working part-time. Here are extracts from Mrs. Stevens' letter which may be of interest to you.

"The news of additional support from Mrs. Lindgren was very heartening and I would be grateful if you could pass on to the N.Z. Society for Music Therapy my feeling of delight in realising their keen hopes for me to continue on to the Guildhall Course. It is extremely pleasing, too, to find that the officers of the N.Z. Dept. of Education have granted me the leave of absence necessary to undertake this work....."

"I have written an Air Mail letter to Mrs. Lindgren at the Majorca address and hope to meet her as soon as possible, to thank her personally. In my letter I tried to outline some of the experiences I have met here, and my thoughts as to how I might, in some small way, help the spread of Music and related arts Therapy in my beloved country. As you will guess, no doubt, I have no possible intention of staying away from N.Z. any longer than is necessary."

"It was wonderful to receive the February Conference report, especially Miss Lightfoot's research project - and I am sharing it with Mrs. Jean Mass (Chairman - Arts-in-Therapy Programme) and the Music Therapy Student group at Turtle Bay Music School. They are very interested in hearing about background and progress in N.Z. Music Therapy scene, and I fancy many would be anxious to come and work in N.Z. Full-time jobs here are rather more limited than we might be led to believe, and generally they arise from Special Education programmes, or preliminary, unpaid volunteer work in Mental, General and Geriatric hospital systems. Sometimes the volunteer services have to cover general recreational activity of all kinds, and can go on for 2 - 3 years before the therapist is accepted in his or her own subject field by the medical or governing authority in these institutions. So you see, Music is still rather a 'Cinderella' in the therapy field here also, where it is accepted as an equal partner with occupational, speech, physio, psycho, drama and art therapies etc., and therapists, doctors and nurses work as team members to share helpful information, the patient naturally benefits, and the atmosphere in places where this sharing and overlapping of services takes place is usually a very happy and positive one. However, I can only speak of the little I have been able to observe and hear of in this area, for conditions and attitudes vary so much from place to place. There is, however, a solid core of dedicated, well-trained people in the process of obtaining Registration Status for the lesser-known therapies, and their standards of acceptance are extremely high."

-----00-----



BRANCH SOCIETIES

Notes from Alan Nicholls

BAY OF PLENTY President - Richard Charters

The branch was established on 16th May with a talk by Margaret Knight, and demonstrations by Edna Garner, children of Kea St. school and Lucilla Quin's adult trainees. Approximately fifty people were present.

AUCKLAND President - Mrs. Mary Edwards Sec'y/Treasurer - Mrs. Marie Franklin  
Committee Members Mrs. Aileen Stead (IHC Soc'y); Mrs. Cathy Haswell (Physio-therapy Tutor); Miss Eleanor Rose (Music Therapist Voluntary, S.A.M.A.C.); Mrs. Lee Goffin (Cerebral Palsy School); Mrs. Joanne Reid (Music Teacher and IHC); Mr. Peter Macedo (Crippled Children's Soc'y, Recreational Officer); Miss Inge Gregorius (Physio-therapy student, music a specialty).

The branch was established on 28th May with talks by Edna Garner, Michael Ahrens, Aileen Stead and Natasha Artemiev to an audience of approximately 40 people. Meetings about every three months are planned to which guest speakers will be invited.

HAMILTON

This branch was established on the 15th June with a workshop by Mary Edwards including her work with the blind at Homai College, and a session by Margaret Knight on her work at Tokanui Hospital. Fleur Stark, Music Adviser to the Sth. Auckland Board was also involved in the organisation of this meeting. We believe many interested people could not find places in the hall.

CHRISTCHURCH

An inaugural meeting in July is planned by Eleanor Lightfoot. David Sell has offered the support of the Music Education Society in the establishment of this branch.

DUNEDIN

Paula O'Regan, in association with her kindergarten student teachers is to inaugurate a local society with a workshop session.

MUSIC THERAPY MATERIAL

A bibliography of material held in Teachers College Libraries, Universities, Public Libraries etc is being compiled. Any members who know of material that could be available on interloan should inform the National Secretary of titles, type of material (e.g. films, video-tapes, books, magazines etc), where held etc.

Wellington Teachers College

Video tape of Nordoff-Robbins sessions with handicapped children in Christchurch, first seen on T.V. 'This Afternoon' programme.

Alvin, Juliette -	Music for the Handicapped Child OUP 1965
Nordoff, Paul & Robbins, Clive -	Music Therapy for Handicapped Children
Priestly, Mary	- Music Therapy in Action (Constable 1975 \$7.75)
Sheehy, (Ed)	- Children Discover Music and Dance (Holt 1952)
Gray, V. and Percival, R.	- Music, Movement and Mime for Children (OUP 1962)
Papers and Articles from the American Society for Music Therapy 1955 - 1960 (Bound Volumes)	

These last books and tape are available on loan and it is also possible to buy some of the books from Whitcoull's Mail Order Dept, Queen's St., Auckland; Peryer's Bookshops in Christchurch and Auckland and Reed's Books, Ghuznee St., Wellington.

Future Newsletters will be produced at regular intervals and we will welcome any news items from the branches-happenings plus extracts from articles of interest. Please send this information to the National Secretary or Miss M. Rayward, 1 Cardrona Way, Karori, Wellington.

Penny Phillips  
National Secretary.

Secy's Address: 47 London Road,  
Korokoro, Petone.



## REQUIREMENTS AND COURSE CONTENT OF OVERSEAS

### MUSIC THERAPY COURSES

CLAUS BANG Aalborgskolen, State Special School

A year's course, one day a week for 35 weeks. The 15 participants are teachers in special education areas, with musical background and possessing skills in musical exercises with children and able to play the piano or the guitar.

There are 12 instructors covering the different areas of music and special - education.

#### Course Content

Music Therapy methods - theoretical and practical	170	hours
Anatomy and Physiology	8	"
(concentrating on auditive, visual, motoric defects)	8	"
Psycholinguistic, speech-development and Psychology	8	"
Clinical Psychology and Institutional Psychology	8	"
Introduction to the Course and Evaluation	8	"
Total	210	hours

The groups of handicapped concerned:

Mentally retarded, emotionally disturbed, physically handicapped, visually impaired, hearing handicapped, perceptually disabled, culturally different, speech handicapped, brain injured, and normal children and adults.

#### Course at Goldie Leigh Hospital

#### Nordoff and Robbins Techniques

##### Autumn Term

- I. Preparatory work directed by Course Tutor
  1. Hospital Management and Organisation
  2. Observation and interaction with children at Heathview School
  3. Physiotherapy - 2 or 3 seminars of theory and observation of Physiotherapy.
- II. Medical Background  
3 seminars led by Consultant Pediatrician including discussion of severe subnormality; Down's syndrome; cerebral palsy; epilepsy; and other childhood pathologies.
- III. Weekly Psychology seminar throughout the year
- IV. Music Study
  1. Instruction in Nordoff's preparatory exercises for keyboard improvisation
  2. Weekly group improvisation classes.
  3. Weekly individual lessons in keyboard improvisation
- V. Orientation towards therapy in music and practical work.
  1. Introductory lectures on individual and group music therapy
  2. Observation of individual therapy already going on in Hospital
  3. Observation and practical participation in group music therapy activities.
- VI. Fortnightly visits to other schools, hospitals, institutions etc.

##### Spring and Summer Terms

under direction of Nordoff and Robbins

1. Observation and analysis of sessions taken by N. & R. and study of use of rating scales.
2. Instruction in playing for and leading group activities and playing for individual sessions. Tuition in clinical improvisation.
3. Advanced instruction in musical and clinical techniques and arranging music for group work. (in teams of two.)
4. Detailed records of observations and work with children will be required from students.

Applicants should have reached a professional standard of piano playing e.g. L.T.C.L. and have had experience in working with handicapped children.



MUSIC THERAPY MINIMUM EDUCATIONAL STANDARDS  
N.A.M.T. INC. (U.S.)

MUSIC THERAPY, a minimum of 10 hours including

Psychology of Music I	2 hours
Psychology of Music II	2 "
Influence of Music on Behaviour	4 - 6 "
Music in Therapy	
Therapy Orientation (Course and/or Clinical)	0 - 2 "
Internship in Music Therapy	10 - 12 hours

Psychology or Educational Psychology

The following courses must be taken:

General Psychology

Abnormal Psychology

Selections from the following are recommended:

Psychology of Exceptional Children

Educational Psychology

Group Dynamics

Survey of Special Education

Experimental Psychology

Social Psychology

Sociology and Anthropology

At least one course in either of these. Other courses to be selected with assistance of the adviser. Selections from the following are recommended.

Delinquent and Normal Behaviour

Culture and Personality

Social Conflict

The Family

Culturally Learned Behaviour of American Minority Groups.

66 hours

MUSIC

Basic Theory	- 2 years, including rhythmic and music dictation, sight singing and harmony
Music Literature	- History of music, one year
Applied Music	- Proficiency in voice or instrument of student's specialty
Piano	- Great stress on sight playing, accompanying, transposition improvisation, playing by ear.
Voice	- pref. classical voice, including methods.
Organ	- optional
Orchestral & Band	
Instrument	- Instruction and experience in the various families of instr.
Conducting/Arranging	- Basic work in arranging and adapting for small groups of instruments and/or voices.
Recreational Music	- Guitar and other non-symphonic instruments: rhythmic instruments for children and adults.
Ensembles	- Two years recommended

30 hours

GENERAL EDUCATION

Other subjects such as:

English and speech ( esp. drama)

Natural Sciences and Maths (esp. Biology, Anatomy, Physiology)

Social Sciences

Physical Education.

GENERAL ELECTIVES

6 hours

Total 128 semester hours.

followed by six-month period of clinical training in an approved Music Therapy programme under direction of a Registered Music Therapist - preceding granting of degree.