



(Image description: Daffodils with blue sky)

Contents

From the Interim Chair.....	1
From the Executive Officer	2
Dr. Daphne Rickson, ONZM.....	3
Music Therapy Week 2022.....	4
MThNZ National Workforce Survey.....	5
Celebrating Awhatanga - Creativity	5
BIC codes.....	6
Featured Therapist	7
Southern Music Therapy and the Braintree Trust	7
IHC Library.....	8
Meet the Nelson Tasman Music Therapy Collective	9
Rhythm2Recovery PD.....	11
Song writing Workshop.....	11
Wellington Regional Group.....	11
Acknowledgments.....	11

From the Interim Chair

Kia ora koutou katoa,

This is my first MusT since coming onto Council in November 2021 and taking on the role as Interim Chair in April when Helen Dowthwaite moved into the permanent Executive Officer role. It has been a fast learning curve and it has been a privilege to be part of a Council supporting Music Therapy alongside the progress we, as Council, have made in recent months.

Recent work has included signing off our updated strategy that we shared as part of the April MusT, completing our Annual Budget, our Financial Accounts planning for the Annual General Meeting (AGM) at the end of September as well as engaging with various

entities in the Health sector as we see the changes coming to the sector. The AGM is an opportunity for us to share with you more detail on these matters alongside the projects we have in place to deliver on our strategy. As part of that meeting we intend to update you on the preliminary work we have done on updating our Constitution which we are required to complete by 2026 due to changes passed by Parliament in respect to the Incorporated Societies Act 2022. We are not seeking sign off on these changes at the AGM but we are seeking your feedback on our journey of travel to inform next stages of our work plan before we get too far down this path, noting the changes will need to formally come before members at coming AGM's.

We are very pleased to be also able to support, by way of funding and to incorporate, The Grounding Workshop as part of our AGM day. The outline for this workshop looks to be a very informative day for us all.

Beyond the AGM, planning is well underway for Music Therapy week, look out for communications from Helen our EO on that topic.

I trust that you enjoy this read of MuST and I look forward to seeing as many of you as possible at the upcoming AGM.

Ngā mihi nui
Stephen Guerin

Whāia te mātauranga hei oranga mō koutou
Seek knowledge for the sake of your wellbeing

From the Executive Officer

Nau mai nga pai
Nau mai kia nui
Kia hāwera ai

*Welcome all things that have grown
Welcome all things that are good
May they be plentiful and abundant*

Tēna kotou, greeting to all members and welcome to any new members. I'm very excited to be introducing this Spring edition of MuST.

Since our last edition back in April, I have been adjusting to my new role as Executive Officer and feel more on top of the day to day administration, and I have been working closely with our Council to plan some great events for the remainder of the year and next year. This includes Music Therapy Week 2022, the MThNZ Conference 2023 in Wellington, as well as celebrating 50 years of Music Therapy New Zealand! It feels like the light at the end of the tunnel after almost three years of uncertainty and disruption from the impacts of the pandemic; as a membership we are able to meet in person again and I look forward to seeing some of you at the upcoming AGM and The Grounding Workshop on the 25th September in Auckland.

You would now have received all of the AGM documents and nominees for Council. I am thrilled that we had nine nominations which means we have a ballot, as there are eight positions on Council. Please do not forget to vote and send them in by 5pm Saturday 24th September (to the PO Box Address or via

[email](#)). Your vote matters and is a chance to have your say on who represents MThNZ for the next couple of years.

We only had one nominee for President therefore I am very happy that Linda Webb will remain as our current President, of which she does a superb job.

In light of Daphne's recent Queen's Birthday Honour (see page 3), I would like to acknowledge the passing of HM The Queen Elizabeth II, and her 70 years of commitment to service and the community. HM King Charles III a supporter of the arts, sustainability, medicine, the environment and of course, music therapy.

The Australian Music Therapy Association 2022 Conference is coming up on 30 September, and congratulations to Dr. Carolyn Shaw RMTh, keynote speaker. I know some of you are going over to Melbourne to attend the conference, we would love to hear your reviews.

Finally, thank you to the Aotearoa Crisis Intervention Special Interest Group for your support in response to the flooding in Nelson and other parts of the South Island last month. We hope that our members are getting back to some normality.

Keep a look out on our website and social media, we have a new video due to be released thanks to funding we received from the Hugo Charitable Trust.

Hei konā mai,

Helen Dowthwaite,
Executive Officer and MusT editor.

If you have any articles, contributions, comments or feedback for our MusT newsletter, please do not hesitate to get in touch info@musictherapy.org.nz.

Dr. Daphne Rickson, ONZM



(Image Description: Portrait of Dr. Daphne Rickson, smiling)

Adjunct Professor Dr Daphne Rickson is a NZ Registered Music Therapist (NZ MTh), recently retired from the New Zealand School of Music – Te Kōkī, Victoria University of Wellington – Te Herenga Waka. Daphne's work as a RMTh, researcher, lecturer, presenter, author, and journal editor has had a significant impact on the growth of the profession in New Zealand.

Daphne has established a wide reach internationally too. Daphne qualified as a music therapist in the 1990's when training was available through an accreditation scheme coordinated by the New Zealand

Society of Music Therapy (now known as Music Therapy New Zealand - MThNZ). She was on the National Council for many years before becoming Chair of MThNZ from 1997-2002 and was made a Life Member and President Emerita in 2013.

She completed a Master of Health Science (University of Otago, 2002), Master of Music Therapy (Massey University, 2004), and achieved New Zealand's first PhD in music therapy (New Zealand School of Music - NZSM, 2010). She has established an international reputation as a music therapy educator and researcher.

Since 2004 Daphne has been a lecturer, and retired last year as an Adjunct Professor, in Music Therapy at the NZSM – Te Kōkī (formerly Massey University and now Victoria University of Wellington – Te Herenga Waka). She has educated and supervised many music therapists who have established successful careers in New Zealand and overseas, and has an international reputation as a music therapy researcher and author who is held in high regard, and is considered an inspiration for other writers. Renowned for her inclusive, creative and caring approach as an excellent teacher, she has made a huge contribution to shaping the thinking of the next generation of music therapists in New Zealand.



(Image description: Daphne, smiling)

We were fortunate to receive a special photo of Daphne at her investiture, which occurred on the 21 September.

Congratulations, Daphne!

Music Therapy Week 2022

14 November – 22 November 2022



(Image description: MTW logo)

The theme this year is 'Make the Change', and we wanted to focus on an awareness campaign instead of focusing on events; we will be enlisting the help of Elephant Publicity again to roll out the campaign.

This year we will be conducting interviews with NZ RMTs around the country, outside of the two main cities, with a focus on why music therapy is a great career choice, and encourage people to consider it as a career option. If you are interested in being involved, please let us know.

Don't forget to wear your official free MThNZ T-shirt over the course of the week and think about what you might do in your workplace for music therapy week, host a morning tea or have a sing a long and tag @MusicTherapyNewZealand on social media. If you haven't got a T-shirt – email me at info@musictherapy.org.nz.

MThNZ National Workforce Survey

The purpose of this survey is to gather data about current music therapy provision in New Zealand and to gather information about the activities of Music Therapy New Zealand (MThNZ). The collected information will be used to inform MThNZ's ongoing Strategic Plan and to further enhance the development of music therapy in New Zealand in accordance with our objectives. Effective advocacy for the music therapy profession requires current data with work currently underway in the Education and Health Ministries. Previous surveys of this nature were completed in 2008 and 2016, it is very important for the development of music therapy within New Zealand that you take the time to fill out the survey.

Please ensure you read the privacy statement at the beginning of the survey.

Please follow this link to fill out the survey:

[FILL IN SURVEY NOW](#)

Celebrating Awhatanga - Creativity

Music therapists tend to be a creative breed, resourceful with a 'can-do' approach. This is especially evident in the music we write to meet the specific needs of the individuals, families, groups and communities we work with.

We are pleased to promote three music therapy resources created by music therapists in or from New Zealand in this issue. There are two songbooks full of original music therapy material available for free download on the website and an album available for purchase online.



Songs from NZ Music Therapy

Greetings ~ Feelings ~ Movement
~ Playing ~ Farewells



Edited by Alison Talmage

(Image Description: Front page of the 'Songs from NZ Music Therapy' book)

1. Songs from NZ Music Therapy: Greetings, Feelings, Movement, Playing, Farewells (2013) was edited by Alison Talmage and published jointly by MThNZ and RMTc. It contains twenty-two tried and tested songs written by a variety of composers. As the title indicates, it includes songs for greeting and farewell, songs about feelings, and songs for playing and moving.

In one of the book's forewords, Dr Daphne Rickson encourages the use of these songs. "Honour the composer's intentions, value their significant efforts highly and acknowledge their work consistently; but most of all pay them tribute by drawing on their material. Take this very good resource; use it, appreciate it and tell others about it."

Joan's Songs

A collection of music therapy songs by Joan Webster



(Image Description: Front page of the 'Joan's Songs' book)

2. Joan's Songs. A collection of music therapy songs by Joan Webster. (2015). Christchurch based Joan is now a retired music therapist and life member of Music Therapy NZ. This anthology of songs from her work contains fifteen songs including greeting and farewell songs, songs to foster social skills, autonomy and movement. Joan's goal was for these songs to be freely shared with other music therapists in New Zealand.



(Image Description: Front cover of 'We can play' album)

3. We Can Play (2019) is an album of songs by New Zealand born and now Melbourne based therapist Megan Spragg. The album is full of upbeat songs for playing different instruments, movement, encouraging use of the voice and more. It is available on Apple Music, YouTube or YouTube Music.

BIC codes

Information on BIC Codes for Registered Music Therapists MThNZ has recently had several enquiries regarding which Business Industry Classification (BIC) code music therapists should be using for their self-employed /contract work.

We have received advice from ACC that currently music therapists should use BIC code Q879025 Counselling service not elsewhere classified. This includes psychological, debt, family, and relationship (except marriage) counselling services. It also includes psychotherapy and counselling services not covered by any other code. Submissions for feedback for the 2019 to 2021 financial year levy classifications open in September. MThNZ will be looking to put in a submission for a code which more accurately describes music therapy services.

MThNZ would like to hear from anyone interested in being involved in this important piece of work.

In the meantime, RMThs should use BIC Code: Q879025.

Featured Therapist



(Image Description: Portrait photo of Andrew Tutty, smiling and wearing a red T-Shirt)

Andrew is a Music therapist working as part of the team at Kimi Ora School, a school for students with high and very high needs in Wellington and Hutt Valley. Andrew has been working as a music therapist at Kimi Ora School for 15 years, since graduating from the NZ School of Music in 2007; he is also a member of the leadership team at Kimi Ora.

At Kimi Ora School Andrew works alongside another Music Therapist Hazel Barrett. They are part of a wide and varied transdisciplinary team; this provides the opportunity for learning and collaborating with a range of other specialists. The transdisciplinary team model allows loads of rich ideas, thinking, and creating.

Kimi Ora School has really benefited from being able to host students from the Music Therapy programme. Andrew really enjoys the experience gained from having students spend time during placement.

Andrew lives in Lyall Bay with his wife Alicia and their 9 year old son Fred.

Southern Music Therapy and the Braintree Trust



(Image Description: Southern Music Therapy Logo)

The Braintree Wellness Centre has officially opened and we have a clinic space inside! We are very fortunate to be able to share our space with two founding partner organisations - [Multiple Sclerosis & Parkinson's Canterbury](#) and [Dementia Canterbury](#) with many more on board like [Southern Music Therapy](#) (that's us!), [Stroke Foundation NZ](#) and many more to come! The [BrainTree Wellness Centre](#) is an innovative, first-of-its-kind facility in Ōtautahi-Christchurch that was established in 2017 with the goal of developing a wellness centre for those living with neurological conditions, construction of the building began in March 2021, and the centre opened its doors to the community in July 2022 thus creating a safe space for clients and their whānau to connect

MuST



September 2022

Page | 8

with others, feel heard & express themselves, as well as encourage engagement with other support services that we could not be more proud to be a part of.

We opened our space due to client demand with the intention to reach as many people as possible within the community, so setting up a sustainable practice was incredibly important to us. With the help from [Music Therapy New Zealand](#) (MThNZ), we were able to achieve this. We, Southern Music Therapy, were incredibly fortunate to have received a grant through MThNZ from the Ronnie's Fund, we could not be more grateful. The benefactor of the Ronnie's Fund acknowledged the challenges faced when setting up new ventures like this and have generously contributed to a portion of our lease and car park costs for the first year, we are also incredibly thankful to have received the Lindgren Grant to help us set up our clinic space with some new instruments and acoustic panelling, so we are not the noisy neighbours! Again, we thank you Music Therapy New Zealand for your kindness & support in helping us make a difference in our clients' lives, it means the world to us all.

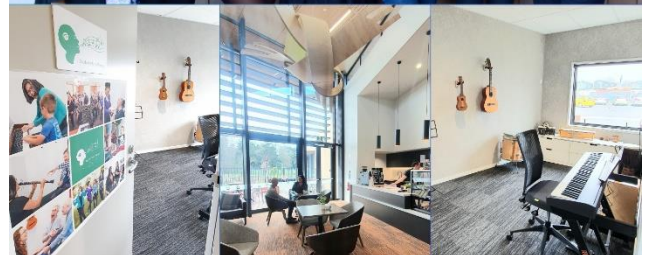
The Braintree Wellness Centre located at 70 Langdons Rd in Papanui puts us at the heart of the community of those with neurological conditions. Last week we were able to run a pilot for the Cantabrainers Choir in our new shared space, which was amazing. It is also incredible to think that with this opportunity it has meant that many of our clients have now decided to come into this space for their private sessions, which has meant they have left their homes for a first time in a long time, this could not make us more proud as it provides them with a non-clinical space for therapy that they say "feels friendly and open".

We look forward to hosting many MThNZ events here with the opportunity to use these "friendly & open" spaces as well as state of the art technology. Music Therapy is such an

excellent tool for people with conditions such as Stroke, Huntington's dementia and Parkinson's, there is so much potential for exposure and growth in this area, especially when it comes to the world of neurological conditions.

If you'd like to come and visit us and our new space, please send us a message and arrange a time to come for a coffee (yes there is also a cafe onsite) or better yet just pop in and be noisy, oops we mean nosey!

If you would like to learn more, please check out The Braintree Wellness Centre website and please spread the word, the more that know, the bigger impact we will have in the world of neurological conditions and beyond - <https://www.canterburybraincollective.org/>



First Picture: May Clulee, Mekaela Fleener, Valentina Muga, Kimberley Wade, Natalie Jonkers, May Lee & Joachim Castillo

Second & Fourth Picture: Southern Music Therapy space at BrainTree Wellness Centre

Third Picture: Kimberly Wade & Simon Challies enjoying a coffee in the BrainTree Cafe

IHC Library



(Image Description: Books spread out on a table)

A total of 13 books were ordered for the IHC library, they will be displayed at the AGM and then be posted to the library. As recommended by May Clulee, Library Liaison, these books are:

1. 'Tōku Pāpā' by Ruby Solly
2. 'Music Therapy in a Multi-cultural Context' Ed. Melita Belgrave and Seung-A Kim
3. 'Arts Therapists in International Practice' Ed. Caroline Miller and Mariana Torkington
4. 'Defining Music Therapy' by Kenneth E. Bruscia (3rd Edition)
5. 'Collaborative and Inedegionous Mental Health Therapy' by Wirem NiaNia, Allister Bush and David Epston
6. 'Music and Dementia' Ed. Ameer Baird, Sandra Garrido and Jeanette Tamplin
7. 'Music and Autism' by Michael Bakan
8. 'Trauma in the Creative and Embodied Therapies' Ed. Anna Chesner and Sissy Lykou
9. 'Taonga Pūoro: Singing Treasures' by Brian Flintoff
10. 'A Guide to Designing Research Questions for Beginning Music Therapy Researchers'
11. 'Wellness, Incorporated' by Jennifer Buchanan

12. 'Maea Te Toi Ora: Māori Health Transformations' by Te Kani Kingi, Mason Durie, Hinemoa Elder, Reed Tapsell, Mark Lawrence and Simon Bennett.
13. 'Music Therapy with Autistic Children in Aotearoa, New Zealand' by Daphne Rickson.

Meet the Nelson Tasman Music Therapy Collective

Colette Jansen

How did the Nelson Tasman Music Therapy Collective (NTMTC) begin?
The NTMTC began when three music therapists in the Nelson Tasman region collaborated together to start a neurological choir for Music Therapy week in 2020. This came fresh out of lockdown, when we realised that music therapy needed to be promoted in the community.

Who's involved?

The original Collective was Emma Matthews, Luke Gajdus and - newly arrived in the area - Colette Jansen. We met as a group to organise the neurological choir's repertoire and build a relationship with the Nelson Centre of Musical Arts (NCMA) where the session would take place. Together we worked on how the choir would be publicised, and collated a list of contacts. We then began emailing neurological-based primary care facilities in the community.



(Image description: From left to right, Alvaro, Emma and Colette, smiling)

Following the launch of the choir in October 2020 it then continued under the leadership of Colette. Luke took a break to pursue his original composition work and Emma's education role increased. After the Music Therapy Symposium, in August 2021, Alvaro Saura joined the Collective.

We are all now New Zealand fully registered music therapists, each with our own private businesses.

Colette - Creative Music Enterprises
Alvaro - Music Therapy Nelson
Emma - Emma Makes Music

We regularly collaborate to bring a consistent music therapy approach to the region. In fact, the NTMTC could be thought of as the Nelson Tasman Music Therapy regional group, but with a little extra support and a branding name.

How does the Collective work together?
The Collective has grown from its initial focus and now provides a local network that helps minimise the impact of the natural isolation of

the South Island, particularly Nelson/Tasman. The main function is to provide support through meetings, supervision and activities that are needed in our profession. At the same time, it is nice to have colleagues around. It makes us feel that we are not alone and that we can have local help if we need it, e.g., substitutions, referred clients, calling on a colleague for a ride if one of us has injured ourselves (yes, it's happened), or helping with music therapy consultations regarding common clients.

Colette and Alvaro meet regularly to discuss their work, as their backgrounds align (aged care and disability sectors). Colette holds the position of Music Therapy Co-ordinator at NCMA advocating for music therapy services from within the music teaching-based facility. The aim is to connect prospective clients to the appropriate therapist.

What have been the challenges of this work?
Covid has been a big challenge. With the neurological choir unable to sing on the NCMA premises, Colette has had to think creatively to keep the group together. There is also the ongoing work of advocating for music therapy in the region and growing collaborations through conversations with other allied health professionals. As Collective members, we brainstorm ideas on how to grow our client base. We also negotiate the availability of services while supporting each other as we all juggle our other life obligations.

Coda:
Starting a new business is never easy. First, people need to get to know and trust you, and in our profession, we can only do this by advocating and putting ourselves out there. By pooling our resources together through the NTMTC, the benefits and services of music therapy are steadily growing in the region.

Thanks to the Collective, the support of Music Therapy New Zealand and other funds, as well as partnerships with NCMA, we have been able to take the first steps to develop a quality music therapy service here in the top of the South Island, and as the song goes,.... "We've only just begun...!"

Rhythm2Recovery PD



(Image description: Rhythm2Recovery Logo)

The Rhythm2Recovery program connects, educates and uplifts participants in a transformational way.

Auckland 10-11 December

Wellington 17-18 December

A two day course that provides attendees with the practical tools and skills to introduce music into their practice in order to address the social and emotional challenges faced by their clients or students.

No previous music skills are required.

The R2R model is used by counsellors and educators around the world working in diverse fields including

trauma, mental health, behavioral education, custodial facilities, child protection and refugee integration.

The exercises are fun, engaging and practical and empowering. This work is strongly evidence-based and client-focused with an emphasis on empowerment.

Access to over 120 practical rhythm games and exercises plus exclusive training videos. Suitable for both

counselling and educational settings and can be adapted for individual, family and larger group work.

This evidence-based training will leave participants with the skills necessary to employ rhythmical musical activities, linked to reflective discussions, in their practice, in a practical and impactful way.

Group Discounts Are Available

Only 24 Places Available

Earlybird Price: \$395.00 plus \$8.80 booking fee - closes 1st October

Cost after Earlybird: \$440.00 plus \$8.80

Booking Fee

Registration Enquiries:

Michelle@eduevents.com.au

Register Here: <https://cvent.me/rqm8gA>

Song writing Workshop

Wellington Regional Group

See info over the page

Acknowledgments

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Rachel Austin

Barbara Lewis

Southern Music Therapy

Colette Jansen

Alison Talmage

Stephen Guerin

Andrew Tutty



SONGWRITING WORKSHOP

*With acclaimed singer-songwriter
Moana Ete*



WWW.MUSICTHERAPY.ORG.NZ

Date:

Saturday 15 October

Time:

Arrive 9.30am for coffee and
kōrero
Workshop from 10am - 12pm

Location:

Loaves and Fishes Hall
Wellington Cathedral of St. Paul
(Parking available in Hill St carpark)

Cost:

\$10

[Register HERE](#)

[REGISTER HERE](#)

Eventbrite: Song writing Workshop 419954393897