



AMTA-QLD

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Newsletter
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AMTA-QLD

Issue 18

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Mission Statement:

"We are committed to connecting, supporting, and representing Queensland Registered Music Therapists and Music Therapy Students; by facilitating and promoting best practice in delivery of Music Therapy services."

AMTA-QLD Chairperson's Report

Welcome to a bumper edition of our Qld branch newsletter. The AMTA-QLD committee have been hard at work organising exciting workshops and professional development opportunities, and gathering information about what's happening in the world of Qld music therapy. There's almost too much to squeeze into one newsletter!

Here are some of the highlights: The **RMT Retreat** is fast approaching, and what a fantastic program it's going to be. Skim down to the bottom of this page to find out more details. And don't forget to register your interest, in order to secure yourself a place in this unique and

inspiring experience.

On Saturday 19th June, Qld RMTs and students were treated to a fascinating 3 hour workshop, entitled "**Blending Speech and Music Therapy**". Many thanks to presenters, Jane Remington-Gurney (SLP) and Rebecca Craner (RMT), for an informative and interactive morning. Read more on page 3.

Ever considered researching towards a PhD? **Jeanette Kennelly** has been busy surveying Australian RMTs to complete her doctoral thesis in Music Therapy Supervision. Turn to page 2 to find out

more about her research into this interesting subject.

Finally, I would like to wish farewell and many thanks to **Sarah Punch**, our hardworking Seminar Coordinator. Sarah has recently accepted a music therapy position at the Royal Children's Hospital in Melbourne. Best wishes for your new job and your move, Sarah.

Thanks to everyone for your fabulous contributions to this jam-packed newsletter. I encourage you all to take the time to explore it thoroughly.

Helen Carrington
AMTA-QLD Chairperson

RMT Rural Retreat:



CALLING FOR EXPRESSIONS OF INTEREST

Come and join us on this intimate and inspiring weekend. Get away from the daily grind, in order to gain ideas and focus for your work and yourself as a therapist.

On the weekend of **Saturday 31st of July to Sunday 1st August**, all Qld based RMTs are invited to enjoy a get-away to an idyllic south-east Qld retreat. The weekend program promises to leave you feeling connected, supported, stimulated and refreshed.

Sessions will include:

- * **self-care seminar**
- * **experiential dance therapy workshop**
- * **plenty of time to share resources & chat about the unique challenges of music therapy work.**

All this for **under \$100** per person! Plus, if you need to fly to Brisbane to attend, the AMTA-Qld branch will **subsidise half of your airfares.**

Partners and children will be welcome to stay in the accommodation and enjoy exploring the local area, while you benefit from valuable professional development.

So, let us know if you would be interested in attending and don't miss out on reserving a place for yourself. (Please note that this is not considered to be a booking, and no payment will be required at this time.)

Expressions of interest close:

**Monday
28th June**

Email:
Name & Number of people attending
(inc. partners & children)

To:
amta.qld.secretary@gmail.com

RMT in Focus



Jeanette Kennelly



When I took leave from the Music Therapy Department, RCH, Brisbane in March 2009, I always thought my journey throughout my PhD would be full of excitement, new learnings and, most of all, the unknown!!! – a massive vacuum waiting to be explored, pulled up and turned upside down. And yes – that is what it has been like and more!!! A farewell card given to me by RCH staff had the following inscription:

“Do not follow where the path may lead. Go instead where there is no path and leave a trail”

So with those words of wisdom by my side, I embarked on a topic which has been one of my passions for a long time: professional supervision. Under the wonderful guidance and support of my two supervisors: Dr Felicity Baker and Dr Barbara Daveson and also with much assistance from Dr Kylie Morgan in the area of statistics I finally ‘gave birth’ (yes, it does seem like my third child) to a project which was long overdue.

The **title** of my research is as follows:

“Sights, Sounds & Feelings”: the Lived Experience of Professional Supervision for Australian Music Therapists.

The **research** question is:

“What are Registered Music Therapists’ views, experiences and practices regarding professional supervision whilst practicing in Australia?”

This main question is then further subdivided into areas of investigation:

- 1a) How frequently, at what cost and where does the practice of supervision take place for Registered Music Therapists (RMT)?
- 1b) Why do RMTs access supervisors from different professional backgrounds?
- 2) What theoretical models or frameworks & types of supervision are accessed by RMTs?
 - 3 a) What are RMTs’ experiences of professional supervision?
 - 3 b) How are these experiences influenced by the professional background of the supervisor accessed?
 - 3 c) What are the main issues/themes that characterise their experiences of supervision?
- 4 a) What do RMTs consider their employer’s role in providing opportunities for training, education and the monitoring of the RMT’s supervision practice?
- 4 b) What do RMTs consider AMTA and University’s roles in providing opportunities for training, education and the monitoring of supervision practice for both MT students and RMTs?

The design behind my research is mixed methods – using both a national survey and semi-structured interview to collect data from Australian music therapists. I chose this approach as I wanted to fully investigate a number of questions surrounding the topic of supervision – questions which I could ask on one level (through the survey), then use the data collected to inform the content of the subsequent interview and explore in more depth the experiences and views held by Australian MTs on the topic of supervision. The first phase of this research (national survey) took place in September 2009 and the data has already revealed some interesting responses. Applicants for the interview are currently being reviewed with the intention of beginning by July 2010.

I am excited about sharing the results of my research and also very grateful to the Australian RMTs who have already and to those who will share their thoughts, views and feelings with me on this area of professional practice. Thank you again and looking forward to the next chapter of this exciting journey.

We’re looking for news on YOU!

If you or someone you know is doing something interesting, new or just a really nice job, we want to know about it.

Send contributions for the next “RMT in Focus” to info@musicking.com.au



Music Therapy Professional Development

Reflections on the Blending Speech and Music Therapy Workshop

We all know music as a motivator, communicator, engager, stimulator and a sedater. But most importantly Jane Remington-Gurney regards music as being a catalyst – the catalyst for communication. Hearing a Speech Language Pathologist with over 30 years worth of experience sharing these words with passion and enthusiasm was music to my (and I'm sure many others) ears.

On Saturday 19th June, 22 RMTs and 10 music therapy students came together to hear more about those who do not have the ability to communicate within our culture. Those who have difficulty verbalising, vocalising or gesturing due to movement disorders and anxiety; those who are not allowed to express their frustration through throwing themselves on to the floor because it is not socially acceptable; those who are so intelligent that they trial our own understanding of the English language. These are the people that we work with every day. We work with clients who have difficulty expressing their needs and desires within 'our' cultural norms.

Jane and Rebecca work closely at Options Communication Therapy and Training Centre. Jane's background in neurological com-

munication functioning, augmentative and alternative communication (AAC) and the facilitated communication (FC) technique allowed us to see the inner workings of communication (written, verbal and gesture forms). Rebecca's recent completion of the Neurologic Music Therapy course in Colorado presented insightful techniques in applying our music therapy knowledge and skills into assisting communication in creative, yet functional methods.

The presentation provided an informative and practical step into the world of communication. We saw otherwise non-verbal clients singing along to songs and writing heart felt song lyrics. We watched hair follicles dance to rock 'n' roll. We witnessed RMTs being forced to not communicate for 10 minutes – and therefore experiencing what our clients encounter every day. Collaboration of speech and music therapy is not new. However, this energised workshop provided insight for both the new and the 'less new' generation of music therapists to enable development of this invaluable collaboration.

If you missed this fantastic



Presenters Bec Craner & Jane Remington-Gurney

workshop, look out for Rebecca and Jane's Music Therapy and Communication workshop on Sunday 5th September. See www.optionsctc.com.au for more workshop details.

INFORM. INSPIRE. COLLABORATE. CREATE. LEARN. SHARE.

A huge thank you to Sarah Punch who planned and organised the workshop – even though she couldn't make it on the day.

Reminder: Workshop participants can email Jane at optionsctc@primus.com.au and Rebecca at info@musicforgrowth.com.au to give feedback on the workshop.



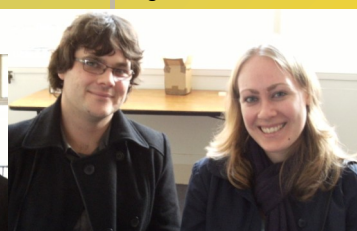
Claire Weller,



Lou Robertson & Mark Penman



Hamish King, Jaye Thompson & Bec Craner



Luke Holmes & Chantelle Suttor



Rob McGrigor & Penny Chesters

2010 National Conference



Australian Music Therapy Association

VIC Branch is looking for people who would be interested in being billeted by Melbourne RMTs for this years conference.

2010 National Conference

The conference committee is encouraging RMTs with a range of experience to attend the conference and PDS this year. The idea to host or billet RMTs stems from the hope that more RMTs might be able to attend with the offer of free accommodation. Particularly students, new grads, rural RMTs who may find accommodation too expensive and would otherwise not be able to attend the conference. We're also hoping that by doing this, we can encourage better networking opportunities amongst RMTs.

If you are interested in being billeted, please email: amta.qld.secretary@gmail.com before the end of June.

Free Accomodation

Music Therapy in the Community



The Making Music, Being Well campaign had 14 registered events in Queensland this year. Here's a taste:

Jacana ABI centre participated in the Making Music Being Well event on Monday May 17th. We created a Community Concert, whereby several senior choirs from a local high school came and performed to us, followed by a huge performance by the Queensland Police Pipes and Drum Ensemble. We also had a big BBQ lunch and a superb afternoon tea.

It was a wonderful day where the whole centre was filled with music. Residents, clients, family members,

Events within Queensland Health

friends and staff all participated in making this a wonderful event; singing, laughing and joining in on the great performances. The event was organised by me, Bethany, alongside the recreational officers, Jennifer Jones and Michael Hogan. We look forward to planning our participation in next year's event, making it a bigger and better musical experience for everyone here at Jacana.

Bethany Best, RMT

Cameron Haigh facilitated events at **Casuarina Lodge** and the **Princess Alexandra Hospital**, with music therapy students also contribut-

ing to and planning the events. Six different units participated in events including a guitar & percussion jam session, 'Music Menus' for live pre-lunch music sessions, a special broadcast of an in-house radio program, and a song parody writing competition. Events through the week reached over 100 people who joined the music making and responded with smiles, stories, singing and dancing.

Cameron Haigh, RMT

For more information visit the website:
www.makingmusicbeingwell.org.au

National Music Advocacy



The "Music: Count Us In" campaign is a great opportunity to **promote** music education and music therapy in schools. In special schools, it's an opportunity for children to be involved in a **national project** and **connect** with others across the nation in the wider community.

RMT Catherine Threlfall is currently developing the **special education resource materials** for this year. This is also a great resource for other therapists to use to present their work to other staff members that may not yet be aware of the **value of music therapy**, while the performance is a **high profile showcase** to all of

the wonderful things that can be achieved through music.

All resources are **FREE**. You can register your school at: <http://www.musiccountusin.org.au>

Special Education

Final Reminder

The committee are putting together a register of "Community MT Group Programs". Enquiries are coming in from private clients, searching for a group (rather than individual) MT program. Also, RMTs working in organisations often contact us looking for groups in the community to refer their clients to for ongoing MT. So let us promote your community music therapy group program.



Professional Development Opportunities

14 July 2010
1:30—4:30 pm
 Toowoomba
 Cost: \$95

ASD: Dealing with Bullying and Building Resilience

For more information: http://www.autismqld.com.au/index.php?page_id=event&id=42.

19 July 2010
6—9 pm
 Mount Gravatt Central
 Brisbane
 Cost: \$70

Working in a community context

For more information: mail@trainingskillscentre.com.au or phone 0400 505 446.

20 July 2010
 Mackay
7 September 2010
 Townsville
1—4 pm
 Cost: \$95

ASD: Clues to Managing Behaviour

For more information: http://www.autismqld.com.au/index.php?page_id=event&id=45&yearID=2010&monthID=7.

28 July-15 September 2010
 Brisbane northside
6:30—9 pm
 Cost: \$132—\$176

Applied Behaviour Analysis (ABA) for Children with Autism

For more information: http://www.abiq.org/events/education_events.html

29 July 2010
6—9 pm
 Mount Gravatt Central
 Brisbane
 Cost: \$70

Caring for the counsellor

For more information: mail@trainingskillscentre.com.au or phone 0400 505 446.

2 August 2010
6—9 pm
 Mount Gravatt Central
 Brisbane
 Cost: \$70

Working with families and groups

For more information: mail@trainingskillscentre.com.au or phone 0400 505 446.

9 August 2010
9:30-3:30 pm
 Sunnybank Hills
 Brisbane
 Cost: \$150—\$165

ASD: Dealing with Challenging Behaviour

For more information: http://www.autismqld.com.au/index.php?page_id=event&id=52&yearID=2010&monthID=8

12 August 2010
6—9 pm
 Mount Gravatt Central
 Brisbane
 Cost: \$70

Working with ethical dilemmas

For more information: mail@trainingskillscentre.com.au or phone 0400 505 446.

16 August 2010
6—9 pm
 Mount Gravatt Central
 Brisbane
 Cost: \$70

Using mind maps to enhance interventions

For more information: mail@trainingskillscentre.com.au or phone 0400 505 446.

18-20 August 2010
 Surfers Paradise
 Cost: \$470—\$799

The Australian & New Zealand Mental Health Association is pleased to present the 11th International Mental Health Conference

Depression & Anxiety: Who, What, Where, When and How?

For more information: <http://www.anzmf.asn.au/conference10/default.asp>



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Professional Development Opportunities (Cont. from p.5)

23 August 2010
6—9 pm

Mount Gravatt Central
Brisbane
Cost: \$70

Solution focussed therapy in action

For more information: mail@trainingskillscentre.com.au or phone 0400 505 446.

27-28 August 2010

Tewantin
22-23 September 2010
Gold Coast

ASIST: Applied Suicide Intervention Skills Training

For more information: http://www.lifeline.org.au/learn_more/livingworks/upcoming_training#
or phone (02) 6215 9499.

3 September 2010
9:30 am—12:30 pm

Sunnybank Hills
Brisbane
Cost: \$85—\$95

Mental Health and Wellbeing of Adolescents with an Autism Spectrum Disorder

For more information: http://www.autismqld.com.au/index.php?page_id=event&id=58&yearID=2010&monthID=9

23-24 September 2010
Surfers Paradise

National Dementia Research Forum

For more information: <http://www.dementia.unsw.edu.au/DCRCweb.nsf/page/Forum>

30 September—3 October 2010

Mt Coot-tha
Brisbane
Cost: \$250—\$695

National ANATS Conference titled "Balancing Act."

For more information: http://www.anats.org.au/nationalpage/2010NatConference/2010_Conference_HomePage.php

13 October 2010
9 am—3 pm

Gladstone
Cost: \$150—\$165

ASD: Social Success for Students on the Spectrum

For more information: http://www.autismqld.com.au/index.php?page_id=event&id=69&yearID=2010&monthID=10

SIG: Special Education

Next meeting: Sunday 8 August, 3pm

For more information, contact Jaye Thompson: jaye_101@hotmail.com

ACMF 2010 NATIONAL SONGWRITING COMPETITION

It's a great opportunity with \$35,000 of prizes to be won, and better still – it's free to enter!

For further information or if you have any questions, please go to the Australian Children's Music Foundation website (www.acmf.com.au) and follow the links, or phone the ACMF office on (02) 9929 0008.



Please email
contributions to the
October newsletter

by:

15 September

to:

Christobel Moore
info@musicking.com.au

Congratulations to our recent Mum!



Tania De Brincat gave birth to a son, **Elfin Harry Griffin** on the 12th of April, 2010.

