



AMTA-QLD

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Newsletter  
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# AMTA-QLD

Issue 20

February 2011

### 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 the first edition of our Qld branch newsletter for 2011. In this issue we reflect on the sombre beginning to the year and look towards the bright future for music therapy in Queensland.

I offer my condolences to those members who have been affected by the recent natural disasters in our state. If there is any way that the AMTA-QLD committee can assist you professionally, please do not hesitate to contact us: [amta.qld@gmail.com](mailto:amta.qld@gmail.com)

**Tania Balil**, RMT at Milpera State High School, has sent a request for donations of musical instruments and resources following the devastating flooding at their school.

Please take the time to read her plea on **page 6** and consider what support you can offer.

I would also like to thank and congratulate all our RMTs, including new grads, who contributed so much to provide music therapy groups for children in flood evacuation centres. I'm sure your inspiring work was well received. Turn to **page 5** to hear from **Monica Zidar** about her experience of volunteering at the Ipswich Evacuation Centre.

Looking towards the future, I am certain that this year can only get better. We are particularly fortunate to have the AMTA 2011 Na-

tional Conference being hosted in Brisbane. **Kate Williams** has provided a thorough conference update on **pages 3 and 4**, and outlines how you can help to make this the best conference ever!

As always, the AMTA-QLD committee are here to provide professional development workshops and social events to meet the needs of you, our members. To find out more about your **committee members**, turn to **page 2**; and stay tuned for what exciting things we have planned for this year.

With thoughts and best wishes,  
Helen Carrington

## Welcome New RMTs!

### Have you registered?

The next registration deadline is: **11 March 2011**

Visit: <http://www.austmta.org.au/registration-and-training/professional-registration/>

### Remember to get your 'Newly Registered RMT Pack'

Visit: <http://www.austmta.org.au/for-rmts/newly-registered-rmt-pack/>



# Meet the New Committee

## Helen Carrington, Chairperson:

Helen began working as an RMT in 2005, starting out in Special Education and Early Intervention settings. This sparked her love of creating immediate connections with children and young people through music. For the last 4 years, Helen has been employed at the Royal Children's Hospital, where she primarily works in the brain injury rehabilitation and burns teams.



## Claire Weller, Vice-Chair:

Claire graduated in 2008 from the Masters program at UQ. She is currently developing music therapy programs at an orphanage and women's shelter in Mexico. Upon her return in March, however she will continue her clinical work in adult psychiatry and early intervention.

## Melissa Smith, Secretary:

Melissa has been working as an RMT for just over four years. Her passion is working with children and adolescents. She is currently undertaking her PhD and studying the concept of engagement and how music therapists define engagement based on their experience and work practice.

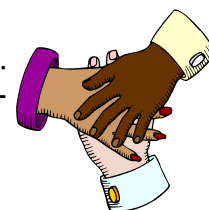


## Angela Delaney, Treasurer:

After graduating a few years ago I have built up my Private Practice to currently include working in a variety of areas facilitating mainly group sessions for: Education Qld – Early Intervention & disability, Wesley Mission – Disengaged adolescents, Mater Children's, Leukemia Foundation's Bereavement Program, a Residential Drug Rehabilitation facility and a Health Retreat. Very busy weekly timetable.

## Tracie Baxter, QCAHP representative:

Tracie graduated in 2009 with a Masters in Music Therapy from the University of Queensland. Prior to this degree, Tracie graduated with a Bachelor of Arts majoring in psychology and music. Tracie lives on the Sunshine Coast and is currently employed as a Parent-Child Interaction Therapist for Lifeline Community Care Queensland. Tracie is passionate about bringing joy to other people's lives through music!



## Wendy Chatterton, Seminar Coordinator:

I am a 2009 MT graduate, with a background in administration and choirs. I have been enjoying working as a research assistant for Felicity Baker. During my studies I developed a passion for 'dementia care singing' ie. caregivers singing to persons with dementia while carrying out care-giving activities, which I am pursuing: I recently had a paper published in a US journal and have been accepted to present at this year's National Alzheimer's Conference.

## Kylie Ferris, Employment Coordinator:

Kylie graduated from the Bachelor of Music (Music Therapy) at UQ in 2009 and is currently working with adults with disabilities and in private practice across the spectrum. She has recently been published in the Australian Journal of Music Therapy, for the co-authored article "A theoretical music therapy framework for working with people with dissociative identity disorder".



## Christobel Clark (nee Moore), Newsletter Coordinator:

Christobel finished her Masters Music Therapy in 2008 and won the Denise Grocke Award for excellence in presentation at the 2008 National Conference. She is currently working in private practice with clients with special needs and children who have experienced abuse-related trauma due to domestic violence.

## Meet the New Committee (cont.)



### Jaye Thompson, Enquiries Line Coordinator:

Jaye completed her music therapy studies in 2008 and graduated from the University of Queensland in 2009 with a Bachelor of Music and Bachelor of Arts (English & Sociology). Jaye has experience working in Acquired Brain Injury with adults and is currently working in Disability with adults with Intellectual and physical impairments.

### Tim Minchin, Student Representative:

Tim is in his second year of the Master of Music Therapy Course at UQ. He has completed clinical placements with adult mental health and special education populations. In 2011, he will be working on a research project investigating songwriting via Skype technology and ABI/Mental Illness dual diagnosis clients. Tim has also been appointed student representative for the Australia & New Zealand Region the World Federation of Music Therapy, and will be attending the world congress in Seoul, South Korea in July 2011.



Australian  
Music  
Therapy  
Association

**2011** National  
Conference



Greetings everyone!

I am very excited to be writing as a fellow Queensland, to invite you to attend and support this year's peak event on the profession's annual calendar in this country. And it is in our own wee Brisbane!!

This year's conference will be held on the weekend of the 17<sup>th</sup> and 18<sup>th</sup> of September at the Royal on the Park. The Professional Development Seminar, open to Registered Music Therapists only will be on the two days preceding at the same lovely venue.

The theme for this year's conference is *Family, groups and systems: the ecology of music therapy*. This year we have invited two keynote speakers to illuminate this theme for us. **Our academic keynote speaker is Associate Professor Jan Nicholson**, Principal Research Fellow at the Murdoch Children's Research Institute and Adjunct Associate Professor in the Centre for Learning Innovation, Queensland University of Technology. Jan is a leading national and international researcher in the family area and was one of the external evaluators for our Queensland-grown (but now international) Sing & Grow program. So she knows all about music therapy as well! **Our music therapy keynote speaker is Lucy Forrest** who's highly engaging speaking skills and current research in the area of music therapy for families in various stages

of the bereavement process will be enlightening to us all.

You should have received a full launch email from the AMTA national office providing more details on the theme and our keynote speakers. Look out for the call for papers that will be distributed next month. Please ensure that all of your contact details are up to date with national office ([info@austmta.org.au](mailto:info@austmta.org.au)) to ensure you receive all of the correspondence.

The social program is well underway for your enjoyment and entertainment. We have developed a partnership with the **Queensland Symphony Orchestra** which will allow registrants the opportunity to win a complimentary double pass to their Maestro Series concert being held on the Saturday night of the conference. We'll be asking locals to take on various volunteer roles in terms of the Social Program and other tasks during the conference and PDS days

## Conference Update (cont.)

so please have a think about whether you would like to be involved.

Your State Organising Committee includes myself as Conference Convenor, Vicky Abad as PDS Convenor, Karen Elliott as Scientific Chair and Rebecca Craner as Social Convenor. We are working with the National Conference Chair Maggie Leung and National PDS Advisor Clare Kildea – both also Queenslanders, part of this energetic and hard working team.

Brisbane conferences are known within AMTA circles as being some of the best conferences in the history of AMTA. We have a vision to make this year no exception. With the whole of Queensland under the cloud of natural disaster after natural disaster, we hope that by September we will feel ready to celebrate what is behind us and what lies ahead, with the support of colleagues from around the country. We do need your support to do this though – as this is YOUR conference Queensland. So here's what you can do to help:

- **Word of mouth** is powerful stuff. Please speak to other RMTs, MT students, your non music therapy colleagues, high school students interested in music therapy, and anyone you come across about the conference and what an inspiration it will be. We have begun a **marketing contact list** so please forward the email details of anyone (perhaps your boss and team at work for starters?) who would benefit from being on it to [info@austmta.org.au](mailto:info@austmta.org.au).
- We would like to include a **panel of the allied health 'family'** (i.e. physio, OT, SLP, psych etc) at the PDS. Do you have colleagues you

work with who might be available to come with you and sit on such a panel to discuss some of the issues involved in working in a multidisciplinary team? Please email me if you do.

We are seeking **sponsorship** to support the budget. Do you have any personal connections with businesses or organisations who might like to exchange cash for the chance to promote themselves in conference satchels, with a trade stand etc at the conference? In these economic times we need to think a little outside the square and use our personal contacts in unlikely industries (e.g. gyms, insurance, banks, travel agents...you name it) to secure some sponsorship. Please send me any ideas.

• **Volunteer your time** on the days. We will need a few extra hands on deck, particularly from locals as we approach the event and during the four days. For example, we would like to run optional activities for delegates to allow them to enjoy beautiful Brisbane and the balmy September weather (fingers crossed). These might be early morning walks in the Botanic Gardens or hosting a group at local bar or restaurant for dinner etc. Please contact me if you might be interested.

Thanks so much in advance for your support. Looking forward to sharing a great year and a great event with you. Stay safe and keep your chin up, Queensland.

Until next time,

Kate Williams and the 2011 Conference Team  
Ph 0411 833 407

[musictherapy@optusnet.com.au](mailto:musictherapy@optusnet.com.au)

## QLD RMT Publications



**ONLY \$15.00**

Individuals with special needs such as Autism Spectrum Disorder, Cerebral Palsy, Developmental Disabilities and some neurological conditions can have problems coordinating their body and carrying out sequences of movements. This CD may assist individuals to better time and sequence movements.

Informed by Neurology and Music Therapy Research – Music for Movement contains 5 different beat patterns each recorded at 5 different speeds. Specific exercises to accompany this CD to assist with motor planning can be downloaded at:

[www.musicforgrowth.com.au](http://www.musicforgrowth.com.au)



# QLD floods: Reflections from an RMT

Cooking dinner. Glass of wine. Lego everywhere. Children playing together (for the most part). Little did I know how the next few minutes would impact my world. The news came on the TV, another flood update, this time they showed footage of all these children, in what seemed to be a giant playpen at the RNA Showground Evacuation Centre in Brisbane. I immediately stopped what I was doing and looked at my own sons and was moved to tears, these poor children had potentially lost everything, had been uprooted into a completely unfamiliar environment and would be looking to their parents, who I can only imagine would be in a state of fear and panic themselves, for comfort and reassurance. This was happening only 100kms from my home and I was cooking dinner, drinking wine! I had to help the only way I knew how, so I immediately registered with the volunteer's website and began waiting for a call. It was only a day or two before I saw AMTA's broadcast email and was really glad to hear that Vicky Abad and Kate Williams had been working with the families in Brisbane. However, it was in this email that I learnt the Ipswich Evacuation Centre was desperate for support. So, I contacted 'Save the Children', a brilliant, not-for-profit organisation that sets up safe environments for children in crisis (you can donate to them at [www.savethechildren.org.au](http://www.savethechildren.org.au)) and before I knew it I was shipping my own kids off to grandma and grandad's, and settling in for a good night's sleep in preparation for an early departure for the Ipswich Showgrounds the next morning.

Thursday, 20 January 2011.

5:30am: Alarm sounds. I woke with both feelings of excitement and trepidation. I was excited at the prospect of potentially making a difference for the kids yet I was fearful of the unknown.

6:30am: Time for a quick cuppa and email download before I go. I received an email from local Ipswich RMT, Shannon Rees who had dropped in at the evacuation centre the day before and she lets me know that the majority of the children would be between seven and fifteen years of age.

OMG! I have worked in Early Intervention for 10 years and I was about to face teenagers . . . panic set in.

7am: On the road, I talked myself down: "It's ok, I have my smartphone, I can download requests, have a listen and maybe engage in some songwriting. I have a plan, it will be ok."

Traffic, traffic, traffic . . .

9:30am-2:30pm: Two and half hours later I enter Ipswich and was quite surprised that I saw very little evidence of the floods from the outside of the houses. I finally arrive at the Ipswich Showgrounds to be greeted by SES volunteers. There was a large building divided into two sections, the area set up with make-shift beds and an area where Red Cross, the Salvation Army, information desks, a common area, large kitchen and Save the Children were set up. There were floor to ceiling glass doors that opened onto the grandstand of a greyhound racing track. I introduced

myself and brought in my gear: guitar, gathering drum, box of instruments and my 'little bag of tricks', oh and the smartphone!

The children were all sitting, very quietly, playing with a small selection of toys within a fenced off area. There were two Save the Children workers to coordinate activities for, what became, twenty children that day.

As soon as I brought in my gear, the children immediately gravitated towards the instruments with curiosity. They just wanted to play. So, I let them explore anything and everything they wanted. My main goal was to allow the children as many opportunities for choice and mastery of their environment as I possibly could and this was achieved.

Throughout the course of the day, we set up a band, I took requests (with the safety blanket of my smartphone), we sang songs by Guy Sebastian and Tayla Swift to name a few and then . . . I suggested they change around some of the words to make the songs their own. The group was very excited at this idea and decided to call over the policemen present in the evacuation centre to be their audience, they were extremely accommodating. The group decided to change the words to 'Love Story' by Tayla Swift and we sat in a circle, each person getting a turn to put a line in the song, if they wanted to (and all of them did). I asked the group if they would like the song to be about something, a theme, and it was only a few seconds before someone suggested the floods.

In the song, the children began by describing their surroundings, making reference to each other and the Greyhound racing that was going on just next to where we were. It wasn't until about the third time around the circle that anybody mentioned the word 'flood' but when they did the children recalled such things as 'swimming to safety', saving pets and feelings of sadness "cause my house was gone".

One of the workers commented on how he felt like he could cry listening to the kids express themselves like this.

Unfortunately, due to the nature of our surrounds, lunch was called and the group dispersed, however proud of what they had come up with. After lunch, many of the children had gone with their parents as another storm was predicted and this stirred up feelings of great anxiety in everybody. On his departure, a young boy thanked me for coming and commented on how much fun he had had that day. The same boy had expressed how lucky he felt that his family knew the water was coming and that they had a little time to prepare and get out. *Lucky*. His family of five were one of the families to lose everything.

I stayed for a little while, just reflecting on what had taken place that day. I left feeling profoundly affected and humbled by the spirit of the children who suddenly felt *lucky* just to have each other. No dinner cooking, no Lego, not even a bedroom to go to sleep in, just the people they loved.

So, **thank you** for coming that day, I will never forget it.

- Monica Zidar, RMT

# QLD floods: Help!

Milpera SHS's Music and Art therapy programs under water



I am sure you all have heard in the news that the devastation of the **January floods hit Milpera SHS** big time. All our resources are gone, among them all the musical instruments we had accumulated over the last 7 years of Music Therapy service.

People have been amazing in finding strength to bounce back and start from scratch. Last week was our first week back at our new place for the coming school term (**Yeronga TAFE campus**). As the music therapist I have to replace all the instruments at a time when the **HEAL program that provides students with Music therapy and Art therapy**, is already suffering of lack of funding for the therapists wages. I have received a small amount of money to purchase a few guitars and a couple of drums, but certainly not enough to replace all the instruments we had.

Any donations of **instruments, books, Cd's or music resources** you may not be using that you can think can be of help to Milpera and the refugee community would be greatly appreciated. If you are thinking of any **monetary donations** and are uncertain of where to send them to, the **HEAL program at Milpera** will be very glad to receive them too.



For **donations or enquiries:**  
**Ph: 07 3379 5588** (Attn Sue Jelacic,  
 Milpera SHS, HEAL program)  
 Email: [sjela1@eq.edu.au](mailto:sjela1@eq.edu.au)

For **instruments or music resources:**  
**Tania mobile: 0439 821 261**  
 Email: [taniabalil@optusnet.com.au](mailto:taniabalil@optusnet.com.au)

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Obrigado!

THANK YOU

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Merci

Gracias

धन्यवाद

## Professional Development Opportunities

**12 February 2011**  
 2—4 pm  
 Taringa  
 Cost: \$30

**Teaching Children on the Autism Spectrum Disorder** by *Rebecca Craner, RMT*

This workshop covers teaching children with autism of primary and secondary ages. Participants will learn all about the strengths and difficulties of individuals with ASD and Asperger Syndrome and gain insights into how to improve their teaching skills in this area.

For more information: Tel: 3870 4146 or email [mtaq@mtaq.org.au](mailto:mtaq@mtaq.org.au)

**17 February 2011**  
 4—7 pm  
 Jindalee  
 Brisbane  
 Cost: \$70\*

**Introduction to family dispute resolution and mediation**

In this workshop we will explore content, skills and strategies to be able to know more about FDR and mediation as it occurs in the counselling process.

For more information: [mail@trainingskillscentre.com.au](mailto:mail@trainingskillscentre.com.au) or phone 0400 505 446.

## *Professional Development Opportunities (Cont. from p.5)*

**4 March 2011**

**2—6 pm**

Jindalee SS  
Brisbane

### **QOSA Orff Basics, part 1 of 3**

The Orff teaching process involves singing, body percussion, playing on a variety of both tuned and untuned instruments, movement and dancing, speech activities to encourage active music making.

For more information: Nikki Cox, [nikki\\_cox@bigpond.com](mailto:nikki_cox@bigpond.com)

**10 March 2011**

**6—9 pm**

Mount Gravatt Central  
Brisbane  
Cost: \$70\*

### **Building a steady private practice**

This interactive, hands on workshop will allow YOU to learn skills to build and enhance your private practice.

For more information: [mail@trainingskillscentre.com.au](mailto:mail@trainingskillscentre.com.au) or phone 0400 505 446.

**11 March, 2011**

**2—6 pm**

Jindalee SS  
Brisbane

### **QOSA Orff Basics, part 2 of 3**

The Orff teaching process involves singing, body percussion, playing on a variety of both tuned and untuned instruments, movement and dancing, speech activities to encourage active music making.

For more information: Nikki Cox, [nikki\\_cox@bigpond.com](mailto:nikki_cox@bigpond.com)

**15 March 2011**

Sunnybank Hills, Brisbane

**22 March 2011**

Townsville

**9:30 am—12:30pm**

**4 April 2011, 3:30—5:30pm**  
Emerald

**5 April 2011, 9am-12 noon**

Sunshine Coast  
Cost: \$90

### **Understanding ASD**

This session will examine the complexities of Autism Spectrum Disorder which include Autistic Disorder, Asperger's Disorder, and Pervasive Developmental Disorder – Not Otherwise Specified (PDD-NOS) and how it may impact on individuals across a range of settings, age ranges and levels of functioning.

For more information: [http://www.autismqld.com.au/index.php?page\\_id=event&id=131](http://www.autismqld.com.au/index.php?page_id=event&id=131)

**15 March 2011**

Brisbane

**22 March 2011**

Townsville

**1:30—4:30pm**

**5 April 2011**

Sunshine Coast

**1pm—4pm**

Cost: \$90

### **Clues to managing behaviour**

This more advanced workshop allow participants to explore issues of interest in more depth, develop a greater understanding of the underlying issues and enhance their ability to develop strategies to solve the issues they are experiencing. A good general understanding of ASD is assumed in advanced workshops. This workshop will focus on problem behaviours in the educational setting. A framework that can be used to examine the underlying reasons for problem behaviour will be outlined and effective strategies for managing behaviours using a positive behaviour approach will be identified and discussed.

For more information: [http://www.autismqld.com.au/index.php?page\\_id=event&id=133](http://www.autismqld.com.au/index.php?page_id=event&id=133)

**17 March 2011**

**6—9 pm**

Mount Gravatt Central  
Brisbane  
Cost: \$70\*

### **Genograms & Timeline therapy**

This interactive workshop will teach or refresh you on ways to introduce, construct and utilise genograms and timelines into therapy.

For more information: [mail@trainingskillscentre.com.au](mailto:mail@trainingskillscentre.com.au) or phone 0400 505 446.

**18 March, 2011**

**2—6 pm**

Jindalee SS  
Brisbane

### **QOSA Orff Basics, part 3 of 3**

The Orff teaching process involves singing, body percussion, playing on a variety of both tuned and untuned instruments, movement and dancing, speech activities to encourage active music making.

For more information: Nikki Cox, [nikki\\_cox@bigpond.com](mailto:nikki_cox@bigpond.com)

**18—19 March 2011**

Tewantin

### **ASIST: Applied Suicide Intervention Skills Training**

People learn to apply a suicide intervention model. It helps caregivers recognise when someone may be at risk of suicide. It then explores how to connect with them in ways that understand and clarify that risk, increase their immediate safety and link them with further help

For more information: <http://www.livingworks.org.au/Attend-Training/default.aspx#ASIST>, or Contact StandBy Response Service (07 5442 4277 or [admin@unitedsynergies.com.au](mailto:admin@unitedsynergies.com.au))

\*Registration is \$70 per participant per workshop. Discount is offered at \$65 per participant per workshop if four or more workshops are booked in one registration.



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## Professional Development Opportunities (Cont. from p.7)

**23 March 2011**

Townsville

**5 April 2011**

Emerald

**9am—3pm**

Cost: \$155

### Social Success for Students on the Spectrum

Social understanding and the use of pro-social behaviours are critical at any age. It is well established that explicit teaching of social understanding (the 'why') and social skills (the 'how') is an important area of the education of individuals on the autism spectrum. This day discusses ways of encouraging the development of social understanding and the learning and performance of social skills in real-life settings.

For more information: <http://www.autismqld.com.au/index.php?>

**25 March 2011**

**8:30am—4pm**

Red Hill

Brisbane

Cost: \$225-255

### Linda Hodgdon - Discovering the Possibilities with Visual Strategies

Linda is the author of Visual Strategies for Improving Communication and Solving Behaviors in Autism. Considered essential resources for professionals and parents, these are two of the most recommended books in the field.

For more information: <http://www.autismqld.com.au/index.php?>

[page\\_id=event&id=116](http://www.autismqld.com.au/index.php?page_id=event&id=116)

**29 March 2011**

**9:30am—**

**12:30pm**

Sunnybank Hills

Brisbane

Cost: \$90

### Stress, Anxiety & Emotional Regulation

This session will outline some of the common reasons individuals on the spectrum experience stress and anxiety, the ways this can be exhibited through their behaviour (e.g. anger, aggression, withdrawal) and ideas and strategies to manage stress and anxiety more effectively at school, home and in the community. The presenters will highlight the need for broad ranging supports to reduce stress and anxiety and enhance the individual's ability to regulate emotions.

For more information: <http://www.autismqld.com.au/index.php?>

**29 March 2011**

**1:30pm—**

**4:30pm**

Sunnybank Hills

Brisbane

Cost: \$90

### Dealing with Bullying & Building Resilience

This workshop will take a community approach to bullying and resilience, focusing on developing resilience and social competence for the individual who has been 'bullied', the person engaging in bullying and the school community as a whole. Practical strategies will also be given to enable bullying to be dealt with effectively when it does occur.

For more information: <http://www.autismqld.com.au/index.php?>

**31 March 2011**

**6—9 pm**

Mount Gravatt Central

Brisbane

### Encouraging clients to co-parent after separation

This workshop will allow YOU to understand family dynamics associated with separating and split families including blended and step families.

For more information: [mail@trainingskillscentre.com.au](mailto:mail@trainingskillscentre.com.au) or phone 0400 505 446.

**2 April, 2011**

**9 am—3 pm**

Jindalee SS

Brisbane

### QOSA workshop Margaret McGowan-Jackson

The Orff teaching process involves singing, body percussion, playing on a variety of both tuned and untuned instruments, movement and dancing, speech activities to encourage active music making.

For more information: Nikki Cox, [nikki\\_cox@bigpond.com](mailto:nikki_cox@bigpond.com)

Please email  
contributions to the  
April newsletter by:

**20 March**

to:  
Christobel Clark  
(nee Moore)  
[info@musicking.com.au](mailto:info@musicking.com.au)

## Enquiries Line

Many of us receive enquiries about music therapy work that we cannot personally cover. Sometimes, we know someone we can refer them on to, but at other times you may refer them to the AMTA-QLD Enquiries Line to be included in the Job Register.

**Email:** [amta.qld@gmail.com](mailto:amta.qld@gmail.com) **Phone:** (07) 3321 4366

