



AMTA-QLD

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Newsletter
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Issue 17

April 2010

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 everyone to our April edition.

The AMTA-QLD committee began 2010 with a productive Futures Planning meeting in January. The aim of this meeting was to outline our mission as a committee (see above) and to set a priority area to work on for this year, namely to connect our members through relevant and engaging workshops and social events.

On this note, we hosted a fabulous get-together on Saturday 13th March at the Regatta with an impressive turn-out of 20 RMTs. Thank you to Sarah Punch and Claire Weller for their organisation of this event. See pictures of the fun we had on page 3. Further workshops and events

**Priority area for 2010:
Connecting RMTs****Goals:**

- ▶ Social event – achieved
- ▶ RMT Retreat
- ▶ Workshops

that are in the pipeline include: a Dance Therapy workshop and the RMT Retreat. So keep an eye out for further details of these in the future.

The committee recently farewelled Lorna Sherwin from the

position of Treasurer. Lorna has been a valued member of the committee for many years now, and we've all benefited from her commitment and enthusiasm. We wish Lorna well as she continues in her national positions of Web Editor and Chair of Publications. Welcome and thank you to Angela Delaney, previously General Member of the committee who has kindly volunteered to step into the role of Treasurer. Read more about her MT work in our "RMT in Focus" section on page 4.

Enjoy!
Helen Carrington
AMTA-QLD Chairperson

We, too, believe that our Regatta networking event was a roaring success. See page 3.



Everyone agreed that the morale and team-building session was a roaring success.

Authorised use from:
<http://sangrea.net/free-cartoons/index.php>

Reminders:

- ▶ **17th – 23rd May:** *Making Music Being Well.* Registrations are now open.
- ▶ **18th – 21st September:** *AMTA National Conference* in Melbourne. Theme is "With Music in Mind".

AMTA-QLD QCAHP Representative's Report

RMTs active in the Allied Health Professional Community

Since I joined the Queensland Council of Allied Health Professions

[QCAHP] as the music therapy representative (Dec 2009), we have been discussing ways of advocating for and promoting Music Therapy within AH teams.

Different avenues discussed are:

- ☞ Organizing PD opportunities presenting papers/reports/research done by MT in conjunction with other AH professions.
- ☞ Extending call for papers for AMTA conference to other AH professions, maybe considering an offer from AMTA to members of other AH associations to pay the same as AMTA members so as to increase numbers of AHP in our conference, and thus get them to be better informed of the kind of results MT is getting.
- ☞ Offering the possibility to circulate MT articles through QCAHP Newsletter for other AHP to read about us

- ☞ Advocating for MT when QCAHP addresses Qld Health representatives for different issues concerning QCAHP, making sure that MT gets a mention as one of the bodies represented in QCAHP, and requesting more funding to open up MT positions within other AH teams.
- ☞ Advocate for the non-registered AHP under the National Registration Body in their quest for registration, and that includes MT, ST & OT.
- ☞ They are currently attempting to organise a meeting with Julie Hulcombe, the director of AH in QLD Health, to address the department as a 'united body' of AH professionals. Items to discuss with her will revolve around how to unify criteria of advocacy within QCAHP and Qld Health, as well as the way to advocate for

more communication with the Educational institutions (UQ, QUT), and find funding for underrepresented AH professions in the AH arena

- ☞ Ongoing questions as to how to maximise the effectiveness of the website, and what we want to include in it to make it more effective means of communication between all AHP.
- ☞ Newsletter is on its way pending on resolving some technical and editing problems encountered since late last year. In next issue info on AMTA Conference, call for papers, and options for professional development have been included.

Tania Balil, QCAHP representative of AMTA-QLD

QCAHP on the internet

<http://www.diabeticfootprograms.com.au/site/index.cfm?display=131088>

Upcoming Events to Look Out for...

Dance Therapy Workshop



RMT Rural Retreat

Connecting RMTs

The Regatta

13 March 2010



Lorna Sherwin, Tania Balil and Jasmin Roberts

Photos* of some of the happy participants of the March networking social event.



Tracey Baxter and Kylie Ferris

Great conversation...



Jasmin Roberts and Helen Carrington



Claire Weller, Monique Bathis, Sarah Punch and Rebecca Craner

Great company...



Jeanette Kennelly, Bethany Harris and Kylie Ferris

Great catering...



Christobel Moore and Justin Clark



Rebecca Craner, Jaye Thompson and Monique Bathis

* Photos published with permission

RMT in Focus



Angela Delaney

After chatting informally at one of our branch meetings about upcoming work I was about to embark on our committee suggested I could be the RMT in focus next newsletter. Cool! Except when it came to 'penning' my activities I found it one of those tasks that I just couldn't find the time for – where do I start? This year the hard work appears to be coming to fruition... all be it 'all over the shop work' which on reflection makes my day to day work exciting as a relatively new RMT with increasingly full days, and more importantly most of the work is new MT programs.

From the beginning, briefly....

I began my professional career with Ed Qld in 1998 with a BSpec Ed. I have worked from early intervention to high school in disability, moving to more behaviour management which led to roles involving taking at risk adolescents to walk the Kokoda Track in PNG. Another significant teaching position was working in Fiji developing programs for the Education of Hearing Impaired Students. Until this time there had not been much time for music in my daily life, these 2 'projects' highlighted how important music still was, with the amazing voices in both Fiji and PNG and how music creates such a sense of happiness, calm and community in these cultures. Experiencing this made me realize that I was still really keen to maybe further my study and audition for music therapy.

2008 I graduated from MMusThy with Academic Excellence excited and ready to go!! However as you all know finding work not as 'easy' as an RMT would like. Fuelled by a strong sense of how valuable MT is it became my ambition became to expand the professions profile and develop more music therapy programs in new avenues.

In 2009 my clinical practice involved working at the RCH in Oncology and beginning small programs with Education Qld for adolescents identified as being at risk. I was awarded 'Best First Time Presenter' for my presentation at Qld's Oncology Conference for my presentation titled 'The journey is a tough one: A young lady's experience with music therapy and cancer', and have received follow up from various Oncology groups regarding this. I eventually took the plunge and resigned from EQ to put my time into MT – no more paid school holidays was a bit of a shock.

Since doing this I am currently working in all new MT programs that have come about by putting MT and myself out there by sending information, being invited to run trial sessions for people



to 'see' MT, speaking at PD events, word of mouth and persistence.

16 months following graduation I am working in mostly new RMT positions;

- 2 days Special School (new program)
- Dept of Child Safety are funding individual sessions for extremely high needs clients, one of which in an adult correctional facility
- Group sessions in a Drug Rehab Centre, an exclusive Health Retreat
- 1.5 days in a primary school P-3 following increased enrolment for students with CP, Autism
- Education Qld High School –weekly group & individual adolescents identified with high levels aggressive / violent incidences & females with anxiety & depression.

All the programs are receiving very positive feedback which has been really exciting!

Looking forward this year I have been invited to be the guest speaker at a PD Dinner for Oncology Staff to speak on MT in Cancer Care and am waiting patiently for funding applications for a Community Choir on the Gold Coast.

Being involved with the AMTA initially as Student Rep in 2007, then General member and now Treasurer has also been very motivating sharing ideas and a common passion to see MT as a profession develop and gain more understanding and appreciation for unique value of MT.

Changing careers has been very exciting, scary and fulfilling! I am constantly being told by adolescents – you have the coolest job (they never said that as a teacher...), and am constantly learning about myself.



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

Professional Development Opportunities

19 April 2010

CBD

Brisbane

Cost: \$550

Influential Communication -The art of building empathy to drive results

This course goes for a day and includes the following modules: Understanding Communication, Cognitive Processes of Communication, Empathy to Drive Results, and Planning to Drive Results.

For more information: www.empact.com.au, szeman@empact.com.au or phone 1300 721944.

20 April 2010

CBD

Brisbane

Cost: \$550

Report Writing

This course goes for a day and includes the following modules: Understanding Communication, Writing in the Business Environment, Building Structure, and Producing a Report Relevant to Purpose.

For more information: www.empact.com.au, szeman@empact.com.au or phone 1300 721944.

29 April 2010

6—9 pm

Mount Gravatt Central

Brisbane

Cost: \$70

Narrative Therapy in Action

This workshop will explore Narrative Therapy (NT) as an intervention to use with clients

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

10 May 2010

6—9 pm

15 May 2010

8:30—11:30 am

Mount Gravatt Central

Brisbane

Cost: \$70-\$80

Motivational Interviewing

In this workshop participants will have a basic introduction to Motivational Interviewing and its application in the counselling context.

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

15 May 2010

12:00—2:30 pm

17 June 2010

6—9 pm

Mount Gravatt Central

Brisbane

Cost: \$80 (\$140 for 2)

Introduction to ACT (mindfulness techniques)

This workshop will enable participants to have an introductory understanding of Acceptance and Compassion Therapy (ACT).

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

24 May 2010

6—9 pm

Mount Gravatt Central

Brisbane

Cost: \$70

Working with grief and loss

In this workshop, participants will explore ways to effectively work with clients who are experiencing grief and loss as a result of a trauma. It will also look at working with complicated grief.

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

26 May 2010

6—9 pm

Mount Gravatt Central

Brisbane

Cost: \$70

Creating a memory box to facilitate grief and loss

This workshop will allow participants to learn how to create a memory box as a tool to assist a client in their grief.

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

27 May 2010

6—9 pm

Mount Gravatt Central

Brisbane

Cost: \$70

Managing Risks

This workshop looks at assessment tools for assessing and managing risk ie suicide, working with DV, etc.

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

10 June 2010

6—9 pm

19 June 2010

12:00—2:30 pm

Mount Gravatt Central

Brisbane

Cost: \$70-\$80

Psychopharmacology for counsellors

Participants will be given an introduction to the concepts of psychopharmacology and how best to use this knowledge to enhance a clients intervention.

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

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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.



Supervisors for:
☞ **Work Experience**
☞ **Volunteers**

The committee receives enquiries about **Work Experience and Volunteering opportunities.**

We would like to know if any RMTs are able and would like to supervise high school students and / or volunteers.

Please send expressions of interest to:
AMTA-QLD Secretary amta.qld.secretary@gmail.com

Professional Development Opportunities (Cont. from p.5)

14 June 2010
6—9 pm
Mount Gravatt Central
Brisbane
Cost: \$70

Working in the family law environment

In this workshop participants will be given a practical orientation to working within the family law environment including the family law act as it relates to counsellors.

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

19 June 2010
8:30—11:30 am
Mount Gravatt Central
Brisbane
Cost: \$80 (\$140 for 2)

CBT in Action

This workshop will provide an introduction to applying CBT when working with children and adults

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

25-26 June 2010
Parramatta
Sydney
Cost: \$200 — \$430

3rd Counsellor Camp: a national professional development opportunity & conference

Counsellor Camps is a unique opportunity for counselling professionals including students, psychologists, counsellors, psychotherapists, mental health nurses and workers, social workers and anyone else working with people!

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

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

Introduction to Family Dispute Resolution & mediation

In this workshop we will explore content, skills and strategies for counsellors to learn more about FDR.

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

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

Groupthink: building a steady private practice

This interactive, hand on workshop will allow participants to learn strategies in developing their practices.

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

Please email
**contributions to the
JULY newsletter by:**

15 June

to:
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