



## 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

MBE 148/45 Glenferrie  
Road  
Malvern VIC 3144  
AUSTRALIA

Ph: 3321 4366

amta.qld@gmail.com

Newsletter  
Coordinator:  
Christobel Clark  
(nee Moore)



## Private Practice Panel:

AMTA-QLD invites you to join us  
for a panel discussion about  
**Setting Up & Growing a Private  
Practice**

**When?**

Sat. afternoon, 19th Nov.

**Where?**Ascot Community Hall  
77 Kitchener Rd, Ascot**See page 3 for details**

## AMTA-QLD Chairperson's Report

Welcome to the final edition of our Qld branch newsletter for 2011 and my final report as chairperson. In this issue you can find out about our approaching **Annual General Meeting (AGM) and Drum Circle**, and an **exciting upcoming workshop**. Plus read about our progress on the **Project Grant** and hear from our latest **RMT in Focus**.

It has been a busy year for the AMTA-Qld committee - a dedicated group of 10 members who continue to support and promote music therapy in Qld. Please join us on **Saturday 15<sup>th</sup> October** at 3pm (for a 3:30pm start) to **celebrate the committee's achievements of the last 12 months**, and stay to enjoy a fantastic **Drum Circle** led by our own Ange Delaney (details on page 2).

The next CPD opportunity promises to be an extremely interesting one. We have prepared an interactive panel discussion on the topic of **"Setting up and Growing a Private Practice"**. Two RMTs and two other allied health professionals will share their experiences and answer your questions. So join us on **Saturday 19<sup>th</sup> November** (more info on page 3).

The other big endeavour for the committee is

raising funds to offer a **Project Grant** to an RMT in 2012. Thank you to all those who supported us by attending the Comedy Club night or purchasing raffle tickets at the conference. Check out our progress on page 2, and keep an eye out for more information about the grant in the second half of next year.

It was wonderful to catch up with so many of you at the national conference last month. **Congratulations to Kate Williams and the conference team** for putting together such a fantastic program. **Karen Elliot, the conference scientific chair**, has shared her music therapy story with us as our **RMT in Focus** (see page 4).

And finally, I would like to take this opportunity to thank the very hard-working members of the AMTA-QLD committee. You are an inspiring and energising group of people, and it has been such a pleasure to work with you all for the past two years. May you continue to grow music therapy in our great state!

With best wishes and grateful thanks,

Helen Carrington  
AMTA-QLD Chairperson

See p. 2 for details

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## AGM &amp; Drum Circle

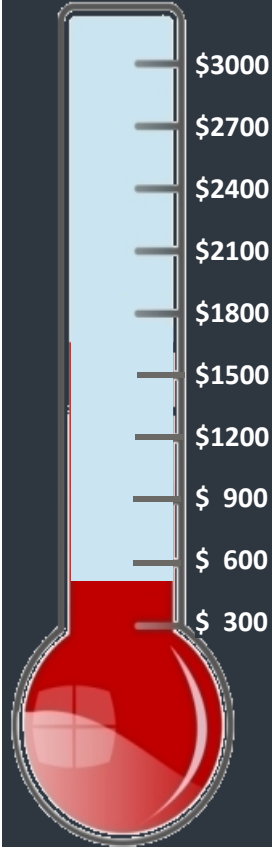
**When?** Sat. 15 Oct, 2011 — 3 pm

**Where?** Ascot Community Hall — 77 Kitchener Rd, Ascot



# Project Grant Fundraising

We've made a start...



Our Comedy Night raised \$520.



Our AMTA conference raffle raised \$87.



**Congratulations Lucy Richards** on winning the Ukelele!

& our \$30-gift-voucher winners:

**Luke Holmes, Vanessa Crawford & Tania Balil**

WHERE

Ascot Community Hall

77 Kitchener Rd, Ascot

## AGM & Drum Circle



### CONNECT & CATCH UP WITH COLLEAGUES

We have twice as many nominations as positions available on the committee, so come and help us decide who you want to represent YOU.

### HAVE YOUR SAY

Would you like to connect musically with fellow RMTs?

AMTA-QLD is holding a drum circle led by RMT Angela Delaney following this year's AGM.

### DRUM TOGETHER

BYO Drum (where possible)

TIMES

3:00pm—coffee & chat

3:30pm—AGM

4:30pm—drum circle

6:00pm—hall closes

People are welcome to party on together afterwards at a nearby venue.

DATE

Sat. 15 Oct, 2011

COST

Free!

Professional Development Workshop

# Private Practice Panel



*Want to grow your private practice?*

*Need a bit of inspiration?*

*Just need some questions talked through?*

*How do others do it?*

AMTA-QLD invites you to join us for a **panel discussion** about **Setting Up & Growing a Private Practice**

## Confirmed Panellists:

### **Vicky Abad (RMT)**

#### ***Boppin' Babies***

Vicky is a Registered Music Therapist and the Founding Director of the National Music Therapy Early Intervention Program 'Sing & Grow'.

### **Rebecca Craner (RMT)**

#### ***Music For Growth***

Rebecca is a Registered Music Therapist and qualified Neurologic Music Therapist currently working in Special Education and specialising in working with individuals with Autism Spectrum Disorder.

### **Julie Stirling (Social Worker)**

#### ***Secure Base Counselling***

Julie is well known for her expertise and longevity in presenting in the areas of child, adolescent and family therapy. She is a therapist, supervisor and trainer in both private practice and government settings.

### **Sharon Joyce (Occupational Therapist)**

#### ***RHP Physiotherapy***

Sharon works as a Paediatric Occupational Therapist. Originally trained in South Africa, she has obtained a broad range of paediatric experience over the past 13 years. She ran her own private practice at a Cambridge affiliated school in Johannesburg for 9 years as well as a home-based practice focusing on early intervention.



### **When?**

Saturday 19th Nov, 2011

### **Time?**

Afternoon (Time TBC)

### **Where?**

Ascot Community Hall  
77 Kitchener Rd, Ascot

**Want a particular question discussed?**

Email:  
[amta.qld.secretary@gmail.com](mailto:amta.qld.secretary@gmail.com)

A SPECIAL



to our fantastic  
AMTA national  
conference  
State Organising  
Committee  
for a fabulous  
conference.



# QHealth

## RMTs

Calling all music therapists who work for Qld Health:

Whether you hold a permanent position or run a short-term contract, we want to know who you are! Qld Health supports a music therapy discipline group through **AHWACU (Allied Health Workforce Advice and Coordination Unit)**. This group of RMTs meet quarterly to discuss the current music therapy position within Qld Health and strategic planning within the health sector.

We would love to know about all the music therapists who currently work for Qld Health so that we can be kept up-to-date.

Please contact **Bethany Best** (chair) with your details or for further information:

[Bethany\\_Best@health.qld.gov.au](mailto:Bethany_Best@health.qld.gov.au)



RMT in Focus:

## Karen Elliot

It is now 15 years since I graduated from the undergraduate music therapy course at the University of Queensland (though it certainly doesn't seem that long!).

After I graduated, I moved home to Coffs Harbour where I started a music therapy business, working mainly with adults with disabilities and in aged care. My husband and I then moved to Sydney where I established the music therapy program at the Children's Hospital at Westmead. I loved this

job! I worked in Oncology and Rehabilitation and made some lifelong friends in the Occupational Therapy Department where I was

based within the hospital. From here, we moved north to Brisbane where I took up the Clinical Tutor position at the Royal Children's Hospital. I really enjoyed the teaching aspect of this position as well as supervising students. Music therapy then took a back seat to my three beautiful children, now aged 9, 7 and 4 years. During this time, however, I did several locums and projects for the Royal Children's Hospital, including developing and filming a DVD "Music, ba-

by and me", released through the hospital last year. I enjoyed filming the DVD so much that I have put my name down at an advertising/ film agency!

Working in paediatrics is very challenging. It is not only the nature of the work that is challenging, but also the nature of the hos-

**"Having just attended my first conference and PDS in several years, I have a renewed enthusiasm for our profession."**

pital environment and the systems at play within it. You have to be so flexible when working in paediatrics. You could have a full day of patients planned and then only get to see one

because all the others were busy with doctors, allied health, having tests or sleeping!

Having children of your own also brings a new dimension to working in paediatrics. There is a whole new level of empathy when you can picture your own child lying in that bed. It is an empathy you can utilise when dealing with families in trauma or grief but one you need to be respectful of. Without the appropriate support and supervision, this em-

pathy can also be crippling and impede your work. Having your own children also helps when remembering developmental stages. Its much easier to remember developmental milestones when you've had three children go through them at home!

Having just attended my first conference and PDS in several years, I have a renewed enthusiasm for our profession. There are so many people doing such great work in music therapy, and opening up new areas of practice and practice innovation. I also have a renewed ambition to get back into my own music-making, to challenge myself in terms of my singing. Having participated in James Cuskelly's wonderful singing workshop at the PDS, I remembered how inspiring it is to sing with a group of people and one of my goals over the next little while is to look into a choir that will help nurture that creative side of me. After all, it was a love of music making that brought me to music therapy in the first place.



# Music Therapy Ensemble

- ♪ As a RMT, do you ever feel like you would like to have a chance to **'be a musician'** along side with other music therapists?
- ♪ Have you got any **songs** that you have composed that may be appropriate to sing to a larger audience?
- ♪ Would you like to take part in a **musical, creative project** that aims to broaden the horizons of what usually is kept for more intimate audiences?

**This project may be for you!**



**We have started a MT ensemble, run by RMT's, that:**

- ◆ Operates as a non-profit enterprise
- ◆ Provides a supportive and creative forum for RMTs to compose, improvise, play and perform original songs together as:
  - ◆ A means of self-reflection and sharing through music
  - ◆ A means of making MT better known in the community

**We aim to make the ensemble accessible to all RMTs *regardless of distance* through:**

- ◆ Sharing compositions via a DropBox
- ◆ Recording and layering remote & local contributions to be shared via a DropBox
- ◆ Maintaining a blog (or similar) to facilitate discussion regardless of timetables

**We currently have vocals, flute, clarinet, guitar, keyboard and percussion. We'd love to have your talents, too!!**

***Join us in person or remotely!***

**Please send any expressions of interest to:**

**[taniabalil@optusnet.com.au](mailto:taniabalil@optusnet.com.au)**

Rehearsals are currently every 2nd or 3rd Sunday, 11:30am — 2:30pm, but are subject to change according to members availability.

**Just for laughs...**

C, E-flat and G go into a bar. The bartender says, "Sorry, we don't serve minors," and E-flat leaves. C and G have an open fifth between them and after a few drinks, G is out flat. F comes in and tries to augment the situation, but is not sharp enough. D comes into the bar and heads straight for the bathroom saying, "Excuse me, I'll just be a second."

A comes into the bar, but the bartender is not convinced that this relative of C is not a minor and sends him out. Then the bartender notices a B-flat hiding at the end of the bar and shouts, "Get out now. You're the seventh minor I've found in this bar tonight."

Next night, E-flat, not easily deflated, comes into the bar in a 3-piece suit with nicely shined shoes. The bartender (who used to have a nice corporate job until his company downsized) says: "You're looking pretty sharp tonight. Come on in. This could be a major development." And in fact, E-flat takes off his suit and everything else and stands there au naturel. Eventually, C, who had passed out under the bar the night before, begins to sober up and realizes in horror that he's under a rest.

So, C goes to trial, is convicted of contributing to the diminution of a minor and sentenced to 10 years of DS without Coda at an up scale correctional facility. The conviction is overturned on appeal, however, and C is found innocent of any wrongdoing, even accidental, and that all accusations to the contrary are bassless.

The bartender decides, however, that since he's only had tenor so patrons, the soprano out in the bathroom and everything has become alto much treble, he needs a rest and closes the bar.



NOTE: All compositions and activities must adhere to the AMTA code of ethics. Ethical issues will be discussed in the group when needed and referred to the National Chair of Ethics if clarification is needed.

# Disability Special Interest Group:



This group is now  
underway.

Last meeting we dis-  
cussed:

✓ **Government  
funding options**

Next meeting:

➤ **Engaging  
difficult clients**

**Sun 30 Oct 2011,  
2:30pm**

**1 Holloway Dr,  
Everton Park**

Minutes are available  
from the mailing list.

To receive notifications,  
email:

**rebeccacraner  
@gmail.com**

## Upcoming Professional Development Events

### Contact for regu- lar dates

6pm—9pm

Brisbane

Cost: \$70<sup>+</sup>

**6 Oct 2011**

6pm—9pm

Brisbane

Cost: \$70<sup>+</sup>

**6-7 Oct 2011**

9:30am—4pm

Brisbane

Cost: \$395

**10 Oct 2011**

6pm—9pm

Brisbane

Cost: \$70<sup>+</sup>

**11 Oct 2011**

9:30am—4:30pm

Brisbane

Cost: \$180

**11-13 Oct 2011**

9:00am—3:30pm

Brisbane

Cost: \$365

**12 Oct 2011**

9:30am—12:30pm

Brisbane

Cost: \$100

### Group supervision

This supervision will be based on free speak by participants to enable them to debrief, gain skills and tools for change and effectiveness.

For further information: [events@trainingskillscentre.com.au](mailto:events@trainingskillscentre.com.au) or phone us on **1800 44 99 87**

### Solution Focussed Therapy in action

This practical and interactive workshop looks at the theoretical aspects of SFT and how to apply it to client scenarios.

For further information: [events@trainingskillscentre.com.au](mailto:events@trainingskillscentre.com.au) or phone us on **1800 44 99 87**

### Transforming problem sexual behaviour

Implementing a practice based approach to assessment and intervention with children and young people who engage in problem sexual behaviour.

For further information: <https://secure.childhood.org.au/SeminarDetail/?sid=ff666c94-70a4-4313-b79a-19d1b8748009>

### Effective Note-taking

In this workshop you will learn how to effectively take notes, how to deal with subpoenas, confidentiality and privacy.

For further information: [events@trainingskillscentre.com.au](mailto:events@trainingskillscentre.com.au) or phone us on **1800 44 99 87**

### Loading Up Your Tool Belt : Using Tools & Resources in a Strengths Based Way.

This workshop will offer participants a number of immediately useful ideas for the use of these tools within a range of practice contexts. The client-directed philosophy behind the tools will also be explored throughout the day. Participants can look forward to a highly participative, interactive workshop in which their own creativity, storytelling and sense of humour will be encouraged. A full range of tools produced by Innovative Resources and others will also be available for sale at this workshop.

For further information: <http://www.lighthouseresources.com.au/loading-up-your-tool-belt-using-tools-resources-in-a-strengths-based-way/2011-10-10>

### CHCAC319A - Dementia Competency

This Certificate III unit is aimed at anyone working in aged care, community care or respite services (particularly workers who have Certificate III in Aged Care but have not completed the dementia specific component).

For further information: <http://www.alzheimers.org.au/queensland/chcac319a-brisbane---provide-support-to-people-living-with-dementia.aspx>

### 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.

Participants will be involved in practical exercises and discussions. Questions and sharing of information/ideas is encouraged and highly desirable to enhance learning outcomes for all.

For further information: [http://www.autismqld.com.au/index.php?page\\_id=events&type=Workshop](http://www.autismqld.com.au/index.php?page_id=events&type=Workshop)

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## Upcoming Professional Development Events (cont.)

**12 Oct 2011**

1:30pm—4:30pm

Brisbane

Cost: \$100

### Clues to Managing Behaviour

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. Through positive programming and environmental adaptations, students develop a better understanding of expectations, are less likely to engage in problem behaviours and are more likely to engage in the social and learning environment.

For further information: [http://www.autismqld.com.au/index.php?page\\_id=events&type=Workshop](http://www.autismqld.com.au/index.php?page_id=events&type=Workshop)

**12-13 Oct 2011**

9:30am—4:30pm

Brisbane

Cost: \$360

### "Supervision" : Skills for Nourishing Ideas and Building Capacity - Facilitated by Paul Montgomery

Recognising supervision as a key process for offering support and enhancing the capacity of staff, this workshop explores the implications of strengths-based and narrative practices for how workers, managers and organisations engage in supervision. It focuses on supervision as worker-centred practice reflection of applying the practice ideas to different models and contexts. It explores strategies for developing cultural organisational learning as a vital companion to supervision.

For further information: <http://www.lighthouseresources.com.au/supervision-skills-for-nourishing-ideas-and-building-capacity-facilitated-by-paul-montgomery/2011-10-12>

**18 Oct 2011**

9:30am—4:30pm

Brisbane

Cost: \$199

### Modern Power and the Failure Map: Lost in Normality with Jane Hutton

This workshop gives participants a fun and accessible introduction to this practice map so that it can be used in individual, group and family work where anxiety, depression or other experiences of mental distress are impacting in the lives of people. It has relevance for work with children in school bullying situations, parenting difficulties, and counselling and supervision.

For further information: <http://www.lighthouseresources.com.au/modern-power-and-the-failure-map-lost-in-normality-with-jane-hutton/2011-10-18>

**20 Oct 2011**

6pm—9pm

Brisbane

Cost: \$70<sup>+</sup>

### Working with Families

In this workshop you will learn how to apply family systems theories when working with families as well as other techniques.

For further information: [events@trainingskillscentre.com.au](mailto:events@trainingskillscentre.com.au) or phone us on 1800 44 99 87

**21 Oct 2011**

9:30am—4pm

Brisbane

Cost: \$300

### Polyvagal theory, oxytocin and the neurobiology of love and attachment: A seminar with Stephen Porges and Sue Carter (USA)

Using the body's social engagement system to promote recovery from experiences of threat, stress and trauma.

For further information: <https://secure.childhood.org.au/SeminarDetail/?sid=ac8e489d-1684-4ae1-8b3c-4e741bef6d69>

**8-11 Nov 2011**

9 am—5pm

Brisbane

Cost: \$920-

### The Heart and Practice of Child-Centred Play Therapy

An introduction to the wonderful world of humanistic Child Centred Play therapy, a deeply respectful and effective form of counselling or psychotherapy for children from 2-10 years old.

For further information: <http://www.playtherapyaustralia.com/PlayTherapyWorkshopMelbPerthBris.pdf>

<sup>+</sup> 3 or more workshops in one registration you'll pay only \$65 per workshop per person

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AMTA-QLD

MBE 148/45 Glenferrie Rd  
Malvern VIC 3144  
AUSTRALIA

Ph: 3321 4366

amta.qld@gmail.com

www.austmta.org.au

Newsletter coordinator:  
Christobel Clark (nee Moore)  
info@musicking.com.au

Please email  
contributions to the  
Febuary newsletter  
by:

5 January

to:  
Christobel Clark  
info@musicking.com.au

## Upcoming Professional Development Events (cont.)

**11 Nov 2011**  
9:30am—4pm  
Brisbane

Cost: \$230

### Supporting staff, transforming trauma

Exploring a supervisory framework for those supporting staff who work with traumatized children, young people and families.

For further information: <https://secure.childhood.org.au/SeminarDetail/?sid=487785ba-68f0-4b44-a9d2-57c4e0ae4070>

**14-16 Nov 2011**  
9:30am—4:30pm  
Brisbane

Cost: \$595-\$660

### The Strengths Approach: Facilitated by Wayne McCashen

The purpose of the workshop is to assist the exploration and consideration of principles, processes and skills for working with people for change and empowerment. The workshop provides the opportunity to assess values for practice in the human services from the perspective of The Strengths Approach.

For further information: <http://www.lighthouseresources.com.au/the-strengths-approach-facilitated-by-wayne-mccashen/2011-11-14>

**24-25 Nov 2011**  
9 am—5 pm

Brisbane  
Cost: \$225-\$415

### Working with Children and Young People with an Autism Spectrum Disorder

This **2 DAY** feature event will showcase current research and best practice for Allied Health practitioners in the field of Autism Spectrum Disorders. Speakers will include Dr Stephen Stathis (Associate Professor, Paediatrician, Child and Adolescent Psychiatrist) and Associate Professor Honey Huessler (Developmental and Behavioural Paediatrician at Mater Health Services Brisbane) and a range of Allied Health providers working in the field of ASD.

For further information: [http://www.autismqld.com.au/index.php?page\\_id=event&id=142](http://www.autismqld.com.au/index.php?page_id=event&id=142)

**29 Nov 2011**  
9:30am—1:30pm

Brisbane  
Cost: \$125-\$250

### Effective Workplace Writing 1: Writing Documents that Readers Will Want to Read

Writing - and reading the written work of others - takes up a huge proportion of most people's working time. Some documents are crammed with ideas that seem to jump off the page. Others are like wading through stodgy porridge. And the difference between them usually comes down to the quality of the writing.

For further information: <http://www.lighthouseresources.com.au/effective-workplace-writing-1-writing-documents-that-readers-will-want-to-read/2011-11-29>

**30 Nov 2011**  
9:30am—4:30pm  
Brisbane

Cost: \$180-\$199

### Neuroscience and Social Work Practice: The Missing Link?

What has the brain got to do with social work practice? Lots, it would seem. Social work as a profession has been slower than others to delve into the interesting and relevant insights emerging from the field of cognitive social neuroscience.

For further information: <http://www.lighthouseresources.com.au/neuroscience-and-social-work-practice-the-missing-link/2011-11-30>

**7 Dec 2011**  
9:30am—1:30pm

Brisbane  
Cost: \$125-\$250

### Effective Workplace Writing 2: Writing Paragraphs and Sentences that make sense for Readers by Judy Gregory of Information Design Centre

Writing - and reading the written work of others - takes up a huge proportion of most people's working time. Some documents are crammed with ideas that seem to jump off the page. Others are like wading through stodgy porridge. And the difference between them usually comes down to the quality of the writing.

For further information: <http://www.lighthouseresources.com.au/effective-workplace-writing-2-writing-paragraphs-and-sentences-that-make-sense-for-readers-by-judy-gregory-of-information-design-centre/2011-12-07>