

Moving the Profession Forward: Advocacy

# THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR THE MUSIC THERAPY ASSOCIATION OF BRITISH COLUMBIA

Volume 16 Number 2

Spring 2015

ISSN 1492-3386



## Moving the Profession Forward: Advocacy

The Drumbeat ♦ Spring 2015

# In This Issue

From the Editor.....3

President's Report.....3

Islands Update.....4

MTSA Update.....4

Ethics Corner.....5

MTABC AGM Minutes.....5

Welcome to the New Board Members .....8

From Practicum to Practice.....11

Music Heals Update.....13

March for Music Therapy.....15

Piano PMI Update.....16

Arts Health BC.....16

Noticeboard.....17

Timeline.....20

# THE DRUMBEAT

A Quarterly Newsletter for the MTABC

President **Gemma Isaac**  
president@mtabc.com

Past President **Susan Summers**  
pastpresident@mtabc.com

Vice President **Maryann Burrows**  
vp@mtabc.com

Secretary **Shannon Westlake**  
secretary@mtabc.com

Treasurer **Maddie Bourdages**  
treasurer@mtabc.com

Director of Professional Services  
**Megan Goudreau**  
professionalservices@mtabc.com

Co-Directors of External Relations  
**Katherine Deane & Sally McKague**  
externalrelations@mtabc.com

Administrative Assistant **Brooke Angus**  
info@mtabc.com

Drumbeat Editor **Amelia Koebel**  
drumbeat@mtabc.com

Drumbeat Publisher **Shannon Nesbitt**  
publisher@mtabc.com

MTABC c/o Capilano University  
2055 Purcell Way  
North Vancouver, BC V7J 3H5  
Ph 604-924-0046  
Fax 604-983-7559  
www.mtabc.com  
Publications Mail 40828567

*Copyright Statement: The Drumbeat is copyrighted as a whole and does not require authors to transfer their copyright ownership to the MTABC. Permission to copy without fee all or part of any material without a copyright notice is granted, provided that the copies are not made or distributed for commercial advantage and the title of this publication and its date appear on each copy. Contact drumbeat@mtabc.com for further information.*

**On the cover: Shout it Out**  
**By: Daniel Getty**

## Letter From the Editor

Amelia Koebel, BMT  
drumbeat@mtabc.com

HAPPY SPRING! I hope you have all had nice transition and are adjusting to the beautiful signs of a new season.

This issue had a focus on advocacy which I know (as a new music therapist) is an ongoing challenge. How many times have I been referred to as an entertainer, asked to explain exactly what it is that I do or praised for my "volunteerism." I'll admit, sometimes it doesn't take long before I feel frustrated with the fact that I not only have to advocate for myself as a person, but also for music therapy as a whole. I do my best to try and take it as an opportunity though. An opportunity for advocacy and also education. After all, I think advocacy and education are somewhat related as one usually stems from the other. Although, I am still learning how to advocate effectively it is something

that I feel is very important. I am always learning from the conversations I have with others at the facilities where I work whether they are families or staff members. It's always interesting to hear other's perspectives of music therapy and how they see it as a profession.

I hope you enjoy this issue and the stories of advocacy within. The MTABC board has had quite a few changes lately so, you will see many new faces throughout. It is an exciting time for our community with many good things on the horizon and positive changes that will help move this profession forward.



## President's Update

Gemma Isaac NMT, MTA,  
president@mtabc.com

*Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!*

-Sitting Bull

40 YEARS AGO this May, a seed was planted by a group of passionate radicals who believed in establishing music therapy roots in BC, the Extempora Society, which later gave birth to the Music Therapy Association of BC of today.

Recently, I gave birth to my two beautiful twin sons, Patrick Ciaran and Michael Eoghan, and found myself reflecting on the serendipitous events that have brought such joys to my life, such as the triumphs and tribulations, risks and adventures their ancestors endured over the years in order for everything to align and create such strength, resilience, and beauty.

Over the years MTABC has gone through many transformations, adventures, and "rebirths" and the beauty of the association truly shines when the community efforts come together to create a strong voice for music therapy advocacy in BC.

Entering my second year as president of MTABC, my goal this year is to work closely with the directors and chairs to support the growth of music therapy education both internally with CE workshops as well as public education. I believe we can successfully achieve that over the next 12 months, but I need YOUR help. Yes, all of you!

MTABC needs to hear from you, what CE workshops will support growth and success in your work/community as a music therapist? For our veteran members, what do you need to stay on top of the ever-changing field of music therapy? What materials can we provide you to advocate for job security at your workplace? For our new grad members, we are building a resource centre for you on our MTABC website where you can find contract templates, grant application templates, and ethical considerations as you enter the profession. Tell us, what else can MTABC do to help support your potential to succeed?

I envision that we can bridge the distance amongst our members in all corners, nooks, and crannies of this large province, by engaging one another through community discussion and activities. I am thrilled to have Maryann Burrows come on board as Vice-President, which will bring the Island community even closer to the mainland, adding to the presence of music therapy as a united strong voice across BC.

As we celebrate our 40th year of music therapy roots in BC, I honor all members past and present who have contributed to the success of music therapy growth in BC, and look forward to branching out and advocating for music therapy job conservation and creation all across BC.



## Islands Update

Nejama Ferstman, MTA  
shirimysong@gmail.com

WE ARE THRILLED that a music therapist from our region is now on the MTABC board in the role of Vice President. Congratulations from all of us to Maryann Burrows on her new position. The Hope Collective has now wrapped up its activities which focussed on raising public awareness about music therapy. Their Facebook page titled, "LISTEN UP, VICTORIA!" was up for two months. The iPod collection campaign involved the Victoria Public Libraries and VanCity banks as depots. We had booths staffed by music therapists and Hope Collective members who advertised music therapy at two well attended fairs this spring. One for

students at UVic and one addressing the needs of Seniors. A viewing of The Gift of Music made for a fun evening of movie and popcorn during Music Therapy Awareness month here in Victoria at the home of our regional representative. We are looking forward to a small series of professional development workshops that are currently being planned, to take place over the next year in our region. We hope to address some of the interests and professional needs of music therapists in our region by offering opportunities for continuing education closer to home.

Congratulations to Satu Reuhkala, MMT on the birth of her first baby, Sebastian Mikael born in late April.

---

## MTSA Update

Jennifer Read and Lucy Cross (MTSA co-presidents)  
mtsacapilano@gmail.com

THE MTSA had a very busy start to 2015 following a successful fall semester with many guest speakers, volunteer events, and a wonderful concert. In the fall semester we invited several members of the music therapy community to share their experiences and ideas with us, and decided this semester to have more of a community focus, our goal being to build bridges between music therapy and other disciplines. We were pleased to host presentations from a local Drama Therapist, a spoken word Hip Hop artist, and a yoga professional. We also organized a two day drum making workshop with Phillip Gladue, a Métis Cree elder and traditional drum maker, from which students left with beautiful elk hide hand made drums. We finished the semester's guest speaker series with Sue Baines presenting on Music Therapists for Peace.

Our student members were very active during Music Therapy Awareness Month. We organized an extremely successful music therapy awareness event for the Capilano Student's Union, which included karaoke, a lot of free popcorn, and a Music Heals #musicmakesme photo booth. We also attended the March for Music Therapy in force. Fourteen students were sponsored by fourteen MTAs from across BC, and took to the streets of Vancouver alongside professionals from our community. Despite the overzealous greeting from the skies, we had a great time singing and marching with the community.

We finished off the semester with a sold out concert at Guilt and Co. Many of our students performed throughout the evening, showcasing amazing talent through a broad range of genres and groups. We were even joined on stage by Susan Summers as we all said goodbye to the school year and the fourth years said hello to internship. We will be using the proceeds of our concert to set up a \$600 entry scholarship for a new student entering the Music Therapy program at Capilano University. We wish the best of luck to all future applicants!

This year the MTSA had an incredibly high amount of student involvement. We were able to interact extensively with the music therapy community and beyond as a result of our member's dedication. We so enjoyed this year and feel privileged to have had the chance to work with such amazing people. Thank you to everyone that has been involved for your support. We look forward to joining you as colleagues as we move forward into our internships. We are in the process of electing presidents for the MTSA 2015/2016 and are so excited to see what they do next year! Stay tuned for another MTSA concert coming in Fall 2015 and for another year of musical shenanigans.

## Ethics Corner

Nicole Burgess, MTA  
ethics@mtabc.com

ADVOCATING FOR ourselves in the field of music therapy is something that seems to come with the territory. Although music therapy is a recognized and relevant profession, we are often not understood within our communities and even our workplaces.

Advocating for yourself within your work place can be a frustrating road, especially when it may seem like the 100th time you have been called an entertainer or volunteer. Advocating is one of the best ways to move our profession forward therefore as you do, keep in mind the following parts of the code:

**Principle I: Respect for the Dignity and Rights of Persons.** Under general respect the ethics code states, “Demonstrate respect for the dignity, worth, experience and knowledge of all people (principle 1.1)” and “use language that conveys respect for the dignity of others in all written and verbal communication (principle 1.3).”

Advocating often comes in the form of workshops, team meetings, in-services, and public media. When relating client stories or sharing images we must

make sure we have consent while respecting our client’s ethical right to confidentiality. Under Principle II: Responsible Practice the ethics code states “never release the personal information of clients except...with the client or legal guardian’s written consent (confidentiality II.18) and “obtain written consent from the client or legal guardian for the release of information to third parties. Music Therapists would ensure that an appropriate degree of confidentiality and records security would be provided by third parties (Confidentiality II.22).” Principle 11.23 asks that music therapists “make reasonable attempts to obtain consent to share client information in public forums (eg. conference presentations, practicum seminars). When consent cannot be obtained music therapists would take appropriate action to conceal all identifying information.”

Lastly, with the ever changing world of social media and the internet music therapists must look at how we use these tools to advocate for our profession. Currently CAMT is looking at the ethics surrounding this and establishing some guidelines. Advocating for music therapy in this way will be an interesting area to watch in the future.

---

## Music Therapy Association of BC Annual General Meeting Minutes

Date: Saturday April 18, 2015

Place: Vancouver Centre for Peace- 1825 W.16 Ave, Vancouver, BC

Time: 2:30-4:00 Annual General Meeting, elections, acknowledgements

### Attending

**Members:** Brooke Angus, Madeleine Bourdages, Marni Brechin, Sally McKague, Katherine Deane, Laura Hastings, Mayumi Holbrook, Gemma Isaac, Lorri Johnson, LaRee Mohr, Colette Perkin, Leah Rosling, Camilla Schroeder, Joanne Tait, Shannon Westlake, Eva Wong, Annie Yip, Sheila Lee, Lucy Cross, Alexina Davis, Josh DennyKeys, Jennifer Read, Danielle Schmidt, Amelia Koebel, Laurie Greenwood, Kevin Kirkland, Nancy McMaster, Susan Summers

**Guests:** Christ Brandt, Megan Goudreau

Online Viewing: Mara Sawchyn, Sheldon Francescini

**Regrets:** Katherine Graff, Maryann Burrows, Nejama Ferstman, Christie Millard, Vicky Ngai, Carol Wiedemann

**Chairperson:** Gemma Isaac      **Secretary:** Shannon Westlake

1.0 Gemma called the meeting to order and welcomed everyone. She reviewed how to determine voting members. This year the AGM is available to be live viewed online. Online viewers who meet voting qualifications may also vote. Thank you to Health Sciences Association that gives \$500 to MTABC AGM each year to offset costs and sponsor our AGM workshop presenter.

## Moving the Profession Forward: Advocacy

---

- 2.0 All board members introduced themselves, and committee chairs and members who were present introduced themselves.
- 3.0 Approval of agenda (Marni Brechin, Laurie Greenwood)
- 4.0 Gemma reviewed the procedures for AGM
- 5.0 Approval of AGM minutes of April 6, 2014 (Spring 2014 Drumbeat, Volume 15 Number 2 page 5). (Kevin Kirkland, LaRee Mohr)
- 6.0 Approval of the 2014 Annual Reports
  - 6.1 Approval of the reports of the Board of Directors and committees for 2014 (Susan Summers, Kevin Kirkland)
  - 6.2 Approval of the Financial Statement for 2014 (Kevin Kirkland, Nancy McMaster)
  - 6.3 Approval of the 2015 Budget (Maddie Bourdages, Laurie Greenwood)
  - 6.4 Shannon Westlake announced that the printed version of the facilities list contains errors. A corrected version was sent in pdf to all members. Please refer to this instead.
- 7.0 Elections:
  - 7.1 Outgoing board and committee members were recognized by Gemma with a certificate and gift. -Colette Perkin (Vice President), Erin Parr (Professional Services), Annie Yip (Treasurer), Amber Spitkovski (Continuing Education Chair), Mayumi Holbrook (Conference Chair), John Downes (Interior Regional Rep), Michaela Wallis and Adam Carabine (conference co-chairs)
  - 7.2 All the board positions have been filled for this upcoming year. We just have one committee chair position vacant. Susan thanked the 37 MTABC members who stepped forward to fill all the roles!
    - New Board of Directors:
      - President: Gemma Isaac, MTA
      - Past President: Susan Summers, MTA
      - Vice President: Maryann Burrows, MTA
      - Secretary: Shannon Westlake, MTA
      - Treasurer: Maddie Bourdages, MTA
      - Director of Professional Services: Megan Goudreau, MTA
      - Co-Directors of External Relations: Sally McKague, BMT and Katherine Deane, MTA
    - Brooke Angus, MTA will be continuing in her role as Administrative Assistant.
    - Director of Professional Services oversees and supports the following committee chairs:
      - Ethics chair: Nicole Burgess, MTA
      - Membership chair: Eva Wong, MTA
      - Drumbeat editor: Amelia Koebel, BMT
      - Drumbeat publisher: Shannon Nesbitt, BMT
      - Conference co-chairs: Stephen Williams, MTA, Kristen Morrow, BMT
      - CE workshop chair: vacant
      - Website liaison: Mayumi Holbrook, MTA
    - The co-Directors of External Relations oversees and supports the following committee chairs and committee members:
      - Public relations chair: Laura Hastings, MTA
      - Advocacy chair: Mara Sawchyn, MTA & Susan Summers, MTA
      - Advocacy committee: Alexina Davis, Lucy Cross
      - Public relations committee: Alexina Davis, Lucy Cross, Katherine Graff, MTA
      - Social Media: Alexina Davis
      - Advertising: Josh Denny-Keyes
      - Sponsorship: Lucy Cross
    - Vice-President is the leadership team liaison for our regional representatives, who represent our valued members who live outside the Lower Mainland:
      - Fraser Valley: Marni Brechin, MTA
      - Vancouver Island: Nejama Ferstman, MTA
      - Interior: Christie Millard, MTA
    - Other MTABC members involved in MTABC projects and partnerships:
      - Bandwagon and MTR: Carol Wiedemann (coordinator), Susan Summers
      - Drumbeat editorial committee: Mary Reher, Wendy Solloway, Valerie Bird, Nancy McMaster,

Kamila Pelka, Judith Rietveld, Oona Jean, Joel Kroeker

-Conference committee: Danielle Schmidt, Melody Owen, Lucy Cross

-CE workshop committee: Vicky Ngai (photos/video)

-With our partners, the following MTABC members serve on boards or as consultants or advisors:

Canadian Music Therapy Trust Fund liaison: Sandy Pelley

CAMT liaison: Maryann Burrows

Roland Canada/Shervin Communications: Susan Summers, Gemma Isaac

FACTBC: Susan Summers and Stephen Williams

Arts Health Network Canada board: Susan Summers

Music Heals board: Susan Summers, Carol Wiedemann

## 8.0 New Business:

### 8.1 New Board Structure

-Policy and procedure manual is in process- we have a lot of the procedures compiled now so that transitions between board and committee members is seamless. Next step is creating policy.

### 8.2 Introduction of New Brochure (External Relations, Katherine and Sally)

-Katherine presented a “mock up” of the new brochures. There are two versions- same content just different cover. One has a photo of seniors, other of children (using the professional photos we had done in the past two years with the profits from the 2012 Gift of Music screening). These will be completed and available very soon. Members who want copies of the brochure can contact MTABC

8.3 Acknowledgments of a Life Time Membership Award was given to Leah Rosling, who has been a practicing music therapist in BC for 30 years. She was presented a certificate and gift and acknowledged for her contributions to the music therapy community. Congratulations, Leah!

### 8.4 Announcements

-Liz Moffit has been recently awarded the Capilano University Faculty Emeritus 2015. Faculty Emeritus status is given to someone who has made an extraordinary contribution to their profession and shown meritorious dedication to the success of their students and who continue to be active professionally in their discipline at or beyond retirement.

-Joanne Tait announced that she has heard that the government is moving towards including music therapy with occupational therapy, etc where you don't have to pay GST- moreso if you are in a healthcare facility. We have a degree and are accredited with oversight by our professional body. If you are funded by a charity then you don't have to pay GST. If you want more information please contact Joanne Tait.

## 9.0 Motion to move the adjournment of meeting. (Laurie Greenwood, Camilla Schroeder)

13 members participated in the MTABC and HSA sponsored Nia workshop facilitated by Jasit Rai.



2015 AGM @ the Vancouver Centre for Peace





Outgoing Vice President Colette Perkin is presented with a certificate



Outgoing Conference Chair Mayumi Holbrook is presented with a certificate



Outgoing Treasurer Annie Yip is presented with a certificate

## Honouring Leah Rosling: 30 Years

Leah started her music therapy training in 1983 Capilano College as a mature student in her 30's. She applied for the program twice. The first time she applied she met Nancy McMaster during the days when Nancy walked down the halls barefoot with the advice "you should not enter this program as a single mother". And then the following year met Kerry Burke who noted Leah was "not enough of a risk taker" but Kerry gave her a 60/40 possibility of getting in. Thankfully it turned out that music therapy was one of the very best thing Leah felt she did in her life, contrary to what her dear friends Nancy and Kerry said 30 plus years ago!

Music Therapy has provided Leah not only work but a vocation to provide for her children and her granddaughter who's been living with her for 10 years. Leah feels her work as a music therapist is a great blessing that has provided a tender, heartfelt, extraordinaire connection with people through music in her life.

Leah has a passion for working with seniors in residential care and has done so for the majority of her career. She worked at Burnaby General Hospital for many years in the 1990's and became the Professional Practice Lead for Music Therapists in Providence Healthcare in 2005. Here's how it happened:

Terra Merrill was taking over the PPL for Alpha Woodward, who had decided to go work in Bosnia and Herzegovina. Terra was offered a teaching opportunity in the US and so Leah was asked to fill in until Alpha got back. Alpha did not come back and Leah was fortunate to take over the professional practice position and become the full-time music therapist at the Langara site. During Leah's time as PPL of PHC, there have been many transitions in music therapy positions. Although some positions were unfortunately cut, there have also been some positions added. Leah credits the expansion of music therapy positions to people with voice, power, and clout internally who are strong advocates for music therapy. Since 2005, the growth of music therapy has expanded from 3 positions to 10 HSA positions: 5 permanent and 5 casual positions. This includes



Leah Rosling is presented with a Lifetime Membership Award

four residential care sites and two mental health positions that came about as a result of the closing of Riverview. This also includes a new mental health position that was created as a result of an internship.

Leah served on the MTABC board as vice-president from 2004 to 2005 (or 6? – we'll have to confirm with her). She has completed her Guided Imagery and Music (the Bonny method) training and is now a Fellow of the Association for Music and Imagery (AMI).

Leah has been a supervisor of many practicum and internship students throughout her career. She offers leadership and mentorship with gentle grace, compassion and her unique sense of humour. Leah values beauty, fine music and fine wine, anything Parisian, and deep conversations and friendships.

We are pleased that Leah's granddaughter, Jasmine, is here today to be with us as we honour Leah with a lifetime membership to MTABC, acknowledging her 30 years of exceptional work in our profession.

## Testimonials Needed

**Kevin Kirkland, PhD, MTA**

**kkirklan@capilano.ca**

As Capilano University looks forward to its celebration in 2016 of 40 years of training music therapists, we're working on a project with multiple layers. One part we need help with are short video clips of clients (or caregiver/parent) saying what music therapy means to them / what it is to them / what it has meant to them. Of course you'll need to have obtained consent for publicity purposes. We're hoping to gather testimonials from a wide range of populations. Clips will be edited for brevity, and we can't guarantee that any and all footage will be used. Please submit your video clip by August 15. Help us show why/how music therapy is so vital and what it has meant to have this profession.

*Start where you are. Use what you have. Do what you can.*

**- Arthur Ashe**

## Welcome to The New Board Members!

**Maryann Burrows, MTA**

**Vice-President**

**vp@mtabc.com**

MARYANN GRADUATED with a Bachelor of Music Therapy degree from Capilano University in 2005. During her time in the program, Maryann served as the Vice President of the Music Therapy Students' Association. She was also the recipient of the Jim Campbell Music Therapy Award for excellence in a practicum setting. Maryann completed her internship in geriatrics under the supervision of Kristine Theurer, at New Vista Society and Dania Home in Burnaby.

Returning to her home town of Victoria soon after her internship, Maryann has been an active music therapist in the field since graduating. Specializing in geriatrics, dementia care and neurological conditions, Maryann has worked in a number of care homes throughout Southern Vancouver Island under her contractual practice, Embe Music Therapy. Maryann is currently one of the primary music therapists for Island Health, serving seven residential hospitals throughout greater Victoria.

Maryann takes a humanistic, gentle care approach to her work, and is a strong advocate for music therapy. She has been part of many educational efforts including presentations for Vancouver Island University, as well as participating in public media campaigns on music therapy over the years. Maryann is currently in the process of being interviewed and featured in Island Health Magazine.

When she isn't working, Maryann enjoys photography, being a brand new home owner, and walks with her husband and Shih Tzu, Lennon. For more information about Maryann, she invites you to visit her website: [www.embemusictherapy.com](http://www.embemusictherapy.com)



**Maddie Bourdages, MTA**

**Treasurer**

**treasurer@mtabc.com**

MADDIE IS THE NEW treasurer for MTABC. She graduated from the music therapy program at Capilano University in 2011. She works primarily with older adults in a long-term care setting, but also has experience working in inpatient psychiatry. She is currently working on a master's degree in gerontology through Simon Fraser University. In her free time, Maddie enjoys hiking, cycling and traveling.



**Meg Goudreau, MTA**

**Director of Professional Services**

**professionalservices@mtabc.com**

MUSIC HAS SHAPED every part of my life and continues to lead me towards my bliss. I received my Bachelor of Music performance with a specialization in classical voice from Concordia University in Montreal and moved west to complete a bachelor of Music Therapy from Capilano University. Since graduation, I have worked in several facilities, the longest being the Louis Brier Home and Hospital. My five years there have been overflowing with passion, growth and change and I have felt so blessed to work in a facility that truly values the profession. Aside from Music Therapy, I also spend much of my time working in the sound healing realm, leading group

meditations with voice and Tibetan singing bowls. My newest undertaking is to learn the harp and integrate it into the palliative care component of my work.



I am so delighted to be part of the MTABC board and I look forward to connecting with the Music Therapy community more deeply. As I take on the position of Director of Professional Services, I hope to provide a solid link between the committees and the board, as well as support in these areas. Thank you for this wonderful opportunity.

**Stephen Williams, MTA**

**Conference Co-Chair**

**conference@mtabc.com**

I'M LIKELY A FAMILIAR face to many of you as I'm the program coordinator for the Capilano University Bachelor of Music Therapy program and I've taught in the program for the last 25 years. I was also the first MTABC conference chair in 2008 and then again in 2009. I've also chaired the conference committee for the last CAMT conference that was held in Vancouver many years ago. I've been a Music Therapist for almost 29 years and continue with a very small private practice with a focus on adolescents with Asperger's Syndrome and adults in Music Psychotherapy. I've been on both the MTABC and CAMT boards over the years. This year I'm really pleased to be working with an eager conference committee for the coming months.



*Now we're in the midst of not just advocating for change, not just calling for change - we're doing the grinding, sometimes frustrating work of delivering change - inch by inch, day by day.*

**- Barack Obama**

**Kristen Morrow, BMT**  
**Conference Co-Chair**  
**conference@mtabc.com**

I RECEIVED MY Bachelor's Degree in Music Therapy in May, 2014. My first year of clinical practice has flown by in such a whirlwind that I can't help but feel like I must have blinked and missed most of it! I have been incredibly fortunate to have found working opportunities in several populations that I adore, including hospice, bereavement care, and long-term care facilities. It has been a journey of constant discovery and I am loving every minute of it.

As I look to broaden my practice, I hope to continually establish new and deeper connections, so

I am truly thrilled to be getting involved in MTABC as this year's conference co-chair. I'm looking forward to working with an amazing team of people to create another exciting and enlightening conference experience this fall! We can build such a strong community of care when we pool our resources and stay connected. Where will October take us, this year? Stay tuned!



**Camilla Schroeder, MTA**  
**CE Workshops**  
**ceworkshops@mtabc.com**

I WAS BORN IN B.C. and graduated high school in Port Moody. I started taking piano lessons when I was 6, singing in choirs at age 9 and took private voice lessons from age 13 on. I completed a diploma from Cap College in the Jazz program in 2000 and then the MT degree program at Cap in 2004. I have also done jazz gigs over the years and sung at funerals and weddings professionally. I have been

working as an MT almost full time since graduating, mostly for Vancouver Coastal Health but, I have also done contract work through the years. I received my accreditation shortly after graduating and I have supervised many practicum and internship students since 2006. One of my life goals has been to teach and I began teaching guitar PMI for the Capilano University MT program this past fall 2014. I am so happy to have gotten this opportunity and I enjoy this work very much. At home, I have a darling 2 year old and another baby on the way. I enjoy being a part of the MTABC and staying connected with so many wonderful people. In the past, I have served the MTABC community for a total of 4 years in the roles of Conference Chair and Treasurer.

I took on the role of CE Workshops because I knew no one had taken it on and I really appreciate the CE opportunities we have had offered from MTABC thus far. It is an excellent way to accomplish the CAMT CE requirements without traveling far for the CAMT conference each year. I hope to share the responsibilities of facilitating the events on the day of and prepping in any way as I am expecting another baby in August. So my role looks more like the organizer and hopefully someone will step up to help as I won't always be available for each session.



**Laura Hastings, BMT**  
**Public Relations Chair**  
**publicrelations@mtabc.com 6047162736**

LAURA HASTINGS IS passionate about using music to help people of all ages engage in positive, fun, and healing experiences. She loves singing silly songs, song-writing, and making music with any musical instrument she can get her hands on. After obtaining a degree in Music from Trinity Western University, Laura went on to receive a Bachelor of Music Therapy from Capilano University. Part of her music therapy training involved a 1,000 hour internship, which she completed at BC Children's Hospital in the Oncology and Burns & Plastics units. Laura now works all over Vancouver and the Lower Mainland with children, teens, adults, and seniors, using music to meet a variety of social, emotional, cognitive, and spiritual goals. She teaches privately out of her home in Langley and is growing a private practice in the lower mainland. You may have heard Laura's voice in Hasbro's children's TV series Littlest Pet Shop singing for panda Penny Ling and in season 5 of My Little Pony. She is the newest member of Soul Purpose, a Vancouver-based soul/R&B band. Laura is looking forward to adding her voice to the stellar music therapists already raising awareness for music therapy in BC.



**Mara Sawchyn, MTA**

**Advocacy Chair**

**advocacy@mtabc.com**

MARA COMPLETED her internship in mental health and residential senior care and has continued working with both populations since March 2011. Since that time, Mara's music therapy work has streamlined towards adult mental health. In addition to her small private practice, she is employed by two health authorities in Vancouver where she works in acute care mental health and addictions, geriatric psychiatry for adults living with frontal-temporal dementia, and in refractory care with adults who are living with schizophrenia and other psychoses. Throughout this period, she

has observed and been astounded by the positive effects of using the power of music with her clients. A major accomplishment is her contribution to the creation of a new Music Therapy position in mental health at St. Paul's Hospital where she had first completed her internship four years ago. Mara is proud to accept the role of advocacy chair for the MTABC this term, and is excited to be part of our professional association's leadership team.



---

## **From Practicum to Practice-A Journey in Advocacy For Music Therapy in Mental Health**

**Mara Sawchyn, MTA**

**marasawchyn@hotmail.com**

My calling has always been to help people. I knew my work would be in adult mental health even before I entered the music therapy program. When we were given a choice among possible placements for our final practicum at Capilano University, it was inconceivable to me to choose anything other than mental health. I had known for many years that music's beneficial effects are sometimes difficult to explain but clearly visible. I was fortunate enough to be assigned a practicum on an inpatient psychiatric treatment unit at St. Paul's Hospital. There, two very helpful occupational therapists guided me in working within an interdisciplinary team. They led me through morning rounds, linked me to resources around the hospital, helped gather appropriate and ready patients to attend the music groups, attended my in-services, and graciously gave of their time to evaluate me. I felt a part of the team and as such, I became part of an even bigger team, where I was invited to group planning where the CNS (Clinical Nurse Specialist) would review classic articles such as Yalom's Psychodynamic Group Process in Inpatient Psychiatry where we looked at ways of incorporating such principles into our practice. The feeling of being part of this type of hands-on learning was something to behold. My bewilderment that inpatient mental health did not have music therapy services only served to build my hopes and vision that one day it would.

I didn't fully appreciate how lack of budget and funding affected music therapy. I pursued my internship in earnest, splitting my time between adult acute mental health and residential long-term care. I proudly wheeled my cart back and forth between two hospital buildings (the equivalent of two city blocks), up and down the elevators, chatting about my work with countless curious people. I discovered the importance of having an "elevator speech" at the ready, wherein I would explain music therapy's role in mental health with brevity, conciseness, and clarity. Furthermore, I pondered along with everyone on those elevators why there was no regular music therapy service at the hospital.

Upon completion of my internship it was difficult to fathom why I wasn't hired on the spot. I did a good job. Staff and patients routinely inquired about the music groups. It had become a regular program that was well-liked and more and more patients asked for individual sessions while a couple of nurses wrote to the operations leader asking for a music group at least once per week. As I waited for a response, I learned that the job creation process can move slowly and can be a complex task. I was fortunate to have an excellent internship supervisor who believed in me and I was hired on as a casual with Providence Health Care. This offered diversity of experience in various locations and I was pleased to be part of a team once again.

For two years, I worked as a casual for Providence Health and also continued my own private practice working with adults living with dementia. One day I learned that the CNS from St. Paul's had recommended me for a position at the new psychosis unit at UBC Hospital. At the same time, I received a call from St. Paul's Hospital that some funds had come available for a 6-month temporary music therapy position, and I was encouraged to apply. Only a few weeks later, I accepted a temporary position at Richmond Hospital in acute psychiatry and outpatient services. So with three jobs in this same year, I was juggling a six-day work week for a while. I learned a great deal about psychiatry in this time period. I communicated often with doctors, nurses, other therapists, and stayed in touch with operations leaders and the director of mental health at St. Paul', all as part of a regular day's work. It is important to stay visible even when you're not playing music. Being part of the milieu sparks many conversations that create educational opportunities about what the benefits of music therapy. From this also stemmed referrals. I invited staff to observe group sessions so they could witness their patients in a music therapy environment. This often led to a consultation about the progress of their patients because music therapy has a way of bringing out the best in people. It further showed that my skill set was much more than that of a musician or entertainer. I learned that being part of the team and sharing my outcomes keeps me and music therapy relevant. If you're not an active part of the team, then you risk being irrelevant.

St. Paul's is a teaching hospital and I've seen many student nurses come through. The nursing instructor required her practicum nurses to sit in on music therapy sessions with their patients. At one in-service, I had 10 nurses along with their instructor who took copies of handouts I had prepared. The instructor distributed the handouts to her class at BCIT. She recently informed me that she is recommending the music therapy in-service handouts be part of future course information. I was thrilled to see this information being distributed back in the education process to expose other disciplines to the work music therapists do, and that our work is not in isolation, but is part of a

multidisciplinary team.

When the temporary position at St. Paul's ended, I learned there wouldn't be any further budget for a music therapy position. Since both the operations leader and the director of mental health were such strong supporters of music therapy, we teamed up to prepare proposals to raise funds to keep at least some music programming for the patients. A proposal was drawn up and I contributed information from journal articles. I received not one, but three more contracts over the period of a year and a half.

I was creating ties and becoming well rooted in the hospital and realized, along with the staff who now expected music programming for their units each week, that it was time to broach the subject once again of possibly creating a financial line item for music therapy in the new budget. I initiated a meeting with the operations leader and the director who supported the idea of adding music therapy to the mental health program. Six months went by. What I found is the health system is already challenged to meet current costs, and even your strongest allies can't make things happen any faster. At last, the operations leader informed me that a 0.5 position for music therapy had been created. I went from running three groups all in one day, to working two and a half days per week, where I could spread out my groups, make time for more individual sessions, and take the time to reflect about the full potential of the music therapy program I was creating.

From my practicum in mental health 5 years ago to being a practicing accredited music therapist, I have developed a focused area of practice at three sites. At each unique setting I constantly advocate for music therapy in the mental health care.

It seemed like a long road at the time, but looking back, anything worth building or creating takes time. The secret is never giving up what you believe and lastly, surrounding yourself with all the best people to champion your efforts and vision. It takes a team and plenty of energy, and you can't be afraid to speak out when you believe in the work you do and of its benefits for the clients. It is with great excitement that I embrace my new career phase and with it, bring along the principles I've learned to my new role as advocacy chair toward building a strong advocacy team.

## Music Heals Update

Chris Brandt

chris@musicheals.ca



### Join the Music Heals running team!

FOR THE 3rd year in a row, Music Heals is putting a team into the 5K portion of the Scotiabank Vancouver Half Marathon. This year the event is on Sunday June 28th. Join fellow music therapists, music celebrities, and radio DJ's as we raise money for local music therapy programs. Our team has raised \$25,000 in the last 2 years. Team members receive a Music Heals team race shirt, and free breakfast after the race at The Regal Beagle. It is always a fun day and not the least bit competitive. Run, walk, push a stroller - whatever you like! If you are not able to join us, please help us spread the word and find sponsors for your favourite runners in both Vancouver AND the Calgary event by sharing the following link: [www.MusicHealsRunningTeam.com](http://www.MusicHealsRunningTeam.com)

If you are interested in joining the team, contact [Chris@MusicHeals.ca](mailto:Chris@MusicHeals.ca) for a free entry code.

Tickets On Sale Now!

A BENEFIT FOR **MUSIC HEALS**

Thursday October 22, 2015  
Imperial Room  
319 Main St.

## MEDIA RELEASE

Music Heals Charitable Foundation



### FOR IMMEDIATE RELEASE

Contact: Chris Brandt

Music Heals

Tel: (604) 915-9322

Email: [chris@musicheals.ca](mailto:chris@musicheals.ca)

### ***Tickets On Sale Now for 2015 Strike A Chord: A Benefit For Music Heals***

*2<sup>nd</sup> Annual Gala set for Thursday October 22<sup>nd</sup> at The Imperial in Vancouver*

**Vancouver, BC, April 22, 2015** – The 2<sup>nd</sup> annual Strike A Chord gala is happening 6 months from tonight, and tickets are now on sale. Tickets and sponsorship information can be found at [www.MusicHeals.ca/Gala](http://www.MusicHeals.ca/Gala)

Strike A Chord: A Benefit For Music Heals is Thursday October 22<sup>nd</sup> at The Imperial (319 Main Street) in Vancouver.

This event raised \$50,000 in 2014, and featured performances from Serena Ryder, Chin Injeti, The Matinee, The Boom Booms, Kutapira, and was hosted by Prevail (Swollen Members).

Enjoy the highlight video from 2014:

Vimeo:

<https://vimeo.com/122193637>

YouTube:

<https://www.youtube.com/watch?v=31fQBpkwlp0>

Proceeds from the evening support music therapy programs in BC.

The event was sold out in its inaugural year, and is expected to sell out again this year. A charitable tax receipt will be issued for a portion of the ticket price.

Strike A Chord is presented in concert with LG 104.3FM, and with the generous support of Newcap Radio.

### **About Music Heals**

The Music Heals Charitable Foundation raises awareness of the healing powers of music and fundraises for music therapy and related services across Canada. Their mission is to unite music therapy-related charitable initiatives, and increase patient accessibility to music therapy in children's hospitals, seniors' homes, palliative care facilities, burn units, bereavement support, at-risk youth programs and more. Music Heals donated \$250,000 to music therapy programs in Canada in their first two years in operation.

## March for Music Therapy

ON MARCH 30th, 2015, Vancouver hosted our second annual March for Music Therapy. Twenty-six participants braved the Vancouver rains and marched down Robson street to raise awareness and funds for music therapy. This national campaign had 14 communities joining together to raise over \$28,000 that will directly go towards clinical grants and increased music therapy awareness in Canada.

Our Vancouver group started off at the Denman Running Room with a coffee and donut donation from Tim Horton's to fuel us on. The gang then marched and sang down Robson towards the Vancouver Art Gallery for photos and more music making. We ended our march at Subeez restaurant in Yaletown where local artists Luca Fogale and Kristie McCracken performed. The march was not only a great opportunity to raise our voice in support of music therapy, it was also a fun atmosphere for re-connecting and networking with fellow music therapists and Capilano music therapy students. Congratulations go out to Shannon Westlake who raised the most money for our Vancouver campaign and who was gifted with a delicious gift from LUSH.

You can find out more about the national campaign at [www.musictherapytrust.ca](http://www.musictherapytrust.ca) and see more fun photos of our escapades. We would like to thank our sponsors, The Running Room, Tim Hortons, Subeez Restaurant, Fast Signs, and LUSH. We would also like to thank our volunteer team of Katherine Deane, Laura Hastings, Kristie McCracken, Tyrone Barnes, and Lucy Cross who organized this year's March for Music Therapy. We hope to see you next year, rain or shine, at the 2016 March for Music Therapy!



*“As you become your own advocate and your own steward, your life will beautifully transform.”*

— Miranda J. Barrett

## Piano PMI Update

Dear Colleagues,

We are in the process of revisioning, rewriting, revamping, and restructuring the music therapy piano private music instruction curriculum at Capilano University: a total overhaul. As practicing music therapists in our community, you are in a unique position to understand what is needed for the clinical use of the piano in music therapy. We are hoping that you will take time to share your thoughts, ideas, and even specific techniques that you feel are necessary for entry-level practice. As well, we would like you to dream big about if you could wave a magic wand, what piano skills would be optimal for music therapy bachelor's training completion.

It would not be reasonable to assume that we will be able to include everyone's contributions but we will endeavour to integrate the spirit of all our your input.

Please send your ideas to [sbaines@capilanou.ca](mailto:sbaines@capilanou.ca) and [emilyteng@capilanou.ca](mailto:emilyteng@capilanou.ca) by July 31, 2015.

Sincerely,

Sue Baines, PhD, MTA  
Private Piano Instructor  
Capilano University  
[sbaines@capilanou.ca](mailto:sbaines@capilanou.ca)

Emily Teng, MMT, MTA  
Private Piano Instructor  
Capilano University  
[emilyteng@capilanou.ca](mailto:emilyteng@capilanou.ca)



## On The Map: Arts & Health in BC – Launch (April 2015)

Provincial not-for-profit, Arts Health BC, has just launched the final report and online map following their province-wide survey of arts & health activity in the Fall of 2014. The report and map profile 127 arts & health initiatives (projects, programs, events and research) in various settings across BC including health care, health professional education, health research and community. The resources are hoped to assist with networking and knowledge sharing within the arts & health sector.

If you or someone you know leads an arts & health initiative, please visit [www.artshhealthbc.ca/on-the-map](http://www.artshhealthbc.ca/on-the-map) to learn more.

Carolyn Neapole, MTA, AVPT  
604.788.5205 | [carolyn@carolyn.ca](mailto:carolyn@carolyn.ca)  
*Music Therapist · Vocal Psychotherapist*

Off-site supervision and consultation for:

- Mental Health and Addiction interventions
- Songwriting
- Garage Band, recording techniques
- Piano Lessons
- Estill Vocal Techniques

# NOTICEBOARD



## Congratulations!!!

Gemma Issac and her partner, Michael Gill welcomed their two boys, Patrick Ciaran Isaac Gill: 2lbs and Michael Eoghan Isaac Gill: 1.3lbs on March 24, 2015. The family is doing well and the boys grow stronger every day.

## *Congratulations New MTAs*

*Michaela Wallis*

*Adam Carabine*

*Michael Brush*

*Mara Salter*

*Satu Reuhkala*

*Andrea Cave-De Vries*

*Sheldon Francescini*

## MTABC Scholarship

Congratulations to Capilano University student Jennifer Read on receiving the Music Therapy Association of B.C. Scholarship this year. Jennifer has just completed fourth year and is moving on to her internship. Jennifer completed her last practicum in a neo-natal intensive care unit. Jennifer has been one of the co-presidents of the Music Therapy Student Association this past year. Congratulations, Jennifer!





**UNIVERSITÉ Concordia FACULTY OF FINE ARTS**

[concordia.ca/creative-arts-therapies](http://concordia.ca/creative-arts-therapies)

## GRADUATE STUDIES IN MUSIC THERAPY

CONCORDIA UNIVERSITY, MONTREAL, CANADA

Studying at Concordia University (an English-language university) offers a unique opportunity: to live and learn in one of North America's most dynamic and culturally rich cities. Montreal is Canada's second largest city, with a population of approximately 3.8 million people. Every year, the city welcomes over 18,000 international students from more than 150 countries.

**Graduate Certificate in Music Therapy**  
Leads to eligibility for professional accreditation (CAMT) and certification (CBMT)

**Masters in Creative Arts Therapies (Music Therapy option)**  
Advanced professional training for teaching and research.

**The individualized program (INDI) provides an option to pursue a PhD in Music Therapy.**



## Realizing the Vision Together!

**213-4250 Kingsway  
Burnaby, BC V5H 4T7  
604-419-0455**

**Insurance Investment Retirement**

### *Therapeutic Voice Lessons/ Vocal Psychotherapy & Clinical Supervision*

- ◆ Improve your vocal technique
- ◆ Vocal improvisation for personal growth
- ◆ Experience Diane Austin's Vocal Psychotherapy methods
- ◆ Clinical supervision
- ◆ Off-site internship supervision

**Susan Summers, PhD, MMT, AVPT, NMT, MTA**  
**604-872-8140**  
**susumm@telus.net**

## Timeline Spring 2015

- June 28** Scotiabank Vancouver Half Marathon & 5K (Join the Music Heals team!)
- Aug 18-22** GIM Level III Training
- Aug 29** Music Therapy Ride
- Oct 22** Strike a Chord: A Benefit for Music Heals

### Save the Date!

**MTABC's Annual Conference**  
**October 23-24, 2015**  
**Keynote presenter: Dr. Carolyn Kenny**

**CAMT's Annual Conference**  
**May 27-29, 2016**  
**Waterloo, Ontario**

*“An idea is like a play. It needs a good producer and a good promoter even if it is a masterpiece. Otherwise the play may never open; or it may open but, for a lack of an audience, close after a week. Similarly, an idea will not move from the fringes to the mainstream simply because it is good; it must be skillfully marketed before it will actually shift people's perceptions and behavior.”*

— David Bornstein

## In The Next Issue...

"Moving the Profession Forward: Networking"

*Summer 2015 - Deadline July 30th*

As we continue with our series of "Moving the Profession Forward" another topic that has come up in discussion is networking. As music therapists, we are forced to make our own connections, deepen those relationships and maintain them. The ability to network doesn't always come naturally but, it is an important skill that music therapists can benefit from. Networking is an integral part of moving this profession forward.

What are your thoughts on networking? What are your experiences of networking within your community? How have you found networking difficult and what have you done to overcome this challenge? How has networking worked for you and what are your strategies for networking? What is your advice to others when it comes to networking as a music therapist.

I look forward to hearing from you, reading your stories and learning from your experiences.



**If undeliverable please return to:**  
MTABC, c/o Capilano University  
2055 Purcell Way  
North Vancouver, BC V7J 3H5

PM 40828567