

THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR THE MUSIC THERAPY ASSOCIATION OF BRITISH COLUMBIA

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**Going Deeper,
Reaching Farther**

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THE DRUMBEAT

A quarterly newsletter for the MTABC

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MJABC Notice Board

Congratulations!
 BC's Newest MTA
 Carmen Eisenhower
 Camilla Schroeder
 Joel Kroeker
 Meaghan Jackson
 Lucinda Johnson Lawrence



Lorri (Watson) Johnson
 and partner, Steve
 welcome Nolan Lawrence Johnson
 January 21
 7 lb 8 oz.

Kirsten Davis, Dan and
 older sister, Jeannie
 welcome new babysister,
 Stella Jade "Bobbie" Slamet
 December 8
 9 lb 9 oz.



Katherine Dennison and partner, Wynn
 welcome Austin John
 December 16th
 7 lb 10 oz.

RECENT CAPILANO UNIVERSITY
 BMT GRADS
 TAYA BEAUCHEMIN CASSIDY
 STEPHANIE LEONG
 MELODY OWEN
 COLETTE PERRIN

From the Guest Editor

Shannon Ingersoll, BMT

HELLO, MUSIC THERAPY COMMUNITY and welcome to a new year! We are starting of this year with a great new edition of the Drumbeat. There are many possibilities for you to connect and grow with each other over these next 12 months, thanks to our hardworking board! Knowing this makes me excited about the growth of our profession and our community here in Vancouver and around the province. Though being editor means a huge learning curve for me, I am excited to be in the middle of the happenings. I am continuously inspired by each of you, by your hard work, integrity and determination to create awareness and respect for our profession. But mostly, I am inspired by your wisdom about your work and your personal journey.

Speaking of connection...I really love our theme for this issue, "Going Deeper, Reaching Farther - Community Perspectives of Psychotherapy and Music". With the new year just passed and each of us trying to figure out the best way to make our resolutions happen (and continue!) our theme is timely. We need to perhaps 'go a little deeper' and reach a little farther, stretch our boundaries and our comfort zone a little more to achieve those goals. When we do this, I believe this shift impacts our work; we reach further to connect with our clients and encourage them to stretch a little more.

I also believe that when we risk moving out of our comfort zone, we inevitably shrink the distance between our selves and others and connections happen! We have been talking about this in one of my many communities and I love being reminded that even when it doesn't seem like it, others really do want to connect with us and know us and our story – it is our human nature. I think we, as music therapists, could be reminded of this when we are sorting through too many things with not enough time. I know that when I find a moment to connect with another person, I am inspired and renewed to tackle the job of going out into the world and sharing my passion of the power of music. Each time we do this, our community grows a little bigger and we have more resources to access and

more support to carry on our journey. So, when you are feeling too busy to connect, remember that even a moment can inspire and encourage!

I hope you enjoy this issue, I am so grateful to each writer who shared their experiences, knowledge and wisdom, thank you! We had so much writing, you will have to wait till next issue to read those stories! Here in our local community, we have two perspectives about the Music Saves Project that is giving music therapy wonderful exposure around the country, a new local group of the Music Therapists for Peace and our growing CE Workshops for members! Going a little deeper, we have an update on the Vocal Psychotherapy Training with Diane Austin, will learn about a research study on Alzheimer's being conducted by our own community members, and hear about a Professional Practice group gathering in The Fraser Health Authority. Reaching a little farther, we hear about a brand new 'Sensory Room' at the Victoria Conservatory, a groundbreaking conference in Turkey, and a member presenting her work in New Orleans. We also have our fabulous regular columns. We have lots of wonderful events this spring, especially the Annual General Meeting – this is a great place to share your ideas and passion and be a part of our thriving community! We also have a fabulous and highly recommended facilitator who will energize us with drumming afterwards! I hope to connect with more of you there!

I want to say a farewell to our long time and dedicated Drumbeat distributor, Yan Mak, who has moved with her family overseas. Thank you for your commitment to an important part of connecting with our community and we hope you will send us a report from your end of the world!

I want to remind you that March is Music Therapy Month in Canada and encourage you to arrange an in-service, display some of CAMTs resources, and encourage conversation about music therapy. I wish you a wonderful spring and may you connect in meaningful ways in your work and your life!

President's Report

Susan Summers, MMT, MTA

THE THEME of this issue of the Drumbeat speaks to me of the best that music therapy and music therapists can offer our clients, our communities and our world. As students and interns, our initial training stretches us to learn new clinical skills, expands our attitude of what music is and how to use it therapeutically, increases our musical abilities by learning new instruments and repertoire, and requires us to grow professionally in so many ways. As we find our own unique clinical practice as music therapists, we again go deeper with our clients by offering them more opportunities to stretch their abilities and find increased skill, insight and quality of life. We reach farther to and with our colleagues and cohort members through attending and presenting at conferences and workshops, taking advanced training and doing graduate work and research. Many of our community members have published books and offer training in their own unique practice. Others regularly mentor practicum and internship students, influencing our next generation and ensuring continuity for our future. Many music therapists hold dual certification and credentialing in two professions - over a third of our MTABC membership holds graduate degrees and/or some advanced credentialing – we have gone deeper and reached farther.

In seeking depth and breadth, I turn to our past for inspiration and grounding. In the early 70's, as they co-created the music therapy training in BC, Nancy McMaster and Carolyn Kenny's vision embraced the "humanist values of inherent wholeness, equality and mutual contribution of clients and therapists, the mandate of knowing and questioning the therapist's assumptions, the deep value of music, and a counter-cultural emphasis on the importance of simple, expressively eloquent music in clinical work" (McMaster in Howard, para 15). Carolyn adds "we always had an approach that brought in the Creative Arts Therapies, with a special focus on music. We used a pedagogical approach that was very aesthetic. I do think that Nancy and my shared interest in Eastern philosophies and practices had a powerful influence on our program" (Kenny in Howard, para 17). As a graduate and current instructor of the Capilano University music therapy program, I gratefully acknowledge Carolyn and Nancy's tenacity, vision and belief in music therapy so that as music therapists today, we continue to engage in reflective practice. Their foundation set the stage for us all to go deeper and to reach farther.

Looking at today and in the near future, we are again being

called to dig deep and reach out. On the positive side there are these exciting developments. Our partnership with the Vancouver International Song Institute and Rena Sharon has resulted in our annual symposium in June, offering a presence of music therapy with children at UBC, reminiscent of the early days with the Children's Spontaneous Workshops. Music therapy research is being conducted at UBC in the Clinic for Alzheimer Disease and Related Disorders (CARD) with Dr. Kevin Kirkland, Susan Summers and the research team from the department of neurology. Music therapy is now represented on the new Arts Health Network (www.artshealthnetworkcanada.ca) by Susan Summers on the start-up board and Valerie Weeks on the Expressive and Creative Arts Working group. MTABC is in discussion with Roland Canada as a funding partner for our conference and other projects. MTABC will host the Trust Fund documentary video sometime this year in Vancouver. New clinical work is still being created. Our CE workshops, conference and other member services are being used well by our members.

To balance these exciting developments, I acknowledge the challenges that music therapists still face: that of being misunderstood and often under-valued by systems and bureaucracies, being

at risk for job cuts in this economic climate, having challenges to find enough work, especially in the rural and smaller communities, and being part-time everywhere and the lifestyle considerations that come with that.

Through MTABC, we must continue to be vigilant to go deeper and reach farther for our profession, through various projects that MTABC is undertaking this year: evaluation of our wage guidelines and job posting policy, learning how to best advocate and lobby for music therapy through our advocacy committee, continuing to create public relations resources for members to use, creating a strategic plan for creating employment opportunities, and continuing to upgrade the website.

I extend my heartfelt gratitude and appreciation to all the board members and committee members who have given freely of their time, energy, expertise and support over this past year, and in particular to the three board members who are leaving the board and whose positions will be open for election at our AGM. Thanks to Cristin Bostrom (treasurer), Brooke Angus (Membership) and Sheila Lee (Public Relations) for dedicated service, for bringing new ideas and resources, and for their professional commitment to music therapy and to MTABC. Each one has brought their unique gifts and strengths that have helped MTABC move forward. Nominations are open for these positions, as well as a new position, Direc-

tor of Advertising (including funding sources, grant writing and chairing the trust fund documentary screening). We seek energetic, creative, enthusiastic and dedicated individuals to join our dynamic board and offer your expertise and ideas – together, we will ensure music therapy in BC is a visible, viable, accessible and essential health care and education service for all people. I look forward to seeing all members on Sunday, March 20 for our AGM and drumming workshop.

Reference: Howard, M. (2009). An interview with two pioneers of Canadian music therapy: Carolyn Kenny and Nancy McMaster. *Voices: A World Forum For Music Therapy*, 9(2). Retrieved from <https://normt.uib.no/index.php/voices/article/view/351>

From the Membership Director

THANK YOU to all who renewed this year. For the most part, our website has been a success, however, we know that many of you ran into some glitches while trying to renew. Thank you for your patience! We have been tracking the problems that members encountered and we are searching for innovative ways to make membership renewal quicker and easier for you.

One of the major changes is that your Username is now your email address. You will still need to enter your personal password when you log into the member area.

In case you haven't checked out the website for a while, our Secure Member Area is constantly improving. The Continuing Education section is an insightful and valuable resource, the Events section keeps you informed on the latest music therapy happenings and the Resources and Links section offers useful information.

Please take a moment to have a look and send me an email if you have any comments. We would love to hear from you! My role as Membership Director will come to a close in March and I will miss corresponding with all of you.

Sincerely,
Brooke Angus, MTA
MTABC Director of Membership
membership@mtabc.com



3RD ANNUAL MTABC SYMPOSIUM

Music Therapy and Kids: 10 Big Ideas for Little People



Join us again this year for an inspiring day of presentations and community! The symposium will focus on interventions, techniques and songs for children from early infancy to youth. MTABC will be hosting this event, in collaboration with VISI (Vancouver International Song Institute, www.songinstitute.ca) on campus at the beautiful and newly renovated UBC Recital Hall.

In the spirit of "Speed Dating", this experiential symposium offers 10 practical interventions from 10 music therapists in short, interactive presentations throughout the day. Last year's symposium was a great success and very well attended with over 65 registrants! Presentation topics from last year's conference addressed development from birth through adolescence and examined relevant themes for all stages including the importance of free play in early childhood, developing focus in young children, social interaction including initiation in children with autism, and be-

- Saturday, June 4th, 2011 • 9.30 am - 4.30 pm (Registration at 8.30 am) •
- UBC Roy Barnett Recital Hall •

<ul style="list-style-type: none"> • Pre-Registration • <li style="padding-left: 20px;">\$50 - Public - <li style="padding-left: 20px;">\$40 - MTABC Members - <li style="padding-left: 20px;">\$25 - Students & VISI Registrants - 	<ul style="list-style-type: none"> • At the Door • <li style="padding-left: 20px;">\$60 <li style="padding-left: 20px;">\$50 <li style="padding-left: 20px;">\$35
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For more information please email symposium@mtabc.com.

For online registration go to www.mtabc.com.

Call for Symposium Presenters

MTABC is looking for ten dynamic music therapists who work with babies, children and/or youth to present one "golden" intervention and one therapeutic song.

Deadline: Friday March 30th. Send proposals to Esther Thane at: ethane@shaw.ca

For proposal information: www.mtabc.com

Inspiring Volunteer Opportunity!

We are looking for volunteers for the 3rd annual MTABC Symposium

Please contact Sheila Lee at: symposium@mtabc.com or go to www.mtabc.com and click on Symposium for further information.

“Pull Thy Oar, All Hands, Pull Thy Oar”

Team Work in Music Therapy

Marni Brechin, MTA

mbrechin@hotmail.com

ANYONE IN the Music Therapy profession for any length of time can attest to the feelings of isolation that occur in the workplace. Our relatively small professional network at times makes it challenging to find a fellow Music Therapist – especially outside the metropolitan areas such as Vancouver and Toronto. For over a year now, I have been privileged to join the “Professional Practice Council” for Music Therapy in the Fraser Health Authority. Although we are a small group, we are resolved to increase the profile of Music Therapy in this organization. It is a diverse group who come together to share ideas, get feedback on professional issues, and propel our group forward. In doing so, we have reaped many benefits.

In order to encourage others in the Music Therapy Community to enjoy the rewards from professional collaboration, we put our heads together and came up with this list of “Ten Advantages of Networking”:

10. Belonging to a professional community

The greater Music Therapy Community can be enhanced by groups such as the Professional Practice Group, or the Regional Music Therapy groups, along with other Music Therapy Associations. Assembling regularly creates a greater sense of belonging.

9. Cooperative sharing

Every Music Therapist has his or her own style of working and looking for resources. In our group, we have the advantage of sharing and collaborating these resources and individual styles with each other. One of our members shared the excitement over one of her male residents creating a set of drums. Another presented ideas for an upcoming conference and another shared a wealth of information about accessing online resources to increase our professional profile.

8. Opportunity for professional collaboration

Members of our group have been involved at all levels of the Professional Practice Council. Each of us contributes ideas for the direction of the group. In each meeting, we review minutes and current agenda items. One of our visions is to actively involve all available members in the group. Another vision is to invite other professionals to present in-services at future meetings so we can continue to be informed about the interdisciplinary aspects of our work.

7. Increased awareness

One of our members attends similar meetings, and reports back with a broader picture of what other Professional Practice groups are doing within the Fraser Health Authority. Hearing about current issues, events, and practices, helps

us set group directives and initiate extensive discussion around raising the profile of Music Therapy within the greater organization.

6. Learning opportunities

Learning opportunities are expanded to the whole group. Our meetings provide opportunities to report back on seminars or conventions we have attended, as well as provide occasion to educate other professionals who are curious and want to understand more about Music Therapy.

5. Opportunities for professional affirmation

We are extremely proud of our members and the contributions they make as Music Therapists in the community. As fellow professionals, there is a broader understanding of what it means to do this work and to hear “Wow, that’s a great idea!” or “Well done on that presentation!” It means even more when it comes from a fellow Music Therapist, who knows what it is to venture out into a workplace where Music Therapy is easily marginalized.

4. Decrease feelings of professional isolation

I have been in practice for twenty-three years and sometimes it has been a very lonely place. Feeling isolated can be energy-draining. After each Professional Practice Council meeting, I emerge, energized by the collaboration that has occurred. It brings

me to a place of belonging, to talk with others who understand the challenges of being a sole charge Music Therapist. I can “go back to the sea and keep rowing, because there are others in the same boat”.

3. Job creation

The Music Therapy community is a fairly small one and finding out about jobs can be about ‘who you know’. In this group, we are all stakeholders. We have worked on creating a cooperative atmosphere towards finding jobs, and passing along jobs which may suit others better because of factors like travel time.

2. Opportunities to work on common challenges

Being part of this group means having the opportunity to problem-solve with colleagues. Sometimes this is as simple as finding out an

easy fix for a technical issue. Other times, it means sharing a workplace issue and having others speak to that challenge from their own experience. This can shed a light on a solution which might not have occurred in isolation.

1. Professional accountability and support

Our group has been challenged to come up with standards of practice. The discussions are always lively as we present our ideas on what that might mean to us in this organization, as well as in the greater Music Therapy community. Isolation in the workplace can foster lethargy in keeping up with current practices. Anticipating the group meeting and knowing that the agenda will elicit a response from other meetings helps me rise to the occasion and ‘up my game’ so to speak — hence this

article! Not only are we accountable, but we are able to offer one another support as we face changing job positions and atmosphere of care. As well, it is very refreshing to be with other Music Therapists, since we don’t have to define all the nuances of our work to each other as we would in a more diverse group.

(This article was written in collaboration with the Professional Practice Council for Music Therapy in the Fraser Health Authority.)

*"No member of a crew is
praised for the rugged
individuality of his rowing"
~Ralph Waldo Emerson*

Ethics Corner

Bernadette Boissonnault BA, MTA
ethics@mtabc.com

IN THIS ISSUE about "Going Deeper, Reaching Farther" I'd like to present Principle IV: Extended Responsibility, Professional Development IV.6 Promote the highest standard of practice by soliciting or providing peer consultation as required.

Music therapists most often work alone, even if we are part of a care team. No matter how much experience and education we have peer consultation can be very informative and useful. It is a terrific way of gaining alternative perspectives, getting feedback and generating ideas with our colleagues.

Fortunately, this time can also be used towards your mandatory CE hours falling under "Supervised Self-Study Activities". As cited from the C.A.M.T. source book: [Members] may also receive credit for peer consultation. Peer consultation - calculate 1 hour per peer consult. Both (or all) parties involved

can claim 1 credit for each contact. In order to qualify for CECs, peer consultation must be arranged on a somewhat formal basis with a schedule of contacts, and a specific purpose for the contacts. Groups of therapists who meet regularly for this purpose may calculate CECs individually for each meeting which they attend. Meetings of two or more hours will count for CECs on a 1 hour - 1 credit basis. No more than 30 credits may be claimed in this section during one 5-year cycle. Documentation containing the following information: purpose of consultation; dates, times and medium of contacts; and signature of member, peer contact or chair of peer consult group.

Our fellow music therapy peers are a valuable resource most of us have access to. Additionally, if you consult over lunch, one of you gets to keep the receipt for tax purposes. Talk, eat, share and go deeper.

Music Therapists for Peace in Our Personal and Global Community

Sue Baines, BMus, BMT, MA, FAMI, MTA
sbaines@shaw.ca

IN THE EARLY 90's I had the honour of working with Edith Boxill, the founder of Music Therapists for Peace in New York City, first while interning and then as I continued my music therapy education in my Masters Degree at New York University. I helped support Edith's dream of developing Music Therapists for Peace, which in 1988 became an American non-profit globally inclusive organization.

Recently, I have initiated some projects in our MTABC and global cyber-community with Music Therapists for Peace. On October 3rd, 2010, in personal response to horrific cyber-bullying reported in the news, I initiated a Facebook group called, "Music Therapists for Peace." I wanted to harness the power of the social networking site to increase the peace. The goal of this group is to inspire dialogue and offer ideas on how to increase the peace. As of January 31, 2011, after just four months, we have 96 members in our Facebook group including many music therapy organizations from different parts of the world. The Music Therapists for Peace Facebook group is inclusive and not only for music therapists, so please share the link with your friends and family and become involved.

On December 11, 2010 a group of music therapists and friends gathered and enjoyed a musical improvisation at Capilano University in North Vancouver for almost two hours without a break in the name of Peace. It was joyful and splendid!!!

In January of this year, I also initiated two connected projects. The first project involved asking several music therapy professional associations and training programs for endorsement and collaboration with Music Therapists for Peace. The second project involved initiating the aforementioned relationship by presenting at the last MTABC board meeting on January 25. I am very pleased to announce that MTABC has taken on this agreement and will be collaborating with Music Therapists for

Peace. At an upcoming faculty meeting, the Music Therapy Faculty at Capilano University will be approached with the same request. This process will serve as a template to increase professional involvement in this consciousness raising project. The Music Therapists for Peace website

(www.musictherapistsforpeace.org) is currently maintained from Argentina by Maria Elena Lopez who is involved in a number of other Music Therapists for Peace projects.

Here is an excerpt from the website:

Music Therapists for Peace is more of a movement than an organization per se. Being a music therapist for peace is about developing an attitude towards life. It is about how we create harmony and understanding in our daily lives, and how we contribute with our technical abilities and our humanness to empower people around us. Music Therapists for Peace doesn't have any political or religious affiliation. We adhere to the Universal Declaration of Human Rights and then connect with other music therapists, educators, peace organizations to strengthen possibilities for a better world. However we are rooted in the Humanistic Psychology and in Logotherapy of Viktor Frankl. It is important as MTP to strive for excellence in our profession, keeping in mind that, "By developing our higher consciousness, in sync with the rhythm of our hearts, we can all take part in the great symphony of life. Learning to transform dissonance into harmony, we can unfold a melody of hope, unity and creativity for the third millennium."

References:

- Boxill, E. (1997). *The miracle of music therapy*. Gilsum, NH: Barcelona Publishers.
- López Vinader, M. E., (2008). Music therapy: Healing, growth, creating a culture of peace. In Olivier Urbain (Ed.), *Music in conflict transformation: Harmonies and dissonances in geopolitics* (pp. 155-179). New York, NY: I.B. Tauris.

For more historic references, please refer to The Journal of the American Association for Music Therapy, Volume 7, Number 1, 1988.

Vancouver Vocal Psychotherapy Intensive Program Update

Diane Austin, PhD, ACMT, LCAT

Director, Vocal Psychotherapy Centre in New York

WE HAVE JUST completed the second intensive of the Vancouver Vocal Psychotherapy Intensive Program and it is going extremely well. It's so exciting to see this dream become a reality!

When I started the training program in New York City, it required people to come once a week for two hours because I'm comfortable with that format from psychotherapy groups and teaching. But in order to take it, you obviously had to live in New York City or a city close by. Over the years, I've received many emails from people in the rest of the country and in other parts of the world that wanted to take the training, and I had to explain the situation to them. I realized I couldn't offer the training to many terrific candidates who could then offer Vocal Psychotherapy to clients in other regions.

Music therapists began to ask me "what about a distance training program?" The first time that it came up, Susan Summers from Vancouver suggested it, and it was terrifying to me. First of all, I am not that computer literate—although I have improved a lot! But, I couldn't envision it. I'm very hands-on as a teacher and a therapist and the thought that some

of the training would have to be from a distance, was hard for me to conceptualize. What would that look like, and how would that feel? Would there be enough of a connection to maintain group cohesion through meeting twice a year?

When Susan kept suggesting this, and other people as well, I thought, "Okay, maybe it's time I enter the 21st Century." And this is the direction things are going in - there are so many distance training programs at colleges and universities now. It makes it easier for people who can't just pick up and move.

Vancouver was the perfect place to pilot this program. It IS the perfect place, for several reasons. One is that I've taught here four or five times over the years, so I'm very comfortable with the area and it's a beautiful place. The majority of the students that we accepted have at least had a workshop with me and they do teach my methods at Capilano University, so there is familiarity with my work in Vancouver. In addition, I couldn't do this program without Susan Summers. She is incredibly organized, has known my work and me for many years, has worked with the voice in music therapy for a long time and believes so much in the healing power of the voice.

We meet for two August and two January five-day intensives, and in between, we have readings and monthly lectures, as well as monthly individual one to one supervision sessions with me, via video teleconference. Of the eleven students, two are in Greece, one is in Toronto, and several are from different parts of the Lower Mainland, with me being in New York. Yet we are creating a community - a close community. I am already looking forward to returning in August!

For further information on Diane's work or the VVPI program, please check: www.dianaustin.com or contact Susan Summers at susumm@telus.net.

Music Therapists for Peace and
the Music Therapy Association of BC
present

A Celebration of Peace Through Music

Wednesday, March 30, 2011
7-9 pm

Fir 119 (music therapy room), Capilano University

In acknowledgement of National Music Therapy Awareness Month and in light of recent global events, Music Therapists for Peace, in collaboration with MTABC, will facilitate an evening of musical inspiration and celebration. There will be time for improvising, singing together, and a candle lighting ceremony. All are welcome to join with your voice and story, as we gather as a community in the name of peace.

For further information, contact Sue Baines at:
s.baines@shaw.ca or check www.mtabc.com

Vancouver Island Update

Kirsten Davis Slamet, MTA

ON SATURDAY, October 30, nine Vancouver Island music therapists and two music therapy interns welcomed MTABC President Susan Summers and guest presenter John Downes to Victoria for a full day of reconnection and continuing education. Music therapists from the Greater Victoria area were especially pleased to welcome MT's from Parksville (Laurie Munro), Nanaimo (Stephanie Martyn), and the Mainland (Michael Sochor)!

To begin the day, Susan gave us an update on current MTABC projects and new member services. Then each one of us also shared a brief summary of our present practice and described our work sites. We also discussed the challenges of working as contractors, particularly when taking over a contract from another music therapist whose working style is different than our own.

After a delicious potluck lunch, all of us enjoyed John Downes' presentation "Counselling Skills for Music Therapists", complete with role-plays and group exercises. John described generic counseling skills we could apply to structure sessions, engage clients, and react effectively to clients' responses. We practiced questioning, paraphrasing, reflecting and summarizing during the dyad exercises. John gave an overview of Cognitive-Behavioural Therapy

methods and provided us with in-depth handouts for home study.

One of the workshop participants commented, "The small group practice was a good experience. I received encouraging feedback from the others in my group, and that made me more confident and comfortable to use the counseling skills in my work. Also, I was impressed by the way John described his personal use of imagery as preparation for sessions. He explained that he envisions a waterfall in the doorway of the client's room, and that as he walks through it, into the room, the waterfall cleanses him of unnecessary thoughts and emotions that might distract him. After doing this, he feels able to be fully present for the client. Visual imagery is powerful, and I was glad to learn this skill."

"I haven't understood a bar of music in my life; but I have felt it."

~Igor Stravinsky



Back row: Kirsten Davis, Susan Summers, Julie Bomhof, Nejama Ferstman, Katherine Dennison, Carolyn Hoekstra, Michael Sochor

Front row: Maudie van Klaveren, Tomoko Kusumoto, Maryann Burrows, Stephanie Martyn, Laurie Munroe

Gerontological Society of America

Kristine Theurer, MA (Gerontology), BMus, MTA

HELLO FELLOW Music Therapists. I recently finished my Masters at the Gerontology Department at Simon Fraser University and have had the privilege of attending the Gerontological Society of America's 63rd Annual Scientific Meeting in New Orleans to present my thesis. I have been asked to tell you a little about this experience and as you can imagine, it was an amazing event to attend. So much going on! – workshops and research from all over the world. In addition, I was able to spend some time after the conference experiencing the beautiful people and city of New Orleans. It is hard to adequately describe how warm and welcoming they are of visitors and how music is an integral part of life in the city. The music is everywhere – I walked down some of the streets and saw music in almost every other restaurant/bar, and on every block there are musicians playing out on the street. There is poverty there but also such richness in courage and culture.

The Gerontological Society of America (GSA) is the largest interdisciplinary organization devoted to research, education and practices in the field of aging and puts on an international conference every year. This conference (what they call a Scientific Meeting) brings together more than 3,500 of researchers in the field of aging and is considered the premier gathering of gerontologists from both the United States and around the world. They offer over 500 scientific sessions including symposia, paper, and poster presentations. In spite of being a bit overwhelmed(!) at times, I also found inspiration and affirmation. Inspiration in the sense that there are so many like minded people out there that care passionately about improving the quality of life for our elders. Affirmation in the sense that the research that I am pursuing is important and does have a place in the larger scheme of what is going on in the world in the field of aging. I found it wonderful to meet many of the authors that I have been citing and whose articles have changed how I think about aging and my role as a researcher. This is the second time I have attended this conference (the first being two years ago when it was offered in Washington, DC, just before Obama was elected!). I would highly recommend going to this conference. Not only do you get to experience a new city and culture but also connect with like minded spirits. I found it takes a bit of courage for me to venture out to conferences in general, but each time I do, I am glad I went.

Continuing Education Workshops

Emily Teng, MMT, MTA
profdev@mtabc.com

OUR CE WORKSHOPS have been noticeably well attended and growing throughout the year. Our recent workshops, presented by Dr. Heather Mohan and Dr. Glen Grigg, were well attended with much positive feedback. We were very fortunate to have these presenters offer their expertise to inspire and stimulate our professional practice. Their generous time and effort is much appreciated!

Last November, Dr. Heather Mohan led our members in an exploration of the potential for music therapy in end-of-life-care for practitioners and clients in the “proximity of the soul”. Participants were also given opportunities to engage in self-reflection on the meaning and impact of palliative care music therapy; to clients, to families, and to themselves.

This January, Dr. Glen Grigg introduced us to the world of psychotherapy. The workshop explored the scientific validation of client-centered therapy, the communication theory behind second-order cybernetics, and the exciting new frontier of interpersonal neurobiology. This workshop enabled us to have a glimpse into the potential of how we as music therapists can transfer these skills into our practice.

It is our vision to bring insightful and qualitative continuing education workshops to our professional community. This complimentary service for MTABC members can not happen without the generosity of our presenters and the appreciation of MTABC members. Attending CE workshops is one of the easiest ways to connect with other music therapy professionals and a place for personal and professional growth.

Dementia 2011 Conference

Kevin Kirkland, PhD, MTA, FAMI, MARI
imagery@shaw.ca

ON JANUARY 29, 2011 the Clinic for Alzheimer Disease and Related Disorders (CARD) held a conference dedicated to dementia at the Life Sciences Centre at UBC. This free conference for public and professionals covered the diagnosis of Alzheimer Disease (AD) and other dementia, what research is being done about it, what treatment approaches are happening, and what preventative steps can be taken. It was an honour to be invited as a speaker at this forum, where some 700 people were in attendance. Because of ongoing research with faculty from the Department of Neurology, music therapy has taken a position alongside other treatment approaches in the care of persons with dementia. We recently completed a small study that compares healthy control to persons with AD in listening to familiar, unfamiliar, and scrambled music in a functional Magnetic Resonance Imaging (fMRI) scanner. Early results are showing many brain regions that continue to process music despite the dementia. The current study being conducted is run through CARD where we have set up a music therapy treatment room, where Capilano University music therapy instructor Susan Summers is leading individual music therapy sessions in a combined personalized/clinical approach that is following an assessment tool developed for the study. A long-term goal of the team is to develop a standardized music therapy assessment tool for persons with dementia. A short summary of the study is below:

Title

A randomized controlled study to assess the health benefits of music therapy in patients with Alzheimer Disease.

General Research Aim

To conduct a proof-of-concept randomized controlled trial to determine the benefits of Music Therapy (MT) sessions in patients with a clinical diagnosis of mild to moderate Alzheimer Disease.

Rationale

Music therapy (MT) is one of the few non-pharmacologic interventions that patients with Alzheimer Disease (AD) at all levels of severity can participate in. Evidence is emerging that the benefits of MT may leave enduring changes in health and well-being that go beyond the momentary enjoyment of the MT sessions themselves. Investigators are finding that the diseased brain is capable of learning, changing, and possibly, of neuroplasticity, even

in the face of progressive dementia. However, the mechanisms of neurocognitive changes that accompany the beneficial effects of MT remain largely unknown. Moreover, most of the studies on MT in dementia care have been done in Asia and Europe, with uncertain generalizability of results to North America. In turn, systematic reviews have not endorsed MT in general because the currently available studies are mostly qualitative and lacking control groups, and the few studies with quantitative data were too heterogeneous with variable MT protocols and different outcome measures to draw any meaningful conclusions. No study to date has used functional magnetic resonance imaging (fMRI) to validate the cognitive changes and health benefits of MT in dementia care. In this proposal, we will conduct a proof-of-concept randomized controlled trial to examine the clinical and biological benefits of a 4-week MT intervention on persons with mild to moderate AD using standardized validated cognitive, behavioural, and quality of life scales with concurrent fMRI and morning stress hormone level measurements.

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3rd Annual MTABC Conference In Pictures

October 23, 2010 - Capilano University



Some volunteering "clients"



Shannon and Larry



Martin Howard in action



Sheila Lee in her booth



Camilla Schroeder



Behind the success:
The Conference Committee



Larry Keats' presentation



Jennifer Buchanan,
Keynote Speaker



Kristine Theurer and her booth



Valerie Weeks and Meg Fildes



Kristine Theurer



Sandy Pelley and Birgit Giesser



Jennifer and Adele

Moving the Profession Forward: Building a Best Care Practice
Jennifer Buchanan, MTA - Keynote Speaker

Healing the Psyche: Vancouver Music Saves

Steve Locke, writer, OCW Magazine
steve@ocwmagazine.ca

IT'S NO SECRET that the effect of music on the human psyche is potentially revolutionary. This is the driving belief behind the second installment of the Music Saves Project, which seeks to blow this truth wide open and spread the word with the help of local and provincial artists, and a friendly neighborhood radio station with a big heart.

On separate occasions in the past two summers, both able and disabled members of the local music community came together with SHORE 104.3 FM, the Vancouver Adapted Music Society (VAMS), and the Canadian Music Therapy Trust Fund (CMTTF) to produce a collaborative music video with the intention of inspiring those with disabilities to engage in the act of experiencing and creating music. What resulted was an inspiring musical and visual tribute to the local music scene, as well as a culmination of the efforts of VAMS and the CMTTF to help people find themselves and their own place in music and society.

As with the 2009 Music Saves Project's success with Bob Dylan's "I Shall be Released," there couldn't have been a better choice in Dave Mason's "Feelin' Alright," perhaps made most famous by Joe Cocker. Despite the downtrodden lyrics, the song's vibe is uplifting, as the eponymous chorus redeems hard struggles with a bit of Motown soul.

Both videos are love letters to our beautiful city and its surroundings, where each of the artists recorded their tracks and were filmed in various locations. In this second installment, we see John Man

of Spirit of the West and Dan Mangan at Jericho Beach overlooking downtown and Stanley Park, Bend Sinister's Dan Moxon tickling the keys on a bench at Granville Island, and Commercial Drive's poet-prophet C.R. Avery beat-rapping in front of graffiti-tagged walls. Not to mention VAMS members Jim Byrnes, Kristina Sheldon, and Rolf Kempf each belting out lyrics and riffs such that one would have difficulty considering them impaired, but rather, liberated.

Each individual audio/video recording was then compiled into a single entity, and it is inspiring to witness what Musical Director and member of The Odds, Craig Northey, describes as "happy accidents." Despite being in completely different places, and with each artist singing or playing along to a basic music track, voices and sounds came together just as if they had been beside one another.

At the video's premiere on November 3, 2010, the artists came together once again to showcase their collaboration, and were able to raise three thousand dollars for VAMS and CMTTF and its specialized recording studio for the disabled. Since then, the video has seen regular rotation on Much More Music and has continued to gain attention in the music and charitable community.

The message is clear: Vancouver is beautiful. Its music scene is thriving and supportive to everyone. And what's most important, music exists in the psyche, and if you can overcome your difficulties with a little bit of rhythm and melody, soon enough, you'll be feeling all right.

Colette Perkin, BMT
ckperkin@yahoo.ca

ON WEDNESDAY, November 3, I attended the exclusive premiere of the video 'Music Saves II. The evening began with a complimentary beverage ticket, tasty appetizers, and a silent auction hosted by VAMS, with a wide range of local auction items including a one-hour host session on Shore 104.3 which resulted in a huge bidding war.

Throughout the night, we were introduced to some key people involved in creating the 'Music Saves' video, who gave us some valuable insight into the work involved in creating such a project. Clips of the video production were also shown to provide a real feel for some of the challenges, as well as the great moments, of filming on the spot.

After the silent auction, the full and final version of the video was played. It was fantastic; it felt really neat to witness the making of the video, like I was somehow a part of the creation simply through my attendance at this event. The best part, however, was the live music afterwards where almost all of the video musicians performed the video song "Feelin' Alright" live on stage, followed by some fantastic individual and group performances.

The music came to a close around 10:30pm. As I left the nightclub, I was greeted with a thank-you gift of two music cd's, "Sounds of Summer" from Shore 104.3's song search 2010, and VAMS' "Strait Goods". How's that for a superb ending to a night of great music and a great event!?

New Multi-Sensory Studio at the Victoria Conservatory of Music (VCM)

Johanne Brodeur, PhD, MTA
Music Therapy Department Head, VCM
johanneb@shaw.ca

THE VCM music therapy department's new state-of-the-art multi-sensory studio was created to offer a peaceful retreat for children with critical illnesses. This is a room where these children can find respite from their daily anxiety and pain by engaging them in a magical experience unlike any other. The studio provides the children with opportunities for relaxation, self-expression, creation, breathing techniques, meditation, and guided imagery. The equipment in the studio was carefully chosen to meet very specific needs through an integrated theme.



The tree is the centre-piece of the room. It represents the **Tree of Life** similar to the one from the movie "Avatar". **Fibre optics** descend from the tree, providing a sense of energy and creativity.

Fibre optics not only provide great visual stimulation but also offer scope for a tremendous tactile

experience. The children can wrap themselves in the colourful tails, or wiggle them to create visual imaging in their creative process.

Lighting in the studio is crucial. The **laser stars projector** presents an amazing display of the night sky – using green laser and holographic technology, the projector fills the ceiling and walls with an incredible spectacle of cloud formations, and twinkling and shooting stars. The **salt crystal lamps**, from the foothills of the Himalayan Mountains, generate healthy negative ions that cleanse the air. The unusual flower lamp in the ceiling can become a creative element integrated into an imaginative story.

The **flooring** was designed to represent water and sand. Using their imagination, the children can picture themselves being on a sandy beach and touching the water with their feet. A **bubble tower** with controllable bubble flow, speed, and inter-changing colours lets each child interact with it and decide how they want to set the ambiance that best suits their individual needs.



The **Somatron Vibroacoustic adjustable recliner** has speakers embedded in the chair and at head level. *Somatron* Vibroacoustic products were developed as a patented system of "floating" resonating chambers that allow the user to feel movements throughout the entire body. This special recliner adjusts into various positions – all the way to the same position used by NASA astronauts during take off at zero gravity. When the children are reclined in this position, their pain is alleviated as the pressure on their bodies shift. Most mechanical vibrating devices only work at one speed at a time. *Somatron's* products, however, vibrate at many speeds simultaneously because their driving source is music. Each musical note played by each instrument comprises

several speeds of vibrations rather than repetitive mechanical vibrations; making music a more powerful tool for achieving the mind/body



connection.

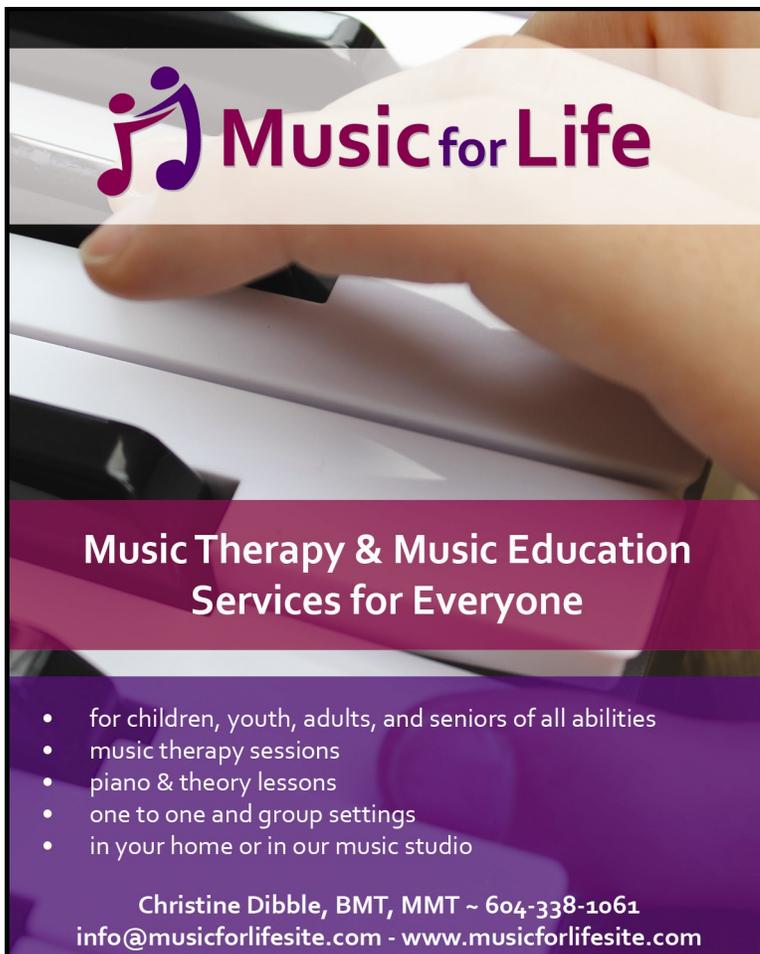
Connected to the recliner, the children can use the **giant screen television** for visualization and relaxation, and can choose from a large selection of CDs or DVDs specifically designed to induce relaxation, meditation and guided imagery. Children can also use the **weighted blanket** to provide them with comfort, security and a sense of calm. The blanket creates pressure points that act as inhibitors to diffuse sensory impulses and therefore results in a soothing effect.

"An important element has become the use of breath and visual modeling: breathing with the ebb and flow of the music in order for my client to see and hear each breath, and occasional hand and finger movement shifting towards relaxed separated hands at phrase endings." Kim Brame, BMT, MTA, Music Therapy faculty member, VCM



"Sweet, little and fragile A is having a difficult day. Her hands are clenched and her whole body is tense. I suggest we spend the session in the Multi-sensory studio. After a few minutes in the Somatron recliner and under the starry sky, A starts to smile, vocalizes, and gently and slowly a transformation occurs as A's whole body starts to uncurl and her hands reach out for the vibration in the chair." Johanne Brodeur, Ph.D., MTA, Music Therapy Department Head, VCM

Over the past few months, the therapists have witnessed small miracles every day in the new studio. The Multi-sensory studio is an extraordinary addition to the department. It allows the therapists to choose the best therapeutic intervention and interaction for each client at any precise moment during their session time. It is indeed a magical room for many. The studio was created by Ines Hanl from The Sky is the Limit Design and from a grant from Ronald McDonald House Charities.



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Music Therapy Against the Negative Effects of Terrorism

Gabriele Clement, MTA
gabiclement@gmail.com

ONE CAN ONLY be impressed by the thinking in military and political circles, which led to a NATO sponsored International Symposium exploring New Therapy Approaches in Countering the Negative Effects of Terrorism. Sadly, it is the increasing number of terror's victims, which cries out for more effective post traumatic therapy. The conference I attended focused on adding Music Therapy's voice to this vital therapeutic work. The painful awareness that the need is far greater than what is available, was countered by the genuine reflection of the participants that every effort makes a difference to some one.

The three day seminar in September 2010, took place in the outskirts of Ankara, Turkey, in a welcoming hotel nestled in the bosom of the Turkish countryside. The participants who made up the 75 attendees were primarily music therapists, with a generous sprinkling of doctors, anthropologists, psychiatrists, musicologists, art and dance therapists... all hailing from Western and Eastern Europe, the Middle East, with two Americans, and one Canadian (yours truly). There was a strong representation from NATO personnel, among them two PhD's in Musicology.

The Science for Peace and Security (SPS) Committee, which sponsored the Conference, has a mandate to "provide a unique forum for the sharing of knowledge on aspects of social and environmental matters among NATO and EAPC partner countries". One of the purposes of this seminar was to offer new therapy strategies and rehabilitation techniques for people who have been exposed to terrorism; in addition, preventing violence through therapeutic uses of music was also considered.

Before Music Therapy, per se, was addressed, a foundational group process was facilitated to address the three perspectives of terrorism: victim, perpetrator, and witness. Participants volunteered, from their own life experience, to divide themselves into the three groups, and engage in candid dialogue with the 'other' sides. I was reminded of a Yugoslavian professor, during a lecture at a Humanities Conference in Bremen, making the startling connection between a) family systems, and b) the capacity for neighbour to turn upon neighbour, as was the case in Bosnia. The heartfelt exchanges among the group evoked a visceral sense, that at some time, whether from our outer or inner environment, we have each been victim, perpetrator, and witness.

The presentations included: MT for soldiers and their families, child refugees, traumatized youth in Belfast, terrorism within us, treatment of phantom pain and physical trauma. MT as a proactive medium for social change, specifically, the growing movement of choir programs for Turkish underprivileged children exposed to violence was also highlighted.

Behind every sensational explosion of violence and terror in the world, the task of offering healing to the victims is both insurmountable and utterly essential; from war's battle field to family violence, from communities receiving their wounded sons to caring for orphaned children, and on and on. The value of music therapy as an effective tool for coming to terms with, healing from, and even preventing violence, was grist for the mill for those three packed days.

This unique exchange of the personal and professional experience of trauma, from all sides, with so many different nationalities represented, did much to create an environment of 'kindred spirits' -- from the good people of the military right down to the angel house keepers. The lasting impression was a definitive positive sense of both the value of Music Therapy in this field, and what is possible in the future.

Ankara, the capital of Turkey, is quite modern, with an intriguing Old City quarter. Hearing the prayers from the minarets (there were hundreds) was a musical reminder that we were right in the middle of the Middle East, with its predominantly Muslim tradition, religion and culture.

I was very impressed with and touched by the Turkish people; so gentle and helpful, and always with an open heart. It was from the heart of the Turkish military personnel that this 'alternative therapy' project was initiated, sponsored and produced.

Upon hearing that I was from Canada, a Turkish presenter inquired if I have ever heard of Powell River(!). As it happened, there was a children's choir competition on the Sunshine Coast six years ago, and her Turkish children's choir won first prize. The weekend was a weave of the scholarly with camaraderie, life's realities with humility and the fabric that held it altogether was respect and cooperation. It was both humbling and inspiring to have a Colonel from NATO genuinely inquire about my Music Therapy work and my personal well being.

Annual General Meeting

Susan Summers, MMT, MTA

IT IS THAT time of year again: this spring our Annual General Meeting will take place on Sunday, March 20 at the Vancouver Museum. The Vancouver Museum (in the same building as the Planetarium, in Vancouver). has free parking and is close to parks, beaches and several restaurants. We hope that family members will enjoy the area while members attend the meeting and workshop.

The annual general meeting, open to all members, will be from 2:30- 3:15 pm and will include the legally required business of the association: reports of the boards and committees, financial statements and budgets, and elections of board members. Please read the reports in your annual general booklet when it comes to you by mail around the first week of March. We invite you to come and support your association and see colleagues and friends. Light refreshments will be served.

Following the AGM, from 3:30-5:30 pm, The MTABC Board is pleased to offer our members an exhilarating free drumming workshop to renew and energize us all! The workshop will last 1 ½ - 2 hours, and will include tips on technique, games, and African drumming patterns.

The workshop will be facilitated by Sandi Millman. Hailing from Santiago, Chile, Sandi is a hand-drumming teacher, rhythm-circle facilitator, accompanist & performer. She is the founder of Vancouver's Drum Mama Studios, a centre for hand-drumming instruction and drum circle facilitation on Vancouver's west side. Sandi is the co-founder of Diva Drum, was a long-time member of Pepe Danza's Drum Prayers, and has also played percussion in many Latin, African, rock, & funk bands. Sandi studied dance for 12 years and was a dance accompanist at many of the finest studios in Vancouver including 10 years at Arts Umbrella. She has studied with the late world-renowned Nigerian drum master Babatunde and Afro-Cuban master percussionists, Los Munequitos de Matanzas, Grupo AfroCuba and Miguel Anga. Sandi has completed Arthur Hull's intensive facilitator's training and is currently studying middle eastern rhythms on the dumbek with virtuoso New York sensation, Raquey Danziger. Her greatest passion is nurturing joy, connection & serenity through the spirit of the drum with anyone who is willing to give it a try! www.drummama.com.

We ask that you please RSVP to Valerie Weeks at vjweeks@telus.net of your intention to attend. We also ask that you please bring a drum with you for the workshop, either a djembe or conga drum (and a spare if you have one). If you don't have access to an instrument and would like to attend, please indicate that to Valerie in your email and we will do our best to find a drum for you. Please reply by March 1st. See you



Sandi Millman, drumming workshop facilitator

"Coming together is a beginning. Keeping together is progress. Working together is success."

~Henry Ford

MTSA Report

Gemma Isaac Kirby and Matt Adams
Co-presidents of MTSA
mtsacapilano@gmail.com



GREETINGS FRIENDS! The Capilano University Music Therapy Student Association is back in the swing of things! We meet the first Tuesday of each month in our beautiful home at Capilano University's Fir 119. The MTSA has a new look; during the fall semester, a contest was held amongst the Music Therapy students to design a logo for the MTSA. The winners of the logo contest were Iris Wong and friend John Lozanovski. Special mention goes to Carmen Formanek-Loncar.

In October, students were treated to a Latin drum rhythms workshop taught by Nick, a senior student in the Jazz Studies program at Capilano University.

A BIG thank you to all those who came out and supported the MTSA "Food and Froth" Fundraiser on Nov. 18, 2010, making it a very successful night for all. It was a night of talented performers, discounted food, and fun door prizes for all.

We would especially like to thank all the sponsors who donated wonderful door prizes; North shore Long & McQuade, Harbourside IT, YYoga Northshore Elements, Tom Lee Music, Capilano University Bookstore, North Shore Sports Medicine Clinic, Seymour's Pub, and Banyen Books. Congratulations to all our door prize winners!

There was definitely love in the air this December, as a couple of our MTSA members were proposed to and are now donning beautiful shiny rings on their wedding fingers! One of the proposals also had 4th year student, Jeff Tseng, playing the violin while accompanying the nervous groom-to-be as he proposed to his future bride. Best wishes to Adele Cupido and Winnie Chan.

The students were very excited to welcome Diane Austin, who visited with us during her stay in Vancouver and spoke about her Vocal Psychotherapy technique.

Over the next few months the MTSA will be creating the CapU Music Therapy clothing line available in the spring. We are also beginning to prepare the upcoming year-end concert scheduled for early April, which will be held at Capilano University. We welcome all to attend and support this fun and entertaining night of wonderful talent.

The MTSA has also started an initiative to donate food and clothing items to the Greater Vancouver Food Bank and other local charities, such as Canuck Place.

You can find us on Facebook under "MTSA Capilano" to keep in the loop about our upcoming clothing merchandise and concert details.



Food and Froth Night

MTABC Board Meeting Highlights

November 16, 2010

In Attendance: Susan, Sheila, Camilla, Valerie, Sara, Kristen, Brooke, Eva, Nancy, Shannon

Regrets: Bernadette, Meaghan, Emily, Intan

Meeting was called to order at 7:20 pm. Adjourned at 9:20 pm. (Eva, Nancy)

Approval of agenda (Valerie, Nancy)

Approval of September 27, 2010 minutes (Brooke, Sheila)

Old business from September 27, 2010 meeting:

a) **Regional meetings in Victoria** on October 30: Had 10 music therapists attend. The workshop was very well received. Some were disappointed that they missed Jennifer Buchanan's workshop from the conference and wondered if it could be uploaded onto the website or offered on CD. Although we did videotape the keynote, we do not have permission to upload it. Discussed how to make the conference accessible to our Island members and those who live in the interior: billeting, car pooling, etc.

b) **CE workshops:** MTABC will be sending members a survey about their interest and involvement in CE workshops, in order to better nurture and budget for this. We may need to purchase a powerpoint projector in the future.

c) MTABC is purchasing board insurance through Mitchell Abbott.

d) **Wage guideline and job postings review:** Meaghan asked members on Yahoo groups for feedback on the current wage guidelines for MTABC, and only got 4 responses. The points were sent to the Board to review. Discussion around the process of how to go about changing the wage guidelines followed. Meaghan to discuss with Susan procedures and possibilities for this project and bring to next meeting.

e) **Community development and fundraising:** Shannon would like to do a music therapy coffee house with a real piano – performers being music therapists. She would like to find a place with a regular audience (looking into that) and is looking at having it once a month.

f) **Leadership Change Project:** Susan sent the Board a detailed account of her proposed PhD learning achievement Change project for approval. The board approved Susan's proposal and discussion followed. In

short, Susan is looking to create a strategic plan for MTABC (something that the Association has never had) and establish an overhead vision and direction. It is Susan's hope that we can generate a list of all the contacts and connections in our association and make stronger partnerships with other local organizations and individuals. Susan asked for a core committee to help with this project, and Shannon, Valerie and Cristin volunteered.

Motion: That the MTABC board approves the Antioch Change Project Proposal, as proposed and distributed by Susan Summers. Also moved that Susan will continue to update the board with data and results, and that the board will be integrally involved in all aspects of future strategic planning and future directions which may emanate from this Change Project. MTABC will also receive a copy of the final report. Approved. (Sheila, Cristin)

g) CAMT/CMTTF/MTABC:

MTABC will be involved with the trust fund for premiering the DVD documentary in BC. The Toronto premiere went well and Jodi is creating a template resource manual for other premieres across Canada, which they envision as a fundraiser. MTABC is looking for someone who would be willing to head this project with support from board and committee members. MTABC has purchased the Trust Fund DVD for MTABC for our own use.

h) **Roland Canada:** has expressed an interest to partner with MTABC for sponsoring events and advertising, as well as to donate funds from a current campaign to the trust

fund. Susan and Shannon to discuss further with Roland Canada reps regarding possibilities. If any member would like to be a part of this exciting project, talk with Susan.

i) **Conference update:** Camilla updated on the conference and its success. Two events were planned, the conference day and workshop. There were 34 paid participants (54 total) but more music therapists this year, which improved the profit margin. Camilla has committed to two years of conference planning and is hoping to have the same committee for next year. Camilla will review the feedback forms, have a debriefing meeting with the committee and do a final summary report, which she will share with the board via email. Cap

continues to be a good venue for the conference.

j) **Advocacy update:** Valerie reported that she has made a contact with the Arts health network of Canada, who is setting up a Board. They are in the process of looking for Board members, Advisory council and working group members. It is important that we are well known to them. Website: www.artshealthnetwork.ca.

New Business

- a) **Drumbeat:** Shannon feels she could use a grammar editor. If you are interested, please contact drumbeat@mtabc.com.
- b) **Hosting CAMT conference:** Susan put out the request for interest for someone to chair or co-chair on yahoo groups and got 2 responses, both willing to be on the committee only. We would need a chair and/or co-chair to move forward. 1999 was the last time we hosted the CAMT conference in North Vancouver at Cap, although BC has hosted the conference many times, and Victoria hosted in 2007. There are some things in place that are standardized (i.e. program template, advertising, a conference liaison person). It was felt that either we need someone to organize it each year (a service/organization) and/or would need an increased split of the profits. There are many organizations that can plan conferences but we may be too small to be economical.

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Nominations Announcement for the MTABC Board

This is a call for nominations for MTABC Board positions. If you have the MTA designation, and you're interested in being involved from a Board perspective, we'd like to hear from you. You can nominate yourself or someone else who is willing to stand.

Nominations are now open. Nominations will close at 12:00 p.m. on March 18th, 2011. There will be no nominations from the floor at the MTABC Annual General Meeting on March 20th. Annual reports, including the AGM agenda, should arrive shortly.

The following positions are open for nomination. The position marked with an asterisk indicates a current board member is willing to stand for re-election.

- Vice-President
- Treasurer
- Director of Public Relations
- Director of Membership
- Director of Advertising
- Director of Professional Development/CE workshops*
- Regional Representative for the Interior (this position can be held by a non-MTA)

Nominations will be accepted through email: nominations@mtabc.com, and by telephone (604-605-3030).

If you would like more information on the Board positions, please use the contact information listed above, or go to the MTABC website www.mtabc.com.

Volunteering on the Board offers an opportunity to be part of a professional leadership body, and guiding the direction and activities of the association. Board work results in continuing education credits.

Stephen Williams
 Nomination Committee Chair

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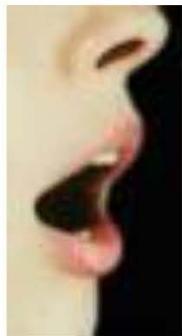
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13 Choirs with over 250 Yodelers & Singers will participate in the 27th Singing & Yodeling Festival of the USSSPC. They come from Canada, the USA, Switzerland, and Korea.

Highlights of the 27th International Swiss Sangerfest at UBC: **Yodeling Courses**

Like everything else in Switzerland, the country's folk music has been subject to the diversity of its landscapes, languages, folk customs and traditions.

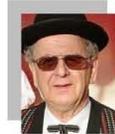


The oldest document of old Swiss Folk Music *Schweitzer Volkslieder* is dated 1532 in the *Liederchronik* by Werner Steiner. **Swiss alpine** music, in German *Kuhreihen*, in French *Ranz des Vaches* are a combination of **yodeling** and cow calling melodies with lyrics using often the *Tritonus*. The Alphorn or Hirtenhorn (Shapers horn) is mentioned in 1527 by a St.Gallen Monk. It is assumed that the origin of these unique alpine instruments as well as of the *Kuhreien* are pre-Indo-Germanic, i.e. dating before 3,500 B.C. For thousands of years, the human voice has been the medium through which everything and anything of any importance was revealed to other humans. These songs and **yodels** became part of the building blocks of Switzerland's Choral Music.



Details of the **Yodeling Courses**

◆ **Instructor Christian Ganz:** respected Swiss teacher assisted by female and male yodeler of his Christian is Honorary Member of the Nordostschweizerischer Jodelverband NOSJV.



composer, conductor & yodeling visiting Yodel choir from Switzerland.

◆ **Requirements:** General interest in how to learn to yodel; basic understanding of singing. All courses start on an introductory level with the possibility to progress to intermediary and advanced.

◆ **How to register for the classes and other details:** by using www.saengerfest2011.info, the official website of the Festival at UBC, you find answers to most questions as well as all other highlights and programs of the four day Festival.



MTABC Board Meeting Highlights

January 25, 2011

In Attendance: Emily, Brooke, Camilla, Shannon, Susan, Cristin, Shannon, Sheila, Valerie, Sara, Eva, (Meaghan via teleconference)

Regrets: Bernadette, Nancy

Guests: Sue Baines, Stephen Williams

Meeting was called at 7:12 pm.

Approval of agenda (Valerie, Camilla)

Approval of November 16, 2010 minutes (Brooke, Valerie)

Updates from November 16 meeting

a) Cristin has purchased board insurance for MTABC and has financials from the conference included in the 2010 financial statement.

b) Susan has been invited to join the start-up board for the newly created Arts Health Network and Valerie has joined the creative arts therapies working group. Check out: <http://www.artshealthnetworkcanada.ca>

Old Business from November 16, 2010 minutes

1. Wage guideline and job postings review: suggestion is to create a survey that would go out to the board for approval then out to members who are representative of the various clinical work in our community, such as unionized, population specific, new grads, experienced therapists, private practice, business owners, etc. Meaghan to create questions and a list of potential members to survey.

2. Advertising form and process for Drumbeat: a form will be approved by the board in the next week and then used by the Drumbeat editor and/or Advertising person we will seek.

3. AGM planning for Sunday March 20, 2011

a) Planning was completed and tasks assigned. Members will receive their annual general booklet by March 1. Nominations will be handled by Stephen Williams and will be communicated via the Drumbeat and yahoo groups for the positions of Vice-President, Treasurer, Director of Membership, Director of Public Relations and a new position that would handle finding advertising, fundraising and funding sources for MTABC. Each board member will update their board manual portfolio by the end of March.

b) The budget was discussed and decisions were made

regarding which projects to fund this next year, in order to balance the budget and not run a deficit. It was decided to hold four CE workshops per year (2 spring and 2 fall) plus the AGM workshop and to increase the honorarium to presenters.

New Business:

1. Sue Baines shared with the Board about the organization and history of Music Therapists for Peace. Sue has started a Facebook site to start people talking about music therapy and peace and to raise awareness. Sue emphasized how our work is peace work and that she hopes to hold events that are open to anyone, not just music therapists. Susan suggested that we could have an article ad link on our website.

Motion: that MTABC endorses a relationship with Music Therapists for Peace to explore areas of mutual support, interest and collaboration. (Shannon, Valerie) Sue shared that she is going to present in Limerick, Ireland and wanted to know if MTABC or Capilano Univer-

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sity wanted to send a letter of greeting.

Action: Susan to write a letter on behalf of MTABC.

2. Public relations ideas: Sheila talked about the new slogan - "Music Therapy - In Tune with You" and how she would like to create a graphic that would resonate with this slogan. The board brainstormed many ideas for images. Sheila, Camilla and Shannon will contact a designated artist and explore images that may work, which would come back to the board for approval. Sheila discussed ideas for celebrating Music Therapy Awareness month in March. She will follow up on media coverage and perhaps organize an event for Music Therapists for Peace.

3. Proposed collaborative project between Capilano University and MTABC re Employment Task Force

Stephen Williams has proposed that a joint task force be created between MTABC board and Capilano University faculty that would address our concerns that there has been a shift away from salary positions to contracted positions. Stephen provided the board with a proposed terms of reference, and all shared ideas for web presence, symposium on how to build self-employment skills, Capilano curriculum upgrades to reflect the reali-

ties of today's work, sharing perspectives and resources, collaborating with partners (corporate and artistic), etc. Once approved by the Capilano University faculty, this task force will move forward.

Motion: to support the creation a Music Therapy Employment Joint Task Force as outlined by Stephen in his proposal. (Susan, Eva)

Consent and Website: Susan mentioned a need for more photos for a website. We have ready for the home page a revolving photo collage possibility

Action: Need to create a legal consent form that covers MTABC. Valerie knows a lawyer who could look at it. (Video, photo, sessions, etc).

Acknowledgements:

Thank you and acknowledgements were given to Brooke, Cristin, and Sheila for their board work over the past 2-3 years. Sheila is on the Symposium committee as well and will continue serving in that capacity. Their contribution and energies will be missed and are much appreciated.

Next meeting: The next meeting will be in April with the new Board

Adjournment: Motion to adjourn (Cristin, Brooke)

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- ◆ Off-site internship supervision
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- ◆ Learn new ways to incorporate voice work into your clinical practice
- ◆ Clinical supervision



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Susan Summers, MMT, MTA
604-872-8140 or ssummers@capilano.ca

**WRITERS:
WE NEED YOU!**

Do you have a topic you are passionate about or wisdom to share? Write for the *Drumbeat!*

Our collective wisdom helps this community grow; and the editing team is here to support you!

We welcome all lengths of articles, resource reviews, announcements, letters to the editor. We would love to have you contribute to or share a regular column.

✍ Please include your name, credentials, and email address underneath the title.

✍ When submitting an article that makes reference to a client, please indicate that you have informed consent and have changed the name.

✍ Please feel free to send pictures, preferably as a .jpg file.

Send your fabulous writing to: drumbeat@mtabc.com.

Please note that all submissions are subject to editorial review and approval.

Happy writing!!

Timelines 2011

- March 5 – 6** Online Conference for Music Therapy 2011
 "SHOUT OUT to the World!"
 ocmt2011.webs.com
- March 20** AGM and Drumming Workshop
 2:30-5:30 pm, Vancouver Museum
 www.mtabc.com
- March 30** Music Therapists for Peace and the MTABC
 "A Celebration of Peace Through Music"
 7-9 pm, Room Fir 119, Capilano University
- April 13 – 16** Society for the Arts in Healthcare Conference
 "Advancing Patient-Centered Arts"
 Burlington, CA
 www.thesah.org
- May 5 – 7** CAMT Conference 2011
 Music Therapy: Return to the Centre"
 University of Winnipeg
 www.musictherapy.ca/conference.htm
- May 24 – 28** Third International Music Therapy Research Conference
 Wilfrid Laurier University Waterloo, Ontario, Canada
 www.musictherapyconference2011.org/
- May 25 – 28** Music Saves II: The Video Premiere Venue
 881 Granville St., Vancouver, BC
 www.vams.org
- June 4** 3rd Annual MTABC Symposium
 Music Therapy and Kids: 10 Big Ideas for Little People
 9.30 am – 4.30 pm, UBC Roy Barnett Recital Hall
 www.mtabc.com
- July 5 - 9** The 13th World Congress of Music Therapy
 Seoul, Korea
 www.musictherapy2011.org
- Nov 17 – 20** American Music Therapy Association Conference
 "AMTA in the ATL: Advocacy, Therapy, Leadership"
 Atlanta, GA
 www.musictherapy.org

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Next Issues...

Spring 2011 — Deadline: April 30; Release: June 1

Music's Middle

Returning to the center of our work
(based on Conference theme)

As Music Therapists, we know that music is the heart of our work. Music transcends culture and experience to bring us together in a universal experience. Music gives voice to the deepest parts of our selves. The theme for the 2011 Conference in Winnipeg, Manitoba, Music Therapy: Return to the Centre, is a call to renew and enrich our connection to music and its power to move and change us. We want to hear the ways you come back to the centre of your work and how you keep connected to your center in your life and journey.

Summer 2011 — Deadline: June 30; Release: August 1

Music for Art's Sake

Relationship to the arts and Art in Music Therapy

Fall 2011 — Deadline: September 30, Release: November 1

Heart Songs

Use of written and created Songs in Practice



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