

FACTBC

The Federation of Associations for
Counselling Therapists in British Columbia

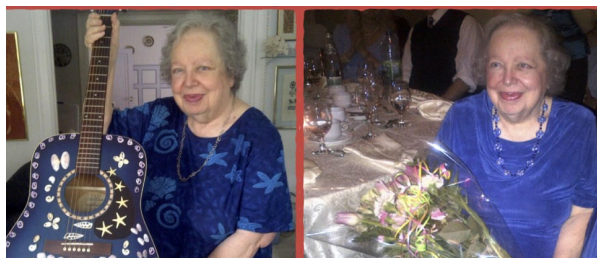
FACTBC UPDATE

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FRAN HERMAN (1927 - 2020)

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THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR THE MUSIC THERAPY ASSOCIATION OF BRITISH COLUMBIA

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EXPRESS YOURSELF!

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THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR MTABC

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LETTER FROM THE PRESIDENT

Sheila Lee, MA, MTA, FAMI, RCC
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Oh it can't rain all the time.
The sky won't fall forever.
And though the night seems long,
Your tears won't fall, your tears won't fall,
Your tears won't fall forever.

From *It Can't Rain All the Time* (Siberry & Revell, 1994)

Those of you who are closely acquainted with me know I experienced two very sad family losses this year. In both instances, I reflected, “thank goodness for my music therapy training.” My time at Capilano University studying for my Bachelor of Music Therapy and my three levels of Bonny’s Method of Guided Imagery and Training enabled me to dig deep and explore my beliefs around death, grief, loss, the life cycle, parent-child relationships, spirituality, afterlife, religion, music, and the connectedness of our universe. I knew how to use the gift of music to say goodbye to my loved ones – something that not everyone has the privilege and opportunity to do. Thank you to my Capilano instructors and classmates for holding space for me to get to know a deeper part of myself. You have contributed so much to my healing.

As a community, we recently lost a great Canadian music therapy pioneer. Fran Herman (August 1, 1927 – October 19, 2020) opened the first music therapy centre in Canada, was a recipient of the Governor General’s Meritorious Award, led amazing expressive arts projects and productions with children and youth living with disabilities, was a past president of the Canadian Association of Music Therapists, and served on the Canadian Music Therapy Fund’s Board of Directors for years. She visited Vancouver multiple times to share her knowledge and passion for music. We will miss you dearly, Fran. A heartfelt thank-you for paving a path for Canadian music therapists. We are all a part of your legacy tree.

Falling leaves, rain, and darkness colour the autumn season in Vancouver. We

are currently weathering a pandemic, and yet I am grateful for the MTABC's perseverance in finding the light, resources, and connections to hold our music therapy community together. If you are feeling supported by the MTABC, I encourage you to express your gratitude to those who have volunteered their time to support you. If you need more support, I invite you to communicate with the board about what more we can do to help you. Or join us in providing more resources for our association like the following fellow MTABC members.

Lorri Johnson, our continuing education chair, hosted a very well attended Episode 4 of the *Readjustment Series* with guest speaker Jennifer Buchanan on October 13, 2020. A panel of local music therapy business owners also offered their expertise on how to continue running a business during this challenging time. Thank-you Katherine Deane, Sandy Pelley, and Esther Thane for sharing your experiences.

The MTABC held its first online conference on November 7, 2020. Much gratitude to our conference chair Brittany Robart, the conference committee, and the board for their months of hard work. University of Minnesota's Dr. Michael J. Silverman generously donated his time to speak to us about *Navigating the Wind of Change in Mental Health*. Our local MTA presenters included Sue Baines, Noele Bird, Jennyfer Hatch, Mary Reher, and Stephen Williams. Kia Kadiri, a professional hip-hop artist, songwriter, and youth supervisor with the Ministry of Children and Family Development shared *The Therapeutic Value of Hip-Hop Culture* with us. Thank you also to our panelists Dr. Silverman, Kirsten Davis, Joel Kroeker, and Kayla Turnbull for speaking about how to *Cope in Times of Collective Crisis*. We ended with a beautiful group music and imagery experience led by Noele.

I hope you have all joined me in renewing your MTABC membership for another year. Your continued membership is important to our current and future projects as well as a key part of the MTABC's financial stability.

It can't rain all the time. Eventually the light will guide us to a brighter place. Take care everyone.

Siberry, J. & Revell, G. (1994). It can't rain all the time [Recorded by J. Siberry]. On *The Crow: Original Motion Picture Soundtrack* [CD]. New York, NY: Atlantic Records.



LETTER FROM THE EDITOR

Mekayla Bouwman, MA, MTA
drumbeat@mtabc.com

Hello to all!

It is my hope that you may all find some peace and relaxation during this Christmas season. While this may not be the holiday that many have looked forward to with all the current restrictions, hopefully everyone can still find some joy in celebrating in unique ways.

In this issue, there are a few things we can celebrate together with our community. First, you will find a beautiful article written by Nancy McMaster and Liz Moffit celebrating the life and legacy of Fran Herman. Next, you will read about the recent virtual MTABC conference. It is not the usual conference we have but being able to remain connected is definitely something to celebrate! Following that, there is a current report on the work of FACTBC. We can celebrate with Susan Summers on how far the work has come and we also hope to be celebrating regulation in the near future. In the *Social Column*, we can celebrate with the newly minted MTAs – congratulations with all of your hard work! There are also two recent weddings in the community. Mary Cobham, our director of professional services, recently got married in Mexico. Also, your very own *Drumbeat* editor was able to be joined in Canada by her American fiancé (now husband!). This year has been a difficult one on so many levels but I hope that you, with the rest of the community, can celebrate with all of the things written about in this issue. I also hope that you can find a unique way to celebrate this upcoming Christmas.

Peace and blessings to all of you!

Mekayla Bouwman, MA, MTA



B Fran Herman (1927–2020)

as Remembered by Nancy McMaster and Liz Moffit

Nancy McMaster, FAMI, MTA, BA, MA

Liz Moffitt, MA, MTA, RCC, Fellow and Primary Trainer, AMI

On Monday, October 19, 2020, a great bright light in the field of music therapy in Canada went out. It is truly impossible to do justice in describing Fran Herman's impact on the field of music therapy or her impact on many of us in the music therapy community around the world. Here are some memories that we would like to share with you about our friend, mentor, advocate, author, visionary, originator, and lover of the arts and creativity, who we loved and respected dearly.

Fran was a wild and untamed spirit. In her early teen years, she started demonstrating her care for others by advocating for fire victims in her small Northern Ontario home. In later years, she insisted that very compromised young children take lead roles in musical plays in Toronto. Fran organized phenomenal and creative fundraisers with the recording industry for the Music Therapy Trust Fund, and also helped build the Music Therapy Centre in Toronto, offering onsite music therapy sessions to the general public.

In frequent visits to Toronto, Fran always invited us to “crash” at her house. Typically, I (Liz) would arrive at her front door, greeted by the aroma of Fran's cooking for any number of dinner guests as well as her husband and her daughter. Her lobby was generally piled high with boxes of materials – either copies of her latest book or boxes from the various recording



companies. Once inside, I would be met by a stand of drying silk scarves that she and Carl, her husband, had dyed and were ready for a fundraising sale. Her large living room often had mattresses spread out on the floor where her guests would sleep as well guitars being decorated with some of her beloved seashell collection, also for fundraising. Fran's home was a true hive of inspiration, creativity, fun, planning, connecting, updating, and storytelling.

Fran's laughter was always ready to ignite: her whole body would shake as she giggled and giggled and GIGGLED! The memory of it still makes us smile.



Clear results of her vision to expand our field were felt by many music therapy interns across Canada as they received an honorarium at the beginning of their internships from the Music Therapy Trust Fund. Many new graduates applied for the fund for financial support and to expand their field of practice to new populations.

Fran was respected internationally by many. In the 1950s, she was invited to write a chapter for the book *Music in Therapy*, edited by E. Thayer Gaston (1968). Later, she was part of an international conference in Denmark on music therapy and music education for children. Fran was also an invited participant to a gathering of music therapy visionaries in Phoenicia, NY. She, along with Laurel Young, coordinated the first North American music therapy conference which included both Canadian and American associations.

Fran was honoured with various awards for her significant contributions to children through music. More recently, she received the prestigious Canadian Governor-General's Meritorious Service Medal for significant contribution to Canadian society.



Fran maintained close ties with the music therapy community on the West Coast. She loved the music therapy program at Capilano University, connecting with its free creative spirit and its emphasis on heart. As the president of the Canadian Association of Music Therapists, she came several times to talk with the music therapy students in the program. Fran also presented at many MTABC conferences in BC, always giving generously of her time to connect with students and graduates in order to offer inspiration and support their work.

Fran knew that as music therapists, we need to come together to share our work, to be inspired, and to feel supported. How wise Fran was. She was truly a creative force in this world.

Thank-you, thank-you, thank-you, Fran. And thank-you to Carl and Eve for sharing her with the world! We cannot imagine where our field would be without her enormous vision and contributions. Her legacy benefits us all in our field, and all the decades of our clients in the past, present, and far into the future.

May your memory be a blessing.





CONNECTING AT THE CONFERENCE

Brittany Robart, MTA
2020 MTABC Conference Chair

Hello -

It was lovely to see so many of you at the recent MTABC conference, *Moving the Profession Forward: Music Therapy in Mental Health*. This year we hosted our first ever virtual conference, supporting over 100 registrants in connecting together online from Vancouver Island to New Brunswick! Thank-you to all of those who joined us.

We began the day with our keynote speaker, Dr. Michael J. Silverman, who presented on his curious topic: *Who Keeps Moving My Cheese? Navigating the Winds of Change in Mental Health*. Dr. Silverman captivated us with his inclusive approach, thoughtful clinical stories, practice models, and classic music hits. From his emphasis on creating safety and support for his clients through honoring their identities to his fascinating work on the theoretical model of music induced harm, the entire presentation got us thinking and reflecting, and perhaps even left a few wondering, *what's the cheese?*

Our concurrent presenters offered registrants a range of sessions highlighting the professional and personal layers of experiencing and expressing through music therapy in mental health. They included Sue Baines, Noele Bird, Jennyfer Hatch, Kia Kadiri, Mary Reher, and Stephen Williams. Thank-you to our presenters for joining us this year and offering your wisdom and teachings to our community.

Our panel focused on how to *Cope in Times of Collective Crisis*. Kirsten Davis, Joel Kroeker, Michael J. Silverman, Kayla Turnbull, and moderator Katherine Deane shared their perspectives on navigating mental health during a time when so many of us are facing challenges and uncertainty. What emerged was a beautiful discussion on the importance of connecting together, within ourselves, and to music – to reach in and reach out. And, as Dr. Silverman so simply put it, “giving ourselves grace.”

To close our day, Noele Bird led our community in a guided music and imagery activity where we all connected to our collective resilience. The music held us and gently moved us along as we felt the strength and love connecting us together. By sharing one word

EXPRESS YOURSELF!

that was meaningful to us from that experience, our community connected to feelings of gratitude, love, hope, joy, and peace. I hope you all continue to connect to those words and with each other.

I wanted to thank everyone who was involved in making the conference such a success! As we continue to move through, remember we are all in this together.

Take care and be well,
Brittany Robart, MTA
2020 MTABC Conference Chair



ETHICS CORNER

Megan Goudreau, BA, MTA
ethics@mtabc.com

To call in sick or not to call in sick. This is the question we often ask ourselves when we feel any symptoms coming on. In years previous, this is something we would consider before making that call to a supervisor. Now that we are in the middle of a global pandemic that question becomes more important than ever. As the quality and risk manager for a long-term care facility, I am called to the screening area and am on the phone daily to analyze reported symptoms of staff. Each situation is unique and each time I am faced with an ethical decision. Every person I turn away impacts the lives of our residents in some manner.

As therapists, we have an ethical duty to do no harm and ensure the safety of our clients. We are bound by our code of ethics and we regularly deal with vulnerable populations. But what if this means a loss of income and potentially a loss of a contract? On the other hand, what if we ignore the symptoms and are the source of an outbreak? To further complicate this, we want to ensure we are not perceived to be calling in sick without cause and are taking advantage of the situation. These are the ethical dilemmas and questions all those working in healthcare and the community face. The pandemic has added so many layers to this that now we really need

to think about this more carefully.

In long-term care we are seeing firsthand the effect this pandemic is having on our residents. They are no longer able to visit with their family as they have previously done. They have lost connection to the outside world and they depend on us. One resident I spoke to during the pandemic stated, “at least there are still programs happening and we still get to have music, even if it’s a bit different than before.” Our connection to our clients is more vital than ever and can give a moment of joy and normalcy to those most in need. That being said, putting our clients at risk is not worth the day of work or the session. We need to ensure we are always acting in the best interest of our clients and remain dedicated to our practice.



If you have any thoughts or concerns in regards to this or anything else, please reach out to me and the ethics team by email. Stay safe everyone.

CAMT Membership Renewals

Pamela Lanserbergen, MTA

Membership renewal is now open for the Canadian Association of Music Therapists!

Last year your membership renewal fees gave the opportunity for CAMT to provide an online conference at no cost and hire our first executive director.

This year the CAMT Board of Directors and Staff will continue to provide you with services and resources you need moving forward into 2021, including:

- A commitment to not increase membership fees in 2021 and 2022;
- An online conference for **all members** at a reduced cost;
- Conference registration fees included in membership fees for **students and interns**;
- More professional development opportunities for **all membership categories** scheduled throughout the year;
- An open-access platform to share our academic journal **with the public**;
- A re-vitalized communications strategy and social media plan to reach **the public and members** – with the primary aim of increasing the profile of music therapy;
- Eligibility for and access to continuing education bursaries for **MTAs**;
- Professional liability insurance for **students, interns and MTAs**;
- Guidelines for professional practice as an MTA; and
- A better continuing education credit reporting experience.

The deadline to renew is January 1, 2021. You can still renew after this date but there will be a late fee. This year, there is a conference registration special available to CAMT members when you renew your membership by January 1, 2021. You can take advantage of this opportunity by going to the CAMT website, logging into the members' area and then clicking on *INVOICES* from the login drop down.

FACTBC UPDATE

Susan Summers, PhD, MTA

MTABC representative for FACTBC

Director of Advocacy and Government Regulations

FACTBC has been very busy over the summer preparing to submit our application for designation to the government for the regulation of counselling therapy in BC under the Health Professions Act. We hired government relations consultants to help us gather intel and information from within the government, in order to gauge when would be the best time to submit. They prepared a communications plan and an action plan until the end of December. They have been our ears and eyes with the government and have been keeping the Ministry of Health officials apprised of our actions, as well as meeting with them on our behalf.

When the election was called, this postponed our initial date to submit the application. Once we knew that the New Democratic Party (NDP) would form the next government and in all likelihood that Adrian Dix would continue as minister of health, we set December 7, 2020 as the date to submit our application. This date gives the new government 7-10 days after their cabinet is sworn in and lands our application on their desks at a time when they hopefully will be motivated to read and respond. The government must respond to this application and if they say no to our request, it will automatically go to a judicial review which our legal team has readied to take forward.

Elaine Unger, our marketing and social media specialist, has been working closely with the government relations consultants to create new social media and public relations materials and get organized for the campaign that would accompany the application. We have invited key people to join two advocacy tables: the Team of Champions and the Stakeholder table. The Team of Champions is a group of selected high-power people who can speak to the media and to our cause with eloquence and experience. Many of them have either previous media or political experience or have a lived experience of trauma and/or abuse with unqualified counsellors. The Stakeholder table is comprised of many more individuals from educational institutions, professional associations (CAMT is represented), and businesses who support counselling therapists.

Each MTABC member will be asked in the next two weeks to participate by readying an email letter of support that will go to the Minister of Health, Minister of Mental Health and Addictions and other pertinent political people. Once the signal is

given from FACTBC, letters from every member in every FACTBC member association (over 6,000 individuals) in addition to media coverage in the Vancouver Sun, CBC radio, Chinese and Vietnamese media, will be unleashed. The government will be hearing about the necessity to regulate counselling therapists from all groups impacted by the pandemic and the opioid and mental health crisis: the public, our Team of Champions, the Stakeholder table, the media, social media, and through thousands of email letters from counselling therapists and their clients.

The pandemic has slowed the government's plan to move forward with the modernization of the regulatory college system and reduction of the number of colleges under the Health Professions Act in BC. It is anticipated that four large colleges (pharmacists, nurses, physicians & surgeons, and dental professionals) will remain and that the smaller existing colleges will join them. It is unknown at this point the timeline and process for this work. However, it is anticipated that once the application for designation has been approved by the BC government, then counselling therapists and FACTBC will be ensured a place in the ongoing establishment of the new colleges.

In 2021, FACTBC will be updating our competency profile again in consultation with other provinces who have been regulated and are using the competency profile as a basis for establishing standards. FACTBC will solicit nominations for the competency profile working committee in January 2021 that will work with Dr. David Cane from Catalysis Consulting and with Roger Wells, chair of the FACTBC competency profile upgrade committee. This project will likely last 18-24 months.

Our next meeting is January 22, 2021. If anyone has questions or concerns, please contact Susan Summers.

CONTINUING EDUCATION UPDATE

Lorri Johnson, MTA

Kayla Turnbull, BMT, MTA

Continuing Education Co-Chairs

Over the past few months, Kayla Turnbull has joined forces with me (Lorri) to help develop the continuing education workshops. She is the current representative for the Interior BC region and was part of the panel discussion at the most recent MTABC conference.

Our latest MTABC continuing education workshop was held October 13, 2020 with a focus on business owners. It was titled *Pivoting Together in Times of Change* with Jennifer Buchanan. Jennifer had the virtual audience captivated from start to finish. She spoke from the heart and offered a fresh perspective on pivoting through a pandemic both from a personal and profession perspective. As we move forward, she highlighted what a successful recovery means for us including a healthy team, healthy revenue, stronger mental health and wellbeing, and a renewed purpose. For the second half of the workshop, Jennifer moderated a panel discussion with Esther Thane, Sandy Pelley, and Katherine Deane. It was an opportunity to hear how the impacts of COVID-19 have shifted their business and how much work has been lost in our community. Thank you again to the panelists for sharing your invaluable experiences with us.

With a great attendance from Episode 4 of the *MTABC Readjustment Series*, we are excited to bring back Jennifer Buchanan for a three-part business development series called *Unleashing Innovation*. *Unleashing Innovation* is an essential workshop series personalized for all music therapy business owners and healthcare leaders. We acknowledge the many needs in our community and hope this series will bring innovation and inspiration as we continue to move forward in the midst of COVID-19.



U N L E A S H I N G I N N O V A T I O N

*Business Development Series with
Award-Winning Jennifer Buchanan*

<i>Jan</i>	<i>Jan</i>	<i>Feb</i>
12	26	9
<i>Drive Your Dream</i>	<i>Maximize Your Message</i>	<i>Create Your Action Plan</i>

Online CE Workshop Series on Zoom from 6:00-8:00 (PT)

The three-part series will run every two weeks in the months of January and February 2021. Based on the core components of Jennifer Buchanan's book, *Wellness Incorporated: The Health Entrepreneur's Handbook*, the series will dive into the essential steps to a sustainable and values-driven business.

Are you feeling stuck? Are you looking for a new idea or a new lens to solve a difficult problem? Are you feeling tired and overwhelmed? Do you need resources and inspiration to strengthen your practice and/or leadership skills? If you can relate to any of these questions, come join us as we again learn from Jennifer's experience. We are grateful to be offering this free for all MTABC members.



IMAGE: KJPARGETER / FREEPIK

NEW BC MTAs

CONGRATULATIONS TO THE NEW MTAs IN BC!

MYLANDRIA ZIELINSKI-DOUGLAS, MTA
JEMMA SPRUSTON, MTA
SHANNON PERKINS CARR, MTA
TRACY LASLOP, MTA



Mary Cobham and Gustavo Zavala Leon were married on November 10, 2020 in Cuautitlan Izcalli, Mexico. They are excited to divide their time between both countries. Que emocion!

Mekayla Knol and Derrick Bouwman were married at Peace Arch Historic State Park on October 30, 2020. It was a little chilly for an outdoor wedding ceremony, but they are very grateful that both of their families were able to witness it and that there is no longer a border between them!




2020 MTABC CONFERENCE

A Mindset for Woundedness

Therefore...

- Woundedness is not a pathology, but part of being human
- Woundedness is neutral
- No need for blame or shame
- No need to deny or hide our woundedness



Stephen Williams



Who Moved My Cheese?

What would you do?

<https://medium.com/@spooder903/who-moved-my-cheese-b2c093ba0b2d>
<https://depositphotos.com/22366951/stock-photo-what-would-you-do.html>

UNIVERSITY OF MINNESOTA
Driven to Discover™




Michael J Silverman (he, him)

Michael Silverman

WHAT IS HIP HOP

HIP HOP HISTORY

1. The root of Hip Hop music is based in Jazz, Disco and Funk from the 70's, and it's birthplace was New York City ghetto's like the Bronx's, Brooklyn and Harlem.
2. The term Hip-Hop made it's first appearance at parties. Keith Cowboy, of the group Grandmaster Flash and the Furious Five, started using the term around 1975, and it was then adopted by other popular rappers of the time.
3. New York DJ pioneers like Kool Herc and Grandmaster Flash started looping the break beats from James Brown hits, creating another form of music on the turntables.




the hip hop takeover

MAKE HIP HOP NOT WAR

VIVA HIP HOP

NOLA GUERRA

back to the beat



Kia Kidiri

UPCOMING EVENTS

January 1, 2021:	CAMT membership renewals due
January 12, 2021:	<i>Drive Your Dream</i> with Jennifer Buchanan
January 26, 2021:	<i>Maximize Your Message</i> with Jennifer Buchanan
February 9, 2021:	<i>Create Your Action Plan</i> with Jennifer Buchanan

IN THE NEXT ISSUE

The theme of the next issue is still to be determined. Remember to submit any announcements you would like to share with the community in the social column! All submissions can be sent to Mekayla at drumbeat@mtabc.ca.

Disclaimer:

All works submitted to the quarterly *Drumbeat* publication must be submitted in a Word document in APA (7th ed.) style and will be edited for spelling errors, grammar usage, wording, and sentence structure. Upon submitting a work for publication, the writer hereby acknowledges the editing process and understands that changes may be made at the editor's discretion. If there are changes required to the subject material or main structure of the work, the editor will contact the writer and discuss the necessary changes.

Please do not submit any written work in an email body or in a PDF document. Upon submission, please include your credentials as you would like them to appear next to your name.

Thank you!



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