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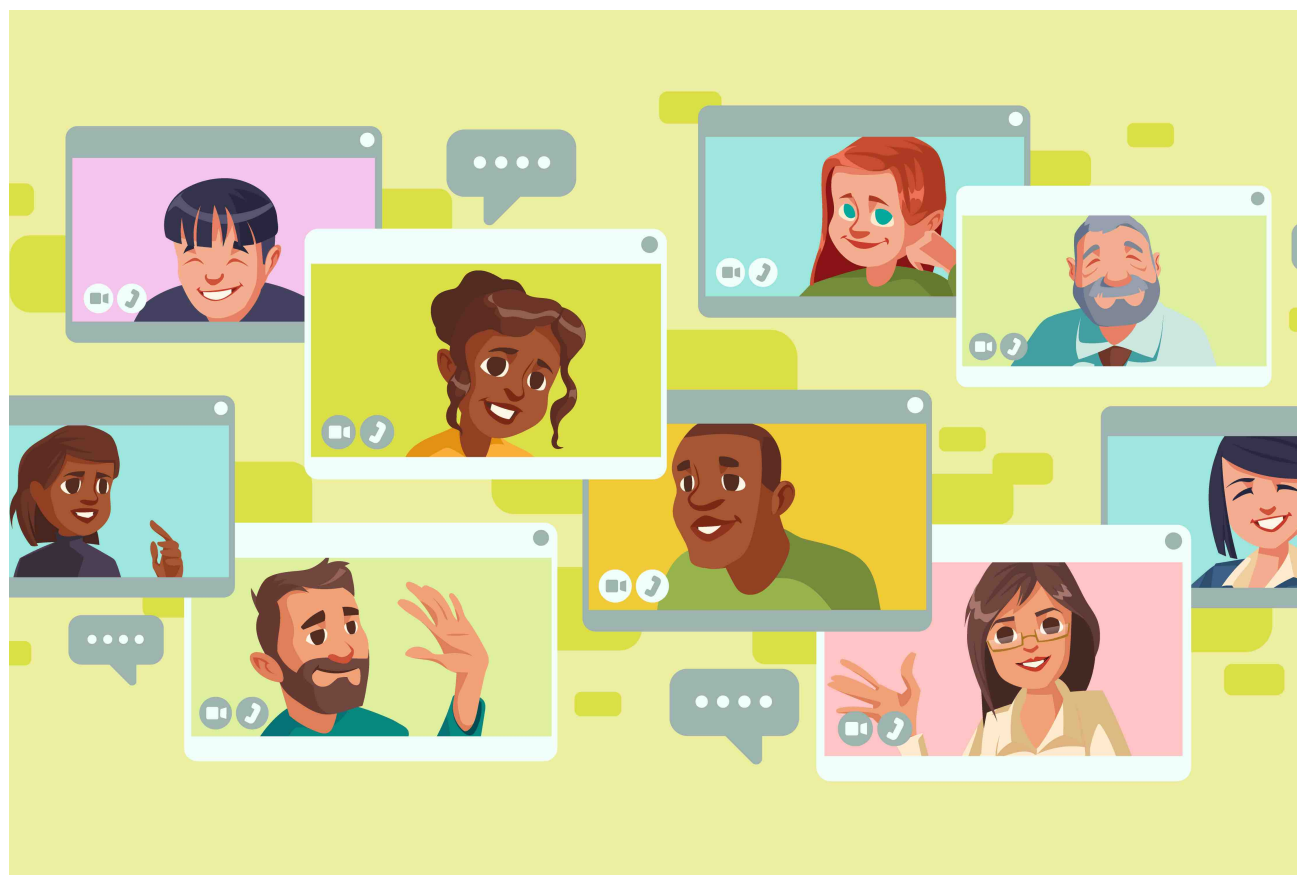
The Drumbeat

A QUARTERLY NEWSLETTER FOR THE MUSIC THERAPY ASSOCIATION OF BRITISH COLUMBIA

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MIXING THINGS UP

THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR MTABC

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INTERIM LETTER FROM THE PRESIDENT

Kristen Shin, MTA

MTABC Director of Professional Services

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“I'm starting with the man in the mirror
I'm asking him to change his ways
And no message could have been any clearer
If you want to make the world a better place
Take a look at yourself, and then make a change.”

This has been and continues to be one of my favourite Michael Jackson tunes. Last issue I spoke about the importance of mixing things up in our personal and professional lives to keep things fresh and avoid burnout. This issue, I'm turning my attention to the deeper changes which are vital to meaningful growth, and which reach beyond our personal experiences.

I think it is safe to say that we do not operate in a vacuum. The way we live has a very real impact upon not just ourselves, but those around us, our communities, and our environments. In this day and age when comfort and convenience is widely available, it can be easy to slip into complacency, forgetting that our daily decisions have an impact wider than our own limited view.

As part of a therapeutic profession, we often challenge our clients to reach beyond their current limitations in order to grow. Sometimes, I forget to offer those same challenges to myself. This season, my invitation to myself (and to any of you who wish to join me) is to grow in my awareness of how I live, and challenge myself to find the places where I can change things up in order to make my impacts more positive.

Sending my wishes for a nourishing and restorative summer for you all!



LETTER FROM THE EDITOR

Mekayla Bouwman, MA, MTA
drumbeat@mtabc.com

Hello to everyone in the music therapy community!

I hope you have all been enjoying their summer and that you have found some time for rest and relaxation. You will notice that this issue is a shorter one than most. A few of our regular writers have decided to take a well-deserved break from contributions for this issue. Also, the FACTBC updates and advocacy updates will no longer be published in the *Drumbeat*. Since the *Drumbeat* takes at least one month from submissions to printing, it has been decided that these updates will be shared via a different means to ensure that the information being shared is as up-to-date as possible.

While there are fewer articles in this issue than usual, there are more than the usual welcomes to extend to new team members of the MTABC. Welcome to Bernice, Calista, and Kirsten! Bernice is our new secretary, Calista is our new autism initiative chair, and Kirsten is our new ethics chair.

If you read the previous issue, you will have noticed that Darby had taken over the Social Column for the *Drumbeat*. In this issue, we welcome her to a new position – as the new *Drumbeat* editor. This will be the final issue I will edit alone. For the next two issues, Darby and I will work together so she can get the hang of things before taking over. It has been such a joy to get to know the community better and I will miss all the interactions I have been able to be a part of. However, I know that Darby will be an excellent fit and look forward to working with her for the next two issues. This means we will also be looking for a new Social Column writer. If you are interested in taking this on, please let me know by emailing drumbeat@mtabc.com.

Wishing you all the best!

WELCOME TO THE TEAM!



IMAGE CREATED BY [RAWPIXEL.COM](https://www.rawpixel.com)



Bernice H. L. Chu, MTA, MA, NMT Fellow
New Secretary

Bernice is an accredited music therapist and NMT Fellow in Canada and the United Kingdom. She currently works as a music therapist at a long-term care home in Vancouver with young adults who have brain injuries and long-standing mental health needs. She is also the director of communications for the Music Therapy Academy. Bernice moved to Vancouver in

January 2021 and is very much looking forward to getting to know the MTABC community!

Bernice completed her undergraduate degree at Wilfrid Laurier University, Waterloo, Canada in 2008 and her 1000-hour internship at the Hospital for Sick Children, Toronto, Canada. Following this, she completed a MA music therapy degree with distinction at Anglia Ruskin University, Cambridge, England in 2011. She specialized in working with adults in neurorehabilitation over nine years in London, UK. She has presented her clinical work at national and international conferences and has clinically supervised national and international students, interns, and music therapists working in neurorehabilitation settings. She is an advanced assessor for individuals in disorders of consciousness. Bernice was the co-editor for Leading Note magazine for the British Association for Music Therapy. She is particularly interested in the role of music therapy in collaborative working with other disciplines, and the role of music in enabling individuals to live as independently and fully as possible.



Calista Switzer, MTA
New Autism Initiative Chair

Originally from Calgary, Alberta, Calista relocated to Vancouver to complete her bachelor of music therapy degree from Capilano University. She has worked with a variety of individuals including the autism community and those in addictions recovery. Calista is currently working at ET Music Therapy and is the music therapist at Mountainside Secondary

in North Vancouver. Calista's music therapy approach is humanistic and client centered, striving to nourish strengths and empower challenges to reach each individual's goals utilizing the power of music. She is known for incorporating her beautiful singing voice wherever possible in her sessions!



Kirsten Davis, MA, MTA, AVCM
New Ethics Chair

I'm a 5th generation Vancouver Islander, but completed my undergraduate training in music therapy at Wilfrid Laurier University, Waterloo, Ontario way back in 1994. I then completed my graduate studies in music therapy at Concordia University, Montreal in 2018. My clinical experience includes working in pediatric rehabilitation with children with physical

and mental challenges, in long term care with seniors with dementia, and with patients and families receiving palliative care. In 2019 I had the good fortune to begin a new chapter working in residential mental health, trauma, and addictions treatment at the new Homewood Ravensview facility in North Saanich, BC. I love writing, playing the flute, and doing anything outdoors, and look forward to serving our community as ethics chair.



Darby Meszaros, BA, BMT
New *Drumbeat* Editor

Hi everyone! I am Darby Meszaros. The idea of music therapy had been on my mind since my high school days in Alberta, but it was not until four years ago that I began to pursue this career. I finished classes at Capilano University just as the pandemic started and carried out my internship with mask and goggles on. I am now thrilled to be working in long-term care

in Burnaby. I hope to continue to work with elders and in palliative care. In the meantime, you can find me baking, gardening, or packing a picnic!

MEMBER SPOTLIGHT

IMAGE: JIGSAWSTOCKER / FREEPIK



Member Spotlight: Supriya Crocker

Clara Troje, BMus

“Wow, she really knows what she’s doing,” was my impression in the first minute of entering the Zoom room with Supriya for the first time for our interview. Supriya has a private music therapy practice in Victoria, BC. She currently works mostly with children and youth, including a program for Indigenous youth, and uses both Neurological Music Therapy and of Vocal Psychotherapy in her work.

Purposefulness and goal-orientation are key factors in Supriya’s approach, and perhaps in her science-minded personality as well. She describes her professional journey in the last years towards leaving more space for client processing in relying increasingly on her informed intuition, while still trying to make every session as valuable as possible. An impactful part of her work has been reflecting back to clients (especially those with traumatic backgrounds) that she really heard them, both through leaving enough space after their stories and/or through musical expressions. She laughingly compares herself to a plumber, coming to a job with a well-stocked kit, but only taking out the right kinds of tools for each different, necessary purpose.

Supriya became a music therapy in her late twenties, after already having started a career with her bachelor of biology and psychology (University of Victoria). Lisa Jacobs, a Calgary-based MTA and touring bass player for the Queen musical, *We Will Rock You*, was her first “spark” into the music therapy world: Supriya remembers the confident, badass bass-player’s visit to her church band back in the late 90’s, and hearing about Lisa’s plans to study music therapy at Capilano University. A couple

years later, Supriya followed suit. “It was a unification of my music with my understanding of the human body and brain, and, of course, my desire to help people.”

Supriya and I also touched on how music therapists grapple with systemic racism. As a person of colour, Supriya states feeling an extra sense of responsibility to do research and personal work around areas of social justice and racism, especially in a predominantly white city such as Victoria. She points out the necessity for any and every person to do this kind of work: to gradually undo within ourselves the systemic racism that all of us have been raised and entrenched in, and to put in the actual time to do research and learn. “Work in small steps,” she advises, “growth is one step at a time, not all at once.”

Her advice to the music therapy community, especially new music therapists? “We’ve just been through so much change in the last year and a half. I’m proud of everyone for pivoting so quickly, even if you shifted to a different career for now. Don’t get stuck in ‘I could have done this better.’ It’s all good. Let’s keep growing as we can.” Perhaps recognizing my slightly tired demeanour from a week of work she adds, “and take the time to rejuvenate, especially after a traumatic event [like the COVID-19 pandemic]. Just like babies who need sleep for learning, our brains also need that brain break to process and integrate!” I leave the Zoom call inspired by Supriya’s competence and passion, and extra excited to take a nap for my own integration.

A FIRST FOR THE PACIFIC TRANSPERSONAL GIM TRAINING PROGRAM

Noele Bird, MTA, RCA, FAMI

At the end of April, we successfully ran our first online Level 1 GIM Training through the new Pacific Transpersonal GIM Training Program. We had 9 trainees who joined in from Vancouver, Alberta, Quebec, Oregon, and Hong Kong!

Although there were some disadvantages to an online training there were many advantages as well. And though we were not physically together, there was much learning, inspiration, and personal growth that happened.

The trainees found the program engaging, effective, and meaningful. They expressed their gratitude for the learning and growth; the support and connection with each other and themselves; the variety of teaching perspectives and experiences; and the new tools, insights and therapeutic skills they received.

It was a huge support to have the assistance of Liz Moffitt, Ruta Yawney, and Nancy McMaster on staff. Liz and I were invited to share our online training experience as part of a panel of trainers at the recent Association for Music & Imagery international conference in June.

Overall, we felt that the online Level 1 Training was a huge success, and it will hold a special place in our Canadian GIM history. We have learned so much from our online work during the pandemic and we plan to continue to offer hybrid training models that will meet the needs of local and non-local trainees.

If you would like information about our upcoming trainings, please contact me at noele@noelebird.com.

Wishing you all a beautiful summer, hopefully in the presence of community and family again.

Warmly,

Noele

SOCIAL COLUMN

Darby Meszaros, BA, BMT

CONGRATULATIONS TO OUR NEW MTAs:

JACQUELINE CHEUNG
ERIC HADLEY
TRACY LASLOP
SARA LAVIGNA
LEAH MAGNAN
NADIA PETRIW
ABIGAIL PORTILO
MONICA RUMPEL
JEMMA SPRUNSTON
CAMERON YIP
MYLANDRA ZIELINSKI-DOUGLAS
SOPHIA HIGGINS
MICAELA PIRRITANO
FION LEUNG

MTA MILESTONES

IN RECOGNITION OF THEIR 40-YEAR MEMBERSHIP:

KERRY BURKE
MARY REHER
DOREEN ALEXANDER

RECOGNITION OF THEIR 25-YEAR MEMBERSHIP:

EUDORA NG
LYNETTE POSTMAN
LAURA UNGER

IN RECOGNITION OF THEIR 10-YEAR MEMBERSHIP:

BERNICE CHU
SHANNON CLARK
KATHERINE DEANE
ALISON HARBIDGE
MAYUMI HOLBROOK
JOEL KROEKER
STEPHANIE MARTYN
JENNALENE STEINBICHLERIN

BIRTH ANNOUNCEMENT



Please join us in welcoming to the world:

Nikolas

**Born July 17, 2021 to parents
Lisa Mullaly and Georg Jost**

IN MEMORIAM



Michelle Choi

**Loyal, dedicated, deeply caring.
"Live long and prosper."**

UPCOMING EVENTS

NOVEMBER 6, 2021 (Saturday)

MTABC Annual Conference

Online via Zoom

IN THE NEXT ISSUE

In the next issue, there will be a new editor on board. Darby and Mekayla will work together on two issues (Fall 2021 and Winter 2022) before Darby takes over. Since things will be changing, the theme will be developed over the course of the next few weeks and announced in the call for submissions in October. If you have something you would like to contribute to the next issue, please email drumbeat@mtabc.com.

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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