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THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR THE MUSIC THERAPY ASSOCIATION OF BRITISH COLUMBIA

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HUMANITY

THE DRUMBEAT

A QUARTERLY NEWSLETTER FOR MTABC

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President **Susan Summers**
president@mtabc.com

President-Elect **Laura MacLeod**
presidentelect@mtabc.com

Past President **Sheila Lee**
pastpresident@mtabc.com

Director of Advocacy &
Government Relations **Susan Summers**
advocacy@mtabc.com

Secretary **Olivia Nussey Aparaschivei**
secretary@mtabc.com

Treasurer **Carolyn Neapole**
treasurer@mtabc.com

Director of Professional Services
Kristen Shin
professionalservices@mtabc.com

Director of External Relations
Brittany Robart
externalrelations@mtabc.com

Administrative Assistant **Peter Schroeder**
info@mtabc.com

Website Liaison **Nicole Broughton**
webliaison@mtabc.com

Drumbeat Editor **Darby S. Meszaros**
drumbeat@mtabc.com

Drumbeat Publisher **Iris Wong**
publisher@mtabc.com

Drumbeat Distributor **Ali Stone**

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Contact drumbeat@mtabc.com for further information.



Music Therapy Association of British Columbia
 5307 Victoria Drive #600
 Vancouver, BC V5P 3V6
 TEL 604.924.0046
 TOLL FREE 1800.424.0556
www.mtabc.com Publications Mail 40828567



LETTER FROM THE PRESIDENT

Susan Summers, Ph.D., MTA
president@mtabc.com

Compassion becomes real when we recognize our shared humanity.

-Pema Chodron, Buddhist teacher and author

Fall is my favourite season, and it is always one where transitions remind us that we live in a place of shared humanity. This year we had beautiful early fall weather and spectacular colours that led to the dark, rainy and quieter November days we now enjoy. Our community joyfully celebrated Nancy McMaster's retirement, the 47th third-year Capilano University class entering the profession, and new graduates starting work in our community. We were a partner for the first BC MusicCare conference, which drew more than 200 people in person and online, sharing our common passion for music and wellness. There were births, new beginnings, endings, and there were deaths. MTABC respectfully remembers our colleague and friend, Jennyfer Hatch, who died on October 23, 2022, and whose life has left a legacy with the inspiring video of her last days, *All is Beauty*.

Being human is about being a part of the moving cycles of life and learning, transitions that we sometimes choose and those that life chooses for us. We all know how the experience of being human in our work supports our clients to open up, grow, change, and express themselves in meaningful ways. Improvisation in our practice and in our lives enables us to be with those in transition, listening to and supporting their needs. Mahatma Gandhi believed "the best way to find yourself is to lose yourself in the service of others." Desmond Tutu said, "my humanity is bound up in yours, for we can only be human together."

May our life songs continue to write themselves as we listen to the rhythms and cycles of our own lives and share our humanity with our clients and communities. May we all continue to find ourselves, learn and grow by being together in our MTABC community and overlapping community circles.



LETTER FROM THE EDITOR

Darby S. Meszaros, MTA
drumbeat@mtabc.com

Hello everyone,

As I started to write this letter, I first began with a wish that everyone had had a lovely fall season. I hesitated and hit the backspace button though—surely not everyone *had* had a lovely fall. This automatic, a-little-too-chipper greeting suddenly seemed inauthentic at best, and in the worst-case scenario, alienating for those struggling through this season.

In eighth grade, my homeroom teacher used to paraphrase a John Donne poem, saying “do not ask for whom the bell tolls, it tolls for thee.” In eighth grade, I did not know what it meant. Myself and my classmates thought it was an oddball way to threaten us with detention. Now, as I reconsider a rote greeting, the poem comes to mind. The “tolling bell,” signalling someone’s loss and sadness, rings in fact for me—for all of us, because we are all connected. *This* is what humanity means to me today: that as human beings, we are connected, and we are not alone in our experiences.

Hope as I may for joy, ease, and goodness for my colleagues and friends, this cannot always be the case. And so, rather, my hope is that each of you had a very *human* fall season. I hope that you found connection amid all you experienced. I hope that you had people around you to share in your joy or sorrow or anything in between. I hope that you were compassionate with yourself and others, and that they were compassionate with you. I hope, and feel sure, that this season has contributed to the richness of your life as a whole. I hope the same for the season to come.

I also hope that you enjoy this issue! There have been some exciting events in our community to look back on. Be sure to check out the call for MTABC nominations as well!

Finally, I’d like to announce that there will be a slight shift in the *Drumbeat* seasons— currently, this fall issue is released December 1st, the winter issue is March 1st, the spring issue is June 1st and the summer issue is released September 1st. We will be shifting the seasons in name only, so that the Spring issue comes out in March, the Summer issue in June, etc. This means that the next issue will be called the spring issue, even though it is released at the same interval.

I wish you all a very beautiful, connected, and human winter season!

ETHICS CORNER

Kirsten Davis, MA, MTA, RCC



Ethical, Legal, or Professional?

Remember that classic guessing game, “Animal, Vegetable or Mineral?” Sometimes an ethics consult can feel similar – but when considering complex situations in music therapy work, the question often becomes, “legal, ethical, or professional?” We encounter all three types of challenges, and sometimes it can be difficult to tell them apart. Sometimes these areas even overlap, or conflict! For example, an action may be legal but unethical, or ethical but unprofessional.

The table (adapted from Surbhi, S., 2018) below summarizes and compares several aspects of law, music therapy ethics, and professionalism.

BASIS FOR COMPARISON	LAW	MUSIC THERAPY ETHICS	PROFESSIONAL PRACTICE GUIDELINES
Meaning	A systematic body of rules (federal, provincial) that governs the whole society and the actions of its individual members.	Principles, values and standards that guide practitioners about clinical service delivery and relationships.	Guidelines that encourage respectful workplace environments, advocacy, and collegial relationships.
Content	Set of rules and regulations	Set of guidelines	Set of guidelines
Governance	Government	Professional association	Individual practitioners with consultation
Expression	Expressed and published in federal and provincial laws	Expressed and published as CAMT “Code of Ethics”	Expressed and published as CAMT “Guidelines for Professional Practice as a Certified Music Therapist”

BASIS FOR COMPARISON	LAW	MUSIC THERAPY ETHICS	PROFESSIONAL PRACTICE GUIDELINES
Violation	May result in judicial punishment, such as imprisonment or fine or both.	May result in complaint and/or formal investigation, with ensuing requirements for remedial or educational action.	May result in concern with ensuing requests for remediation or accommodations.
Objective	Created with an intent to maintain social order, peace in society and provide protection to all citizens	Created to help members decide what is right or wrong in clinical practice and therapist-client relationships	Created to help members decide what is best practice for respectful conduct in the workplace and between colleagues
Binding	Legally binding	Ethics have a binding nature for association members who agree in writing to abide by them	Professional practice guidelines are expectations and are not binding

Law, ethics, and professionalism all offer standards and methods by which to conduct our actions as music therapists. However, there are differences in scope and application. “Legal” applies to a broader societal scope, while “ethical” in this context includes all members of our professional association(s) who agree in writing to abide by the standards of our code of ethics. “Professional” has the narrowest scope, in that although recommendations are given, it is largely up to individual practitioners as to how they embody and cultivate these guidelines.

If conceptualized on a continuum, a legal perspective will be the most objective, while a professional perspective may be more subjective and varied, depending on the individual interpretation, with ethics falling somewhere in the middle.

In terms of priority, the CAMT Code of Ethics states that “The Code is not a substitute for the Law, therefore, if there is any conflict between the Code and the Law, the Law takes

precedence.” Likewise, the CAMT Guidelines for Professional Practice as a Certified Music Therapist (MTA) states that its “recommendations do not take the place of the Code of Ethics”.

Some concrete examples may help to illuminate the ways in which these areas can easily become confused:

Recently, a number of questions have come forward regarding music therapy employment contracts which include non-competition or non-solicitation clauses. The question was raised, “is it ethical for an employer to require a music therapist to agree to these terms?” However, as this situation does not directly involve clinical relationships, but relates to employees’ rights, the issue is largely a legal one. The best course of action would be to consult a lawyer before signing this type of contract, as our professional associations do not have legal jurisdiction.

Likewise, recent questions have identified situations in which music therapy promotional materials did not include the service provider’s credentials. This could be misleading to members of the public, suggesting that music therapy can be provided by someone who does not hold music therapy training or certification. This is largely a professional issue as it is the responsibility of the individual to accurately represent themselves and their service.

One of the roles of the Ethics Chair is to assist members in gaining a clearer perspective on the distinctions between these areas, and how they may impact your practice. Please feel to reach out to ethics@mtabc.com with your questions and concerns!

Canadian Association for Music Therapy. (1999). *Code of ethics*. Waterloo, ON: CAMT.

Canadian Association for Music Therapy. (2021). *Guidelines for professional practice as a certified music therapist (MTA)*. Hensall, ON: CAMT.

Difference between ethics and professionalism. (2015, January 27) Compare the Difference Between Similar Terms. Retrieved October 21, 2022, from <https://www.differencebetween.com/difference-between-ethics-and-vs-professionalism/>

Francisco, C. (2017, September 21). *Difference between legal and ethical*. Difference Between Similar Terms and Objects. Retrieved October 21, 2022, from <http://www.differencebetween.net/language/words-language/difference-between-legal-and-ethical/#ixzz7iNVIVh00>

Surbhi, S. (2018, August 13). *Difference between law and ethics (with comparison chart)*. Key Differences. Retrieved October 21, 2022, from <https://keydifferences.com/difference-between-law-and-ethics.html>



Call for Nominations

Sheila Lee, MA, MTA, FAMI, NICU-MTA, RCC

We are pleased to present a call for nominations for 3 Director positions for the 2023 MTABC Board of Directors, as well as several chair and committee positions.

At our 2023 spring AGM, we will have elections for board members, and plan to populate committee chairs and committees before then. Please see the website for further information on each position.

MTABC Board positions (must be an MTA):

- President-elect (one year commitment), then moves into President (one year) and Past- President (one year)
- Director of External Relations (two years)
- Director of Professional Services (two years)

Board meetings are held on Zoom monthly. Board members receive a complimentary membership while on the Board.

MTABC is what you make it! This volunteer opportunity invites you to be an integral part of the exciting changes and events that take place within our organization. You will have an opportunity to work with others who care deeply about the future of our profession as you interact with Directors, committee members, community sponsors, and the many others who volunteer to support our Association.

IMAGES: PNGTREE.COM



JOIN US

Develop your LEADERSHIP skills and give back to music therapists who have supported you!

Committee Chair Positions

Working within the External Relations team:

- Public Relations chair
- Social Media chair

Working within the Professional Services team:

- Conference chair

Committee members are needed for the following (may be students, interns or MTAs):

- Public Relations committee (one year)
- Conference committee (February to November)
- CE workshops (one year)
- Advertising (one year)

Please contact Sheila Lee at Pastpresident@mtabc.com for more information.

Visit our website to see our current Board of Directors:

<https://www.mtabc.com/about/board-of-directors/>

Nancy's Retirement Celebration



A retirement celebration was held for Nancy McMaster on September 10th at Capilano University. It is not every day that someone co-founds an education program that impacts the lives of thousands of people, likely more if you include clients and staff. The music therapy program at CapU has been operating for 46 years, started by Nancy and Dr. Carolyn Kenny, with a vision and a set of values around musicianship, humanity and compassion. Nancy's decision to retire from her career called for a party.

Well over 120 people arrived for the event, with another 60 people attending online from around the world, all to celebrate Nancy. The party room was decorated for an elegant afternoon, but it was the sense of joy that stood out. There were not many opportunities for alumni and program friends to gather in the last few years, so there was an uplifting experience in the room – old friends and familiar faces.

Nancy was in her element, arriving to a red carpet and a photographer, then a room filled with a standing applause. There were a few speeches, with Stephen Williams opening and welcoming everyone, Dr. Kevin Kirkland speaking to Nancy's legacy, and Liz Moffitt giving a brief history of music therapy in Canada, highlighting Nancy's contributions and impact. Dr. Susan Summers thanked the many sponsors, volunteers and the committee for creating this event. A representative from the CapU Alumni Association spoke eloquently about Nancy as a teacher, based on conversations she had with program graduates. The overall tone was appreciative and celebratory. The formal portion of the afternoon ended with a toning experience, a layered cake, and an abundance of hugs.

- Stephen Williams, MTA



It was wonderful! It was so moving to connect with so many people spanning 46 years of Nancy's time at Capilano....including some of her family and dear friends, including her students from the first years of the program up to the present day, plus faculty, co-workers, practicum supervisors, administrators, music therapists from across the country. It was a magnificent reunion and honouring of Nancy and her pioneering work. The organizers created a memorable event, taking photos of everyone and on the large wall, showing constantly changing pictures of Nancy and her students and colleagues of 46 years. It was a love-in!

- Liz Moffitt, MA, MTA, RCC, FAMI

Congratulations, Nancy!



Nancy was well celebrated at her retirement event. The celebration was filled with positive energy and a show of gratitude and love for her commitment to the field of music therapy. As always, Nancy's words were inspiring, leaving us all with final words that make you stop and reflect on those words of care, love, and wisdom. Nancy will be greatly missed, but her legacy will be lasting as she has inspired us all.

-Michael Sochor, MTA



So long, farewell and but never goodbye. Seeing Nancy at her retirement party, although it felt like the end of an era as she won't be teaching in the Music Therapy program anymore, it felt like a natural transition that we all go through in one way or another. All good things end so other things can begin. Although she will not be there physically, Nancy's handprint and heartprint will always be part of the Music Therapy program at Capilano University. Bless you Nancy, and may your new journey be filled with joy and peace.

-Akylina Pardalis, MTA



All the Best, Nancy!



Janelle Miller provided music before the formal portion of the event began.



IMAGES: [PNGTREE.COM](https://www.pngtree.com)

MTABC Hosts its First Ever In-Person New Grad Night

Kristen Shin, MTA
MTABC Director of Professional Services

Over the past few years, MTABC has received feedback from the community stating that there was a desire to see more support offered to new music therapists. In response, we formed the MTABC New Grad Committee to explore gap areas and create resources for new music therapists joining our community. On October 13th of this year, our committee's work culminated in our first ever in-person New Grad Orientation.

The evening was attended by a mixture of new grads, interns partway through their internship, and practicing music therapists who had relocated to the British Columbia area and were interested in learning about our community and the available support. Our New Grad Committee hosted an informative presentation about MTABC and its services, including CE recordings, wage guidelines, and free consultation with our MTABC ethics committee. This was followed by a live tour of the MTABC website and the newly developed New Grad page, which includes step-by-step guidelines for graduation, the CBMT exam and accreditation, as well as relevant resources for starting a music therapy practice.

Perhaps one of the most valuable pieces of the evening was the opportunity for attendees to come together in person and establish connections. One of the common challenges we hear from new graduates is the feeling of isolation that can follow the move from a close music therapy cohort to practicing on one's own. After the evening ended, we noticed several attendees lingering to speak to each other and exchange information. We hope these kinds of connections can continue to form at our future new grad events.

I would like to personally thank all those who have been involved in our New Grad Committee- Darby Meszaros, Micaela Pirritano, Alexina Davis, Janelle Miller, Deven Miles, and Susan Summers. This committee volunteered many hours of their time to the creation and maintenance of resources for new music therapists, and I am delighted to have worked with such a passionate team. Janelle Miller has now stepped into the role of our new grad liaison on our Continuing Education Committee and will continue to coordinate our annual online and in- person new grad events.

WEDDINGS



Congratulations to Laura MacLeod (nee Hastings), married on October 15th, 2022!

NEW MTA'S



SOCIAL COLUMN

Darby S. Meszaros, MTA

GRADUATIONS



Congratulations to Sara Pun on obtaining her master's degree in Counselling Psychology from the University of British Columbia! Sara plans to incorporate music therapy and counselling together in her practice.

IN LOVING MEMORY



We would like to acknowledge and remember the life of Jennyfer Hatch, who passed away on October 24th, 2022.

To watch All is Beauty, a film project about Jennyfer's last days made in collaboration with Peter Simons, visit <https://www.youtube.com/watch?v=YQX9I5Pxc0c>

GRANT FROM VARIETY - THE CHILDREN'S CHARITY OF BC

Variety—the Children's Charity of BC, is once again offering grants for music therapy. Music therapy is listed under "Specialized Therapies" on their website—visit <https://www.variety.bc.ca/support/specialized-therapies/> to learn more, including eligibility requirements and the child grant application process.

Visit <https://globalnews.ca/video/9211971/variety-week-2022-music-therapy-helps-kids-find-their-voice/> to watch Taylor Taberero and Sheila Lee represent music therapy during Global BC's Variety Week.

UPCOMING EVENTS

January 26, 2023, from 7:00 – 9:00 pm
MTABC Board Meeting

February 23, 2023, from 7:00 – 9:00 pm
MTABC Board Meeting

March 30, 2023, from 7:00 – 9:00 pm
MTABC Board Meeting

April 21-22, 2023
West Coast Conference on Aging
Hybrid in-person and online
<https://geriatricconference.providencehealthcare.org>

July 24-29, 2023
17th World Congress of Music Therapy
Location: Vancouver
<https://www.wcmt2023.org/>

IN THE NEXT ISSUE

Next issue, coming March 1st, would normally be called the "Winter Issue." We are, however, shifting *Drumbeat* seasons! Next issue will instead be called the "Spring Issue." All release dates will remain the same, but the season labels will shift to correspond with the season *upcoming* rather than the season that has passed.

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.



If undeliverable please return to:
Music Therapy Association of
British Columbia
5307 Victoria Drive #600
Vancouver, BC V5P 3V6
PM 40828567