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PRESIDENT'S NOTE

As 2011 draws to a close, we can proudly look back at a busy and productive fourth year: our annual MT Community Awareness Day, Inaugural Healthcare Symposium, and bid for hosting the 15th WCMT. Our members were also actively involved in presenting at conferences and other public events, e.g. for the Singapore Health and Biomedical Congress, Mental Wellness and Breast Cancer Awareness. This year, AMTS welcomed 3 new professionals, Ms. Isabel Chua, Ms. Christal Chiang, Ms. Jacqueline Chow, and two student members, Dawn Chik and Evelyn Lee, bringing our total membership to 21.

With the generous sponsorship from Lee Foundation, AMTS hosted our Inaugural Healthcare Symposium in July and accomplished our objective to educate healthcare professionals about Music Therapy. In 2012, we will turn our focus to Music Therapy and Special Needs/Education. Please check our blog and website for updated information.

AMTS put up a strong bid in Seoul, Korea for hosting the 2017 World Congress of Music Therapy (WCMT) in Singapore. Although our proposal was seen to be "strong and attractive", the two barriers to our proposal were funding and manpower logistics that could not be resolved in time. The council members of the World Federation

(WFMT) have encouraged us to put in another bid in the future; this may work better after we have set up a local training programme and are more established clinically and academically.

Let us ever be grateful for the gift of music - May the music long endure in our joy as well as tears.

To all, a most heart-warming and delightful holiday season, plus contentment for the new year!

Melanie Kwan,
MMT, LCAT, MT-BC



EDITOR'S NOTE

This issue marks the close of our exciting year and I am delighted to recap some of our achievements as a new member of the editorial team as you will read about them in this issue. We hosted Singapore's first MT Healthcare Symposium in July. In addition, a few of us attended the World Congress of Music Therapy in Seoul and in this issue, reported on some of the memorable sessions they attended.

Now looking ahead, all our friends and colleagues can look forward to our upcoming Music Therapy Day (see poster on page 4) happening in April 2012. I would like to thank the Editorial team members, including previous team member, Ms. Charissa

Tan for their wonderful contribution and commitment towards this newsletter, and to our readers for your support!

Patsy Tan,
PhD, MT-BC, NMT, NICU-MT



EVENT REPORTING: MUSIC THERAPY HEALTHCARE SYMPOSIUM 2011



1. Dr. Burns at KTPH 2. From Left: AMTS President Melanie Kwan with Dr. Loewy, Dr. Lane and Dr. Burns
3. AMTS professional member Ashley Spears 4. Dr. Loewy

The Inaugural Music Therapy and Healthcare Symposium was held on July 11-13, 2011. "Music Therapy: Global Evidence of Efficacy" was a landmark event hosted by four hospitals and featured three experts, Drs. Debra Burns, Deforia Lane and Joanne Loewy. The main purpose was to showcase clinical applications from renowned centres overseas, and to emphasize music therapy as an evidence-based Allied Healthcare discipline. This event was made possible through the kind sponsorship of Lee Foundation and drew over 238 participants, mainly healthcare professionals along with several members of the public.

The opening session at the new Khoo Teck Puat Hospital highlighted current music therapy research across a range of populations. Dr. Loewy shared about her music psychotherapy-based hospital-wide service for paediatrics. The following day, the focus was on caring for patients with cancer at TTSH. Dr. Lane engaged the audience interactively as she addressed the benefits of staff collaboration and education, outcome-specific data with poignant clips of music therapy at the bedside. At Ang Mo Kio-Thye Hua Kwan Hospital, the panel discussed the applications of Neurologic Music Therapy for

Comments from participants

I learned that music therapy is assessing and at the same time intervening.

I saw that music therapy can be used in the hospital setting at any point in patient care.

Congratulations AMTS for successfully organizing the Inaugural Music Therapy Symposium! The symposium had provided me with a clear understanding and insight into the beautiful world of music therapy and the visiting experts invited this year had been wonderful and inspirational.

I just thought of dropping a note to say thank you for the good works you are doing to the lives of the patients in Singapore, and also for bringing in the renowned speakers and music therapists in the field. I am a member of public who attended the 1st and 4th sessions, and I was very inspired to hear everything that was shared! May you be encouraged to continue to share the effectiveness and benefits of music therapy to many others!

rehabilitation and gait-training of patients with Stroke or Parkinson's. Local music therapists, including Ms. Ashley Spears (KKH) and doctoral student Ms. Carmen Cheong-Clinch, shared about current initiatives in Singapore and abroad. Student volunteers included Dawn Chik (Montclair State University, USA) and Evelyn Lee (University of Melbourne, Australia).

Reported by Melanie Kwan, MMT, LCAT, MT-BC



Dr Deforia Lane (left) conducted a musical activity demonstrating the relative concept of time during music listening. Participants listened to a music track and were asked to raise their hands when they thought 1 minute had passed. Many participants raised their hands up before the track finished playing, when in fact it was exactly 1 minute long. Through this short exercise, she showed participants how the manipulation of tempo could entrain the listener to perceive length of time to be shorter, or longer.

The profession's ability to use musical elements to achieve therapeutic outcomes could not be better explained (and experienced) through such a simple and short exercise.

Reported by Evelyn Lee, Music Therapy student



UPCOMING MUSIC THERAPY EVENTS

3rd Music Therapy Day in Singapore

15 April, 2012

Lib@Esplanade

Watch out for details on our blog

Canadian Association for Music Therapy CAMT Conference 2012

AVANT-GARDE

May 3-5, 2012

Holiday Inn, Mid-town, Montreal, Canada

<http://www.musictherapy.ca/>

International Conference of Gender, Health and the Creative Arts Therapies

5-6 May, 2012

Concordia University, Montreal, Canada

<http://creativeartstherapies.concordia.ca>

International Conference on Integrative Medicine

13-15 May, 2012

Jerusalem, Israel

<http://www.mediconvention.com/>

2nd International Conference of the International Association for Music and Medicine

3-6 July, 2012

Chulalongkorn University, Bangkok, Thailand

<http://www.iammthailand.com>

XIV Annual Conference of the American Music Therapy Association

November, 2012

<http://musictherapy.org/conference/confindex.html>

Information correct at time of printing

EVENT REPORTING: NOTES FROM THE WORLD CONGRESS OF MUSIC THERAPY 2011 IN SEOUL, KOREA



Members report on the World Congress of Music Therapy 2011:

A. Spotlight Sessions

The main highlight of the 13th World Congress, apart from the cultural programming, workshops and roundtables, were the daily Spotlight Sessions. This concept revolves around bringing four experts together on a topic, with a moderator. The topics included: Music Therapy and Medicine, Music Therapy and Special Education, Music Therapy and Older Adults, and Music Therapy and Research. Each of the presenters focused on a related area of interest and fielded questions. First thing in the morning, it was exciting to gather with more than a thousand people to learn about developments in various countries and also the challenges they faced. For me, it was encouraging to see that some barriers were common while others were culturally rooted. I found the passion and energy reflected by these leaders in their work most inspiring.

(for more information: http://musictherapyworld.net/WFMT/Education_Center.html)

Reported by Melanie Kwan, MMT, LCAT, MT-BC



B. Early Childhood Roundtable: Music Therapy in Asia

In this roundtable session moderated by the President of WCMT, Dr. Petra Kern, Music Therapists from Japan, Taiwan, China, Singapore and Korea each shared about Music Therapy and early childhood in their respective countries. Each shared a game/song/rhythm either used with young clients, or from their culture.



C. Music Therapy in Neuro-Rehabilitation: Dr Dale Taylor's session

The pioneer of Biomedical Music Therapy, Dr. Dale Taylor, shared about using music to re-train musical capability, in order to regain functional skills. He shared case studies of patients who were trained musicians, and helped them back to a level of functioning not thought possible, given their dire initial prognoses!



Reported by Ng Wang Feng, MMT, MT-BC

D. Improvisational Psychodynamic Music Therapy in Depression Treatment

Marco Punkanen presented the above study in which Erkkilä et al. studied the effect of individual music therapy in a randomised control trial (RCT) study of 79 participants. Participants in the Music Therapy (MT) group (n=33) received up to 16 MT sessions (bi-weekly, 60 minutes) that included music listening, improvisation, active music playing using limited instruments, and verbal reflection. A psychodynamic approach was used. Participants' feedback included the inspiration to live and be peaceful with difficult emotions. This study is published in the British Journal of Psychiatry, 199(2).

Reported by Germaine Yong, MCMT, RMT

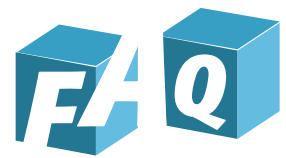


E. Prenatal Music Therapy in Argentina

One of the memorable talks was presented by Federico Gabriel, director of Mami Sounds Music Therapy programme in Argentina. His work involved focal Music Therapy treatments with pregnant women, using creative visualisations with music to achieve prenatal bonding with the unborn child. It was interesting to hear how creative visualisation was used as a procedure to gain access to patient's unconscious material. Appropriate music (selected by the therapist) provided the stimulus to evoke and discover the expectant mothers' fears, fantasies, and needs. By addressing insights thus gained, the therapist and the expectant mothers can explore the various ways to accept and manage them, through carefully-tailored exercises, according to the different stages of gestation.

Reported by Choi Hee Chan, MMT, RMT





IN SESSION: MUSIC THERAPY WITH PATIENTS IN NEUROLOGICAL REHABILITATION AND PALLIATIVE CARE

This column will highlight selected client populations or topics of relevance to the local scene. This piece is submitted by new professional member, Isabel Chua, who works with adult patients at Calvary Healthcare Bethlehem hospital, Melbourne, Australia.



Many patients diagnosed with Huntington diseases, multiple sclerosis and motor-neuron disease experience major physical and emotional adjustment issues. Fear and uncertainty for the future are common emotions that surface during the grief and loss process. Most of them developed depressive symptoms. These areas of concern are considered when setting Music Therapy (MT) goals. MT presents an opportunity for patients to explore and express difficult emotions associated with diagnosis. Through singing of familiar songs, improvisation and song writing, patients may feel empowered to express feelings in a safe environment.

As patients gradually enter into their last journey of life, MT goals focus on providing them a good end-of-life care with a holistic approach. When patients' breathing becomes deep and labored, rhythmic entrainment may be

employed. This method uses the observational and musical skill of a therapist to carefully use live music to match and regulate their breathing. This adds to a supportive environment to provide a sense of containment and comfort for the dying patient.

Reading suggestion:

Davis, W.B., Gifeller, K.E., & Thaut, M. H. (1999). *An introduction to Music Therapy: Theory and practice.* The McGraw-Hill Companies.

Reported by Isabel Chua, MMT, RMT

EVENT REPORTING – SINGAPORE HEALTH AND BIOMEDICAL CONGRESS 2011

Professional members Dr. Patsy Tan and Ng Wang Feng were invited to present at the Singapore Health and Biomedical Congress 2011 on 11/11/11 held at Suntec Convention Centre, for the Rehabilitation Medicine track which was chaired by Dr. Chan Kay Fei from Tan Tock Seng Hospital. They covered the basics of music therapy, explained why music was an appropriate treatment modality, showed video clips of a session with a brain-injured client, and also of Neurologic Music Therapy (NMT). Patsy shared with some depth about NMT, which is to date, perhaps the most scientifically recognized track within Music Therapy.

What is the Association for Music Therapy, Singapore (AMTS)?

Formed in September 2007 by 11 professional Music Therapists, AMTS seeks to raise public awareness of Music Therapy in the community and serve as an organizational agency for locally-based Music Therapists. Feel free to contact us to verify credentials of Music Therapists at musictherapy.sg@gmail.com.

Who can benefit from Music Therapy (MT)?

Music Therapy serves individuals and groups of various impairments and conditions at all ages. One does not need any music background to benefit from Music Therapy! However, Music Therapy is NOT a miracle cure-all. Only a Music Therapist can assess whether Music Therapy is suitable for the client.

Who are Music Therapists?

Persons who complete an approved college Music Therapy programme in the country of training. As credentials vary from country to country, the following are recognized: MTA (Canada), RMT (Australia), RMth (New Zealand), SRMT/HPC (U.K.), and MT-BC (U.S.A.).

What music do Music Therapists use?

Music Therapists use client-preferred music. Music is usually provided live.

Is there scientific basis in Music Therapy?

Yes. International research is ongoing, documenting the growing evidence base - with Music Therapists publishing in various journals, and organizations, including Cochrane Collaboration. The constant criticism waged against music therapy is the lack of RCTs. This "gold standard" used in western medicine to collect clinical evidence, e.g. for prescription drugs, cannot be transplanted and applied to music therapy practice, since MT is often grounded in one-to-one relationships. However, this should not detract from the positive outcomes reported over the decades.

Is there a local Music Therapy training available in Singapore?

There are plans to develop a local training programme in the near future. Please visit our website and blog for the latest updates.



Sowing seeds of possibility: Music Therapy with children

15 APRIL 2012

2:30-5:00PM

LIB@ESPLANADE

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WITH SUPPORT OF
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<http://singaporemusictherapy.wordpress.com>