



IMPROVISE

COMPOSE

LISTEN

RECREATE

MUSIC THERAPY DAY 2016

Experience Music Therapy in Action

Library @ Esplanade, Sunday, April 10 2016, 2-5 pm

Admission is free but registration is preferred
musictherapyday2016.eventbrite.sg

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Medical MT Day 2016

In conjunction with our annual MT Day celebration at library@esplanade, medical music therapists at local hospitals will facilitate mini-events in April 2016. The objective is to engage medical stakeholders and increase their awareness about the role and work of music therapists in healthcare.

April 12 @ Singapore General Hospital

April 26 @ KK Women's and Children's Hospital

April 29 @ St. Andrew's Community Hospital



education teachers, music teachers and allied healthcare professionals, counselors and therapists. Professional Development for music therapists on Sept 4 will include a session on the "Economics of Music Therapy: Business Entrepreneurship" along with traditional special education population topics. Call for abstracts will close June 15, 2016. Check out <http://singaporemusictherapy.blogspot.sg> for updates!



SGMT Symposium 2016

SGMT Symposium 2016 will take place during the Sept school holidays week with our first SPEDMT Conference along with two trainings proposed, in Autism, and Early Childhood Music. There will be sessions for parents, general public, early childhood teachers, special

EDITOR'S NOTE

Welcome new EXCO and members, AMTS has now grown and reached its 35th professional member milestone in the 1st quarter of 2016! I'm hoping that with this growing number of local music therapists, we will join together and help grow this profession in Singapore: through creating greater awareness, more recognition and building up local research data.

I wish everyone a blessed year ahead!

Christal Chiang
Editor



For more information, or if interested in music therapy as a career, please email us at musictherapy.sg@gmail.com.



Scan the QR code to visit us online at singaporemusictherapy.wordpress.com

2015 IN REVIEW

It had been a very fruitful 2015 for our music therapists in Singapore! Here are some of the events that had been held across the island and even internationally to create more awareness on how music therapy works in respective settings.



Medical Music Therapy Day at St Andrew's Community Hospital (SACH) - 16 April 2015

Five MTs working in medical settings came together to make this inaugural Medical MT Day at SACH a day to remember! More than 50 staff participated. Event highlights included the CEO and Director of Allied Health and Operations' beatbox-rap opening act, and learning about music therapy in the medical setting.



(L-R) SACH DAHO Director Ms Tan Lay Kheng, Melanie, Patsy, Wang Feng, CEO Dr Loh Yik Hin, Christal and Ashley at 2nd Medical MT Day



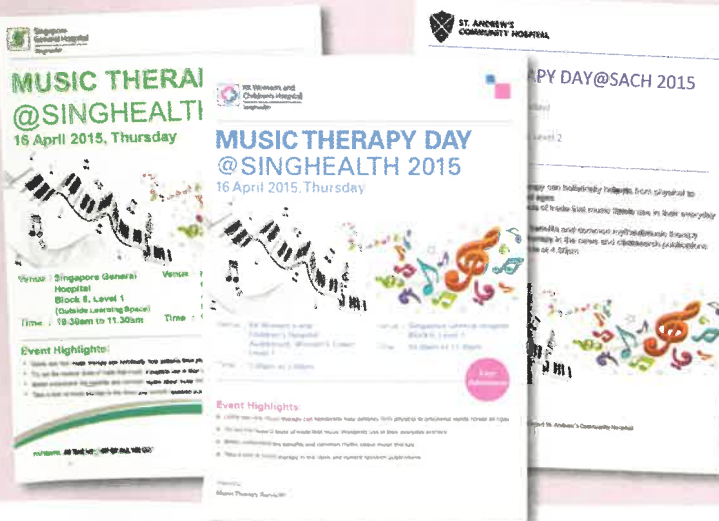
12th Chinese Music Therapy Association Research and Academic Conference on "Music in Neurological Rehabilitation" Wuxi, China - April 9-12, 2015

Dr Patsy Tan was invited as Keynote speaker to present on the "Development of Music Therapy Program In Hearing Habilitation and Neuro-Rehabilitation at the Singapore General Hospital". At this conference, rehab doctors and therapists in China gathered to share knowledge on the use of music in the rehabilitation setting. Other keynote speakers included Dr. Michael Thaut from USA and Dr. Marith Bergstrom-Isacsson from Denmark.



Medical Music Therapy day at Singapore General Hospital (SGH) and KK Women's and Children's Hospital (KKH) - 16 April 2015

Annual medical music therapy day together with KKH and SGH. Booths were set up at each institution to educate hospital staff and general public about music therapy and what music therapists do at the hospital.



Music Therapy in Palliative Care [Advanced Diploma Seminar] Ngee Ann Polytechnic - 9 May, 2015

Introduction to music therapy in palliative care with case examples for nurses working in the acute to long-term care setting both from the public & private sector.

Music Therapy in Palliative Care: Why and How Music Works as a Form of Therapy

[Specialist Diploma in Palliative Care Nursing] Dover Park Hospice - 4 Nov, 2015

Introducing why and how music works as a form of therapy by providing theory, research as well as experiential and case examples.

MUSIC THERAPY DAY 2015

Thank you for making our annual event, held on April 12, 2015, such a resounding success! We welcomed more than 100 participants ranging from prospective MT students, teachers, as well as parents, to our event at Lib@Esplanade. We had the privilege to invite the Singapore Association for Mental Health's band, The Rubberband, to kick our 6th annual event off with their signature meaningful songs (Big Thanks!). Subsequently, our special guests, which included a doctor, nurse, psychologist, music educator, and other allied healthcare professionals shared their experience of collaborating with a music therapist within their work.



- (1) Hui Min presented with Speech-Language Pathologist Kang Poh Sim from Rainbow Centre
- (2) Ashley presented with Psychologist Joy Ong from KK Women's and Children's Hospital
- (3) Group photo of AMTS members
- (4) Performance by "Rubberband" from SAMH, led by our music therapist Germaine Yong

MATADOC TRAINING BY NG WANG FENG

Five AMTS members (Dr. Patsy Tan, Melanie Kwan, Ng Wang Feng, Isabel Chua and Eta Lauw) attended the Music Therapy Assessment Tool for Awareness in Disorders of Consciousness (MATADOC) training 21-23 May 2015 at the Royal Children's Hospital Melbourne, Australia.

The training was conducted by primary MATADOC developer Associate Professor Dr. Wendy Magee (Temple University). MATADOC is a "rigorous assessment and evaluation system for working with people whose awareness is unknown due to profound brain damage. It has been researched with adult populations with disorders of consciousness (DOC i.e. Vegetative State and Minimally Conscious State). Moreover, it may also be useful for working with people who have complex needs due to any number of clinical conditions that result in 'minimal' responsiveness e.g. advanced dementia; advanced neurological illness; profound and multiple developmental disabilities. It is currently being validated for use with children".

More than 30 professionals (mostly Music Therapists) came together to learn about role and

goals of music therapy in assessment and rehabilitation of people with disorders of consciousness. The training also included hands-on practice with administering the MATADOC protocol with fellow participants role playing as "patients", and following through with documentation (including rating patient responses and providing a diagnostic outcome).

<http://www.rhn.org.uk/events/courses-and-training/matadoc-nov15.htm>
(date accessed 18 Feb 2016)



SHARING FROM "AMTS – LEE FOUNDATION PETD FUND" RECIPIENTS

Continuing education opportunities are important for local music therapists to stay abreast of the latest research and best practices. The AMTS - Lee Foundation Professional Education, Training & Development Fund provides partial reimbursement for the AMTS members in good standing to participate in professional trainings and conferences. There were 4 successful applicants in 2015. Let's hear from them on what the fund has helped them to learn or achieve!

GIM Training by Chang Chi-Yen

On the 25th June 2015, I attended the Guided Imagery & Music (GIM) level I training in Singapore. I learnt fundamental knowledge about Guided

Imagery and Music, relaxation techniques and the use of mandala, and to adapt my practice with people who have a wide range of needs in groups or individual settings. GIM Level I training is a beneficial programme in that the experiential sessions and observing demonstrations by the lecturers and participants facilitated learning in a profound way. During training, we were able to discuss the possibilities of practical applications directly in our work. For those who work in healthcare and people who are interested in using music to support others, the GIM Level I training may be a great option.



I felt so honored to be part of the NER-AMTAS 2015-2016 board, working alongside 8 inspiring individuals. In the lead up to Passages, there were frequent meetings to discuss all aspects of the conference. One of our goals for this was to give the presenters and audience a great experience. For the presenters – a platform to share with everyone what they are passionate on, and for the audience – for them to learn something new and be inspired to present in the near future. I was glad to hear from those who were present that our goals were attained.

With this level of research and individuals who were inspiring advocates for what they believed in, I was excited and proud to be a music therapy student. I speak for myself that I will one day bring the experience and knowledge that I am receiving here to share with our community, and that we as music therapists must continue to advocate for our profession to our professional colleagues.

International Workshop in Quantitative and Qualitative Music Therapy Research by Student Member

Jonathan Tang

On 15th October 2015, I attended the International Workshop on Quantitative and Qualitative Music Therapy Research held at

Universitat Pompeu Fabra, in Barcelona, Spain. The aim of the workshop was to promote fruitful collaboration among researchers, music therapists, musicians, psychologists, and physicians. In addition, the workshop provided opportunities to learn about, present, and discuss ongoing work in music therapy. I was privileged to present my research paper titled A Review of Multicultural Music Therapy Literature: Trends and Future Directions.



This one-day workshop featured many interesting topics, including "Exploring the Unique Power of Music Therapy Assessment Within the Behavioral and Interpersonal Domains", and "Disliked Music and Self-Concept: A Revealing Connection". The workshop concluded with a discussion about the perspectives and future directions of quantitative and qualitative music therapy. It was a successful day of learning and sharing, and I definitely left with fresh ideas and insights.

NMT Training by Ashley Spears

In February 2015, I attended the Neurologic Music Therapy Training at TIRR Memorial Hermann in Houston, Texas. Neurologic Music Therapy is defined as the therapeutic application of music to address cognitive, sensory, and motor functions. This evidenced-based approach manipulates the elements of music to effect non-musical brain and behaviour functions. In my current work at an acute medical setting at KK Women's and Children's Hospital, I am able to implement these interventions to better meet the rehabilitation needs of my patients- bringing them closer to walking, talking, and thinking independently.

Passages Conference by Student Member Calvin Eng

On the 24th October 2015, NER (New England Region) –AMTAS (American Music Therapy Association Students) held Passages 2015, its 16th Annual New Student and Professional Conference. Passages is a free conference and features students and new professional presentations from the three AMTA approved schools. It was very inspiring to see so many students and young professionals share their experience and advocate on topics they were passionate about.

