



Welcome to the 2019 issue of Music Therapy Times!



It has truly been an exciting time for our association and profession in Singapore. It is an honour for me to share with you the wonderful work our members have been doing.

I thank founding president and professional member, Ms. Ng Wang Feng, for her leadership and vision for

AMTS. In May 2018, Wang Feng saw that it was an opportune time to come together as a profession to establish guidelines and competencies for music therapy within the Singapore context, which led to her initiating the formation of the **Council of International Music Therapy Advisors (CIMTA)** for AMTS. I would like to express my appreciation to the CIMTA and to our professional members for their contributions in gathering information and opinions.

Next, the **Research Initiative (Singapore)** was formed in August 2018 with the intention to promote and support research efforts by local music therapists. The initiative is headed by founding AMTS member and research mentor, Xueli Tan, PhD, MT-BC (University of Bergen, Norway) with administrative support from the executive committee of AMTS. Dr. Tan has developed a series of research seminars to build research knowledge and skill sets in foundations in research, logistical processes, and methodologies. I thank Dr. Tan for her leadership and continuous support to the Association.

Throughout the year, AMTS members have also been honoured to be part of many professional and prominent events, including the inaugural **Grief and Bereavement Conference**, the **Special Education (SPED) Conference**, and the **GERI Knowledge & Practice Series**. The highlight of the year would be our **AMTS Symposium 2019**, held on 27th July at the Enabling Village, with the theme "Music Therapy in Singapore: Local and International Perspectives". We hosted specialist speakers from Singapore, Norway, United Kingdom, and the United States, for a full day symposium. Our panel discussion on "Aspirations for Music Therapy in Health and Wellbeing in 21st century Singapore" presented various insights on the future of music therapy in Singapore. We are grateful to our donors, corporate sponsors, partners, the organising committee, and all participants who contributed towards making the symposium a success.

This year, we are also proud to have started a partnership with **Allegro-Brio**, Singapore's quality music instrument supplier. Allegro-Brio has generously offered special offers to AMTS members, in honour of the work we do. Thank you, Allegro-Brio, for being wonderful advocates for music therapy. I highly recommend our readers to visit Allegro-Brio at their showroom to see their range of instruments.

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It is truly an exciting time for the music therapy profession in Singapore today. I encourage our readers to get to know a music therapist, and to reach out to the association to better understand the work we do and the diverse populations we serve. It is my hope that the public will gain a better understanding of music therapy, and recognise the importance for its continued development in healthcare and in the community. I thank all stakeholders for their support and advocacy, and to all who have supported the association, over the years. I am constantly inspired by the small but strong group of music therapists in Singapore who continue to advocate for music therapy services.

I thank Ms. Lynn Koh for her continuous leadership as editor for Music Therapy Times, Ms. Trudy Chua for her assistance in this issue, and all professional members who have contributed their sharings, reflections and articles. I would also like to thank the current AMTS executive committee members for their ongoing support and efforts.

*"Alone we can do so little,
Together we can do so much"*
– Helen Keller

Calvin Eng, MT-BC
AMTS President

AMTS EXCO 2018 - 2020

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Ms Ng Wang Feng
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Ms Dawn Chik



For more information, or if interested in music therapy as a career, please email us at musictherapy.sg@gmail.com
You may also visit us online at <http://musictherapy.org.sg/>

MUSIC THERAPY IN SINGAPORE: LOCAL AND INTERNATIONAL PERSPECTIVES
AMTS Symposium 2019

The AMTS held its inaugural symposium on Saturday, 27 July 2019 at Enabling Village. Titled “Music Therapy in Singapore: Local and International Perspectives”, the symposium featured four keynote speakers - Dr Stuart Wood, MBE, PhD, Professor Annette Whitehead-Pleaux, MA, MT-BC, as well as Singaporeans Dr Xueli Tan, PhD, MT-BC, and Ms. Ng Wang Feng, MMT, MT-BC. The keynote addresses invited the audience to envision with hope the future of music therapy in Singapore, and also provided an overview of the development of the local music therapy scene, music therapy in the medical setting, and the need to build up the local research base.

The latter half of the symposium included a panel discussion with the four keynote speakers, moderated by AMTS professional member Ms. Eta Lauw. Thereafter, six Singapore-based music therapists conducted breakout sessions covering various aspects of music therapy. These included sessions on assessing the inner self through music-evoked images and music therapy in palliative care (Ms. Tammy Lim), music therapy in mental health (Ms. Fontane Liang), community music therapy with older adults (Ms. Evelyn Lee), special education (Ms. Eta Lauw and Ms. Dawn Chik), and music therapy in collaboration (Ms. Kayla Wong, with Speech Therapist Ms. Chu Xiao Hui and Art Therapist Ms. Pearlyn Lee).

The symposium saw close to 160 participants of all backgrounds come together, with leaders from various sectors - healthcare to education, academics, philanthropists, students and individuals from the wider community, gather to learn more about music therapy.

Trudy Chua, RMT



Symposium attendees at one of the breakout sessions



Symposium attendees engaging in active music-making



AMTS members with guests at the symposium

PERSONAL REFLECTIONS

I was glad to be a part of the reception team at this year's AMTS Symposium held at the Enabling Village. The vibe and atmosphere at the reception area was wonderful as the huge crowd of attendees arrived in the morning! I had also invited a few friends from the fields of psychology, allied health and music education. All of them gave positive feedback on the symposium and told me that they have gained a deeper understanding of music therapy and its potential for collaboration. Well done and kudos to all who have contributed and presented at the symposium!

May Ng, RMT

The AMTS Symposium held at the Enabling Village was a tremendous success. It was exhilarating to see 6 months of planning come to life in more ways than expected. There was a sense of pride for AMTS to host an event of such scale just 1 year after celebrating its 10th anniversary. I was honored to have the opportunity to present at the break-out sessions with 2 of my colleagues - Chu Xiao Hui, a speech therapist, and Pearlyn Lee, an art therapist. Our shared work reflected the great potential for collaborative projects across various disciplines, and was enthusiastically attended by many. The interest shown in music therapy at the symposium is certainly a testament to the good work done by our pioneer generation to advocate for the profession over the years. It is truly an exciting time for music therapy in Singapore, and I am full of anticipation for what is to come.

Kayla Wong, RMT



AMTS President Calvin Eng giving the opening address for the Symposium

AMTS SYMPOSIUM 2019

Music Therapy in Singapore: Local and International Perspectives

Sat, 27 July 2019
9am-5pm
Enabling Village, UOB Ability Hub

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OUR COLLECTIVE VOICES

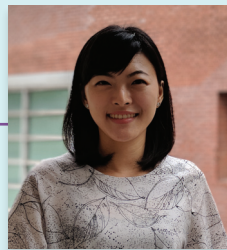
Grief and Bereavement Conference 2018

On 31st October and 1st November 2018, the inaugural Grief and Bereavement Conference was organized with the aim of improving local standards of grief and bereavement care. Themed “Our Collective Voices”, the event brought together health and social care practitioners, academics, faith leaders, educators, volunteers and service providers in death-related services, to form a community of learning and support for the bereaved. AMTS was invited by the Singapore Hospice Council to collaborate as a professional partner in the conference. AMTS professional members Ms. Yang Shu-Ting, Ms. Ng Wang Feng, and Ms. Melanie Kwan, were invited to present at the breakout sessions in the conference. Dr. Amy Khor, Senior Minister of State and Minister of Health, was also present at the AMTS booth to learn more about music therapy.

Conference participants also had the opportunity to contribute their words and insights about grief and bereavement. Using the original song “One Voice”, which had been performed at the conference’s opening, AMTS members then presented a new version at the conference’s closing, reflecting the collective contributions and insights of the community formed through the conference.

“Grief is sometimes described as love with no place to go; music therapy can offer different streams for our hearts who cannot find words for our losses or need more than words, to let love flow where it yearns”. This insightful quote from Chee Wai Yee, chairperson of the Grief and Bereavement Conference, beautifully encapsulates how music can be essential in reaching a depth words may not be able to go.

Shu-Ting Yang, MT-BC



AMTS members invited to facilitate the opening of the Grief and Bereavement Conference

HEALING THROUGH ARTS: PRAGMATICS AND BENEFITS BEHIND THE ARTS

On 15th September 2018, AMTS members Ms. Eta Lauw and Ms. Tammy Lim participated in the panel discussion on the topic “Healing through Arts: Pragmatics and Benefits Behind the Arts”, as part of the CausewayEXchange (CEX) arts festival, hosted by the Singapore International Foundation (SIF). The aim was to explore the benefits of using various art forms such as visual arts, music, drama, and dance for emotional and psychological healing, and included professionals from various fields, including music, art, dance and drama therapists from Singapore and Malaysia.

The panel discussion was moderated by Ronald Lay, Programme Leader of Art Therapy in LASALLE College of the Arts, and included how each medium can be used as a therapeutic agent in addressing the needs of individuals in respective settings such as geriatric care, hospitals, special education, and hospice care. During the break-out sessions, Malaysian music therapist Kar Gee, together with Eta and Tammy, conducted a session to introduce the benefits of music therapy to interested participants. Various music therapy interventions such as vocal toning, music and imagery, and active music-making with body percussion were introduced. It was heartening to see the level of interest in the potential of music therapy, and the event was a wonderful opportunity for outreach and advocacy.

Tammy Lim, MT-BC



Music therapists Jacqueline Chow and Eta Lauw going through basic drumming patterns with parents at the SPED Conference 2018

for parents focused on music-based activities for parent-child bonding and providing strategies to tap on a child's musicality for learning. Participants in both sessions actively engaged in the experiential activities presented, and a lively question and answer session ensued. AMTS thanks MOE SEB for this platform to share the value of music in working in special education. **Eta Lauw, RMT**

BYSTANDER EFFECT OF MUSIC THERAPY ON THE WELLBEING OF HEALTHCARE WORKERS

Presentation at AMTA Conference 2018

Ng Wang Feng co-presented the research study, “Bystander Effect of Music Therapy (MT) on the Wellbeing of Healthcare Workers” with fellow AMTS founding member, Dr. Xueli Tan, on the morning of November 17th 2018, at the annual American Music Therapy Association (AMTA) conference held in Dallas, Texas, USA. As there is a lack of published research on the impact of music and music therapy for workplace wellbeing in healthcare settings in Singapore, this study aimed to document incidental benefits of music therapy in order to fill in the gap. Findings pointed to significant improvements in perceptions of wellbeing of healthcare staff as bystanders. Specifically, significant improvements were reported in the following aspects: Positivity about work, collegial support, benefit of music therapy for patients, and connectedness to patients. The session was attended and well-received by music therapy colleagues in the USA. Attendees expressed interest in the topic, and acknowledged the gap in current research that was highlighted in this presentation. The manuscript is currently being prepared for submission to a medical journal.

Ng Wang Feng, MMT, MT-BC, NMT Fellow



From left: Ng Wang Feng (Principal Music Therapist, St Andrew's Community Hospital) and Dr. Xueli Tan (Associate Professor, University of Bergen, Norway) at the conference



Presenters and panelists at the event. From left: Dr. Rachel Cheong (Associate Consultant, Geriatric Medicine, KTPH), Dr. Philip Yap (Senior Consultant, Geriatric Medicine, KTPH), Melanie Kwan, Yeo Pei Shi (Research Officer, GERI), Charmaine Tan (Senior Manager, Agency of Integrated Care), Eta Lauw

OLDIES AND EVERGREENS: DOES MUSIC MATTER AS WE AGE?

Over 90 people attended the seminar organized by the Geriatric Education & Research Institute (GERI) on music therapy and dementia on 22nd May, 2019. AMTS professional members Ms. Eta Lauw and Ms. Melanie Kwan shared about their inpatient and outpatient work at Khoo Teck Puat Hospital (KTPH) and Yishun Community Hospital (YCH). They then participated in a panel discussion on “Arts-based activities for older adults: Moving the agenda forward in Singapore.”

The seminar, spearheaded by dementia specialist and long-time advocate of the music therapy profession Dr. Philip Yap and his team at GERI, also focused on assessment and evaluation of outcomes in music therapy. The Music Therapy Engagement scale for Dementia (MTED) developed by local music therapist Ms. Jane Tan was introduced and discussed along with three other scales.

Participants included executives from nursing homes, leaders from community hospitals, administrators of community and health services providers, healthcare professionals, academicians, and music therapists. Based on feedback and sharing from attendees, many appeared to be moved by the case studies shared. An example was a case study which highlighted the progress of a seemingly confused and apathetic patient - from tracking his challenges with sustaining focus at the beginning, to his ability to play music intentionally while following rhythmic motifs and cues within the music, and culminating in a poignant moment when he was able to coherently express to the music therapist, “I feel close to you.”

The seminar concluded with a panel discussion affirming the benefits of music for the continuum of active aging to persons with dementia. The panel included Senior Manager of the Agency for Integrated Care's Quality & Productivity Division Ms. Charmaine Tan, KTPH Associate Consultant in Geriatric Medicine Dr. Rachel Cheong, Dr. Yap, and the two music therapists. The varied roles of volunteers, musicians, music educators, health professionals, and music therapists were clarified, with emphasis being made on the importance of training and supervision for those working with individuals with greater health needs and with heightened intensity of music experiences.

The take-home message was that various assessment scales and tools were available to objectively track engagement within music therapy sessions, and that discussions can continue to ensure that music remains relevant and safe as we meet the needs of older adults in the coming silver tsunami. The seminar opened opportunities for various partners to reconnect or establish new collaborative relationships in providing music-based activities and music therapy services for seniors and persons with dementia.

Melanie Kwan, MT-BC and Eta Lauw, RMT



ENGAGED LEARNING THROUGH MUSIC

Presentation at MOE SPED Conference 2018

Over 80 educators and 70 parents attended 2 workshops presented by AMTS during the national Special Education (SPED) Conference on 2nd and 3rd November 2018. For the first time, AMTS professional members working in the SPED sector - Ms. Jacqueline Chow, Ms. Eta Lauw, Ms. Loi Wei Ming and Ms. Wang Ruyu, were invited by the Ministry of Education (MOE)'s Special Education Branch (SEB) to conduct the workshops during the bi-annual SPED Conference.

Entitled “Engaged Learning through Music”, both workshops had content tailored for SPED educators as well as parents with children attending SPED schools. The workshop for teachers focused on learning various music-based strategies to engage students and to help students achieve educational goals, while the workshop



MUSIC AND SPEECH & LANGUAGE THERAPY:
THE BENEFITS OF USING MUSIC AND WORKING
WITH MUSIC THERAPISTS

Workshop by Claire Bolton van Weert

On 7th May 2019, 14 professionals, comprising of music therapists (MTs) and speech and language therapists (SLTs) from Malaysia and Singapore, came together at Crowne Plaza Changi Airport to attend a workshop by Australian-trained SLT Claire Bolton van Weert and MT Ng Wang Feng. Claire shared about how music therapy interventions can support communication skills in adults and children, targeting developmental as well as rehabilitation goals. As a passionate advocate for music therapy and collaboration between speech and music therapy, Claire also set the stage for Wang Feng to share local perspectives about SLT-MT collaboration and the application of specific techniques. Being trained in the Neurologic Music Therapy (NMT) approach, Wang Feng shared specific NMT techniques used in targeting speech and communication goals. These included Melodic Intonation Therapy and Rhythmic Speech Cueing.

The session was well-received and participants showed great interest in incorporating music to enhance their work, and to reach out to MTs and SLTs, where applicable, for consultation and collaborations.

Ng Wang Feng, MMT, MT-BC, NMT Fellow, and Claire Bolton van Weert, B.Sp.Path.(Hons) MSPAA CPSP, Cert. MRCSLT, MASLTIP, JP(Qual. Australia), Cert IV Life Coaching, Churchill Fellow of 2012



Music therapists with Claire Bolton van Weert



Ng Wang Feng demonstrating NMT techniques during the workshop

*May Bee Choo Clulee, Loi Wei Ming and Dr. Xueli Tan are also founding members of AMTS.

ACKNOWLEDGING THE CONTRIBUTIONS OF THE COUNCIL OF
INTERNATIONAL MUSIC THERAPY ADVISORS (CIMTA) FOR AMTS

In March 2018, a meeting of AMTS professional members, helmed by Ms. Ng Wang Feng, founding AMTS president and adjunct lecturer at Nanyang Academy of Fine Arts (NAFA), was held. 15 members gathered to express their support for establishing a local training programme. In particular, the focus was on members' wishes to create a curriculum that is grounded in the local context of our multiracial and multicultural society. In addition, there was a discussion regarding the need for official AMTS documents to define practice competencies, standards of practice, and code of ethics. The outcome of this meeting culminated in the creation of several taskforce teams made up of AMTS professional members. Between April 2018 and May 2019, these members volunteered to gather relevant official documents from music therapy and related organizations to be used as references for the drafting of the official documents.

To guide this process, the Council of International Music Therapy Advisors (CIMTA) for AMTS was formed and launched in May 2018. The council is made up of 7 eminent international and local music therapy clinicians, researchers, and educators. The council of 7 members represents an optimal mix of expertise in organizational consultation, global education and practice, sensitivities to cultural contexts, affiliations, and familiarity with Singapore.

CIMTA is tasked with reviewing the following documents: 1) Music Therapy Competencies, 2) Recommendations for Music Therapy Curriculum and Training, 3) Code of Ethics, and 4) Standards of Practice. As of June 2019, AMTS drafts of MT competencies and recommendations for curriculum and training have gone through two rounds of review by CIMTA.

The Council of International Music Therapy Advisors (CIMTA) is made up of:



Alicia Ann Clair, PhD, MT-BC
Professor Emeritus
University of Kansas
USA



Xueli Tan*, PhD, MT-BC
Associate Professor
University of Bergen
Singapore/USA/Norway



Feilin Hsiao, PhD, MT-BC
Associate Professor
University of the Pacific
Taiwan/USA



Annette Whitehead-Pleaux, MA, MT-BC
Assistant Professor
Berklee College of Music
USA



May Bee Choo Clulee*, MA(Music Therapy), NZ RMTh
Music Therapist and Clinical Supervisor, Private Practice
Singapore/New Zealand



Katrina Skewes McFerran, PhD, RMT
Professor & Co-Director | National Creative Arts and Music Therapy Research Units Chair | World Federation of Music Therapy Research & Ethics Commission | Associate Dean International | Faculty of Fine Arts and Music | The University of Melbourne, Australia



Loi Wei Ming*, MMT, HCPC Arts Therapist
Senior Music Therapist
Rainbow Centre,
Vice Principal Rainbow Centre
Yishun Park School,
Singapore/UK

AMTS is truly grateful to the members of CIMTA for their guidance and contributions!

Ng Wang Feng, MMT, MT-BC, NMT Fellow

PROFESSIONAL EDUCATION TRAINING
DEVELOPMENT (PETD) AWARD REFLECTION

I was deeply honored to receive the AMTS Professional Education Training Development (PETD) award to attend the Neurologic Music Therapy (NMT) training held at Houston, Texas in February 2019.



Music therapists are often asked what exactly is NMT and how it works. NMT is a clinical approach based on research in the neuroscience of music perception, production, and cognition. NMT involves the use and application of musical elements such as rhythm and melody in a procedural manner to facilitate brain plasticity, thus activating non-damaged areas of the brain to recruit neural pathways and support recovery from brain damage.

From the training, I learnt how to work on non-musical goals through therapeutic music-based interventions to better meet the needs of my patients. It also helped me develop clinical skills to better understand and communicate effectively with multidisciplinary teams working in various populations, and potentially be able to participate in co-treatments with other allied health professionals. The training also enhanced my skills in using specific elements of music effectively, and to design clinical interventions that can help to target affected areas of the brain. I went away from the training with a greater appreciation of the beauty of music as it is able to stimulate the brain bilaterally in multiple locations.

As NMT is an approach designed and implemented by researchers and clinicians in the music therapy and neurology fields, I feel it to be an invaluable skill set for music therapists. It is also a potentially powerful gateway through which we can communicate, advocate, educate and reach out to people about the effectiveness of music therapy interventions for relevant populations in Singapore's evidence-based settings.

Grace Low, MT-BC

Joanna Tan

Current second year student at New York University

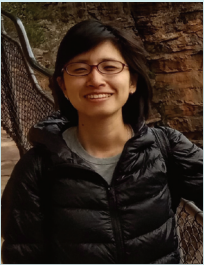
Through the course of my first year at New York University, I have become more than an observer in music therapy sessions, and have had opportunities to take the lead in music therapy sessions, working with clients across a wide range and spectrum, from 3 to 5 year olds with various developmental, neurological, emotional, and/or behavioural challenges, to the elderly in aged care. Besides growing in knowledge in the theory and practice of music therapy, I have also been challenged and encouraged to understand myself better, and personally experience the transformative power of music. As I continue into the second and final year of my course, I am energized and excited to continue exploring the transformative power of music, and to learn the most effective ways in which it can be harnessed to support clients.



MUSIC THERAPY STUDENTS' CORNER

Camellia Soon

Current second year student at Western Sydney University



I am currently in my last semester of the Masters in Creative Music Therapy program in Western Sydney University, Australia. Over the course of this journey, there were many things I have had to learn and relearn, including some of my musical senses and thought processes. My perspective and perception of various matters has certainly changed as well. A large part of my learning has come from having hands-on experience during my placements with music therapy supervisors in various work settings. It has been useful to observe and experience the clinical work done with populations such as aged care, children with special needs, and in mental health settings. My lecturers and coursemates have also been very helpful. In addition, I had the opportunity to do a placement back home in Singapore, which was a valuable experience. Adjustment to life overseas and cultural differences has been challenging at times, but it has also been filled with lots of growth and learning. Would I choose to do it all again? Yes! The journey may not have been without challenges, but I think it has been a worthwhile investment.

Hu Shuying

Recently graduated from Queen Margaret University



It has been an exciting journey pursuing my postgraduate degree in music therapy at Queen Margaret University (QMU) in Edinburgh, UK, Scotland. The location of my university allowed me to have many opportunities to attend music therapy seminars and events held in the UK. For instance, I attended a seminar on pre-natal music therapy by Dr. Gabriel Federico from Argentina, one on music therapy for children with autism and their families by Dr. Grace Thompson from Australia, and another on using the human voice as a primary instrument in music therapy by Dr. Sanne Storm from the Faroe Islands. In my second year of study, I also took up the opportunity to volunteer as a music facilitator for a charity providing services to adults with acquired brain injuries, a role which allowed me to hone my therapeutic skills. During my 2 years at QMU, I also had the opportunity to serve as class representative for my cohort, work with the Student Union, and serve as a Resident Life Assistant for QMU Accommodations. Some of these roles are paid, and that is always helpful when you are a student on a budget!

UP-CLOSE AND PERSONAL

1 What or who inspired you to become a music therapist?

Grace: Ever since I was a child, I knew that I wanted to pursue a music-related career. As I enjoy music and helping others, I thought that being a music therapist would allow me to have the best of both worlds. Stumbling upon this profession while applying for college, and going ahead with it has since been the best decision I've made so far.

Isabel: My mother, a music teacher, nurtured my musical skills from a young age and inspired me to pursue a music-related career. I also feel that there is a spiritual calling for me to want to support people through music.

Joshua: I have always enjoyed performing, but have always viewed the act with the focus being on my own skills and talents. A moment that changed this perspective occurred in high school, after I had performed a song during assembly. A friend came up to me and told me how much she needed to hear that song that day, and how it made her feel better. I think that was the point when I decided that I would use music to help and support others.

May: My late husband. His music was happy, lively and generated an uplifting atmosphere.

Trudy: I desired to pursue a music-related career after having seen and experienced for myself, as well as through others, what music can do. Nothing felt quite right for me until I found music therapy, which beautifully combines my love for music with the desire to be of service to others.

2 Could you share an inspiring moment in your work as a music therapist so far?

Grace: I find it inspiring to hear feedback from patients' family members, saying that the patients are participating more actively during music therapy sessions compared to other sessions and activities. It is validating to have family members note the increased level of engagement during a music therapy session, and request for more sessions where possible.

Isabel: When I see patients and clients progress, and be willing to put in the effort towards their improvement.

Joshua: I think the most inspiring moment I have had so far was during my final clinical placement, when I witnessed a usually withdrawn client, diagnosed with severe dementia, suddenly come to life, smile and sing during our session.

May: I was inspired when I saw how my clinical placement supervisor created and sustained a tremendous amount of joint attention during a music therapy session. That greatly inspired me to work harder.

Trudy: Music is such a powerful medium in hospice and palliative care work. Using music to facilitate opportunities for loved ones to reminisce meaningful memories, and to express or receive love from a dying family member has been a very beautiful and inspiring experience for me.



Grace Low,
MT-BC



Isabel Tan,
RMT



Joshua Ng,
RMT



May Ng,
RMT



Trudy Chua,
RMT

3 Could you share about a challenging moment in your work as a music therapist so far, and what or how you learnt from it?

Grace: It's tough lugging instruments around, especially during rush hour when the trains and buses can get really packed.

Isabel: I think a challenging thing is the amount of effort needed to build up and sustain the profession within an organization that may not have had music therapy services before.

Joshua: A challenging moment for me happened during my first clinical placement, when a client passed away suddenly. As I was relatively inexperienced, this impacted me more than I thought it would. I was thankful that I had a supervisor to provide support and advice. From this experience, I learnt how to build emotional resilience, and that self-care is extremely important for all therapists.

May: As a new clinician, there are many challenging moments. One of them is working with allied health team, teachers, parents and carers. I have learnt that it takes a village to make a difference.

Trudy: As a new professional in a medical setting, learning to speak up in an interdisciplinary team has been a challenging and valuable learning experience. It was slightly daunting at first, having to report about my patients to the team, but I have learnt that a music therapist's input is important too, and that every team member brings a valuable perspective on board. Ultimately, we all want what is best for our patients.

4 How would you describe your philosophy of music therapy?

Grace: My philosophy of music therapy gears towards being person-centered.

Isabel: I believe that music is a very powerful tool, with great potential when used as a medium for healing. It is non-invasive, and is present both consciously and unconsciously in our everyday lives. Music can play an important role in healing the inner and outermost being of a person, in turn improving one's quality of life and the overall well-being of society.

Joshua: My philosophy is humanistic in nature, as I strongly believe that unconditional positive regard and support should be provided for everyone to nurture their potential. I believe that everyone has innate musicality, and that the therapeutic process should be client-led, with the therapist as a nurturing guide. Ultimately, it is the client's individuality and musicality that should be prevalent.

May: Let the music do its work

Trudy: I believe that there is a lot of potential and power in human beings and in music. When we bring these two together, amazing things can happen, and music therapy is able to do just that.