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**Research Nugget** This column aims to highlight an interesting topic or question that has been partially or fully addressed by recent scientific research. Contributions by our readers are also welcome!\*

#### Are Asians too reserved to participate in music therapy?

A pilot study was undertaken to establish the effectiveness of music therapy in hospice in Japan. A pre-posttest design was used with 10 inpatients with terminal cancer. Findings indicated that music therapy reduced the stress level of patients (as measured by physiological indicators like salivary cortisol) and was associated with significant improvements in 3 parameters of a 5-facet Mood Inventory (in particular, refreshment, depression and anxiety). It was also noted that one-to-one sessions in a private room in hospice are unpopular due to nervousness and personal reservation, and that group sessions make up the great majority of music therapy sessions in Japan. (By Charissa Tan)

Full citation: Nakayama, H., Kikuta, F., & Takeda, H. (2009). A pilot study on effectiveness of music therapy in hospice in Japan. *Journal of Music Therapy*, Vol XLVI(2), 160-172.

\*\*Please note that AMTS reserves the right to publish or censure any comments contributed to the newsletter.

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# Music Therapy Times

## Editor's Note

I'm so thrilled to be presenting the inaugural issue of the newsletter of the Association for Music Therapy Singapore (AMTS) to you. This newsletter heralds to our beloved country Singapore, and the world, about the profession of music therapy and how proud we are to be music therapists working in this part of the world. We are sometimes called a "rare breed" – find out why in this issue.

Maybe you haven't heard about music therapy and don't know what it is – I encourage you to read on! I hope you will find the origins and benefits of music therapy to be interesting and do continue to keep in touch by reading our newsletters or contacting us. We would like to hear from you!

And to the rest of our readers who know about music therapy, find out here about what local music therapists are doing, latest research, upcoming music therapy events like Music Therapy Day and more.

CHARISSA TAN,  
MA, MT-BC  
Editor

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## Association for Music Therapy (Singapore) President's Note

What a wonderful thing it is that I have talented and passionate colleagues in music therapy in Singapore and Malaysia! Though most of us in AMTS are local-born and bred, some of our members also hail from Australia, New Zealand, Taiwan, and Malaysia. We also recently welcomed our newest member, Jane Tan An-Qi. (Read the interview to find out more.) I am also happy to report that AMTS is now an official member of the World Federation of Music Therapy!

I am grateful for the time and energy put in by dedicated AMTS members for our public education initiatives since our founding in September 2007. I would also like to thank our many enthusiastic colleagues in related fields and our newsletter sponsor, AB, for supporting music therapy. Let us continue our work in harmony in reaching out to those we serve, and, in no small way, make the world a better place for all.

The event we are eagerly anticipating is Singapore's 1st **Music Therapy Day**, scheduled for April 2010. It is such an honour to have the world-renowned music therapy pioneer and professor, Dr. Clive Robbins, come all the way from New York University to raise awareness of music therapy in Singapore. (The last time Singapore received a heavyweight in the music therapy world was Dr. Kate Gfeller from the University of Iowa, in March 2007.)

I am proud to present our inaugural newsletter. The editorial team has aimed to reach a wide audience with the varied pieces herewith. We look forward to connecting with you.

NG WANG FENG, MMT, MT-BC  
AMTS President  
December 2009



## You'll Enjoy Music More with AB Proven by REAL Science

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The Hearing Solutions Group

## Music Therapy Talks by AMTS in 2009

*\*Both talks were jointly organized by Radin Mas Senior Connect Plus Centre and AMTS. 2 & 17 May 2009.*

Pada 2hb Mei 2009, sebuah ceramah Terapi Muzik anjuran Persatuan Terapi Muzik (Singapura) bersama dengan Radin Mas Senior Connect Plus Centre telah diadakan di Pusat Komuniti

Radin Mas. Ceramah itu disampaikan oleh Puan Gurpreet Kaur Kalsi. ramai sepuluh orang telah menghadiri ceramah tersebut. Puan Gurpreet telah membincangkan tentang terapi muzik secara am, proses-proses n tahap-tahap rawatan yang terlibat dalam modus terapi, dan menjelaskan salah tanggapan orang ramai tentang terapi muzik. Selepas ramah diadakan, perbincangan telah menyusul tentang penggunaan rbagai-bagai jenis muzik untuk menolong diri mereka sendiri dan juga tuk mendapat pandangan apabila mereka ingin menolong kawan-kawan mereka. Puan Gurpreet merupakan seorang ahli profesional Persatuan rapi Muzik (Singapura). Beliau bekerja di Kota Kinabalu, Sabah, alaysia. (Ms Kalsi is a professional member of AMTS based in Kota Kinabalu, Sabah, E. Malaysia.)

年5月17日, 新加坡音乐治疗协会 (AMTS) 与 Radin Mas Senior Connect Plus Centre 联办音乐治疗讲座。讲演讲人, 婉芬硕士, 向大介绍音乐治疗概况, 并且澄清一般常见对音乐治疗之误解。超过十人出席该演讲。在活泼的问答题段, 有位出席者问道: 音乐治多久才能见效?简单来说:应人而义, 并不是每个人都能在短期内效;这牵扯到许多因素。音乐治疗并不是一颗仙丹! 这是新加坡乐治疗协会第二度 举办的中文讲座。

Reported by Gurpreet Kaur Kalsi (Malay) and Ng Wang Feng (English & Chinese).

1. Quick A, Koch DB, Osberger MJ. HiResolution with Fidelity 120 Sound Processing: Listening Benefits in CII and HiRes 90K Implant Users. Poster Presentation at the Conference on Implantable Auditory Prostheses, July 15-20, 2007, Lake Tahoe, California.