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ASSOCIATION FOR MUSIC THERAPY
(SINGAPORE)

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AMTS EXCO 2022-2024

President: Dr Tan Xueli
Vice-President: Ms Eta Lauw
Secretary: Ms Grace Low
Treasurer: Ms Camellia Soon

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Co-Editors' Note

Dear Readers,

Welcome to the 18th issue of Music Therapy Times!

The annual newsletter, published by the Association for Music Therapy (Singapore) (AMTS), showcases the impactful work of local music therapists and highlights the association's advocacy efforts. Each issue chronicles key developments of the preceding year, charting the dynamic growth of music therapy in Singapore.

This year marks a pivotal moment with the launch of the MA Music Therapy programme at LASALLE College of the Arts, University of the Arts Singapore. In response, AMTS has introduced two key initiatives: the launch of music therapy professional development courses and the establishment of the Accreditation and Registration Advisory Committee (ARAC). Both initiatives reflect AMTS' commitment to enhancing the professional standing of music therapists and ensuring the highest standards of practice in Singapore.

To further enrich our publication, we present *Reflections on Professional Practice*, where music therapists share insightful reflections and valuable perspectives from years of working in the field.

Finally, we extend our gratitude to the editorial team, Gwen Neo, Jan Ong, and Mei Ling (Miki) Tan for their dedication. We are also grateful to the AMTS EXCO for their unwavering support.

May your reading experience be insightful and enjoyable!

Co-Editors



Estelle Ng,
MT-BC



Lynn Koh,
RMT, FAMI, AVPT

President's Note

Leading the national conversations and efforts in progressing the music therapy profession, services, and education through advocacy, professional development, and governance of standards of ethical practice.

AMTS, Mission Statement

Our mission statement rings true significantly in this past year as the association prepares to welcome the launch of the first local degree programme in music therapy at LASALLE College of the Arts, University of the Arts Singapore. AMTS held our national symposium, Shaping the Future of the Music Therapy Profession in Singapore: Anchoring and Launching, in conjunction with LASALLE's official launch of the master's degree programme during World Music Therapy Week on 13 April 2024.

During the launch, AMTS and LASALLE signed a Memorandum of Understanding to agree on the following areas of collaboration: 1) to support the development of the music therapy profession in Singapore through outreach events, 2) to explore research opportunities in the practice, 3) to promote the value and benefits of AMTS student memberships to students, 4) to offer advice on sector requirements and support networks for clinical placements, and 5) to work together on projects of interest to both parties. We also had the pleasure of hosting two officials from the World Federation of Music Therapy (WFMT) at this event. They are: WFMT President Ms Vivian Chan (Hong Kong), who was one of the keynote speakers for the event, and Regional Liaison of the Western Pacific Region, Dr Jin Hyung Lee (South Korea), who was invited to be part of a panel.

The formation of AMTS' Accreditation and Registration Advisory Committee (ARAC) is another significant move to lead national conversations in progressing the music therapy profession. The executive committee appointed five esteemed advisors from the fields of music, education, and healthcare to ARAC. The principal objectives of ARAC and the list of members are published in this newsletter.

Internally within the association, we have dedicated resources to grow our association's intellectual property by developing two professional development courses: 1) Clinical Supervision, and 2) Professional Ethics. The curricula for these two five-hour courses have been completed and we hope to offer them to music therapists in Singapore as well as across the Southeast Asian region by the end of the year. Details of these offerings are also included in this newsletter.

September 2024 will mark the end of the two-year term of office for the current Executive Committee (EXCO). I would like to offer my sincerest appreciation to Vice-President Ms Eta Lauw, Secretary Ms Grace Low, and Treasurer Ms Camellia Soon for their wisdom in experience, generosity in service, and easiness of friendship for the past two years.

Lastly, I want to congratulate co-editors Ms Estelle Ng and Ms Lynn Koh for leading the editorial team comprising Ms Gwen Neo, Ms Jan Ong and Ms Mei Ling (Miki) Tan to actualise the wonderful production of this year's newsletter.



I wish you a meaningful engagement with AMTS through this year's newsletter.

Sincerely,
Tan Xueli, PhD, MT-BC
President, AMTS

EVENTS IN 2023/2024

Music Therapy Symposium 2024

In line with AMTS' annual commitment to commemorate World Music Therapy Week and the launch of LASALLE College of the Arts' Masters of Arts in Music Therapy programme, AMTS and the College partnered together to organise a music therapy symposium on 13 April 2024. This Masters programme is the first of its kind in Singapore.

Entitled "Shaping the future of the music therapy profession in Singapore: Anchoring and Launching", the event drew nearly 140 participants including industry partners, music therapists, prospective music therapy students and members of the public. The event comprised music experientials, heartwarming speeches from invited guests including Nominated Member of Parliament, Usha Chandradas, President of the World Federation of Music Therapy (WFMT), Vivian Chan and AMTS President Dr Tan Xueli, and a panel discussion on music therapy education.

The afternoon session showcased the spectrum of music therapy work in Singapore through 12 unique clinician presentations. These included music therapy for babies and families in the neonatal intensive care unit, children with disabilities in special education, as well as music therapy for neurorehabilitation, in acute hospitals, for mental health, and in palliative care.

The symposium also witnessed the historic signing of a Memorandum of Understanding (MOU) between AMTS and LASALLE College of the Arts, signifying the start of a new partnership to further develop music therapy in Singapore.

In all, lively discussions and organic exchanges of ideas and perspectives made the symposium a vibrant and engaging platform for all.



Eta Lauw,
RMT, AVPT, FAMI



Members of audience taking part in panel discussion on music therapy education, research and impact.



AMTS President Dr Tan Xueli (Left) with Deputy President & Provost of LASALLE College of the Arts Dr Venka Purushothaman with the newly minted MOU between AMTS and LASALLE.

Here are some takeaways from participants:

Music is so powerful and evocative, that in the hands of a trained therapist can be harnessed as a powerful tool for self exploration and intervention towards enhanced well being.

So wonderful to hear case studies and the work of music therapists in Singapore. It's very heartening and hopeful.

Music therapy helps in holistic healing of the person and is a very important tool to bring balanced care to all.

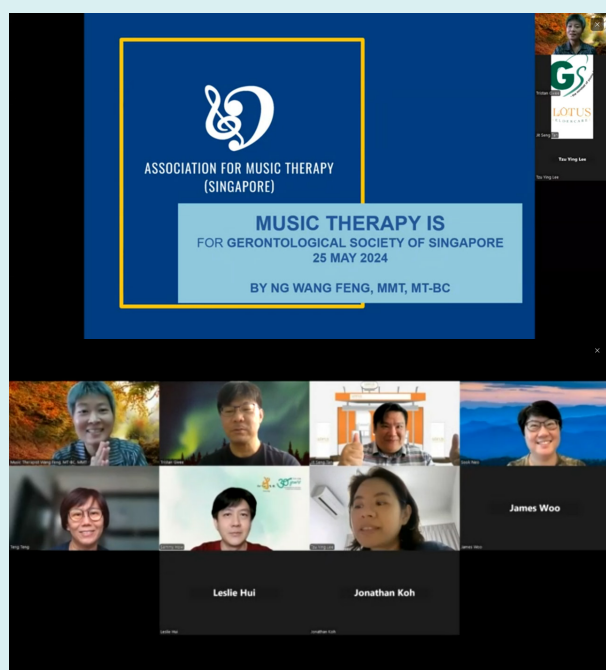


AMTS Professional Member, Trudy Chua (right) moderating the panel comprising AMTS President Dr Tan Xueli (second from right), President of WFMT, Vivian Chan (second from left) and Liaison for Western Pacific Region, Dr Jin Hyung Lee (leftmost).



Scan or click on the QR code to read the speeches

Photo courtesy of LASALLE



Music Therapy Talk for Gerontological Society of Singapore

AMTS Community of Practice (CoP) Lead for Dementia, Ng Wang Feng, conducted a webinar introducing music therapy to members of the Gerontological Society of Singapore (GSS) in May 2024.



Ng Wang Feng,
MMT, MT-BC

AMTS Collaborations with Singapore Hospice Council (SHC)

AMTS was honoured to collaborate with the Singapore Hospice Council (SHC) in various events over the past year, to increase public awareness of music therapy services in end-of-life care. Here are some highlights:



Camellia Soon,
RMT

Live Well. Leave Well. Festival (October 2023)

Graced by Ms Rahayu Mahzam, Senior Parliamentary Secretary, Ministry of Health and Ministry of Law, this festival hosted an array of programmes, workshops and talks to enhance public awareness about end-of-life services. At the AMTS booth, members of the public had the opportunity to interact with professional members and find out more about music therapy in palliative care. AMTS Professional Members Dr Tan Xueli and Camellia Soon also gave a presentation, Tale as Old as Time: The Power of a Song in Music Therapy, based on their clinical experience of using significant songs to connect to one's identity and core. It was well attended and received by members of the public.



Music Therapy in Palliative Care across the Life Span: SHC Multidisciplinary Palliative Care Forum (February 2024)

This online presentation for healthcare professionals was conducted by AMTS Professional Members Camellia Soon, Kayla Wong, and Tammy Lim, with Dr Tan Xueli as the moderator. The presentation shed light on music therapy services for paediatric, youth, young adult, and older adult populations in Singapore. Attendees showed deep interest in the case studies and interventions presented, posing insightful and reflective questions to the presenters.

AMTS Professional Members involved in SHC's Multidisciplinary Palliative Care Forum



AMTS Professional Member Camellia Soon conducting a workshop for staff of SHC

Music Therapy in Palliative Care in Singapore: Workshop at SHC headquarters (April 2024)

AMTS Professional Member Camellia Soon represented AMTS to facilitate a two-hour workshop for the staff of SHC. The purpose of the workshop was to share about AMTS, the landscape of music therapy in palliative care in Singapore, as well as introducing music therapy through theoretical applications and experientials. The time of connection and interaction garnered mutual appreciation for each profession's role in enhancing the quality of care in the palliative care fraternity. Participants in the workshop also expressed greater awareness and understanding on how music therapy services can be integrated into palliative care.

ACCREDITATION AND REGISTRATION ADVISORY COMMITTEE (ARAC)

The Accreditation and Registration Advisory Committee (ARAC) was formed in July 2024 with the principal objectives of providing the Association for Music Therapy (Singapore):

- 1 Advice on building capacity to accredit music therapy degree programmes offered in Singapore
- 2 Advice on building capacity to offer registration to music therapists who have completed music therapy training programmes
- 3 Networking opportunities with governing bodies and other institutions towards actualising the above objectives

For a two-year term (July 2024 – June 2026), ARAC members serve in advisory roles to the executive committee towards achieving the above three objectives. Comprising five members from music, education, and healthcare fields, the ARAC Committee members are (in alphabetical order):



Mr Kenneth Kwok

Chief Executive Officer
Singapore Symphony Group



Ms Ngo Lee Yian

Executive Director
Singapore Association
for Mental Health



Dr Ong Eng Koon

Consultant (Division of Supportive
and Palliative Care,
National Cancer Centre)
Director (Office of Medical
Humanities, Singhealth Medicine
Academic Clinical Programme)
Clinical Assistant Professor
(Duke-NUS Medical School)



Dr Philip Tan

Creative Director/
Composer/Educator
PhilBeat Creative Playground



Dr Tim Xu

Associate Professor
(Occupational Therapy)
Singapore Institute
of Technology



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the AMTS website.

WFMT COMES TO SINGAPORE

To celebrate World Music Therapy Week and the launch of the nation's inaugural Music Therapy programme, representatives from the World Federation of Music Therapy (WFMT), President Ms Vivian Chan, and Western Pacific Liaison, Dr Jin Hyung Lee, were invited to Singapore for the Music Therapy Symposium, underscoring their commitment to advancing the field. AMTS had the pleasure of hosting these esteemed guests during their visit to Singapore.

“It was an honour and privilege to be a part of the Music Therapy Symposium. I experienced a sense of warmth and unity being amongst my fellow colleagues in Singapore. I learned much about the challenges they persevered through to arrive at where they are today. The story of how music therapy grew since the establishment of an official music therapy association by a small group of 11 music therapists who laid the grounds for the field in the country almost 20 years ago is truly inspirational. Witnessing and celebrating the fruits of this community's labour over the years is very touching.

The launch of Singapore's first Master of Music Therapy programme is a very exciting and promising development for the future of the field in Singapore. I send my very best wishes to my fellow colleagues. Congratulations!”



Ms Vivian Chan,
MMT, MT-BC, MTA, FAMI, BA, BFA(Hons)
President, WFMT

Ms Vivian Chan is a certified music therapist in the United States and Canada, and a qualified Bonny Method of Guided Imagery and Music (GIM) therapist. As President of the WFMT, her role is to preserve the organisation's mission and values, and to provide leadership, vision, and direction to the WFMT Council.

“From start to finish, the event was truly inspiring. It was conducted so smoothly and elegantly, with meticulous attention to even the smallest details. The management and planning were top-notch. The panel discussion was held in such a warm and welcoming atmosphere, creating a safe and genuine space for sharing and mutual growth. The people were so kind, like angels, adding to the wonderful experience. I absolutely loved every aspect of the event and deeply appreciate the opportunity to be part of AMTS, even if just for a day.



Dr Jin Hyung Lee,
PhD, KCMT, MT-BC
Liaison, Western Pacific Region, WFMT

Dr Lee is a credentialed music therapist in the USA (MT-BC) and in South Korea (KCMT). He has been serving as the regional liaison for the Western Pacific Region of the World Federation of Music Therapy since July 2020. As the liaison, Dr Lee strives to engage with both organisational and individual members to share relevant information, address regional concerns for WFMT collaboration, and resolve any issues related to music therapy in the region.

PROFESSIONAL DEVELOPMENT

To support local music therapists in their professional growth, AMTS has initiated two professional development courses which will be launched in 2024-2025. Watch out for official announcements about the courses on the AMTS website.

Clinical Supervision in Music Therapy

This course will focus on the models and theoretical underpinnings of clinical supervision such as the supervisor-supervisee working alliance, methods and techniques in music therapy supervision, and the formation of the supervisor identity. Participants will engage in lectures, case discussions, and reflexive activities in the course conducted by Dr Fei-Lin Hsiao and co-facilitated by Professional Member Dr Tan Xueli. This course is suitable for qualified music therapists who are interested in cultivating their supervisory role through a reflexive process.

Ethics in Clinical Practice

This course is targeted at associate and professional members of AMTS practising in Singapore. It focuses on the AMTS Code of Ethics and covers the ethical responsibility of the clinician towards the client, training and supervision, professional responsibilities, professional development, and research. The course will be delivered through a series of lectures, small group discussions and presentations conducted by Professional Member Ng Wang Feng, and co-facilitated by Professional Member Dr Tan Xueli. At the end of the course, participants should be able to demonstrate knowledge of key ethical principles, articulate key responsibilities relating to the clinician's practice, and appraise when additional guidance is needed and take action accordingly.

REFLECTIONS ON PROFESSIONAL PRACTICE



Eta Lauw,
RMT, AVPT, FAMI

WHEN THE DUST SETTLES... REFLECTIONS FROM THE MUSIC THERAPY WORKING SPACE

I recently left the special education school and restructured hospital where I had been providing music therapy services for the last eight years. As I look back fondly on my clinical practice, I remember the curious anticipation and anxiety surrounding my return to Singapore as a newly trained music therapist, which prompted my thesis on the readjustment experiences of returning Singaporean music therapists¹ (Lauw, 2016). Reflecting on my journey against the research findings, I realised that some challenges raised (embracing advocacy, finding ways to stay true to one's professional beliefs) appear to affect music therapists regardless of clinical experience.

At the heart of these challenges is the question of what music therapy means when the dust settles, when the excitement of becoming a music therapist goes away, when working through the sea of doubt as a new graduate encountering unexpected client reactions, when new knowledge and interventions intersect with clinical practice or when working collaboratively with other professionals and needing to distil exactly what makes music therapy different. **How does one define the core essence of music therapy? Why do music therapists matter?**

I had at different points in my music therapy journey wondered if I could be differentiated from an emotionally-attuned music educator or volunteer and whether an Allied Health Professional (AHP) who played music in sessions could replace me? There were also times when I veered deeper into psychotherapy training and found myself using little music in sessions, making me wonder if I could still be considered a music therapist. I believe that this ongoing reflexive process and pursuit of what music therapy means, is a familiar process for many music therapy colleagues.

I was fortunate to have many opportunities to work collaboratively with other AHPs and learn about their frameworks and interventions. However, I found it challenging to align and define the benefits of music therapy through functional outcomes in the way familiar to most allied health professions. While it is necessary to advocate for the profession in ways that people are accustomed to, we may end up losing the defining characteristics of music therapy if we insist on categorising ourselves using the language and frameworks of other professions. Re-reading Bruscia (2014)'s *Defining Music Therapy* has helped me appreciate the unique aspects of music therapy – the sound-centeredness, aesthetic-centeredness and relation-centeredness.

¹ In the research, local music therapists shared their experiences returning to Singapore which were categorised into transition experiences from a student to a practitioner, reverse culture shock and overcoming challenges faced as a music therapist.

Sound-centeredness

The basis of music therapy is sound and music. Music is not a by-product of the therapeutic process or one of many tools in the music therapist's toolbox. It has the potential to be a co-therapist bringing about therapeutic change. Hence, music therapists will need to continue to sharpen how we use music clinically. The music created in the therapeutic process should be of high quality even if the music may not sound conventionally beautiful as it reflects the complexities of what the client brings to the session.

Aesthetic-centeredness



...Clients come to therapy, no matter what their diagnoses, because they are having difficulties on this journey toward wholeness. At the most basic level, their problems have rendered them unable to find the beauty and meaning of their lives—they can no longer live their lives to the fullest.



(Bruscia, 2014, p.52)

Regardless of diagnoses or goals, music therapy should be an aesthetic endeavour to support our clients towards their potential and wholeness. From supporting a palliative care patient in seeking relationship completion, helping a bereaved autistic child feel safe in experiencing their grief, to helping a stroke patient to speak again, music therapy is concerned with the concept of beauty and meaning so that clients can live enriched lives. If we only set out to prove that music therapy has functional outcomes, we may lose sight of the potential music therapy can bring. There is beauty to be appreciated in life in spite of adversity, and music can reflect the parallels of the beauty and challenges that exist in life.

Relation-centeredness

Music can connect clients to their inner selves and bring insights at a level which does not require words. Through scoping musical parameters, emotions can be experienced and expressed at the right intensity, allowing our clients to live more fully. Music also interacts between the therapist, clients and others in the session. This interplay of relationships through the therapeutic relationship can support a client to wholeness. Through closely attuning to clients, music therapists offer an experience of closeness and attachment, allowing clients to experience a sense of safety in the relationship, which coupled with the physiological and psychological effects of music, enable them to demonstrate an ability beyond others' expectations.

I remember an elderly client with moderate dementia who initially spoke incoherently and only sang parts of the songs presented, three hours after our session. Over time, through the sound-, aesthetic- and relational centeredness in music therapy, he started interacting in the music, anticipating and playing music motifs rhythmically. He was later able to remember my presence, pointing to the keyboard on weekends and asking the nurses, "where is the music lady?". Eventually, he connected with me emotionally, telling me that he felt lonely but appreciated my care and wanted to sing a song to express gratitude.

Beyond the music therapy session

As we consider the unique value proposition of music therapy, we should recognise that it is not only what happens in the music therapy session that matters. Our clients are situated in eco-systems (home, school, medical systems) beyond therapy sessions. It is important to advocate for our clients (especially those who are unable to self-advocate) and interact with the key stakeholders in their lives. These stakeholders may not be aware of what our clients are capable of. It is important to give them the opportunity to witness and see the beauty of our clients' efforts to wholeness. Sometimes, a change in perspective for others working with the client is what is needed to give that renewed vigour and belief that the individual receiving therapy and care is capable and equally human.

In my journey to become a good enough music therapist, I have come to realise that distilling the essence of music therapy is an ongoing process that will continue to intersect with environmental, social, cultural trends and the changing demands of the workplace. When the dust settles, what matters to me are the moments of connection with my clients, recognising the privilege of being able to enter their world, and the responsibilities that come with this privilege.

References

1. Bruscia, K. E. (2014). *Defining music therapy*. Barcelona Publishers.
2. Lauw, E. (2016). When Home Feels Familiar But Yet So Foreign—The Professional Readjustment Experiences of Returning Internationally-Trained Singaporean Music Therapists, *Music Therapy Perspectives*, 35(2), 239-246.
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REFLECTIONS ON A DECADE OF PRACTISING MUSIC THERAPY IN PALLIATIVE CARE



Tammy Lim,
MA, MT-BC, FAMI

2024 marks the tenth year of my clinical practice in palliative and hospice care. Over the past decade, my journey in this specialised field has revealed the profound ways in which music serves as a conduit for exploring the depths of human experience, offering solace, connection, insights and meaning-making at the end of life. This article explores my personal reflections on the relational dynamics integral to our work as music therapists, especially with regards to the interpersonal and intrapersonal relationships within and between the therapist and patient. My learning and questions are summarised into ten points, using the acronym P-A-L-L-I-A-T-I-V-E. Through this framework, I hope to inspire dialogue among clinicians, inviting us to further expand the scope of discussion for future developments in this field.

Passion

Passion refers not only to what one enjoys, but what one is willing to endure or sacrifice for. In palliative care, music is not solely for enjoyment but also a channel to discover and connect with one's passion. Through musical experiences, I have witnessed my patients' passion for family, people, animals, environment, God, and more. This passion is what keeps them going through challenging moments. It reflects their ultimate purpose in life. Witnessing the passions of others made me reflect: "What am I willing to sacrifice or suffer for? What are you willing to sacrifice or suffer for?"

Art

Working with end-of-life patients made me reflect closely about the concept of life. If life is an artwork, then we are the artists, using our creativity and imagination to create and weave our existence into being. Just as we may linger over a museum exhibit or art piece we feel a connection with, appreciating different aspects of the artist's work, I often ask myself, "What would I appreciate about life if I looked at it as a piece of art?"

Love

Love is a profound concept, which may not always be possible to explain in words. Personally, it is a concept closely intertwined with my belief in God. What enables God to love so unconditionally? I was taught that God is love. Hence I often notice a question arising in my heart when someone says, "I love you" to another. If God is love, then in what capacity do we love one another? Are we...God? (Sometimes, we try to be). I consider myself a skeptic when it comes to love because I question the human capacity to love – "Does this person love themselves? In what capacity does this person claim to love another?" What keeps me going in palliative care is my constant questioning about love, and because I have yet to find an answer.

Learning

No living thing dies before its eventual demise. Living is an ongoing learning process – we learn how to be sick, how to be in the process of dying, and eventually how to die with our last breath. Every day, I am grateful for the people I meet at work for allowing me to join their learning journey. Learning is synonymous with living, and begets the question: "What have I lived and learnt today?"

Intuition

Working with individuals at end-of-life care offers me the opportunity to hone my intuition. It is a skill that keeps me aligned with my feelings, thoughts and behaviours, thereby, affirming my decision-making process. In musical processes and experiences, my intuition asks: "What is my sense of this?"

Aloneness

Aloneness is a state of being alone while loneliness is a feeling. This brings to mind Madam R, a 73-year-old single woman who loved spending time alone in her room. The inpatient team was worried she might be lonely, so she was referred to various services that supported social interaction. Unsurprisingly, she declined them all. Madam R's nurse observed that she was most comfortable and content being by herself in her room and suggested that we respect her preference. This encounter gave me the insight that aloneness can be a luxury in a society that often mistakes it for loneliness, and led me to ask the question: "Who are those who actually need company?"

Time

Patient X expressed that she did not have enough time to accomplish what she desired, whereas Patient Y wished for hastened death, claiming that time was passing too slowly. In the shared space of music therapy, the perception of "clock-time" can be altered. In music, Patient X felt that time was able to pause long enough for her to express love to her only son, whereas Patient Y felt that time somehow passed more quickly during our music therapy sessions. Each person's internal rhythm and perception of time is different, and has led me to consider: "What is the rhythm like in this person?"

Interdependence

Humans are social beings and we are inevitably interdependent upon each other. However, a major fear we may have is that of being a burden to others, often associated with low self-worth, or a sense of uselessness and meaninglessness. Independence and usefulness are valued, as these qualities provide a sense of purpose. Despite these difficulties, I am thankful that patients have allowed me to share space and music with them. Instead of asking the often-heard "How can I help you?", I have learnt to ask: "How can we be with each other in this moment?"

Vox

The voice encompasses not just what is heard but also what is unheard. Listen to the pauses and gaps in between, just as we pay attention to the silence in music. Moments of silence may communicate more than spoken words, and the question "What has not been said?" emerges.

Ethereality

This is a word associated with heavenly, celestial, spiritual, and transcendental experiences. Music helps one travel up to connect with the spiritual self, offering an experience and exploration of one's inner world. This is the unique aspect of music therapy in palliative care – it goes beyond musicianship, fostering a relationship with the inner or higher self through musical experiences. Here, the question that comes up for me as a therapist is: "How is your relationship with music? Is this music for you or your client?"

Even after a decade in palliative care, I do not claim to be an expert, seeing as there are more questions than answers. The more we try to know, the more we realise we do not know. And I accept that. I shall conclude with one more question:

"What will my next ten years be like?"

MUSIC THERAPY IN THE NEWS



Music can help reduce anxiety and pain for women undergoing elective Caesarean surgery, KKH study shows

Published on CNA Lifestyle on 11 May 2023

AMTS Professional Member Kayla Wong highlighted the importance of patient-preferred music in increasing comfort, in a study conducted by KK Women's and Children's Hospital (KKH) on the use of music during an elective Caesarean delivery.



A stroke survivor lost his speech, confidence and the life he knew – then a music therapist stepped in

Published on CNA on 8 October 2023

AMTS Professional Member Stephanie Chan describes the use of music therapy in neurorehabilitation and palliative care in acute medical care. AMTS President Dr Tan Xueli emphasises that music therapy is a goal-oriented practice that requires formal training.



与心理学相结合 音乐治疗师用音符疗愈患者 Combining music and psychology: A music therapist supports patients' recovery

Published on Zaobao on 10 April 2024

Principal Music Therapist | Lead, Music Therapy at St Luke's Hospital, Dr Tan Xueli shares her journey into music therapy and her aspirations for the profession.



Marking a hundred years of maternity care at KK Women's and Children's Hospital

Published by Straits Times on 8 May 2024

KK Women's and Children's Hospital (KKH) celebrates 100 years of maternity care, including family-centred music therapy sessions led by AMTS Professional Member Kayla Wong, to newborns and their families in the Neonatal Intensive Care Unit (NICU).



跟着心跳节拍 为病人谱终曲 Following the heart's rhythm to create a musical legacy

Published on Zaobao on 12 May 2024

Through music therapy sessions, AMTS Professional Member Trudy Chua provides comfort to patients at Assisi Hospice as well as facilitates meaningful connection between them and their loved ones. She weaves the recording of her patients' heartbeat into music legacy creations for their loved ones.