Music Therapy Association of Minnesota

Winter 2015 Newsletter

A newsletter for Minnesota's music therapists

MTAM Executive Board and Officers

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Check us out at
http://www.musictherapymn.com

A Letter from the President's Desk

Greetings MTAM members!

I hope you all have had a great 2014! As we move into 2015, I wish you all the best in the New Year!

2014 has been a busy and prosperous year for MTAM. Here are a few highlights from this past year:

- Membership:
    - As of November 1, 2014 we have 130 members!
- State Conferences:
    - May 3, 2014, "What Happens in Cyberspace, Stays in Cyber space: Ethical Issues in Technology"-Debbie Bates, MM, MT-BC - 6 CMTEs
    - September 27, 2014, "Improvisation Primer: Integrate Clinical Improvisation into Your Practice"- Alan Turry, DA, MT-BC, NRMT, LCAT- 6 CMTEs
- Our Vice-President, Ashley Newbrough, moved to North Carolina this fall. ☹ We miss her, but we are excited to welcome Michelle Sieben as appointed VP through the remainder of this year and for 2015.
- Since acquiring 501(c)(3) status this past year we have been seeking out opportunities to be more involved with the community as music therapists and to better meet the needs of the members of MTAM.
    - Collaborated with music therapists in assistance for acquiring grant money through local and national organizations.
    - Began the process of re-writing our mission statement this past summer to better describe MTAM's current and future operations.
    - MTAM Executive board members met this summer to review bylaws and make changes to assure they match operations. Changes were approved by membership

at the fall conference business meeting. These changes can be reviewed on the MTAM website under the bylaws section of the "members only" section.

- We are increasing ways to give back to members and offering scholarship opportunities. Some of these include:
    - Free CMTE/conference scholarships for GLR, AMTA, and MTAM awarded to several members throughout the year for acquisition of CMTEs
    - Intern stipends (increased amount this year to $300, continues to be given two times a year)
    - Stipend/scholarship for AMTA dues awarded this year.
    - More scholarship opportunities to be designed for members in 2015. Look for an attachment in the email sent to you in confirmation of your registration. See article on page 8 of this newsletter for more information.

- Licensure bill for MT made several hearings this year. However, it was not granted any further hearings due to timing. It will continue to be addressed in future years and more work will be done by the task force to initiate this effort.

- Many opportunities for advocacy and education this year! Please continue to be on the lookout for opportunities requiring advocacy for the Music Therapy profession.
    - Reverie harp "Instant Music Therapy, No Prescription Required." Resolution to this resulted in: "Make Soothing Music. No Practice Needed." ☺
    - "Alive Inside" movie: misrepresentation of what music therapy is through this use of music with patients with dementia/Alzheimer's disease in nursing homes. Advocacy and education are being continued in regard to this issue.

- GLR 2015 will be hosted in Minneapolis at the Depot Hotel, April 8-12. The theme is **"Plant. Grow. Cultivate. Wellness in Music Therapy."** Conference co-chairs Mike Limbybliw, Christina Brantner, and Jessica De Villers, along with several committees made up of many MTAM members, are busy accomplishing tasks to make GLR 2015 amazing! See the rest of the newsletter for more information!

I want to thank each of you for being a member of MTAM this past year. I look forward to a prosperous and fun 2015 for our state, as we host the GLR music therapy conference in the spring! Please don't hesitate to contact me with questions you may have in regard to MTAM at devillersjl@gmail.com.

Respectfully Submitted,

Jessica De Villers, MA, MT-BC
MTAM President

Calling all interns!

Need a little cash to help you through your internship?
Apply for the MTAM Intern Stipend!

Stipend Description
The MTAM Scholarship is sponsored by the Music Therapy Association of Minnesota. The scholarship was created by MTAM with significant input from the student associations of Augsburg College and the University of Minnesota to provide financial assistance to anyone doing a music therapy internship in the state of Minnesota. Prospective music therapy interns who demonstrate a significant financial need are encouraged to apply for the MTAM stipend. Special consideration will be given to those who demonstrate their spirit of volunteering and giving back to the community and work experience.

To apply for the MTAM stipend, copy and paste the application (see next page) to a Word document and mail with the supplemental materials to MTAM Stipend, c/o Claire Klein, 598 Grand Ave. #2, St. Paul, MN 55102

Please Enclose:

1. Completed Application Form (see next page)
2. One-page essay outlining applicant's musical inspirations
3. Most recent unofficial college transcript
4. Audition tape demonstrating musical abilities. (Cassette, Compact Disc, and VHS/DVD are acceptable.)
5. 3 letters of recommendation (one must be from an academic source)
6. Professional resumé
7. Description of extracurricular activities
8. Proof of internship acceptance at a Minnesota site

Questions? Contact Claire Klein, MTAM President Elect, at claire.klein280@gmail.com.

Applications must be accompanied by all required documentation in order to be considered for this stipend. Recipients will be notified by mail. Disbursement of scholarship funds will be done by the internship site supervisor contingent upon successful completion of mid-term evaluation. Two yearly deadlines are July 31st and Jan 31st. Decisions will be made by the MTAM executive board and will be considered final.

Applications are due January 31st! Submit yours today!

MTAM Intern Stipend Application

Name of Applicant: _____
Current Mailing Address:_____
_____
Phone Number: _____
Best time to call: Morning Afternoon Evening
Email address (optional): _____

School Information
Name of College/University: _____
Name of Music Therapy Professor/Program Director:_____
Phone Number: _____
Anticipated Date of Graduation (MM/YY):_____

Internship Site Information
Name of Internship Site:_____
Mailing Address:_____
_____
Name of Internship Supervisor: _____
Phone Number: _____
Email:_____
Anticipated Start Date of Internship (MM/YY): _____
Internship type (circle one): Full-Time Part-Time
Other: _____

Extracurricular Activities
*Be sure to include work outside of school, as well as volunteer experience and/or community service. Include as much as you wish from your past history.

Accompanying documentation: One-page music inspirations essay, audition tape, unofficial college transcript, 3 letters of recommendation (one must academic), and professional resumé.

Send To:
MTAM Stipend
c/o Claire Klein
598 Grand Ave. #2
St. Paul, MN 55102

Great Lakes Region of the American Music Therapy Association 2015 Conference Call for Research Abstracts – Poster Session

Abstracts are currently being accepted for the 2015 Great Lakes Region Conference Research Poster Session. The deadline for submissions is January 31, 2015. Please email proposals to Michael J. Silverman, PhD, MT-BC (Chair of GLR AMTA Research Poster Session Committee) at silvermj@umn.edu.

In the body of the email, please include:
1. The title of the paper
2. Names(s) of author(s)
3. Institutional affiliation(s)
4. Complete address, e-mail, and phone number

As an attachment to the email, please submit a research abstract in Word or PDF format. Please do not include any author identifying information in the abstract. The abstract should be 300 words or less and should contain the following:
1. Title of paper
2. Background
3. Objective
4. Methods
5. Results
6. Conclusions

Receipt of submissions will be confirmed within 2 days. If you do not receive confirmation of your submission, please email Michael J. Silverman.

Applicants can expect to hear a decision concerning proposals by March 1, 2015. If you have any questions regarding the poster session or have not received confirmation of an abstract submission, please contact Michael J. Silverman (612-624-1091; silvermj@umn.edu).

Proposals are due January 31! Submit yours today!

2015 Scholarship/Stipend Opportunities
Music Therapy Association of Minnesota

Scholarships and Stipends for Professional and Student Music Therapists

*****Special Note: All applications that are based on financial need will remain confidential. All applicants must be current members of MTAM*****

All applicants will be notified by email of the decision of the board

January:

- **Internship Stipend ($300.00) - 1 recipient**
  (See http://musictherapymn.com/wordpress/?page_id=105 for application process)
  Application due January 31, 2015

February:

- **GLR Early Bird Conference Registration ($90.00) - 1 professional recipient & ($55.00) - 1 student recipient**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due February 15, 2015

- **Professional AMTA Membership Dues ($235.00) - 1 recipient**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due February 28, 2015

March:

- **Professional CMTE Registration at GLR Conference ($100.00) - 2 recipients**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due March 15, 2015

April:

- **Continuing Education Stipend: Funds are to be put towards advanced training/education ($300.00) - 1 recipient**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due April 30, 2015

May:

- **Instrument replacement and/or Purchase ($300.00) - 1 recipient**
  Send application statement of need and usage to President Jessica De Villers at devillersjl@gmail.com
  Application due May 31, 2015

June:

- **Early Bird AMTA National Conference Registration (Rates to be determined) - 1 professional recipient & 1 student recipient**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due June 30, 2015

July:

- **Internship Stipend ($300.00) - 1 recipient**
  (See http://musictherapymn.com/wordpress/?page_id=105 for application process)
  Application due July 31, 2015

August:

- **Early Bird Fall MTAM conference Registration ($40-45.00) - 1 professional recipient & ($15-20.00) - 1 student recipient**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due August 31, 2015

September:

- **Professional CMTE Registration at AMTA National Conference ($100.00) - 2 recipients**
  Send application statement of financial need to President Jessica De Villers at devillersjl@gmail.com
  Application due Sept 31, 2015.

October, November, December: No stipends or scholarships available these months.

Mark your calendar for the 62nd Annual Conference of the Great Lakes Region-American Music Therapy Association!
"Plant. Grow. Cultivate. Wellness in Music Therapy"
April 8 - 12, 2015

The Depot Residence Inn, Downtown
425 S. 2nd St, Minneapolis, MN 55401
Single/double: $139.00/night
Triple/quad: $159.00/night
$15.00/day parking

Keynote Speaker

Kat Fulton, MM, MT-BC

is the head of Sound Health Music, a socially-conscious company with three divisions: private practice serving San Diego, online education at Music Therapy Ed, and business coaching at KatFulton.com. Kat invests 125% of her time and energy in helping music therapists become leaders in healthcare. In her 9 years as a board-certified music therapist, she has delved into various creative projects including self-publishing a DVD, creating viral shoe-dancing videos, throwing online Boomwhacker® parties with pop song arrangements, booking up a Group Coaching program, traveling the country on an Open Your Dream Clinic tour, and changing the way music therapists get continuing education.

Featured Speaker

Annie Heiderscheit, Ph.D., MT-BC, LMFT

is the Director of the Master of Music Therapy Program and Assistant Professor of Music at Augsburg College. She serves as the Past President of the World Federation of Music Therapy and the Chair of Development & Finance for the International Association of Music and Medicine, while maintaining a clinical practice at the University of Minnesota Children's Hospital, Fairview Recovery Services, and a private practice. She actively conducts clinically-based and collaborative-based research with colleagues at the University of Minnesota, the Ohio State University, and Yale University. She frequently speaks internationally and nationally regarding her research and clinical practice, as well as writes and publishes extensively on this work.

Capturing History: The History and Development of Music Therapy through the Work with Wounded Military Personnel in WWI and WWII

By Ashley Plinska, music therapy intern at Allina Hospice

As I complete my music therapy internship at Allina Hospice in St. Paul, for my final project I chose to write a research paper about the history and development of music therapy working with wounded military personnel throughout the World Wars and how it has affected the practice of music therapy today. Throughout my research I found that music therapy was not only developing in the United States during the World Wars era but also making its debut internationally. During WWI music therapy activists provided music therapy education and promoted the use of music as a therapeutic tool for the wounded in the United States. During this time other organizations, such as the YMCA Entertainers, were also using music with the wounded overseas. The true turning point for music therapy as an accredited non-pharmacological intervention took place during the final years of WWII. During this time the military and the medical community began to accept and credit the use of music as an effective way to help the wounded both physically and emotionally. In an effort by an unknown Special Service officer, the Army began to look at the effects of music with its military service members and created what is known as the Reconditioning Program. The War Department then established *Technical Bulletin 187: Music in Reconditioning American Service Forces Convalescent and General Hospitals.* It is in this bulletin where the roots of many interventions and goals used in today's practice of music therapy can be found. An assessment completed in 1946 for the VA Hospitals stated that an approximate total of 356,000 wounded service members benefited from the integration of music into their reconditioning program. (Rorke, Ph.D., M. (1996). Music and the Wounded of World War II. *Journal of Music Therapy, 33*(3), 189-207.) It is after WWII that the National Association for Music Therapy (NAMT) and American Association for Music Therapy (AAMT) were founded and flourished into the profession of music therapy that we know today. As the music therapy profession continues to grow in all populations that benefit from its services, it is important to remember and be grateful for its military roots in which it started, as they paved the path for what the music therapy profession has become.

Jammin' on the Jamstik

By Destiny Horn, music therapy student at Augsburg College

As a guitarist and music therapy student in my third year at Augsburg College, I've recently been experimenting with a new product called the Jamstik. This device is a MIDI instrument that wirelessly connects to Apple products through multiple downloadable apps. I first heard of the Jamstik through Minnesotan music therapist and professional guitar player, Peter Meyer, M.A., MT-BC. He proposed that we obtain a couple in order to do research on its practicality and functionality of design in a clinical setting. The groundbreaking invention of this accessible, portable, and adaptive instrument was naturally a magnet to music therapists.

After contacting the Minneapolis based company, I was invited in to talk about my ideas for research with the Jamstik team. The proposal of their instrument being used in a therapeutic way and being presented to a new marketable community was very well received. The team at Jamstik was encouraging and enthusiastic to work with, and I got their support to proceed with my research.

One of the features of the Jamstik that might be particularly interesting to music therapists is its ability to play in any tuning, with any capo setting, with the click of a button. The sound produced can be set to emulate many different guitar tones, as well as a plethora of other instruments. The app JamTutor provides a visualization of where the fingers are on the frets and strings of the guitar, and where they should be to create chords and pentatonic scales. The app also has guitar lessons in the form of a "Rockband-esque" style of playing.

Another great feature for adaptive use is the setting on the Garageband app that allows for every note on the Jamstik to play notes in a specific chosen scale. For example, if you wanted to play a minor blues improvisation only the notes in a minor blues scale would be put onto the Jamstik. The therapist could easily use it as a tool for accompaniment, relaxation, or allow the client play it for a variety of goals. Although guitar proficiency is a very important skill for a music therapist, I support the use of this practical instrument because it lends itself to players of any skill level. I am currently writing a guest blog post for Jamstik.com about my recent experiences with their product, and my hopes for the instrument in the future of music therapy.

I designed a pilot study using the Jamstik to test the immediate quantitative effects of improvisation on mood. Participants (N = 15) were a convenience sample of male and female college students. Using the Quick Mood Scale (Woodruffe-Peacock, Turnbull, Johnson, Elahi, & Preston, 1998), I compared pre- and post-test measures in participants' moods after a 15-minute improvisation session with the Jamstik while accompanying them on a drum. They rated their mood states on a scale of 1-5, 1 being the most optimal decision for each mood category. I presented each participant with an overview of the different apps and features that they could use before the improvisation began. The Quick Mood Scale assesses depression, aggression, anxiety, drowsiness, confusion, and lack of coordination on a spectrum (Silverman & Rosenoe, 2013).

My literature review showed a lot of positive support for the effects of active music making and improvisation on mood. The real question that I was seeking an answer to was whether or not the Jamstik served as an appropriate tool to do so.

I conducted a paired measures t-test with the results and concluded that there was a statistically significant positive increase ($p \leq .05$) in four mood states, wide awake/drowsy (0.013), relaxed/anxious (0.003), cheerful/depressed (0.013), and friendly/aggressive (0.028). This data expresses that the Jamstik operated as an adequate tool for improvisation in the given intervention.

Looking to Jamstik's future with music therapy, I hope to see more adaptive ways of playing music that can be utilized in a therapeutic setting. With growing popularity, there's a great chance that the company could be producing apps specifically for therapeutic purposes. I see this tool being used to work with clients on fine motor skills goals, improving hand/eye coordination, promoting physical rehabilitation, or even understanding cause and effect between the fingers and the sounds. The Jamstik could potentially be used to alleviate pain and act as a distraction in a hospital setting. The portability would be a colossal asset to music therapists who work in hospital settings.

I also have a lot of curiosity concerning how this tool would be accepted among an autistic population. Because of the nature of autism, I think that the technological aspect complementing the music would be a magnet to an individual with autism. I would like to see therapists find creative ways that the Jamstik can be used in an interactive way to promote social skills and a relationship with the therapist, while also working on cognitive and motor skills.

The possibilities that I have dreamed up are only the tip of the iceberg for ways that music therapists could creatively use this tool. I can absolutely see the Jamstik being adopted into the field of music therapy for its practicality, portability, affordability, adaptability, and its potential to lend itself to a variety of interventions.

Sources

Woodruffe-Peacock, C., Turnbull, G.M., Johnson, M.A., Elahi, N., & Preston, G.C. (1998). The quick mood scale: Development of a simple mood assessment scale for clinical pharmacology studies. *Human Psychopharmacology* 53-58.

Silverman, M., & Rosenow, S. (2013). Immediate quantitative effects of recreational music therapy on mood and perceived helpfulness in acute psychiatric inpatients: An exploratory investigation. *The Arts in Psychotherapy, Volume 40*(3), 269-274.

Want to learn more about the Jamstik or try playing it, yourself? Check out the Jamstik booth at the GLR conference in April!

Friend of MTAM Award

MTAM honors one person with the Friends of MTAM award every spring. Recipients demonstrate commitment to the music therapy profession in a variety of ways, such as professional advocacy or donations to music therapy projects. Previous recipients include Representative Zachary Dorholt, Representative Nora Slawik, state government employee Sarah Sinderbrand, musician and music therapy advocate Mickey Hart, and musician Billy McLaughlin.

Do you know someone who should be a Friend of MTAM? We are currently accepting nominations for the 2015 award.

Nomination criteria:
1. Nominee has contributed to music therapy in Minnesota in some way, i.e. professional advocacy, donations to music therapy projects.
2. Nominator must write a one-page essay detailing nominee's contributions to music therapy in Minnesota.
3. Contributions of nominee are preferred to have occurred in the year nominated but are not required.
4. Candidates must be nominated by a member of MTAM.
5. Nomination must be received 30 days prior to Spring MTAM conference. *
6. Award will be presented during Spring MTAM conference. *

* The 2015 Friends of MTAM award will be presented at the GLR conference in Minneapolis.

Questions? Contact Claire Klein, MTAM President Elect, at claire.klein280@gmail.com.

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e-mail MTAM Newsletter Editor Beth Engelking
bethengelking@gmail.com