

Music Therapy: Collaborating with Partners

April 12, 2015 from 2:00 – 5:00pm., Library@Esplanade

AMTS warmly invites you to attend our 6th Music Therapy Day on April 12, 2015! The aim of our Music Therapy Day is to increase public awareness of Music Therapy as a profession; and this year, we will be showcasing how music therapists collaborate with our partners (i.e. Physiotherapy, Occupational Therapy, Speech-Language Pathology, Psychology, etc).

Join us for a memorable, experiential Sunday afternoon.

Free, no pre-registration required. All are welcome.

Save the date
Sunday, April 12

Music Therapy Day 2015



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

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

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14TH WORLD CONGRESS OF MUSIC THERAPY AT KREMS, AUSTRIA , JULY 2014



Our student member, Dawn Chik, receiving her Congress Student Scholarship Award.



Melanie and team presented 'Lessons Learned From the First 5 Years of Profession-Building in Singapore'.

EDITOR'S NOTE

Dear Readers,

2014 was a very exciting year for our Association! We organized our annual MT Day, the 1st Guided Imagery of Music Training in Singapore, and welcomed three world renowned music therapists from the US and Australia. Several of our professional members also presented at the 3rd International Association of Music and Medicine Conference in Toronto, Canada, and at the 14th World Congress of Music Therapy Conference in Krems, Austria.

Join us in celebrating all these achievements and let's continue to grow music therapy in Singapore!

Happy 2015!

Christal Chiang
Editor



MUSIC THERAPY DAY 2014

On May 11, 2014, AMTS held the 5th Annual Music Therapy Day at the Library@Esplanade. The theme was "Musical Perspectives: In the Moment of Flow and Beyond". Music Therapists shared about their work in different settings, such as

medical, special education, mental health, etc. It was a great success with positive feedback from participants.

We would also like to take this opportunity to thank Lib@Esplanade for sponsoring the venue for 4 years. This annual event has been so successful because of their continuous support.



Pictures credits: Berry & Annetta

MUSIC THERAPY, YOUNG PEOPLE AND FAMILIES WITH SPECIAL NEEDS – TALK AND WORKSHOP

Renowned Music Therapy Professors from University of Melbourne, Professor Katrina Skewes McFerran and Dr Grace Thompson, led a day of experiential workshops on 'Music therapy, Young People and Families with Special Needs' at AWWA Resource Center, in November 2014.



Dr McFerran & Dr Thompson (3rd & 4th from left) shared insights on: 'The Power of Music with Young People' & 'The Value of Including Families'.



Participants learnt about the Blended learning Masters of MT programme at the University of Melbourne. Singapore music therapists also shared about their work with young people and families locally.

INTERNATIONAL CONFERENCE OF MUSIC AND MEDICINE (IAMM)

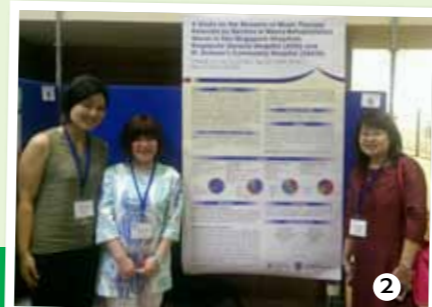
Four AMTS members presented at the 3rd IAMM conference in Toronto, Canada in June 2014.

Oral*/ Poster^ Presentation:

- i. Christal Chiang*^
- ii. Ng Wang Feng^
- iii. Clara Chong^
- iv. Patsy Tan*^



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- (1) Christal and Patsy presented on, "Effect of Music Therapy on Mood, Motivation, and Participation Post Stroke at SGH – a Non-Randomized Pilot Study" and "Effects of Rhythmic Stimulation to Improve Upper Limb Function and Mood of Stroke Patients in Inpatient Rehabilitation at SGH".
- (2) An enquiry into the reasons of referral for Music Therapy in adult neuro-rehabilitation wards brought 3 music therapists at Singapore General Hospital (SGH) and St. Andrew's Community Hospital (SACH) together for a poster presentation.

SINGAPORE PALLIATIVE CARE CONFERENCE 2014 BY MELANIE KWAN

Dr. Cheryl Dileo was one of four experts invited to present at the 4th Singapore Palliative Care Conference.

The conference, held at the end of June, 2014, also featured inspiring keynotes by Dr. Peter Specks, Dr. Nigel Sykes and Ms. Joan Marston. Serving as Camell Professor of Music Therapy and the Director of the Arts and Quality of Life Research Center at Temple University, Prof Dileo focused on relationship completion through song. Dr. Dileo also drew from her wealth of

experience as a grant consultant for the National Institute of Health and co-author of 7 Cochrane systematic reviews to summarize the current evidence for medical music therapy from the Cochrane Library. Before the conference, Dr. Dileo also provided a half-day workshop on music and quality of life. Workshop participants were educated on the differences between music medicine and music therapy as well as safe uses of music. After the conference, music therapists received training on music therapy entrainment for pain management.



At the SPCC 2014, Health Minister Gan announced that MOH will invest in developing palliative care services in four areas and that the Implementation Taskforce had drafted a set of National Guidelines for Palliative Care. Along with the launching of a new course, the Graduate Diploma in Palliative Medicine, the ministry also committed to resource community partners and tweak access to Medisave. The conference's broad theme "Building Bridges, Enhancing Care" served to attract a record number of local and regional participants.

Recapping her experience here, Dr. Dileo shared, "It was a privilege to have been invited to be a keynote at the SPCC, and to provide an entrainment workshop in Singapore. It was also exciting to be part of a moment in time during which an announcement was made of the intent to expand hospice services to patients in Singapore. It was equally exciting to feel great support for music therapy from medical professionals in Singapore and from around the world. It's clear that Singaporean music therapists are working very hard to meet these demands for increased services!"



INTERVIEW WITH DOCTORS - DR LOH YIK HIN AND DR NG YEE SIEN

In your years of experience having Music Therapists on your rehabilitation team (at SGH and SACH), what are some of the greatest benefits you have seen/heard?

(LYH) Music therapy has enabled some of our patients to undergo rehabilitation beyond what regular physio-, occupational- and speech therapy provide. When this happens, it is fascinating to see what can be done. For example, persons with severe dementia stand up to dance to the music, sing to their favourite songs or play a simple instrument, all done in a deliberate therapeutic way that clinically benefits them and their recovery.

(NYS) Personally I am very excited on how music therapy helps in the rehabilitation journey on patients with neurologic disorders (for example, stroke or Parkinson's Disease). With all the neuroimaging evidence, i.e. fMRI, that shows very concrete and good evidence, we're able to see how music therapy can improve patients during with speech and language disorders, neglect issues, etc.

What advice do you have for doctors who are considering to include MT in their treatment programmes?

(LYH) Doctors considering including MT in their treatment programmes would need to recognize the real benefits of MT, understand the difference between MT and music activities, and give sustained and wholehearted support to the music therapist.

(NYS) For myself, I have a strong interest in music, and I understand the efficacy on how music helps in rehabilitation. It is important for doctors to understand and recognize how music helps with the plasticity in the brain, for example, how music and rhythm help the brain to adapt to different elements in motor control, like timing, strength, coordination, etc.

What suggestions do you have to help MT flourish and benefit more patients?

(LYH) Provide more public education on MT and its benefits, and work on the evidence base so that It can be accepted as mainstream therapy in our hospitals.

(NYS) The development of music therapy is alike Rehabilitation Medicine, it requires lots of advocacy to different aspects of people. It is important to show how useful it is in the ground and ultimately to generate local/national outcomes.



From Left: Dr. Loh Yik Hin, CEO, St. Andrew's Community Hospital and Dr Ng Yee Sien, Head, SGH Department of Rehabilitation Medicine

GUIDED IMAGERY AND MUSIC BY EVELYN LEE

The Bonny Method of Guided Imagery and Music (BMGIM) Level 1 training course was held at Montfort Centre, in November 2014. The training was unique in that it was also a 6D5N residential retreat, which meant the participants had time to learn, reflect and bond with one another.

We had 12 participants from Singapore, Indonesia, Malaysia, Thailand, Hong Kong, Taiwan and USA, who worked in different sectors. This added to the diversity and perspectives shared during discussions. Half of us were music therapists and the other half were allied health professionals who were keen to use music and imagery in their work.

What was great about the course? BMGIM is a music psychotherapy approach backed with research, and it also takes the participants through a personal transformative process. The highlight of the course was the cross-cultural sharing by the participants. The discussion were tailored by the trainers to help participants integrate practical applications of the new knowledge into their respective professions.

About BMGIM:

The Bonny Method of Guided Imagery and Music (GIM) is a psychodynamic music-assisted transformational therapy



The 12 participants with trainers Dr Denise Grocke & Carolyn Van Dort, at Montfort Centre.

approach that offers persons the opportunity to integrate mental, emotional, physical, and spiritual aspects of themselves. It is characterized by the use of specially sequenced western classical music designed to stimulate and sustain a dynamic unfolding of imagery experiences. – (Association of Music and Imagery)

MUSIC THERAPY IN REHABILITATION FOR ADULTS WITH SUBSTANCE USE BY KELLY LOH

Substance use and music therapy share a similarity in that they are both able to alter or produce an emotion or mood. According to the Diagnostic and Statistical Manual of Mental Disorders V (DSM-5), substance use disorders occur when the recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment, such as health problems, disability, and failure to meet major responsibilities at work, school, or home [1].

The etiology of substance use disorders consists of many factors. For example, trauma is a strong predictor for substance use. The prevalence of self-reported



Clients attending group music therapy session at Sobriety Through Out Patient, Inc, with Kelly. (photo used with permission)

exposure to traumatic life events is significantly higher among persons with substance use disorder than the general population [2]. Music therapy has been found to decrease anxiety, sadness, and anger in a study on the impact of group music therapy on the negative affect of people with co-occurring substance use disorders and mental illnesses [3]. Among individuals with dual diagnoses, music therapy is particularly effective as a motivator, providing emotional support and opportunities for identification and expression of affect.

Music therapy interventions aim to work towards therapeutic goals such as improving mood, increasing social interactions and improving self-esteem. Through the act of music making and listening, clients can learn how to cope with emotions without resorting to substance use. Mikenas considers benefits of drumming to include enhanced sensorimotor coordination and integration, anxiety reduction, enhanced nonverbal and verbal communication skills, greater group participation, leadership skills and relationship building, and skills for social and emotional learning [4]. Addiction is a multifaceted illness that affects people in profound ways. Song discussion remains an important intervention for supporting feelings that are difficult to express and receiving support from others. Composition and music improvisation (i.e. freestyle rapping and instrumental play) allow strengthening of interpersonal bonds and self-expression [5].



References are available on our AMTS website.

ST. ANDREW'S AUTISM SCHOOL LEARNING FESTIVAL BY CLARA CHONG

St. Andrew's Autism School held its first Learning Festival on the 20 August 2014. It was a day set aside for teaching and non-teaching staff to learn teaching strategies to further enhance enriching learning.

Clara Chong, the centre's Music Therapist shared on Music Therapy &

Autism. Teachers who attended the sharing sessions gathered a better understanding of music therapy and had the opportunity to explore and learn different musical instruments. They had fun playing music, as well as a better understand about the experience of students who undergo music therapy at the school.

