



SOUND CONNECTIONS MUSIC THERAPY NEWS

Brenda Johnson, BMT

Happy New Year!!!



Welcome to the first quarterly issue of my newsletter. Over the past six months, I have lost contact with many of you in attempts to get settled and the practice up and going. Until I found a location, which I anticipated to come sooner, I was refraining from contacting anyone. Many new opportunities and developments have taken place, and I would like to tell you about some of them.

I'm moving in !!!

Following a long search for the right space, the doors will be open on January 15, 2011. This space offers good parking, ground floor wheelchair accessibility, bus route friendly and a warm space for groups and individuals. The location is:

8759 Commercial Street (Unit 5)
New Minas, NS B4N 3C4

**by appointment only*

The *Atlantic Association for Music Therapy* held their annual conference at Acadia University on October 30, 2010. The key note speaker, Susan B. Wesley Porter, PhD, MT-BC, is a Licensed Clinical Professional Counsellor and Music Therapist from Bangor Maine. She presented her research of 11 years which focused on her adapted uses of music therapy with children who had experienced trauma. We also enjoyed hearing from some local experts such as Cynthia Bruce, BMus, MMT, MTA.



Pure enjoyment!

There exists communication between a maker and his material. We call it 'art'. There exists communication between man and man. We call it 'expression'. In this view, expression is a special case of communication and thus a possible, but not a necessary function of music.

(Ernst Levy)



Using friendly & fun technology



Beautiful hands

During the summer months, I was facilitating group music therapy for children and their families. *Valley Child Development Association* (VCDA) is a non-profit organization providing early intervention services for children with special needs. As one of the many services they provide, they offered summer day camps in July and August. Working closely with families from Windsor to Greenwood area, a wonderful team of early interventionists provide a warm, safe and fun atmosphere to beat the summer heat! For more information visit: www.nsnet.org/vcda/

In May 2010, Halifax was the host city for the national conference of the Canadian Association for Music Therapy (CAMT). "The Harmony of Our Heritage" was the 36th annual conference. *Sharon Katz*, a Music Therapist in South Africa, and Founder and Director the 'The Peace Train' brought insight and energy beyond our imaginations. Not only has music become a source of healing, but also a means to peace.

Louise Dimiceli-Mitran, Music Therapist and Counsellor from Chicago, spoke of her private practice in working with those living with cancer, physical disease, depression, stress and adjustment challenges. Her specialization in oncology provides inspiration toward establishing local programs for wellness and survivor support.

Another eye opening experience from New York was *4 Wheel City*, which is an entertainment organization started by Namel "Tapwaterz" Norris (rapper) and Ricardo "Rickfire" Velasquez (producer), two talented hip-hop artists who are now in wheelchairs as a result of spinal cord injuries caused by gun violence. Their mission is to use hip-hop music and cultures to inspire people with disabilities and encourage them not to give up on life. They also advocate for equal access to all facilities available to the able-bodied.



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“ Music appears to improve awareness because of its positive emotional effect on the patient, so similar beneficial effects may also be gained by making the patient happy in other ways ”

*Dr. David Soto, Imperial College
London*

Book suggestion?

The Relaxation Response

By Herbert Benson, M.D.
HarperCollins Publishers
ISBN 0-380-81595-8

So many of us are candidates for stress, often experiencing headache, insomnia, or other physical and mental ailments. This small and easy read is inexpensive and may be the way to relieve the tensions of our modern-day living. It is simple, effective, mind/body approach to relieve stress.

WHAT'S NEW IN WORLD RESEARCH?

BBC NEWS

Story from BBC NEWS

View the article:

<http://news.bbc.co.uk/go/pr/ft/-/2/hi/health/7959732.stm>

Published: 2009/03/24 00:07:19 GMT

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Listening to pleasant music could help restore impaired vision in stroke patients, UK research suggests.

The researchers believe pleasant music generates positive emotions, which may help produce more efficient signaling in the brain, increasing its capacity to process stimuli.

Brain scans confirmed that listening to pleasant music activated areas linked to positive emotional responses, and that activity was coupled with the improvement in patients' performance on the tasks.

SUBJECT FEATURE

Intervention and Treatment: Autism Spectrum Disorder

Music, art and play are all natural languages for children and are extremely effective tools for communication and expression. Sound Connections Music Therapy aims to provide a variety of alternatives for self-expression for students with special needs. Our music therapy treatment program allows children of all ages and abilities the means to have a voice about their world and also to be heard. Expressive arts and music therapy in particular are scientifically proven to help increase relaxation, reduce anxiety and stress, and promote positive life experiences.

Music Therapy is the study and practice of how music affects people. In examining factors associated with developmental disabilities, learning disabilities, and autism, music therapy provides opportunities for:

- Memory recall
- Improved executive functioning and processing speed
- Predictable routines and structure
- Positive changes in mood and emotional states
- Sense of control over life through successful experiences
- Communication, vocal fluency and group participation
- Anxiety and stress reduction
- Meaningful social interactions and relationship development

Students encountering additional obstacles, require additional courage, commitment and hard work. Several themes can be directly influenced with music and are of extreme importance in creating an environment designed to incorporate sensory and behavioural factors encouraging the flexibility, communication, and motivation to support growth.



Singing as communication



Rhythm sets the pace

For heights and depths no words can reach, music is the soul's own speech.

Newsletter response:

I invite your comments and information; please use this section to let me know what is important to you. Mail at address below or email to: soundconnections@eastlink.ca

Address:

Mail to: SOUND CONNECTIONS MUSIC THERAPY

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