



# SOUND CONNECTIONS MUSIC THERAPY NEWS

Brenda Johnson, BMT



## **IT'S UKULELE TIME !**

Laura is a student at [Landmark East School](#) in Wolfville, NS. She has been a Music Therapy client for 2 years. During this time Laura has been learning the Ukelele, songwriting and singing.

*Her Mom writes...*

It has been a successful part of experiencing music in an unstructured and safe environment for the learning challenged. Laura has always been musically inclined but failed to cope in the "normal" learning environment and found it frustrating and overwhelming. Her learning challenges have always been in taking direction and sequencing. Since working with Brenda, Laura has become a more happy and social girl. She enjoys strumming on the Uke and singing along. I believe it has been a fun way to relieve the stressors of her everyday learning challenges. I credit Brenda for her patience, her easy going disposition and her smile for promoting a positive experience for our daughter. I am hoping other parents see this as a therapeutic tool for their child's well being and self esteem.

**Submitted by Linda Francescutti (Laura's Mom)**



*Laura and Brenda having fun!*

### **BE A PART OF A UKULELE CLUB!**

We will be offering a TEEN as well as an ADULT group....The stress busting benefits, let alone the social experience is worth some strumming!!! A uke can be purchased for as little as \$24.99 and is very inexpensive to maintain. Call or email to find out more about it! (902) 692-1662, [soundconnections@eastlink.ca](mailto:soundconnections@eastlink.ca)

### **Making music, feeling good**

Part 2 The humble ukulele is escaping its vaudeville image and emerging as the little instrument that can; can reduce stress, can increase self esteem, can help you through tough times; a visit with the folks at "Ruby's Ukes" in Vancouver. Plus Vicki Belzil and her "chemotherapy song". 27:28

<http://www.cbc.ca/livingoutloud/episode/2011/05/20/may-20-2011/>

*empowering people through music*

[www.soundconnectionsmt.com](http://www.soundconnectionsmt.com)

*Uke Festival in London England, 2009*



### **Labrador teen wins big with ukulele...**

A teenager who taught herself how to play the ukulele has won an international prize (\$1,500) with a song about her hometown she recorded in her bedroom closet

<http://www.cbc.ca/news/canada/newfoundland-labrador/story/2010/06/08/nl-ukulele-labrador-608.html?ref=rss>

Have a listen to the *Cairns Ukulele Festival 2010* James Hill + Anne Davison cello - Smash the Window & St Anne's Reel

<http://www.youtube.com/watch?v=K4YokxrL-W0&feature=related>



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## **NEW ARTS TAX CREDIT – Help for funding**

<http://www.budget.gc.ca/2011/themes/theme1-eng.html>

The Canadian government recently introduced the Canadian Children's Arts Tax Credit (CATC), a new, non-refundable tax credit based on expenses paid for the cost of registration of children in an eligible program of artistic, cultural, recreational or developmental activity.

The program applies to children under 16 and children under 18 eligible for the disability tax credit. Also, if at least \$100 in eligible expenses has been paid for by a child eligible for the disability tax credit, an additional amount of \$500 can be claimed for that child.

In order to be eligible for the CATC, your children's programs must contribute to the development of creative skills or expertise in artistic or cultural activities. Children must be registered for eight consecutive weeks, or five consecutive days when over 50 per cent of the time is scheduled for eligible activities. Programs that are part of school curriculums are ineligible.

Eligible activities include those involving a child's ability to improve dexterity or coordination, or acquire and apply knowledge in the pursuit of artistic or cultural activity. Artistic and cultural activities include literary arts, visual arts, performing arts, music, media, languages, customs and heritage.

For more information on the CATC, please visit the [Canadian Revenue Agency website](http://www.cra-arc.gc.ca/arc/eng/other/arts/arts.asp).

Another fun uke site:  
<http://liveukulele.com/>

## Hope for Autism through Music Therapy - *Jammin Jenn is a*

*Music Therapist in New Jersey, her video highlights wonderful moments in a typical session.*

<http://www.youtube.com/watch?v=OFLJJIOCVsw>



### Book suggestion corner

## Emotional Freedom

*Judith Orloff, M.D. is a psychiatrist in private practice and an assistant professor of psychiatry at UCLA. Author of 'Positive Energy, Dr. Judith Orloff's Guide to Intuitive Healing, and Second Sight'.*

*"A road map for people who are stressed-out, discouraged, or over-whelmed, or who simply want to get to a better place. Dr. Orloff offers a step-by-step way to change outlooks and cope with life's challenges." – Chicago Sun-Times*

This is an easy read that addresses the common everyday dilemmas that people can encounter. She offers good solutions in breaking down the steps toward facing challenges, developing self awareness and discovering greater meaning and quality of life.

ISBN 978-0-307-33819-8 \$18.00

Look for us on  
Facebook!

## Autism students learn to communicate with musical sounds

By [Ellen Chase/The Star-Ledger](#) Published: Monday, March 16, 2009, 3:50 PM Updated: Wednesday, December 15, 2010, 6:43 AM

Foley himself admits, "We know music therapy works with people on the autism spectrum, even if we don't always know why or how."

There are several theories about why people with autism are particularly responsive to music. One suggests that it complements their cognitive tendencies: namely, an inclination toward creating patterns. Music is structured and reassuring, with anticipated progressions and certain predictability.

Read the article at:

[http://www.nj.com/entertainment/arts/index.ssf/2009/03/using\\_the\\_language\\_of\\_music\\_to.html](http://www.nj.com/entertainment/arts/index.ssf/2009/03/using_the_language_of_music_to.html)

## Music therapy for autistic spectrum disorder (Review) Gold C, Wigram T, Elefant C

### Implications for practice

The findings of this review indicate that music therapy may have positive effects on the communicative skills of children with autistic spectrum disorder. Music therapy has been shown to be superior to similar forms of therapy where music was not used, and this may be indicative of a specificity of the effect of music within music therapy. As only short-term effects have been examined, it remains unknown how enduring the effects of music therapy on verbal and non-verbal communicative skills are. When applying the results of this review to practice, it is important to note that the application of music therapy requires an academic and clinical training in music therapy. Trained music therapists are available in many countries. Training courses in music therapy teach not only the clinical music therapy techniques as described in the background of this review, but also aim at developing the therapist's personality and clinical sensitivity, which is necessary to apply music therapy responsibly.

Read the whole review at:

[http://www.cochranejournalclub.com/SSRIs-for-autism-spectrum-disorders-clinical/pdf/CD004381\\_standard.pdf](http://www.cochranejournalclub.com/SSRIs-for-autism-spectrum-disorders-clinical/pdf/CD004381_standard.pdf)

## SUBJECT FEATURE

### Music Therapy and Working Through Trauma

RECLAIMING MY VOICE by Lisa Fontanella

When I was a little girl, my favorite thing to do was to sing. I would sing 'from my toes' as this loud booming voice would come out of my tiny body. Such joy! Over the years, I let my voice slip away. The letting go process started the first time someone was critical of my voice. Comments like "Boy, are you loud" or "You know you don't have a good singing voice, right?" were devastating.

I only sang when no one else was around and eventually I stopped singing altogether. I became so self-conscious of my voice that my throat would close up and my voice came out strained and squeaky. I did not feel comfortable expressing myself in any way.

But there was a longing in me - a longing to express who I am through music, sound and my voice. At a conference, I saw a brochure for Sound Connections Music Therapy. Instinctually, my hand reached out and grasped the lifeline. At that moment, I made a commitment to reclaiming my voice. My work with Brenda has given me a confidence and release that I never thought possible. Brenda creates a safe place where I can express myself without worrying what I sound like. Such a gift! Music therapy helps me work through life's issues, challenges and trauma and provides an outlet for healing. My healing journey has begun and I am so grateful to Brenda for her continued support, humour and compassion. I am once again singing from my toes and it feels great!



*Lisa - on her healing journey*

## Music therapy can impact emotional trauma, mental and physical disabilities

January 9, 2011

By Jimmy Mincin

When words fail to express pain and sadness, there's something called music therapy.

"It's really a combination of psychology and music," Abigail Peace, a board-certified music therapist at In-Tune Mental Health Services in Hollidaysburg, said. "It's very closely linked with traditional psychoanalysis - traditional talk therapy. It allows people with emotional trauma and stress to gain a greater self-awareness, achieve resolution of inner conflict and self-expression."

(read more...)

<http://www.altoonamirror.com/page/content.detail/id/545940/Music-therapy-can-impact-emotional-trauma--mental-and-physical-disabilities.html?nav=726>

### Healing Through Music Therapy

Juli McDonald | 1/13/2011 KFVR TV News

[http://www.kfyrtv.com/News\\_Stories.asp?news=45855](http://www.kfyrtv.com/News_Stories.asp?news=45855)

## 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](mailto:soundconnections@eastlink.ca)

Address:

**Mail to: SOUND CONNECTIONS MUSIC THERAPY**

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