



TRAVELLING NOTES

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Newsletter of the Music and Imagery Association of Australia (MIAA) Inc

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Summer Edition, February 2013

Hello MIAA Members! Please take note of the following list of significant dates for your 2013 calendars/diaries. Of particular note is the **Professional Development/ AGM weekend** planned for **April 27-28** in Kew, Melbourne. This weekend's program has been prepared by Denise Grocke. It will feature presentations from the 2012 final year Graduate Diploma of GIM students, current GIM research (from the National Music Therapy Research Unit) and a presentation by PACFA CEO Maria Brett. Take a look at the full program, including the presenters and the fascinating topics that will be discussed in the program that is included at the end of this edition of travelling notes. MIAA Council hopes that you will make this event a special priority to attend, learn and celebrate our new Registered GIM therapists (RGIMTs).

All RGIMTs will want to take special note of the professional development weekends planned for July 13-14 and October 19-20. MIAA Council hope that you all travel well in 2013 and that you will share your journeys via this newsletter throughout the year.

Significant Dates

- March 16 Tree of Life Workshop, Melbourne Vic, with Kay Kilham
- March 17-18 PACFA Council Meeting, Canberra
- April 27 - 28 MIAA AGM, Registration Celebration and Professional Development weekend for all members, Kew VIC
- May 11 GIM Workshop for the Australian Association of Social Workers
- June 18-22 22nd AMI Conference: "Imaging the World – With Music At Our Core." Rosemary Heights, Vancouver, British Columbia, Canada.
- July 13 –14 Registered GIM Therapists Prof. Development Weekend, Kew VIC
- September 14-16 Australian Music Therapy Association Conference, Melbourne
- October 12–13 PACFA AGM, Melbourne
- October 19-20 Registered GIM Therapists Prof. Development Weekend, Kew VIC
- October 26 GIM Workshop for the Australian Association of Social Workers

Certificate Course in Music and Imagery for Health 2013

The new certificate course is ready to commence with the first weekend March 1st-4th with eight students enrolled. The course will be conducted in Parkville, Melbourne at the Treacy Centre with trainers (Carolyn Van Dort and Jenny Marr), and assistant trainers (Kay Kilham and Meran McKenzie).

MIAA Professional Practices Committee (PPC)

This committee has been very active with revising the MIAA Code of Ethics document to align with the PACFA code and a sub-committee has been formed to enable this process. A pilot mentoring program between trainees has commenced. Continuing Professional Development point categories are currently under review. Applications for registration as a GIM therapist (to be presented at this year's AGM) closing date set for April 1st.

Association of Music and Imagery

The 2013 AMI travel grant is available up until March 13. Check out the new look website to see what is new with AMI at www.ami-bonnymethod.org. There is a wealth of information for you to review and information concerning the upcoming 2013 AMI Conference. Submissions to the Spring edition of the AMI Newsletter are welcomed by March 31st. You can join your GIM colleagues on AMI's Facebook page. We welcome your thoughts and updates. The 2013 password for the Member's Area has been circulated to all members. If you require a reminder, please email a MIAA Council member.

Psychotherapy and Counselling Federation of Australia (PACFA) News

The latest PACFA submissions made to the Senate Inquiry on the National Disability Insurance Scheme, and to the consultation on Veterans' Affairs Draft Mental Health Plan 2013, are now available for download at the PACFA website, <http://www.pacfa.org.au/news>. These submission are really worth reading as they represent real opportunities for the recognition of counsellors and psychotherapists by the federal government. As the leading peak body for counselling and psychotherapy, we are advocating strongly for recognition of counsellors and psychotherapists, with clear arguments supported by research evidence. Maria Brett, PACFA CEO.

Australian Music Therapy Association Conference Sept 14-16, Melbourne

The Call for Papers is now open until April 8th. This year's conference will be held in Melbourne and the conference's theme is "Music and Health: Evidence and Evolution". <http://www.austmta.org.au/news-and-events/2013-national-conference/>

Tree of Life Workshop



Trees surround us in our gardens and nature and can be a powerful symbol of growth and change.....

Roots represent where we have come from.
The *ground*, where we live, our community.
The *trunk* what we believe and value,
The *branches* what we hope and dream,
The *fruits* what we receive from others.
The *flowers* the gifts we give to others.

This workshop uses the tree metaphor as a reflective tool and involves both art materials and music. Enrich your life, commit to reflection before action this year. Using creative materials you can design your own Tree of Life at a workshop on Saturday, 16th March at Ma'at Holistic Health (Melbourne) from 9.30am – 4pm.

Cost: \$85/\$70 Concession. Includes tea/coffee and any art materials. BYO lunch. For further information/ bookings please contact Kay Kilham: kaykilham@iinet.net.au or phone 0412 785 031

MIAA Library

Dr Heiderscheit research presentation (Sept. 11 2012) at the University of Melbourne is now available on CD for loan by MIAA members. Dr Heiderscheit spoke about her research with GIM and clients who have eating disorders, and her GIM work with people who have chemical dependency. These presentations were recorded, and MIAA is working on ways to make these available to members. Dr Heiderscheit's presentation involved excerpts of transcripts presented with the music, which provided evocative illustration of the clients' journey and their particular challenges and achievements as expressed through imagery and somatic experience.

Library Loans: Items from MIAA's library can be borrowed by completing a form on the

MIAA website.

The current February 2013 edition of **Psychotherapy in Australia** features the following articles:

APPLYING THE STAGES OF CHANGE

by James O. Prochaska, John C. Norcross and Carlo C. DiClemente

From a transtheoretical perspective, PROCHASKA, NORCROSS and DICLEMENTE summarise prescriptive and proscriptive guidelines for improving treatments based on five stages of change the client may progress through—precontemplation, contemplation, preparation, action, and maintenance. Change is not viewed as a linear progression through the stages; rather, most clients move through the stages of change in a spiral pattern. While people progress from contemplation to preparation to action to maintenance, most will relapse. Fortunately, most move back to the contemplation stage and into preparation and action. Eleven practice recommendations are advanced against the central need to assess the stage of a client's readiness for change and to tailor interventions accordingly. A small and finite set of change processes or strategies have been identified across hundreds of psychotherapy techniques and across diverse disorders. Eight change processes are outlined in detail. In the transtheoretical model, change processes associated with particular therapeutic models are applied optimally at each stage of change accompanied by stage-matched 'relationships of choice'. Guidance is given on how to avoid mismatching stages and processes. Smoking is used as an illustrative problem behaviour.

ON THE ROLE OF THEORY AND MODELS OF CHANGE IN PSYCHOTHERAPY RESEARCH

by Giac Giacomantonio

There is a split in psychotherapy research between theory and data. The split has produced two classes of models of change: 'specific' and 'common' factor models. In this article, GIAC GIACOMANTONIO draws on the philosophy of science to identify some shortcomings of common factor models of therapeutic change, including the lack of explanatory power and the limited trajectories of rational research. He argues that these qualities are both indispensable to research and better represented in specific factor models of change. A suggested remedy is to appropriate the benefits of specific factor theories without ignoring the value of extant data.

CREATIVITY AND THE POSSIBILITIES OF THERAPY AS A PERFORMING ART

by Paul Gibney

Is there a rightful 'home' for psychotherapy? In this extract from his forthcoming book, *The Second Practice of Psychotherapy*, PAUL GIBNEY, presents psychotherapy as a stand alone activity that resembles many activities, shares many an ethos with other disciplines, and resonates with many expressions of the human soul. He suggests that an organising metaphor of psychotherapy may be 'not belonging', as it is not science, not art, not spirituality, not philosophy, not pastoral care, nor medicine, but all of these. The artistry involved is the therapist's capacity to move between these frames as required. A number of themes drawn from art are considered as valuable metaphors for a frame of therapy and its processes, in particular, images of creativity and performance art. These themes allow an artistic imagination to construe therapy in a different light; a light in which the therapist might let go of correctness and find a home in performance. The work of Bradford Keeney and writings from choreography, theatre, literature, and songwriting are drawn upon to inform themes of the therapist as artist, therapy as art in the moment, the artistic intention of the therapist, and the person of the therapist. Critiques of schools and models of therapy and their associated techniques, and therapy as doctrine, are offered against this background. Gibney argues that, while learning models of therapy is critical to a therapist's education and to developing therapeutic sensibilities, staying forever within models of practice inhibits valuable and valued risk-taking and creativity in the therapeutic moment.

PSYCHOLOGICAL SERVICES UNDER MEDICARE: BROKEN BUT NOT BEYOND REPAIR

by Robert King

How well is the Better Access scheme for the provision of affordable, effective psychological services to the Australian public working? ROBERT KING identifies important weaknesses in the system that have adverse impacts on clients, providers and public policy objectives. These weaknesses are explored and

options to remedy the problems are outlined.

A PATIENT BILL OF RIGHTS FOR PSYCHOTROPIC PRESCRIPTION: A CALL FOR A HIGHER STANDARD OF CARE

by Barry L. Duncan and David O. Antonuccio

The pharmaceutical industry has made it very difficult to know what the clinical trial evidence is regarding psychotropics. As a consequence, primary care physicians and other front-line practitioners are at a disadvantage when attempting to adhere to the ethical and scientific mandates of evidence-based prescriptive practice. BARRY DUNCAN and DAVID ANTONUCCIO call for a higher standard of prescriptive care derived from a risk/benefit analysis of clinical trial evidence. The authors assert that current prescribing practices are often empirically unsound and unduly influenced by pharmaceutical company interests, resulting in unnecessary risks to patients. In the spirit of evidenced-based medicine's inclusion of patient values as well as the movement toward health home and integrated care, a patient bill of rights for psychotropic prescription is presented. Guidelines are offered to raise the bar of care equal to the available science for all prescribers of psychiatric medications.

A MALADY OF REPRESENTATIONS: DYSAUTONOMIC ASPECTS OF BORDERLINE PERSONALITY DISORDER

by Russell Meares

In this extract from his new book, *A Dissociation Model of Borderline Personality Disorder*, RUSSELL MEARES explores an overlooked, inexplicable phenomena related to borderline personality disorder. The symptoms seem to reflect autonomic nervous activity independent of, and uncoordinated with, higher systems, in particular, the prefrontal cortex. The phenomenon appears to manifest a 'dissociation' of the autonomic nervous system activity from prefrontal regulation, in particular, as it controls the dermal vascular bed. Intricate patterns of skin sensation, and even skin markings, arise in some traumatised patients with BPD, like sensory 'maps' of the trauma.

SCHEMATIC MISMATCH IN THE THERAPEUTIC RELATIONSHIP: A SOCIAL-COGNITIVE MODEL

by Robert L. Leahy

Cognitive-behavioural therapists recognise the therapeutic relationship as an important component of the process of change. The therapeutic relationship is a co-construction shaped via interactional sequences that occur when the therapist and patient are reacting moment-to-moment with each other. ROBERT LEAHY reviews common dimensions of confusion, disappointment, conflict and resistance in the therapeutic relationship that emerge from these sequences. Of specific focus are the personal schemas and emotional schemas that both patient and therapist bring to the relationship, and how these individual schemas can create mismatches and thus disrupt interactions that can interfere with treatment. Seven common patterns of resistance that interfere with progress are identified, as well as interventions that may be useful in overcoming these potential roadblocks in treatment.

Travelling Notes Contributions/ Contact

This edition of Travelling Notes was prepared by the current MIAA Council.

Contributions for the Autumn edition may be forwarded to Cherie Baxter:

cheriebkeys@gmail.com

MIAA Professional Development and AGM Weekend April 27th-28th

Venue: Esmonde House, Villa Maria, 13 Fernhurst Gve, Kew 3101
Melway Ref: 45 B6

Cost: Free (MIAA members) \$30 (non-members) Register at the event.

Lunch: Bring something to share

Saturday Dinner: Venue to be decided on at the workshop

Accommodation is available at Quest www.bookings.questapartments.com.au or:
www.pathfinder-motel.com and some billeting is available

Programme Saturday April 27th

9:30 Registration

10:00 Mary Baker

“Exploring the role of the spiritual guide and how this is enriched through the theory and practice of Guided Imagery and Music (GIM).”

11:00 Coffee

11:30 Millie Wong

“Satir's family therapy model in the Bonny Method of Guided Imagery and Music (BMGIM)”

12:30 Lunch

2:00 Alex Sirice

“The effectiveness of the Bonny Method of Guided Imagery and Music in assisting the treatment of a mood disorder (Dysthymic Disorder) triggered by long term and ongoing emotional abuse.”

3:00 Coffee

3:30 Jenny Bowler

“Skype's the limit”

4:30 Maria Brett: Psychotherapy and Counselling Federation of Australia CEO

“The Database Project, and current PACFA issues”

~5.15 Close of formal presentations on Saturday.

Dinner at local restaurant (TBA)

Programme Sunday April 28th

9:30 Registration

10:00 Brenda Wallace

“Reconstructing client’s lives: The role of metaphor and imagery in Guided Imagery and Music (GIM)”

11:00 Coffee

11:30 Wai Man (Raymond) Ng

“The Application of Chinese Philosophy and Chinese Music in Guided Imagery and Music”

1:00 Lunch

2:30 **Annual General Meeting** (includes registration ceremony)

4:00 Close