



# TRAVELLING NOTES

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

Reg No. AOO321OH

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## Welcome to the Winter Edition of Travelling Notes 2012

Winter can seem like a time when things are dormant, but we know much activity occurs out of sight. This edition of Travelling Notes might help you glimpse into the activity occurring within MIAA.

### GIM Training Update

Our GIM trainers group have been doing a lot of work towards preparing and promoting training courses in 2013. A new title for the certificate, the "Certificate of Music and Imagery for Health", has been selected to highlight its relevance to therapists and nurses. A survey of music therapists was conducted, and it was noted that most of the responses came from Victoria and Queensland and the biggest deterrent to training was cost, and having to travel to Melbourne. The respondents favoured the 4 weekends throughout the year option, rather than 5-day intensives. The Certificate of Music and Imagery for Health will be offered in both Melbourne and Brisbane next year.

The Graduate Diploma will be offered at the University of Melbourne, and will be conducted if there are enough students for it to go ahead. Current students of the Graduate Diploma are entering the final phases of their second year.

### Membership Renewal Reminder

**MIAA Membership renewals are due on June 30.** Be sure to get yours in on time. Please contact MIAA Membership Secretary Patricia Hamilton tel: (02) 4967 7514 if you have any questions pertaining to membership.

### MIAA Council Report

Council extends a special thanks to Meran McKenzie who served on MIAA Council in the roles of general Council member and Vice President in 2011-12. Meran will now focus on promoting GIM in Brisbane.

### Current MIAA Council

President: Cherie Baxter

Vice-President: Denise Grocke

Secretary: vacant, correspondence and enquiries to Cherie Baxter

Treasurer: Rachael Martin  
Membership Secretary: Pat Hamilton  
Council Member: Greg Stebbing  
Council Member and Chair of the Professional Practices Committee: Kay Kilham

**Help Required** We are seeking two representatives to represent MIAA at the PACFA AGM in Melbourne on October 13 to 14. MIAA Council seeks further hands and minds to help with the website, events, newsletter etc. Please let us know if you have the willingness and capacity to be of some assistance at any stage.

### Website

You can now view new graphics and layout of our MIAA website. Thanks Annette Baron and Margaret Lee for the continued work of maintaining, reviewing and updating of it.

**Do you have a GIM related event coming up? Put it on our website.**

Promote your next GIM event on the MIAA website. There is no cost to current MIAA members. Include workshops, information sessions or conference presentations. Please forward the event details to Margaret Lee.

**Visit the MIAA Members' Forum**

Join in the discussion with other MIAA members – respond to a thread, and start your own.

<http://www.musicandimagery.org.au/members-page.html>

### MIAA Events – Coming and Past

- MIAA Council intend to offer a presentation from an international GIM Fellow in September to MIAA Members in Melbourne. We will make available further details as they become available.
- Registered GIM Therapists have recently met in Melbourne for professional development activities and have another gathering planned for July 28/29. Contact Carolyn Van Dort for further details
- Patricia Hamilton presented a case study presentation and workshop at the combined event with the Jung Society in April. The theme was “Myths and the Movies”

The Friday evening case study presentation attracted about an audience of about 60 people. The case study involved work with a young woman who suffered Post Traumatic Stress Disorder that had developed at her workplace. The therapy involved GIM and verbal therapy. Of particular note were the client's references to movies in her imagery and the symbolism used in her vivid mandala drawings. As therapy progressed, the client was able to make conscious the connections underlying her symbols and significant progress was made. The presentation will be available on DVD via the Jung Society, Melbourne.

The workshop attracted GIM, Jung and Film enthusiasts. Pat was able to provide illustration of twelve main archetypes using several films.

## European GIM Conference in Sweden

Some MIAA RGIMTs will be travelling to Sweden for this conference and presenting papers and workshops. Our good wishes go to Denise Grocke, Carolyn Van Dort and Marea Richardson who will be in Vadstena, Sweden between 19-23 September to explore “Body-Mind-Soul-Music” the spiritual dimensions of GIM.

## AMI Website

As a MIAA member you are able to access their website resources and members section by using the password “harmony”

## Australian Music Therapy Conference – Keynote Speaker GIM Fellow Dr Annie Heidersheit

38th Australian Music Therapy Association National Conference 2012, Sydney ‘Connectedness and Resilience’

Conference: Saturday 15th and Sunday 16th September 2012  
Citigate Central, Thomas Street, Haymarket

See <http://www.austmta.org.au/news-and-events/2011-national-conference/>

From AMTA’s Conference Newsletter 21.6.12  
**Dr Annie Heidersheit, Ph.D., MT-BC, FAMI, NMT**



In conjunction with being a board certified music therapist you also have qualifications in music psychotherapy, a Master’s degree in counseling, advanced training in the Bonny Method of GIM and training in NMT. With this vast array of experience and skills at your disposal what are you presently drawing upon most in your work?

*AH “In my clinical practice, I continue to draw upon all of my music psychotherapy, music therapy and therapeutic skills. They truly build upon each other. Early in my career, I was drawn to acquiring additional training in counseling to further process the depth of emotion I found was being brought forward through the music. I have always been drawn to the profound nature of music and this piqued my interest in music psychotherapy and GIM. I utilize these approaches a great deal in the work I do with clients with eating disorders. I find them especially useful at getting to the issues underlying the eating disorder.*

*“I draw upon my music therapy and NMT skills as well as my music psychotherapy training when I am working with children and their families at the University of Minnesota Children’s Hospital – Amplatz. I truly enjoy the breadth and depth of the work that I do and how music facilitates healing in so many different ways. “The variety of ways I am able to practice as a music therapist, keeps me vibrant and*

*challenged in the work that I do. It allows me to meet the vast needs our clients can present, especially in rather complex cases - which I encounter at a pediatric teaching hospital and in eating disorder treatment."*

### **PACFA Pre-conference Research Workshop**

**Seeking a MIAA member to attend this free Workshop.**

**Venue:** Treacy Centre, The Avenue, Parkville, Melbourne

**Date:** Friday 26 October 2012

**Time:** 10am-4pm

PACFA is offering a pre-conference workshop on counselling and psychotherapy research prior to the PACFA Conference 2012. This workshop will be offered FREE to one delegate from each Member Association. If you are interested in attending, we suggest that you contact your Council today and ask if you can be their delegate!

Delegate nominations are now open and can be sent by Member Associations to Lorraine Touma (03) 9486 3077 or [conference@pacfa.org.au](mailto:conference@pacfa.org.au).

There is also a limited number of workshop places available at \$150 plus GST. If you would like to register for the workshop, please indicate your interest in attending on the Conference Registration Form which will be available at the PACFA website on 7 June. **As places are limited, please register early. Places will be allocated on a first come first served basis.** Attendance at this workshop will count towards 5 hours of professional development for PACFA's renewal requirements.

### **PACFA 2012 Conference**

**Theme:** What Works? An exploration of effectiveness in counselling and psychotherapy

**Venue:** Treacy Centre, The Avenue, Parkville, Melbourne **Date:** Saturday 27 and Sunday 28 October 2012 plus pre-conference workshop on 26 October.

Conference registrations will open on 7 June – watch the PACFA website for the Conference Registration Form.

The three day event features keynote speakers Professor Robert King and A. Roy Bowden, a pre-conference research workshop, and includes presentations and workshops from the following leaders in the field:

Dr. Jo Beatson – A research-based approach to borderline personality disorder

Professor Russell Griggs – Psychoanalysis for the 21<sup>st</sup> century: A Lacanian looks at the challenges we face

Dr. Catherine Hungerford – What works in mental health?

Dr. Cathy Kezelman – Trauma informed care

Dr. Cath McGrath – The research evidence of the Conversational Model

Christina Nielsen – Holistic counselling and psychotherapy effectiveness

Keith Tudor – Transactional Analysis works: The evidence base for Transactional Analysis and the basis of evidence for therapy

Dr. Michelle Webster – The effectiveness of Emotionally Focused Therapy

### **PACFA Mental health training update**

Due to continuing demand for the online Mental Health Training Course run by PACFA in conjunction with the University of Canberra, we are now accepting enrolments for courses on the following dates:

June 25<sup>th</sup> – July 8<sup>th</sup>

July 16<sup>th</sup> – July 29<sup>th</sup>

August 13<sup>th</sup> – August 26<sup>th</sup>

September 17<sup>th</sup> – September 30<sup>th</sup>

Participants have two weeks to complete this eight hour course and are issued with a certificate of completion which can be used towards PACFA's professional development requirements.

**Enrolments are now open to all practitioners**, not just PACFA Registrants. The course costs \$220 including GST for members of PACFA Member Associations or \$330 for non-members. To book a place please ring PACFA on (03) 9486 3933 or email [lorraine.touma@pacfa.org.au](mailto:lorraine.touma@pacfa.org.au). PACFA will be developing another online Mental Health Course in 2013 on Focused Psychological Strategies. There will be a tender process advertised soon to identify a suitable partner to develop the new course.

### **PACFA Register Fees**

The following fees were accepted at the May PACFA Board meeting:

- Register listing application - \$110 plus GST = \$121
- Accredited Supervisor application - \$80 plus GST= \$88
- Register listing re-activation application - \$60 plus GST = \$66 within 12 months of lapse of registration

### **PACFA Journal: PACJA**

PACJA's aim is to publish articles that contribute to the evidence base of psychotherapy and counselling in the form of theoretical essays, experiential reports, and empirical studies featuring quantitative, qualitative, or mixed-method approaches.

PACJA is calling for articles for its first edition. To submit an article, please follow the Editorial Policy for authors outlined in the PACFA enews. PACJA encourages practitioners, researchers, students and educators (even if you have never published before) to submit articles for publication. The process is intended to be a supportive in order to mentor aspiring authors to contribute to the dissemination of knowledge in the counselling and psychotherapy field.

### **GIM Related Journal Article**

Alison Short has had an article accepted into the next edition of the Journal of Cardiovascular Nursing. This is an outcome of Alison's PhD research into GIM. It will be available via the Journal's website. Congratulations Alison!

### **MIAA Library**

Current edition of **Psychotherapy in Australia** features the following articles: MAY 2012

Clinical supervision: Three frameworks for the exploration of shame and anxiety  
Sheri Zala

The need for empirically supported psychology training standards  
John Malouff

Ethical maturity: Making difficult life and work decisions  
Michael Carroll and Elisabeth Shaw

Soothing spaces and healing places: Is there an ideal counselling room?  
Mark Pearson and Helen Wilson

Reimagining psychotherapy: An interview with Hillary and Bradford Keeney  
Paul Gibney

The Spinoza Problem: An excerpt  
Irvin Yalom

'The Spinoza Problem' by Irvin Yalom: A review  
Lou Marinoff

PLUS:

Trade Talk, Comment, Sacred Cows and Sleeping Dogs, Practice Wisdom, Straight Talk on Training, Critiques, How are we to Live?, Interface, and Book Reviews.

### **18th International INTEGRATIVE MEDICINE CONFERENCE**

Bridging the Gap  
Friday 31 August, Saturday 1 & Sunday 2 September 2012  
Hilton On The Park, Melbourne <https://www.aima.net.au/>

### **Journal of Contemporary Counseling and Research**

A new counseling-focused academic journal.

JCCR is one of the library of journals published by the Academic and Business Research Institute (AABRI) ([www.aabri.com](http://www.aabri.com)). As such JCCR is continuously web published and available open access at [www.aabri.com/jccr.html](http://www.aabri.com/jccr.html). AABRI journals are also available in print.

### **Live Performance at Monash University**

Melbourne Symphony Orchestra Presents **Beethoven's Fifth and Pines of Rome**  
Friday 13 July at 8:00pm Robert Blackwood Hall  
Info/tickets <http://www.mso.com.au/whats-on/2012/beethoven-s-fifth-and-pines-of-rome/>

### **Travelling Notes Contributions/ Contact**

This edition of Travelling Notes was prepared by the current MIAA Council. Contributions for a Spring edition may be forwarded to Cherie Baxter: [cheriebkeys@gmail.com](mailto:cheriebkeys@gmail.com) tel: (03) 59964658