



# TRAVELLING NOTES

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

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Founding Patroness: Helen Bonny, Ph.D.

## Winter Edition 2011

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### PRESIDENT'S REPORT

Thanks to all of those who attended and contributed to the MIAA AGM held on April 2. You can read all of the reports in this edition of Travelling Notes. Thanks to Marg Lee and her team of editors for another great editions. It is pleasing to note that Medibank Private Rebates have been achieved for PACFA register members – hooray for MIAA whose members and clients will be able to enjoy the benefits of this well-earned privilege!

This year, MIAA will see the fulfilment of the two year cycle of the Strategic Plan (2010-12). We will need to continue to consolidate and combine our strengths in order to present in a fresh manner (new branding and website) and gain momentum. We'll need the attention and support of all our members to achieve this. In particular, I am excited about conducting the Healing Journeys: Music and Imagery for Health and Wellbeing sessions which



### Thursday Morning Sunrise

A silver tube of people  
Silent rushing by  
Followed by a vapour trail  
And rumble in the sky

Again the new moon's crescent hangs  
Silently on high  
Gold paint highlights the edges  
Of morning's clouded sky

The golden glow intensifies  
With the glow of a furnace heat  
Till I shield my eyes from its searing rays  
Though my body feels no heat

The golden glow weaves through the cloud  
A passionate display  
The love of God displayed for us  
Enough for every day

Kelvin Wilson 05/05/05

have already begun to forge new pathways and relationships.

Thanks to Margaret Lee for conducting the AGM workshop and the Online Music and Imagery sessions. It has been wonderful to have these opportunities to experience and share the wonders of Joanna Booth's music programs.

I have enjoyed reading some inspirational books about therapy and healing recently. In order to maintain our membership and capacities it is necessary for each of us to consider what we do for our own energy management: what we do to keep us learning, healing and growing – engaging in life. When we do this, we are buoyed on the crests of new energy. When we don't, we slip down a negative spiral towards fatigue and separation.

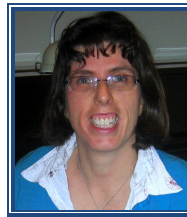
The latest addition to our MIAA library "Spiritual Bypassing" by Robert Augusts Masters offers many pearls of contemporary psychotherapeutic wisdom including:

"Probably the most neglected emotion in psychotherapy and spiritual practice is shame, even though it is often the primary emotional force animating our aggression and spiritual ambition. Attitudes toward shame in the spiritual bypassing realm mirror those of secular culture: For most of us, shame is a kind of hell, a deeply branded, insidiously compelling sense of being defective.....In the case of healthy shame, we are not put down, however strongly our behaviours are brought under a critical eye, but when shame is unhealthy, we are not so much sobered as crushed and devalued. In its most toxic forms, shame simply grinds us down...." p 163-4

He goes on to describe the antidote to paralysing shame as connection with "the parental authority native to us". Music and imagery does indeed provide a pathway in which to connect with this inner authority and enable healing. Following the success of yesterday's workshop, I'm sure that more MIAA members and novices will join in these self-care opportunities.

Cherie Baxter June 2011

## MEET THE NEW COUNCIL



**CHERIE BAXTER-  
PRESIDENT**

Increasingly I am describing music and imagery work as Healing Journeys. In my practice Healing Journeys fit under a larger umbrella of modalities including "active" music therapy methods, guided relaxation, meditation and expressive techniques. While I conduct few full BMGIM sessions, the separate modes that provide a synergy in GIM are utilized via drawing, verbal reflection, somatic and other kinds of imagery, progressive relaxation, mindfulness, shadow and meditation exercises, as well as short music and imagery experiences... for personal therapy, self-care, supervision, group education and team building experiences. I work for South East Palliative Care and in private practice. I have an "integrally informed" approach (refer to Integral Vision by Ken Wilber) which gives me new energy and inspiration.



**LIZ ELY-VICE PRESIDENT**

I am a Music Therapist. I did my initial level 1 training at Taggerty in 1988 and first level 2 when it was held in Fairfield. GIM changed my life and having completed Grad Dip I now try to give sessions as much as a fulltime job and mother to a five year old allows!

I joined the MIAA Council in 2008 and am happy to support MIAA in any way I can. I believe that GIM is a methodology like no other I have experienced and we can never under estimate the power of music. My challenge is to find time to indulge in my love of music and mandala.



**MARG LEE - SECRETARY**

I initially trained as a nurse. My interest in the GIM began while working at Bethlehem Hospital South Caulfield for nearly twenty years. My roles there were many, a palliative care nurse, a Bereavement Counsellor working with "Griefline" and then co-ordinating the counselling Roster. I met Florence Holligan while volunteering in the Music Therapy department and realized that GIM would become my passion.

I received a Diploma in Adult Psychotherapy with ANZAP in 1995.

In 2000 I did my Level 1 GIM at Wantirna, and then in 2004 undertook the Certificate Course (Level 1&2) again at St Paul's, Wantirna. In 2007 I repeated the certificate training. I had been a member of MIAA for many years and accepted a role on the Council in 2008, becoming Editor of the Newsletter, the Post – Certificate Support liaison person and run Online GIM Sessions for members in Australia and overseas. As secretary I remain passionate about growing our organisation.

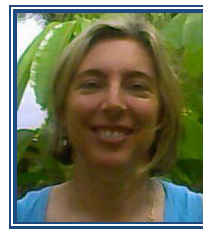
I have recently upgraded Skype to allow for multiple online- video access for meetings and GIM Online.

I am really appreciating the beautiful Bass Coast and am very involved with U3A, running a GIM group, and enjoying leading a Community Singing Group (CMV) as well.



**RACHAEL MARTIN-  
TREASURER**

I am entering my second year in the role of MIAA treasurer. Last year there were many new things to learn and this year I hope to integrate them so that I can be even more effective in the role. I am excited about the future directions and growth of MIAA and hope we can further progress towards the vision of the strategic plan in this year. Outside of GIM I continue to enjoy working in music therapy, teaching piano, and going to yoga classes!



**MERAN MCKENZIE -  
COUNCIL MEMBER**

I began my interest in GIM during my undergraduate music therapy degree at Melbourne University in the 1980s. After graduating in 1986, I took part in early GIM training in 1989. At the time I continued to work as a music therapist in Mental Health and Aged care. I remained interested in GIM but continued to work as a music therapist and private teacher while raising three children in rural NSW. After moving to Queensland, I returned to study the certificate in GIM in 2004. I completed a Masters in Counselling at the University of Queensland in 2008 and went on to graduate from the Grad. Dip. GIM in 2010. I am currently working for Spiritus and Relationships Australia doing counselling for women who have experienced domestic and family violence and also with pregnant and parenting mothers who have substance use issues. In my private practice I also specialize in working with women, although male clients are not excluded. I also work with people

who have experienced trauma and am currently arranging to travel to the Lockyer Valley to do Flood Recovery counselling. I continue to live in Brisbane and participate in meetings via Skype.

## **MEMBER CONTRIBUTIONS**

### **Good Luck Denise!**

I have been invited to lead the Continuing Education Day at the AMIA conference in Chicago June 21st-25th. The focus is on Engaging with new music in BMGIM. I will also contribute to a panel on Research in BMGIM.

I am embarking on an important project to convert the audio-taped interviews I did with Helen Bonny to CD format, to enable these historical recordings to be preserved for perpetuity. Jenny Marr is the research assistant on the project, and we will make a full set for AMI, and for MIAA. I interviewed Helen about 11 of the 18 music programs that she devised. The "interviews" include her comments about why she put them together, and how she chose the selections and the order. Then I recorded her descriptions of the music as voice-overs. The music is heard in the background, but sufficiently clear to hear what she is talking about. These recordings are now important historical artefacts and I am sure MIAA members will be interested to hear them when they are complete.

The Grad. Dip. GIM is progressing well with four students.

Denise Grocke

### **Greetings from Arizona, USA!**

On behalf of the Association for Music & Imagery, I send greetings to all of our GIM colleagues! It is always exciting to connect in some small way with those who are doing this important work and hold it sacred.

It is an exciting year for AMI. In June we will hold our 21st conference which celebrates the 25th anniversary of the founding of AMI. It will be a poignant time as we not only honour all of the

accomplishments of AMI and its members over 25 years but also remember Helen Bonny and celebrate her legacy. Erich Bonny will be participating with us, sharing mementos from his mother's life, and inspiring us to continue to be good stewards of the gifts with which Helen entrusted us.

For our Continuing Education day this year we are pleased to welcome Denise Grocke as our keynote presenter. She will spend the day guiding us through a deep exploration of two GIM programs, *Inner Odyssey* (Bonny) and *Faith* (Bruscia). A wonderful variety of other conference presentations will be given by attendees from Europe, Asia, Canada, Mexico, and the United States. In addition to welcoming Denise from Australia, we are most pleased to welcome Peggy Haworth from New Zealand at this year's conference.

Blessings to each of you. Here's to continuing to stay in touch and support each other!

In peace,

Anne Parker  
AMI President

### **Music and Imagery at Royal Prince Alfred hospital, Sydney**

I would like to share with you all the introduction of Music and Imagery at the Sydney Cancer Centre in the Royal Prince Alfred hospital. I have held an interest to bring music and imagery to cancer patients at the SCC for a number of years, so sent the RPA hospital a proposal early in 2010. Following a refurbishment of the SCC, I was invited to commence group sessions in 2011. Three patients attended our first session in February and by the third session numbers were up to nine. We have a core group of 5 to 7 who are able to come depending on timing of doctors' appointments and how they feel following chemo treatments.

I initially designed the sessions primarily to promote relaxation and distraction from their condition and every day cares, however decided to use fairly evocative music to generate imagery. Each week, patients say that they find the sessions

very relaxing, yet also like to experience the imagery and discuss this with each other afterwards. Some of the music I chose has stirred deep emotions in a few patients and I am amazed to witness shifts in some patient's perceptions and self-understandings occurring in as few as three sessions. Many patients have asked about the music I have used, wishing to obtain copies of certain beautiful pieces that touched them. The Beethoven Piano Concerto 5, Adagio was a particular favourite that elicited much response.

Following the music listening and mandala drawing in each session, patients are eager to share not just their imagery experience but their wider experiences of how having cancer has affected their lives in many ways. The music listening has become a catalyst for a healing camaraderie amongst the group, where newcomers find a welcoming atmosphere and easy conversing.

Some participants easily relate their imagery and mandala to aspects of their life. After a few sessions, one lady commented that she always journeyed into a wonderful future where she was travelling the world, whereas the imagery of another with terminal cancer always took her to significant events and places in her past in which loved ones accompany her.

In general, each patient's mandala is very colourful as choice and number of crayons to choose from is not restricted. At a first session, most patients say 'I can't draw' and, following encouragement and seeing others have a go at drawing, do produce tentative yet fairly expressive mandalas that are light in the strength of colour. However, by the third session the vividness and depth of colour grows along with confidence at sharing their drawings and imagery with the group.

As cancer is a condition that can throw one into various states of self-awareness and shifts of mood and emotions, I am becoming increasingly aware of the emotional depth of introspection, questioning, and sorting out of what is important in life that cancer has brought to these patients. Some share their feelings and experiences of the challenges

and changes (in health, family and friendships) this has brought to their lives. Some find their emotional pain triggered by the music one week to come to the next session with resolution and renewed strength in themselves.

Music and Imagery at RPA has given cancer patients an avenue to meet and share their personal journey with other patients in a supportive and empathic environment. The solitude many of these patients note finds temporary alleviation and companionship through the sharing of wonderful music. Positive feedback from patients to the hospital has allowed an extension of the length and frequency of the sessions.

Micaela Nathan RMT, MA, B.Mus., ND, DCH

## POETIC PIECES



## THE MUSIC INSIDE

There is music still inside him, though it does not often show  
Though how or where it comes from he does not always know  
But there are times it moves him and then the feelings start to flow  
And few there be that share it, but there are some who know

In reverie he slumbers sees days of long ago  
He sees the season's changes the rivers surge and flow

Sometimes its running over, at others trickling  
slow  
He watches grazing cattle getting fatter as they  
grow

The ebb and flow of seasons with change the  
normal go  
The changing forms of fashion where skirt  
lengths shrink and grow  
The mangled forms of music that gets the  
young to go  
These shifting forms of music he does not care  
to know

The music he was born with was with him from  
the start  
The melodies and love songs that were to him  
an art  
The march the waltz and two-step from them  
he'll never part  
Stir half forgotten feelings locked deep within  
his heart

With mother on piano and dad with fiddle bow  
They set the rafters singing with songs of long  
long ago  
They set the floorboards creaking while  
dancing heel and toe  
With music love and dancing that's how I want  
to go

But still I sit here thinking the clock is ticking  
slow  
My heart is filled with memories the joy of long  
ago  
I miss these years of friendship the great old  
pals I know  
You know they're still inside me and now and  
then they show

Kelvin Wilson



## **CONTACT MIAA**

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**VIC: 3984**

**Email: [info@musicandimagery.org.au](mailto:info@musicandimagery.org.au)**

**Website: [www.musicandimagery.org.au](http://www.musicandimagery.org.au)**

## **MIAA AGM AND WORKSHOP**

The MIAA AGM and Workshop was held on 2<sup>nd</sup>  
April with seven attendees and twelve apologies.

Joanna Booth's Programme:

"AUTHENTIC AUTHORITY (Godde Within)"

was used for the Workshop.

"Much of the music is tender. The AUTHENTIC AUTHORITY programme keeps the traveller moving, and may provide plenty of challenge. There is only one non-vocal piece, which is written for that very intimate combination, the string quartet, arranged here for a string orchestra. The final work is for soprano solo and chamber orchestra. It may be a temptation to stop the work at the end of the Borodin; it seems enough until the Canteloube is heard. The rich and creamily mature voice of Kiri Te Kanawa, supported and enhanced by an orchestration of great delicacy and beauty returns the traveller to Mother Nature, a wider concept than the mother of the child in the Borodin. It may also evoke maturity in the traveller and certainly provides an opening out into a new and healthy world-view. Self-validation rather than relying upon the ephemeral validation from others and the consequent slide into self-doubt has been encouraged and effected with this music during both GIM and MDN sessions." Joanna Booth (notes)

The participants found this programme both challenging and confirming of inner experiences as expressed by Joanna in her notes.

## **POST-CERTIFICATE SUPPORT GROUP**

Two online Music and Imagery Experiences were held on the 10<sup>th</sup> and 17<sup>th</sup> April. There were five participants in each session with Marg Lee convening each session via Skype-Video this year. This enabled all participants to see as well as hearing each other which really enhanced our mutual experience.

Our participants came from Great Britain, USA, New Zealand as well as various states in Australia.

The Music Programme used this year was "Summer Barcarolle" another of Joanna Booth's programs which each participant experienced in their own unique way.

"It's so good that folk can feel that the programmes mostly are worthwhile for them, professionally and personally."  
Joanna Booth

"It was a fun way to "process" the music: doing a mandala for each piece. It was very educational to journey with "Summer Barcarolle" and hear about the other experiences."  
Cherie Baxter

"The Skype calls are invaluable for keeping me tangibly in touch with other members of MIAA. It's easy to feel isolated here in NZ as we can't participate in MIAA workshops and meetings in person, so the Skype calls are a wonderful chance to connect and discuss music experiences and GIM in general. Thank you so much for facilitating them!"  
Peggy Haworth NZ

## **MAY 21<sup>ST</sup> - HEALING JOURNEYS WITH MUSIC WORKSHOP**

The Autumnal colours in Melbourne were employed in a decorative arrangement as part of the Healing Journeys (Music and Imagery) workshop held in May. Participants sang and played instruments in the early stages of the workshop in honour of national Making Music Being Well Week and to connect with the themes of music, dreaming, the sacred and journeys in

time and space. This format will be used again on Saturday September 3<sup>rd</sup> but with renewed content to fit the season. It was a joy to participate in and share the healing journeys of participants both familiar and unfamiliar with music and imagery.

Four participants new to GIM and three MIAA members came together for this Workshop held at Villa Maria.

Cherie Baxter introduced the Workshop by honouring Helen Bonny, followed by a vitalising introductory song Nungurra (Gippsland Aboriginal word for "Pleasant Place") by Yvonne Mason . . . . a very bonding experience.

Following an introduction to GIM and the Healing Process there was a group music and imagery experience and general sharing within the Group. Participants reported gaining greater insight into the powers of music, consciousness and the inner self and healing experiences.

MIAA Council hopes that this is the beginning of introducing GIM to a much broader audience thanks to the efforts of Cherie.

Margaret Lee/Cherie Baxter

## **BOOK REVIEW**

### *Piano Lessons* Anna Goldsworthy

From Anna's website:

*Piano Lessons is a story of the getting of wisdom, tender and bittersweet.*

*In this superb and original memoir, Anna Goldsworthy recalls her first steps towards a life in music, from childhood piano lessons with a local rock muso to international fame as a concert pianist. As she discovers passion and ambition, and confronts doubt and disappointment, she learns about much more than tone and technique.*

*Goldsworthy evokes the hopes and uncertainties of young adulthood, the fear and exhilaration of performing, and the complex bonds between teacher and student. Above all there is her teacher, Mrs Sivan, enigmatic, charismatic and intimidating.*

This book is particularly relevant to music and imagery enthusiasts as Anna quotes her teacher saying "Music is imagination". Several composers are explored (within discrete chapters coinciding with phases of Anna's piano studies) and the special understanding imbued of the composer's archetypes that present through their composition

## **MIAA LIBRARY NEWS**

**Log in to the MIAA website:**

[www.musicandimagery.org.au](http://www.musicandimagery.org.au) to see the latest library list and submit your library loan request.

Increasingly members find it more economic and beneficial to purchase their own library items via <http://www.bookdepository.com/> rather than borrow them via the MIAA library. This makes the librarian's role increasingly simple! It is amazing for us all to have books so cheaply available without having to pay postage or search for them.

The latest edition of **Psychotherapy in Australia** (May 2011) contains articles on: counselling clients from an older generation, young people and the curse of ordinariness: 'Special', ethical maturity, collaborative couple therapy, happiness and chance: a reappraisal of the psychoanalytic conception of suffering, an authoritative guide to counsellor education, self-deception, training for a relational art, Congolese clients with a trauma history, the objectum of desire and an inquiry into the experience of 'good' counselling supervision.

You may request articles, or copies of this edition, or any of the back copies of this journal for loan via the web-site. To view the index for **Psychotherapy in Australia**, go to their website.

### **Item of Interest**

A-VT Audio-Visual Therapy

A-VT represents a significant breakthrough in enhancing the ambience of therapeutic and palliative environments, providing a calming, relaxing and meditative experience that can have a profound beneficial impact on people experiencing discomfort, anxiety and pain.

<http://www.audio-visualtherapy.com/samples.html>  
<http://www.audio-visualtherapy.com/samples.html>

Phone: 043-335-7269

Email: [selwynr@internode.on.net](mailto:selwynr@internode.on.net)

### **MIAA Newsletter**

#### **COPY DEADLINES forthcoming in 2011**

Spring: August 15<sup>th</sup>

Summer: November 15<sup>th</sup>

**Newsletter Production:** Margaret Lee

**Editorial Committee:** Liz Ely and Bronwen James

**Please send your contributions to:**

[margmlee@bigpond.com](mailto:margmlee@bigpond.com)

Please send in Word format if possible.

Many thanks – Marg

## **COMING EVENTS**

### **MIAA Events**

**September 3, Saturday 9.30am – 12.30pm**

#### **Healing Journeys in Music**

Esmonde House, Villa Maria, Kew

Come and be introduced to music and imagery (and Guided Imagery and Music) or for experienced travellers, come and further activate your ability to self-care and heal. This is a great opportunity to meet with other MIAA members, and also grow our unique area of interest and community. Please help publicize this event widely.

Members: Free, Non-members: \$30

### **MIAA Members' Weekend**

Esmonde House, Villa Maria, Kew

**October 15<sup>th</sup>: MIAA Clinicians' Day**

Program to be advised – contributions welcomed!

**October 16<sup>th</sup>: MIAA All Member's Day**

- Therapeutic Lifestyles enabling resilience and good health – the latest research
- Sacred Dance
- Association of Music & Imagery DVD

Prospective Certificate Course Students Workshop  
TBA

**November** – Online Music and Imagery Sharing  
Date and details to be confirmed.

**Sunday November 12<sup>th</sup>:**

**Celebrating Music and Connections**

Open to members and non-members

Esmonde House, Villa Maria, Kew

A Group workshop will be conducted including reflections and sharing about the impact of music and music and imagery in our lives.



**World Congress of Psychotherapy 2011**

World Dreaming 24 – 28 August, 2011 Sydney

**EARLYBIRD REGISTRATION HAS BEEN EXTENDED  
TILL JUNE 8<sup>TH</sup>**

Registration: [www.wcp2011.org](http://www.wcp2011.org)

**DIVERSITY OF MODALITIES**

Psychotherapeutic modalities reflect the many and diverse ways in which psychotherapists specialize. Modalities may be named after the person who founded their particular school of psychotherapy (Freudian, Jungian). They may use specialized methods (psychodrama, T.A.), hold a particular focus (object relations, self psychology) or adapt their approach to a particular client group (addictions therapy, trauma-focused therapy). Practitioners within each modality may hold a similar frame of reference that allows them to communicate many of their ideas and experiences

quickly and effectively. Practitioners speaking across modalities, by contrast, have the opportunity to challenge and extend each other, exploring differences and finding common ground.

Cherie Baxter will be conducting a Workshop at the Congress to help introduce music and imagery, and the Bonny Method of GIM to a wider audience.

**Music-centred Psychotherapy: Dreaming Worlds, Healing Lives**

Abstract

Guided Imagery and Music (GIM) uses recorded classical music as a profound catalyst for the imagination. In psychotherapy, participants create and journey through “new worlds” as a unique expression of the depths of psyche and current issues. The Bonny Method of Guided Imagery and Music (BMGIM) is a potent synergy of verbal, music and art therapy with a standard form used in a series of individually tailored psychotherapy sessions. Based on the seminal work of psychologist and music therapist Helen L. Bonny (1921-2010) U.S.A. BMGIM is now practised internationally.

In GIM, altered states of consciousness occur with the music listening experience. Altered, dreaming states are initially evoked in concentration and focus on the body, breath and mind in preparation for listening. These states are sustained and modulated in intensity throughout the listening experience by the particular qualities of the music and verbal dialogue between client and therapist. Research on GIM has indicated positive outcomes for people living with depression or breast cancer.

This workshop will begin with a brief verbal introduction to GIM, its origins, applications, current research and training in this method. Its main focus will consist of a group music and imagery experience on the theme of “World Dreaming”. Participants will be lead through a relaxation/induction, linked to an individual imagery experience evoked by music listening, followed by free drawing and verbal sharing. They will have the opportunity to directly experience the role of music with altered states of consciousness in dreaming new worlds, and healing.

## **17<sup>th</sup> ANNUAL GENERAL MEETING OF THE MUSIC AND IMAGERY SOCIETY OF AUSTRALIA**

Held at Villa Maria Kew on April 2<sup>nd</sup> 2011

### **PRESIDENT'S REPORT:**

This is the Music and Imagery Association of Australia's 17<sup>th</sup> Annual General Meeting. Our small but plucky association has survived another year. We currently have 40 members all of whom are greatly valued. In this last year, membership has grown by 10 (including two new members from New Zealand and one from Tasmania). Currently members reside in six Australian states and New Zealand. Together we negotiate the challenges of MIAA operating as a small but diverse group which acts as both an interest group and a professional body. Fortunately current communications technologies make this possible and offer further challenges and opportunities for our association.

In this report I intend to outline what has been new, what has been sustained during the last year and what I believe needs to be addressed in the coming year by MIAA. I will report across the dimensions of our Strategic Plan, MIAA Council, Events, Training and Membership leaving the important domains of Finance, the Psychotherapy and Counselling Federation of Australia (PACFA) and Professional Practices Committee (PPC) and for detail in other reports.

### **What's been new for MIAA in this last year?**

The passing of our patroness Helen Bonny and the first trainer of a GIM courses held in Australia – Linda Keiser Mardis are important milestones for our association. The seminal work of Helen and training of Linda have provided the foundations for and ongoing spirit of MIAA. The Helen Bonny Remembrance gathering held in August provided a moving and fitting reflection and tribute to the life and work of Helen to which we are privileged to have shared. The commemorative edition of *Voices* (on-line music therapy journal) features an article titled "An Overview of Research in the Bonny Method of Guided Imagery and Music" by Honorary MIAA member Professor Denise Grocke.

A Strategic Plan for 2010-2012 emerged from a workshop led by Joan Skilbeck then further consultation with membership and MIAA Council. Following a hiatus since 2005 MIAA once again became an affiliate association of the Association of Music and Imagery (AMI). All MIAA members can now access the members section of the AMI website and will benefit from the interchange of resources and ideas.

Pat Hamilton (from Newcastle NSW) conducted a weekend workshop titled Befriending the Archetypes in June last year in Kew (VIC). This was a personal highlight for me. Pat's workshop enabled me much greater understanding of archetypes, how they are evoked with music and imagery, their interdependent nature and essential nature in the psyche.

In March, MIAA Council hosted a MIAA Members' Weekend including a Clinicians' Day and an All Members day. Highlights included Denise Grocke facilitating a music experience of the "Present Moments" program and an overview of "Guided Imagery and Music Research" (which was a keynote presentation at the 2010 European Conference) and Rachael Martin's report from the same conference. It was particularly pleasing to have participants from interstate at both the Archetypes and Members weekends.

A process of review of the MIAA website has been a main focus for Council, resulting from the Strategic Plan's primary focus on profile. This has resulted in a compilation of members' suggestions about what they would like from the website and the appointment of Clive Budd as the website worker. Clive is currently redeveloping the site in conjunction with MIAA Secretary Margaret Lee. The branding, terminology of MIAA communications and forums for communication are being reviewed and redesigned within this project. We appreciate the years of assistance provided by Liz van Dort and Andrew Kilham (non-members) on the existing website.

Rachael Martin stepped up to the role of MIAA Treasurer on the MIAA Council and has brought a systematic, steady approach and critical eye to our finances and has provided a welcome new perspective to Council. Thank-you Rachael! We welcome Meran McKenzie from QLD as our new Council Member connecting with us for meetings via Skype.

Carolyn Van Dort and Alison Short presented workshops/papers at the Arts for Health Conference held in Melbourne last November and several of our members have had articles or contributions in the AMI newsletter. MIAA supported the attendance of MIAA Council members to two conferences: Paul Gibney's Private Practice Seminar (Cherie Baxter) and a small part of the European GIM Conference (Rachael Martin). The MIAA Calendar includes two Introductions to GIM sessions and another Members' weekend is proposed for 2011.

These new endeavours could happen without maintaining the foundations to MIAA. Gratitude is overflowing for the work of the following individuals who have enabled these core activities of MIAA during the last year.

Travelling Notes newsletter has continued to have an edition for each season and has been a major undertaking for MIAA Secretary Margaret Lee, Cherie Baxter and Editors Liz Ely and Bronwen James. Thanks to all the contributors, including the poetry of Mary Roudie, the various reports and photos about events and the library.

Professional Practice Committee has comprised Carolyn Van Dort and Kay Kilham. In August, Alison Short replaced Diana Scott who has retired.

On-line Outreach Music and Imagery Sessions continue to link individuals spread across the world to participate and share their music listening experiences. These are facilitated by the increasingly techno-communications savvy Margaret Lee and are made available to anyone who has completed Certificate level training in GIM (including non-members).

Training in GIM continues with MIAA hosting the certificate course and the University of Melbourne the Graduate Diploma. Four students have completed the certificate course last year and four more are studying this year's course. Two Graduate Diploma students completed last year and four commenced training this year. Director of Training Denise Grocke, and trainers Carolyn Van Dort and Jennifer Marr continue to make this possible.

International GIM Training (written in consultation with Carolyn Van Dort) International interest in GIM training has continued during the last year with expressions from Thailand and Taiwan. Three trainees have come from Hong Kong in the last few years to train in GIM in Melbourne. MIAA provides the certificate course training (or levels 1 & 2 AMI equivalent) then study single course subjects of the Graduate Diploma in GIM at the University of Melbourne for the advanced level. Unfortunately, international students are not eligible for study visas. On completion of the single subjects, international students receive a statement of results which is sufficient for registration with AMI and MIAA.

MIAA continued as a member association of PACFA with Roman Ilgauskas as our representative. Roman and I acted as delegates to the two day Council Meeting held in March

2011 and AGM held in August 2010 in Melbourne. Approximately a third of Registered GIM therapists are now listed on the PACFA register.

MIAA's archives and Council records are kept and updated by Margaret Lee. Margaret has also assisted with the registrations for MIAA events and the Trade Table. On-line enquiries about GIM and training, the Library, Membership, Calendar of Events, Notices/Letters/Group emails to members, Council Agendas, certificate course enrolments and certificates, PACFA correspondence and the requirement of a Public Officer have been maintained by Cherie Baxter during the last year.

MIAA's relationship with AMTA (the Australian Music Therapy Association) has been formally reviewed. A letter by AMTA President Louise Miles and AMTA External Liaison Meg provides details about our reciprocal agreement (March 2011).

MIAA Council continues to meet monthly and these meetings have been warmly hosted by Liz Ely and on two occasions by Margaret Lee. Liz continues as the minute secretary and her eye for detail and understanding of processes and procedure have been very valuable. The venue support that she also provides through making Villa Maria's Esmonde House available without cost, is a great gift to MIAA. Thank-you for these gifts, Liz! Peter Ballard contributed to Council meetings and contributed towards a review of our insurance before stepping down as a Council member in August. Roman Ilgauskas is stepping down from Council today. We thank him for his contribution in supporting MIAA's relationship with PACFA during the last two years.

### **What needs to be addressed by MIAA in 2011-12?**

Firstly, we need to ensure that MIAA Council remains constitutionally fit. We have 5 Council members and require a minimum of 6. We require a Vice-President (who is an RGIMT) who is prepared to continue on and serve as a President at the end of my term of office, or in my absence. We will try and recruit suitable council member(s), but if unsuccessful after 3 months, the viability of MIAA may need to be seriously and urgently considered.

In line with the Strategic Plan we need to continue to attend to our profile especially via the website renewal and sustain and develop promotional opportunities. A review of the sustainability of training is also due. Another related issue is whether MIAA and the University of Melbourne will apply for PACFA accreditation of GIM training.

While some work has been done on MIAA's PPC Terms of Reference, MIAA Council awaits the final revisions from PPC before the document can be formally adopted. MIAA's ethics documents are due for revision, particularly in the light of the new PACFA ethics document. In respect to registration renewal for RGIMTs there are some complexities in interpreting the requirements and their processing. It is my hope that PPC and MIAA Council will work together to address these issues.

MIAA Council always requires and appreciates the many hands that become available to spread the work load around. Our capacity to exist and improve the profile of GIM depends on the voluntary service that its members provide. For example, we require two representatives to attend the August 20<sup>th</sup>-21<sup>st</sup> PACFA AGM to be held in Sydney. Volunteers for this (and other tasks) are welcomed. We would like all of our members to help promote our May 21<sup>st</sup> and September 3<sup>rd</sup> Introduction to GIM (titled Music and Imagery for Health and Wellbeing) sessions. If successful, these sessions could also be conducted interstate.

Cherie Baxter April 2011

## FINANCIAL REPORT FOR MIAA AGM 2010

DRAFT

Music and Imagery Association of Australia Inc.  
Statement of Receipts and Expenditure  
For the Year ended 28<sup>th</sup> of February 2011

Cash at bank 1 <sup>st</sup> March 2010	15,636.87
<u>Receipts</u>	
Membership/Registration	4,598.60
Training Programs / Accommodation	15,300.00
Conference/Workshops	1,667.50
Sale of Goods	214.50
Interest	499.02
TOTAL	22,279.62
<u>Expenditure</u>	
Training	12,793.00
Accommodation	1,758.00
Workshops	1,626.40
Stationary / Printing / Photocopying / Postage	755.99
Internet / Website	177.00
PACFA	2,743.75
Library	291.00
Insurance	413.65
Bank Fees	4.00
Miscellaneous Expenses	1,028.41
Audit Fees	103.00
TOTAL	21,694.20
Cash at bank 28 <sup>th</sup> of February 2011	18,004.69
Bank Statements for 28 <sup>th</sup> of Feb 11	
Cheques # 59, 60, 62 not drawn yet	1,596.24
Balance as above	18,004.69

It is our opinion that the above Statement fairly represents the state of affairs of the Music and Imagery Association of Australia Inc. for the year ended 28<sup>th</sup> of February 2011.

\_\_\_\_\_  
Rachael Martin – Treasurer  
April, 2011

\_\_\_\_\_  
Cherie Baxter – President (signed copy available)

## ACCOMPANYING NOTES FOR THE FINANCIAL REPORT

Income from Membership/Registration has increased by \$500 in the last year, which also grew from the year before.

However, Membership fees need to support the administrative costs of running MIAA; an analysis of the projected costs for 2011-12 based on previous costs will be undertaken to ensure that membership fees cover the actual costs involved (including areas of Stationary etc., Internet/website, PACFA, Library, Insurance, Bank fees, Audit fees, and Miscellaneous expenses). No profit was made in the previous year from membership.

Training: a loss of around \$500 per year will be sustained for both last year and this one coming, due to last minute student dropouts (these figures are not represented accurately in Statement due to financial year differing from training year). Budgets had been developed based on 5 + students and no contingencies discussed for lower numbers, leaving no profit with which to improve trainer conditions. Contingencies will be discussed for future training intakes and a new fee developed for students to endeavour to make Certificate level GIM training sustainable and in line with other similar training programs.

Workshops: costs for workshops were covered, however no profits were made (small difference between receipt/expenditure potentially also included some costs attributed to printing/photocopying). Figures substantially smaller than year ending Feb 2010, which included a conference (raised a profit).

Stationary etc.: the figure was more than double of previous year (more info avail when books returned from audit).

Internet/Website: a nominal amount was spent in the last year, for maintenance of existing website. Similarly a small figure was spent in the year ending Feb 2010, and it has been decided to upgrade the website in line with recommendations made in the strategic direction, which will incur an overall loss for the next financial year.

Sale of Goods: amount was higher than last year, although no donations were received, which there have been in previous years.

Interest: bank interest has doubled in the previous year due to a change of bank accounts.

PACFA: there is one less RGIMT compared to the previous year ending Feb 2010. PACFA will be restructuring their member fees this coming year leaving the projected cost unknown at this stage.

Miscellaneous Expenses: this figure was higher than previous years, and included support for conference attendance by MIAA members.

Ideas for fundraising??!

Rachael Martin

## **PROFESSIONAL PRACTICES COMMITTEE REPORT FOR MIAA AGM 2011**

Presented to the Music and Imagery Association of Australia Inc. Annual General Meeting on April 2<sup>nd</sup> 2011

The Professional Practices Committee [PPC] members for 2010/2011 are Kay Kilham, Alison Short and Carolyn Van Dort.

This last year PPC worked closely with MIAA Council in formulating the Terms of Reference document which outlines the role of PPC more clearly. After many email consultations Alison, Kay and I met on 18<sup>th</sup> Nov '10 to rework this document and recommend it to MIAA Council.

As a result of some discussions arising from the GIM training, it was suggested that PPC study the Privacy Policy and Management of Client Information that MIAA recommends for RGIMTs. This was discussed at the Professional Development Day on 5<sup>th</sup> March 2011. It was decided that as this document is in line with recommendations outlined by PACFA no major revision was required.

Many thanks go to Kay and Alison for their support and time

Carolyn Van Dort

## **PACFA REPORT FOR MIAA AGM 2011**

I wish to offer my thanks to my colleagues and fellow MIAA members for their support and encouragement in representing them for the last two years on the PACFA Council. This has been a very interesting time for the self-regulation of counselling and psychotherapy in Australia.

In the PACFA Council meeting held at St. Hilda's College, Melbourne University two weekends ago, both our President Cherie Baxter and I attended. It was clear that the new Board of PACFA are focused on gaining as much involvement and discussion about important issues from their Member Associations (MAs) as they could. It is to their credit that they used a process called the World Café so that new Council members could be fully involved in discussions and deliberations. However there is an ongoing tension, as the new delegates are often bewildered by the process and history of the way the Council continues to serve the profession.

The business of Council at this meeting was

1. To receive Reports from the various committees:

- Research Committee, ARCAP (Australian Register of Counsellors and Psychotherapists), Training Standards, Course Accreditation Committee, President and Vice-President, Secretary's Reports, Professional Practices Committee, Ethics Committee, and to elect four Board Positions.

2. The World Café process was used to capture delegates' views on a number of important issues:

- PACFA Member Associations Scoping Report to explore what Member Associations want out of PACFA. This was important given the recent withdrawal of two member associations, which indicated they believed PACFA was too focused on Government lobbying rather than on

developing the professionalism of PACFA. The scoping report covered a number of issues that were identified by the one quarter of MAs that responded to the invitation to discuss what burning issues they had. These included PACFA fees, communication between PACFA and MA's, viability of MAs, intangible value of PACFA, and declining numbers of clients to name some.

- The draft PACFA Strategic Plan 2011-2014 which outlined a vision for a number of areas: research, professional practice, promotion of PACFA, organizational effectiveness, finance and grants, meeting the needs of MAs, course accreditation, register, training standards, ethics, advocacy and lobbying. A full copy is attached and will be circulated to members for comment.
- Supervision Training Standards: considerable lively discussion occurred around this issue, and will be reported on in the future.
- Changes to the PACFA Constitution to allow for a bridging registration for individual members in the case where a MA may fold or be suspended or expelled from PACFA. This may also need consideration when a MAs membership threshold is not met. This minimum number while not mentioned in the By-Laws has been 20 members.
- Proposed amendments to Professional Training Standards

3. Put on notice were a number of issues for MAs to respond to. These included:

- (a) To respond to the Secretary's report for the March Council meeting regarding advice obtained from the PACFA solicitors regarding changes to the Constitution.
- (b) How Finance and Grants could be raised for MA's to meet their financial obligations as well as raising a stable income source for PACFA to serve the profession and which included evidence-based research.
- (c) What should be the relationship between MA code of Ethics and PACFA's Code of Ethics?
- (d) For MAs to comment on the new Training Standard's paper and proposed Supervision.
- (e) For MAs to comment on a proposed statement on evidence based research practice.

4. To welcome the newly appointed CEO Maria Brett. Her initial professional training was as a lawyer, which has given her a proven capacity for policy work and strong negotiation and influencing skills when making representations to government. She is the author of multiple reports on human rights issues in East Timor, a research report on the Hague Convention on Child Protection as well as capacity building training manuals and policies. She has demonstrated success in gaining grants and is a very experienced manager. She has postgraduate qualifications in psychotherapy and is a member of BACP.

There was frustration about what individual members and MAs believed they were getting regarding the ARCAP register, as well as registration with private health funds. The current arrangement between ACA and PACFA has been clarified after obtaining legal advice. An agreement now exists in which there is an understanding that access to the ARCAP register shall be instituted by June of this year. There are still concerns about the level of training and practising and non-practising professionals on the register for different sections of the register that ACA and PACFA manage separately. This, however, cannot be changed before the register goes live.

The World Dreaming, World Congress for Psychotherapy 2011 will be held in Sydney between the 24th and 28th August. The 2011 PACFA AGM will coincide with this event.

Roman Ilgauskas

## **MINUTES OF MIAA AGM 2011**

### **Music and Imagery Association AGM 2 April 2011**

**Present:** Cherie Baxter, Greg Stebbing, Margaret Lee, Liz Ely, Florence Holligan, Mary Roudie, Jenny Marr

**Apologies:** Denise Grocke, Marea Richardson, Carolyn Van Dort, Carrie Salter, Rachael Martin, Peter Ballard, Joanna Booth, Annette Baron, Meran McKenzie, Pat Hamilton, Peter Ballard, Louise Terry-Clarke

#### **Previous Minutes**

Amendments: Throughout Minutes 'Rachel' should read 'Rachael'. Pt. 5 'Office bearer' should read 'office bearers'.

Minutes Adopted: Proposed Florence Holligan                      Seconded: Margaret Lee

**Business Arising:** Nil

#### **New Business:**

1. *President's Report* – see attached. Letter received from AMTA Inc. was read out re the reciprocal relationship between the two Associations. AMTA has agreed to the following
  - Attendance at AGM
  - Attendance at certain meetings, still being discussed by AMTA
  - Receipt of publications
  - Advertisements in publications free of charge (for written publications and one free per month electronically)
  - Links on each other's web sites
  - Joint events and shared training

Still debate as to whether AMTA is agreeable to acknowledging Music and Imagery as a form of Music Therapy. MIAA is appreciative of the AMTA response.

Brief discussion then ensued re MIAA future and what, if any respective organisations/ associations we should foster future stronger affiliations with e.g. AMTA/ CAPAV

Report adopted.                      Proposed: Greg Stebbing                      Seconded: Jenny Marr

2. *Draft Finance report* – see attached for report and explanatory notes. The Statement has been submitted to the Auditor, however they required additional information and this was forwarded but not received in time for the audit to be completed. It is due 8 April 2011. The Auditor advised MIAA to schedule AGM later after the books closed to allow for completion of the audit. A discussion followed re the rationale for 28 Feb as end of the financial year. Previous minutes from AGM are to

be reviewed along with Incorporation requirements and the Council is to consider the possibility of changing the date of the close of books and thus the AGM.

*ACTION: Secretary / President*

Fees – A review of fees being conducted by the Council. PACFA takes \$155 per RGIMT. A new schedule of fees is to be forwarded soon.

Web site redesign – cost will be approx. \$2600. This quote was half of that received from two other providers. M Lee has had one meeting thus far with the consultant.

The draft Report was adopted pending auditor's report:

Proposed: Jenny Marr. Seconded Margaret Lee. If significant issues arise in the financial statement and auditor's report then the revised report is to be circulated by Cherie Baxter to members for review and comment.

*ACTION: Cherie Baxter*

3. *PPC Report* – see attached

Privacy documents are to be reviewed and ratified by Council and then circulated to all RGIMTs with recommendation for adoption and use in their practice.

Report Adopted: Proposed: Florence Holligan Seconded: Mary Roudie

4. *PACFA Report* - see attached

Adopted: Proposed: Greg Stebbing Seconded: Jenny Marr

5. *Election of Office Bearers* – conducted by Jenny Marr

President: Cherie Baxter

Vice President: vacant

Secretary: Margaret lee

Treasurer: Rachael Martin

General members: Meran McKenzie, Liz Ely

Congratulations and thanks to all

The vacant office of the Vice President is an issue. It must be an RGIMT. It is acknowledged that position is that of the future president and that the person acts in president's role in times of absence and takes over should President resign ahead of term.

*ACTION: Council to seek RGIMT to fill the vacancy*

6. Appointment of Auditor – It is proposed that the auditor, Mr Ian Duff, continues. He was acknowledged and thanked publicly for his work. Proposed: Cherie Baxter. Seconded: Greg Stebbing

## **Other Business**

1. New Technology Wireless connections are now a possibility, thus enabling Meran McKenzie to be a part of Council meetings. The cost is \$20 per month. Thanks to Margaret for investing time and to Damien Adams for donating the technology.

Meeting closed at 11.10am