



AMTAS 2008 Fall Newsletter

AMTAS President - Gretchen Chardos

Greetings AMTAS Members, It is a continued honor and privilege serving AMTAS alongside the AMTAS Executive Board and Regional Representatives. We are enthusiastically preparing for the AMTA Conference in St. Louis, Missouri.

Details for the time and location of both **AMTAS Business Meetings** in St. Louis are available on the AMTA Website under the "Conference" link. Your attendance and participation are encouraged during the AMTA Conference! We will vote on several important issues, including the 2008 – 2009 AMTAS Executive Board Members, Standing Committee Members, bylaw revisions, and more. This year an assortment of door prizes were collected that will be raffled during both AMTAS Business Meetings in St. Louis. AMTAS is grateful to the individuals who generously donated items to be awarded as door prizes.

AMTAS advertised available **AMTA Conference Partial Scholarships**. There were five recipients – students and/or interns who will attend national conference to work off one-half of their registration fee. Thankfully Dr. Cynthia Briggs, the local committee and Marcia Humple, AMTA Vice President & Conference Program Chair assisted in offering this opportunity to AMTAS Members. AMTAS is grateful for their support!

Applications for the **2008 AMTAS President's Challenge** were received and the voting process is in progress. All regional student associations are requested to bring instruments/materials to support the local recipient of 2008 AMTAS President's Challenge. The 2008 AMTAS President's Challenge will be awarded during the second AMTAS Business Meeting in St. Louis.

During the AMTA Conference, individuals serving on the AMTAS Board of Directors will wear **t-shirts displaying the new AMTAS logo**. If you are unable to attend national conference then you may soon view the t-shirt design on the AMTAS Website. We are requesting members' feedback regarding this potential fundraiser.

Lastly, remember to renew or become an **AMTA Member** in time for 2009. There are numerous resources available to student or intern members including the following: music therapy publications, "Welcome To The Professional World Packet", scholarship opportunities, and more!

Please contact us if we may be of further assistance. Thank you for your continued support and advocacy of music therapy.

AMTAS Pres. Elect - Rose Fienman

Hello to all from New Orleans! AMTAS has certainly been very active in the months leading up to November's AMTA National Conference. I am pleased to report that all Regional Student Presidents and Regional Advisors have been set up with AMTAS gmail accounts. Standing Committees have been keeping me busy and our 2008 AMTAS Standing Committees Representatives are getting ready for the conference. Additionally, we are beginning our recruitment efforts for next year's AMTAS Executive Board, as well as next year's Standing Committee Representatives. If you are interested in getting





more involved with AMTAS, these are great ways to jump right in! Please don't hesitate to contact me at amtas.presidentelect@gmail.com if you would like more information. I have thoroughly enjoyed serving you during my term as President-Elect and I look forward to seeing everyone in St. Louis!

AMTAS Past President - Megan Cummins

As another national conference approaches, I have taken time to reflect on the journey that AMTAS has been for me. It has been quite an eye opening experience to watch this year's board work their magic. Together we have worked on putting together service projects, continuing the regional outreach program, fund raising, advocacy, strengthening the ties between students and professionals, and ensuring that our organization will thrive for years to come. As Past President, I have been the "wallflower", watching these talented students, interns, and early professionals strive to make effective decisions that will encourage students to become active members of AMTAS and hopefully in the next few years, AMTA.

My time with AMTAS has been a five year journey that has inspired me to be the best music therapist I can be. Being a part of AMTAS has been one of the most meaningful and memorable experiences in my life, and I will be sad to leave at the end of my term. I encourage each and every one of you to become involved with your school's organization, regional organization, and the national organization. You CAN make a difference and your voice WILL be heard. I cannot put into words what an impact AMTAS has had on my professional career, and I cannot begin to thank the many students and professionals who have influenced me. You are the reason AMTAS exists, and I hope that AMTAS will continue to have much success in the years to come. Thank you all for everything you do, and have a productive year!

AMTAS Vice President - Gabrielle Tee

Greetings from Kansas City!

The 10th Annual Conference is just around the corner, and there are many exciting opportunities for music therapy students. Check out the "news" link on the AMTAS website for conference highlights especially for students. As part of the AMTAS board, I have helped brainstorm ideas such as fundraising and new AMTAS T-shirts, which will be unveiled at the student meetings.

As always, the website remains full of easy-to-access, relevant information for music therapy students. You will find listings of colleges that offer music therapy, links on music therapy resources and products, internship sites, and FAQ for current and prospective students. Please come to the student business meetings and give your input on what you'd like to see on the website for next year.

Check out the new AMTAS site at www.ser-amta.org/amtas





AMTAS Secretary - Emily Izen

Our number one source of communication is through Facebook. The growing and popular website, www.facebook.com, has allowed us to form an AMTAS group. AMTAS members can join the group, we currently have 598 members. Perspective students can also look at the group if they are interested in music therapy. There is a discussion board where students and interns can post topics for conversations, such as links to good websites or ask each other questions. There is a link on our group page to the AMTAS website, which is newly improved – if you haven't seen it lately I recommend checking it out! ☺

This is the last newsletter I will be in charge of putting together. I would like to thank everyone for all the hard work that has been put into making this past year so successful. Without the support and dedication from students the group would not be possible. Thank you to all students who serve as regional and national officers, it is an extra time commitment and it is important you realize how much you are appreciated. Thanks again, good luck & have fun in St. Louis!

AMTAS Parliamentarian - Allison Reyburn

Hello fellow music therapy students! I am happy to report that this year has been full of positive changes. Bylaw revisions to be proposed in November include the transition from having a Past President to having a President Elect to facilitate smoother transitions. Officer descriptions have been further defined and changed to increase productivity and balance. I have also been the consultant to ensure that the bylaws are being properly adhered to. The positive changes that were begun at the national conference this past year are being continued in addition to many more accomplishments that will be apparent in the fall. I feel fortunate to have worked with such passionate fellow board members and a strongly devoted advisor. Those who are active members should feel proud of their association who has and will continue to develop. Those who are not should strongly consider the benefits of working alongside with people who share the same desires as you. You will not only be gaining knowledge, experience and friendships, but you will be making a difference in something we all believe in. Thanks for this amazing opportunity.

AMTAS Treasurer - Christopher Combie

The AMTAS Board of Directors unanimously voted to support a national service project called "MT your pockets for MTs in Africa" at the beginning of the year. The scope of the project is large and the donation from AMTAS will help in a small way to provide drums, instruments, percussive instruments, and other music therapy necessities to assist Marisa Covert, MT-BC to spearhead this new and exciting venture in South Africa. AMTAS is looking into the possibility of matching funds from the regional AMTAS groups to further assist. Please do not hesitate to contact AMTAS with questions. This project will be kicked into high gear at the national conference in St. Louis, MO under the direction and leadership of AMTAS Past-President, Megan Cummins, MT-BC.





Great Lakes Region - Jeff Wolfe

The Great Lakes Region has had a busy and very successful past few months. A committee project began in September to unite the region as a whole. The committees include a fundraising committee, communication committee, scholarship committee, and a public relations committee. Each university in the 17 school region was asked to appoint one member from their music therapy chapter to develop ideas and implement the goals of GLR-AMTAS. The executive board is hosting a GLR-AMTAS luncheon, meet and greet, during national conference. It is GLR-AMTAS's hope that this will become a reoccurring event for professionals and students to interact at AMTA national conference. The luncheon will be held Friday, November 21st, 11:30-1:00 PM at the Fourth Street Grill. And don't forget to check out the silent auction at national conference where you can bid on donated items from each chapter of GLR-AMTAS.

The Carolyn Koebel workshop was held at Eastern Michigan University on September 21st. Professionals and students from Michigan ventured to EMU to partake in a day filled with education. Carolyn presented two workshops: Get in the Groove! and Essential Percussion Skills for Every Music Therapist. Each participant received a frame drum and cd with a collection of chants that were used during the workshop.

The Ohio music therapy student associations are proud to hold the very first state video conference on November 16th. Caitlin Kraus, the student representative for the Ohio Association of Music Therapy, went above and beyond the call of duty to make this event possible. Dayton University, Baldwin Wallace Univeristy, and Ohio University will share information about their AMTAS chapters and interact in an educational workshop.

Mid-Atlantic Region - Sherrye Dobrin

MARAMTS is proud to have an excited and active Executive Board and Board of Representatives. This past September, we held our Fall Business Meeting as we do every year. We had chapters reps attend from 13 schools, including schools that haven't attended this meeting in several years. These schools, which have previously been inactive, have returned to an active status and we are thrilled to have them back. We hope that this return of active involvement is due to a new program, implemented last year by our former Government Relations Chair, Amelia Chapman and is being continued by this year's chair, Megan Smith, called the Sibling School Advocacy Project. With this project, schools who are active in the region are paired up with schools who haven't been active and they work together to encourage active involvement. Some schools have gotten together and shared drum circles and other programs together. This program continues to grow in participation. At each Fall Business Meeting, we have a guest speaker who is a professional from the MAR Region to present on a issue that is relevant for students and future professionals. This year's speaker was Dr. David Ramsey who gave an outstanding presentation entitled Essential Human Experiences Through Electronic Music Improvisation. The presentation was fascinating and moving, and we cannot thank him enough for taking the time out of his busy schedule to share this with us. Many great plans are in store for the upcoming year.





We are excited about our fundraiser this year. Since it hasn't been revealed yet, I don't want to give out too much information, but I will just say that they are car magnets and they look phenomenal. Last year's fundraiser was a notebook and pen set that were a huge hit. We raised a lot of money with it at our Regional Conference last year in Cherry Hill, NJ. Other plans for this year include exploring the way that technology can be used as communication within the students. Just this year we created a Facebook group called MARAMTS Students. Many students in the region have already joined. We are also considering starting the use of a podcast to share information but that is still being worked out.

As we also do annually, we are proud to offer scholarships this year. We will be awarding 2 sophomore scholarships, 2 junior scholarships and 1 graduate scholarship this year. Each scholarship pays for AMTA student membership as well as the regional conference registration fee. In addition, 2 Club Awards (each \$250) are awarded to schools for an outstanding advocacy project or community service project. MAR will also be awarding 3 Jenny Shinn Memorial Awards (\$500 each) to 2009 interns. All scholarships are judged by students as well as professionals according to pre-determined rating scales. We are very excited about all of these upcoming projects and look forward to a successful year. I would also like to wish all students who are seniors this year the best of luck on their internships, certification and graduations! We all know this is quite a journey!!!

Midwestern Region - Thomas Welander

The Mid West Region of American Music Therapy Association of Students (MWRAMTAS) has seen a great deal of turmoil since last spring's bi-regional conference held in Chicago, Illinois between the Great Lakes and Mid West Regions. As we all undoubtedly know by now, the Mississippi River and a large number of tributaries to that river experienced unprecedented levels of flooding throughout the summer months of 2008. In Iowa City, the University of Iowa's College of Music lost a vast majority of their building access and will be without the services of said buildings for an indefinite period of time. Waverly's Wartburg College also experienced a great deal of damage and both schools will be recovering for some time. I apologize for not discussing all of the schools that were directly or indirectly involved with the flooding, but please understand that my compassion and thoughts of hope go out to all of you.

That being said, it is of special interest to the MWRAMTAS that the next National Conference of the American Music Therapy Association (AMTA) will be held alongside the Mississippi River in St. Louis Missouri. This fact is profound in that it offers those of us in the Mississippi River Valley an important opportunity to put a little more emotional closure on the events of last summer. We are not out of the woods yet, but with the continuing support of our national organization we can surely continue to overcome. It is with great appreciation that, on behalf of the MWRAMTAS executive board and likewise the students of our region, I would like to extend a heartfelt and enormous thank you to the national AMTA executive board and the organization at large for their ongoing support in this our most fragile of times. We cannot thank you enough but wish to attempt to do so by productively continuing our activities of scholastic adaptability. After all, we are musicians and musicians are surely capable of improvisation. By continuing to learn and grow as





students of music therapy, despite various housing and classroom relocations or difficulties, we do our best to further promote a regional tradition of professionalism and excellence in our preparation for our future careers. The example of perseverance set by the national professional board and greater organization is a considerable one and we, as students, are indebted to AMTA for everything they have done to help alleviate our regional distress. Thank you again, AMTA, and please know that those of us in the Mid West Region will continue to succeed in our education with your support

New England Region - Jared Leaderman

The New England Region just concluded its annual passages conference on Saturday, October 25, 2008. Students from Lesley University, Berklee College of Music, and Anna Maria College were in attendance as students and new professionals showcased clinical work in the following areas:

- The Effects of Music Therapy in the Rehabilitation of Traumatic Brain Injury
- Songwriting with adolescents
- The Use of Books and Toys in Music Therapy Sessions with Children
- The Effect of Harp Music on Pain Perception and Anxiety Reduction
- Vocal Health for Music Therapists
- Music Therapy for Social Action: Lesley Without Borders in Argentina

This past summer, NER-AMTAS board members, Jared Leaderman (President), Irene Antonellis (Public Relations), and Jessica Kaptcianos (Secretary) designed and implemented a school-based pilot project in rural Argentina. The goal of the project was to increase the local students' cultural awareness and foster a sense of community through multimodal music making.

NER-AMTAS will be having the first board meeting of the academic year on November 2nd to discuss future projects like:

- Holiday Concerts at local music therapy internship sites.
 - Monthly song-share/Jam sessions pot-luck dinners
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Southeastern - Will Phillips

This past March, we held our third and largest student conference titled "Building Together" in conjunction with our Regional Conference in New Orleans, LA. Our keynote speaker was Henry Warnick, a music therapist from Mississippi who shared about his personal experience working in a state hospital during hurricane Katrina. We also had 11 other presenters, speaking on topics such as improvisation, research in pediatrics, music therapy in the public schools, music therapy and world cultures, and music therapy at a children's shelter. This year our student board has been taking steps to open our own bank account and amended our By-Laws to make the treasurer's position a 2-year position instead of one. This year was also the last term of our former student advisor Thomas Hobson. Though sad to see him go, we were very pleased when Dr. Douglas Keith, from Georgia College and State University, accepted the position as the new SER-AMTAS Advisor.





Southwestern Region - Erin Hargis

The SWR has elected new officers to its board. As we had hoped, not all members are from one school this year. We hope to further increase involvement of all schools in our widely spread region. The SWR plans to have our first Passages conference at our regional conference in Austin which will be held March 26-28, 2009. Scholarships were given out and are being used by interns for our region. Student representatives were contacted from each school and we hope to have more participation and representation in our region as a result at this year's national and regional conferences.

Western Region - Casey Gregg

The academic year is off to a great start for WRAMTAS, as we have many projects under way and prospects of many more to come.

Passages: We held our first Passages conference for students, interns and new professionals in April, 2008 at the regional conference in Seattle, Washington. The campus of Seattle Pacific University proved to be a great location for this event, as presentations took place in classrooms and there was enough space to facilitate dinner and socializing as well. On March 29, 2009, we will be holding our second annual Passages conference on the campus of the University of the Pacific in congruency with the Western Region's 50th annual Regional Conference.

WRAMTAS would like to thank AMTAS for their support. We used \$300 from the AMTAS Regional Support Fund for the presenter, and the remaining \$100 was used to provide food for the Passages attendees. (\$96.95)

Songbook Fundraiser: The songbook was WRAMTAS' response to the charge given by AMTAS in 2007. WRAMTAS held a songbook fundraiser, creating compilations of original student songs and chants that were sold at the Seattle Regional Conference and Passages. [This was a fantastic fundraiser, with 38 original student compositions included. We made a profit of \\$226.46.](#) WRAMTAS will be donating one copy of the WRAMTAS Songbook to the 2008 AMTA Silent Auction.

Goals for the Coming Year: -Goals for the coming year encompass involvement with students across the entire Western Region. My hope is to elicit participation from students throughout every project by utilizing representatives from each school to facilitate the distribution of information, while also compiling an e-mail list of students who wish to be on a list-serve for more direct communication. We are looking into setting this up through the medium of our website, which will soon be receiving a professionally minded makeover and regular updates. We will be making wider use of photo release forms, ensuring that they are available at every event as well as for download from the website. Our first step to achieving this wide involvement is promoting awareness of this association, as many students do not even know about WRAMTAS.

The first project we have decided to work on is the creation of an official WRAMTAS logo. We are holding a contest where students may submit their design for the logo, promoting student involvement and providing advancements in our association. At this





point, we have appointed ourselves as the board to choose the winning logo. The winner of the logo-design contest will receive a prize, which may include a tote bag, egg shaker(s), and guitar picks with the logo printed on them. We plan on producing more of these items for selling at schools, conferences, and other events to raise funds in hopes that students, professionals, and other enthusiasts will be interested in affordable merchandise with a personal touch. We are just beginning to research the most efficient way to make this project work. Our goal is to have a logo designed by the end of January 2009, and merchandise ready to purchase by the WRAMTA and Passages Conferences in March 2009.

Gaston Award Winner - Amy Madson

Amy Madson is an equivalency student at the University of Minnesota. In her study she found that live patient-preferred music had a clinically significant effect on decreasing patient-reported levels of anxiety, pain perception, and nausea and on increasing their reported relaxation levels. She am now putting together a follow-up study to investigate the effect of music therapy on transplant patients' and caregivers' perceived quality of life in a randomized and controlled clinical trial. She is thrilled to have won the Gaston Award! She thanks the music therapy community for their encouragement and support.

