

## MT Times

January 2019

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# Music Therapy Times

Your monthly newsletter from GLR-AMTAS!

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## Message from the President:

Greetings, everyone! I hope you are all staying warm in this very cold weather!

I want to encourage all of you to register for the 2019 GLR Conference. It is looking to be a fabulous few days in Cincinnati!

The application is available on our website to submit an abstract to present at Passages! Head over and submit yours today!

I am excited to share that during Passages there will be a presentation from the music therapists of Cincinnati Children's Hospital. Throughout the day, we will also have an "intervention swap" where professionals from different populations will share 2/3 interventions for the respected clinical population. (Each one lasting about 30 minutes.)

My challenge this month is to register for the 2019 GLR Conference and to encourage your friends to attend with you!

Stay warm, and enjoy an extra cup of hot tea or coffee!

-Michelle Bingheim, GLR-AMTAS President

# Empathy in MT

By: Jodie Tan, Parliamentarian

Empathy is an important quality to have as a music therapist. It is how we build rapport with our clients. Often times, as students learning and training to become music therapists, we find ourselves struggling with many skills that we need to develop. Music therapy is divided into two parts: musical and verbal. We find ourselves struggling with communicating with clients, and perhaps more so trying to express the complex concept of 'empathy' through our speech.

Active listening is something that we would have heard of at some point when it comes to 'empathizing'. To actively listen, we are taught to paraphrase in response to the client. However, what comes next? Here are some additional tips that may help.

1. **Imitate the way they speak.** If a client is expressing themselves in an excited manner, match their inflections and their energy. If they are expressing that they are having a bad day in a slow and low tone, replicate that as you paraphrase.
2. **Body language matters.** Similarly to the previous point, one way to show that you are actively listening to the client, take note of their body language. Are they fidgeting in expression of their anxiety? Or are they calm and relaxed?
3. **Don't lie.** If a client is not reality-oriented, lying to them will only temporarily solve the issue. Instead, try redirection.
4. **Rarely does an empathic response start with 'at least'.** Quoting Brené Brown, there are times we find ourselves trying paint a more optimistic outlook by saying 'at least'. Instead of downplaying the client's thoughts and feelings, acknowledge what they are going through in that moment and validate their experiences.

# Announcements:

-Passages 2019 will be held on Thursday, March 14<sup>th</sup>, 2019 during the 2019 GLR Conference. Applications to present at Passages are available on our website! Go submit your abstract today!

-Student scholarship applications will be available on our website starting February 1st. (AKA tomorrow) There will be two levels of student scholarships available. Students must be attending the 2019 GLR Conference in order to receive a scholarship. The deadline to apply will be March 1st. Winners will be announced at Passages.

-Registration for the 2019 GLR Conference is available on the GLR website. ([glr-amta.org](http://glr-amta.org)) Hotel information can also be found on their website.

# Gift of Music Grant

The Gift of Music Grant is a grant sponsored by GLR-AMTAS that funds a maximum of \$400 to a private practice within the Great Lakes Region of AMTA for instruments, equipment, and other necessities.

Applications are available from now until March 1<sup>st</sup>, 2019. The winner will be announced at the 2019 GLR Conference, though the winner need not be in attendance.

Any questions regarding the grant may be directed to Michelle Bingheim (GLR-AMTAS President) at [glr.amtas@gmail.com](mailto:glr.amtas@gmail.com)



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## Gift of Music

APPLICATION DUE:  
MARCH 1ST, 2019

To Apply, Visit:  
[glramtas.weebly.com](http://glramtas.weebly.com)

A GRANT THAT FUNDS A  
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