

Music Therapy Week

Music Therapy New Zealand (MThNZ) is delighted to announce the upcoming **Music Therapy Week**, aligning with the World Federation of Music Therapy's (WFMT) Music Therapy Week, **from 10th – 15th April 2024**.

The 2024 theme '*Looking Back Moving Forward*' serves as a poignant reflection on the rich history within the music therapy profession, honouring the dedicated individuals and co-collaborators working towards the growth of music therapy in New Zealand.



For Music Therapy Week 2024, MThNZ is excited to offer the opportunity to interview registered Music Therapists from across Aotearoa. These passionate professionals will share their insights into why music therapy is crucial for individuals and communities.

MThNZ's purpose is to champion potential and well-being through the professional use of music therapy. As a therapeutic practice, music therapy is carefully planned to assist the health and personal growth of individuals with identified needs.

Registered music therapists possess highly honed skills to work with a diverse range of conditions, including physical and intellectual disabilities, neurological conditions, mental health and mood disorders, and substance abuse issues.

The adaptability and versatility of music therapy enable its application in various contexts such as schools, community spaces, hospitals, care and supported living facilities, prisons, and private practices.

Sarah Cole, Executive Officer of Music Therapy NZ, emphasizes, "In Aotearoa, music therapy is increasingly being used to assist in general wellbeing, providing support for those living through the challenges of trauma, separation, grief, and end-of-life care."

The WFMT's initiative for a World Music Therapy Week (WMTW), celebrated annually **from the 10th to the 15th of April**, highlights the global connectedness of music therapy. This event encourages music therapists and supporters worldwide to engage in activities that raise awareness and advocate for the therapeutic benefits of music.

Sarah Cole notes, "Music therapy transcends borders, and the global recognition through World Music Therapy Week emphasizes the collective commitment to improving lives through the power of music."

"New Zealand contributes significantly to the worldwide trend of success for clients through music therapy. Our passionate and highly skilled therapists are dedicated to utilising music to enhance the lives of individuals facing diverse challenges. As a

country, we strive to be at the forefront of promoting the global connectedness and therapeutic impact of music therapy.“

Liz Wallace Music Therapist at Therapy Professionals has recently published an article on her work with people with an Intellectual Disability which may assist your understanding of how music therapy works in practice.

<https://www.musictherapy.org.nz/wp-content/uploads/2023/12/NZJMT2023No21-Wallace.pdf>

Also see Radio New Zealand's recent segment on music therapy and how it is helping build confidence in children

<https://www.rnz.co.nz/national/programmes/ninetoon/audio/2018933828/using-music-therapy-to-build-confidence-in-children>