

**TO PROVIDE EXTENSIVE
COMMUNICATION
POSSIBILITIES
AND TO CLOSE THE GAP
BETWEEN BEING A STUDENT
AND BECOMING
A PROFESSIONAL.**

**Newsletter n°5
December 2005**

EAMTS
Quitowstraße 119
10559 Berlin
Germany

The EAMTS is happy to provide you with another newsletter in 2005. Reports of activities within the last year as well as future perspectives and current issues, concerning European Music Therapy Students at the moment, are displayed. You can read about students who joined the organisational team recently, about how you can join and what you can expect from the EAMTS in 2006. Important to note already is, that this will be the last newsletter which goes out to all our contact addresses.

The 6th newsletter will only be received by members of the EAMTS !!

To become a member is very easy and doesn't cost much; in this newsletter you'll find how to sign up. From January 2006 onwards, only members can participate in projects, be part of a students symposia at the European Congresses, can use our research and internship services and all the other services the EAMTS provides. Articles in this newsletter are the following:

1. Update from the Coordinator	1
<i>Juliane Grundt</i>	
2. Hello! We are the board of the EAMTS	2
<i>A short introduction of our new board members</i>	
3. About the INEX-Commission	3
<i>Motivation and ideas and about working on international exchange</i>	
4. Become a member of the EAMTS !!	3
<i>The new membership policy.</i>	
5. A full meeting in Aalborg/Denmark	4
<i>A report about the international student conference by Kaja Enge</i>	
6. My experience in Mostar	4
<i>From one of the participants: Anne-Marieke Mulder</i>	
7. Information about the Bosnia & Herzegovina Project in 2006	6
<i>Spela Knoll –Project Manager</i>	
8. The next international student meeting in spring 2006	6
9. European Congress 2007, The Netherlands	6
10. Official registration of the EAMTS	6
11. Join the organisation team	6
12. The current board of the EAMTS	7

For more information about the EAMTS see www.eamts.org and don't forget to have a look at **the forum!!**

1. UPDATE from the central coordinator

Since our last newsletter quite a lot happened within the EAMTS. New ideas and activities came up, new board members joined and, unfortunately, some "old" board members left. At this place I would like to thank our former members again for all the work they have done within the board!

The EAMTS has had quite a difficult time during the summer, mostly because of the lack of active members. We are sorry for delayed or missed reactions on requests or suggestions.

I'm even more delighted about all the new members the EAMTS board got in the last few months. The board now consists of nine very motivated students again and the tasks within the commissions are arranged. We are strong again and ready to start a rich and eventful year 2006!

2. Hello! We are the board of the EAMTS!

In this newsletter 5 out of 9 Board members would like to introduce themselves to you.

Jim Nield - Great Britain

I am a qualified nurse studying MT part time at APU in Cambridge, England. I participated on the recent Mostar project last September. It was a very rich, rewarding and challenging time, and I have gained some very valuable experience in addition to clinical placements on my training. I think the children also benefitted! As well as the actual MT, I was able to offer some assistance in terms of organisation. Subsequently, I have continued to help EAMTS informally, and I am hoping to assist with next year's project too. The EAMTS is at a very exciting stage of development, and it has been wonderful to meet and exchange dialogue with students from different colleges and nationalities.

Maria Rotteveel Mansveld – the Netherlands

Hi, I'm Maria. I study in Amersfoort, the Netherlands. At the weekend in Aalborg I became a member of the EAMTS (conference commission). I think the EAMTS has good aims, to help students getting a little experience with projects, participate in European conferences etc. At the conference commission I'll try to get lower prices, cheap overnight places and more.

Belén Valero - Spain

I'm Belén Valero, 25 years old. I come from Soria (Spain) and I've studied a "Postgrado" (~Master) in Music Therapy in Vitoria (Spain). I've just finished with this 3-years-Postgrado last July. At the moment I'm living in Germany for a year, until October 2006 (at least...)! Because of that, I wanted to join the EAMTS, now that I'm "a bit nearer"! My main motivation to be in the board was that I wanted to be more involved in all this "traffic" among people coming from different countries (in Europe): taking part maybe in Seminars/Courses in other Universities/Schools..., studying some more in the next future, etc. I'm, since July, a board member in the APM (= Music Therapy Professionals Association) in Spain. We thought it would be a very good idea to establish a link between Spain and Europe, and at the same time between professionals and students. Because of that there is a new "post" : a "linking person" between EAMTS and APM... And this person is me!

Hermína Kooijman – the Netherlands

Interesting internship place to share?

For those of you that don't know me, my name is Hermie Kooijman and I have been on the EAMTS through thick and thin since 2002. I am now a fourth year music therapy student in Nijmegen, the Netherlands. Since I joined the EAMTS I took care of the financial portfolio but I have decided this year to give that up and help out with **the In-Ex** which means I'll be trying to set up a network of possible internship places in Europe. Music therapy students that are members of the EAMTS will have access to this information. Naturally, since it is only starting up **I could really use your help**. If you had a **wonderful internship** in your country or in another country (even if it isn't in Europe), please send me an email with your name, the name of the internship place and the type of internship it is (ie psychiatry, hospital, school, autism clients etc...) and any other information that could be useful (music therapists name, contact information etc...).

This will be very helpful and like this we can finally start internationalising music therapy and thus also help standardize music therapy!

All I ask for is a little **e-mail from you!** You can contact me at mimine1982@hotmail.com or via the EAMTS e-mail address.

Thanking you in advance, Hermie Kooijman

Kaja Elise Enge - Denmark

I want to work in EAMTS, because I am very concerned about how music therapy education develops, and it's influence on the field of music therapy. Today, the field of music therapy is quite segmented, and being a music therapist can be very many different things. As a result of (and because of) this, the educations are also very different (for example is international exchange between music therapy educations very difficult to accomplish today). A low degree of communication makes it difficult for our field to develop and improve in the same direction. And I think gaining a higher level of entity is very important, since our field is so small.

3. About the INEX Commission – by Kaja Elise Enge

I have chosen two areas to work in: improving the possibilities for international exchange between European educations, and improving the possibilities to learn about research as a student/early in you career. This means I will be working mainly in the INEX commission. Actually, not any of these areas has been worked very much on earlier in EAMTS, so we have to start more or less from the beginning. A very important starting point for me is to have the student's actual *needs and interests* as a foundation. So, what I have already done, is to run a questionnaire-investigation at the Student meeting in Aalborg, to get an idea about what the interests and needs among European music therapy students are; according to international exchange and which areas they want to learn more about (research being one alternative among others). The data-material is not finished analyzed yet, so the results are not quite clear. But so far it seems that at least international exchange is something many students would like to have the possibility to do. The research related themes needs to be worked on a little more.

There are many complications within international exchange. Some of them are: different university-systems, which makes it difficult to have the studies you do abroad validated in your home-country. It also makes it difficult to make the studies done abroad fit within present studies (a solution to this would probably be to do it in *addition* to present studies). Another challenge of importance is the *language*. Both students and teachers must be willing to do it in English, or the students would have to know the language of the hosting country. Economical issues must also always be taken into consideration.

After mentioning these discouraging things, I want to site one of the discussion groups from the conference in Aalborg. They had also taken many problems into consideration, when they were discussing advantages and disadvantages about international exchange in music therapy. But they're last lines were: "*Every problem can be solved. But the school has to be interested in development*"☺. And this is probably the most important issue: The university/school's *interest* and *willingness* to use recourses on developing such an exchange.

Research-issues: I don't have a clear idea about if most music therapy students consider research related topics important, or are interested to learn about research. Myself, I think it's very important, of several reasons. Some of them are: Developing the music therapy treatment so we can give the best therapy possible, and providing evidences that music therapy actually works; something in which can provide *jobs* (which is quite essential...) and basis for a stronger homogeneity among music therapists. PLEASE, write to me if you have a view on any of these questions!! => inex@eamts.org

4. Become a member of the EAMTS – a new membership policy

Because we want to have more direct contact with the students themselves in order to be able to adjust to their needs and ideas and to get students more involved within the association, we changed our membership policy from schools as members to individual members. The costs are kept low with only 10€ per semester (September- February and March – August). All members can make use of the following services of the EAMTS:

- Joining music therapy projects in Bosnia and Herzegovina
- Participating at student symposia adjacent to professional congresses and research conferences
- Getting help and advice from the EAMTS in finding an internship possibility
- Receiving help in finding research placements and other researchers
- Contacting other European music therapy students, exchange knowledge and research questions

There will be an *annual meeting* during the first international students seminary held in the months of Mey or June. At the meeting following items will be on the agenda:

- Review of the past year and ongoing activities
- The organisation team will be introduced
- Financial Situation
- Evaluations projects and conferences last year.
- Plan for the next year to come and and, of course, questions and advices from you!

For an application form please visit www.eamts.org/member to download or write an email to: mail@eamts.org, addressed to "Internal Relations".

5. A full meeting in Aalborg/Denmark, 4th - 6th of November 2005 – by Kaja Elise Enge

We actually chose to call the Student Meeting in Aalborg for a Student Conference. Just for your information: the name of the arrangement can be quite important on whether you get funding or not...conference works a lot better than meeting;)

There were students from Norway, Netherlands, Germany, Spain, Denmark, Slovenia, and Belgium. We were almost 100 people all together. And I think it was a very good atmosphere through the entire weekend. Thanks to all the wonderful people who came, despite the fact that Aalborg is quite far away for almost everybody... I had never imagined that so many would come! And personally I really appreciated that people were improvising all the time. That made a very good "music therapy atmosphere"!

Well, the meeting/conference in short: Friday was the arriving-day, where everybody came, got something to eat and got settled at the accommodation school. In the evening all the universities presented themselves musically. The musical presentations were very creative and funny! Some of the students from Enschede also gave us information about the next European Conference in the Netherlands, in 2007 – I'm using the opportunity to remind everyone about that!!

Saturday was the big 'getting totally exhausted'-day! There were six different workshops, discussion group, concert, and party in the evening. The workshops were: Intuitive Dance (with Gitte Karlsen), Clinical Voice (with Sanne Storm), Clinical Piano Improvisation (with Helle Lund), Qualitative Video Observation (with Ulla Holck), Intuitive Music (with Karl Bergstrøm) and Psychodynamic Movement (with Inge Nygaard Pedersen). Abstracts are still to be found at our homepage! (www.geocities.com/mtmeeting).

The discussion groups discussed the following themes: Advantages and disadvantages of international exchange in music therapy education, how to improve EAMTS, and hopes and dreams for the future in music therapy. All together there were 30 students participating, which were split in four different discussing groups (all groups discussed the same questions). All through the one and a half hour, which the discussion lasted, there was a very nice and creative atmosphere in the room (despite very tired students...), and lots of good thoughts and ideas came up.

The concert in the evening was with a band called "Valravn". The music was inspired from old Nordic music traditions, and the concert was divided in two parts: One part which was a typical 'listening'-concert, and one where the audience got more involved by singing and dancing together with the band. "Valravn" even stayed on after the concert was over, and joined us in improvisations. I think they had a good time too...

Sunday we had a very nice lecture with dr. Lars Ole Bonde, which told us about his latest research; his PhD about GIM music therapy with women with breast cancer. He told us both about his research methods, and about the result of the investigation. His four main questions for the lecture were:
 What is the specific therapeutic potential of classical music in receptive music therapy?
 How can classical music serve as metaphor of human experiences and relationships?
 How can classical music evoke and support therapeutic metaphors and narratives?
 How can the influence of classical music on clients/patients be researched?

After the speech, some of the students from this year's Bosnia-project told us about their experiences. Very inspiring! And there were many people interested in joining the project next year – which is really nice.

And then it was goodbye...very, very, very sad...but hopefully we will see each other again in May, in Enschede.

6. My experience in Mostar – by Anne-Marieke Mulder, The Netherlands

Ok, I try to tell you about my experience in Bosnia- Herzegovina, which is kind of difficult because I don't know where to start!

I was in the Netherlands at my school when I saw the DVD of Mostar 2004. During this video I became more and more enthusiastic! From that time I knew I wanted to do the same. I started to work on my application and a few months later I got the email from the EAMTS who said me that they decided to have me in the team of 2005! I was so happy...

Together with 3 other students from the Netherlands, we started our journey to Slovenia in September. The EAMTS organized a preparation weekend for the whole team in Kranj, a nice town. We met the other music therapy students from England and Germany. It was a very mixed team with different people and different ages. The youngest was 19 and the eldest was 44 years old. But either way we got along fine. In the preparation weekend we got to know each other, gave self prepared presentations to the group about the country, history and music. And we listened to experiences from a music therapist who already worked there. Full of information and enthusiasm we started together our journey to Bosnia-Herzegovina by train and bus. Not knowing what we would expect there...

Mostar is a city what is still damaged from the war 10 years ago. Everywhere you look you see broken buildings and houses. It was my first time being in a war affected area, and I was moved by seeing this. I think everyone in the team found it weird or hard to see this.

We stayed in the orphanage for these 3 weeks. This was a great place to stay because we had a nice house with different bedrooms. After making the teams we got the information about the work we were going to do. I worked together with Benjamin from Germany in a school for children with special needs, in an institute for mentally disabled grown-ups and in the orphanage. The work was very diverse and most of the time never the same! We had to let go a lot of aspects we learned at our education. Also my expectations were very different from the reality; especially in the orphanage. Most of the things you normally do were difficult there. Like getting your group together for a music session. Every child wanted to come with you, and they did everything for it... It ended up that every session we had a different group of children, it was one big surprise! 3 Weeks with the children of the orphanage was actually too short. In the 3rd week we finally had a good contact with most of the children. Not only by making music, we also played acrobats in the evenings and sometimes we just hang around, listened and played with them. The contact became better because of this. But still it was hard to see how these children live with each other and without parents. Of course, we already knew this, but after 3 weeks I was really aware of the fact, that when they stand up in the morning, come back from school or go to bed in the evening, there are no parents to love them... That was sad.

During the weekends we went out to Blagaj, Sarajevo, Medugorje and Dubrovnik. This was great and really relaxing! Bosnia- Herzegovina is so beautiful with its landscapes, rivers and caves. The weekends we were free to decide where to go and for how long. Everybody really enjoyed their weekend in their own way.

In November we had a debriefing weekend near Berlin. It was so funny to see everyone back, this time not in summer clothes like we used to, but in winter clothes! We spent the weekend together watching the video and pictures we made. We also had a debriefing session and a supervision which was good to bring this project to a good end. After this weekend we really had to say goodbye to everyone...

This month in Bosnia-Herzegovina was so great and I learned a lot! We had good times together, we laughed a lot, we became good friends and we really enjoyed the evenings and the weekend after our work. We also had sad times together, or just bad. Like some of the team members got really disappointed in the children or we had the feeling that we didn't accomplished enough. But still, whether it was good or bad, I learned from every experience! It was great and my advise for people who are thinking about a project like this: just go for it!



The participants of our Project in September 2005 (f.l.t.r.):

Spela Loti Knoll –*Project Manager* – Slovenia,
Jantina Bijpost-NL;
Gabriele Holzwarth –D;
Benjamin Morlath –D;
Jim Nield-GB; Micheal Gilroy-GB;
Anne-Marieke Mulder –NL;
Lilian Dekkers-NL;
Lianne Eijkelenboom – NL.

Organisation before and after Bosnia:
Verena Heidenreich –D

7. Project Bosnia & Herzegovina 2006

As the second EAMTS Project was another success for all participants there will definitely be another one in 2006. It will again be from the beginning of September until the beginning of October of 2006. At the moment we are expanding our work opportunities and establishing more contacts with additional refugee camps and other institutions who are interested to work with us. Next to the musical workshops with children and adults with special needs we want to focus more on trainings and exchange of knowledge with professionals. In cooperation with Musers the team might work together with future music therapy students from Bosnia y Herzegovina. Depending on the work opportunities we might expand the capacity of the team to 10-15 students and recently graduated therapists.

In February we will have more information and the application procedure will start end of February 2006. the deadline of applications will be the 15th of April. If you are interested in more information, become a member including an extra note stating your interest in the project participation. (projects@eamts.org). Project managers will be Spela Knoll assisted by Jantina Bijpost and Jim Nield.



Other project ideas?

If you do have any idea or already an initiative going on for additional project possibilities and localities please do not hesitate to contact Verena Heidenreich for the project commission. Whether you need organisational advice, or you want to use the EAMTS services to invite international students to participate in a project, if you want to announce your idea on our website or if you want to join the Project Commission for realizing your project idea.... Just write an email and we can see how we can help. This can be a little project within your home town as well as a project in some foreign country over sea, which you have visit sometime or where you know people who might like to have music therapy students working with them for a short period of time. → projects@eamts.org

8. The next interantional students meeting in spring 2006

It's not decided yet, where the next students meeting will take place. So just keep observing the EAMTS website, which will be regularly updated.

9. European Congress 2007- The Netherlands

The 7th European Music Therapy Congress will take place in the Netherlands in August 2007. The EAMTS will be organising a student appearance at the congress and will try to provide cheap accomodation for members. Another aim is to get reduced fees for members as well. Further information about the EAMTS participation at this Congress you will find in our next newsletter in late spring 2006.

10. Official registration of the EAMTS

Unfortunately, our attempt to get officially registered in the Netherlands in summer 2005, failed. But instead we are planning to be registered as a "eingetragener Verein (e.V.)" in Germany by February 2006. An international registration will follow later on.

11. Join the organisation team

Although recently a lot more students joined the organisation team we still need more people to realize all our ideas and to fulfil our aims! If you feel like joining a young and dynamic team of enthusiastic students, who are eager to improve the situation of music therapy in Europe and enjoy organizing work, just send us a short email mentioning your interest and we'll get back to you!

12. The current board/organisation team of the EAMTS:

Juliane Grundt - Germany → Central coordinator

Spela Loti Knoll - Slovenia → Project Manager "Bosnia-Herzegovina"

Hermina Kooijman - South Africa/NL → INEX-Commission

Claudia Zindel - Germany → INEX-Commission

Kaja Elise Enge - Denmark → INEX- and Conference Commission

Maria Rotteveel Mansveld - The Netherlands → Conference Commission

Belén Valero - Spain → INEX- and Conference Commission

Verena Heidenreich - Germany → Finances, PR and Human resource manager

Jim Nield - Great Britain → Bosnia project 2006

Jantina Bijpost - the Netherlands → Bosnia project 2006

Jana Reppe - Germany → Fundraising

✓ Contact any of them at: mail@eamts.org and visit our homepage: www.eamts.org (Don't forget to leave some comments on the forum site !)

✓ And make sure you become a member, in order to keep updated with all the news and growing possibilities within the world of Music Therapy !

**Impressum: PR-Commission EAMTS, Verena Heidenreich & Juliane Grundt
Total circulation: 200**