

## Southwestern Region



# Red River Valley

A PUBLICATION OF THE SOUTHWESTERN REGION AMERICAN MUSIC THERAPY ASSOCIATION

JUNE 10, 2011

## President's Report



The end of my term as President has come and it has

been my pleasure to serve SWAMTA on the board of directors since 1997. I started out as Secretary, then Continuing Education Director, Assembly Delegate Representative, Vice President, President Elect, and now I am looking forward to serving the next two years as Past President. Being President has been a tremendous responsibility, one that I did not take lightly. I made some mistakes, but hopefully those have been overshadowed by the good things I've attempted to accomplish. My goal was to build bridges and make connections between members and get everyone working to-

gether to advance music therapy in our region. All I ever wanted to do was to be a music therapist, serve my clients, and make a difference in their lives. I hope that I have led the region well, and made a difference in this community. I could not have done this work for these last two years without help from my wonderfully supportive Board of Directors:

President Elect **Stephanie Shehan**, I know our future is in good hands.

Past President **Ed Kahler**, thanks for all of your advice, support, and guidance.

Vice President **Barbara Bastable**, thank you for the wonderful conferences you led in Amarillo and Waco.

Secretary **Elsa Maria Garcia**, thank you for attending all the meetings and for keeping me sane.

Assembly Delegate Representatives **Bill Matney** and **Karen Miller**, thank you for always being willing to serve in whatever way was needed.

Student Presidents **Nicki Willoth**, **Lauren Dickson**, and **Bryant Williams**, thank you for leading the students and representing them on the board.

Treasurer **Amy Rogers**, thank you for making sure we remain fiscally responsible stewards of our resources.

Parliamentarian **Sophia Lee**, thank you for being a voice for Oklahoma Music Therapists on our board and being willing to take on any task as needed.

Government Relations Representative **Marni Dowell**, thank you for jumping in and taking on a task that frightens most of the rest of us.

"THE END OF MY TERM AS PRESIDENT HAS COME AND IT HAS BEEN MY PLEASURE TO SERVE SWAMTA ON THE BOARD OF DIRECTORS SINCE 1997"

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## President's Report *(continued from page 1)*

"AND FINALLY, THANKS TO **ALL OF YOU** WHO HAVE ANSWERED MY CALLS FOR HELP, VOLUNTEERED FOR COMMITTEES, SERVED ON LOCAL CONFERENCE COMMITTEES, AND SUPPORTED OUR EFFORTS AS A REGION. "

Continuing Education Director **Ann Petty**, thank you for doing so much more than just organizing our CMTE courses.

RRV Editor **Terri Hart**, thank you for being a calm presence on the board and for producing beautiful newsletters.

SAAB Representative **Michelle Kenner**, thank you for your consistent presence on the board and for guiding

our students and helping their voice be heard.

Historian **Nancy Hadsell**, thank you for your guidance and wisdom, and for maintaining our past as we stride into the future.

Webmasters **Chris Webb and Julie Long**, thank you for updating our web presence, for providing online registration, and for keeping SWAMTA in the 21st century.

Publicity Direc-

tor **Jaunetta Cooper**, thank you for being willing to take on this new role on the board and **Stephanie Kuester**, thank you for doing so much within the short time you've been on the board!

And finally, thanks to **all of you** who have answered my calls for help, volunteered for committees, served on local conference committees, and supported our efforts as a region.

## Success Principles for the Music Therapist

SWAMTA 2011 Conference Keynote Speech  
By Louise Montello, DA, LCAT, LP, MT-BC

I am happy and excited to (have presented) here in Texas for the SWAMTA's annual conference. It is truly an exciting time for our field. I'm happy to say that the state of Texas is indeed leading the way with the groundbreaking media attention from the Gabrielle Giffords case. Around the world people are learning about music therapy, often for the first time, through the stunning work that is being done by Maegan Morrow at TIRR. Other groundbreaking developments in our field include a new feature film, "The Music Never Stops" based on a case study by Oliver Sacks that focuses

on the work of our colleague Dr. Connie Tomaino, Director of the Beth Abraham Institute for Music and Neurologic Function in NYC. Jodi Picoult's new novel, "Sing You Home," focuses on the life and work of a music therapist. I can't wait to read it! Last but not least, let's take a moment right now to honor and celebrate each and every one of us here tonight for our own unique contributions to the field of music therapy.

Unfortunately, there is a dark side to all the "glory" that is being showered upon the field of music

therapy. Many of us are experiencing anger and heartache associated with layoffs, and humiliation due to low pay rates in the jobs that we still work at. These feelings can eat away at our sometimes fragile self-esteem. It is especially during these difficult economic times that we are wise to examine our thoughts and beliefs around success and money. As quantum physics, cognitive neuroscience, and Buddhist philosophy all espouse – our thoughts, words, and expectations create our realities.



As a long-time meditator and psychoanalyst, along with being a music therapist, I have kept a constant watch over the modifications of my mind for many years. As I became more and more skilled at using visualizations and affirmations to embrace desired outcomes in my professional and personal life, I have become a true believer in the power of positive thinking and creating. For example, when my first

## Vice-President's Report

The Waco conference was a huge success. The local committee, chaired by Sherill Cross did such a wonderful job of making this a memorable experience. Their hard work and attention to detail was appreciated and I hope that SWAMTA members will continue to show their thanks to all involved. The committee worked diligently to accommodate the needs of the attendees and presenters by providing PowerPoint projectors and computers for all sessions that requested them, guitars and instruments for sessions. SWAMTA members appreciated that this conference was so affordable and included many meals, very comfortable and accommodating hotel guest rooms and meeting areas, and programs with all the session handouts. The on-line registration process went very smoothly this year and we had practically no problems with the registration.

We had a total of 255 attendees at the Waco conference: 105 professional members, 36 non-members, and 114 students. We also had a total of 69 attendees for the 3 CMTEs (2 on Thursday before the conference, and 1 following the closing session on Saturday).

SWAMTA members appreciated that there was a wide variety of presentations for seasoned professionals, new professionals, and students. This year, the student "Passages" sessions were held during the concurrent session block on Friday during the conference. There were many, many positive responses to these sessions in the evaluations – the level of professionalism and energy demonstrated by the students was impressive.

This conference offered opportunities to network with others in related fields during the Networking Luncheon, and also gave students the opportunity to meet intern supervisors from our region's internship sites. Our Networking Luncheon coordinator, Debbie Dacus, who is the Special Target Population representative from our region, indicated that the Networking Luncheon was originally designed so the students could network with other professionals. In scheduling the SWMATAS business meeting at the same time, this was not possible. This definitely will need to be addressed during the summer board meeting and come to an agreement about when to have the student business meeting.

We were fortunate to have a variety of exhibits from local vendors (and some *not* local!) The decision was made to have the exhibits only on Friday and this appeared to have worked out well. This often is a major challenge for local committees as it is often not cost-effective for vendors to attend small conferences similar to ours.

All of the feedback that was received on the evaluations was read and valued. It will be reviewed and considered very carefully for future conferences. As in any event of this size, there are aspects that can be improved.

It was announced in Waco that the next SWAMTA regional conference will be in Houston, and will be chaired by Terri Hart and Gloria McDaniel. It was originally announced in Waco that the 2012 conference would be at the Omni Hotel near the Galleria. Due to some unforeseen events, that hotel will not be able to accommodate our conference. When choosing hotels, there were several that were appealing and could easily be very nice for our group....so the local committee went on to Choice #2 – The Crowne Plaza in the downtown area. There are many fine qualities of this hotel and we look forward to seeing everyone there in Houston! More info to come!!



## Book Club Meets at Regional Conference

The 9th Annual SWAMTA Book Club meeting was held at the regional conference in Waco, Texas. The members in attendance discussed the selected book, *Look Me In The Eye: My Life with Asperger's* by John Elder Robison. Readers shared some of the humorous passages from the book and had thought provoking discussion about teaching social skills to children who have special needs. Suggestions were taken for the 10th Annual SWAMTA Book Club and *Transformation* by Bill Phillips was selected. We hope to see you in at the 10th Annual Book Club at the SWAMTA Conference in Houston!

## CENTRAL TEXAS MUSIC THERAPY ASSOCIATION SCHOLARSHIP

Central Texas Music Therapy Association is awarding one \$200 scholarship to an eligible student. Eligible students must intend to become a Board Certified Music Therapist, demonstrate successful involvement in music therapy classes (A's or B's for semester grades), involved in at least one music therapy support organization, enrolled full-time in a Texas University that offers a degree in music therapy and have at least a 2.5 GPA. To apply, please submit an unofficial copy of current transcript and write a one-page paper on the topic of why it is important for you to participate in music therapy organizations, OR Create a 2-3 minute YouTube musical video or song about why it is important for you to participate in music therapy organizations. Submission materials can be e-mailed or faxed to Cheryl Moore, MA, MT-BC Scholarship Committee Chair: [uragift2me2004@yahoo.com](mailto:uragift2me2004@yahoo.com) Fax# 210-828-8855. Also include your name, email, and your contact information. The submission deadline is July 31, 2011. The CTMTA Scholarship winner will be announced on the CTMTA website on August 10<sup>th</sup>. The winner will be notified by email. For more information about this scholarship, please visit [www.therightkeymusictherapy.com](http://www.therightkeymusictherapy.com). Click "News and Events" and scroll to the middle of the page.



## Election Results Are In



Your new SWAMTA Board of Directors for 2011—2013:

**President:** Stephanie Shehan, MT-BC

**President-Elect:** ChihChen Sophia Lee, Ph.D., MT-BC

**Vice-President:** Myra Johnson, MT-BC

**Past President:** Janice M. Harris, MA, MT-BC

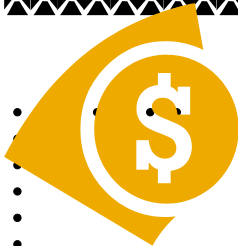
**Secretary:** Amy Rodgers Smith, MT-BC

**Assembly Representative to the Board of Directors:** Karen Miller, MM, MT-BC

Check Out  
Our Website!!

[www.swamta.com](http://www.swamta.com)

For all the up to the minute news, current events, information about government relations events, conference updates, new internship sites and job postings, check out SWAMTA.COM!!!



### RRV Submissions Guidelines

The Red River Valley is accepting advertising submissions. Prices are discounted for AMTA members and yearly subscribers. All Submissions will be considered. The prices are listed below.

Size	SWAMTA member	Non-Member
Full Page	\$60/\$120 pr. yr.	\$100/\$200 pr. yr.
½ page	\$40/\$80 pr. yr.	\$75/\$150 pr. yr.
¼ page	\$15/\$30 pr. yr.	\$30/\$60 pr. yr.
Business Card	\$10/\$20 pr. yr.	\$25/\$50 pr yr.

We also accept articles and items for announcements and help wanted features. We welcome the ideas and input of our subscribers! Deadlines for submissions are: January 10 (winter issue), May 10 (spring issue),





## SWAMTA Regional Conference in Waco



The local host committee for the Waco Conference.



Louise Montello gave the opening session keynote address.



Janice Harris, SWAMTA President, leads the festivities at the opening session



Ronna Kaplan, MA, MT-BC, President of AMTA, addressed the conference attendees on the current state of the association.



## SWAMTA Awards Internship Scholarships to Two Students at Regional Conference



Nicki Wiloth is a student at Sam Houston State University. She has previously served as Secretary, President-Elect and President of both SWAMTAS and for Mu Tau Omega, her school organization. Nicki extremely excited about being apart of AM-TAS Executive Board as Secretary and is looking forward to watching each of these organizations prosper and create gifted music therapist. She has been honored to serve and is looking forward to the start of her internship in the Spring of 2012!

Jennifer Tressa is a student at Southern Methodist University. She is currently serving as President of the SMU Student Association of Music Therapy and is Vice President of the SMU Meadows Union of Music Students. Jennifer was the recipient of the Excellence in Music Therapy Award in 2010. She took part in the Jamaican Field Service Project and presented on this topic at the 2011 SWAMTA Passages Conference. Jennifer is a singer/songwriter and performs at Dallas area coffee shops, restaurants, and stores. After completing her course work, she will begin her internship at Children's Medical Center



## SWAMTAS Business Meetings at Regional Conference

### SWAMTAS Report

SWAMTAS Business Meetings occurred on both days of conference and were extremely well attended: we had approximately 60 students at each meeting with representatives from every school in the region. New officers were elected: President-Elect - Esther Craven (SMU); Secretary - Amanda Graves (SHSU); Treasurer - Marcus Hughes (SHSU); and Parliamentarian - Erin Feuerstein (WTAMU)

A new scholarship for the upcoming year was voted on and approved. It will be a song-writing contest and we hope to possibly have this song showcased at next year's SWAMTA Regional Conference. SWAMTAS also has great fundraising and awareness ideas for the upcoming year. We hope to continue the increase of student attendance at both National and Regional conference this year with scholarship opportunities to help compensate travel costs.

### Success Principles for the Music Therapist (continued from page 2)

book, "Essential Musical Intelligence" was published in 2002, it was my sincere hope and desire that it would be accessible to multitudes of people throughout the country and world, not just in the music therapy community. Much to my amazement, a few months after the book was released I was reading the Science section of the New York Times, and came upon a book review with a photograph of a book that looked similar to mine. Looking more carefully, I realized that it WAS my book. Terrified to read the review, I braced myself and found that the reviewer actually understood my East/West blend of music therapy theory and practice and found great value in the book. He recommended it to millions of readers. The next day I happened to be at Barnes & Noble and saw "Essential Musical Intelligence" showcased in the front of the store. One of the clerks told me that phone orders for the book had been coming in all day. That's when I learned that it's okay to think big!

I'd like to encourage all of you to think big as well and have prepared a list of 20 success principles that you can practice daily to create your best life. Many of these principles come from life-changing books that I have read over the years like "Think and Grow Rich" by Napoleon Hill, "Secrets of a Millionaire Mind" by T. Harv Eker, and "Creative Visualization" by Shakti Gawain. Right now is a perfect time to hone your entrepreneurial skills and take that leap into starting your own business, writing that book, creating that CD, developing new music therapy methods and products. I hope that the seeds planted in this keynote will fall on fertile soil and grow into the most beautiful and sweet smelling flowers that bloom your whole life through.

1. Know thyself. Why are you here? Contemplate upon and then commit to paper your life's mission statement; reflect on it constantly, especially when you feel scared or doubtful
2. Be true to yourself. Don't try to live someone else's life. Value and cherish your own skills, talents, training and life's work. Don't compromise your dreams.
3. Don't take NO for an answer. If you feel energy bubbling up inside, inspiring you to make your contribution to the world, don't ever give up. Remember Mahatma Gandhi, Nelson Mandela and all the other heroes that have endured and reached their highest potential in life.
4. Refrain from gossip. This behavior is a waste of time. Anything you say to hurt or demean another will inevitably come back to haunt you.
5. Accept yourself as you are right now. Practice radical acceptance of yourself and others – when you can fully accept yourself, only then can you begin the process of self-transformation.

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6. Value yourself. You are worthy of happiness, success, wealth, radiant health and wholeness!
7. Value others and allow others to value you – it's a win-win insurance policy.
8. Be honest and vulnerable. People will trust you. Success comes from relationship-building, and engendering trust is the first step.
9. Follow through. Do what you say you're going to do. This builds power and significantly more trust in your co-workers, bosses, and customers.
10. Where do you give up your power and to whom? Are you staying small to allow someone else in your life to feel big?
11. Be willing to stand up for what you believe in, particularly if it is not popular among your peers. This unswerving belief is a quality shared by all innovators and leaders.
12. Ask and you will receive. One of the signs of low self-esteem is the feeling of shame and guilt when you want something that you truly desire; it is only when you utter the WORD, for example, "2011 Subaru Outback" that you can then harness the power to manifest it by attracting the very vibration of the thing that you want – you will begin to see Subarus everywhere you go; you will dream about them; there will be Subaru sales and *voila* – you will eventually own one!
13. Examine your relationship with money. My godmother was a very wealthy woman who owned real estate all over the world from Monaco to Bridgehampton. She was a true jetsetter. When I started my non-profit organization, "Performance Wellness, Inc." in 2001, I was visited her at one of her estates in the Hamptons (next door to actor Alec Baldwin's estate) to get some fund-raising advice. After a couple of glasses of wine, I asked her how she was able to amass so much wealth. She told me that she adored money and desired wealth. "But, how did you do it, Aunt Alice?" I asked. She began singing a jingle from the Nabisco Honey Grahams commercial that was popular when I was a child. She had changed the words (a natural music therapist!) and substituted "money" for "honey", "Money, money, money I have lots and lots of money and I love it, gimme more, more, more," she sang with a flirtatious grin. I chuckled, but she was dead serious. "Try it," she said. I did and it worked!
14. Eliminate judgment. Johnny Mercer said it all when he wrote the song "Accentuate the Positive" in 1945. Study his words of wisdom: "You've got to accentuate the positive. Eliminate the negative. And latch on to the affirmative. Don't mess with Mister In-Between."
15. Don't squeeze blood out of a stone. If you are not getting what you want from a job and/or supervisor, have the courage to let go. Something better is always on the horizon.
16. Surround yourself with brilliant people. Some of their glow will definitely rub off on you.
17. Build bridges. As I said earlier, success does not happen in a vacuum. Make one new friend every day. You never know how they might help you or how you can help them.
18. Create your own Mastermind Group – a group of successful people who you have gathered together to help you to expand the possibilities of what is possible in your life and to be successful in manifesting your vision and mission in the world
19. Pamper yourself. Make a regular spa date for you and your friend; eat organic; buy that country retreat - you deserve it!
20. Commune with your Essential Musical Intelligence (EMI) every day – EMI is your innate ability to use music and sound as self-reflecting, transformational tool on your path to creativity, success, and wholeness. And finally, here is an exercise from my book that is guaranteed to assist you in manifesting abundance in your life. It's aptly called, "The Abundance Song" exercise. You start off by reflecting on something that you desire, be it a new job, home, car, musical instrument, etc. Have an audio recording device close by. Once you are clear about what you want, just begin singing about this thing as if you already have it. Have fun with this! If you're wanting a new job – playfully sing about the people you will be working with; your wonderful supervisor who is always there for you; the perfect location with your own private office with lavender colored walls . . . Once the flow of your spontaneous composition is over, go back to your recording and choose the best parts, put them together in a kind of song/chant and sing it several times a day, all the while believing that you already have this desired object. Students of mine all over the world are using this "Abundance Song" exercise with incredible outcomes. There is power in the "word"; there is power in the music; your thoughts and emotion have power – put these all together and you can't lose. I look forward to hearing your stories. Please do stay in touch and God bless!

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**(\*voting members)**

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SWAMTA 2009-2011 Board of Directors, pictured L-R, ChihChen Sophia Lee, Ph.D., MT-BC, Parliamentarian, Janice M. Harris, MA, MT-BC, President, Jeanetta Cooper, MT-BC, Publicity Chair, Terri Hart, MT-BC, RRV Editor, Elsa Maria Garcia, MT-BC, Secretary, Edward Kahler, Ph.D., MT-BC, Past President, Stephanie Shehan, NMT, MT-BC, President-Elect, Michelle Kennemer, MT-BC, SAAB Chair, Barbara Bastable, MA, MT-BC, Vice-President, Bill Matney, MA, MT-BC, Assembly Delegate, Ann Petty, MT-BC, NMT, Continuing Education, Nancy Hadsell, Historian, Nicki Wiloth, Regional Student President, Julie Long, MT-BC, Webmaster, Amy Rogers, MT-BC, Treasurer