

# Sounds of the Southwest

FALL 2011 SWAMTAS NEWSLETTER

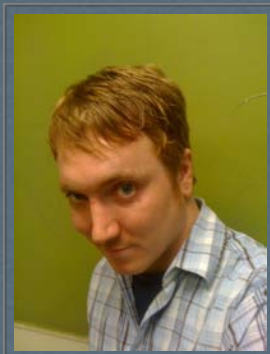
## Southwestern Region



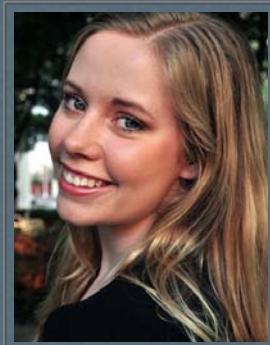
We have something to say!



### Meet your 2011-2012 SWAMTAS Officers!



President: Bryant Williams



President-Elect: Esther Craven

## Spring Regional Conference in Waco, Texas

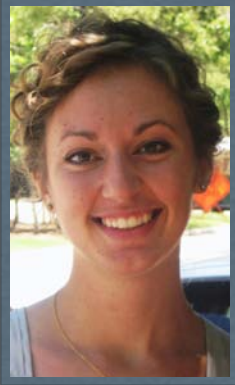
March 24-26, 2011 found us “deep in the heart of Texas”, for our Southwestern AMTA Regional conference. The Hilton in Waco, Texas was a welcoming host, and with its neighboring flavorful restaurants and waterside shops, attendants were able to reconnect and make new acquaintances in a friendly atmosphere. There was an impressive turn out, with 255 attendees: 105 professional members, 36 non-members, and 114 students. As for the conference itself, it was an exciting time of inspiration, learning, awards, and celebration! Our student-led “Passages” sessions were highly

successful, with commendations on the “level of professional-ism and energy demonstrated by the students.” (Myra Johnson MT-BC, Vice President of SWAMTA). Due to our hard-working past officers, our SWAMTAS business meeting resulted in revamped bylaws and fundraising plans, as well as our fresh set of officers! You can find us on the left side of the newsletter. Overall, we experienced a very useful and memorable conference. And the next Regional conference, “Jammin’ on the Bayou”, will bring us together again at the Crown Plaza Hotel in Houston, Texas! We hope to see you there!



Call for Papers coming soon to [swamta.com](http://swamta.com)...stay tuned!

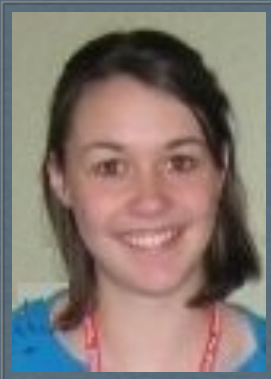
# STUDENT ORGANIZATION SHOUT OUTS!



Secretary: Amanda Graves



Treasurer: Marcus Hughes



Parliamentarian: Erin Feuerstein



Student Affairs Advisory Board Representative:  
Michelle Kennemer, MT-BC

**AWARENESS WEEKEND:** *“Our Music Therapy Awareness Week isn't until February but we do things each day of the week. On Monday and Tuesday we will have a bake sale in our student union. On Wednesday we have a community wide drum circle led by one of our professors. This day is the best by far! Every music student is required to attend for a class and it is open to the whole community. Everyone loves it! We also have professionals from the Oklahoma area come and speak about Music Therapy and what they do. On Thursday there is usually a concert and so we put little flyers in the programs that tell about Music Therapy. On Friday we hold an open mic night at the local coffee shop. During the night we tell what Music Therapy is and show a video interviewing around the campus what people think music therapy is. It's a really fun night! Also at the beginning of the week we put out table toppers around campus telling about music therapy.” - Jorja Hammond, Representative of Southwestern Oklahoma State University*



**SERVICE & FUNDRAISING:** *“We have been asked to assist, once again, with a disabilities fair hosted by a local church, by providing music entertainment for the children who will attend, as well as, provide information about music therapy for the parents. Members have also discussed upcoming fall happenings in our community we can be a part of such as Trick or Treat for canned goods to help out those in need during the holidays.*



*Next week, Mu Tau Omega will be having their first breakfast burrito sale of the year! We are very excited as we know these fundraisers always produce success, give many opportunities to connect with others in the School of Music, and speak about music therapy.” - Samantha Allardyce, Representative for Sam Houston State University*

# Need Encouragement?

## Professional Motivation

**Karen Miller MM, MT-BC,  
Director of Music Therapy at Sam Houston State University:**

### 1) What keeps you going as a music therapist during a difficult season?

“My clients, or now my students, and a sense of calling to invest in their lives.

In seasons of doubt, I remind myself of several things - first, those situations in which I have been blessed to see very clearly the positive impact of what I do; second, the fact that many of the seeds I have planted will grow without my knowledge, and some interaction along the way may have a lasting impact on someone else, whether I get to see it or not; third, the knowledge that my job is to love those around me and do what I can to make a difference, but I am not ultimately in control - control, calling, and direction are left to Hands much bigger than mine; and lastly, the opportunity to celebrate what might seem like small victories, but could be of major significance to another person. Victory is victory, regardless of the size. And as if all of that is not enough, laughter. Lots of laughter.”

### 2) How do you stay calm when your schedule is packed?

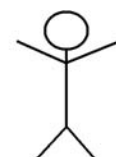
“BALANCE and perspective. Balance and boundaries between work, play, family, focused growth opportunities...there are seasons where the balance of time gets messed up and work seems to "take over" for a little while, but IF there is generally a state of balance and good boundaries, I can handle such seasons, knowing that they are temporary and will be worth it in the end. Balance MUST return in due time, though, and it is my responsibility to see that it does. I am also learning to limit the number of hours per day that e-mail is open :-)”

### 3) Any words of advice for students approaching the start of their profession?

“Never forget the potential impact you have in every clinical interaction. Again, you may or may not see it, your data may or may not show it, but what you bring to your clients - in music and in relationship - is priceless.”

## Doodle Interruption!

(Go on, draw something!)



Hey! Make  
my world  
interesting!



**Hayoung A. Lim, Ph.D., MT-BC**  
**Assistant Professor, Music Therapy**  
**Coordinator of Graduate Program in Music Therapy**  
**at Sam Houston State University:**


1) What keeps you going as a music therapist during a difficult season?

“Songs and/or pieces of music that I used for my clients who were in a difficult season.”

2) How do you stay calm when your schedule is packed?

“Micro time management! If you find a 10 min. break for a cup of coffee during the very hectic schedule, you are in heaven. In addition, I remind myself - a packed schedule is much better than an empty schedule!”

3) Any words of advice for students approaching the start of their profession?

1. (1) Think of your current and future clients first!
  2. (2) Trust the power of Music!
  3. (3) Enjoy your music therapy sessions!
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**Michelle Kennemer, MT-BC,**  
**Student Affairs Advisory Board Representative for SWAMTAS:**

1) What keeps you going as a music therapist during a difficult season?

“I think that it is important to maintain a grateful attitude during all seasons. I am incredibly lucky to have a great job in a field that I love. Not everyone in the working world can say that, you know. It is important to keep things in perspective and know that the difficult times will pass by and will hopefully, be few and far between. I think that most things are temporary and if we can weather that temporary frustration or difficulty then we will be stronger and more grateful in the end because of it. I also have a wonderful life outside of my profession with hobbies, interests, and friends that are totally unrelated to music or music therapy. I think that it is so important that our jobs/field does not become our whole identity. I have become a much happier person once I learned this lesson.”

2) How do you stay calm when your schedule is packed?

“Prioritize!! Divide your "to do" list into categories and attack the most important things first. It is less overwhelming to think of things in small chunks rather than the whole big picture. Decide what must be done today and get that done and repeat each day!”

3) Any words of advice for students approaching the start of their profession?

“Network. Be a sponge--find the people who have been successful and soak up their knowledge and advice. There are so many ways to learn now--websites, Twitter, Facebook groups. Make those connections with other professionals--and that doesn't include just music therapists--seek out the other experts (teachers or therapists in related fields) and learn from them. There is no need to reinvent the wheel or to make the same mistakes that others have made.”