

Shaping the future of the music therapy profession in Singapore: Anchoring and launching

Sat 13 Apr 2024

Programme outline

Time	Programme	Venue
9:30am	Registration opens	Campus Green
10:00am	Welcome by Dr Venka Purushothaman Deputy President & Provost, LASALLE College of the Arts	
10:05am	Address by Usha Chandradas <i>Nominated Member of Parliament</i>	
10:10am	Keynote speech by Vivian Chan President, World Federation of Music Therapy 'Globalisation and Localisation: Growth and Development of Music Therapy Around the World'	
	Keynote speech by Dr Tan Xueli President, Association for Music Therapy (Singapore) 'It's About Time: Anchoring the Profession Launching the Discipline'	
10:45am	Music experiential	
11:10am	Panel discussion: Music therapy education	Lecture Theatre, Block F Level 2 #F202
12:00pm	Lunch	Campus Green
1:00pm – 3:30pm	Practitioner presentations by the Association for Music Therapy (Singapore) See next page for presentation titles, abstracts and venues.	Classrooms, Block F Level 2 #F202, #F213, #F214 and #F214A

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Concurrent sessions

Venue: Lecture Theatre, Block F, Level 2 #F202

Name	Title	Abstract
Grace Low, MT-BC	Multidisciplinary Collaboration Between Music Therapist, Occupational Therapist & Psychologist for Student with Complex Needs	This case study presentation highlights how each allied health discipline in a multidisciplinary team can contribute in addressing the complex needs of a student with autism spectrum disorder. The presentation will cover the treatment process, from assessment, intervention, outcomes, to discharge plans, including post-18 support for family members.
Hanna Ma, KCMT	Music Therapy in Mental Health	This presentation will provide an overview of how music therapy can be part of a treatment plan for patients with mood disorders. Important considerations for therapists working in mental health, and music therapy techniques and activities in the mental health setting will also be discussed. A brief facilitated activity will allow participants to experience the therapeutic power of music for themselves.
Trudy Chua, RMT	Building Blocks: An Overview of Music Therapy Methods	What do music therapists do in their sessions, and what do music-based interventions look like? The building blocks of music therapy interventions stem from four main methods – receptive, re-creative, improvisational and compositional (Bruscia, 1998). This presentation aims to unpack the music therapy techniques and interventions in each of these methods, through case vignettes and clinical examples from a music therapist working in palliative care.

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Venue: Classroom, Block F Level 2 #F213

Name	Title	Abstract
Karen Koh, MT-BC	Use of Neurologic Music Therapy techniques in Rehabilitation at a Community Hospital	Neurologic Music Therapy (NMT) is a music therapy approach that has been well established as a set of effective interventions for rehabilitation. This presentation will provide descriptions and demonstrations of various NMT techniques, such as Rhythmic Auditory Simulation (RAS), Melodic Intonation Therapy (MIT), Therapeutic Instrumental Music Performance (TIMP) and others, applied in the context of a community hospital. These techniques assist in the rehabilitative process of individuals who have experienced stroke, traumatic brain injury, and other neurological conditions, with the aim of enhancing their ability to carry out activities of daily living and to improve quality of life.
Farhana Rizaini, NZ RMth	Impact of Music Therapy on Communicative, Socioemotional and Cognitive Domains for Children Requiring High Support in THK EIC	In THK Early Intervention Centre (EIC) Services, each child typically participates in weekly group music therapy sessions. Activities include instrumental play, moving to music with or without props, and reading stories set to music. Through a content analysis of progress notes of music therapy sessions conducted with children in high support classes, this presentation highlights the impact of interventions in the following domains: communication, socioemotional development, and cognitive skills. Results show how music-based interventions can support a child in aspects such as improving verbal and non-verbal communication, improving emotional regulation, and supporting school readiness, among many more.
Ng Wang Feng, MT-BC	Working with Elderly with Dementia and their Carers: A Music Therapist's Notes	This sharing will provide information on working with the elderly with dementia and their carers. Case examples and personal experiences of an experienced music therapist will be used to show how the use of music and the support of a music therapist can help carers cope with the burden of caregiving, becoming empowered and encouraged in the process.

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Venue: Classroom, Block F Level 2 #F214

Name	Title	Abstract
Evelyn Lee, RMT	Enhancing Hospice Care with AI: An Exploration of AI-Assisted Songwriting in Music Therapy	This presentation illustrates AI-assisted songwriting within hospice care settings, emphasising their roles in music therapy. Case examples featuring songs generated with AI technologies to incorporate algorithms and personalise music to a patient's psychosocial needs, will be presented. This presentation aims to highlight the potential of AI in augmenting the therapeutic toolkit, address ethical considerations, and ensure compassionate care in hospice settings.
Stephanie Chan, MT-BC & Estelle Ng, MT-BC	Medical Music Therapy: Beyond Medicine in Acute Care	The acute hospital environment is a dynamic one, where patients with severe and/or urgent health conditions receive immediate and intensive medical care. How can music therapy enhance medical care provided to patients beyond conventional methods? This presentation delves into the integral role of medical music therapists in the hospitalisation journeys of patients, offering insights through case examples in the realms of neurorehabilitation, palliative care and intensive care units.
Tammy Lim, MT-BC	Accessing the Inner Self through Music-Evoked Imagery	This presentation aims to explain the fundamental relationship between the human psyche and music. Case studies will be used to explain how music works as a channel to access and explore our inner world through deep listening. The Bonny Method of Guided Imagery and Music (GIM), a depth music psychotherapy approach in which specifically programmed classical music is used to generate a dynamic unfolding of inner experiences, will also be introduced.

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Venue: Classroom, Block F Level 2 #F214A

Name	Title	Abstract
Camellia Soon, RMT	Unmasking Fear and Anger in Music Therapy Grief Work	Beneath the strong emotions of anger and fear often lies stories about grief and loss. As a universal aspect of the human experience, loss is experienced by everyone regardless of age or physical condition. Through the sharing of case vignettes, this presentation will examine how music therapy enabled older adults experiencing strong emotions of anger and fear to access their experiences of loss, make meaning in the midst of grief and find closure. In the process, the strong emotions were transformed, highlighting how music therapy can bring one gently into the inner world, allowing the expression of emotions and meaning-making to take place safely.
Jolene Yee, RMT	Beyond Words: Music Therapy for Persons with Severe Brain Injuries	What happens when one is no longer able to speak, move or even look at another? This presentation aims to explore what music therapy can offer to increase the quality of life and rehabilitative goals for persons who are bedbound and not able to speak due to severe brain injuries caused by stroke, traumatic brain injuries or sudden collapses. From offering pleasant stimulation to facilitating complex memory recall and attention, this presentation will feature vignettes and clinical examples to show how a music therapist can support persons with high care needs in a long-term residential setting in Singapore.
Kayla Wong, RMT	Sudden Hellos and Goodbyes: Music Therapy for Babies and Their Families	Having a baby is an experience that involves a great range of emotions, and one which may be intensified with the additional complications of an unexpected early birth, or where the infant is unable to thrive. Families are often overwhelmed by the amount of grief and anxiety, finding it difficult to accept the challenges faced. This presentation takes us through the process of how music therapy provides parents with a gentle and non-confrontational space to bond with their baby, while making sense of emotions surrounding their situation.

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Speaker bios



Dr Venka Purushothaman

Dr Venka Purushothaman is Deputy President & Provost at LASALLE College of the Arts, University of the Arts Singapore. He is an arts writer, educator and university administrator with a distinguished career in Singapore's arts higher education and cultural industries. His research and writing span international cultural relations and policy, arts education, festival cultures and contemporary art.

Dr Purushothaman founded the Asia-Pacific Network for Culture, Education and Research (ANCER), co-founded the Tokyo-initiated Global Design initiative, and chairs the Zurich-based Shared Campus. He sits on several expert panels in Singapore and is a member of the International Cultural Relations Research Alliance at Institut für

Auslandsbeziehungen (Germany) and a Fellow of the Royal Society of the Arts (UK).



Usha Chandradas

Usha Chandradas is a Singapore-based publisher, educator and tax consultant. In 2016, together with Pauline Gan, she co-founded [Plural Art Mag](#), an online magazine featuring accessible art historical writing on modern and contemporary Southeast Asian art.

Before embarking on a master's degree in Asian Art Histories at LASALLE College of the Arts (awarded by Goldsmiths, University of London) to pursue her research interests in Indonesian contemporary art, Usha worked as a tax lawyer for 12 years. Her art historical research has been presented at the Modern Language Association (MLA) Annual Convention in New York and at the Biennial Conference of the Asian

Studies Association of Australia, in Sydney.

In 2023, she was appointed as a Nominated Member of the Parliament of Singapore. In addition to her work in the arts industry, Usha is an advocate and solicitor of the Supreme Court of Singapore, a Chartered Accountant of Singapore (non-practicing) and Accredited Tax Specialist of the Singapore Chartered Tax Professionals. She is the course coordinator of the International Tax and Trade Law programme at Nanyang Technological University's business school, holds independent directorships and is an active volunteer with the Law Society Pro Bono Services Office. She is a Council Member of the Singapore Red Cross and sits on the Board of the Intellectual Property Office of Singapore.

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Vivian Chan (BFA(Hons), MMT, MT-BC, MTA, FAMI)

Vivian Chan is a certified music therapist in the United States and Canada, and a qualified Bonny Method of Guided Imagery and Music therapist. She obtained her Masters of Music Therapy at Wilfrid Laurier University in Canada. Her areas of expertise involve providing music psychotherapy services to individuals with mental health issues, cancer patients and their primary caregivers, at-risk youth, and music therapy services to children with special needs.

Vivian is a music therapy internship supervisor at Chulalongkorn University and has presented at various international conferences in Asia, North America, Europe, and Australia. She is the Director of Koru Music

Psychotherapy and Creative Arts Therapy Studio, and she currently serves as the President of the World Federation of Music Therapy



Dr Tan Xueli (PhD, MT-BC)

*Principal Music Therapist | Lead, Music Therapy, Rehabilitation Services, St Luke's Hospital
President, Association for Music Therapy (Singapore)*

Dr Tan is the Principal Music Therapist and Lead of Music Therapy at St. Luke's Hospital. She received her board certification (USA) in 1999. Prior to her current appointment, Dr Tan was the Associate Professor of Music Therapy at the Grieg Academy Music Therapy Research Centre at University of Bergen (Norway), and the Presidential Research Fellow at the School of Music, University of Iowa (US).

For close to 30 years, Dr Tan worked as a music therapy clinician, researcher, author, scientific journal editor, and professor in the USA and Norway. An award-winning researcher, Dr Tan's work revolves around the

use of music therapy in pain management and rehabilitation in medical settings; specifically in burns/trauma intensive care, post-surgical units, oncology, and psychiatry. Dr Tan's other areas of specialisation and expertise include research in music perception, music and emotions, music preferences in clinical settings, cultural humility and responsiveness in clinical practice, and research design and analysis. Dr Tan was awarded the Presidential Commendation Award by the American Music Therapy Association in 2017 for her team's service in researching, educating, and advocating for culturally-responsive practice in music therapy in the USA.