

Heartbeat



Attendees take part in a workshop as part of this year's annual MTABC conference.

Music Therapy is Adapting to Change

2020 has brought unique challenges to every part of the globe. Every industry has had to make significant changes to adapt to COVID-19, and music therapy has faced this new world head on since day one. Although many of our members have had to make changes to their work, they have continued to provide this valuable service to many in long term care facilities, to youth and adults facing mental health challenges, to children and families, among others.

Music Therapist Jennyfer Hatch has learned, first hand, the adaptations that have had to be made to continue her work.

"The learning curve into telehealth has been steep and necessary to safely continue / resume / initiate work with clients. Traversing the past seven months has felt like an intense rollercoaster of emotions, communications, decisions, and transitions - very isolating - often bi-weekly shifts and adaptations - I've

found after seven months it helps to stop planning ahead concretely, and I appreciate the refocus I've been given to the contracts which still remain at this time." Jennyfer Hatch, MTA

While music therapists continue to work hard to provide services where it is needed most. MTABC is supporting its members by providing many virtual continuing education courses including ones that address new ways of adapting to changing work environments.

"As the world around us has morphed into a "new normal" MTABC realized that this was a really important time for the BC music therapists to have a place to connect virtually and be able to offer support to each other. Thus, the "Readjustment Series" was born. To date we have had several great online workshops including one for members working in Long Term Care, with children, and one by the Health Sciences Association"

Annual Conference

On November 7th, our conference moved online as we were committed to providing our members this valuable networking and learning opportunity.

Dr. Michael J. Silverman, Professor and Director of the Music Therapy program at the University of Minnesota, gave his keynote address to conference attendees on "Navigating the winds of change in mental health". Many other presentations and workshops were offered throughout the day on a range of topics.

"Our conference highlights techniques, interventions, and the intimate expressions of mental health and wellness that are important for us not only now, but in every step of our mental health journey...we hope to provide an accessible platform for us to connect as we express and explore, learn and share, and listen together to how Music Therapy can support our experiences with mental health." - Brittany Robart, MTA. 2020 Conference Chair.

Attendees had the opportunity to network with colleagues and catch up with old friends at this highly anticipated yearly event. Thanks to our online platform, the conference was enjoyed by over one hundred music therapists from all across British Columbia.

A Note on the Annual Conference Raffle

Each year, a number of local companies help sponsor the annual MTABC conference by providing raffle prizes. Previous contributions have included recording equipment and musical instruments, gift packages, and tickets to local shows.

We would like to take this opportunity to thank our many sponsors throughout the years including Long and McQuade, Red Cat Records, Bone Rattle Music, Four Wind Brewery, Empire Music, the Giggle Dam, among many others.

Proceeds from the raffle help to host events and continuing education workshops for our members including our annual conference.

This year Long and McQuade generously donated a door prize gift for early bird registrants. However, due to the online platform the conference moved to, our annual raffle was suspended. We do hope that a safe return to our in person conference in 2021 will include our raffle and welcome any interested sponsors to reach out to the conference committee.