

Celebrate

MUSIC THERAPY

Month 2021



Greetings Music Therapists:

I hope 2021 greets you with health, happiness, and optimism for great successes in the coming year. Once again, Governor Tony Evers has proclaimed March as Music Therapy Month in Wisconsin. Please join WCMT in celebrating the commendable work of our fellow music therapists and educating others about that important work. The current year will offer plenty of opportunities for these activities, including Hill Day in April. I urge you to take an active role in music therapy month with one of the ideas from this packet. You not only contribute to the history of music therapy in Wisconsin but its future as well.

Sincerely,

Brenna Liebold, MT-BC, WMTR
WCMT Public Relations Chair

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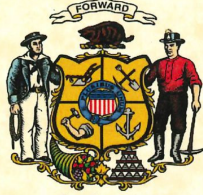
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STATE of WISCONSIN



OFFICE of the GOVERNOR

Proclamation

WHEREAS; music therapy is the clinical and evidence-based use of the nonverbal, creative, and emotional qualities of music and musical elements to promote and maintain an individual's health and wellness; and

WHEREAS; our state's music therapists strive to provide music therapy services which are most effective in restoring, maintaining, and improving the mental, physical, and social well-being of folks across Wisconsin; and

WHEREAS; professional music therapy organizations in Wisconsin, including the Great Lakes Region of the American Music Therapy Association and the Wisconsin Chapter for Music Therapy, are committed to community involvement, service, and education, as well as to advancing music therapy as a professional discipline, standardizing assessment and therapeutic techniques, and documenting and implementing peer review for professional quality assurance; and

WHEREAS; this month, the state of Wisconsin joins our state's music therapy organizations, providers, and patients in raising awareness about the potential health benefits of music therapy for all Wisconsinites;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin, do hereby proclaim March 2021 as

MUSIC THERAPY MONTH

throughout the State of Wisconsin and I commend this observance to all our state's residents.



IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 24th day of February 2021.

TONY EVERS
GOVERNOR

By the Governor:

DOUGLAS LA FOLLETTE
Secretary of State

Music Therapy Month Press Release

Use the official music therapy month press release on the following page to inform your local media venues about the presence of music therapy in the community. To use, click on the press release to highlight it. Then right click and select “copy image” to isolate the image, and paste into a new document such as Microsoft Word where the size can be adjusted as needed. The internet resources listed below provide contact information for the radio stations, newspapers, and television stations registered in the state of Wisconsin.

AM/FM radio stations by frequency:

<http://www.ontheradio.net/states/wisconsin.aspx>

Newspapers by city:

<http://www.usnpl.com/winews.php>

Television stations by city:

<https://www.stationindex.com/tv/by-state/WI>

March is Music Therapy Month

The Wisconsin Chapter for Music Therapy is pleased to announce that Governor Tony Evers has proclaimed March 2021 as "Music Therapy Month" in Wisconsin.

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. As an established healthcare profession, music therapy uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy interventions can be designed to:

- Promote wellness
- Manage stress
- Alleviate pain
- Express feelings
- Enhance memory
- Improve communication
- Promote physical rehabilitation

More than 180 board-certified music therapists provide services at a variety of settings statewide. Wisconsin is also home to Carroll University and Alverno College, both of which have accredited music therapy degree programs and are well-established pillars of their respective communities.

Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings. For further information, please explore the Wisconsin Chapter for Music Therapy website at www.musictherapywisconsin.org, or contact Brenna Liebold, WCMT Public Relations Chair at publicrelations@musictherapywisconsin.org.



5 Ways to Promote Music Therapy in 30 Seconds

1. Print and post the governor's proclamation. Let others know at your place of work that the state of Wisconsin supports music therapy by proclaiming March as music therapy month. Your office door, equipment cart, or employee bulletin board are all great places to post. Make sure you have approval to do so first, of course, as you may be easy to track down as the source of the post.

2. Post your business card on a public announcement board in your community. Many local businesses host an announcement board for their patrons to post their business cards, fliers/posters, items for sale, community events, etc. Make sure your card has a web address for those who are interested in exploring music therapy.

3. Prepare your own definition of music therapy. As music therapists, we are asked pretty regularly what exactly it is that we do. A cookie-cutter, one-size-fits-all definition just doesn't work in the versatile field of music therapy. Take half a minute to figure out how to describe what you do. Keep it short and simple. Something like "I use my [insert primary instrument here] to help [insert population here] achieve non-musical goals such as [insert goals here]. Here's my card." This statement is easily adaptable to a variety of treatment populations. Of course, it doesn't tell an inquisitive acquaintance everything you do; but if someone is truly curious, they'll keep asking questions.

4. Post a message on your social networking page. In a world of Facebook, Instagram, LinkedIn, Twitter, and whatever social networks are up-and-coming, digital communication is instant and continuous. Put this technology to constructive use during music therapy month this year by copying the post below and pasting it on your preferred social networking website or service:

Did you know that the state of Wisconsin recognizes March as "music therapy month?" Each and every day, Wisconsin's board certified music therapists use music to help its residents improve academic and social skills; manage pain, anxiety, depression, and symptoms of mental illness or addiction; combat the negative effects of dementia and medical treatments such as chemotherapy and surgery; regain or maintain cognitive and physical function; learn new skills to use in every day life and leisure; and find dignity, peace, and comfort at the end of life. I am a music therapist. How may I serve YOU today?

5. Tell a fellow music therapist how great they are. By making one another feel appreciated for what we do as music therapists, we all tend to strive for excellence with an enthusiasm that builds a great reputation for our beloved profession.

2021 Music Therapist of the Year Award

The award is inspired by the life and work of Sister Lucille Heidenreich in mission at Notre Dame of Elm Grove, Wisconsin. It recognizes a Wisconsin professional who demonstrates outstanding personal character and clinical skills in addition to contributions to the music therapy community by way of volunteer service, public education, or advancement of clinical practices related to music therapy. The winner of this award receives a \$100 gift card to West Music and a complimentary WCMT membership for the following year. Nominations are accepted September to December and voted on by the membership in January, with a winner announced in celebration of Music Therapy Month in March.



Rachel Miller, MT-BC

Rachel Miller, MT-BC, has spent her career working with older adults, supervising practicum students, and serving as the continuing education chairperson for the Wisconsin Chapter for Music Therapy. As a clinician, Rachel's work has focused around dementia care and hospice care. A Neurologic Music Therapist, her most recent work focused on specialized programming for older adults with Parkinson's disease. She has spent the last five years serving as the continuing education chair for WCMT, planning and organizing state sponsored events. Rachel enjoys getting to know fellow music therapists throughout the state, without whose help she would not be able to plan such educational and engaging events. She has organized courses on a variety of topics, including a recent fall retreat and a course on mental health during the pandemic. Rachel is currently taking a break from professional practice to raise her family, but continues to be active in music therapy through her continuing education role. When not making music, she enjoys baking, knitting, and spending time up north.

Upcoming Events & Continuing Education Opportunities

March 3-7, 2021 **GLR-AMTA Virtual Music Therapy Conference**
Online Only
[Click for Details](#)

April 10, 2021 **Virtual Hill Day**
Wisconsin State Capitol
9:00AM to 12:00PM

October 14-17, 2021 **AMTA Music Therapy Conference**
Hyatt Regency Jacksonville
Jacksonville, FL

*** Check the following websites for continuing education opportunities throughout the year ***

<http://www.musictherapy.org/events/listing/>

<https://www.glr-amta.org/news/>

<http://musictherapywisconsin.org/meetings-cmtes>

Date received: _____ Cash/Check #: _____ Amount received: _____



Membership Form

Check one:

Professional \$25.00	Retired Professional \$10.00	New Professional \$2 nd Year Free
Associate \$25.00	Affiliate Organization \$30.00	Professional new to Wisconsin \$2 nd Year Free
Student/Intern \$10.00	Alverno College	Carroll University

The information included on this form will be posted on the members only (password required) section of the WCMT website. **Please do not include information that you do not want posted.**

Name: _____ Professional Credentials: _____

Email address _____

Home Address _____ City _____ State _____ Zip _____

Home Phone (____) _____ - _____ Cell Phone (____) _____ - _____

Employment Name _____

Employment Address _____ City _____ State _____ Zip _____

Facility Phone (____) _____ - _____ Facility Fax (____) _____ - _____

Website _____

Any contact information changes from last year? _____

Yes

"I hereby give permission for WCMT to post the above information in a PDF Membership Directory in the member's only section of the WCMT website."	
Would you like your name, city and e-mail address listed for the general public under the "Find a Therapist" link on the WCMT website? www.musictherapywisconsin.org	

WCMT is always looking for people interested in assisting committee chairs with various short-term projects. Check the area in which you have the greatest interest. WCMT would greatly benefit from your talents.

Government Relations	Continuing Education	Public Relations	Membership	I would like to be mentored.
Public Relations	Clinical Practices	Newsletter	Archives	I would like to serve as a mentor.

Make check payable to: **Wisconsin Chapter for Music Therapy**

Send completed form and payment to:

Tamra Fricke, 224 Ridgeview Drive, Burlington, WI 53105

**DETACH FOR YOUR RECORDS
WCMT DUES**

Date sent _____ Check # _____ Amount \$ _____

[>> Click Here to Register & Pay Online <<](#)