

Accent Music Therapy

Winter Newsletter



Here we grow again!

Welcome to Accent Music Therapy's first Newsletter! You may have heard us at AMT utter those clichéd words 'here we grow again' a time or two before. The fact is, we've been growing since our beginnings almost 3 years ago.

Since the naissance of the company, AMT has grown to now service 80 client visits per week, serving approximately 150 unique clients. With all of the changing that we experience, we decided as a team to commit to publishing 4 Newsletters per year as a means for our clients, families and service partners to remain in touch with the latest and greatest happenings with our company. Look out for Newsletter issues in November, January, March and August 1st. You'll find regular features, and notice themes occurring through each issue. This Newsletter, we decided to recognize take a closer look at Cerebral Palsy (CP) as World Cerebral Palsy Day happened in early October.

The Ontario Federation for Cerebral Palsy (OFCP) defines CP as a lack of muscle control due to an injury to the developing brain. CP is an umbrella term and it is important to consider that every individual who has CP is unique. We encourage all of our readers to learn more about CP at <http://www.ofcp.ca>

Every Newsletter will have a client feature, and this issue we invite you to learn more about AMT client Jamie, an adult with CP.

We've had a busy Fall and wanted to share that:

- AMT staff Grace Hunte received her Music Therapist Accredited (MTA) designation!
- AMT Intern Max Denley will finish up his internship December 1st, 2015!
- AMT affiliated group SUPERFIRE wrapped up recording its second album due to be released in March, 2016!
- AMT continues to expand our service partnerships with new partners ROCK & Burlington Stroke Recovery
- AAAAAAND (Drum roll please) AMT is MOVING! AMT will be moving locations across the street to 919 Fraser Dr. Unit 9 to a location twice the size to keep up with the demand for our services. Stay tuned for an official invite to our Open House in December!

We hope you enjoy our first Newsletter, and are excited to hear back from our readership how we can keep improving this publication.

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"Music can name the unnameable and communicate the unknowable"
-Leonard Bernstein



AMT CLIENT SHOWCASE

Jamie Perrenoud



Meet Jamie,

Jamie is an adult with Cerebral Palsy, and one of AMT Director, William Murray's longest standing clients.

Jamie is one of the lead singers in the band SUPERFIRE,

a rock band comprised of young adults with special needs aiming to change individuals perceptions of the ability level of those living with a 'dis'ability. SUPERFIRE has been making music for 8 years, and

Jamie is a big part of the bands success. For more on SUPERFIRE, check them out at <http://superfire.ca>

In SUPERFIRE, Jamie is transitioning away from vocals in the band to taking over on Bass guitar, and as one of the bands songwriters, his musicianship continues to grow over the years. Recently, Jamie has started to volunteer for the AMT Tuesday night Rock Band, and continues to grow his musical skills learning new material for this new group. In the AMT group, Jamie is well liked, and has grown to be a very valuable and helpful member of the group. We are grateful for his volunteerism, and his insight into helping others with a variety of challenges.

Developmentally, Jamie is working on accepting his life as an adult with CP and is working to understand his limitations. He continues to get support developing his social skills, and is showing improvement in his ability to work towards living independently.

When performing with SUPERFIRE, Jamie is keen to spread his message that he's no different than anybody in any walk of life. He strives for acceptance and for his community to understand his challenges, but to seek the balance in waiting for him to demonstrate what he can do, rather than receive help when he doesn't need it. He states that the best way to 'help' him is to not help him at all, and to understand that he can ask for help when needed. He mentions that there is generally a perception that because an individual is 'dis'abled, that they need assistance in all areas of life. Here at AMT, we are proud to have seen Jamie develop into the very capable, and confident young man he is today. Rock on, Jamie!



Jamie singing in the recording studio with SUPERFIRE!



Campers spend their days at camp building skills and friendships through singing, dancing, crafts, games, and more!

Did You Know That AMT Does Day Camps?

Upcoming camp days include PD day and winter break dates! Camps cost \$80/day and run from 9am to 4pm.

November 27

Decemeber 21

December 22

December 23

December 28

December 29

REGISTER BY NOVEMBER 13th AND PAY ONLY \$70/day!

Spotlight on Music Therapy & Cerebral Palsy

What is Cerebral Palsy?

Cerebral palsy (CP) is the result of a brain injury or a brain malformation. Many people with cerebral palsy are born with the condition, though some acquire it later. Current research suggests CP is the result of abnormal brain development or brain injury prior to birth or during labor and delivery. Accidents, abuse, medical malpractice, negligence, infections, and injury are some known risk factors that may lead to CP.

Cerebral palsy (CP) causes physical impairments, however the type and extent of the impairment will vary from one individual to another. CP affects the person's ability to control their muscles, which may contract too much, too little, or all at the same time. Other complications such as intellectual impairment, seizures and vision or hearing impairment also may be present with CP.

(Summarized from www.cerebralpalsy.org)

Music Therapy & Cerebral Palsy

Music therapy can work wonders with children with CP. Music can be used to help with coordination, walking, sitting upright, grasping objects, encouraging vocalizations, and building self-confidence. The soothing power of music can also be used to help tight muscles relax so the child is able to participate in new ways.

Simple rhythmic music can help children with CP improve their gait by matching their footsteps to the rhythm of a song. Singing along to their favourite song can help relax tense vocal muscles, and using live music for accompaniment means that the tempo can be slowed to best support the individual with CP. A trained music therapist will be able to find the best key and tempo to encourage singing and other vocal expressions. One of our personal favourite uses of music therapy to support those with CP is utilizing how music can make confidence levels soar! Encouraging an interest and a talent highlights a person's abilities and can give them the confidence to explore all the other skills they have.

Exciting New Research!

In a recent article titled, "The Influence of Music on Time and Number of Steps in the Gait of Children With Cerebral



Palsy", Carlos Bandeira de Mello Monteiro et al., studied whether music influences the locomotion of children with cerebral palsy. They studied four children aged six to twelve with CP (spastic diplegic type) and had a control group of four children with no motor impairments. They measured the time and number of steps it took each child to rise from sitting on a bench without using their arms, walk three meters and return to sit in the bench. Each group tested with no musical component and with the musical component of singing a self-chosen song. The study found that the control group had no statistically significant difference in time or steps with no music vs. singing, but the group with CP were found to have a significant reduction of time and number of steps while singing a song of their choice vs. no music. This is a promising study for music therapy as it supports the idea of using rhythmic entrainment to develop and strengthen gait.

Bandeira de Mello Monteiro, A. Maria Dias, T. Dias da Silva, S.R. Pinheiro Malheiros, A. H. Nicolai Re, M. Velardi, J. Alberto de Oliveira, M. do Nascimento. (2014). The influence of music on time and number of steps in the gait of children with cerebral palsy. *Journal of Neurology and Neuroscience Vol 5 No. 1:3.*

Do-It-Yourself:

If your child struggles with their gait, try using music at home to encourage walking or crawling. Try using the song "The Ants Go Marching" and replace the word ants with your child's name. Remember to be conscious of your child's natural rhythm and take their lead while singing.

Check out this innovative instrument that can be used with limited mobility!

<https://www.youtube.com/watch?v=fGzM2pI0Nl4>

More Than Just Coffee Runs- An AMT Intern's Story



When I started my internship everyone asked me what exactly I was doing, and how many coffee runs I had completed. Lucky for me, that's not what my music therapy internship has involved.

After completing a university education in music therapy, a prospective therapist moves into the role of "intern" at a site of their choosing. There, they are mentored by an experienced therapist to gain a deeper understanding of what exactly the profession entails, as well as some real-world experience working hands-on with clients. They aim to complete one thousand hours spread amongst categories such as:

client contact, observation, resource development, supervision, continuing education, and more.

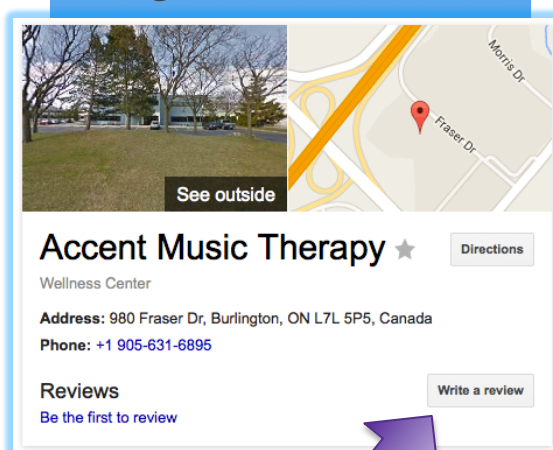
School provides you with the basics. You get the psychological concepts, theoretical backgrounds, and historical information relevant to practicing music therapy, as well as the musical training required to achieve a level of competency. But clients are not textbooks, and the real world is not a lecture hall. Nothing prepares you better for work in the real world than experience in the real world. I realized quickly how important the internship phase is, and how much there still is to learn outside the classroom.

Music therapy is so much more than knowing how to play the guitar. It's being able to play the guitar while watching and listening to a client (or group of clients), while analyzing reactions and adapting accordingly. It's not just knowing the textbook definition of a disability, it's being able to use that information to begin to understand a client, how they see the world, and how you can use music to help them grow. So in turn, the internship is so much more than hours to complete towards accreditation.

So far, my internship has been multi-faceted. It has involved personal learning in areas such as honing my guitar skills and research into current practices in music therapy. It has also involved business lessons such as scheduling, organizing, and proposing services. And it has of course, involved hands on work with clients. I have shadowed AMT therapists to see what they do, and I have had

Positive Experience with AMT?

Please consider
reviewing us on
Google!



Google Search "Accent Music Therapy" and click "Write a Review"

opportunities to start my own programs. I have taken on individual clients, planned and pitched new services, and planned/facilitated a week of summer camp. I have learned the importance of balancing preparation with flexibility, and have reinforced my passion for the work I am doing. I can't wait to see what is next for me; no day is ever the same as the last. Oh, and for those wondering...I've only gone on one coffee run!

Try it at home!



Colour Me!

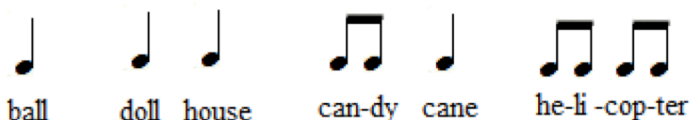
Music Activity To Try At Home!

Guess the Toy under the Tree

(Helps speech and language)

1. Place two or three holiday items and toys (or pictures of these items) in a row.
2. Say the names and clap the rhythm of each. (Children can opt to tapping with one finger, a hand or foot, nodding their heads, blinking their eyes, or playing a drum.) Try to find items that have different rhythms and numbers of syllables.

Here are some examples:



1. Say out loud: "I'm thinking of a present to put under the tree. Can you guess which one of these three it is?"
2. Clap (or play on a drum) the rhythm of the name of one item. The children have to listen carefully and guess which one it is.
3. Allow each child to have a turn to "think of a present".

G C O I W Z S R C D
D A H C Y V S N R D
M I C R O P H O N E
A J C M K N H T N R
T A H U G C C E N G
A V P S D U Y E M H
T P I I K R I V R H
A X A C M F U T N T
S I N G F L F M A P
U C O I O N O T A R

CHORD
CONCERT
DRUM
GUITAR
MICROPHONE

MUSIC
NOTE
PIANO
SING
SONG

Holiday Concert!

December 15th, 2015

On Tuesday, December 15th we will be having a Holiday Concert at our new location (919 Fraser Drive) to showcase all the hard work our clients have been putting in! Come on out to hear some great music.

Any donations will be passed along to The Morgan Jayne Project; an organization devoted to helping children and families with AIDS in Roatan, Honduras. <http://www.tmjpc.ca>



We're Moving!

That's right, Accent Music Therapy is moving into a bigger, better space, right across the street! 919 Fraser Drive will be our new home as of January 1st and we are so excited to expand and make the AMT experience even better for our clients. Come on out on the evening of our Holiday Concert (December 15th) To check out the new space!

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