



Central Queensland MUSIC THERAPY

Newsletter April 2025

Confirm your sessions for Term 2

Can you believe that we are a quarter of the way through the year already?! We hope you are feeling good as the school holidays approach. We have been reaching out to confirm whether you would like to continue with your current session times in term 2, and whether you will be attending sessions during the school holidays. If you have not yet been contacted or haven't had a chance to respond to the emails/text messages, we would appreciate if you could get back to us as soon as possible.

Celebrating Music Therapy

Next week marks the beginning of **World Music Therapy Week**! From the 10th to the 15th of April each year, music therapists from around the world celebrate and raise awareness about music therapy and its benefits. Keep an eye on our social media (see the bottom of the newsletter) for music therapy facts and history, how and why musical interventions work, and some interactive Instagram stories!

If that's not enough reason to celebrate, this year also marks **50 Years of Music Therapy in Australia**! How wonderful that music has used to improve people's health, functioning, and well-being in this country for 5 decades already. We are looking forward to even more research, engagement, and of course, music, in the future!

NDIS Updates

Music Therapy in the NDIS has been a hot topic for the last few months. We have shared some updates as we receive them from the NDIA as well as the AMTA (Australian Music Therapy Association). The latest updates are:

- The way that participants **access Music Therapy** through the NDIS will **remain the same** until the end of June. This includes no changes to the current pricing.
- The completion date for the independent review of Art and Music Therapy was extended to April 17. We will share more updates once we receive them after this date.
- As per requests from the AMTA, the NDIA has released the "Rapid Review" document, showing that they made their initial decision to remove music therapy as a support from the NDIS based on extremely limited amount of research, and no consultations with participants. We are happy to confirm that the misinformation has been cleared up during consultations with Dr Duckett who is conducting the independent review.

Check out our updated website

We have refreshed our website here at Central Queensland Music Therapy! For information on music therapy, the services we offer, our staff, and up-to-date contact details, visit our website: <https://cqmusictherapy.com.au/>

We will also be publishing a monthly blog post on our website. These will include snippets of research, written in a way that is easy to digest, on topics such as neurodivergence, music and the brain, and the body's nervous system. Let us know what topic you'd like to learn about!

Listen out for updates on these future plans

Central Queensland Music Therapy will be hosting an **Open Day** at our practice in Goondoon Street. More information about the event, including dates and activities will be coming soon!

The music therapists at Central Queensland Music Therapy are also planning to organise more **community engagement programs**. We will be out in the community, running music groups where anyone is welcome, **regardless of age, ability or musical experience**. They will be **fun**, low pressure, and if nothing else, we would love people to come and sing in different places!

Finally, we are in the process of setting up an **online resource library**! This free collection of accessible, music-based activities and resources will help families to continue developing skills and working towards goals at home, that we are targeting in sessions.

Thank you!

If you have any questions, please don't hesitate to reach out.

From **Eliza and Jess**

Central Queensland Music Therapy

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