



## Central Queensland MUSIC THERAPY

### Newsletter September 2025

#### Eliza is Taking a Break

As Eliza has communicated to her participants during their recent sessions, this was her **last week** before she steps back to **take a break** and look after herself; something that therapists often forget to do amidst supporting others in their work. Here is Eliza's farewell message:

Hello beautiful people,

Thank you all so much for trusting me with your health and well-being and for being a part of Central Queensland Music Therapy.

Being a music therapist, and being YOUR music therapist has been such a joy and an immense privilege over the last decade. Thanks to all my participants, your families, and your supports for the effort, music, and love you have put into your programs. I am very proud of all of you.

Thank you for your support and continued engagement during a difficult year for music therapy. I am forever grateful and amazed at the generosity of the people I see in the community. You are awesome.

While it will be exciting to see what I can create in 2026, saying goodbye to the office I have had for the past 3 years is very sad. It was a safe space for me, and hopefully, for everyone who walked through the door.

To Jess, it is always such a wonderful experience seeing and hearing you work. You are an incredible music therapist and an amazing person. Thank you for continuing CQ Music Therapy during my absence, I have full faith that it will flourish under your leadership.

A thank you also to Fee and Jade, for decluttering and organizing with such skill and dedication. I appreciate you so much.

I take all the memories, lessons, and wisdom my participants have provided me into my future music therapy endeavours, and I hope that I will see you all there!

Goodbye for now and good luck for everything!

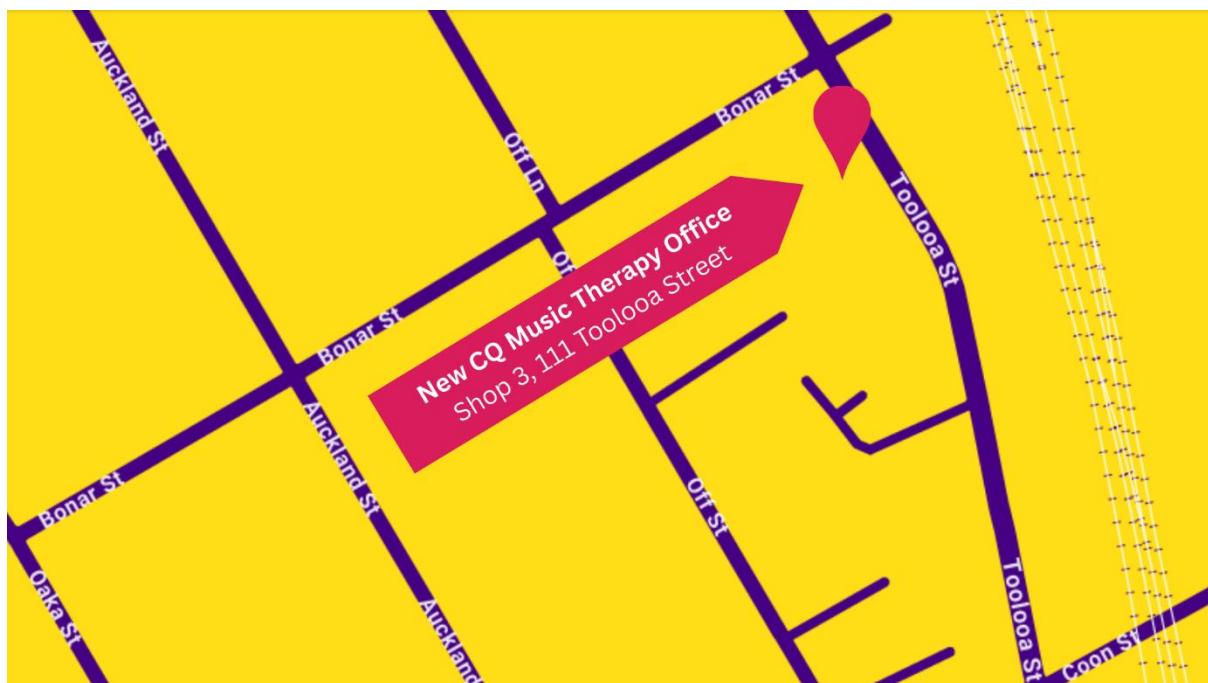
My absolute best,

Eliza 😊🎶

## We are Moving!

The timing of Eliza taking a break coincides with the end of the lease here at our office in the Palms Shopping Centre. Jess will continue to provide Music Therapy services from a **new office** at **shop 3, 111 Toolooa Street**. Located behind the **Grappling Tribe** Brazilian Jiu Jitsu studio, we will share an address and facilities, but not a shop entrance. Please see the below **map for directions** to the new office, **parking** and finding the **entrance** at the **back** of the building.

### Getting to the Office



### Finding the Entrance



## Updates to Contact Details

From **Monday the 6<sup>th</sup> of October** (week 1 term 4), Central Queensland Music Therapy will be operating from the new office, and will **no longer have a landline**. Jess can be contacted by phone or email, and Fiona, our administrator, can be reached via the admin email.

**Mobile:** 0493 294 405

**SMS Only:** 0483 980 903

**Admin email:** admin@cqmusictherapy.com.au

**Jess' email:** jessthemusictherapist@gmail.com

## NDIS Updates

On Wednesday the 10<sup>th</sup> of September, the **National Disability Insurance Agency** (NDIA) released the **Independent Review** of NDIS Funded Music and Art Supports led by Dr Stephen Duckett. This report was published at the same time as the NDIA's response to the review. **The Australian Music Therapy Association** (AMTA) has also **shared their response**.

### Positive Outcomes:

- Music therapy is **retained as a funded therapeutic support** under the NDIS
- **Only AMTA-registered music therapists** can deliver music therapy services
- This recognition aligns music therapy with other allied health professions (e.g. speech pathology and dietetics), underscoring the profession's standards and expertise

### Concerns for the Music Therapy Profession:

- **Pricing cuts** were announced by the NDIA upon publication of Dr Duckett's report. The maximum hourly rate will be reduced to **\$156.16/hour** from **24 November**
- This **20% reduction** will make it very difficult for many services to remain viable. The Music and Art Therapy communities are concerned that **participants** and their families **may lose access** to these supports when clinics are forced to close

### Read the Reports and Responses

To read the full publications, please follow the links below. A **summarised** version of the **Duckett Report** is **attached** to this newsletter.

- [\*\*Link\*\*](#) to the **Duckett Report**, titled "Independent Review of the Place of Art and Music Therapy within Australia's National Disability Insurance Scheme"
- [\*\*Link\*\*](#) to the **NDIA's Response** to the Art and Music Therapy Report
- [\*\*Link\*\*](#) to the **NDIA's website** with more information about the independent review into art and music supports, and alternative access to the above documents
- [\*\*Link\*\*](#) to the **AMTA's Response** to the Duckett Report and the NDIA

## Thank you!

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

From **Eliza and Jess**

*Central Queensland Music Therapy*

## Contact the Team at Central Queensland Music Therapy

**Mobile:** +61 493 294 405

**SMS Only:** +61 483 980 903

**Admin email:** admin@cqmusictherapy.com.au

**Jess' email:** jessthemusictherapist@gmail.com

**Address:** Shop 3, 111 Toolooa Street  
South Gladstone, QLD, 4680

**Open:** Mon, Wed, Thurs & Fri  
by appointment only

## Find Central Queensland Music Therapy on Social Media



**Facebook**

[facebook.com/cqmusictherapy](https://facebook.com/cqmusictherapy)



**LinkedIn**

[linkedin.com/company/cqmusictherapy](https://linkedin.com/company/cqmusictherapy)



**Instagram**

[@cqmusictherapy](https://www.instagram.com/cqmusictherapy)



**Website**

[cqmusictherapy.com.au](https://cqmusictherapy.com.au)



# Art and music therapy

## What we found out

Easy Read version



**ndis**

[ndis.gov.au](http://ndis.gov.au)

# Support to read this factsheet



You can ask someone you trust for support to:

- read this factsheet
- find more information.



We wrote some words in **bold**.

We explain what these words mean.

## What is this factsheet about?



We are the National Disability Insurance Agency (NDIA).

We wrote this factsheet about art and music **therapy**.



Therapy includes different types of support that can help improve how:

- you think and feel
- your body moves.



We asked Dr Stephen Duckett AM to check art and music therapy for people with disability.

Dr Duckett checked:



- how much art and music therapy should cost



- the **evidence** about how well art and music therapy supports people with disability.

Evidence is proof that something is true.



We will update our rules about therapy supports later this year.

# What did Dr Duckett have to say?



Dr Duckett told us that art and music therapy can work well for some people.



This includes some **participants**.

Participants are people with disability who take part in the National Disability Insurance Scheme (NDIS).



Dr Duckett said that some participants should have art and music therapy in their **NDIS plans**.

An NDIS plan has information about:



- a participant and their goals



- what supports they need.



But participants should only get these supports if there is evidence that they work well for other people like them.

This includes people with the same:



- disabilities



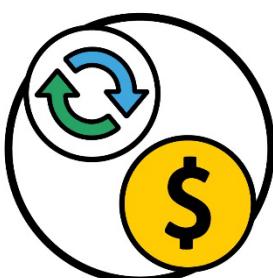
- goals.

## What should the NDIA do?



Dr Duckett shared some ideas for the NDIA.

He said we should:



- change the price of art and music therapy



- make sure participants use the right money from their plan to pay for art and music therapy



- make sure there is a lot of evidence to show how well all therapy supports work.



He also said some participants might take part in art and music activities.



But these activities should not be the same price as art and music therapy.



Dr Duckett said we should think about the information we share about art and music therapy.

He said we should think about:



- how to share better information



- what information participants need to choose the right supports.



Dr Duckett said we should check the evidence about how well art and music therapy works for different groups.



He also said we should plan how to make decisions about therapy when there isn't much evidence.

## More information

For more information about this factsheet, please contact us.



You can visit our website.

[www.ndis.gov.au](http://www.ndis.gov.au)



You can call us.

1800 800 110



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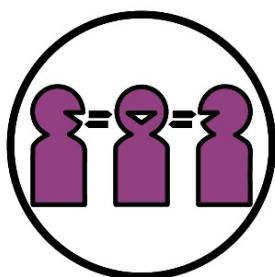
## Support to talk to us



You can talk to us online using our webchat feature at the top of our website.

[www.ndis.gov.au](http://www.ndis.gov.au)

If you speak a language other than English, you can call:



Translating and Interpreting Service (TIS National)

131 450

If you have a speech or hearing impairment, you can call:



TTY

1800 555 677



Speak and Listen

1800 555 727



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