



# Central Queensland MUSIC THERAPY

## Newsletter April 2026

### Welcome to Term 2

We hope that our participants, their families and other readers have had an **enjoyable and relaxing school holidays**, and have come back from the break **feeling refreshed** to get back into school, work, and music therapy sessions!

### Open Day Success

On the middle weekend of the holidays, we held our first **Open Day** for the year! This was a great opportunity to meet some new community members, including other allied health professionals, and to **celebrate World Music Therapy Week**. Visitors toured the office, played lots of different instruments, and shared in some tasty treats.



In addition to the Music Therapy Q&A Document on our [website](#), we thought this would be a good opportunity to answer a couple of the frequently asked questions from the Open Day:

**Q: Is music therapy covered by the NDIS?**

A: Yes, music therapy can be funded by the NDIS (including EIEC), as well as Work Cover, some aged care schemes, and privately.

**Q: How can I become a music therapist?**

A: In Australia, you can only become a registered music therapist by completing a master's degree, which is offered at the University of Melbourne, or Western Sydney University (the University of Queensland used to offer the course as well, and I believe they are trying to get it back up and running).

**Q: Can I use music in my work as a different type of therapist (e.g. counselling, speech, etc.)?**

A: Yes! We don't own music, and we know how effective music can be for engaging and motivating participants to learn cognitive, communication, social, emotional and physical skills, among others. However, you cannot call yourself a "music therapist" just because you use music in your therapy sessions.



**A Symphony of Skills Video Series**

As part of World Music Therapy Week this year, we created a six-part **video series** to showcase how music therapy can be used to support participants':

- Cognitive skills
- Communication skills
- Social skills
- Emotional skills
- Physical skills
- Sensory needs

These have been posted to our [Facebook](#) and [Instagram](#) accounts, and will also be added to our website this week.

## Music Therapy Scrubs

Also just in time for World Music Therapy Week was the **launch of music therapy scrubs** by Australian brand, Scrub Turkey, who teamed up with registered music therapist volunteers, including our very own Jess! The print was developed through focus groups, reflecting both the tools we use in practice and the more human, expressive side of the profession.

The scrubs are **available via pre-order until 29 April**. As this is a small-batch release, production will only go ahead if minimum order numbers are met – otherwise, all orders will be fully refunded. Estimated delivery is mid-July. If you are interested, or know someone in allied health who may like to get themselves a pair, visit [Scrub Turkey's website](#).



## Thank you!

If you have any questions, please reach out – contact details below.

From **Jess and Eliza**

*Central Queensland Music Therapy*

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