



Central Queensland MUSIC THERAPY

Newsletter July 2026

Welcome to Term 3!

For those who get a break over the school holidays, we hope it was an enjoyable and restful couple of weeks, and that you felt refreshed returning to your regular routine. It is always great to see our participants' smiling faces when they resume sessions after taking a break!

NDIS Updates

The latest NDIS Pricing Arrangements and Price Limits (PAPL) that came into effect on 1 July saw **no changes to the pricing of music therapy**. Support worker and psychology rates have been increased this year, while dietetics and exercise physiology were reduced.

The other change in this year's PAPL is that **invoicing now requires separate line items/codes** for direct (face-to-face) sessions, telehealth, cancellations, non-face-to-face services, travel, and NDIA-requested reports. These administrative requirements **will not affect participants' sessions**, but are reflected in our updated service agreements and invoices.

Welcoming our Art Therapy Placement Student

This semester, CQ Music Therapy is **hosting an Art Therapy Master student**! As part of the requirements for her university degree, Mel will be observing, discussing, participating in, planning, and facilitating some sessions to comprise her placement hours. We are **excited to collaborate** and include some **art-based activities alongside the music**, to provide different opportunities for participants to work on their goals in ways that interest them. Here's an introduction from Mel:

Hello, I'm Mel. I'm an Art Therapy Student, currently completing my Master of Mental Health Art Therapy at the University of Queensland, with graduation expected in December 2026. This is my fourth clinical placement, where I continue to grow my skills and experience by working in a range of mental health and therapeutic settings.

My journey into art therapy has been shaped by a lifelong love of creativity, teaching, and supporting others. I hold a Bachelor of Visual Arts (Fine Arts) and a Master of Teaching, and I bring nearly 24 years of teaching experience into my work as a therapist. Throughout my teaching career, I saw how powerful creativity can be in building confidence, connection, and emotional wellbeing. This inspired me to move into art therapy, where I can combine my experience as an educator with a caring, person-centred approach to supporting others in a therapeutic setting.

I aim to create a safe, warm, and non-judgemental space where people of all ages feel comfortable exploring their thoughts, feelings, and experiences through creativity. I believe everyone has their own strengths and the ability to grow, and I feel honoured to support people as they learn more about themselves and move towards their goals.

What is Art Therapy?

Art therapy is a gentle and supportive form of psychotherapy that uses creative activities alongside optional reflective talk therapy to help improve emotional and mental wellbeing. You don't need any artistic skill or experience – there's no need to be "good" at art to participate. The focus is on the art-making process and what participants express, understand, and process.

Art therapy offers a creative and meaningful way for participants to explore feelings that might be hard to put into words, gain new insights, and cope with stress, anxiety, or difficult experiences. It can also build confidence, improve communication, and strengthen emotional resilience.



During one of my university lectures this week, we were asked to choose a flower that represented our final placement journey. I chose a sunflower to symbolise the warmth, positivity, and support I have experienced with Jess and Eliza already. They have made me feel encouraged, supported, and confident as I continue in this final stage of my learning journey to become an art therapist. Their support has already helped me grow personally and professionally, and I feel fortunate to be learning alongside such inspiring therapists.

Thank you to those participants who gave **permission for Mel to be a part of their sessions!** She will be working alongside Jess and Eliza in some of their sessions on **Mondays, Tuesdays and Wednesdays**. Feel free to ask Mel about her studies, or even about how she used to teach Jess in her primary school art classes some years ago!

Medicare Mental Health Check In

Free mental health support is now available! Medicare Mental Health Check In is a new service offering confidential, online support to **help people manage mild mental health challenges**, like stress, anxiety and low mood. The service helps people build practical skills to manage and improve their mental health through evidence-based, Low-intensity Cognitive Behavioural Therapy (LiCBT). People **work through online tools independently** in their own time, or can choose to be **guided through the tools** by a qualified mental health practitioner via telehealth.

For more information, visit the Medicare Mental Health Check In [website](#).

Winter Health Reminder

It is about that time of year again when people inevitably get sick, so we thought we'd include a reminder in this month's newsletter to be mindful **not to attend sessions if you are experiencing any cold or flu symptoms**. It is a shared responsibility to **keep each other safe**, particularly within a therapy space, where some participants may be immunocompromised. Please stay home if unwell, and rest up so that you can come back to your next session feeling refreshed and ready to sing, play instruments, and achieve your goals!

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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