President’s Message: Thankful for Service

Did you know that SWAMTA is an entirely volunteer-run organization? We’re currently looking to appoint several more members to serve and represent the region in various ways:

- **Regional Representative to AMTA International Relations Committee**: Represent SWAMTA on this committee which is tasked with facilitating awareness of international opportunities and events for and/or by AMTA members.

- **Fundraising Consultant**: Works closely with the SWAMTA Board (especially the treasurer) to help plan and implement various fundraising events to benefit the regional organization. This individual will need a working knowledge of, or be willing to familiarize themselves with, various rules regarding nonprofit organization fundraising. (Cont. Pg 2)
Cont. President’s Message

• Disaster Response and Relief Committee Members: Works with the Immediate Past President and other members of the disaster response and relief team to liaise with regional members affected by man-made or natural disasters; and help develop and implement guidelines for financially supporting regional membership provide music therapy to the community during or after a disaster.

• Regional Conference Blind Proposal Reviewer: Work with the Vice President and Vice-President Elect to review conference proposals that have been blinded (e.g., all presenters’ identifying information has been removed) for suitability for inclusion in the upcoming SWAMTA regional conference.

• Passages (student-specific portion of the regional conference) Blind Proposal Reviewer: Work with the Student Affairs Advisor to review conference proposals that have been blinded (e.g., all presenters’ identifying information has been removed) for suitability for inclusion in the upcoming SWAMTA regional conference.

CALLS TO SERVE

Interested in one or more of these service opportunities? Complete the form below and we’ll be in touch soon!


The Quarter Note Editor

Sarah Lynn Rossi, MM, MT-BC
Quarter Note Editor

The Quarter Note wants to publish your news and announcements. Please send the information and accompanying photos to the Quarter Note editor at quarternote@swamta.org

Editor’s Note: Thankful for Mentors

As I step into the role as the main editor for the SWAMTA Quarter Note, I reflect on the wonderful guidance in which I received from Karen Sholander, MT-BC, HPMT who welcomed me as an eager new professional by introducing me to the board and by sharing how she so willingly served as our newsletter editor for 4 years. As she eased me into this role, I grew more confident and felt more integrated within our region by being able to connect with the stories and events from music therapists within our region. We greatly appreciate all that you have done for our region with keeping us up to date through your many lovely newsletters over the years. Now Karen leaves us with these words as she moves forth to serve our region in other wonderful ways.

“I served on the SWAMTA board as newsletter editor from 2015-2019. In that role, I enjoyed getting to know many SWAMTA members, and expanding my understanding of what the board does to help our members grow professionally. I also have enjoyed networking within our region because I like to help colleagues connect, and because I enjoy the camaraderie offered by spending time with other music therapists in this often isolated field. Going forward as a SWAMTA member, I expect to continue to assist the Texas advocacy task force by continuing our efforts to achieve professional recognition. I also am excited to begin my second CBMT certification period and look forward to all of the opportunities afforded in this region to grow professionally and personally through this incredibly meaningful work!”

—Karen Sholander, MT-BC, HPMT

Karen Sholander, MT-BC, HPMT
Past Editor
Past President: Thankful for Support & Resources

In my role as Immediate Past President, I serve on the Disaster Task Force, along with appointed member, Tania Cordobés. This task force was initiated last year by AMTA with the following aims:

- **Provide Regional messaging** on disaster preparedness
- **Share Information** on training resources & continuing education opportunities
- **Assess Impact** on regional disaster events on MT’s affected directly or indirectly by an event through welfare inquiries, regional networking, & member reporting.

Since I began my term this past June, our region has already been impacted by multiple events including two mass shootings in both El Paso and Midland in addition to the Gulf Coast region experiencing the torrential rains of Imelda only two years after Harvey etc. If you, a music therapist, or a music therapy student you know in our region has been impacted by any of these events, either physically or psychologically, you can reach out to me or Tania. We are here to offer support as well as connect you to others who have lived through similar experiences with the intent to help you navigate the recovery experience.

You may also not realize that AMTA offers a 3-credit CMTE e-course called, *Disaster Response for Music Therapists: Core Principles of Psychological First Aid*. Per the AMTA website, this course is currently offered FREE to both members and non-members. If you are a music therapist working with children, the following resources may also be helpful to you:

- [National Child Stress Network](#)
- [Talking to Children About Tragedies](#)

Finally, it is important to remember that you can be impacted by these traumatic events even if you live on the other side of the region. As therapists, we need to recognize and be attentive to our own reactions and know when to seek professional help and support.

Treasurer: Thankful for Growth

Updates on the Newly Approved Budget for 2019-2020:

1) **Stability:** Due to the generosity of multiple sponsors and donors from our regional conference last year, we were able to both increase pre-existing line items & add new line items to this year's budget!

2) **Funds Towards Advocacy:** We have increased the allocation of funds for Legislative Advocacy with the hope that these additional funds will help our task force to continue to advocate for music therapy and music therapists throughout the southwestern region.

3) **Membership Support:** The board has worked towards additional efforts to support our membership by create new line item specifically titled "Membership Scholarship/Support". We hope that the funds will help individuals achieve or maintain their membership with AMTA. Stay tuned for more information on how to apply to receive these funds!

4) **Fundraising Interest:** The financial advisory committee is looking for a SWAMTA member who is passionate about fundraising. If that’s you, please get in touch to contribute to our exciting ideas about how to continue to grow our budget from year to year!

Don't hesitate to reach out directly to me if you have any questions or concerns about SWAMTA's budget or spending [treasurer@swamta.org](mailto:treasurer@swamta.org).
President-Elect: Thankful for Experiences

Intro to the New VP:
Tiffany operates a private counseling and music therapy practice in Amarillo, TX working mostly in mental health, developmental disabilities, and with cancer patients and families while contracting with the 24 Hours in the Canyon Cancer Survivorship Center. In addition, she is a part-time instructor in the music department at WTAMU under Dr. Ed Kahler. In her community, she serves as Advertising Chair on the Board of the Amarillo Little Theatre, member of Sybil B. Harrington College of Fine Arts and Humanities Advisory Board at WTAMU, Light of Hope for CASA, Amarillo Little Theatre Guild, and is a sustaining member of the Junior League of Amarillo. Most importantly, Tiffany is a wife and mother of two intelligent and talented daughters, ages fourteen and eleven.

Update:
I have been a member of AMTA since my years as a student, but I have enjoyed serving further through different roles as a professional. For the last couple of years, I have served the region as Membership Chair. My work within that role allowed for me to get to know many members in our region while organizing calling drives and working on membership retention. Through this process, I learned a great deal about what is important to our members as well as concerns of non-member music therapists that prevent membership renewal including financial burden.

My first job serving as President-Elect was to implement a Membership Assistance Scholarship for music therapists in our region in need of assistance with membership dues. The scholarship application will launch this fall, and membership assistance funds will be awarded for next year’s AMTA

AMTA Membership Assistance Scholarship

The SWAMTA Board is excited to announce that we have budgeted funds to assist music therapists in our region with AMTA membership dues! A Google form application will be made available on our SWAMTA website. Applicants will remain anonymous for selection process by review committee. If you know a music therapist in our region that could benefit from this opportunity, please spread the word. If you are interested in serving on the “blind” review committee, please contact presidentelect@swamta.org.

Membership Chair Announcement:

Thank you to Bernice Chaves for stepping into the role of SWAMTA Region Membership Chair! We know that you will represent us well!
2020 SWAMTA Regional Conference: Thankful for Collaboration

Mary Altom, MT-BC
SWAMTA Vice President
vicepresident@swamta.org

Call for Papers is Open!

❖ What have you been working on this year?
❖ Did you start a special program?
❖ Collaborate with another discipline?
❖ Make significant progress with a client?
❖ Conduct music therapy research?
❖ Write songs for clinical practice?

Share your knowledge at Regional Conference! Our music therapy community does great work & now is the time to share what you know!

Go here for details:
bit.ly/SWAMTACallforpapers

Submissions are accepted now through SATURDAY, DECEMBER 7th, 2019. Acceptance email will be sent out no later than January 8th, 2020.

SAVE THE DATES:

March 26-28th, 2020

Plans are well underway for our 2020 regional conference “Collaboration is Key”

We are thrilled that this conference will be happening throughout the Texas Medical Center and Houston Hilton Plaza Hotel. In the spirit of our collaboration theme, our opening, plenary, and closing sessions will be taking place off-site at local hospitals. This is a new format for our region and detailed plans are being made to ensure smooth transitions for all attendees.

Join the Local Committee!

Please click on the following link:
https://docs.google.com/forms/d/e/1FAIpQLSd4rx_C8c2p_hqQLk9StnOeGjDwnmj-rHDn7kQDFEiewQ728Q/viewform

More details are coming soon, so check our website https://swamta.org/Conference often for news and updates.

Early Bird Registration Opens December 2nd, 2019
Secretary: Thankful for New Opportunities

I am so thankful to be apart of the SWAMTA Board of Directors and serve as your secretary. I will share a bit about myself in hopes of getting to know each of you better in the near future. I am the full-time Music Therapist at High Point Village, a local non-profit in Lubbock, TX, that serves individuals with intellectual disabilities. I attended Sam Houston State University and graduated with a Bachelor’s Degree in Music (Music Therapy). I love working with adults with ID and am passionate about expanding services for the population. I also love hiking, exploring, and all things outdoors.

The Summer Board Meeting was exciting and I felt honored to be involved in a new way with this region. I want to encourage all music therapists to join the Board Meetings when possible as it is a unique way to see what is going on in the region from a broader perspective.

Creative Arts Therapists of TMC: Thankful for Learning Opportunities

The many music therapists who serve within the Texas Medical Center enjoyed a CME learning opportunity on Wednesday, October 2nd that was hosted by Houston Methodist Center for Performing Arts Medicine through a lecture titled “Effective Strategies in Medical Music Therapy” led Dr. Wendy Magee from Temple University’s music therapy program. She shared her knowledge regarding medical music therapy research, interventions, and how music therapists impact patient outcomes & satisfaction.
Central Texas Music Therapy Association: Thankful for Education

Central Texas Music Therapy Association held our annual Mini-Conference Saturday, September 28 in San Antonio, TX.

Titled, "Multicultural Applications in Music Therapy", it was attended by 42 music therapists and students. Many thanks to the following presenters:

- **Tian Gao**, (Picture Bottom Right) "Introducing a New Music Therapy Method for Trauma in China"
- **Mike Marcionetti & Stephanie Scheffel**, "Music Therapy Drumming"
- **Luis Munoz**, "Multicultural Music Therapy: Building Cultural Humility"
- **Jessica Leza**, "Embracing Neurodiversity: Advocacy and Allyship"

"Lots of learning took place and it was a wonderful time meeting up with old friends/colleagues while also serving as a great opportunity to interact with students. Mini-Conference 2019 was a success!"

*Linda Lininger, MMT, MT-BC CTMTA Secretary*

Get connected with CTMTA through their website: [http://www.ctmta.com/](http://www.ctmta.com/)

Music & Munchies
North Texas Music Therapists: Thankful for Networking

The music therapists of North Texas held their annual "Music & Munchies" networking event including a potluck which was well attended Saturday, October 5th.

“We had a good time getting to know each other while sharing ideas, food, and fun!”

*Karen Sholander, MT-BC*

(Back) Tiffany Wyndham, Cynthia Haley-Moore, Chad Harmon (Middle Row)
Carolyn Dobson, Esther Craven, Michelle Melender, Samantha Lowry (Front Row)
Melissa Heffner, Christina Shocklee (intern), Karen Sholander
Calling New MT Professionals!

Karen Sholander, MT-BC is currently organizing supervision groups for new professions, so don't be afraid to get connected and ask questions by contacting her at ksholander.mtbc@gmail.com

Questions for "Ask Eva"

Do you have a question for Eva? Please send them to Sarah Lynn Rossi, MM, MT-BC and they may be selected to be anonymously submitted to the “Ask Eva” Panel for consideration. Continue learning by asking questions & seeking answers about our profession!

Read more about AMTA's newly appointed Executive Director, Jeanne Ellinport by clicking on her name.

Congrats to the music therapists who serve the Center for Performing Art Medicine at Houston Methodist who represented our region at the recent National Organization for Arts in Health Conference and received recognition by winning 1st place in the International Hamilton Arts in Health Awards for Arts Building Resilience

From Left: Elizabeth Laguaite, Virginia Gray, Jennifer Townsend, Todd Frazier, Audrey Zybura, John Head, Antonio Milland Santiago
SWAMTAS: Thankful for Connections

We strive to give the students of the Southwestern Regional a voice, foster lasting connections, and create resources for successful future MT-BC's!

- Scholarship Update for Students: AMTA Membership Scholarships will be out to public on October 15th, 2019
  https://www.musictherapy.org/careers/scholars/

- National Conference Update: Due to location and transportation, we will not have a booth at national conference. We thank the region for their understanding. We can't wait to see some of you there!

- 2020 Passages Call for Papers: Deadline: Dec 13th, Apply through the following link: http://bit.ly/PassagesApply2020

Check out our first YouTube video of the year: https://www.youtube.com/watch?v=KhpUIHjqFZA&feature=youtu.be&fbclid=IwARzCIAtrNVxTqI2KPT1UqksSPmoYQkD5z3Ujtv43HcsBmCghFvhVCMsAUYU

Follow us on Instagram @swamtas

Like us on Facebook Southwestern American Music Therapy Association of Students https://www.facebook.com/SWAMTAS/
Stay informed between the Quarter Note editions by connecting on Social Media. Look for The Quarter every four months in February, June, and October. Deadline to submit articles is on the 20th of the preceding month.

Visit [SWAMTA.org](https://twitter.com?SWRMSTA)
https://www.facebook.com/pg/southwesternregionAMTA
https://instagram.com/SWRAMTA/

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We look forward to seeing you at
AMTA 2019 National Conference
November 21st- 24th in Minneapolis, MN