



WFMT BUZZ

From the desk of Dr. Melissa Mercadal-Brotons



DECEMBER 2019

Dear WFMT friends and colleagues,

I want to take this opportunity to wish all of you a good and enjoyable holiday season.

We are seven months away from the **2020 World Congress of Music Therapy**. The Early Bird Registration has opened and I am pleased to remind you that if your WFMT membership is Individual Professional, you are entitled to a discounted registration fee.

This month, we will start featuring the speakers of the spotlight session on **Innovation in Music Therapy Practice** which will take place during the 16th World Congress of Music Therapy in South Africa, July 7-11th, 2020. I am very happy to introduce **Dr. Andrew Knight** who you are going to get to know a little bit more in this December 2019 Buzz.

The need for professional music therapists to innovate and introduce new elements in their clinical practice is paramount. Innovation and renewal in our daily work is indispensable in order to keep up motivation as professionals and to present new possibilities for the people we serve.

I hope you enjoy this monthly Buzz and get excited to read and to meet Dr. Andrew Knight in South Africa next July.

Melissa Mercadal-Brotons, PhD, MT-BC, SMTAE
President WFMT



Dr. Andrew Knight, PhD, MT-BC

Andrew Knight:

Dr. Andrew Knight holds a bachelor's degree in Percussion Performance, Jazz emphasis from UW- La Crosse, a music therapy equivalency and master's degree from the University of Minnesota, and a Ph.D. in Educational Foundations and Research from the University of North Dakota (UND).

Dr. Knight has research interests in substance use disorders in adults and early childhood social/emotional developmental issues. He directs the Parkinson's Disease vocal exercise group in collaboration with the Parkinson's Support Group in Larimer County and is a Music Together Within TherapyTM provider. His research has been published in the *Journal of Music Therapy* and *Music Therapy Perspectives*, among other journals, and serves as Associate Editor for Book Reviews for *JMT*. He was the 2017-2019 president of the Midwestern Region (MWR) of the American Music Therapy Association (AMTA), on the AMTA Assembly of Delegates, and has won the MWR and AMTA Service Awards. Along with Drs. Blythe LaGasse and Alicia Clair, he is a co- editor of the 2018 textbook, *Music Therapy: An Introduction to the Profession*, published by AMTA.

Interview

1. What drew you to the field of music therapy?

I was a jazz performance major on percussion and a psychology minor, so I stumbled upon it by accident "googling" music and psychology, then started talking more about it and found other people who had heard about it.

2. What are your primary areas of practice and what fascinates you about that area/those areas?

Early childhood: I like that it really doesn't matter if young children have a diagnosis or not – they are all at such varied levels of development in all the domains, and it's a privilege to be one of the first people to give them the gift of music in their young lives. Mental health: I like when music helps something 'click' for them, how they identify with an artist, how they start improvising and enjoy a group when they are inpatient and not much else is positive in their world.

3. What are your areas of research?

Early childhood and chemical dependency in adults

4. Please describe in some more detail a study that you are currently involved in

I'm finishing a qualitative study about people's Musical Stories of Recovery. It's a qualitative investigation where a small group of people from an outpatient intensive chemical dependency program told me their stories of getting involved in using substances, their recovery to that point, and the place of music in their lives. Then we create a recording for them, play it back, and do a follow-up interview about that process for them.



5. In this congress you will be presenting as part of the spotlight session on *Innovation in Music Therapy Practice*. Please give us a sense of the uniqueness of your contribution in this area.

I will be speaking on technology, and although I've written articles on technology in MT practice, my uniqueness might be that I really don't use a lot of technology clinically. My "platform," so to speak, is that we should know a lot about technology, but use it little, yet efficiently and effectively.

6. What are you looking forward to about attending and what are your expectations of the World Congress of Music Therapy in 2020 in South Africa?

The local musical artists, of course!

Please complete the following sentence which we will use to encourage others to attend:

Come to the World Congress of Music Therapy in 2020 because the feeling that music therapy has a worldwide presence is empowering.

With best wishes

Andrew Knight, PhD, MT-BC



World Federation of Music Therapy
Federación Mundial de Musicoterapia

*Seasons
greetings*