



Canadian
Association of
Music Therapists

Association
canadienne des
musicothérapeutes

Canadian Journal of Music Therapy Revue canadienne de musicothérapie

From the Editor-in-Chief and English Content Editor

Mot de la rédactrice en chef et directrice du contenu en anglais

Black,S

Editor's Message / Message de la rédactrice

Journal Information À propos de la revue

Volume 27 | 2021



Editor-in-Chief
Rédactrice en chef
SarahRose Black, PhD, RP, MTA

ISSN: 1199-1054

Frequency /Fréquence :
annual/annuelle

From the Editor-in-Chief and English Content Editor

It is my absolute privilege to present the 2021 issue of the *Canadian Journal of Music Therapy*, a representation of a point in time in our history as a profession and a remarkable testament to the bold and brilliant voices that make up the unique fabric of our work. Never before have I been more struck by the profound significance and importance of music as a tool for healing, connecting communities, embodying and exemplifying diversity, and promoting revolutionary change within health-care systems in our country and beyond. This past year has brought us all immense challenge. Whether we have had to pivot to virtual clinical care, adapt or pause our research pursuits, or reconfigure our professional work as a result of this global pandemic's significant impact on our economy and on health care in general, we have all felt the effects of the past 12 months.

Amidst these immeasurable challenges, this issue's authors invite us to reflect, consider, and reconsider who we are, where we have come from, and what lies ahead for us as individuals and as a collective. "The way we describe how and why we do what we do is the area that requires careful, curious, optimistic reconsideration," Dr. Katrina McFerran suggests in her position paper, as she points us to a question of what theoretical perspectives we as music therapists might favour if we were establishing ourselves now, as opposed to our professional roots which were planted over fifty years ago. We are invited to explore our own career trajectories as we journey alongside Dr. Colin Andrew Lee who offers us a candid and intimate interview that explores both the roots of his own theoretical perspectives and the future directions he is pursuing. Dr. Bing-Yi Pan and Elizabeth Pan present a thorough and comprehensive systematic review of the impact of music on sleep quality, adding a vital evidence-based perspective on the role music can play in sleep regulation. Our French content features Erika Guittard's phenomenological exploration of the experience of music therapists who have worked with adolescents in short-term contexts, offering insight into this paradigm. Suzanne Caron's reflections on the creation and first year of the innovative and unique National Music Therapy Institute in Montreal and Vickie Levasseur's review of Isabelle Raynaud's documentary, *Tuning the Brain with Music*, bring us fresh perspectives on new and exciting work being done in Quebec and beyond. We are especially thrilled to welcome two new styles of review to our journal, both Levasseur's documentary review and Liz Moffitt's considered and thoughtful review of Mary Rykov's new book of poetry, *some conditions apply*. Stephen Williams offers a look into Elizabeth Schwartz's *Basic Verbal Skills for Music Therapists* and provides us with suggestions for possible applications, and Melody Newcomb presents an overview, close look, and insights from McFerran, Derrington, and Saarikallio's recently published *Handbook of Music, Adolescents, and Wellbeing*.

Our authors' work demonstrates a breadth and depth of thought-provoking music therapy perspectives from different parts of the country, showcasing an array of voices, ideas, and hopes for our future. I have marvelled at the advocacy that has continued to be a focal point for many of us in the field and have felt proud of our community that has come together to continue to support our clinical populations and engage in meaningful research. We are entering into what I hope will be a pivotal time of change and accessibility, as our journal has officially become available through an open access platform, a truly exciting and encouraging landmark for our profession. I offer my sincerest thanks to all of those who have worked tirelessly to make this pursuit a reality and am passionately optimistic that this shift will mean our voices will be accessible to a much larger and more diverse audience. As incoming Editor-in-Chief of this publication, which has been close to my heart since my own entry into music therapy, I humbly recognize and acknowledge that I stand on the shoulders of giants—pillars in our community who have fundamentally shaped the growth of our field from a place of deeply-rooted passion for clinical and

research excellence. I am grateful to the editors who have come before me, and am honoured to be able to carry this journal forward alongside my colleague and our French Content Editor, Annabelle Brault, in partnership with our journal team. I invite each of you to consider your own passions, research interests, curiosities, and questions, and to connect with our team if you would like to discuss an opportunity to contribute to our Canadian journal. I look forward to working with many of you in the coming months! It is an absolute pleasure to be your new Editor-in-Chief. I am grateful for the opportunity, and hope you enjoy the 2021 issue of the *Canadian Journal of Music Therapy*.

Dr. SarahRose Black, PhD, RP, MTA
Editor-in-Chief and English Content Editor, *CJMT*
journal@musictherapy.ca