

# NAMT and Its Mid-Atlantic Region:

## Changing Together<sup>1</sup>

BARBARA L. WHEELER, Ph.D., RMT-BC<sup>2</sup>      *Montclair State College*  
SANDRA GOLDEN, RMT-BC<sup>3</sup>                      *Essex County Hospital Center*

---

**ABSTRACT:** This paper outlines the history of the Mid-Atlantic Region of the National Association for Music Therapy (NAMT) as it intertwines with the history of NAMT. This history began even before Mid-Atlantic was established in 1953 as the first region of NAMT. Prior to that time, NAMT was formed in New York City in 1950, and the First Annual Meeting of NAMT was held in Washington, DC, later that year. The history of the region is traced from the early years, when goals appear to have been to keep the organization moving and to expand awareness of the profession in order to build membership, through the 1970s, when members worked to make their views heard and to have an impact on NAMT policies, to the 1980s, when Mid-Atlantic members actively work together with other members of NAMT for the betterment of music therapy.

---

Much of the history of the National Association for Music Therapy (NAMT) is intertwined with the history of its Mid-Atlantic Regional organization. This article describes the organization and development of the Mid-Atlantic Region.

Two important events in the establishment of NAMT occurred in the geographic area which was to comprise the Mid-Atlantic Region. The first was the founding of the organization in New York City in June of 1950. The second event was the First Annual Meeting of NAMT, held the same year in Washington, DC (Boxberger, 1963).

### **Establishment and Growth, 1953-1973**

The Mid-Atlantic Region of NAMT was founded as the first region of NAMT at a 1-day meeting in March, 1953. There were 177 people registered for the meeting which was held at Teacher's College, Columbia University, New York City. It was determined at this time that members would belong to NAMT and have the same membership requirements and that dues would be \$2.00 (Minutes of Organizational Meeting, March 21, 1953). The states of Delaware, Maryland, New Jersey, New York, and Pennsylvania, plus Washington, DC, were included at this time (Mid-Atlantic Chapter Report, 1953). Virginia and West Virginia were added to the region within the year (Minutes of Executive Board Meeting, October 21, 1953). The official letter of establishment of the region was signed on March 21, 1953, by Myrtle Fish Thompson, Presi-

dent of the Mid-Atlantic Region, and Dr. E. Thayer Gaston, President of NAMT (document signed by E. T. Gaston and M. F. Thompson, 1953).

### *Goals*

In the early years of the region, the basic goals appear to have been to keep the organization operating and to expand awareness of the profession in order to build membership. These regional goals paralleled the goals of the national organization during its early years (Boxberger, 1963). The need to remain flexible in the development of the organizational structure of the region was evidenced by the fact that at the second Executive Committee meeting in 1953, business was unable to be officially conducted because of the lack of a quorum (Minutes of Board of Directors Meeting, June 13, 1953). Therefore, at the next business meeting, the requirements for a quorum were changed (Minutes of Regional Chapter Meeting, July 30, 1953).

The '50s and '60s were important years. In 1954, with 46 members, the first Regional Constitution was adopted (Minutes of General Business Meeting, January 23, 1954), and the region hosted the Fifth Annual NAMT conference in New York City. (It is interesting to note that the registration fee for this conference was \$14 for members while the cost of a single room was \$4-6. Near the same time, in 1953, the salary advertised for a music assistant position at Allentown [Pennsylvania] State Hospital was \$2808 without maintenance and \$2088 with maintenance [correspondence from L. Hannaford, November 21, 1953].) In 1955, there were 50 "paid up" members, "16 whose dues are still outstanding and three hoped-for members" (Minutes of Regional Chapter Meeting, October 8, 1955). In 1956 there were 68 members (Minutes of General Business Meeting, February 4, 1956) and in 1958, 66 (Report of the Annual Meeting, April 18, 1959). It was reported that Mid-Atlantic was the largest region of NAMT (correspondence from M. F. Thompson, January 6, 1956; Report on 1958 Conference by H. E. Browne, November 13, 1958).

By 1959, a newsletter was being published under the editorship of Hermina Browne (Report of the Annual Meeting, April 18, 1959). In 1962, a revised Constitution and Bylaws were adopted (Minutes of Business Meeting, May 12, 1962). In 1965, the region was again the site of a national conference, the 16th Annual NAMT Conference in New York City.

### *Early Concerns*

Along with the growth, though, was concern about both the internal functioning of the organization and the relation-

---

<sup>1</sup> The authors wish to thank the following people for comments on an earlier draft of this manuscript: Phyllis Boone, Suzanne Hanser, Cheryl Dileo Maranto, Donald E. Michel, and Alan Solomon

<sup>2</sup> Dr. Wheeler is Associate Professor of Music Therapy and Chairperson of the Music Department at Montclair State College, Upper Montclair, NJ.

<sup>3</sup> Mrs. Golden is Chief of Therapeutic Services at Essex County Hospital Center, Cedar Grove, NJ.

© 1987, by the National Association for Music Therapy, Inc

ship of music therapists to those outside of the profession. As in the past, these concerns of the Mid-Atlantic Region members were similar to those of the national organization during these years (Boxberger, 1963). Internal concerns included questions as to how music therapists could operate most effectively. A discussion on professional relations held at the 1956 regional conference dealt with relations on the national, state, local, and hospital levels (conference program and related discussion guide, April 28, 1956). At the annual regional meeting in 1962, the discussion topic, echoing President Kennedy's inaugural address, was "What can music therapists do for music therapy?" (conference program).

Regional members were also concerned with letting people outside of the organization know about the profession of music therapy, primarily for the purpose of increasing membership in NAMT and the region. In 1955, 899 letters were sent to people interested in music therapy and the Association. From this mailing, 29 new members were added to the region and 15 to NAMT (Minutes of Regional Chapter Meeting, October 8, 1955). In 1956, a letter and questionnaire were sent to institutions within the region to discover possible new members; each state had a person in charge of this task (Minutes of General Business Meeting, February 4, 1956). Again in 1960, attempts were being made to contact people and inform them about music therapy. Music therapists in Washington, DC had been attempting to do this by means of informal coffee hours to which music therapists and other mental health professionals were invited. Music therapists in other areas were encouraged to do the same (Minutes of Executive Committee Meeting, November 30, 1960). In 1966, attempts were again made to contact people who might be interested in music therapy and NAMT (Minutes of Business Meeting, May 7, 1966 and correspondence from D. Hall, 1966).

Although the goals of both were the same, there were persistent problems between members of the Mid-Atlantic Region and officers of the parent organization, NAMT, in terms of how to achieve these goals. Mid-Atlantic Regional members wanted assistance with certain problems, but the leaders of NAMT apparently perceived the role of the national organization differently or were not able to respond to the problems in a manner satisfactory to regional members. In 1955, following discussion of music and recreation problems in Pennsylvania state hospitals and schools at a Regional Executive Committee meeting (Minutes of Executive Committee Meeting, July 16, 1955), it was decided that these problems would be presented at the upcoming meeting of the NAMT Executive Board. It was later reported that the Board members had discussed the problem unofficially and had come to the conclusion that NAMT was not strong enough to assist states in such matters, so Pennsylvania music therapists should work the problem out on their own (correspondence from H. E. Browne, October 26, 1955). In 1961, complaints by regional members regarding problems with mail, dues, and the lack of a music therapy educational institution within the region or the nine adjoining states were submitted to NAMT. In 1972,

five members of the Mid-Atlantic Region spoke to the NAMT Executive Committee (Minutes of National Executive Committee, October 18, 1972). They spoke of three problems: lack of approved academic programs, lack of clinical training centers, and the rapidly growing competitive organization, the Urban Federation of Music Therapists (UFMT), later to become the American Association for Music Therapy (AAMT).

### *Tension and Resolution*

The occurrence of such problems appears to be natural as two organizations, one in the role of the parent and the other in the role of the child, struggle to define their roles and to find the best ways to meet the needs of both. Some of the problems moved toward resolution; others have remained (in 1987) unresolved although progress has occurred. One of these problems was resolved in the late 1960s, aided by support from the national organization. In 1967, NAMT President Leo Muskatevc attended the annual meeting of the region and stated that the prospects for a degree program in music therapy were encouraging. In 1969, Montclair State College in New Jersey began such a program, under the direction of Wanda Lathom. The proliferation of degree programs in the region was rapid after that, with 10 programs in existence in 1976 (NAMT listing: Universities offering music therapy curriculum, Feb. 1982; personal communication, E. Norwood, May 1985) and 15 programs in 1986 (NAMT, n.d.). Additional clinical training facilities also followed during those years. The resolution of the remaining problems, specifically membership issues such as mail and the handling of dues, would not occur for some time; the relationship with AAMT would remain an issue for even longer.

## **Distinguished Music Therapists**

### **Early Leaders**

There were a number of music therapy pioneers in the geographic area which formed the Mid-Atlantic Region. The leaders covered in this report do not, of course, include all who have lived within the borders of the Mid-Atlantic Region and who have made significant contributions to the development of the field of music therapy.

Willem van de Wall began a program at Allentown State Hospital in Pennsylvania in 1927, reported to be the oldest formal music therapy program in the United States (Minutes of the Regional Chapter, July 30, 1953). Dr. van de Wall wrote two books about music therapy, *Music in Institutions* (1936) and *Music in Hospitals* (1946).

Another pioneer, Ray Green, first President of NAMT, held the title of Chief of Music, Recreation Service, Special Services, Veterans Administration in Washington, DC. He, along with van de Wall, while active in NAMT, left no record of having been active in the Mid-Atlantic Region.

Hermine E. Browne, a New Jersey music therapist who was active in the region, developed music therapy departments at Marlboro State Hospital and New Jersey Neuro-Psychiatric

Institute. At Neuro-Psychiatric Institute she established an internship at which some of today's music therapy leaders were trained (Neuro-Psychiatric Institute files).

#### *Myrtle Fish Thompson*

Myrtle Fish Thompson was active in both the national and regional organizations, having been President of both NAMT and the Mid-Atlantic Region in the latter part of the 1950s. She began her music therapy work at the Lyons Veterans Hospital in New Jersey and, in 1948, established the Music Therapy Department at Essex County Overbrook Hospital. Shortly after that, Mrs. Thompson began a training program in music therapy at the hospital. A few years later, realizing the value of the creative arts as therapy, she added art and dance therapy to the program resulting in the renaming of the department to the Department of Music and Creative Arts. In 1954, Mrs. Thompson compiled a survey of music in hospitals which was said to have "contributed significantly toward the development of clinical training guidelines" (Robison, 1975, p. 11). She became an Honorary Life Member of NAMT in 1963 and retired from Essex County Hospital in 1970.

Mrs. Thompson passed away in 1976. In 1980, Essex County Hospital Center dedicated the music and creative arts wing of the newly-constructed activity therapy building to her. A plaque on a wall of the unit states, "Lecturer, author, leader in the field of music therapy; founding member of the National Association for Music Therapy; 'an expression of body, mind, and spirit through the arts.'"

#### *Florence Tyson*

Florence Tyson is another music therapist who has been active in both the Mid-Atlantic Region and in NAMT. In addition, she has achieved national prominence for her founding and development of a unique center for creative arts therapy treatment. She first appeared in a national conference with a presentation in 1958 while she was Director of the Music Rehabilitation Center of the Musicians Emergency Fund. In 1963, she founded the Music Therapy Center, later renamed the Creative Arts Rehabilitation Center. This center has been innovative as a community center offering music therapy and other creative arts therapy services to clients in an urban center, New York City (Tyson, 1981). Ms. Tyson served as President of the Mid-Atlantic Region in the late 1960s and, in 1970, was given a role in the national organization with her appointment as NAMT Public Relations Chairperson. She has continued her activity in both NAMT and the Region in the ensuing years. She has shared her clinical work and information about the Creative Arts Rehabilitation Center through regular conference presentations, journal publications, and through her book, *Psychiatric Music Therapy* (Tyson, 1981).

#### *Marian Chace*

Marian Chace was a pioneer in the dance therapy movement, having begun her work in 1943 (Toombs, 1968). She worked at St. Elizabeth's Hospital in Washington, DC, and at

Chestnut Lodge in Rockville, MD, until her retirement in 1966. Her background included music as well as dance, and she was active in the Mid-Atlantic Region, having served as President from 1959–1960. She made several presentations at NAMT conferences (Chace, 1954, 1963). She died in 1970, and her papers were published after her death (Chaiklin, 1975).

#### *Helen L. Bonny*

In a 1971 publication (Rodgers, 1971), reference was made to Helen Bonny's work using music in experimental psychedelic drug therapy for addicts, alcoholics, and cancer patients. As an outgrowth of her pioneering work using music and psychedelic drugs at the Maryland Psychiatric Institute, Dr. Bonny developed Guided Imagery and Music (GIM). GIM uses music with non-chemically induced altered states of consciousness to enable the client to explore deeper levels of consciousness. Through the Institute for Consciousness and Music (ICM) and later ICM West, many people have been trained in GIM. Helen Bonny has presented her work worldwide and, in addition to articles, has published three monographs (Bonny, 1978a, 1978b, 1980) and a book *Music and Your Mind* (Bonny & Savary, 1973) on this work. More recently, Dr. Bonny has used specially programmed taped music in hospitals, a program she has called *Music RX* (Bonny, 1983a, 1983b). Helen Bonny has been active in NAMT and in the Mid-Atlantic Region, having served as President of the region from 1975–1977. She began the music therapy program at Catholic University in Washington, DC.

#### *Paul Nordoff and Clive Robbins*

In 1963, Nordoff and Robbins presented some of their work, including the musical play *Pif Paf Poultrie* (Nordoff & Robbins, 1969), at the spring meeting of the region. Subsequent years have seen the Nordoff and Robbins method of using musical improvisation in music therapy influence the clinical practice of music therapy world-wide. Nordoff and Robbins published their work in several books (1977, 1980, 1983) and numerous songs and song collections. Paul Nordoff died in Germany in 1977. Many newspapers in Europe carried obituaries. As stated by Vera Moretti, "His life became dedicated to the handicapped children of the world . . . His music, unsurpassed in quality, beauty and meaning, was composed for and during the work with special children. His unique improvisational approach interpreted the wordless, isolated existence of thousands of children" (*Mid-Atlantic Newsletter*, Spring, 1977, p. 13). Clive Robbins has continued the development and practice of music therapy both in the United States and in other countries, having specialized in recent years, with his wife, Carol, in the use of music with the hearing impaired (Robbins & Robbins, 1980).

#### **Learning to Be Heard, 1974–1978**

The years from 1974 to 1978 were a time for members of the region to be heard more strongly. Not only did the region seek more of a voice in the national organization, but the

members also worked to be heard by the leaders of the region. Changes in the NAMT Constitution which went into effect in 1976, intended to allow members to have more input into NAMT via representatives selected on the regional level, paved the way for members of the Mid-Atlantic Region to have the greater voice that they were seeking in NAMT.

At the 1975 regional conference, members took over a business meeting which had been planned to last but a short time. They studied every line and phrase of the Regional Constitution and suggested alterations to allow them to have a greater voice in the region (Minutes of Mid-Atlantic Regional Conference, April 26, 1975). This meeting lasted for over 4 h. It was also in the spring of 1975 that a small group of members held a meeting to prepare a slate of officers for nomination so that, for the first time, an alternate slate was presented along with the slate from the nominating committee.

Pennsylvania was again active in promoting the profession. The music therapy directors and supervisors of Southeastern Pennsylvania worked from 1976 through 1978 to formulate standards for music therapy programs. These standards were to insure the quality of music therapy programs offered to clients in mental health and mental retardation facilities (*Mid-Atlantic Newsletter*, Fall, 1978).

Some members of the Mid-Atlantic Region, as well as those from other regions, had begun to feel that NAMT would profit from moving the National Office from Lawrence, Kansas, to Washington, DC. They were aware of the advantages of being near the nation's lawmakers and also that many other organizations were already established in the Washington, DC area. At the 1978 national conference, a representative of the Mid-Atlantic Region made a motion to the Assembly of Delegates for a 1-year study on the feasibility of moving the National Office of NAMT to Washington, DC (Minutes of Assembly of Delegates, November 12, 1978). This motion had been planned at a meeting of the Regional Executive Committee held prior to the conference (Minutes of Executive Committee, September 16, 1978).

During this period there was frustration because members of the Mid-Atlantic Region did not feel that their wishes had much impact on the policies of NAMT. It seemed that part of the reason for this was that members of the Mid-Atlantic Region held very few positions of leadership in the national organization. Although the NAMT Constitution, which had been adopted in 1976, did not insure that all regions would be represented in positions of national leadership, members felt that some attempt should be made to see that all regions should be represented. At a Mid-Atlantic Executive Committee meeting, a statement was made that Mid-Atlantic, the second largest region, held only 1 out of 17 national committee chairs (Minutes of Executive Committee Meeting, November 12, 1978), and a letter was sent to the NAMT President requesting equitable representation from the Mid-Atlantic Region. Some progress was made toward representation at the national level when Barbara Wheeler was elected, in 1978, as a representative to the Executive Board from the Assembly

of Delegates, giving the Mid-Atlantic Region a voice on the Board. In addition, Sandra Golden was appointed as member-at-large to the national Budget Committee. Thus, during this time of transition for NAMT, the Mid-Atlantic Region was poised to be heard and to influence the events which would occur.

### **Relationship with AAMT**

One area in which Mid-Atlantic members tried to make an impact on NAMT policy was in relations with the Urban Federation for Music Therapists (UFMT), which later became the American Association for Music Therapy (AAMT). UFMT had been formed in 1971 by a group of music therapists from the New York City area, led by Dr. Jerrold Ross from New York University. The impetus for the formation of the organization had been a desire for flexibility of internship sites in the New York City area, where few music therapists were employed in facilities suitable for music therapy interns. Those who founded UFMT also desired to establish music therapy internships which utilized continued supervision by the academic institution in addition to the on-site clinicians (music therapists and others), a philosophy which was not acceptable to NAMT (personal communication, K. Bruscia, February, 1987). This philosophical difference led to the formation of UFMT, which subsequently approved the New York University music therapy training program. Aside from the approval of this program, UFMT appeared to fill a need among music therapists in the Northeastern United States (including the area encompassed by the Mid-Atlantic Region), and the organization grew and developed.

Through a series of events which began in the mid-1970s, it became apparent that the feelings of many in the Mid-Atlantic Region concerning UFMT did not parallel those of NAMT leaders toward UFMT. Relations between the two organizations were not cordial, and this became of concern to members of the Mid-Atlantic Region, some of whom worked and dealt with members of UFMT on a daily basis. Mid-Atlantic members felt alone in this contact with UFMT members and were aware that members of other regions had neither the contact with UFMT that they had or the stake in what happened between the two organizations. In 1975, Margaret Sears, Executive Director of NAMT, had been telephoned during a meeting of the Executive Committee for an official statement on UFMT as to what the stand of the national organization was. Mrs. Sears was asked if the national organization wanted the region or National Office to investigate UFMT. Mrs. Sears' reply, as stated in the minutes of the meeting, was that she was "impressed with the concern [the] region shows. She explained that no meeting is planned with UFMT, that there are no firm grounds for approaching UFMT, and that [the region] should focus [its] energies toward strengthening NAMT and work to improve the state civil service and teacher certification positions" (Minutes of Executive Committee Meeting, September, 1975).

As evidenced by minutes of the Mid-Atlantic Executive

Committee, members of the region became more concerned over the lack of communication with AAMT. (UFMT had changed its name to the American Association for Music Therapists [AAMT], reflecting the broadening of the scope of the organization beyond the urban northeast, in 1975.) Minutes of an Executive Committee meeting read, "It was suggested that National be advised to quit ignoring AAMT" (Minutes of Executive Committee Meeting, April 14, 1977). In September 1977, the region voted to have a representative involved with all communication with AAMT (Minutes of Executive Committee Meeting, September 24, 1977). In 1977, a representative from the region presented to the Assembly of Delegates a motion designed to facilitate communication with AAMT. It read in part:

We recognize that we share many common concerns with AAMT and encourage cooperation and communication between the two organizations. Since the Mid-Atlantic Region is particularly involved in day-to-day contact with AAMT it is vital that this Region have updated information about AAMT, and be kept informed on contacts which may transpire between NAMT and AAMT on a national or executive level. (Minutes of Assembly of Delegates, October 29, 1977)

The motion went on to outline ways in which communication and cooperation between the two organizations might be facilitated, including exchanges of publications and the development of a comparison of similarities and differences between the two organizations, and ways in which the Mid-Atlantic Region could be involved. This motion was never voted on as the Assembly lost its quorum before the vote could be taken.

As an illustration of the continued frustration over this issue, in 1978, three music therapists from the Maryland and Washington, DC, area wrote to the President-Elect of the Mid-Atlantic Region citing several concerns. One of these concerns was the "lack of affiliation with AAMT which excludes good people, has a negative effect on public relations, and creates division within the ranks of music therapists" (*Mid-Atlantic Newsletter*, Fall, 1978, p. 3). To this letter, Mid-Atlantic President-Elect Gerri Davis replied that "this issue has been discussed at every Executive Committee meeting we have held during my 3 years in this region" (*Mid-Atlantic Newsletter*, Fall, 1978, p. 4).

Although the rate at which progress was made in getting NAMT as an organization to communicate with AAMT was not fast enough for many Mid-Atlantic members, some members of the region were gradually working out their own solutions to the problem of the lack of communication between the two organizations. A number of music therapists had been, and continue to be, members of both organizations. Some music therapists have also chosen to be registered by both NAMT and AAMT, holding the RMT (Registered Music Therapist) and the CMT (Certified Music Therapist) status. Others have assumed leadership positions in both organizations, or teach in universities accredited by the organization other than the one by which the professor is registered or certified.

An important move toward greater communication between members of the two organizations, which took place other than on an individual level, occurred when music therapists in Southeastern Pennsylvania worked together to formulate standards for music therapy programs as previously described. As RMTs and CMTs worked together on this project, they found that they respected the work of music therapists from the other organization and could work together although the organizations remained separate. Some of the communication which developed among members of the two organizations is reflected in a regional newsletter, where a section for AAMT news appeared (*Mid-Atlantic Newsletter*, Winter, 1977-78), and reports were published from AAMT-affiliated schools (*Mid-Atlantic Newsletter*, Spring, 1978). It seems possible that such openings of communication between the Mid-Atlantic Region and AAMT set the stage for better communication between the national organizations, which began to occur in the next few years.

### Firsts Within the Region

The mid-1970s was a time of firsts within the region. The 1975 regional conference was the first conference in which simultaneous sessions were held. In 1975, the position of State Representative was formally established. In 1976, at the first 2-day conference the region had held, the first projected budget was presented, and the first meeting of the State Representatives and the first election of delegates to the Assembly of Delegates (mandated by the revised NAMT Constitution) occurred. As mentioned earlier, in 1975, a slate of officers with more than one candidate for each position was first seen.

Another first occurred in September, 1977, with the formation of the Mid-Atlantic Regional Association of Music Therapy Students (MARAMTS). The students had long been seeking a formal structure and at a meeting in September, 1977, in Elizabethtown, Pennsylvania, representatives from colleges met and established the organization (*Mid-Atlantic Newsletter*, Fall, 1977). The first regional president was Scott Sanders, a Montclair State College student, who later went on to become the first president of the National Association for Music Therapy Students (NAMTS).

In 1978, the idea for a public relations film materialized—a film that was to be reviewed, revised, rehashed, and finally accepted by the Mid-Atlantic Executive Committee in 1982 (Minutes of Executive Committee Meeting, April 14, 1978; November 11, 1982).

Later in 1978, the region hired a public relations professional to guide its public relations efforts. At a meeting of the Executive Committee and the consultant, the major functions of public relations were discussed, the ingredients of a public relations program addressed, and issues relating to non-profit organizations outlined. A plan of action for a potential regional public relations program was discussed (Minutes of Executive Committee Meeting, September 16, 1978). This same public relations consultant came to the 1979 NAMT National Con-

ference to work with the Public Relations Committee in providing guidance to the national organization.

Another first occurred in 1978 when Juliette Alvin, founder of the British Society for Music Therapy, spoke at Norristown State Hospital, Pennsylvania. This was to lead in 1979 to an affiliation for music therapy interns from London's Guildhall School of Music and Drama with Niles Martin at the Norristown facility (personal communication, N. Martin, March, 1984).

### Years of Expansion, 1979–Present

During the period from 1979 to the present, members of the Mid-Atlantic Region have become more involved in the governance of the national organization and have been increasingly successful in working with others in formulating NAMT policies. The morale problems, caused by the lack of input which were felt in earlier years, thus appear to have been resolved.

The region extended itself to the leader of NAMT in 1979, when the precedent of inviting the NAMT President to the regional conference was begun (Minutes of Executive Committee Meeting, February 24, 1979). This invitation has since been extended yearly, and many presidents have attended, met with members, and conducted workshops.

### National Involvement

Many members have held national positions and thus have been involved in the governance of NAMT. In 1979, Madeline Ventre was appointed Council Coordinator of the Council on Ethics and Standards. With this appointment, she joined Barbara Wheeler on the NAMT Executive Board so, for several years, the region had two members on the Board. In 1981, Barbara Wheeler was appointed to head a second task force to study the proposed move to Washington, DC. The work of this task force culminated in the decision by the Assembly of Delegates to move NAMT's National Office to Washington, DC, in 1982. In 1980, Lawrence Haight chaired the Judicial Review Committee, and, in 1982, he chaired the newly-formed Judicial Review Board. Carolyn Sonnen and Ruthlee Adler were appointed as NAMT representatives to the Legislative Alliance for Creative Arts Therapies (LACAT) in 1979. In 1980, Carolyn Sonnen was appointed to head the Government Relations Committee; Michael Rohrbacher headed that committee beginning in 1981.

A task force to study the feasibility of a second NAMT periodical publication was formed in 1979, and by 1980 included members of the Mid-Atlantic Region along with a number of people from other regions, with Michael G. McGuire as chair. A sample issue of the publication was presented to the membership in 1981 at the National Conference, with Mid-Atlantic members Michael McGuire as Editor and JoEllyn Berky as Business Manager. Mr. McGuire has continued as Editor for this publication which was subsequently named *Music Therapy Perspectives*. Although he has moved from the Mid-Atlantic Region, he is an important force behind

keeping this publication moving to the point that the NAMT Executive Board was able to commit to its regular publication, under his editorship, beginning in 1986.

In 1982, Joseph Scartelli was appointed to head the Education Committee and JoDelle Waller was appointed NAMT Treasurer. Constance Willeford and Sister Mariam Pfeiffer were elected to the Certification Board in 1983; Gerri Davis had previously served on this Board. In 1984, Cheryl Dileo Maranto was elected NAMT Vice President, and Leslie Hunter was appointed Council Coordinator of the Council on Professional Training. In 1986, Dr. Maranto became President-Elect and thus, in 1988, will become NAMT President—the first person from the Mid-Atlantic Region to hold this office since Myrtle Fish Thompson was President in the 1950s.

At the 1984 NAMT Conference, Mid-Atlantic President Madeline Ventre initiated a meeting of regional presidents with the NAMT president. Her intention was to increase direct communication between the regional organizations and the national organization. This apparently met a need for many regions, as the meeting was well attended and such meetings have been continued.

### Regional Distinctions

During the same period in which members were becoming more active in the national organization, Mid-Atlantic was the second largest region of NAMT; in 1979, the region had 430 members (Minutes of Executive Committee Meeting, September 20, 1980), and in 1985, 519 members (*Mid-Atlantic Newsletter*, Summer, 1985, p. 2). In 1982–83, Mid-Atlantic had the largest student organization in the country (Minutes of Executive Committee Meeting, February 26, 1983).

It was in 1982 that the Gaston Award (first awarded in 1973) went to a Montclair State College student, Janet Fall, for a paper on the use of music therapy in the treatment of alcoholics. In 1985, the Gaston Award went to Carol Wilson, also a Montclair State College student, for a research paper on the effects of music on blood pressure. In 1986, this award went to Eileen Cain, a student at Nazareth College, for a paper reporting on the contingent use of music to decrease bed-wetting.

### National Conferences Host

The Mid-Atlantic Region had hosted the 1974 National Conference in Philadelphia (as well as earlier conferences) and, in 1982, was ready for the challenge again. This time Baltimore was the site. This was NAMT's first conference under the guidance of a management firm and the first after the National Office moved to Washington, DC.

The region was central to another NAMT first in 1985 when the National Coalition of Creative Arts Therapies (NCATA) sponsored the first joint conference of creative arts therapists in New York City. NAMT, as the largest member of NCATA, played a central role in this conference, as did members of the Mid-Atlantic Region. In preparation for this conference, representatives of each NCATA association met in three study

groups during the year prior to the conference to research the areas of licensing, government relations, and public education, and to prepare recommendations and reports which were presented at the NCATA conference. Because the groups were comprised of people from the Northeastern United States, to facilitate their being able to meet, members of the Mid-Atlantic Region represented NAMT in these study groups.

#### Special Projects Funding

In recent years, the region has been able to fund specific projects, in which members were involved, and which would promote the field of music therapy. Money was allocated to help pay New York Creative Arts Therapy Coalition expenses (Minutes of Executive Committee Meeting, September 15, 1979). The first 1000 copies of a brochure entitled *The Creative Arts Therapies*, published by that coalition, were funded by the Mid-Atlantic Region (Minutes of Executive Committee Meeting, September 19, 1980). Money was allocated to co-sponsor an Expressive Arts Conference at Goucher College with the Maryland Art Therapy Association and the Washington, DC Dance Therapy Association (Minutes of Executive Committee Meeting, February 6, 1982).

To promote music therapy, the region began funding the publication of music therapy contributions by members. The *Diagnostic Assessment of Music Related Expression and Behavior* by Phyllis Boone (1980) was approved in the 1979 (Minutes of Executive Committee Meeting, September 15, 1979), and Karen Morgenstern Moses' (1984) songbook, *Action Songs for Severely and Profoundly Impaired*, was approved for funding in 1982 (Minutes of Executive Committee Meeting, November 11, 1982). The purpose of the funding, in both cases, was to provide materials for the profession and to bring profits to the region.

#### State Chapters

Expansion continued when the constitution of the Virginia Chapter of NAMT was approved. Thus, Virginia became the first official state chapter in the Mid-Atlantic Region (Minutes of Executive Committee Meeting, October 2, 1982). In 1984, music therapists in New Jersey elected to form an independent state organization, the New Jersey Association for Music Therapy, rather than follow Virginia's example in becoming a chapter of the region. This was done so that members of AAMT who chose not to belong to NAMT could be members and hold offices in the organization.

#### Current Projects

During the most recent years, a regional film library has been instituted, the State Representatives' speakers brochure has been printed, and the public relations videotape has been completed. The film library, which includes films and videotapes, has been made available to other regions and is being advertised in their newsletters. As of 1984, the region began offering continuing education credits for certain portions of the regional conferences. Phase I training in Guided Imagery

with Music was held in conjunction with the 1987 regional conference, with the region supporting its members in their professional growth by subsidizing a portion of the fee for the training for Mid-Atlantic Regional members.

#### Summary and Implications

The development of the Mid-Atlantic Region of NAMT in slightly over 30 years parallels, in several ways, the development of NAMT. At times, the region has introduced ideas to the national organization; at other times, it has followed the ideas of others in the Association. At still other times, it has gone in its own direction.

The region developed from a group with the goal of advancing the profession of music therapy, but with few specific ways of attaining this goal, to one with many means of working toward it. Several areas which were of concern to regional members in earlier years no longer require attention as major issues; the resolution of problems in these areas parallels the resolution of problems nationally and in the national organization. The problem of attracting members, which occupied so much energy in the early days, is no longer in the forefront, and members' energies can now go into advancing the profession in numerous ways. Another problem which has been clearly solved is the need for academic programs in the region. A recent copy of the NAMT brochure, *Music Therapy as a Career*, (NAMT, n.d.) lists 15 schools in the Mid-Atlantic Region as of 1986, with 14 undergraduate programs and three graduate programs. Problems with member services which existed in the 1950s, and continued as a problem until recently (report from membership chair in *RX: Music*, Winter, 1985, pp. 5-6), also seem to have been solved.

Today, the areas of concern to Mid-Atlantic members seem, more than at any other time in the author's awareness (through their research or personal experiences), to be the same areas that are of concern to the rest of NAMT members. With consistent representation on the NAMT Executive Board, in the Assembly of Delegates, and in positions of leadership on committees, members of this region have been able to make their voices heard, along with those of other music therapists, to help NAMT and one of its regional organizations work and develop together.

---

#### REFERENCES

- Bonny, H. L. (1978a). *Facilitating GIM sessions*, GIM Monograph #1. Baltimore, MD: ICM Books.
- Bonny, H. L. (1978b). *The role of tape music programs in the GIM process*, GIM Monograph #2. Baltimore, MD: ICM Books.
- Bonny, H. L. (1980). *GIM therapy: Past, present and future implications*, GIM Monograph #3. Baltimore, MD: ICM Books.
- Bonny, H. L. (1983a). Music listening for intensive coronary care units: A pilot project. *Music Therapy*, 3, 4-16.
- Bonny, H. L. (1983b). *Music RX*. Port Townsend, WA: ICM Press.
- Bonny, H. L., & Savary, L. M. (1973). *Music and your mind*. New York: Harper & Row.
- Boone, P. (1980). *Diagnostic assessment of music related expression and behavior*. Gaithersburg, MD: Mid-Atlantic Region.

- Boxberger, R. (1963). A historical study for the National Association for Music Therapy. In E. H. Schneider (Ed.), *Music therapy 1962* (pp. 133–197). Lawrence, KS: NAMT.
- Chace, M. (1954). Techniques for the use of dance as a group therapy. In M. Bing (Ed.), *Music therapy 1953* (pp. 62–67). Lawrence, KS: NAMT.
- Chace, M. (1963). The structuring of dance sessions for varying needs of patients. In E. H. Schneider (Ed.), *Music therapy 1962* (pp. 63–68). Lawrence, KS: NAMT.
- Chaiklin, H. (Ed.). (1975). *Marian Chace: Her papers*. Columbia, MD: American Dance Therapy Association.
- Moses, K. M. (1984). *Action songs for severely and profoundly impaired* (Vol. 1 & 2). Gaithersburg, MD: Mid-Atlantic Region.
- National Association for Music Therapy. (n.d.). *Music therapy as a career*. Washington, DC: Author.
- Nordoff, P., & Robbins, C. (1969). *Pif-Paf-Poltrie* (rev. ed.). Bryn Mawr, PA: Theodore Presser.
- Nordoff, P., & Robbins, C. (1977). *Creative music therapy*. New York: Thomas Y. Crowell.
- Nordoff, P., & Robbins, C. (1980). *Therapy in music for handicapped children* (rev. ed.). London: Gollancz.
- Nordoff, P., & Robbins, C. (1983). *Music therapy in special education* (rev. ed.). St. Louis: Magnamusic-Baton.
- Robbins, C., & Robbins, C. (1980). *Music for the hearing impaired and other special populations*. St. Louis: Magnamusic-Baton.
- Robison, D. (1975). In those days . . . there were giants . . . *Voice of the Lakes*, 75(2), 7–22.
- Rodgers, J. (1971, December 5). Center uses music therapy. *News American*, 1C, 9C.
- Toombs, M. R. (1968). Dance therapy. In E. T. Gaston (Ed.), *Music in therapy* (pp. 329–344). New York: Macmillan.
- Tyson, F. (1981). *Psychiatric music therapy*. New York: Creative Arts Rehabilitation Center.
- Van de Wall, W. (1936). *Music in institutions*. New York: Russell Sage Foundation.
- Van de Wall, W. (1946). *Music in hospitals*. New York: Russell Sage Foundation.