Journey to Musicking
Resourcing people to music outside the therapy room
Katie Boom, MMusTh Student, Victoria University of Wellington; Dr Sarah Hoskyns, NZ RMTh, Associate Professor, Director of Master of Music Therapy Programme, Te Kōkī, New Zealand School of Music

RESEARCH AIMS
As a Master of Music Therapy student on placement in New Zealand, I wanted to discover ways to equip people with the resources they needed to participate in music in the community (e.g. attending dance classes and concerts) and as individuals (e.g. accessing music technology). I was intrigued by the challenge of curating a sustainable musical culture in a New Zealand setting.

FINDINGS
JOURNEY TO MUSICKING
My resourcing actions were varied. For example: creating information boards about local concerts; helping residents rehearse items for community performances inside and outside the facility; collaborating with residents and staff on practical needs like transport. During analysis, the areas I resourced people in fell into six categories:

1. Opportunity
2. Motivation
3. Confidence
4. Skills
5. Practical needs
6. Problem-solving toolkit

TUAKANA-TEINA IN MUSIC THERAPY
I framed my role in resourcing people as that of a tuakana, drawing on an indigenous Māori relationship model used predominantly in education and mentoring programmes.

Tuakana-teina (music therapist-participant) relationships embody:
- Empowerment
- Collaboration
- Possibility of reciprocity/role reversal

KETE (PERSONAL RESOURCES)
The kete (basket) refers to the personal resources I needed as a tuakana music therapist to overcome challenges and resource others. These personal resources were:
- Input
- Experience and skills
- Personal sustainability
- Social skills
- Reflection
- Practices e.g. flexibility and self-awareness

CONCLUSION
This research resulted in a ‘journey to musicking’ framework which identified six resources needed to participate in music. The music therapy relationship was reframed as a tuakana–teina relationship (an indigenous Māori model). Finally, this research recognised a kete of personal resources needed by the music therapist. This research provides a rich qualitative account of practicing ecological music therapy in an empowering, sustainable way in Aotearoa New Zealand.

For further details about this research, please contact:
Researcher: Katie Boom — kate.boom@hotmail.com
Supervisor: Sarah Hoskyns — sarah.hoskyns@nzsm.ac.nz — +64 (04) 463 5233 x 35807