

Resume

Name: Eliza Stubbs

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Employment History:

Jan 2015 – Oct 2025 – Director & Registered Music Therapist, CQ Music Therapy.

I founded and developed CQ Music Therapy as Central Queensland's only registered music therapy provider, which allowed me to develop a wide-range of multi-disciplinary skills in allied health service delivery and management, and commercial decision-making.

This included:

- **Widespread service delivery** to over one hundred clients across Gladstone, Banana, and Rockhampton regions. Including education and advocacy for the benefits of Music therapy and allied health in the community by engaging clients, planners, other professionals, supports, and funding bodies.
- **Continuous improvement** of my business through rigour reviews of client outcomes, business spend and revenue, with emphasis on being an efficient, effective, and safe manager and leader.
- **Supervision and consultation** of professionals within the allied health, medical, education, corporate, and industrial environments to ensure my supervisees were confident in their capacity, function, and development of their skills relevant to their roles.
- Front facing **client engagement** including the delivery of **Music therapy** programs to a high standard. My clients ranged **across the lifespan and multiple areas of need, in both physical and mental health**. I prioritised working with clients and supports to understand their environment and promote safe, strength-based, and person-centered participation.
 - I worked with children as young as two years old with complex disabilities including global developmental delay, neurodivergence, anxiety, selective mutism, Down Syndrome, and intellectual disability.
 - Many clients required me to utilise my experiences of working in a hospital setting to develop plans that corresponded with their experience and knowledge.
- **Collaboration** with peer allied health professionals and other stakeholders to deliver multi-disciplinary programs for targeted interventions. My work promoted diversity and inclusion by engaging with a large range of diverse communities, both on a stakeholder level and with the clients.
- **Developing programs** with Work Cover and Community Services such as Endeavour to improve mental health and develop skills required to (re)enter the workforce.
- **Employee and Contractor management** for best business outcomes, including strengthening workplace culture through open and patient approaches to communication.
- Day to day and strategic **budgeting and expense tracking** and management including workforce expansion and facilities management.

- Designing and managing my own **Social Media platforms** for business outreach and advocacy (cqmusictherapy.com.au).

Jun 2015 – December 2024 – Music Therapy Contract with *Sing and Grow Australia (Play Matters)*, Brisbane and Central Queensland

I was contracted for **Sing and Grow Australia, in Gladstone and Rockhampton QLD** – which involves targeted music therapy programs for you kids and parents in vulnerable communities. In addition to my skills acquired at CQ Music Therapy, this contract exposed me to:

- **Negotiation of terms** between Sing&Grow, onboarded businesses, and clients
- Therapy delivery and **front facing client work** to ensure best outcomes for participants.
- **Arranging and optimising logistics** to reduce costs on my business and the client.

May 2017-June 2018 – Wellbeing Facilitator at Anglicare, Gladstone, QLD

In this position I have worked with adults 18-64yo with severe and persistent **mental health issues and mental illness** and carers in a strengths-based recovery model. I have managed individual participants and a variety of therapeutic and social groups

- **Networked with other mental health organisations** in the Gladstone area through MHAOD Mental Health Stakeholders meetings, personal and professional research, and attendance at the Great Race 2017.

February 2015-November 2016 – Registered & Neurologic Music Therapist in Private Practice. Contracted with *Musicking*, and *Bethany Best and Associates*, Brisbane, QLD

2013-2014 – UQ Student Placements in Brisbane hospitals and schools

Qualifications, Skills, and Experiences:

Australian Music Therapy Association QLD State Committee

2015-2019 – Professional Development Coordinator (In-Person & Online), General Member

- I led the first effort to design, develop, and implement a **real-time online Professional Development event** that reached urban QLD, rural QLD, and international RMTs. This work has been retained by the organisation and is **accepted as the national standard for Music Therapy PD delivery**.
 - On the event day co-ordinated the event staff to ensure that IT, scheduling, and administrative activities were maintained to a high quality.
- **Workshopping with international stakeholders** including committee members, external stakeholders, training facilitators and IT service providers to track schedule risks, budget concerns and event logistics.
- **Surveying the needs of Remote individuals** to more effectively train/upskill their competence without incurring significant travel time at theirs or the committee's expense.

AMTA Regional, Rural and Remote Music Therapists Group – Facebook Page

Advocated, created and moderated a Facebook group promoting support and community for RMTs **outside urban centres**. Similar to my above experience this role is focused on

advocacy and internal and external stakeholder management. This also includes a focus on **data safety and privacy of persons** involved in the program in my role as administrator.

Conference Speaker Positions

2024 – IAMM/ISfAM Conference Poster Presentation – Berlin, Germany

2022 – AMTA National Conference Presentations

“Living With Their Reality: How Well Can We Comprehend Our Clients’ Worlds?”

2015 – AMTA National Conference New Graduate Presentations

“Allied Health Professionals’ Understanding of Music Therapy Practices”

Presentation of Masters Thesis

2014 – AMTA National Conference PDS Workshop Student Presentation

“I will be a music therapist: The inner thoughts of a music therapy student”.

Professional Development and Community Involvement

2024 – Present – Member of the Gladstone Chamber of Commerce

2024 – Present – Member of the Gladstone Allied Health Network

2024 – Workplace Law Changes: Insights and Practical Applications Workshop

I attended a two-hour workshop in December of 2024 to gain insights and practical applications into the new QLD workplace laws for contractors and employees.

2024 – Women and Leadership Australia – Leading Edge Program

An immersive online program combining high-impact workshops, peer coaching, and real-world projects to accelerate emerging women’s leadership and management.

2023 – Professional Supervision Training, *Successful Supervision*

2021 & 2016 – Neurologic Music Therapist Training, *Academy of Neurologic Music Therapy*

2017 – Dialectical Behaviour Therapy (DBT) Intensive Course

Referees

Jessica Rose

Registered Music Therapist

Phone: 0403 438 855

Email: jessthemusictherapist@gmail.com

Kristie Hayward

Social Worker

Phone: 0417 789 899

Email: Kristie.hayward@outlook.com

Appendix:

Educational Tertiary Qualifications

2013-2014 – Master of Music Therapy, *The University of QLD*

GPA: 5.82

Completed Thesis Project: **Allied Health Professionals' Understanding of Music Therapy**

Current Educational Studies

Graduate Diploma of Mental Health, *Southern Cross University*

Graduate Diploma of Psychology (Bridging), *James Cook University*

Other Qualifications

- 2009-2012 – Bachelor of Music, *The University of QLD*
- Current registration with the [Australian Music Therapy Association](#) and [NASRHP](#) (AHPRA equivalent)
- Current QLD Police Certificate
- Current Working with Children Check
- Current NDIS Worker Screening Check
- Current C Class Driver's Licence
- Current First Aid and CPR Certificate
- All vaccinations up to date