American Music Therapy Association                     New England Region

Tenth Annual Conference

SOUND WAVES and SOUND CONNECTIONS

Newport, RI                                  March 29-31, 2007

Lynne Patnode, Ed.D, MT-BC, NMT
18 Wildwood Road
Torrington, CT  06790
### Wednesday, March 28th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 PM</td>
<td>NER Board Meeting</td>
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### Thursday, March 29th

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00am – 7:30am</td>
<td>Registration open</td>
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<tr>
<td>7:30am – 12:30pm</td>
<td>CMTE Courses A and B (see next page for descriptions)</td>
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<tr>
<td>11:30am – 1:30pm</td>
<td>Registration open</td>
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<tr>
<td>1:30pm – 6:30 pm</td>
<td>CMTE Courses C, D, and E (see next page for descriptions)</td>
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<tr>
<td>6pm – 8pm</td>
<td>Registration open</td>
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<tr>
<td>8:00pm</td>
<td>Opening Session – come join in an evening of music, dancing and fun!</td>
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### Friday, March 30th

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45am – 9:00am</td>
<td>Registration open - Continental Breakfast (included in registration)</td>
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<tr>
<td>9:00am – 10:30am</td>
<td>Concurrent Sessions</td>
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<tr>
<td></td>
<td>- Bringing Bounce to Books</td>
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<tr>
<td></td>
<td>- Andrea Tooker, M.Ed., MT-BC; Mollie Caravello, MT-BC</td>
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<td></td>
<td>- Learning to Live Without My Mom: Accompanying Erika Into Her Grief</td>
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<td></td>
<td>- Lisa Kynvi, MA, MT-BC</td>
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<td></td>
<td>- Music: Forming and Sustaining Relationships Amongst all Session Participants</td>
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<td></td>
<td>- Julie Buras Zigo MT-BC; Adam Zankowski, MT-BC</td>
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<td></td>
<td>- Music Therapy in Adult Psychiatry: Current Trends and Continuum of Care</td>
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<td>- Kevin Krivanec, MT-BC</td>
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<td>- Song Writing with the Elderly</td>
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<td>- Dianne Tow, MT-BC</td>
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<td>10:45am – 12:15pm</td>
<td>Concurrent Sessions</td>
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<td>- Arts Based Research: Grace Street</td>
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<td>- Diane Austin, DA, ACMT, LCAT</td>
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<td>- Drumming for Health: West African Drum Class</td>
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<td>- Lauren Caso, MT-BC</td>
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<td>- Coping with Burnout: What To Do When You're Down and Out</td>
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<td>- Sarah Gagnon, MT-BC; Krystal Demaine, M.Ed, MT-BC, NMT; Jennifer Sokira, MMT, LCAT, MT-BC</td>
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<td>- What To Do When a Client Dies</td>
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<td>- Lisa Rue, M.Ed., CMT</td>
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<td>- Musical Biographies - Opportunities for Literacy in Both Music &amp; Language</td>
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<td>- Kathleen Howland, PhD, MT-BC, CCC-SLP; Angela Shum, MA student</td>
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<tr>
<td>12:30pm – 2:30pm</td>
<td>Luncheon (Cost included in registration) followed by Business Meeting</td>
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<td>2:45pm – 4:45pm</td>
<td>Concurrent Sessions</td>
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<td></td>
<td>- Student Presentations</td>
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<td>- Anna Maria College; Berklee College of Music; Lesley University</td>
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<td>- Physiologic Foundations for Music Therapy</td>
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<td>- Dorita S. Berger, MA, MT-BC, LCAT</td>
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<td>- Healthy Singing Voice</td>
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<td>- Allegra Themmen-Pigott, LPC, MT-BC</td>
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SOUND WAVES AND SOUND CONNECTIONS - NER 2007

- Gay, Lesbian, Bisexual, Transgender, & the Rest of Us: Sensitivity in Practice
  - Erika Shira, MA, MT-BC, LMHC; Spencer Hardy, BA student
- Self-Perception Development Through Music with Women in an Adult Psychiatric Unit
  - Laure’l Connolly, BA; Cassandra Mulcahy, BA

5:00pm AMTAS Student Meeting and Dinner
7:00pm - 8:00 pm Anna Maria College Alumni Reception
8:00pm – 12:00am Cabaret – A legendary NER tradition!!

Saturday, March 31st
8:00am – 9:30am Registration open - Networking Breakfast (included in registration)
9:30am-10:00 am Town Meeting – Discussion on Advanced Competencies in Music Therapy with Dr. Michele Forinash, DA, MT-BC; past-president of AMTA
9:30am -10:30am Poster Sessions
10:45am -12:15pm Concurrent Sessions
- Music Therapy and Communication with Clients with Rett Syndrome
  - Jennifer M. Sokira, MMT, LCAT, MT-BC
- Music Therapy in Pain and Palliative Care
  - Susanne B. Hanser, Ed.D, MT-BC; Tomoka Sakai, MT-BC
- “Rocking the Schoolhouse”: Adapting and Teaching Academic Material Through Song
  - Susan D. Warren, MT-BC
- Radio Westboro
  - Thomas Greene, MT-BC
- Ewe Music: Tonal Drumming in an African Culture
  - Lauren Caso, MT-BC

12:30 – 1:30pm Concurrent Sessions
- Music Therapy & Early-Age Training on Absolute Pitch Acquisition
  - Anne Paik - BA Student
- “These Are My Memories of You”: Music Therapy with Children’s Grief Support Groups.
  - Krystal Demaine, M.Ed, MT-BC; NMT
- IDEAS! IDEAS! IDEAS! Songs, Activities and Experiences for Adults Having Developmental Disabilities
  - Scott Snow MT-BC
- Developing a Multi-Sensory Environment for Adults and Adolescents Across Populations: A Music Therapists Perspective
  - Cory Snyder, MM, MT-BC; Kyshona Armstrong, MT-BC
- State Recognition of Music Therapy – What is My Role?
  - Jane Creagan, MME, MT-BC

1:30pm – 2:00pm Closing Circle
2:00pm Executive Board Meeting

PLEASE NOTE: THIS PRELIMINARY PROGRAM IS SUBJECT TO CHANGE
CMTE Course Schedule and Descriptions

Each CMTE course listed below is approved by the CBMT for 5 CMTE credits, to be awarded upon completion. The NER of AMTA, #P-063, maintains responsibility for program quality and adherence to CBMT policies and criteria.

CMTE A: Joyful Expectancy: The Role of Music, Spirituality, and Community In Dementia Care
Sally McKnight Harrison, MM, MA, MT-BC, LMHC is the Expressive Therapy Coordinator/Music Therapist for Rogerson House in Boston (formerly Boston Alzheimer’s Center), where she develops and implements arts-based programming and supervises expressive therapy interns. Since graduating from Lesley University in 1998, she has specialized in using music to benefit people with dementia, always promoting active music making with her clients. She has presented at numerous conferences and symposia and is treasurer of the Mass. Music Therapy Alliance. Diana K. Miller, MSW, LICSW has worked as a geriatric social worker for 21 years in settings as varied as an Area Agency on Aging, the North End Community Health Center, and the Rogerson House Day Program for people with Alzheimer’s. She has developed and implemented programs as diverse as shared housing, social services in independent living elderly housing, certified home health, and day programs for medically frail and dementia specific. Diana brings a passion for the performing arts, nature, and a deep sense of spirituality in every day life to the programming at Rogerson House. Frank D. Dibert, M Div., currently the chaplain at Rogerson House, is a doctoral candidate in the program “Counseling Psychology and Religion” at Boston University. Frank is currently in the process of carrying out his dissertation, which addresses how meditation practice fosters the development of compassion. He has a long-standing interest in issues of aging, death, and dying. Tara Fleming Caruso, MA, has been working in the field of Alzheimer’s and dementia care for 14 years. She has a BA in psychology and a MA in expressive therapies from Lesley University. Tara was director of therapeutic recreation at Newton and Wellesley Alzheimer’s Center, and now is now the director of marketing and admissions at Rogerson House, where she also served as director of the assisted living program. Tara also has a private Expressive therapy/psychotherapy practice.

This two-part workshop will focus on the roles of music, spirituality, and community in a holistic approach to dementia care in adult day and assisted living settings. Part I will focus on the theoretical and practical considerations of music therapy group work, and will include video clips of actual groups and a ‘round robin’ session of sharing our most effective music therapy interventions. In Part I participants will become acquainted with a sample music therapy assessment for people with dementia that contains both quantitative and qualitative items. They will gain knowledge of ways to encourage and interpret responses of people within a wide range of response capabilities. Part II will explore, through a panel consisting of the day program director, chaplain, music therapist, and admissions director from Rogerson House in Boston, how persons with dementia can form deeper connections with themselves and others. In Part II, through panel discussion and experientials, workshop participants will be able to better identify their own conflicts, ambivalences, strengths, and beliefs around doing this work. Writing and meditation experientials will also help participants access inner resources that will enrich the work they do. No prerequisites for attending, but please come prepared with a group music therapy intervention to share, if you currently work with this population.

CMTE B: Music Therapy Intervention Strategies for Individuals with Complex Intellectual and Developmental Disabilities
Laurie Farnan, NMT, MMT, WMTR, MT-BC holds both a BA and MA in Music Therapy and has coordinated the Music Therapy program at Central Wisconsin Center for the Developmentally Disabled in Madison, Wisconsin since 1975 and the Clinical Training Program for Music Therapy Interns since 1980. She is the co-author of Music Is for Everyone and Everyone Can Move (1988). She authored a column on Issues in Clinical Training for Music Therapy Perspectives for 7 years and served on the editorial board. She has authored chapters on internship supervision as well as chapters on clinical techniques with people with profound mental retardation. She has been an author and lecturer on topics related to music therapy such as clinical training, intern supervision, computer and music applications, rationale for adapting instruments, and inclusive strategies for adults and students with exceptional learning needs, profound mental retardation and complex developmental disabilities. She has served on a state, regional, and national level in NAMT and AMTA, having served on the Clinical Training Committee, Assembly of Delegates, AMTA Commission on Education and Clinical Training, and the AMTA Education and Clinical Training Advisory Board.

This CMTE session will focus on predictable and consistent responses in music therapy made by individuals diagnosed as having medically complex concurrent conditions and profound level intellectual disabilities. The presenter will follow the Treatment Cycle (assessment, goal development, intervention techniques, data and evaluation) to cover all aspects of
Active Treatment techniques with this population. The presenter will also illustrate how the changing definitions of Mental Retardation may drive the development of methods of music therapy services with this population. Session highlights will include techniques to provide multisensory stimulation, improve sensory processing, and develop functional life skills. Examples provided will include: music therapy interventions and live music approaches, functional assessments, integrated treatment team approaches, data collection systems and report models, affects of low pitches and vibration on sensory functions, and intervention techniques based on identified goal areas. No prerequisites needed for participation in this workshop.

CMTE C: Vocal Psychotherapy: When Words Sing and Music Speaks
Dr. Diane Austin, ACMT, LCAT, is a music psychotherapist in private practice in NY and Sag Harbor, New York. She is the executive director of The Music Psychotherapy Center, offering advanced training for music therapists in Vocal Psychotherapy. She has taught vocal improvisation, led music therapy groups and supervised students in the graduate music therapy program at New York University for 16 years. Widely published in books and journals, she lectures and teaches nationally and internationally, integrating theories and ideas from Depth Psychology with the practice of music therapy and the use of the voice in the therapeutic process.

This experiential and didactic workshop will provide opportunities for participants to experience the power of the voice in Music Psychotherapy. The use of breath, sound, movement, and vocal improvisation will be explored, using exercises and activities in order to learn some of the ways in which voicework can facilitate the therapeutic process of enabling clients to gain access to their spontaneous, authentic selves. Audiotaped case examples from the presenter’s work in private practice with adults and trauma survivors will be shared, as well as demonstrations of how songs, toning and vocal improvisations are used in various stages of the healing process to retrieve feelings, images and memories from the unconscious. “Vocal Holding” and “Free Associative Singing” techniques will be presented and explored to demonstrate how they are used to help clients recover split off and dissociated aspects of themselves. These parts of the personality can then be related to and gradually integrated through singing and verbal processing, resulting in a more complete, cohesive sense of self and identity. No prerequisites are needed for participation in this workshop.

CMTE D: Gender Issues in Music Psychotherapy
Darlene Brooks, PhD, MT-BC, FAMI, LPC, LCAT is the Coordinator of the Undergraduate Music Therapy Program at Temple University and the Director of Undergraduate Studies for the Boyer College of Music and Dance. She has over twenty years of music therapy clinical experience working with psychiatric adolescents and adults, MICA patients, geriatric & Alzheimer’s patients, autistic patients and normal neurotics. Darlene was Director of Music Therapy at Loyola University of the South prior to coming to Temple.

Using a Jungian construct presented by Pedersen, this course will examine music psychotherapy with men. An examination of typology and Pedersen’s sixteen personality types found in men will be discussed. Participants will be able to demonstrate an understanding of these types and gain a better understanding of the issues men present in treatment, as well as the therapist’s understanding of personal typology and its impact on treatment. Participants will share their experiences of working with men and be able to identify their personality types. The presenter will also share an approach she has used where the focus is integration of the psyche. Case examples will be presented. No prerequisites are needed for participation in this workshop, but participants will be asked to share examples of male clients they have worked with in treatment.

CMTE E: Internship Development and Supervision - THERE IS NO CHARGE FOR THIS TRAINING
Eve D. Montague, MT-BC is the Secretary for NER/AMTA and the regional representative for the Association Internship Approval Committee. She works at Massachusetts Hospital Program and has been the Internship Director for the school’s national roster internship program for the past 9 years. Eve is also a staff music therapist at the South Shore Conservatory.

This CMTE fulfills supervision training requirements for national roster internship directors, reviews national roster guidelines and the application process, AMTA professional competencies and basic supervision strategies. No prerequisites are needed for participation in this workshop.
This 4-day course offers a new approach to music & imagery that is designed to be accessible and practical for music therapy clinicians. Developed by Lisa Summer at the Anna Maria College Institute for Music & Consciousness and based upon Helen Bonny’s foundational notions of music-centered practice, it is a reflective, humanistic approach to music therapy with adults. The course begins with inner reflection, intensive music & imagery dyads within a supportive group process; and progresses to learning specific music & imagery techniques that are practical to use both clinically and for self-care. The completion of the Level I Training takes place in a clinical application with “well adult” clients in a follow-up practicum course at Anna Maria College (1 graduate credit; residence not required).

**Schedule**
Monday, March 26th at 9:00am – Thursday, March 29th at 7:00pm

**Cost**
$300 (Follow-up practicum at AMC is $325 for one graduate credit)

**Enrollment**
Limited to 12 participants; **resume must be submitted for registration**

**Pre-requisite**
Music therapy credential at the undergraduate level or a currently enrolled graduate student

- Seminar and Practicum are approved by CBMT (30 and 15 specialty CMTE credits, respectively)
- Seminar and Practicum are approved by the Association for Music & Imagery (AMI) as GIM Level I

**Presenter:** Lisa Summer, MCAT, MT-BC, FAMI - Professor/Director of Music Therapy and the Institute for Music & Consciousness at Anna Maria College in Paxton, MA. She has been a GIM clinician and international presenter for 25 years; her books and articles chronicle her theory and clinical work in music & imagery, and focus upon the psychodynamic and transformational uses of classical music in therapy. Her publication, *Music: The New Age Elixir*, written with her composer husband, is a critique of spurious music healing techniques

**Course Learner Objectives for the Level I Training**

**Music Foundations**
- Improve the breadth and depth of the personal relationship to music
- Improve the understanding of the elements and structure of music
- Improve the knowledge of a wide variety of genres of music
- Select and utilize single pre-composed pieces from various genres for supportive music & imagery sessions
- Create spontaneous, improvised music in various styles for supportive music & imagery sessions

**Clinical Foundations**
- Improve general self-awareness, self-understanding, and personal boundaries
- Conduct therapy at the supportive level (single sessions)

**Music Therapy Foundations**
- Develop awareness of, and ability to work with, personal images
- Conduct assessment through music and imagery
- Develop and implement a goal-oriented single-session treatment plan
- Design and implement all components of a music and imagery session
- Understand a repertoire (spectrum of practice) of music and imagery techniques including the differences between supportive, re-educative, and reconstructive levels of treatment
- Understand indications and contraindications for supportive music and imagery
Hotel Information

The conference will be held at:

Hyatt Regency Newport Hotel & Spa  
One Goat Island  
Newport, RI 02840  
www.newport.hyatt.com

Room rate: $109 - single/double; $134 - triple; $159 – quadruple

RESERVATIONS: 800-233-1234, 401-851-1234

You must call the hotel directly to make your reservations. Please remember to state that you are with the American Music Therapy Association/ New England Region to receive the special group rate and block placement.

The deadline for the special group rate is March 09, 2007.

The Hyatt Regency Newport Hotel and Spa not only offers exceptional and spacious comfortable conference and meeting rooms but houses three grand pianos as well. A place meant for music therapists indeed!

Accommodations include luxurious guest rooms that we managed to get for extremely reasonable rates - the typical room rate is $159, but we are being offered a base rate of $109. The rooms are lovely with many extra amenities, and every room in the hotel has a great water view. There is a beautiful indoor pool area and a complimentary fitness center that will be available 24 hours/day. Those wanting to treat themselves to a little something extra can make use of the Stillwater Spa, a full-service spa, salon, and sauna, offering a peaceful sanctuary to recharge and renew after another New England winter. A self-service business center will be open and available to us for 24 hours a day. This features two computer work stations, fax/printer/copier, high speed internet access, even ergonomic chairs...all complimentary.

The hotel has two places to eat on site: The Windward, a full service restaurant overlooking Newport Harbor and serving New England cuisine and the Auld Mug Lounge, a cozy pub atmosphere that serves a full pub menu and features a fireplace, plasma screen TV and entertainment. There are many other places to eat quite near the hotel as well. Complimentary hotel shuttle transportation to the heart of Newport is provided, or it is just a very short walk from the hotel. The downtown area has many restaurants, shops, boutiques, and other points of interest to take in and enjoy. This waterfront hotel is an easy drive from Boston, Providence, or Hartford and only four hours from New York City. Parking on the premises is complimentary as well.

For directions and more information about the site, go to www.newport.hyatt.com
COME JOIN US IN NEWPORT!!!

by the sea, by the sea, by the beautiful sea