



New England Region

American Music Therapy Association

Spring Conference

Scaling the Heights of Music Therapy

The Mountain View Grand Resort and Spa
Whitefield, NH

April 16-18, 2015



Scan here for a digital program, floor maps and additional conference info.

Thursday, April 16, 2015

10:00am-1:00pm Registration

PRESIDENTIAL HALL FOYER

4:00-6:00pm Registration

NEW THIS YEAR: TECH HELP DESK

(in Registration area whenever Registration is open)

Bring your technical issues to our Tech Team and they will help you out.

1:00-4:00pm and 1:00-6:00pm

CMTE Courses A, B, C, D

1:00-4:00pm CMTE A

CLEVELAND ROOM

Grow Your Music Therapy Business: Twelve Strategies to Double Your Private Practice Income. Scott Snow, MT-BC

This interactive workshop distills the most important lessons learned in ten years of running a private practice, from zero paying clients to being booked solid. We'll discuss overlooked strategies, such as adopting a true entrepreneurial attitude, aligning with staff, effective networking, and having an online presence.

1:00-4:00pm CMTE B

ROOSEVELT ROOM

Developing a National Roster Internship Site. Eve D. Montague, MSM, MT-BC

This course will present information about how to write a proposal from scratch. Originally part of a 5-hour CMTE, this presentation will focus only on the application. Participants will receive information for development of an internship program. Supervision strategies will be included; however, this course does not fulfill the supervision training requirements for National Roster internship directors.

1:00-6:00pm CMTE D

HARDING ROOM

"Get Up Off of That Thang": Clinical Applications of Movement and Dance.

Caryl Beth Thomas, ACMT, LMHC; Lorrie Kubicek, MT-BC

This experiential and feet/body/hands-on workshop will cover a wide range of clinical movement and music experiences with clinical populations including children, adolescents, adults and geriatric populations. We also hope to encourage

and support the use of movement as a vital form of self-care for music therapy professionals as well.

President: Kimberly Khare, MA, CMT

6:15pm Cocktails (Cash bar)	CRYSTAL BALLROOM
7:00pm Opening Banquet	CRYSTAL BALLROOM
9:00 Song Circle of Friendship	PRESIDENTIAL BALLROOM

Friday April 17, 2015

7:00-12:00pm Registration PRESIDENTIAL HALL FOYER
(BOXED LUNCHES for Saturday should be ordered at Registration by end of day Friday. NOTE: there is an 11:45 snack Saturday for all. Boxed Lunches are primarily intended for those spending Saturday afternoon at conference CMTEs.)

TECH HELP DESK

Bring your technical issues to our Tech Team and they will help you out.

7:30-9:00am Continental Breakfast CRYSTAL BALLROOM

9:00-10:00am Concurrent Sessions

ROOSEVELT ROOM

The ABC's of ADHD for Music Therapists: Translating Research into Clinical Strategies. Carolyn Dachinger, MM, MT-BC

Having a basic understanding of potential neurobiological and cognitive differences associated with childhood ADHD assists music therapists working with this population to more effectively serve their clients. In this presentation we will explore relevant ADHD theory and research and translate this information into best practice clinical music therapy strategies.

HARDING ROOM

Preserving the Past, Holding onto the Present--Songwriting with Those Having Dementia. Renee Coro, MT-BC

Adults in a long-term care facility, diagnosed with dementia, have utilized a creative intervention to preserve their past while expressing their present selves through clinical songwriting. We will identify a need, examine the process and share examples of clients' music with this population.

CLEVELAND ROOM

A Collaborative Approach to Examining Disability Functioning in Refugees

Jessica Triana, MT-BC, NICU Music Therapist

Physicians and a music therapist collaborated on a pilot study that investigated the effectiveness of music therapy as a non-pharmacological approach to combat medical health issues experienced by refugees living in the United States.

COOLIDGE ROOM

Culture Change, Well-being, and Music Therapy.

Thomas Hayden, MM, MT-BC, NMT

A brief overview about culture change in skilled nursing/long-term care settings, well-being, and what it means for music therapy. Different approaches and documentation styles will be presented along with an experiential perspective of life in a nursing home. To be followed by an open discussion of the topics presented.

10:00am Snack Break THE CLUBHOUSE

10:00am-4:00pm *Song Swap Lounge* THE CLUBHOUSE

6:00pm-8:00pm *Song Swap Lounge* THE CLUBHOUSE

While you're having your snack drop by the *Song Swap Lounge*—bring one of your favorite songs—swap it for someone else's favorite.

Vendor Tables THE CLUBHOUSE

Come support our vendors!

10:15-11:45am Concurrent Sessions, Friday, April 17

ROOSEVELT ROOM

My Legislative Journey: Unification not Individualization

Nicole O'Malley, MT-BC, NMT

This interactive presentation will share the legislative efforts that occurred in the passage of the registry bill in Rhode Island. Participants will have the opportunity to connect in smaller groups, role-play varying scenarios, and discuss the implications around unification of music therapy.

HARDING ROOM

Tele-Music Therapy: Using Cyberspace to Connect

Karen Wacks, Ed.M, LMHC, MT-BC; Rebecca Vaudreuil, Ed.M, MT-BC; Kimberly Khare, MA, CMT, NRMT; Peg Coddington, PhD, MT-BC

Tele-music therapy (TMT) is an emerging field based on existing telemedicine models. This presentation aims to introduce, discuss, and provide examples of how TMT is used with veterans in the United States, in classrooms at Berklee to connect with former child soldiers, and with young adults living with serious illness.

CLEVELAND ROOM

The Musicianship of Neurologic Music Therapy

Kathleen M. Howland, PhD., NMT/F; Brian Harris, MA, MT-BC, NMT/F

There is concern, even a belief, that neurologic music therapy is unmusical as a clinical intervention. This presentation will demonstrate the range of musicality employed. We will look at the power of musical elements (rhythm, melody, harmony, dynamics) and the optimal opportunities to use them to maximal effect.

COOLIDGE ROOM

More than a Sing-Along: Creating Effective Groups in Preschool Music Therapy. Elizabeth K. Schwartz, LCAT, MT-BC

This course provides an opportunity for music therapists working in pre-school and early elementary settings to learn and create music for effective group therapy interventions. Practical ideas based on best practices, research and extensive experience will be presented. Participants will sing, play and learn music material that they can use immediately.

12:00 NER Business Luncheon
(included with Registration)

CRYSTAL BALLROOM

2:15-3:15pm Concurrent Sessions Friday, April 17

ROOSEVELT ROOM

Multicultural Music Therapy in Early Intervention

Cynthia Koskela, MT-BC, BADS (Bachelor of Arts, Developmental Specialist)
This presentation will demonstrate the use of multicultural-centered music therapy with children and families enrolled in Early Intervention. Topics include building cross-cultural competencies with families from diverse backgrounds and providing support through culture-centered music therapy interventions.

HARDING ROOM

Economical Options for Recertification Credits: Learn How to Track Recertification Status Online. Rebekah DeMieri, MT-BC

Completing 100 credits for recertification does not have to break the bank! We will discuss economical ways to obtain credits while advancing your skills and knowledge as a music therapist, and show you how to record your credits and track recertification status online.

CLEVELAND ROOM

Discovering Freedom in the Moment: Mindfulness Practices in Music Therapy

Jared Leaderman PhD, LMHC, MT-BC

Mindfulness practices have developed into a strong force within the behavioral sciences in recent years. This experientially-based presentation will explore, define, and differentiate between the theories supporting the use of mindfulness in clinical practice and investigate the diversity of applications within music therapy, using both active and receptive modalities.

COOLIDGE ROOM

Back to the Original: Same Song, Different Artists, Mollie Caravello, MT

By presenting a song in different genres and by different artists, the lyrics are exposed for analysis. Changing the music brings emphasis to the words and allows the subject to hear the story the artist is trying to portray. Furthermore, hearing the same lyrics with different styles of music can change the tone or mood of the piece altogether. This demonstrates how the feel of the music alone affects the subject.

3:00-4:45pm Registration

PRESIDENTIAL HALL FOYER

(BOXED LUNCHESES for Saturday should be ordered at Registration by end of day Friday. NOTE: there is an 11:45 snack Saturday for all. Boxed Lunches are primarily intended for those spending Saturday afternoon at conference CMTes.)

TECH HELP DESK

Bring your technical issues to our Tech Team and they will help you out.

3:15pm Snack Break

THE CLUBHOUSE

Song Swap Lounge

THE CLUBHOUSE

While you're having your snack drop by the *Song Swap Lounge*—bring one of your favorite songs—swap it for someone else's favorite.

Vendor Tables

THE CLUBHOUSE

Come support our vendors!

3:30-4:30pm Concurrent Sessions, Friday, April 17

ROOSEVELT ROOM

Neuroscience of Song: Neurologic Music Therapy Techniques for Speech & Language

Brian Harris, MA, MT-BC, NMT/F; Cobi Waxman, MA, MT-BC, NMT;

Caitlin Hyatt, MT-BC, NMT

This presentation looks at the interaction between the interventions of Melodic Intonation Therapy and Musical Speech Stimulation in the recovery of language following neurologic injury. The neuroscientific principles will be presented, along with clinical rationale and video examples.

Presenter: Kathleen Howland, PhD, NMT/F

HARDING ROOM

Move and Groove!, Kari O'Briant, MT-BC

Begun in 2012, Move and Groove is a Saturday morning music therapy group for children with developmental delays and ASD and their caregivers. The presenter will share her challenges and successes with the group, as well as clinical anecdotes and experiential examples that attendees can carry into their own work.

CLEVELAND ROOM

Retention Issues Facing Music Therapists

Courtney R. Biddle, MMT, MT-BC

Music therapists CAN find the jobs they want with the pay and benefits they need, remain passionate about their practice and their clients, and securely retire when they are ready. Come join this focus group and discussion facilitated by a member of the AMTA Workforce Development & Retention Committee.

COOLIDGE ROOM

Addressing Quality of Life by Facilitating Social Interactions through Music with Adults with Intellectual Disability.

Julie Andring, MSA, MT-BC

Engaging in social interaction has been shown to benefit physical and emotional health. Conversely, the lack of social interaction has been shown to have detrimental effects. The results of my dissertation on whether the amount of social interaction changes when individuals participate in a group activity as compared to unstructured leisure time, and whether group participation contributes to the quality of life will be presented.

4:45-6:00 pm

MLE Town Hall Meeting
ALL ARE ENCOURAGED TO ATTEND

PRESIDENTIAL BALLROOM

Master's Level Entry (MLE) Subcommittee Presents a Spring 2015 Progress Report

Jane Creagan, MME, MT-BC, AMTA's Director of Professional Programs

The MLE Subcommittee will report on a proposed new model of education and clinical training, for the purpose of continuing the conversation about the possibility of the profession moving to Master's Level Entry. The focus of the session will be the feedback from students and professionals present, as it was at the Town Hall Meeting in 2012.

6:00-8:00pm Dinner on your own

6:15-7:15pm NER-AMTAS Student meeting and supper GARDEN ROOM

8:00pm

Special NER Conference Event

PRESIDENTIAL BALLROOM

TAKE A DRUM RIDE / A ROCK & ROLL, INTERACTIVE DRUMMING HOOT

Led by Bob Bloom, Master Teaching Artist

Come rattle the White Mountains with Bob Bloom, who is trucking a cargo of drums to our conference for you to get your hands around. You'll take a drum ride with Bob, as he drives the inspiring beats, cool melodies, and catchy lyrics of the most

joyous rock, funk, and boogie songs that New Hampshire will ever hear. Don't miss this!

9:00 CABARET! with NER members' "My Band" CRYSTAL BALLROOM

Saturday, April 18, 2015

7:00-10:00am Registration

PRESIDENTIAL HALL FOYER

TECH HELP DESK

Bring your technical issues to our Tech Team and they will help you out.

7:30-9:00am

CRYSTAL BALLROOM

Networking Breakfast (included with Registration)

9:00-10:00am Concurrent Sessions

ROOSEVELT ROOM

Learning to Harmonize: Opportunities for Music Therapists and Therapeutic Musicians to Collaborate and Cooperate.

Emily Bevelaqua, MMT, MT-BC; Emily Mills, M.Ed., CMP (Certified Music Practitioner); Cliff Conti, CMP; De Luna, CMP

Interactions between music therapists and therapeutic musicians in healthcare settings can sometimes trigger defensive responses. This session will feature representatives from both groups discussing specific ways to foster cooperation and explore possible collaborative projects. Professional recommendations for facilitating conflict resolution in difficult situations will be offered.

HARDING ROOM

Humorous Songwriting: Increasing Client Engagement Using Fill-in-the-Blank, Lyric Substitution, Mad Lib, and Song Parody Techniques.

Scott Snow, MT-BC

This hands-on session will teach participants songwriting techniques that have been successful in a variety of clinical settings. Leave the workshop with a complimentary pdf songbook including 25 adapted songs (including the disturbing yet popular "T.M.I." Song). Applicable to clients of all ages!

CLEVELAND ROOM

Post-Traumatic Stress Disorder and Music Therapy

Gina Buckner, Music therapy student, and Natasha Brewer, Music therapy student

This presentation looks at research on trauma and post-traumatic stress disorder and music therapy literature to explain how music has the ability to address the same goals as traditional treatment models through a potentially more inviting medium. The focus is on survivors of trauma and combat veterans.

10:00am **Snack Break**

THE CLUBHOUSE

Song Swap Lounge

THE CLUBHOUSE

While you're having your snack drop by the *Song Swap Lounge*—
Bring one of your favorite songs—swap it for someone else's favorite.

Vendor Tables

THE CLUBHOUSE

Come support our vendors!

10:15-11:45am **Concurrent Sessions** Saturday, April 18

ROOSEVELT ROOM

Technology Toys: Exploring Alternate Music Controllers

Cassandra E. Mulcahy, MMT, MT-BC; CJ Carr, BS in Computer Sciences, inventor, co-organizer of Berklee's Music Therapy hackathon; Sean Manton, BS in Biomedical Engineering, pianist

This session will enable you to view and experience some exciting new tools for clinical use and creative self-care. Become inspired by new instruments such as Drumpants; Ototo; and Launchpad, an original touch-app for creating ambient textures out of any song or sound sources one wishes to remix; and the Echo Vortex, a portable device that transforms the auditory experience by generating temporal manipulations of the live recorded audio.

HARDING ROOM

Dance/Expressive Movement to Engage, Inspire and Uplift People with Dementia

Donna Newman-Bluestein, M.Ed., BC-DMT, CMA, LMHC

This workshop will focus on dance and expressive movement to heighten vitality in older adults along the continuum from well to physically, cognitively, and/or emotionally challenged. Ways to modify the structure to incorporate the contributions of all participants, regardless of physical or cognitive abilities, will be explored.

CLEVELAND ROOM

Rippling: Inspiration and Hope at End of Life, or Any Time

Lisa Kynvi, MA, MT-BC, LMHC

Rippling, a concept developed by Irvin Yalom, can help clients soften pain and loneliness, and potentially bring hope, when facing existential crises. This session teaches the concept of rippling; provides inspiration by presenting some final, hopeful messages patients have documented; and examines the concept of rippling in our own lives.

COOLIDGE ROOM

Effective Communication: Advocacy in 10 words or less

Michelle Montgomery Muth, MT-BC

Clearly communicating and connecting with others about what we do as music therapists is at the heart of advocacy. In this session you will learn how to engage and effectively communicate the power and importance of music therapy in 10 words or less by creating visual images with your words.

11:45am Snack Break THE CLUBHOUSE
Song Swap Lounge THE CLUBHOUSE

While you're having your snack drop by the *Song Swap Lounge*—bring one of your favorite songs—swap it for someone else's favorite.

Vendor Tables THE CLUBHOUSE

12:00pm Pick up boxed lunches CRYSTAL BALLROOM
(lunches pre-ordered at Friday Registration)

12:30-1:30pm Registration PRESIDENTIAL HALL FOYER

12:00-1:30pm Concurrent Sessions Saturday, April 18

ROOSEVELT ROOM

B4Records, Be for the Change: The Intersection of Music Therapy, Youth Development, and Social Justice, Samantha Rose Hale, M.Ed, MT-BC

B4Records is a youth-run record label that challenges the status quo by producing socially conscious and progressive music. The music-based, collaborative initiative is designed to cultivate young entrepreneurs and transformative leaders within the communities of the Greater Boston Area. This session will discuss the broad topics of youth-centric program development and collaboration with non-music therapy partners, as well as youth empowerment and community change through song-writing, recording, production and performance.

Presider: Kimberly Khare, MA, CMT, NRMT

HARDING ROOM

Repertoire Roundtable for Hospice and Pediatric Hospice Patients

Bonnie Wallace, MT-BC

Bring your instrument and/or your voice, and get ready to share! Presenters will share/teach several songs each to expand your repertoire out in the field.

Optimal settings and approaches to the songs will also be discussed. Everyone will walk away with new music to expand their practice right away.

CLEVELAND ROOM

Implementing and Generalizing Improvised Song Interventions: A Conceptual Framework

Kayla C. Daly MA, MT-BC, LMHC

A framework for improvisational interventions is introduced. Qualitative research concerning efficacy of improvisation is briefly reviewed. Key components for in-the-moment choices of music style and aesthetic, as well as foundations for lyric development and process, are explored. Experiential/group work using the conceptual framework and case examples with children and adolescents will be presented.

COOLIDGE ROOM

Understanding the International Student Perspective: On Music Therapy Education, Training, and Supervision

Jonathan Tang, Music Therapy Intern; Michelle Low, Music Therapy Intern

Over the years, the number of international students pursuing music therapy in the US has escalated. Thus issues surrounding education, clinical training, and supervision are pertinent. Through role-playing and vignettes, we hope to increase awareness of the difficulties that international students face and suggest strategies to support the international student.

1:45pm Closing Circle

CRYSTAL BALLROOM

2:15-4:00pm Board Meeting

GARDEN ROOM

2:15-5:15pm

Saturday, April 18

CMTE Courses E, F, G

2:15-5:15pm CMTE E

CLEVELAND ROOM

Challenging Our Concept of Self-Care and Offering a Practice of Sustainable Resilience

Mary-Carla MacDonald, MA, MT-BC

Challenging our concepts of self-care and balance, this workshop will delve into the study and use of neurology, mindfulness, music, and imagery, to present a sustainable practice of resilience. The foundations of self-compassion, awareness, and equanimity are established using neurology, mindful skill building, experientials, case studies, and entrepreneurial skills.

Presider: Christine Routhier, MT-BC, LMHC

2:15-5:15pm CMTE F

COOLIDGE ROOM

Guitar Skills and Guided Relaxations for Anxiety, Stress and Insomnia,

Ryan Judd, MA, MT-BC

Do any of your clients suffer from stress, anxiety or insomnia? Want to learn some great guitar and guided relaxation skills? In this experiential workshop, we will explore the research behind relaxation music and learn some beautiful and calming chords, progressions, strum patterns and fingerpicking patterns on the guitar.

Please bring a guitar and a music stand to this CMTE!

2:15-5:15pm CMTE G

HARDING ROOM

INTEROCTIVE DRUMMING, Bob Bloom, Certified Master Teaching Artist

Everyone, kids to elders, loves to rock. This session conveys ways that you can use your skills in conducting, composition, arranging, voice, and performance to lead melodic, lyrical, interactive drumming activities. Handouts will be provided. No drumming experience is necessary. You're encouraged to bring an audio recorder.

*THANK YOU FOR JOINING US AND FOR SUPPORTING
NER!*

Scan here for a digital program, floor maps and additional conference info.

