The New England Region of the American Music Therapy
Association

Offers...

REPAIR RENEW

2023 REGIONAL CONFERENCE STOWEFLAKE RESORT AND SPA STOWE, VT APRIL 20-22, 2023

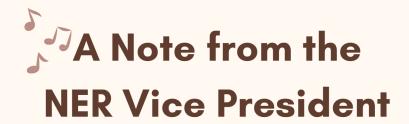
A Note from the NER President

I am truly honored to be welcoming our music therapy community to our first in-person NER Spring Conference in four years. It still feels surreal to reflect on how long it has been and all that has happened since we gathered, shared, learned, sang, danced, and said our goodbyes on a beautiful Cape Cod beach in March 2019. My heart is filled with gratitude for our "small but mighty" community of music therapists, as well as with hope for the future as we gather once again this spring. The plan since 2020 has been to have this conference in Stowe, Vermont. Thanks to our Executive and Extended Board members for their commitment and service during this time, and to all of you who have been willing to adapt and embrace new ways of connecting virtually over the past few years. Many thanks to our conference planning team for their time and work in support of this event. A very special thanks to our NER Vice President Kathlynn Sell and Vice-President Elect Mary Reinsch, for their leadership and vision in making this conference a reality for all of us this year.

We are incredibly excited to reconnect and share space with our very special New England music therapy community!

Sincerely,

Brian Jantz, MA, MT-BC, LPMT
NER President



To the NER Community and Our 2023 Conference Attendees,

It is so surreal to be writing this. My time as your Vice President has been strange, challenging, rewarding, confusing, and (dare I say it?) unprecedented. When I think back to the start of my time serving as VP, I think of the evenings spent in Channing Shippen's apartment, planning a version of the Stowe, Vermont conference that no longer exists, a version I truly still grieve the loss of deep down. But let's look towards the future; as I write this, we are mere days from truly reuniting with each other, singing together again, learning together again, and growing together again.

I want to acknowledge our organization as a whole. A great deal of damage has been done throughout the last few years, and it is absolutely essential that we recognize this. We cannot move forward without looking inward and understanding the ways in which we contribute to ongoing discrimination, prejudice, and bias. As music therapists, we have the unique ability to bring together art and wellness into a space for healing. Use this conference as an opportunity to new tools to repair, collaborate with your colleagues, and lean into the resources they have provided. What can you bring back home that will better your practice? What will you learn that can better you as a person and professional? We can't wait to hear your responses.

Lastly, we have the incredible opportunity to welcome three new university programs to our event with the openings of the Westfield State University, University of Rhode Island, and Southern Connecticut State University music therapy programs. To the students of those programs, we offer the warmest of welcomes to the New England Region and to the conference world, and to the program coordinators, we send our deepest gratitude! We also hold space for our beloved Anna Maria College program, whose program will be discontinued at the end of this year. To the faculty, students, alumni, and supervisors of AMC, we hold you close to us now and forever, and we honor your ongoing contributions to the region and to the field. You will always have a home within the New England Region. We will renew that promise year after year, as we renew our own commitment to the profession.

Thank you for joining us to Reunite, Renew, Repair in Stowe, VT!

With love and music, Kathlynn C. Sell, MT-BC NER-AMTA Vice President



Land Acknowledgement

The New England Region of the American Music Therapy Association would like to take a moment to acknowledge the space and territories we are on for our conference today. This land is the traditional territory of the Abenaki people of the Wabanaki Confederacy; today, and every day, we express gratitude for them and all Indigenous nations for their continuous presence and ties to the land.

It is essential that we recognize the continuing impact of colonization and systematic oppression of Indigenous Communities, and that we commit to allyship and ongoing education.

To learn more about the Abenaki people and for places to make financial contributions, please visit the following links:

The Vermont Abenaki Artist Association: www.abenakiart.org

The Vermont Commission on Native American Affairs: vcnaa.vermont.gov



Conference Code of Conduct

The New England Region of the American Music Therapy Association (NER-AMTA) is committed to the emotional and physical safety and wellbeing of all attendees at any NER-AMTA sponsored conference or event. Harassment, microaggressions, discrimination, or assault based upon an individual's sex, gender identity/expression, sexual orientation, race, ethnicity, ability, national origin, religion, socioeconomic status, or any other personal characteristics will not be tolerated.

NER-AMTA holds professional conferences and meetings to enable its members to receive continuing education, build professional networks, and discover new products and services for professional use. To provide all participants – members and other attendees, speakers, exhibitors, staff and volunteers – the opportunity to benefit from the event, NER-AMTA will do everything in its power to provide a harassment-free environment for everyone, regardless of the aforementioned personal characteristics.

As an association, NER-AMTA is strongly committed to diversity, equity, and the free expression of ideas. As stated within the American Music Therapy Association's Code of Ethics. We hold core values of Kindness, Social Responsibility, Dignity/Respect, Equality, Accountability, Excellence, Integrity, and Courage as foundational to ground and guide music therapists in their practice and interactions. As such we aspire to provide conferences and events which are free from bias, discrimination, illegal or inhumane behavior that violates the civil rights of others, or that discriminates against individuals based upon race, ethnicity, language, religion, marital status, gender, gender identity or expression, sexual orientation, age, ability, socioeconomic status, or political affiliation. Similar to the ethical standards set forth by the national association for music therapist conduct, NER-AMTA upholds all their conference attendees (including association nonmembers, non-music therapists, students, and related professionals), speakers, exhibitors, staff, and volunteers to the same standards with the expectation that all parties will work to uphold a conference environment free of discrimination, violence, harassment, and hate.



Conference Code of Conduct

continued...

Within the context of NER-AMTA policy and the professional practices and standards of music therapy, critical examination of beliefs and viewpoints does not, by itself, constitute hostile conduct or harassment. Similarly, use of sexual imagery or profane language in the context of a professional discussion might not constitute hostile conduct or harassment. NER-AMTA seeks to provide a conference environment in which diverse participants may learn, network, and enjoy the company of colleagues in an environment of mutual human respect. We recognize a shared responsibility to create and hold that environment for the benefit of all. Some behaviors are, therefore, specifically prohibited:

- Harassment or intimidation, either physical or virtual, based on race, religion, language, gender, sexual orientation, gender identity, gender expression, disability, appearance, or another group status.
- Sexual harassment or intimidation, including unwelcome sexual attention, stalking (physical or virtual), or unsolicited physical contact.
- Yelling at or threatening attendees, staff, volunteers, or speakers (verbally or physically). Speakers are asked to frame discussions as openly and inclusively as possible and to be aware of how language or images may be perceived by others. Participants may and do exercise their option to leave a session or a conversation. Exhibitors must follow all NER–AMTA Exhibits rules and regulations and NER–AMTA policies.

All participants are expected to observe these rules and behaviors in all conference venues, including online venues, and conference social events. Participants asked to stop a hostile or harassing behavior are expected to comply immediately. Conference participants seek to learn, network, and have fun. Please do so responsibly and with respect for the right of others to do likewise.

Please contact Conference Services staff in the NER-AMTA registration desk or via the posted phone number if you believe you have been harassed or that a harassment problem exists. Please see the attached safety and reporting information for additional contact information post-event.

All such reports will be directed immediately to the NER-AMTA Vice President /Conference Chair, who will determine and carry out the appropriate course of action, and who may consult with and engage other NER-AMTA leaders, legal counsel, or others as appropriate. Event security and/or local law enforcement may be involved, as appropriate, based upon the specific circumstances. A follow-up report will be made to individuals who report being harassed.

Emergeny Preparation

Local Police (Non-emergency): (802) 253-7126

Nearest Hospital:

NAME: Copley Hospital

ADDRESS: 528 Washington Highway, Morrisville, VT

0566

PHONE: (802) 888-8888

Pharmacy:

NAME: Lamoille Health Pharmacy

ADDRESS: 1878 Mountain Road, Stowe, VT

05672

PHONE: (844) 606-4416

HOURS: M-F 8am - 6pm & Sat. 9am - 2pm

NAME: CVS Pharmacy

ADDRESS: 13 VT-15 E, Morrisville, VT 05661

PHONE: (802) 888-4239

HOURS: M-F 8am-1:30pm & 2pm-7pm / Sat-Sun 11am -1:30pm & 2pm-5pm

To Call a Taxi:

LOCAL CAB NUMBERS

NAME: Sub Zero Taxi PHONE: (802) 595–9640

(including from the Burlington airport)

NAME: Patriot Transport PHONE: (802) 272–1633

For Wheelchair Accessible Cabs:

NAME: MobilityWorks

ADDRESS: 5c David Dr, Essex Junction, VT

05452

PHONE: (877) 275-4915 HOURS: M-F 8am-5pm

NAME: Rural Community Transport

ADDRESS: 197 Harrel St #3, Morristown, VT 05661

PHONE: (802) 748-8170 HOURS: M-F 7:30am-4:30pm **Hotlines:**

CRISIS Hotlines

Vermont 211 Call: 211

VT CRISIS TEXTLINE (24/7) Text "VT" to 741741

Health Services:

NAME: Lamoille County Mental Health

Services

ADDRESS: 72 Harrel St, Morristown, VT

05661

PHONE: 1-(802)-888-5026

HOURS: M-Th 8am-4:30pm / Fri 8am-

3:30pm

Nights, weekends, holidays, Select Option
"1" (Ask to page Crisis Team or Emergency

Services)

NAME: Clarina Howard Nichols Center

Domestic & Sexual Violence

Services

PHONE: (802) 888-5256 (24/7 Hotline)

Additional Resources:

NAME: Stowe Visitor Center

ADDRESS: 51 Main Street, Stowe, VT

05672

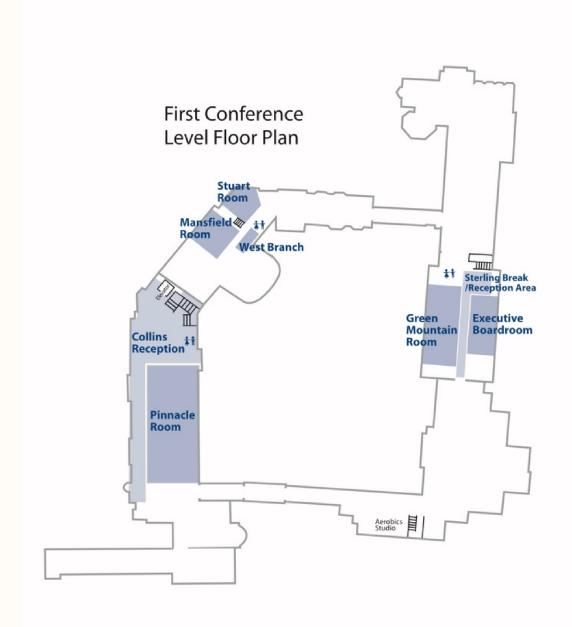
PHONE: (802) 253-7321

TOLL-FREE: (800) GO-STOWE

HOURS: M-Sat 9am-5pm



Level One Hotel Map



Level Two Hotel Map



Meet our Sponsors

Gold Tier Sponsor:



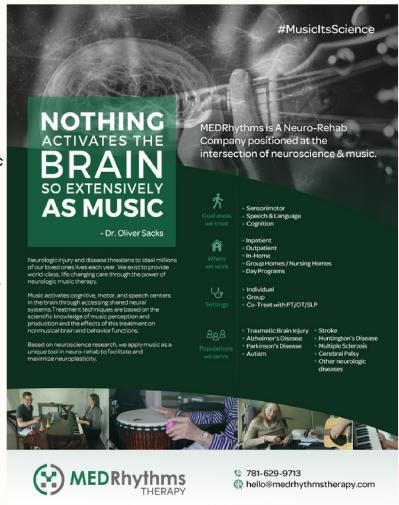


No two people are alike. At **Roman Music Therapy Services**, we recognize that each individual and organization we serve has unique needs. We have learned that with all things, a one-size-fits-all approach does not work! To be grounded in the work that we do, we focus on three tenets in our work.

- 1. Our human-centered approach to music therapy requires that we thoughtfully adapt our responses and music interventions to the dynamic needs of the client.
- 2. As community music therapists, we focus on the two-way connections between individuals and communities in all that we do to help build bridges and social capital.
 - 3. Music therapy serves our communities best with a continuum of options.



MedRhythms Therapy is a comprehensive neuro-rehab company that provides neurologic music therapy specializing in the use of music to induce brain plasticity and aid in neuro-recovery. The company focuses on this intersection between music, neuroscience, and technology, providing interventions to achieve optimum outcomes in sensorimotor, speech & language, and cognitive goals in patients.



MedRhythms is looking for a passionate and driven Neurologic Music Therapist to join their fast-growing clinical team in White Plains. This position will be responsible for providing high-quality Neurologic Music Therapy to a range of clients of all ages and different neurologic diagnoses. The position will facilitate individual and group sessions, and will work in the outpatient setting collaborating with an interdisciplinary team. If your interested in joining their team, please reach out to Caitlin Hebb at careers@medrhythms.com

NER-AMTA 2023 Conference Stoweflake Resort and Spa Stowe, VT April 20 - 22, 2023



THURSDAY April 20th, 2023

10:00 AM - 1:00 PM

CMTE Offering: Stowe South

Whole Hearts: Sustaining Wellbeing and Fostering Community for End-of-life Care Professionals

Katie Bagley, MT-BC and Casey Marsh, MA, MT-BC

Katie Bagley, MT-BC has nearly a decade of experience in varied settings, specializing in hospice. She works from a person-centered approach honoring the unique qualities and capacity of her clients.

Casey Marsh, M.A., MT-BC, studied music therapy at Lesley University with a B.A. in vocal performance. She currently works with children and adults in hospice and palliative care settings in the greater Boston area.

Music therapists working in hospice and palliative care settings experience a unique array of emotions as we hold space with clients and families at end of life. Identifying and acknowledging our personal and professional experiences of grief and joy in this work is vital in creating a sustainable music therapy practice.

In this CMTE, two music therapists currently working in the hospice & palliative field will share insight of their own experience of intermodal processing and daily routines focused on care for oneself. Strategies and examples will be explored around one's own current self-care practices and needs. Time and materials will be provided during the course for supported intermodal reflection. Presenters will also foster a guided discussion around connection with self and other music therapists in similar work.

12:00 PM - 5:00 PM CMTE Offering: Stowe North

Supervising the National Roster Intern

Brian Jantz, MA, MT-BC, LPMT

Brian Jantz is President of NER, Assembly Speaker for AMTA, and NER Association's Internship Approval Committee (AIAC) representative. He has extensive experience as an internship and practicum supervisor with diverse settings and work. Brian is currently full-time faculty at Berklee College of Music.

This supervision CMTE has been designed to prepare prospective internship directors/supervisors for their role in the training and supervision of music therapy interns as well as provide "refresher" supervisor training to music therapists who currently supervise music therapy interns. The course provides the supervision training requirement for potential national roster internship directors according to the standards stated in the AMTA National Roster Internship Guidelines. All relevant internship training documents will be reviewed as it pertains to the supervision process. (See continued.)

Continued...

These documents include: Standards for Education and Clinical Training; National Roster Internship Guidelines; National Roster Internship Application form; and AMTA Professional Competencies, which provides the foundation for intern training, supervision, and evaluation. Stages of internship will be thoroughly reviewed with attention made to the role of the supervisor during each stage. A comprehensive overview of various supervisory topics will be presented, including: supervision models, motivational techniques, problem solving, conflict resolution, performance planning, multicultural considerations, music in supervision, self-care, performance management, intern evaluation, and administrative tasks. Establishing partnership with academic faculty for training students will be discussed with emphasis on early collaboration. The session will also include time for attendees to discuss specific challenges encountered in supervising interns in order to promote group discussion on effective supervision approaches.

2:00 PM - 5:00 PM CMTE Offering: Stowe South



Cultivating Resilience While Caring for Others

Heather Wagner, PhD, MT-BC

Heather Wagner, PhD, MT-BC is a music therapy educator, clinician, and supervisor with over 25 years of experience. She is an assistant professor and music therapy coordinator at Southern Connecticut State University. She has extensive clinical experience with children and adults in medical, rehabilitation, and mental health settings, focusing on integrative approach to health and recovery. Heather is a fellow of the Association for Music and Imagery and is a GIM trainer-in-training. She serves on the NER on the Academic Program Approval Committee and on the Assembly of Delegates.

There is great challenge and reward in a career in music therapy. At times, the challenge can become too much, and one can be overwhelmed by their own personal responses to this work. This may impact music therapists' professional competence and personal life satisfaction and engagement.

It is important that music therapists recognize the impact of their work and the trauma that they experience vicariously as a result of this work. Vicarious trauma is one issue that therapists face, which can lead to a change in the quality of care, feelings of burnout and compassion fatigue, and negative impact on their personal lives. With knowledge and self-awareness, music therapists may alleviate these impacts and potentially tap into the power of vicarious resilience and their own inner resilience.

While systemic and organizational change are important parts of the response to vicarious trauma of professional caregivers, there are individual skills that can be developed in building resilience, connecting to vicarious resilience, and promoting preventative measures. With a brief overview of vicarious trauma and vicarious resilience for context, participants will engage in a variety of experiential activities designed to help them to access and strengthen their resilience. These experiences will include vocal improvisation, music and imagery, and song improvisation/composition.

5:15 PM - 6:00 PM

Opening Session: Stowe South

Please see next page for more information.

6:00 PM - 6:15 PM

VT Taskforce Update & Advocacy Awards: Stowe South

5:15 PM - 6:00 PM

Opening Session: Kuf Knotz & Christine Elise

Kuf Knotz & Christine Elise [Hip Hop | Soul | New Age] Named Philadelphia Magazine Best Rapper of 2022 & 1 of 10 New Jersey artists Kuf Knotz (Producer/MC) and Christine Elise (Music Therapist) have brought their unique blend of hip-hop, soul and classical traditions to various communities. Kuf and Christine's music explores themes of unity and the infinite possibility of creating a better world. They fuse hip-hop poetry with bluesy beats supported by the harp. And, you can dance to it. Cultivating the juxtaposition of mindful reflection and feeling free to effortlessly move to the rhythms, their performance is an era fusing, genre bending journey intended to leave the listener feeling invigorated. The duo has opened for Wyclef Jean, Yellowman, Rising Appalachia, Slick Rick, Eubanks- Evans Experience, Morcheeba, Digable Planets and have been featured on NPR Music and WHYY. In 2018, they founded a community music therapy program, Higher Grounds Music that uses motivational, classical hip hop to foster community growth. Working in a strength based model, projects, programs and services are offered in various settings, which include schools, after-school programs, community centers, creative spaces, treatment programs and wellness centers. Each experience is designed to create a supportive environment to promote self expression, nurture group cohesion and enrich social emotional growth. The duo is motivated to make music

accessible to all and focus on community outreach in areas in which the arts are limited.

Performance Website: https://www.kufknotz.com/
Merchandise Store: https://www.kufknotz.com/shop
CoMT Website: https://www.highergroundsmusic.com/
Facebook: https://www.facebook.com/kufknotzchristineelise/

Instagram: https://www.instagram.com/kufknotz/ https://www.instagram.com/christineeliseharp/



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FRIDAY April 21st, 2023

8:00 AM - 10:00 AM

Breakfast & NER Business Meeting - Collins & Pinnacle A/B

10:00 AM - 10:15 AM

Morning Break – Atrium
Please take the opportunity to check out our exhibitor hall!

10:15 AM - 11:30 AM

Concurrent Presentations - Breakout Rooms

Desk Bells - Accessible and Accommodating - Green Mountain

Eve D.Montague, MSM, MT-BC

Desk bells are adaptable instruments that accommodate a variety of learning abilities and ages. This workshop will demonstrate structured interventions designed to meet the needs of individuals across the lifespan, from early intervention to senior programming. Individuals with cognitive disabilities, those with motor challenges, along with people who have sensory needs, have opportunity to create music, individually and within a group setting, using desk bells.

Instrument play enhances communication, teamwork, creativity, and critical thinking (NAMM Foundation, 2014. Benefits of Learning and Playing Music for Adults). Exercising the brain through musical activity (sensory input, skilled motor outputs) promotes brain health and plasticity, a benefit for all ages (Global Council on Brain Health, 2020. Music on our Minds). Group instrument play has shown to increase positive affect and help define positive identity and social well-being (Ascenso et al, 2018. Promoting Well-being through Group Drumming. Liddiard & Rose, 2021. A Pilot Study of an Intervention for Children Using Music Listening and Music Making to Explore Core Emotions and Support Wellbeing). The desk bell is a multisensory instrument that provides varied ways to produce sound. Tapping or shaking/ringing will create a sound by most individuals. The brightly colored instruments present opportunity for matching, identifying patterns, and color recognition. Pentatonic scale use provides for errorless learning and melodic sounds. Participants have opportunity to play both composed and improvised music. Facilitation that meets the needs of the participant reinforce attention, following directions, and focus to task. Gestures, pointing, color matching, and number/letter reading are just a few of the ways individuals can participate in the music activities. Easily accomplished through bell play, activities are designed to reinforce leadership, follow directions, and engage in teamwork. Bell play also lends itself to enhanced sound through the addition of percussion instruments, including drums, tambourines, and shakers.





Virtual Circle Singing: How to Connect Through Voices and Screens - Stowe North

Meera Sinha, MT-BC

Once a powerful connecter, singing became a dangerous super-spreader amidst the COVID-19 pandemic. The presenter will speak of their experiences of switching from in-person to virtual voice-based music therapy services. Participants will learn of voice-based interventions that can be used in person or virtually and the unique benefits of virtual group facilitation. By listening to recordings of previous therapy-informed groups, participants will gain insight into vocal analysis to enhance implementation of voice-based interventions. The presenter will highlight vocal improvisation, songwriting, journaling, unconditional positive regard, and technology adaptations. Attendees will leave with a toolbox of voice-based interventions that can be used virtually or in person, as well as an understanding of the benefits of vocal improvisation and group singing on health and well-being.

Music Techniques for Wellbeing- Stowe South

Suzanne B. Hanser, EdD, MT-BC

As music therapists, we dedicate our lives to serving others through music. We may have become music therapists because we love engaging with music or we may see this profession as a way to utilize our passion for music in a beneficial, communal way. In our work, we witness how the process of music therapy brings out the creative spirit in others. But in our personal time, are we allowing the music we love so much to help us enhance the quality of our own lives? This session will engage participants in music-based techniques that emphasize self-compassion, self-awareness, and self-care. In a complicated world, we sometimes need a reminder of what music can do for our own well-being.

We will practice music techniques that are designed to soothe, awaken, and encourage self-reflection. Examples include:

- *applying music as a lullaby for one's self
- *writing personal jingles that reinforce affirmations
- *reflecting on the yin and yang of self-compassion both the ability of music to be comforting and its way of expressing advocacy and activism
- *exploring our musical histories and reflecting on how music feeds us Music is a significant part of our identities. Let's explore our relationship to music and re-experience the reason that we are (or are about to become) music therapists.

Otolaryngology and Ophthalmology in the Key of C - Beatrice

Peri Strongwater, MA, MT-BC

A pilot music therapy internship program at a specialty eye, ear, nose and throat hospital led to funding and creating their first Music Therapist position. The music therapy program has been steadily building, first providing services on inpatient units to pre-operative and post-surgical patients. Virtual and inperson music therapy treatment is available for outpatients through collaborations with Audiology, Head & Neck Cancer and the Voice & Speech Lab. Case Studies will explore real-life examples of the application of music therapy with these specialized populations, including experiences of individuals cotreated in a new collaboration with Speech-Language Pathologists through the Transgender Voice and Communication Modification Program. Clinical techniques centered on medical and mental health goals will be reviewed for these client populations. The presenter will share experiences working with both administrative and clinical departments including Leadership, Development, Communications, Social Work, Audiology, Speech-Language Pathology and Spiritual Care. Helpful tips for navigating a new or developing music therapy program in a medical institution will be shared.

11:45 AM - 12:45 PM

Keynote Presentation - Pinnacle A/B

Our Way Forward

Ming Yuan Low, Ph.D., MT-BC

In this keynote speech, we will be looking back to our past few years, honoring our losses and triumphs, and how we can collaboratively forge forward as we gather here to Reunite, Repair, Renew.



Ming Yuan Low, Ph.D., MT-BC, is a Nordoff-Robbins music therapist and assistant professor of music therapy at Berklee College of Music. His clinical work and research center on community-informed music therapy practices and supports for folks who locate in marginalized identities. His scholarship focuses on critical explorations in music therapy theory and practice, as well as participatory action research with autistic and BIPOC communities.

Low received his B.S. and M.A. in music therapy from Texas Woman's University, and his Ph.D. in creative arts therapies from Drexel University. He has worked as a research fellow at Drexel University in two different research labs, one examining chronic pain in patients with advanced cancer and opioid use in cancer survivors with chronic pain, and the other exploring care-coordination factors affecting health care transition from pediatric services to adult services for minimally verbal autistic youth. Low has presented his research and clinical work at national and international conferences, and has authored and coauthored peer-reviewed journal articles. He has also served in various elected and appointed positions in the American Music Therapy Association, World Federation for Music Therapy, and Malaysian Music Therapy Association. He is on the editorial board of Music Therapy Perspectives and is an article editor for Voices.

12:45 PM - 1:45 PM

Lunch - Collins & Pinnacle A/B

1:45 PM - 3:00 PM

Concurrent Presentations - Breakout Rooms

Using Vignettes to Change Attitudes Toward Research - Pinnacle C

Adrienne Flight, MMT, MT-BC

Music therapy students, interns, and professionals demonstrate low engagement with research, and many do not place high value on it (Waldon, 2015; Waldon & Wheeler, 2017). Outside of course-based research experiences for students, successful tools to help music therapy students and professionals view research as relevant and applicable are not well understood. This study sought to explore how reading vignettes about research impacted respondents' attitudes toward it. The study used a three-group experimental design to determine which was more effective in changing music therapy students' and professionals' attitudes toward research: a fabricated research abstract, a vignette showing positive outcomes of using research to inform clinical work, or a vignette showing negative outcomes of not engaging with research to inform clinical work. The results found that reading a research summary led to greater decreases in anxiety when compared to reading a vignette about the negative outcomes of not using research to inform clinical work. Further, reading a vignette about the negative outcomes of not using research led to greater increases in perceptions of research usefulness when compared to reading a research summary. This study found that respondents with undergraduate or master's degrees had greater overall increases in positive attitudes toward research after reading the vignettes when compared to those with doctoral degrees. Results also revealed that the tendency to enjoy research was impacted by different vignettes for professionals with less than 10 years of experiences compared to hose with more than 10 years of experience. This research provides clear direction for classroom and continuing education learning experiences and informs how to improve attitudes toward research among music therapists with different levels of education and years in the field. The researcher will discuss their own socio-cultural positioning that informed this work, the limitations of this study, and directions for future research.

NMT in Neurorehab: Case Examples, Considerations, and Program Development for a Successful Clinician - Stowe North

Delaney Mohesky, MT-BC, NMT/F and Caitlin Hebb, MT-BC, NMT/F

This presentation will provide participants an understanding of the important fundamentals for developing and implementing a neurologic music therapy program at an inpatient rehabilitation hospital. Presenters will discuss important program development steps and implementation for continued program growth, including NMT on an interdisciplinary team. Additionally, complex case studies of various diagnoses (aphasia, left neglect, etc) will provide participants the opportunity to work through the Transformational Design Model (TDM) to discuss appropriate assessments, goals and clinical considerations. This will be interactive as presenters will have videos demonstrating various populations and treatment domains in neurorehab.



Music-Focused Board Games for Teens and Adults in a Psychiatric Facility - Stowe South

Scott Snow, MT-BC

Are you ready to increase group engagement by using music-focused board games? Music-opoly is a game I created, as a result of, months of revisions and feedback from patients. Experience how this game increases communication, socialization, cognition, leisure skills, morale, focus, attention, and motivation. Squares on the board present musical challenges such as music trivia, guess the artist, humming, and improvisation. Players are encouraged to ask peers for help when they are stuck. There are fill-in-the-blank songs to reinforce coping skills and the corniest rap you'll ever hear gets plenty of smiles and leads to group cohesion. The game was created with patient safety in mind. It's made with a foam board, foam dice, and small pop poms for tokens. Just wait to see what happens when you land on the "Oh No You Didn't" square! Explore other interventions that will draw in your most resistant folks on the unit! You'll add American Idol Judging, Name That Tune, Music Bingo, and the Wheel of Recovery to your repertoire as well.

Caring for Families and Increasing Recognition through a Pediatric Palliative Care Program - Beatrice

Jennifer K DeBedout, MM, MT-BC and Jessica Boyea, BS, BSN, RN

Attendees will learn about a state-wide pediatric palliative care program that has helped increase recognition and understanding of expressive therapies including music therapy. Due to the connection many families involved in the program have with medical and educational communities within the state, the program has been impactful on both the growth and future potential of music therapy. The medical professional who heads this program will discuss the origin and components of the program and the music therapist will present case studies highlighting the work being done with families.

3:00 PM - 4:15 PM

Concurrent Presentations - Breakout Rooms

You Are Qualified! - Pinnacle C

Brian Jantz, MA, MT-BC, LPMT NER President AMTA Speaker of the Assembly Wendy Kreuger, MM, MT-BC NER President-Elect

Adrienne Flight, PhD, MMT, MT-BC NER Immediate Past President

Come meet with members of the NER board and find out how you can contribute and make a difference regionally and on the national level.

Addressing Sex in Music Therapy for Individuals with Intellectual and Developmental Disabilities - Stowe North

Ying-Jung Chen and Yu-Tzu Lin

Sexuality is a broad term that encompasses one's values, attitudes, feelings, interactions, and behaviors and is influenced by emotional, cultural, social, and physical factors. (National Sexual Violence Resource Center, 2013). Individuals with intellectual and developmental disabilities (IDDs) experience sexual attraction and sexual arousal as neurotypical people do (Harkins et al., 2018). However, individuals with IDDs often deem asexual due to several reasons, including their insufficient cognitive levels and the social stigma toward sexual-related discussions (Krantz et al., 2016). The absence of comprehensive sex education for individuals with IDDs may further contribute to their already-existing high risks of receiving inaccurate sexual information and engaging in inappropriate sexual behaviors (Krantz et al., 2016). Previous studies have shown the relationship between music and sex. More than one-third of popular songs include sexual content (Primack, 2008). Growing evidence also shows that music is related to humans' reward pathways and the act of sex (Tikka, 2022). Thus, although current literature regarding music therapy to support sexual development and sex education is limited, we believe that music therapists, when applying interventions appropriately, have the potential to address sexual issues for individuals with IDDs in a creative way given their unique expertise. Reflecting on our experiences of working with individuals with IDDs as music therapy interns, we have decided to explore how music therapy can contribute to the sexual development of individuals with IDDs. Information about the sexual development of individuals with and without IDDs and the potential role of music therapy in sexual development for individuals with IDDs will be presented. Activities that can support sexual development will be workshopped with participants. Attendees will have opportunities to discuss related topics with the presenters and other participants.

From Misrepresentation to Elevator Conversations: Advocating for Music Therapy - Stowe South Maggie Connors, MT-BC

The Professional Advocacy Committee (PAC) of AMTA, is presenting on our role within the music therapy community, what we do, who we are, and how to get resources and support. We will share advocacy tips and tricks and approaches to misrepresentation. There will be open discussion with time for reflection on advocacy styles, philosophy, and to share successes and struggles. Advocacy is part of music therapy and can hold complex emotions for music therapists. We will look at ways to reflect on our own response to misrepresentation and how that impacts our ability to be effective advocates. PAC is here to provide support, resources, and guidance when responding to misrepresentation and advocating for our profession.

4:15 PM - 5:00 PM

Afternoon Break - Atrium

Please take the opportunity to check out our exhibitor hall! Light refreshments will be provided.

5:00 PM - 6:30 PM

AMC Alumni, faculty, & staff meeting - Pinnacle C Lesley Alumni, faculty, & staff meeting - Stowe South

6:30 - 8:00 PM

Supervisor Reception - Collins

Open to all MT-BCs currently supervising or interested in supervising (practicum or internship). Come celebrate and network. Hosted by Berklee College of Music, open to all supervisors regardless of school affiliation.

8:00 PM - 10:00 PM

NER NITE! - Pinnacle A/B

Community Jam Session, led by Anna Maria College House Band

SATURDAY April 22nd, 2023

8:00 AM - 9:30 AM

Continental Breakfast - Atrium



8:00 AM - 8:45 AM

Morning Yoga with Krystal Demaine - Beatrice

9:30 AM - 10:45 AM

Concurrent Presentations - Breakout Rooms

Let's Talk About Bruno: Neurodivergent Perspectives - Green Mountain

Stephanie Brink, MS, MT-BC, CCLS; Shannon Laine, MM, MT-BC

The popular Disney movie, Encanto, brought forth the common societal misconception that those who are different from us are "other" than us as referenced in the song "We Don't Talk About Bruno". The intention of this presentation is to explore the experiences of neurodivergent individuals within hospital and community-based settings. Sharing perspectives from a Board Certified Music Therapist/Certified Child Life Specialist and a Board Certified Music Therapist/Music Educator, this discussion-based session will explore the value and perspectives of individuals who identify as neurodiverse and their interactions within systems of medicine and education.

Music and Health Innovation Studio - Stowe North

Joy Allen, Ph.D., MT-BC

The Innovation Studio supports the development, evaluation, refinement, and dissemination of innovative programs and technologies utilizing music therapy, music medicine, and/or community music practices, grounded in evidence-based research. By fostering networks of mentors and resources, this studio incubates and accelerates the development of music-informed, solution-focused resources for a wide range of healthcare challenges impacting our global communities. It empowers individuals of all backgrounds to confront contemporary health challenges through curiosity, creativity, and strategy.

Using the Impact Thinking Model, the Innovation Studio provides participants with a well-rounded understanding of the fundamentals of clinical problem-solving to human-centered product design within the music and health space. Developed by the International Arts + Mind Lab at Johns Hopkins University, Impact Thinking is a translational research approach to enhance human potential in health, well-being, and learning through the arts. Beginning with a problem identification workshop and collaborative discovery process and concluding with dissemination and scaling, Impact Thinking is designed to build open-source capacity and expertise and a research-to-practice pipeline for arts + mind research focused on impact. Impact Thinking was developed through collaboration with an interdisciplinary team of nearly three dozen scientists and practitioners. Attendees will gain foundational knowledge of the music and health innovation space; understand the pivotal music therapists play in ensuring ethical development of solutions, opportunities for engagement within this space and the fundamentals of clinical problem-solving to human-centered product design within the music and health space.

Mental Health in Harmony: Shared Perspective in Occupational and Music Therapy - Stowe South

Channing Shippen MA, MT-BC and Nikki Beatrice DOT

This session aims to show the benefits of collaboration between music therapists and mental health occupational therapists in providing comprehensive care of adolescent and adults. In working together at Tufts Childrens Hospital through the beginning of the rising epidemic that is adolescent mental health during the height of Covid, Channing & Nikki created a series of interventions that worked cohesively to contribute toward the assessment of patients from both therapeutic lenses. In this interactive session we explore case study examples, therapeutic perspectives, and engage in sample interventions to grow in understanding of working toward shared goals and outcomes to better serve our patients.

Exploring the Roots & Rhythm of the Heart - Beatrice

Krystal Demaine, Ph.D. MT-BC, REAT, RYT

"The beat of the heart is structured, not improvised; it is a perpetual non-fleeting pulse spanning all human life until it is the last rhythm produced in our own conscious existence. Listening to the final beats of my father's heart — his last eternal live music performance gave me a chance to reflect on the blood within me, the blood that pumps through my own heart, my roots, my lineage, and my musical individuation. Bearing the deep sadness of the death of my father at the forefront with a global pandemic gripping the world, social hostility, and political divide — the heartbeat gave a new meaning, something deeper and more personal, impacting my existential inquiry on the power of music and the human condition" (Demaine, 2022).

Through this workshop, I will share integrative arts activities that invite tuning into the pulse of the heart from somatosensory and music-making experiences to visual arts and reflective writing all while considering how music in the heart can influence your own personal story, identity, health, and wellness. Demaine, K. (2022). The Roots & Rhythm of the Heart: Our Musical Connection to Identity, Spirit, and Lineage.

10:45 AM - 11:00 AM

Morning Break – Atrium

Please take the opportunity to check out our exhibitor hall!

11:00 AM - 12:00 PM Internship Fair - Collins

12:15 PM - 1:30 PM

Concurrent Presentations - Breakout Rooms

Co-Collaborators: The role of music therapy in community health and wellbeing - Pinnacle C

Joy Allen, PhD, MT-BC; Brenda Ross, MBA; Cynthia Koskela, MEd, MT-BC

Recognized nationally as a model for the delivery of comprehensive health and human services in an urban community, Community Health Centers provide low cost health care and human services that might not otherwise be available to the communities we serve. What is the role of the arts in community health and well-being? How do we integrate music therapy and music therapy-informed services with communities in ways that foster expression, support healing, strengthen connections, enhance capacity, and improve overall quality of life? This session will explore the role that music therapy programming can play in redefining the model of a healthy community by creating equitable access to comprehensive health care and education. (See continued.)

Continued...

Presenters will share their journey on creating an innovative and collaborative center dedicated to providing music experiences targeting identified health disparities in the greater NER community. This includes sharing ways to develop partnerships with leading healthcare, educational, government, and music industry professionals to foster community connection and social change through program development designed to meet criteria for impact, effectiveness, sustainability, and replicability. Participants will be able to identify four key indicators of community program success and identify 2–3 potential allies in music-based community health programming.

A Guide for the Grieving Clinician - Stowe North

Bryanna Tobin, MHA, MT-BC, CT (Certified in Thanatology)

After a plethora of unique experiences with pediatric palliative and hospice patients, Bryanna Tobin, MHA, MT-BC, has focused her time and energy into greater understanding the grief and bereavement process of parents after the loss of a child. Each loss felt different, not only in the grieving familial experience, but to the team of clinicians serving the family. Psychosomatic symptoms at the forefront, it was clear to see the team of clinicians had been challenged in many ways.

This presentation takes the first steps to highlight the necessity of clinician self-care when working with grieving populations, provide new tools for processing grief personally and professionally, and explore how clinicians can approach grief processing as a goal within therapy. We'll look at a variety of interventions that may be adapted to multiple populations, take space for independent processing, and understand the needs of the grieving. The presentation will broach topics including, but not limited to: continuing bonds theory, needs of the mourning, and the latest global thanatological research.

Not Broken, Just Me: The Neurodivergent Music Therapist - Stowe South

Katharine Lamoureux, MT-BC

'Not Broken, Just Me' will be presented in three parts. The first twenty minutes will be a brief overview of the presenter's journey to diagnosis as an adult, prompted by and concurrent with the autism diagnosis of the presenter's child. The second twenty minutes will be a study of societal perceptions and misunderstandings of autism, particularly in relation to females, and a discussion of education on autism and neurodivergence in music therapy programs. This section will include an exploration of well-known examples of autism in the media, the lack of focus and research on autistic adults and females of all ages and how the presentation of autism in females can differ compared to males, and how we as music therapists can be on the forefront of effecting positive change as regards awareness, education, and support. The third twenty minutes will focus on the unique strengths and challenges of working as a neurodivergent music therapist, including an examination of the therapeutic relationship and therapeutic effectiveness and the value and importance of critical self-awareness as regards professional growth and practicing within the scope of one's abilities, particularly in relation to autistic burnout. The last fifteen minutes will be a wrap-up and an opportunity for questions.



1:45 PM - 2:15 PM

Closing Song Circle - Pinnacle A/B -or- Courtyard (weather permitting)

2:15 PM - 2:30 PM

Brief Break

2:30 PM - 4:30 PM

NER Board Meeting - Stowe North

2:30 PM - 5:30 PM

CMTE Offering: Pinnacle C

How Music Therapists Can Minimize Harm Toward Clients, Each Other, and The Community

Meera Sinha, MT-BC, Maria Alvarado, MT-BC, Mara Collard, MT-BC, Elizabeth Mendez, MA, MT-BC

Meera: Meera Sinha is a Queer Desi Human living in Pennsylvania with their family and two dogs. They spend their time creating space for community and individual vocal exploration.

Maria: Maria Alvarado is an Ecuadorian-American music therapist practicing in Los Angeles, CA. She currently works with children, adolescents, and their families in an inpatient psychiatric hospital setting.

Mara: Mara Collard is a Filipino and Puerto Rican-American music therapist practicing in the Chicagoland Area. She currently works with early childhood, adolescents, and young adults in various special education programs.

Elizabeth: Elizabeth Mendez is a European, Mexican, and American music therapist practicing in Sacramento, CA. She currently works with people experiencing homelessness and older adults.

It is often challenging to discuss how music therapists may cause harm to their clients, their colleagues, and their larger communities. Yet, it is of the utmost importance to have these conversations if sustainable change is to occur. In this CMTE session, participants will have a safe and brave space to discuss topics related to systemic oppression and harm as well as how to minimize the impact of harm on others and themselves. Using discussion, workgroups, and specially curated workbooks, participants will have the opportunity to closely examine their identities, where they hold power, and how to reckon with and minimize harm. The presenters will provide support by holding space for potentially difficult dialogue and guiding questions for open discussion. This session will be collaborative and action-focused. Participants will leave with a basic understanding of systems of oppression as well as the impact of such systems on clients, music therapists, and the larger community. Participants will also leave with short-term and long-term goals for how they will minimize harm as music therapists.

THANK YOU FOR JOINING US!

Getting Hungry?

LOCAL FOOD

Walking-Distance Dining: 15 mins or less

Charlie B's
Stowe Sandwich Company
Piecasso
Aladdin
American Flatbread
Sushi Yoshi

Driving-Distance Dining:

Shakedown Barbeque & Grill

Matterhorn

Doc Ponds

The Bench

Skinny Pancake

Von Trapp Brewery & Bierhall

Food +

Stowe Bowl (food+bowling)
Ranch Camp (food+mountain bike shop)