

The New England Region of the
American Music Therapy Association Students

Presents:

Passages 2018

19th Annual Student and New Professional Music Therapy Conference



Saturday, October 27th, 2018

9 AM - 5 PM

Lesley University

Cambridge, MA

WIFI Network: Lesley_open, username: PC_WIFI, password: Cd4k+w

Welcome to the 19th Annual Passages Conference!

The board and I have been working diligently to make this year's conference an incredible experience for you. We want to thank Lisa Summer, Joy Allen, and Rebecca Zarate (the heads of each school's music therapy department), as well as Kayla Daly (the regional SAAB representative), for their never-ending support, wisdom, and guidance. Also, a very special thank you to Lisa Kynvi (founder of this conference), who nineteen years ago decided that it was time students had a voice.

The theme for this year's conference is "navigating crossroads of perspective." As soon to be clinicians, it is our responsibility to help, even when we may not agree with the perspective of the one in need. This is challenging, especially in today's increasingly polarized society. In choosing this as our theme, the board hopes to encourage you to challenge your established beliefs and search for ways to connect with others where you may not have before. Happy conference everyone!

Warmly,

Alison Dagger

NER-AMTAS President

Thank you to all those who have made this year's 19th Annual Passages Conference possible:

Shari Hallas, David Nicholson, Camryn Gallagher, Carolyn Artesani, Sonya DiPietro, Alex Ford, Lionel Cheong, Katelyn Sable, and Brittany Leonard, the lovely NER-AMTAS Board members for working so hard to make today happen. **Kayla Daly**, for your guidance. Your knowledge and experience has been invaluable as our SAAB! **Elizabeth Tallett**, for always being our rock here at Lesley. **Suite XXV**, for the instrument sale. **All presenters**, for sharing your knowledge with your peers. **All attendees**, for your support. **Harvard House of Pizza**, for catering. **Worcester Center for Expressive Therapies**, for water & snacks. To all those who made today possible. Thank you so much

Please make sure to stop by the registration table and say hello! We have lots of fun swag on sale (t-shirts, picks, & stickers) and a raffle as part of our community giving fundraiser. Included in this is the opportunity to contribute your song to our Passages 2018 playlist to be shared with the NER-AMTAS community during lunch today and beyond. Proceeds go towards providing scholarships for music therapy students to attend conferences and become AMTA members. Thank you in advance for your support!

Schedule of Events

8:30- 9:00 AM Registration- Washburn Lounge
9:00- 9:30 AM Opening Experiential- Washburn Auditorium
9:30- 9:45 AM Opening Address- Washburn Auditorium

10:00 – 11:00 AM CONCURRENT SESSIONS

Sherrill 350 **Technology and Music Therapy 101**
by Sangeetha Kavety and Ryan Soh: Lesley University

This presentation will provide a glimpse into how to use technology with music therapy. We will touch on the basics of using technology and how these techniques can be incorporated into music therapy interventions as part of a treatment plan with different populations and settings.

Sherrill 251 **The Care and Keeping of the Music Therapist's Voice**
by Casey Marsh: Lesley University

The unique demands of Music Therapy require an understanding and connection of the Music Therapist's own voice. This presentation will highlight vocal health for the training and professional music therapist. It will be filled with tidbits, tricks and resources on caring for and exploring the MT voice.

Sherrill 154 **Music Therapy & Hospice: A Case Study** by Jocelyn Khoo, MT-BC
(graduate Berklee College of Music)

This presentation will first cover music therapy in the hospice setting, before delving into a case study involving a young mother. I will go through my experience with her and her family, session by session, as we work together to leave behind a song for her son.

Sherrill 150 **Music Therapy, Leadership, and the Quest for Balance** by Kayla
McBrien: Anna Maria College

In this presentation, we will explore the territory outside our respective comfort zones through two creative tasks. These group experiences will allow space for us to identify the roles we tend to play in groups, as well as how we can utilize our strengths and find support for our limitations to achieve balance in group settings and within ourselves.

Schedule of Events

Washburn

Music Therapist's Perspective on Adam's Camp New England

Lounge

by Mary Reinsch, MT-BC, Katelyn Sable, and Cacia King, MT-BC:

Anna Maria College

Adam's Camp New England is a non-profit organization that provides intensive therapeutic programs and integrated recreational activities for children and young adults with special needs, and support programs for their families. We bring 3 different perspectives on Adam's Camp to this presentation, one of returning therapist, a new professional, and a student volunteer. We will explore what interdisciplinary work is like for a music therapist, including the challenges that can occur and the importance of advocacy.

11:15 – 11:45 AM CONCURRENT SESSIONS

Sherrill 350

In Tune with our Senses: The Psychological Basis of Music Therapy

by Sonya DiPietro: Anna Maria College

This presentation will explore key facets of music therapy that set it apart from other treatment methods. We see music touch people every day, whether it be while singing our favorite song in the car, getting the chills at a concert, or witnessing a pre-verbal client sing for the first time. Information in this presentation will examine just how music touches human beings, and why it plays such a critical role in therapy and lifestyle.

Sherrill 251

Meditation in Modern Medicine: A Spiritual Revival

by Tristan Stewart: Berklee College of Music

The modern western world is spiritually destitute. Faith in a transcendent power has dissolved into the intellectual reverence of reason. Scientific ethos has massively hindered the human capacity for healing. However, age-old meditative traditions harness a remedy for the broken spirit of our times.

Sherrill 154

Changes in Perspective of Family Members of Those with Disabilities

by Nadine Robinson: Berklee College of Music

What began as a final project for an Exceptional Children class has transformed into a video expressing the importance of awareness and advocacy of people with disabilities within our

Schedule of Events

communities. We will hear from members of an extended family, each from a different generation speaking about their personal experiences.

Sherrill 150

Music & Memory: Is it Personalized Music Therapy or just 'Good Music'? by Tamara Adams: Lesley University

The focus of this presentation will be on whether Music & Memory can be called “personalized music therapy” or if it is just therapeutic music. This will be done through a comprehensive literature review primarily focusing on the use of music with dementia patients. In order to establish a clear delineation between music therapy and Music & Memory, the aim will be to examine the two in terms of the history, populations served, key components, and practitioner qualifications. Secondly, the presentation explores the definition of dementia, the role played by music therapy and Music & Memory in dementia treatment, and finally where music therapy and Music & Memory diverge and overlap.

Washburn Lounge

Using Primary Instruments in Clinical Practice: A Discussion About What Students Need

by Alison Dagger: Lesley University

Have you ever wondered how to incorporate your primary instrument into your clinical practice? Do you feel supported by your program in doing so? Please join me for a group discussion concerning how music therapy curriculum and internship sites can better support student interest in the clinical use of alternative instruments.

12:00 – 1:15 PM LUNCH BREAK

Washburn Auditorium

Join us for free pizza (pepperoni & cheese), salad (garden & Caesar), and networking! There is also plenty of space for those who brought your own lunch. We will have some snacks including fruit and chips on hand for those with dietary restrictions. When you are done eating, please join us for the lunch time experiential beginning at 12:30 pm.

Schedule of Events

12:30 – 1:15 PM 'OH, THE PLACES PERSPECTIVES CAN TAKE YOU'

Washburn Lounge

We invite you to come together for an exploration of this year's conference theme. We will utilize art and discussion in an effort to better understand ourselves and the people that impact our lives.

1:30 – 2:30 PM CONCURRENT SESSIONS

Sherrill 350

Navigating the CBMT Exam: Tips, Tricks, & What to expect

by Bryanna Tobin, MT-BC (graduate Anna Maria College)

In this presentation, students and recent graduates will gain a greater understanding of what to expect when signing up to take the CBMT Board Certification Exam. This presentation will include an open conversation with recent grads as well as tips and tricks to mastering the exam.

Sherrill 251

Music Therapy, It Was All a Dream: Using Hip Hop to Promote Wellness

by Corrine Mina: Lesley University

According to market research, Hip Hop has taken over as the most popular genre of music in the United States. How can we use hip hop, which has often been viewed through the lens of profanity, violence, and misogyny, as an effective therapeutic tool in this digital age?

Sherrill 154

Bebot & Beyond: Using Technology with Children

by Brooke Rutstein, MA, MT-BC (graduate Lesley University)

As the world becomes increasingly digitalized, music therapists, including myself, have found ways to incorporate technological advances to enhance the music therapy experience for children. This has been extremely effective for children with communication goals as well as with children who are addressing other social and emotional goals.

Sherrill 150

Informed Improvisation: Connecting & Supporting During Clinical Musicking

by David Nicholson: Berklee College of Music

Informed improvisation invites students and professionals alike to accumulate pragmatic material for moments of clinical musicking. This workshop focuses primarily on the improvisatory use of guitar in clinical sessions. The 'tips-and-tricks' introduced will provide attendees with a gamut of techniques to use in their own work or practice routine.

Schedule of Events

Washburn

The Importance of “Tuning In”

Lounge

by Diana P. Cortes: Berklee College of Music

Based on research from the HeartMath Institute, the human heart produces an electromagnetic field that can be measured up to 7 feet away from the body. Each individual’s electromagnetic field can affect positively or negatively, depending on the heart’s coherence, the electromagnetic field of another person. This presentation will address the importance of individual “tune-in” before a session, as well as some techniques to get to a coherent state and stay in it.

2:45 – 3:15 PM CONCURRENT SESSIONS

Sherrill 350

The Sensation of Sound: Intro to Neuroscience for Music Therapists

by Zachary Knecht, PHD and Peri Strongwater, MA, MT-BC (graduate Lesley University)

This presentation will provide an overview of neurobiology in the context of human sensation. Basic principles of neuroscience will be followed by relevant information for music therapists working to address issues with memory, hearing, pain and more.

Sherrill 251

Kathlynn’s Declassified Intern Survival Guide

by Kathlynn Sell, MT-BC (graduate of Berklee College of Music)

Minimal research has been conducted on the supervisory relationship, pre-internship fears, and the internship process in the last 10+ years. Information in this presentation and discussion will include advice from current interns, new professionals, experienced professionals, and supervisors. Incoming music therapy interns will be provided time to express thoughts, concerns, and fears regarding the internship process in a safe space.

Sherrill 154

Singing Off Key as Part of Learning the Song

by Liz Hastings: Anna Maria College

This presentation will explore the music therapist’s personal relationship to voice, self-care, personal identity, and how that affects our professionalism. The typical stigma around therapists is that we are emotionally invincible. However, it is okay not to be okay. Discussion topics will include strategies for self-care, advocacy, and professionalism.

Schedule of Events

Sherrill 150

Navigating OCD as a Student Music Therapist

by Victoria Kelly: Berklee College of Music

My presentation is focused on navigating a mental illness as a student music therapist. Music therapists are oftentimes held upon a pedestal. I hope to draw attention to the fact that the imperfections we hold are what shape us into the working professionals we become.

Washburn

The Use of Digital Technology in Therapeutic Songwriting

Lounge

by Judy Yu Ying Nie: Berklee College of Music

*This presentation will run 2:45 – 3:45 pm

How can Music Therapists use digital technology to expand creative possibilities in therapeutic songwriting? Participants will learn clinical applications of production techniques and their functions in Logic Pro X. Music Therapist Michael Viega's article: A Humanistic Understanding of the Use of Digital Technology in Therapeutic Songwriting (2018) will be discussed.

3:30 – 4:00 PM CONCURRENT SESSIONS

Sherrill 350

Family-Centered Home-Based Music Therapy: Supporting

the Child and the Family by Carolyn Artesani: Lesley University

Music therapy for young children that is family-centered and in their natural environment can enhance the lives of not only the child, but can also support caregivers, siblings and the family as a whole. This presentation will provide an overview of the many benefits of family-centered home-based music therapy, as well as a discussion around techniques and interventions that are useful when conducting family-centered home-based music therapy sessions.

Sherrill 251

Marketing Tools and Techniques for the Emerging Music Therapist

by Brittany Leonard: Lesley University

How do I market myself as a music therapist? What are cost-effective ways that I can promote my business and gain more followers or subscribers? In this presentation, we will explore a variety of ways to accomplish these goals, including tips for website design, social media marketing, merchandise sales, business cards, and more!

Schedule of Events

Sherrill 154

How Privilege Impacts Practice by Jacqueline San Nicolas:
Lesley University

This presentation aims to provide practical ways to rethink privilege as it effects power dynamics and the therapeutic relationship. Discussion and experientials will draw from ideas of multicultural inclusion in music therapy as well as my personal experience. The aim is to help students understand how to move from awareness to a proactive inclusive practice.

Sherrill 150

Exploring a Music Therapy Student's Experience within the NICU
by Jasmine Ho: Berklee College of Music

A look into a 3 months practicum experience in the NICU at Beth Israel Deaconess Medical Center. The presenter will explore the different types of NICU certifications, an overview of music therapy protocols and skills needed to work with this population. Interactive music examples will also be shared.

4:15- 5:00 PM CLOSING CIRCLE

Please join us in bringing this year's conference to an end in sound and music.