

THE AMERICAN
*Music
Therapy*
ASSOCIATION

2021
CONFERENCE

Add-On Courses

OCTOBER 14-17, 2021

YOUR CONFERENCE REGISTRATION INCLUDES:

Opening Session Guest Speaker, Pianist Nick van Bloss – October 14, 7:00 pm (Eastern Time)

Keynote Address “Transforming Trauma – How to Do this Work and Sustain”
with Laura van Dernoot Lipsky, Founder and Director of
The Trauma Stewardship Institute – October 16, 10:00 am (Eastern Time)

Research Poster Session Presentations – Available Throughout the Conference

Over 120 Educational Sessions – Access for Up to 6 Months in the Virtual Vault

Closing Session Spectacular Featuring *Sound Health Network* with Special Guests
Dr. Julene Johnson, Dr. Sheri Robb, and Music from Jill Colucci



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Choose from 23 Add-On Courses

Maximize Your CMTE Credit Opportunities!

Thursday, October 14, 10:00 am–1:00 pm

Add-on Course A. Business Planning: A Treatment Plan for Your Practice

Presenter(s): Jennifer Pinson, MT-BC; Amy Foley, MMT, MT-BC

Have you ever felt stuck in your business or not sure even where to begin? A business plan is a treatment plan for your business. It's important to assess strengths, needs, write SMART goals, track data, and evaluate. Writing a plan that reflects your business accurately sets everyone up for success. Explore topics including marketing, finances, networking, staff, and space. Learn to leverage your business by using your existing music therapy skillset to increase access to services.

3 CMTE credits available.

Add-on Course B. Artists in Healthcare: Building A Bigger Table

Presenter(s): Nicole O'Malley, MA, LPMT, MT-BC; Kimberly Sena Moore, PhD, MT-BC; Judy Simpson, MT-BC; Dena Register, PhD, MT-BC; Maria Hricko Fay, LSW, LCAT, MT-BC

Music therapists are called to collaborate with other artists/musicians. How do we educate, advocate, and integrate music therapy and the arts in healthcare? How can we navigate challenging conversations and opposition to increase access and awareness? Get a behind-the-scenes overview of the role of the music therapist in establishing partnerships while building interdisciplinary relationships with facility and state using current replicable models and hands-on role play.

3 CMTE credits available. 1 LCAT credit available.

Add-on Course C. Sexual Harassment: A Music Therapist's Resource Review

Presenter(s): Clarissa Lacson, MA, MT-BC; Kory Antonacci, MSED, LPC, MT-BC; Cheyenna Eagle, MT-BC; Katherine Myers-Coffman, PhD, MT-BC; Gregory Rupp, MM, MT-BC

Review AMTA and CBMT procedures for addressing unethical grievances including sexual harassment, as well as resources commonly available through workplaces and educational settings. Participate in opportunities to share insights, experiences, and concerns related to the topic.

3 CMTE credits available (3 ethics credits).

Thursday, October 14, 2:00 pm–5:00 pm

Add-on Course D. Challenging Behaviors in Music Therapy

Presenter(s): Cathy Knoll, MA, MT-BC

No matter how calm and supportive the therapeutic environment, disruptive and hurtful behaviors can occur in music therapy. Look at (1) factors contributing to difficult situations, (2) effective, pro-active plans for preventing a crisis when possible, and (3) options for responding to and stabilizing difficult incidents or emergencies. Hear tips for making music therapy a pleasant, supportive space welcoming clients to interact and make music.

3 CMTE credits available. 3 LCAT credits available.

Add-on Course E. Defining (and Living Out) Your Core Values, Mission, and Vision

Presenter(s): Jennifer Hicks, MMT, E-RYT, MT-BC

What factors inform the decisions you make? How do you choose where to invest your energy? How do the underlying core values of the society in which you were raised affect the core values that guide your personal and professional life? Dive deep into these questions and more as we explore and define the core values, mission, and vision that direct your life and your work through individual reflection, guided exercises, and small group discussion.

3 CMTE credits available.

Add-on Course F. Music Therapy Assessment: A Data-Based Decision Making Approach

Presenter(s): Eric Waldon, PhD, MT-BC

A Data-Based Decision Making (DBDM) model is a transtheoretical framework for understanding music therapy clinical assessment, one that can be applied across the music therapy treatment process: from referral through treatment termination. Highlights include: the importance of using various sources of clinical evidence when making treatment decisions, the application of DBDM to referral-centered initial assessment, and the use of DBDM as a model in education and clinical training.

3 CMTE credits available. 3 LCAT credits available.

Friday, October 15, 1:00 pm–4:00 pm

Add-on Course G. Al Bumanis Guitar Clinic - Respect, Authenticity, and Wellness for Music Therapists and Patients

Presenter(s): Lee Anna Rasar, WMTR, MT-BC; Destiny Boyum, MT-BC; Pete Meyer, MA, MT-BC; Robert Groene, PhD, MT-BC; Allison Kerr, MT-BC

Explore adaptations needed for music therapists and patients with hand/wrist injuries or missing arms/legs to play guitar, hand/wrist injury rehab and prevention, hand position and relaxation techniques for playing guitar, including Alexander technique, exercises for stretching and strengthening and tools to use for rehab. Learn about successful/safe guitar engagement with patients who have quadruple amputations, double amputations, stroke, and hand/wrist injuries.

3 CMTE credits available. 3 LCAT credits available.

Add-on Course H. Online Tools for Virtual Drum Circles & Music Therapy Sessions

Presenter(s): Christine Stevens, MSW, MA, MT-BC

Learn recommended tools to enhance audio, video, set design and screen sharing ONLINE. Practice four keys to maintaining your online healing presence. Experience break-out groups for sharing with colleagues and to use with clients. Learn four drum circle games; gallery jam, chat bar integration, found sounds jam to backing track, and guided imagery drumming. Bonus Gift: Receive a 7-minute audio play-along track to use during your online programs.

3 CMTE credits available. 2.5 LCAT credits available.

Friday, October 15, 1:00 pm–6:00 pm

Add-on Course I. Peer Conversations: Ethical Dilemmas in Music Therapy

Presenter(s): Janice Schreibman, MM, MT-BC; Barbara Bastable, MA, MT-BC; Carol Shultis, PhD, MT-BC; Kevin Hahn, MM, MT-BC; Jennifer DeBedout, MM, MT-BC; Rachelle Morgan, MA, MT-BC; Jennifer Sokira, MMT, LCAT, MT-BC; Cheryl Stephenson, MMT, LCAT, MT-BC; Kim Robertson, MBA, MT-BC; Beth Ann Kimura, MT-BC

Explore music therapy ethics through the lens of peer relations and essential conversations. Review the 2019 AMTA Code of Ethics and how it applies to situations that arise between colleagues. Explore topics including dual relationships, therapeutic boundaries, collegial business relations, and daily ethical challenges which may impact the public view of music therapy.

5 CMTE credits available (5 ethics credits).

Friday, October 15, 7:15 pm–10:15 pm

Add-on Course J. Finding Voice: Socially Distance Adaptations of Vocal Psychotherapy in Acute Adult Psychiatry

Presenter(s): Lisa Jackert, MA, MT-BC

Explore the transition from the structure of a 50-minute group to a series of 10–15-minute individual sessions with multiple patients due to social distancing restrictions caused by COVID-19. This population has varied severity of symptoms and functioning abilities. (During this work, an N95 mask with a shield was worn by the therapist while the patient wore a surgical mask, and 6-foot distance was maintained.) See how song-based approaches to vocal psychotherapy can engage patients who are challenged by acute symptoms. Multiple clinical examples will be provided. As acute psychiatric units have likely transitioned back to group work, this brief single-session approach remains applicable, as it allows patients who are unable to tolerate the group setting an opportunity to still benefit from music therapy.

3 CMTE credits available. 3 LCAT credits available.

Add-on Course K. Jammin' In the Garage: The Clinical Use of GarageBand in Music Therapy

Presenter(s): Hilary Yip, MM, MT-BC; Laurie Peebles, PhD, LPMT, MT-BC

Incorporating GarageBand, a digital audio workstation, into music therapy practice is an innovative way to address client goals. Learn how to utilize and incorporate GarageBand into clinical practice, using both the iPad and MacBook computer. Practical tips will be shared, and attendees will be able to create their own projects in small breakout groups using GarageBand. Access to GarageBand is recommended but not necessary.

3 CMTE credits available. 3 LCAT credits available.

Saturday, October 16, 12:00 pm–5:00 pm

Add-on Course L. Designing Inclusive Syllabi for Music Therapy Education (live only)

Presenter(s): Katherine Myers-Coffman, PhD, MT-BC

Engage in four action-oriented phases aimed at designing inclusive and justice-oriented syllabi for music therapy coursework: 1) an interrogation of our personal histories with syllabi; 2) a deconstruction of oppressive discourse and policies found in syllabi; 3) an in-depth review of the Social Justice Syllabus Design Tool and other guidance documents aimed at inclusivity, equity, and accessibility; 4) time dedicated

to revising syllabi with group feedback. Note: this course is presented live only and will not be recorded.
5 CMTE credits available.

Add-on Course M. Ain't She Sweet: Recognizing and Destabilizing the -isms of Elder Care

Presenter(s): Sarah Biedka, MMT, MT-BC

Explore institutionalized older adults' experiences of oppression and liberation as well as the potential impact of music therapy engagement on those experiences. Bear witness to older adults' lived experiences, examine personal biases, and consider implications for personal and clinical growth.

5 CMTE credits available. 5 LCAT credits available.

Add-on Course N. Al Bumanis Guitar Clinic

Presenter(s): Robert Groene, PhD, MT-BC; Lee Anna Rasar, WMTR, MT-BC; Destiny Boyum, MT-BC; Pete Meyer, MA, MT-BC; Allison Kerr, MT-BC

This Guitar Clinic, honoring Al Bumanis and the Guitar Bombardment Series, is for both students and professionals to further musicianship and guitar skills for client growth. Five music therapists/guitarists with over 200 years of experience will be your guides. Participants are encouraged to suggest music material and guitar techniques that will benefit their clients. Bring a guitar, tuner, capo, pick, thumbpick, and a slide.

5 CMTE credits available.

Add-on Course O. Critical Growth: Understanding Trauma, Systemic Oppression, and Vicarious Resilience

Presenter(s): Jennifer Sokira, MMT, LCAT, MT-BC; Dena Register, PhD, MT-BC; Adenike Webb, PhD, MT-BC; Heather Wagner, PhD, MT-BC

To practice safely and effectively, music therapists must understand the symptoms of individual and systemic trauma, and locate their clinical work accordingly as to avoid causing retraumatization and/or perpetuating oppression. Learn about the neurobiology of trauma and its symptoms, as well as the nature of systemic oppression as a form of trauma. Explore intentional cultivation of vicarious resilience for music therapists.

5 CMTE credits available. 5 LCAT credits available.

Saturday, October 16, 2:00 pm–5:00 pm

Add-on Course P. Understanding the Numbers: Basic Finances for the MTBO

Presenter(s): Jennifer Pinson, MT-BC; Rachelle Morgan, MA, MT-BC

Learn basic financial strategies in business and program management. From choosing a bank account to determining a budget, learn the lingo and how to read financial statements. Dive deep into managing the finances and having a financial plan, which is crucial to business success. Bring your own financial documents and learn from real life experiences!

3 CMTE credits available.

Sunday, October 17, 9:00 am–12:00 pm

Add-on Course Q. The Music Therapist's Guide to Microsoft Excel

Presenter(s): Jennifer Pinson, MT-BC; Amanda Henley, MM, MT-BC

As a clinician, researcher, business owner, or educator, Microsoft Excel can be used to record, calculate, and organize data. As music therapists, it is important to show evidence or quantify aspects of our services. Excel is a great way to make your data look sharp and professional. See several examples of formulas, graphing tools, and templates that can be helpful to use in your practice and take home free templates.

3 CMTE credits available.

Add-on Course R. Present, Open, Active: Incorporating ACT into Your Process as a Music Therapist

Presenter(s): Hannah Lingafelt, MMT, LCMHC, MT-BC

Acceptance and Commitment Therapy (ACT) is a newer evidence-based model of psychotherapy focusing on being present, being open, and taking action in alignment with what is important. This interactive intensive course will teach the ACT core processes and examine how they can be used to increase your own psychological flexibility within music therapy sessions.

3 CMTE credits available. 3 LCAT credits available.

Sunday, October 17, 1:00 pm–5:00 pm

Add-on Course S. Vocal, Physical, and Mental Health Strategies for Music Therapists

Presenter(s): Melissa Spiess, MM, MT-BC; Brianna Larsen, MA, MT-BC

Address risks associated with singing and playing instruments as a professional musician. Share and practice strategies, tips, and tools to prevent problems, alleviate symptoms, and decrease risk of injury. Find ways to increase tolerance and resilience for the physical, vocal, and mental demands of being a music therapist. Identify ways to advocate for music therapists who have dealt with injuries and disabilities unrelated to music therapy and how to make the profession more inclusive and representative. A signed waiver will be required for participation; look for it in early October.

4 CMTE credits available.

Sunday, October 17, 1:00 pm–6:00 pm

Add-on Course T. Assessment Practices in Music Therapy and Autism

Presenter(s): Gustavo Gattino, PhD

Assessment is one of the primary practices in music therapy and autism, besides planning and treatment interventions. There is limited literature on applying assessment practices in music therapy directed to autistic people, especially considering the different bias and challenges in this area. Explore how to use different music therapy assessment perspectives, methods and procedures tailored for autistic people based on a dynamic and reflexive learning process with theoretical reflections and practical examples.

5 CMTE credits available. 5 LCAT credits available.

Sunday, October 17, 1:00 pm–4:00 pm

Add-on Course U. The Complete Picture: Trauma-Informed Care in Music Therapy for Hospitalized Children

Presenter(s): Sara Langenberger, MT-BC

Awareness surrounding trauma-informed care in music therapy has significantly increased within the last few years, though not much is reported about trauma-informed care in hospitalized children. Music therapy can play a vital role in a child's experience

and providing care from trauma-aware perspective can help both during and following hospitalization. Detail current literature around trauma-informed care, trauma in hospitalized children, trauma in music therapy, and provide application development opportunities.

3 CMTE credits available. 3 LCAT credits available.

Add-on Course V. Music Therapy and Developmental Care in the NICU: From Birth to Post-Discharge

Presenter(s): Valerie Williams, MM, MT-BC; Emily Pivovarnik, MM, MT-BC; Abby Vinqvist, MT-BC

Developmental care in the Neonatal Intensive Care Unit (NICU) helps promote positive developmental outcomes post-discharge. Presenters will discuss their experience providing evidence-based music therapy services within a developmental care model in a Level II and Level III NICU. Learn the components of developmental care and how NICU-MT interventions align with a developmental care model. Discuss how to promote acquisition of developmental milestones post-discharge through an in-home NICU-MT follow-up program. Learn more about research implications, the developmental care model, and intervention ideas to support developmental goals of infants in the NICU and post-discharge.

3 CMTE credits available. 3 LCAT credits available.

Add-on Course W. Setting Up Early Childhood Music Therapy Groups for Success: Ideas for Research and Practice

Presenter(s): Andrew Knight, PhD, MT-BC; Helen Dolas, MS, MT-BC; Christina Ritchie, MT-BC; Jessica Dawson, MT-BC

The presenters of this workshop embarked on over a yearlong partnership to implement early childhood music therapy groups and individual services, and concurrently conducted a research study. Attendees can expect to learn 1) How to set up relationships with early childhood staff and administrators, 2) How to setup various methods of research to demonstrate effectiveness, 3) Outstanding research and resources for early childhood music therapists, and 4) Session planning and Clinical Decision-Making steps in early childhood music therapy.

3 CMTE credits available. 3 LCAT credits available.