

THE AMERICAN
*Music
Therapy*
ASSOCIATION



2020
CONFERENCE

NOVEMBER 19-22, 2020



AMTA'S INAUGURAL ONLINE CONFERENCE: A UNIQUE VIRTUAL EXPERIENCE!

OPENING SESSION WITH DR. EMMELINE EDWARDS, NATIONAL INSTITUTES OF HEALTH — NOVEMBER 19, 2020, 7:00 PM (EASTERN TIME)

KEYNOTE ADDRESS "RHYTHMIC MEDICINE" WITH DR. NINA KRAUS, NORTHWESTERN UNIVERSITY — NOVEMBER 20, 2020, 10:00 AM (EASTERN TIME)

KEYNOTE ADDRESS WITH RACHEL EBELING, THE ANGEL BAND PROJECT — NOVEMBER 21, 2020, 10:00 AM (EASTERN TIME)

FULL CONFERENCE REGISTRATION — INCLUDES ACCESS TO OVER 70 SESSIONS FOR UP TO 6 MONTHS

NEUROSCIENCE TRACK ONLY — INCLUDES OPENING SESSION, KEYNOTE, AND SELECTED CONCURRENT SESSIONS

GO TO WWW.MUSICTHERAPY.ORG AND CLICK "ATTEND AN EVENT" BUTTON TO REGISTER
AND ADD YOUR CHOICE FROM 24 DIFFERENT ADD-ON COURSES.

Choose from 24 Add-On Courses for Even More CMTA Opportunities

THURSDAY, NOVEMBER 19, 2020, 10:00 AM – 1:00 PM

ADD-ON COURSE A. NEURO TUNE UP!

Presenter(s): Elizabeth Stegemöller, PhD, MT-BC

Review neuroscience and how it applies to music therapy. Learn or refresh your knowledge on neuroanatomy and function of major areas of the brain. Discuss basic principles of neuroplasticity and how they apply to music therapy.

ADD-ON COURSE B. BUSINESS 101: MARKETING, BUDGETING, AND RATES OH MY!

Presenter(s): Jennifer Pinson, MT-BC and Lindsey Wright, MT-BC

Marketing, budgeting, and rate setting are critical pieces to running a successful business. Learn effective strategies for these key skills. Whether you are just starting out or need some new ideas, you won't want to miss this information which will help you to grow your business.

ADD-ON COURSE C. YOUR WAY, MY WAY, AND THE TRUTH: THEORETICAL ORIENTATION AND BIAS IN OUR PROFESSION

Presenter(s): Alecia Mella, MM, MT-BC; Coleen Shanagher, MA, MT-BC

Music therapists often align with a particular theoretical orientation to inform practice and communicate treatment effectiveness. However, a lack of understanding for other orientations, along with professional bias, can cause conflict. Join us to explore theoretical orientations and approaches, implications for our educational programs and supervisors, and to confront the intraprofessional biases permeating our profession.

THURSDAY, NOVEMBER 19, 2020, 1:15 PM – 6:15 PM

ADD-ON COURSE D. LEARNING, TEACHING, AND SUPERVISING VERBAL USE IN MUSIC THERAPY

Presenter(s): Elizabeth Schwartz, MA, LCAT, MT-BC

Basic verbal skills are necessary for effective and competent practice at every level of music therapy, yet there is limited literature on how to learn, teach, and supervise verbal skills. Learn from a comprehensive four level framework, basic to advanced, as a foundation for developing and using verbalization that fits the scope and level of practice, client needs, and ethical practice.

THURSDAY, NOVEMBER 19, 2020, 2:00 PM – 6:00 PM

ADD-ON COURSE E. THE LATEST AND GREATEST IN MUSIC AND NEUROSCIENCE RESEARCH

Presenter(s): Patricia Izbicki, PhD

In the last 20 years, the field of music, music education, music therapy and neuroscience has blossomed into a recognized research entity. Things are moving quickly, making it difficult for practitioners and clinicians to keep up with new developments. Synthesize, disseminate, and discuss the latest and greatest in music and neuroscience research with the goal of translating basic research to the clinical setting (i.e., from bench to bedside).

ADD-ON COURSE F. DEMENTIA 101: HOW TO NAVIGATE THE WORLD OF DEMENTIA AND MEANINGFULLY ENGAGE EVERYONE IN THE ROOM

Presenter(s): Tara Jenkins, MT-BC

Have you struggled to effectively, successfully, and meaningfully engage older adults in music therapy? Explore how music therapists can become the experts in dementia care, develop strategies and techniques to strengthen therapeutic skills, and discuss dementia-specific scenarios from real life, clinical setting examples.

FRIDAY, NOVEMBER 20, 2020, 12:00 PM – 3:00 PM

ADD-ON COURSE G. MINDFULNESS, MUSIC AND MANDALA: CULTIVATING SELF-COMPASSION AROUND PRIVILEGE AND BIAS

Presenter(s): Sangeeta Swamy, PhD, MT-BC, LPC; Jennifer Hicks, MT-BC, E-RYT

Gain powerful inner tools to chip away at sociocultural privilege and bias through mindfulness, loving kindness meditation, and Supportive Music & Imagery.

FRIDAY, NOVEMBER 20, 2020, 12:00 PM – 5:00 PM

ADD-ON COURSE H. GROWING WITH THE 2019 AMTA CODE OF ETHICS

Presenter(s): Janice Shreibman, MM, MT-BC; Carol Shultis, PhD, MT-BC; Kevin Hahn, MM, MT-BC; Barbara Bastable, MA, MT-BC; Jen DeBedout, MM, MT-BC; Rachelle Morgan, MA, MT-BC; Jennifer Sokira, MMT, LCAT, MT-BC; Cheryl Stephenson, MM, MT-BC

With the AMTA Ethics Board, discuss recent trends in ethical concerns identified by AMTA members. Explore predetermined scenarios, identify the ethical dilemma(s), and practice using an ethical problem-solving method to generate potential solutions and their consequences. Discussion points include topics such as the impact of current topics on professional practice, their effect on collegial relations, and maintenance of self-care.

ADD-ON COURSE I. RELATIONALLY BASED MUSIC PSYCHOTHERAPY

Presenter(s): Christine Routhier, MA, MT-BC, LMHC; Carol Merle-Fishman, MA, LCAT, LMHC

Explore the integration of Relational Integrative Psychotherapy and Internal Family Systems theory within the practice of music psychotherapy in a private practice setting. Outline the Continuum Model of Guided Music & Imagery and discuss music and imagery demonstrated as an approach that can be effectively used on virtual platforms. Learn about issues related to ethics and self-care for practitioners.

ADD-ON COURSE J. MOTIVATIONAL INTERVIEWING IN MUSIC-CENTERED MUSIC THERAPY

Presenter(s): Noah Potvin, PhD, MT-BC

Verbal processing is an essential skill for music therapists in many treatment settings, yet it can be difficult to determine the role of verbal skills in music-centered therapeutic processes where therapeutic transformation is explicitly located in the music encounter. Learn about motivational interviewing, an evidence-based verbal process that aligns with music-centered practices by eliciting change talk that, in turn, promotes patient-directed music engagement.

FRIDAY, NOVEMBER 20, 2020, 7:00 PM – 10:00 PM

ADD-ON COURSE K. YOU CAN'T POUR FROM AN EMPTY CUP: SUSTAINABLE SELF-CARE STRATEGIES FOR THE REAL WORLD

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

Making self-care a priority in our daily personal and professional lives is generally easier said than done, particularly with the challenges of this past year. Review research and writings by music therapists on burn-out as well as ways to prevent and reduce its negative effects through self-care. Explore a variety of self-care strategies and choose at least one to integrate into your daily life.

ADD-ON COURSE L. THE INPUTS AND OUTPUTS OF HOME RECORDING

Presenter(s): Robert Stewart, MM, MT-BC, NICU-MT

With the recent transition to tele-health services for many music therapists, at-home recording has become a much-needed skill set. Learn how to record, edit, mix, add effects, and bounce to mp3 both audio and MIDI tracks using Garageband and ProTools. Gather information about necessary hardware, such as microphones, cables, and MIDI controllers.

SATURDAY, NOVEMBER 21, 2020, 12:00 PM – 4:00 PM

ADD-ON COURSE M. MISMATCH NEGATIVITY, PRP, DCR, & MUSIC: CLINICAL APPLICATIONS OF ADVANCED CONCEPTS IN NEUROSCIENCE

Presenter(s): Dale Taylor, PhD, MT-BC; Janice Lindstrom, MA, MT-BC

The NIH has announced a new initiative to establish a relationship between music therapy and neuroscience. Get a working knowledge of neuroscience terminology, research techniques and advanced concepts that help understand and explain music therapy goals, interventions and outcomes. Apply such terms as pre-attentive response potential, mismatch negativity, and similar neuroscience findings to your own experiences.

ADD-ON COURSE N. MUSIC THERAPY IN ACTION: INTEGRATING ACCEPTANCE AND COMMITMENT THERAPY INTO YOUR PRACTICE

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

Acceptance and Commitment Therapy (ACT) is a new model of therapy that has demonstrated positive outcomes in populations including individuals with chronic pain, individuals with anxiety, and individuals with depression. In this experiential and interactive intensive course, learn what ACT is, experience ACT interventions, and explore how to integrate ACT into your music therapy practice from assessment to implementation to evaluation.

SATURDAY, NOVEMBER 21, 2020, 12:00 PM – 5:00 PM

ADD-ON COURSE O. CASE STUDY RESEARCH DESIGN

Presenter(s): Kathleen Murphy, PhD, LCAT, MT-BC; Annie Heiderscheit, PhD, MT-BC, LMFT; Nancy Jackson, PhD, MT-BC

Carrying out research studies as a clinician is a daunting task. Most clinicians are not given the time, financial support, or materials needed to carry out a randomized control trial. However, clinicians often have interesting case material or have developed innovative methods of addressing client needs. See ways in which clinicians can conduct research using case study research designs demonstrated.

ADD-ON COURSE Q. ADDRESSING COMMON BEHAVIORAL ISSUES OF ASD USING RHYTHM-BASED REGULATION STRATEGIES

Presenter(s): Fatima Chan, MME, MT-BC and Casey DePriest, MT-BC

Learn to use rhythm-based strategies to address problematic behaviors of individuals with Autism Spectrum Disorder. Explore the movement and sensory differences of autism and learn innovative rhythm-based techniques that support more functional movement, sensory regulation, and reliable communication in individuals with severe autism.

AMTA, #P-051, maintains responsibility for program quality and adherence to CBMT policies and criteria for CMTE credit. Approval for NY State LCAT CEU hours is pending for some sessions under provider #CAT-0055. Complete session information, including CMTE and LCAT credits available, cost, learning objectives, pre-requisites, cancellation and refund policies, etc., may be found in the online registration module at www.musictherapy.org

SUNDAY, NOVEMBER 22, 2020, 10:00 AM — 1:00 PM

ADD-ON COURSE R. HEARTBEATS 101

Presenter(s): Grace O'Leary, MT-BC

We all know that heartbeat recordings are an incredible legacy project, but how do we ensure both our recordings and our application of the intervention are high quality? Learn not only tips and tricks for recording and editing heartbeats, but how to implement the intervention in a way that is meaningful and part of the therapeutic process, not just a product to present near end of life.

ADD-ON COURSE S. FINDING THE BEAUTY IN NEURODIVERSITY

Presenter(s): Alyssa Wilkins, MT-BC

Music therapists have a unique opportunity to help clients of all abilities tap into the self and give an outlet to individuals who may struggle connecting with others. Explore how to use music therapy to help neurodiverse individuals regulate, connect, and express themselves in a neurotypical world.

ADD-ON COURSE T. 5 STEPS FOR PERSEVERING IN TOUGH TIMES

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

Music therapists will learn solid, field-tested strategies for moving forward professionally no matter the roadblocks they may encounter. Hear about significant professional and personal challenges others have encountered, and walk through specific steps necessary for developing a contingency plan, facing difficult challenges, rescuing a job, building professional value, and exploring new markets and profitable income-producing projects.

SUNDAY, NOVEMBER 22, 2020, 12:00 PM — 5:00 PM

ADD-ON COURSE U. MUSIC THERAPY IN NEURODEGENERATIVE DISORDERS 101

Presenter(s): Becky Wellman, PhD, LPMT, MT-BC; Piper Laird, MM, MT-BC; Lisa Gallagher, MA, MT-BC

Patients with neurodegenerative disorders present a complex and varied set of concerns and challenges. Music therapy can be the glue that brings all of the pieces together to make significant differences in their lives. Review different neurodegenerative disorders, explore specific challenges for patients and their families/caregivers, look at assessments and goals, engage in symptom simulations, and try interventions to be successful in treatment.

ADD-ON COURSE V. MUSIC THERAPY, TRAUMA, & COMPLEX CLINICAL PROFILES

Presenter(s): Kathleen Murphy, PhD, LCAT, MT-BC; Annie Heiderscheit, PhD, MT-BC, LMFT; Lisa Jackert, MA, MT-BC

Trauma experiences & histories underlie many mental health disorders. Participate in music experiences presented in an experiential format with intent to

demonstrate how they can be used safely in the clinical setting. Learn from experiences, case studies, and biographical information that may be uncovered by the music. Review ways in which principles of trauma informed care can be infused into music therapy clinical practice and discuss contraindications.

ADD-ON COURSE W. ENERGIZE YOUR SCHOOL-BASED MUSIC THERAPY SERVICES

Presenter(s): Kelee Hansen, MS, MT-BC; Laurel Rosen-Weatherford, MM, MT-BC; Angela Snell, MSED, MT-BC

Do your school-based services need a tune up? Energize your tool box to support students across all educational environments, considering both face-to-face and virtual learning settings. Upgrade your skills in school-wide programming, assessment, user-friendly IEPs, goal-based session planning, documentation, effective communication, and interdisciplinary collaboration. Leave this session ready to communicate, advocate and re-invigorate!

SUNDAY, NOVEMBER 22, 2020, 1:15 PM — 4:15 PM

ADD-ON COURSE X. USING ONLINE TOOLS FOR TELE-MEDICINE, TELE-TEACHING, AND VIRTUAL DRUM CIRCLES

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

During these times, many live events and clinical sessions have been canceled due to the COVID-19 pandemic. Learn four steps to leading online programs, from tele-medicine to online drum circle facilitation. Learn recommended tools to enhance audio, video, and screen sharing. Learn the basics of being an online zoom.us host and facilitator. Practice the four keys to maintaining your online presence. Discover how to make a video invite. Outline an online session, title, protocol and receive feedback.

SUNDAY, NOVEMBER 22, 2020, 1:15 PM — 5:15 PM

ADD-ON COURSE Y. OUT WITH THE OLD, IN WITH THE NEW: INNOVATING INTERNSHIP FROM APPLICATION TO GRADUATION

Presenter(s): Jennifer Peyton, MM, MT-BC; Jess Rushing, PhD, MT-BC

Stuck in a rut with the same old method? Internship directors must revise approaches and processes to fit the ever-changing needs and trends of younger generations of interns and students. Explore characteristics of Millennials and Gen Z, innovative application and interview techniques, supervision, schedules, and evaluation model of a successful internship setting. This presentation is designed for supervisors only.

*Pre-registration and additional fee required for all Add-on Courses.
Information subject to change.*