

Pre-Conference Institute: Music Therapy and Substance Dependence: A Blend of Traditional and Contemporary Approaches--7 CMTEs

Presenters: Kathleen M. Murphy, PhD, MT-BC; Jim Borling, MM, MT-BC, Fellow of the Association for Music and Imagery; Maria Carlini, MSOL, MT-BC, Fellow of the Association for Music and Imagery; Lisa Jackert, MA, MT-BC

Substance use disorders with or without a co-occurring disorder affect millions of adults each year. In order to effectively work with individuals in treatment music therapists must have a general understanding of traditional and contemporary treatment approaches and how music therapy can add to a comprehensive treatment program. This institute will use both didactic and experiential learning methods to give music therapists a solid foundation upon which to build their practice with individuals with substance use disorders. Throughout the institute presenters will discuss the theories that inform their clinical work including constructs and principles from CBT, existential/humanistic, psychodynamic and transpersonal approaches.

The institute will begin with an overview of the addictive process and current understanding of substance use disorders followed by a discussion of how music therapy can support a 12-step approach on the levels of bio-physical, psycho-emotional and psycho-spiritual recovery. The neurophysiology of substance dependence will be reviewed followed by the use of music therapy in early recovery (including detoxification) and for those with co-occurring disorders. The special treatment needs of women in both short and long-term treatment settings will also be presented and discussed. The use of song discussion and mindfulness to explore themes related to the 12-steps; and the use of music therapy, imagery, art, and writing to address both emotional and spiritual recovery will be illustrated with clinical work examples. The session will end with a review of the research evidence supporting music therapy in substance dependence treatment including findings from a recent qualitative study, which explored women's perceptions of the benefits of music therapy in substance dependence treatment. Recommendations for future research will be shared.

Projected course schedule:

9:00-9:15 am Overview of the Institute and Introductions

9:15-10:30 am Overview of the addictive process; Music Therapy within a 12-Step Model supporting bio-physical, psycho-emotional and psycho-spiritual recovery

10:30-11am Break

11am-12:00 pm Neurophysiology of Addiction; Music Therapy in Detoxification and Early Recovery

12:00-1:00 pm Lunch (Provided)

1:00-2:15 pm Music Therapy with Women in Long-Term Recovery

2:15-3:00 pm Bonny Method of GIM in Continuing Recovery

3:00-3:30 pm Break

3:30-4:15 pm Music Therapy and Co-Occurring Disorders; Psycho-emotional and psycho-spiritual recovery

4:15-4:45 pm Research Support for Music Therapy in Addictions Treatment
4:45-5:00 pm Questions, wrap-up and evaluations

CMTE A: Legislative Advocacy for Music Therapy/PA Hill Day #2--5 CMTEs

Presenters: Nicole Hahna, PhD, MT-BC, Fellow of the Association for Music and Imagery; Maria Hricko Fay, MSW/LSW, LCAT, MT-BC, Fellow of the Association for Music and Imagery; Melanie Isaac, MS, MT-BC; Michelle Montgomery Muth, MT-BC, Neurologic Music Therapist; Dena Register, PhD, MT-BC; Judy Simpson, MT-BC, Managed Healthcare Professional; Amy van Brug, MT-BC; Melanie Walborn, MT-BC.

This FREE 5-hour CMTE presentation will take advantage of the regional conference location in Harrisburg by offering both advocacy training and coordinated visits with legislative staff at the PA State Capitol. Speakers will provide updates on regional advocacy efforts. Participants will learn the necessary skills to communicate effectively with state officials. Attendees will have an opportunity to meet with legislative staff to advocate for music therapy and to take part in a drum circle in the PA Capitol. A wrapup discussion will include a review of successful strategies and an outline of future advocacy tasks, including Hill Visit followup correspondence.

***To receive 5 CMTE credits for attending, participants MUST attend all parts of the course; partial credit will not be awarded:

March 16, 2016, 7-10 pm: CMTE Training

March 17, 2016, 8-10 am: Hill Visits

March 17, 2016, 10-11 am: Drum Circle

March 17, 2016: 12-12:45 pm: Hill Day Debriefing, Followup, & Questions

CMTE B: Music Therapy Percussion Improvisation: Techniques and Clinical Considerations--5 CMTEs

Presenter: Flossie Ierardi, MM, LPC, MT-BC

This CMTE course will include percussion proficiencies as well as clinical techniques to inform music therapy interventions, including the creation of a safe musical environment, support for musical responses of participants, group cohesion and attention to varying therapeutic needs. Musical theme development, for purposes of sustaining musical interaction during rhythmic improvisation, will be explored.

CMTE C: Music Therapy Program Development in an Evidence-Based World: The Intensive Treatment Model--5 CMTEs

Presenters: Conio Loretto, MS, LCAT, MT-BC; Beth Deyermond, MA, MT-BC

Amanda Ruddy Belcastro, MT-BC; April Westover Mounts, LCAT, MT-BC; Jason Willey, MMT, MT-BC; Karen Skahill, MS, MT-BC; Jennifer Trimble Ford, MS, MM, MT-BC

In the evolving world of healthcare, managed care and evidence-based practice are at the forefront of the movement. As such, Music Therapists are becoming more and more challenged to objectively demonstrate the effectiveness and overall impact of their work. This course will outline the development and implementation of an “intensive treatment model”, an innovative way of providing Music Therapy services that objectively demonstrates progress within long term care facilities. Music Therapists from two programs (The Center for Discovery, Mary Cariola Children’s Center) will share their experience.

CMTE D: Garage Band: Learning Digital Audio Software & Production for Professional Music Therapy Practice--3 CMTEs

Presenter: Ariel Avissar, MA, LCAT, MT-BC

This CMTE will provide an introductory yet comprehensive experience recording with Garageband and make it easy to produce high quality music projects encompassing any and all styles of music. Participants of all levels of skill and experience with making music or recordings will benefit from guided basic instruction in the process of making a recording with this incredible digital audio software program. The presenter will specifically guide participants through what to do (and what not to do!) to afford the clinician a potent way to reach clients within a range of populations, cultures, and communities. Also, the presenter will show how to develop models and templates for all learners to use for professional implementation with various music therapy clients and work settings.

CMTE E: Honing Musical and Verbal Supervisory Skills for the Advanced Clinician--3 CMTEs

Presenter: Suzanne Sorel, DA, LCAT, MT-BC

Being an effective supervisor can be an enriching and often challenging part of our work. Whether we are supervising intern or practicum students, or other music therapists or staff members, it can be a struggle to find the right balance between supportive guide, authority figure, mentor, and educator. This CMTE will focus on incorporating music psychotherapy philosophy and techniques for supervision with specific emphasis on using music in supervision. Practical, hands-on experiences will be offered.

CMTE F: Introduction to the MATADOC: Practical skills in music therapy assessment with people with disorders of consciousness--3 CMTEs

Presenter: Wendy Magee PhD Music Therapy

This course will be a practical workshop in the music therapy procedures that are used in the assessment and treatment protocol of the Music Therapy Assessment Tool for Awareness in

Disorders of Consciousness (MATADOC). The MATADOC has been standardized as valid and reliable for use with adults with DOC and its validation with a pediatric DOC population is in progress. It also has relevance for other populations such as late stage dementia, profound and multiple developmental disabilities and advanced neurological illness where consciousness is compromised. Skills developed in this introductory workshop can be furthered through specialist training and competency development.

CMTE G: Music Therapy Ethics: Raising Consciousness & Consulting with Colleagues--3 CMTEs

Presenters: Carol L. Shultis, PhD, LPC, MT-BC; Gretchen Patti, MS, LCAT, MT-BC

Music therapy ethics impact every aspect of our profession from student-faculty interactions to announcing services. Ethics education offers the professional an opportunity to learn and explore ethical concerns in the work world. Participants will explore ethics and have the chance to explore ethical concerns that arise from their own work. **This course provides 3-hours of Ethics Credit.**

CMTE H: Fulfilling the Promise of IDEA: Making Music Therapy Happen in Public Education--5 CMTEs

Presenters: Elizabeth K. Schwartz, MA, LCAT, MT-BC; Meredith R. Pizzi, MT-BC

Federal legislation that became the Individuals with Disabilities Education Act or IDEA turns 40 this year. Experienced clinicians will facilitate this interactive workshop that will provide music therapists with the tools they need to create opportunities for children to access music therapy within their school program.

CMTE I: Supervising the National Roster Music Therapy Intern--5 CMTEs

Presenter: Matthew Phillips, LCSW, MT-BC

A comprehensive overview of clinical supervision topics specific to the internship experience, this course is FREE for current AMTA members and fulfills the training requirement for National Roster Internship Director applicants. Internship agreements, stages of internship, supervision models, competency-based training, ethics, multi-cultural awareness, and methods to address various challenges will be presented.

Presenter Bios:

Ariel Avissar, MA, LCAT, MT-BC, has been practicing music therapy for 14 years. He works for the NY State's Office of Mental Health in adult & geriatric psychiatry and currently developing a unique therapy wellness and recovery program that consists recording, and music technology in an outpatient mental health recovery and wellness center in Brooklyn, NY.

Amanda Ruddy Belcastro, MT-BC received her Bachelors of Music in Music Therapy from Marywood University. She has worked at The Center for Discovery for almost ten years, where she maintains a caseload of older students with Autism and leads weekly piano training sessions for the Music Therapy Internship Program.

Jim Borling, MM, MT-BC, Fellow of the Association of Music and Imagery, is Professor of Music and Director of the Music Therapy Program at Radford University in Radford, Virginia. Over the years Jim has held contracts with Lewis Gale Hospital Alcohol and Drug Program, Lewis Gale Clinics-Chronic Pain Program, Life Center of Galax Treatment Center, The Center for Behavioral and Rehabilitative Medicine, and Avenues to Recovery Adult and Adolescent Programs. He has provided Music Therapy trainings throughout the United States as well as in Korea, Germany, Canada and Mexico. He is widely published, contributing both to professional journals and book chapters on a variety of topics around the clinical applications of music therapy. His primary clinical focus currently includes special applications in the field of addictions and men's work. Jim and wife Nannette are Co-Founders of "MusicVisions, LLC-Services for Healing and Growth", a private practice in Roanoke, Virginia offering Music Therapy and Reiki services.

Maria Carlini, MSOL, MT-BC, Fellow of the Association of Music and Imagery, is Co-Founder and Director of Creative Therapies Enterprises (CTE) in Pittsburgh, PA. She is an adjunct professor in the Music Therapy program at Seton Hill University where she teaches and provides clinical supervision for practicum students. She has also completed training in mandala assessment (MARI), a Jungian art therapy diagnostic. Through her work with CTE, she and another music therapist, Linda Sanders, have educated individuals, agencies, institutions, and schools in the Pittsburgh community about the benefits of music therapy and created numerous independent contracts for the provision of expressive arts therapy services. Ms. Carlini has developed programs and provided clinical services for several organizations including Pittsburgh Integrative Mental Health Services, Barber National Institute, Easter Seals Society, Walden Center of Citizen's Care Inc, Keystone Oaks School District, the Adolescent Units of Mayview and Woodville State Hospitals, Zoar New Day Addictions Program, and the PA Organization for Women in Early Recovery. She has provided numerous regional and national presentations and workshops primarily on music and expressive arts therapy with women and addictions. She has served on the CBMT Board of Directors and is a past-president of the Pittsburgh Association for the Arts in Education and Therapy. While she continues to service a variety of populations, her favorite work revolves around women in recovery.

Beth Deyermond, MA, MT-BC has worked in the field of music therapy for over 14 years. She received her Master of Arts in Music Therapy from Saint Mary of-the-Woods College. Beth currently serves as the Senior Music Therapist and Internship Director at The Center for Discovery in Harris, NY where she specializes in working with children and adults with significant multiple disabilities. She is a frequent presenter at the regional and national levels.

Maria Hricko Fay, MSW/LSW, LCAT, MT-BC, Fellow of the Association for Music and Imagery, has been a music therapist for over 20 years. She is going on her third term serving on the MAR Board as Government Relations Chair and works at the national level for AMTA as a Government Relations Specialist.

Jennifer Trimble Ford, MS, MM, MT-BC is a graduate of Ithaca College and the Peabody Conservatory. Jen recently completed her degree in Creative Arts Therapy at Nazareth College, and joined the music therapy team at Mary Cariola Children's Center in January 2015.

Nicole Hahna, PhD, MT-BC, Fellow of the Association for Music and Imagery, teaches in the music therapy program at Slippery Rock University and serves as CoChair of the PA State Task Force.

Flossie Ierardi, MM, LPC, MT-BC, is the Director of the Music Therapy Graduate Program at Drexel University, where her ongoing and recent areas of focus include Clinical Musical Improvisation and Multicultural Perspectives in Music Therapy. She has worked with diverse clinical populations for more than thirty years and is a professional percussionist. Flossie has given numerous presentations and workshops on clinical improvisation using percussion instruments, as well as drum circle facilitation from a music therapist's perspective. As a percussionist, she has performed with contemporary and classical ensembles in the Philadelphia area.

Melanie Isaac, MS, MT-BC, has 9 years of experience with individuals across the developmental spectrum. Through WB Music Therapy, she has conducted sessions and groups in Lebanon and Dauphin counties since 2013.

Lisa Jackert, MA, MT-BC is Program Coordinator of Outpatient Mental Health Services at Community Hospital Long Beach and maintains a private practice with emphasis on strength-based improvisation, voice work, song-writing and GIM.

Conio Loretto, MS, LCAT, MT-BC has more than twenty years clinical experience as a Music Therapist working with children and adults with multiple disabilities and autism spectrum disorders. He originated and serves as the Senior Director of The Center for Discovery's Music Therapy Program and is an adjunct faculty member at SUNY New Paltz and Marywood University. Conio is in his second term as Student Affairs Advisor for the Mid Atlantic Region.

Wendy Magee, PhD Music Therapy is an Associate Professor, Temple University. She has practiced in neuro-rehabilitation since 1988 as MT clinician, researcher, manager and trainer. She is an active researcher with diverse neurological populations, Cochrane reviewer, and developer of standardized measure MATADOC.

April Westover Mounts, LCAT, MT-BC has worked at Mary Cariola Children's Center for 18 years. In addition, she is a clinical supervisor for Nazareth College and director of the internship program at Mary Cariola.

Kathleen M. Murphy, PhD, MT-BC is an assistant professor of music therapy at the University of Evansville. She is an active clinician, supervisor, and researcher with over 30 years of clinical experience. Kathleen has authored book chapters and journal articles. Additionally, she has presented nationally and internationally on a variety of topics related to the music therapy clinical practice and issues related to education and professional well-being. Kathleen's research interests are focused on music therapy in substance dependence across the lifespan and in short-term mental health treatment.

Michelle Montgomery Muth, MT-BC, Neurologic Music Therapist, is the owner of M3 Music Therapy, using music therapy to build community. She is also a provider of Sprouting Melodies®. In addition to her music therapy work, Michelle has extensive experience in public relations and marketing having worked in the information technology field prior to a career change to music therapy.

Gretchen Patti, MS, LCAT, MT-BC, Owner-Sound Therapeutic Services, Program Director-Keystone Human Services, has 30+ years of experience, is a frequent presenter on topics related to ethics. She currently serves on the Ethics Board of AMTA.

Matthew Phillips, LCSW, MT-BC is a social worker at Pleasantville Cottage School, residential treatment center for adolescents in Westchester County, NY. He was previously the music therapist at Hawthorne Cedar Knolls and the director of music therapy at Bethany Children's Home. Matthew is the MAR representative to the Association Internship Approval committee.

Meredith R. Pizzi, MT-BC, is the Founder and Executive Director of Roman Music Therapy Services in Boston, Massachusetts. She is also the Creator of Sprouting Melodies and the Co-Founder of Raising Harmony: Music Therapy for Young Children.

Dena Register, PhD, MT-BC, serves as the Regulatory Affairs Advisor for the CBMT. She collaborates with the AMTA Government Affairs staff in the implementation of the AMTA and CBMT State Recognition Operational Plan. Dena has presented nationally on music therapy advocacy.

Elizabeth K. Schwartz, MA, LCAT, MT-BC, has been practicing music therapy in New York for over 25 years. She is the co-founder of Raising Harmony: Music Therapy for Young Children

and senior music therapist at Alternatives for Children working with early intervention, preschool and school aged clients. Beth also teaches graduate and undergraduate courses in music therapy at Molloy College.

Carol L. Shultis, PhD, LPC, MT-BC. Assistant Professor of Music Therapy, Converse College, with 30+ years of experience is a frequent CMTE provider, especially on MT ethics and a member of the AMTA Ethics Board since 2007.

Judy Simpson, MT-BC, Managed Healthcare Professional (MHP), AMTA Director of Government Relations. She represents the interests of association members with state and federal agencies, staff, and legislators. She collaborates with CBMT Regulatory Affairs staff and state task forces across the country in the implementation of the AMTA and CBMT State Recognition Operational Plan.

Karen Skahill, MS, MT-BC is a graduate of Nazareth College, where she recently completed her degree in Creative Arts Therapy. In her 7th year at Mary Cariola Children's Center, she is an internship supervisor.

Suzanne Sorel, DA, LCAT, MT-BC is Chairperson of the Music Department, Associate Dean, Professor, and Director of Graduate Music Therapy at Molloy College. She is also consults at the Nordoff-Robbins training program at the Rebecca Center for Music Therapy at Molloy. Suzanne has over 25 years of experience as a supervisor, Nordoff-Robbins clinical trainer, and music therapy educator.

Amy van Brug, MT-BC, has experience in elder care and behavioral health and is currently pursuing her Masters of Music Therapy. She is focused on collaboration in creative arts therapies and advocacy.

Melanie Walborn, MT-BC has been a board certified music therapist since 2002. Now in private practice, WB Music Therapy serves individuals and groups across south central PA. Melanie has served on the PA State Task Force since 2005.

Jason Willey, MMT, MT-BC has been a member of the music therapy team and internship supervisor at Mary Cariola Children's Center since 2006. Jason is also an adjunct faculty member at Nazareth College.