



# 2024 GLR-AMTA Regional Conference Concurrent Sessions

Hyatt Regency Milwaukee  
Milwaukee, WI

Sessions that will be recorded are indicated in ( ) after the session title.

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**Friday, March 8, 2024**

**8:00 AM - 9:15 AM CT**

***Executive CD***

**Student/Intern Roundtable**

**Bernadette Skodack, MM, MT-BC**

Join fellow students and interns to connect on questions, topics, and discussions pertinent to current music therapy students and interns.

***Lakeshore A***

**New Professionals Roundtable**

***Lakeshore C***

**Educator/Internship Supervisors Roundtable**

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**11:15 AM - 12:30 PM CST**

***Executive AB***

**DEI Committee Roundtable (recorded)**

**Chelsea Mabes, MA, MT-BC; Daniel Goldschmidt, MM, MT-BC; Anthony Borzi, MA, MT-BC; Rachel Yurik, MT-BC; Angeline McRoberts, MT-BC; Jaylee Sowders**

Roundtable discussion with the GLR DEI Committee. The roundtable will include updates on DEI Committee progress, current and upcoming tasks, and future projects. Community involvement and discussion around DEI topics will be centered during the roundtable.

***Executive CD***

**Uncovering Hope in Adults with Mental Health Conditions: Techniques, Interventions, and Research**

**Michael J. Silverman, PhD, MT-BC**

As a recovery-based construct for adults with mental health conditions (MHC), hope is a malleable future-oriented precursor to change involving identities, purpose, and meaning. The presenter will summarize a narrative review on uncovering hope and original music therapy and hope research for adults with MHC. Attendees will collaborate to develop music therapy hope interventions.

***Gilpatrick***

**More Than “Name That Tune”: Using Music Games in Clinical Settings (recorded)**

**Cicely McCain, MT-BC; Emma Harmon, MT-BC; Jessica Smith, MT-BC;**

**Molly Robitaille, MT-BC**

Are you in need of some inspiration to help your clients be more involved in sessions? Are you looking for a way to freshen up your sessions with new ideas? This session will leave you thinking about contemporary and inventive ways to use games in clinical settings. Participants will explore how to use familiar and unique games, utilize client preferred music, and how to adapt these games to meet a variety of client needs. You will be presented with tools that can be immediately applied to your practice, as well as a newfound confidence for using games with intention and creativity.

***Lakeshore A***

**Unlocking Our Potential: Service in the Profession**

**Jennifer Pinson, MT-BC; Lindsey Wright, MT-BC; Amanda Henley, MM, MT-BC**

Have you ever wanted to get more involved in one of our professional organizations and are unsure of where to start? In this presentation, our panel will share their experiences serving within various music therapy organizations. The presenters will focus on their WHY, including what inspired them to get involved and why they continue to serve. During this presentation, attendees will determine their path of

involvement through examining their own strengths and aspirations. Professional service benefits not only our profession and our organizations, but the individual growth of each person who serves. Come grow with us!

### ***Lakeshore B***

#### **To be or not to be? Grad school is the question.**

**Becky Engen, PhD, MT-BC**

Is a graduate degree in your future? In this presentation, participants will learn about the differences between music therapy degree types. Additionally, delivery formats will be discussed, e.g., online synchronous/asynchronous, hybrid with intensives, traditional. Other considerations include whether the program is a cohort model or embraces part time students, whether assistantships or scholarships are available, and whether any advanced training or credentials are embedded within the program. Whether interested in music therapy or a related profession, this session may help you find the school that is your best match.

### ***Lakeshore C***

#### **Positioning Music Therapy as a Core Service in Hospice (recorded)**

**Noah Potvin, PhD, LPC, MT-BC**

Despite clinical and theoretical developments in music therapy in hospice and palliative care, music therapists are frequently relegated to secondary status on the interdisciplinary treatment team with labels such as "alternative" or "complementary" care. Music therapy has evolved into a core service in end-of-life care, however, providing care that is unique and distinct from other team members. This presentation introduces a clinical, theoretical, and pragmatic framework for positioning music therapy as a core service in the context of Medicare's Conditions of Participation for hospice providers.

### ***Regency AB***

#### **Co-Creating the Music Therapy Experience through Identity-Affirming Practices**

**Melissa Hentges, MT-BC; Lindsey Egeler, MT-BC, Neurologic Music Therapy Fellow; Christina Brantner, MA, MT-BC, PK-12 Principal; Elsa Koriath, MT-BC; Rosemary Attiyeh, MT-BC; Anusha Ramaswami, MSW, LGSW, MT-BC**

Everyone who enters the music therapy space brings with them a multitude of identities, including race, culture, gender, neurodiversity, physical ability, socioeconomic status, education, etc. In this presentation, we will explore areas of influence within the therapeutic setting which can be adapted to increase identity-affirming practices, as well as offer a framework for assessing one's own work with relation to affirming client identities. Attendees will engage in critically assessing their own therapeutic decisions and learn techniques for engaging client voice within a session to ensure that our service users are co-creators in the therapy space.

## ***Regency CD***

### **Music Therapy Needs a Seat at the Table: Demystifying Arts and Health**

**Sharon R. Boyle, D.H.Sc., M.M., MT-BC**

The rapidly evolving realm of Arts and Health means music therapists must understand their role and importance in moving these initiatives forward in research, healthcare, and community projects. Participants will learn information about Arts and Health, including key organizations and examples of research and ongoing projects. Participants will be encouraged to identify one way to collaborate outside their discipline for the health and well-being of individuals and the communities in which they live. Engaging with others in the Arts and Health arena will help music therapy grow and expand its impact across numerous healthcare and research entities.

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**2:45 PM - 4:00 PM CT**

## ***Executive AB***

### **The Emerging Music Therapist's Guide to Success (recorded)**

**Alyssa Stone, MM, MT-BC**

Being a music therapy student, intern, or young professional comes with many challenges and hurdles to overcome. The goal of this presentation is to empower emerging and young professionals to be successful in their work as professional clinicians. This presentation will center on the young clinician, student, or intern through workshopping who they are, what they want, and what they need to achieve their ideal career in music therapy. Prepare to discuss the good, the bad, the ugly, the amazing, and everything in between of music therapy.

## ***Executive CD***

### **Chaos to Connection: Using Environmental Music Therapy to Transform the Hospital Soundscape**

**Shannon O'Hara, MT-BC; Lindsey Steinbrunner, MT-BC**

Hospitals can be loud, scary, confusing, busy, and overstimulating. As music therapists, we know that music can help patients in pain and those who feel out of control or disoriented; so why not help heal the space? Environmental Music Therapy (EMT) is the intentional use of live music and sound to modulate the soundscape of an identified area. EMT incorporates some of the sounds that already exist in the space, bringing some cohesion to the noises, with the familiarity and warmth of music. Join us in exploring this concept and improvising with recorded hospital soundscapes to play with the environment.

## ***Gilpatrick***

### **Co-Treating in Harmony: A Music Therapy and Therapeutic Recreation Choir Program (recorded)**

**Madelynn Johnson, MT-BC; Abby Shanahan, CTRS**

This presentation describes the process of setting up a choir program for adults with intellectual disabilities alongside Certified Therapeutic Recreation Specialists (CTRS) within a Community Music Therapy Framework. We will discuss the creation of the choir, the clinical implementation of the choir, and the successes and challenges of a co-treatment program. Participants will also have the opportunity to brainstorm possibilities for co-treatment at their own workplaces and ask questions they have about the co-treatment process.

## ***Lakeshore A***

### **Development of Theta Music Engagement Protocol for Opioid Use Disorder**

**Dr. Debra Burns, PhD, MT-BC; Caitlin Krater, MS, MT-BC**

Designing a sound intervention to be used in research and practice can be an intimidating task. In this session, attendees will learn how to combine research and practice knowledge to develop theoretical frameworks and clinical interventions which can then be tested. The presenters will illustrate this process by describing the development of a theory-based music protocol designed to reduce drug craving in individuals in medical treatment for opioid use disorder. Clinicians do not need to work with this population to gain value from this presentation; the focus will be on the development of the framework and intervention.

## ***Lakeshore B***

### **A Medical Staff Pilot Project to Develop a Music-Based Resiliency Program**

**Nancy Jackson, Ph.D., MT-BC; Charlene Delaney, MT-BC; Ali Dencklau, MM**

Medical staff from a regional cancer treatment center have been participating in a pilot project, designed and led by an area MMT program, which focuses on increasing their well-being and resiliency through music-based stress management. The psychoeducational music protocol teaches participants about various stress states and engages them in a variety of music-based relaxation experiences. Individualized programming and resources are then compiled for each participant. Outcomes from the first two cohorts will be presented. Discoveries, challenges, as well as the benefits of collaborative work between academic and medical agencies will be discussed.

## ***Lakeshore C***

### **Thinking Outside the Legacy Box (recorded)**

**Elizabeth Briggs, MT-BC**

There are numerous legacy projects hospice teams can facilitate as we walk with our patients on their tender journey in end-of-life care. Known benefits of engaging patients and families in legacy projects

include: promoting reminiscence and life review, strengthening connections and communication, providing opportunities for patients to exercise autonomy and embrace their identity, and providing meaningful moments. Music Therapists are already facilitating music-focused legacy projects, including heartbeat recordings, song writing, and voice recordings. This presentation will provide attendees with new examples of out of the box legacy projects they can bring to their patients in their music therapy sessions.

### ***Regency AB***

#### **A Music Therapist's Toolbox for Self-Care and Staff Support**

**Cassandra Haines, MT-BC (she/her); Jennifer Kaufman, MT-BC (she/her)**

Music therapists often support their patients and families during some of the most difficult and vulnerable moments of their patients/families lives. While they are trained to navigate difficult experiences, music therapists commonly experience limited opportunities to process and explore self-care while simultaneously supporting staff through difficult experiences as well. This presentation seeks to offer self-care resources to music therapists, as well as benchmarking staff support resources utilized by other medical programs. Attendees will explore current research regarding processing grief & loss, discuss outlets for self-care, and share resources for supporting interdisciplinary team members experiencing loss.

### ***Regency CD***

#### **GLR MUSE Fund Special Project: Music Therapy for Women and Children Transitioning Out of Abusive Relationships**

**Megan Lakemacher, MT-BC, Neurologic Music Therapist; Melissa Spiess, M.M., MT-BC, Neurologic Music Therapy Fellow**

This presentation explores a pilot program for music therapy for women and children in a residential program transitioning out of abusive relationships. Learn what challenges we experienced with this population, possible ways to troubleshoot them, assessment tools utilized, sample Therapeutic Music Exercises used, data collection methods, benefits of the program, and recommended changes for the future.

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**4:15 PM - 5:30 PM CT**

### ***Executive AB***

#### **Healing Instruments: Tangible Tools for Supporting Mental Health Through Music Therapy (recorded)**

**Shelby Jordan-Lake, MA, MT-BC, (LCPC Eligible)**

Music is a tool used to create, express, cope, communicate, and reflect. Music offers profound pathways for supporting emotional well-being. This presentation will explore the intersection of mental health and music therapy and the tangible ways music therapists can support a client's mental health in tandem with their goals. This presentation will address the importance of observing and supporting the mental health of clients across all approaches in the scope of music therapy. This presentation will examine the holistic client's relationship to music to determine appropriate music therapy interventions, services needed, or when to refer for additional mental health support.

### ***Executive CD***

#### **Religious Music and Beliefs: Uses in Clinical Settings and Impact on Self-Care**

**Elyssa DiRaddo, MT-BC; Laura Russell, MT-BC; Rebecca Sharaya, MT-BC**

In the field of music therapy, music therapists frequently encounter situations where religious music is requested by a supported person and/or religious discussions take place due to the nature of the therapeutic setting. The presenters will help therapists develop strategies to confidently facilitate religious-based discussions, effectively use religious music, and learn how to stay true to themselves while supporting people who have differing beliefs. With remaining time, a group discussion will be facilitated for attendees to share their experiences of using religious music and engaging in religious-based discussions in sessions.

### ***Gilpatrick***

#### **Music Therapy and Music Education: Orchestrating a Collaborative Partnership**

**(recorded)**

**Kellee Coviak Hansen, MS, MT-BC, NICU Music Therapist**

IDEA supports the inclusion of all students in general education to the maximum extent possible. Individuals with disabilities are often mainstreamed within music education classrooms, where many educators receive little training for working with special learners. This session will highlight strategies for collaboration between music therapists and music educators.

### ***Lakeshore A***

#### **Making Music More Accessible with GLR MUSE Grant**

**Caitlin Krater, MS, MT-BC**

This presentation will describe the integration of the eyeharp eye-gaze instrument in the pediatric hospital setting. In this setting, therapists serve a wide range of populations with different levels of ability, including individuals adjusting to new loss of mobility. Attendees will learn how therapists leverage eye-gaze technology along with eyeharp software to be able to make music more accessible. Presenters will describe how the software is used in the clinical setting and interventions that work well with the technology. Case studies will be presented along with demonstration of the eyeharp software.

## ***Lakeshore B***

### **Treatment Fidelity 101: Tips for Music Therapists & Researchers**

**Jessica MacLean, MM, MT-BC; Amanda Henley, MM, MT-BC**

**Additional Contributors: Kristin Stegenga, PhD, CPON; Sheri Robb, PhD, MT-BC**

Treatment fidelity is the use of methodological strategies to monitor and enhance reliability and validity of behavioral intervention trials. Despite availability of guidelines and checklists, treatment fidelity remains underreported, hindering evaluation, interpretation, and cross-study comparisons. Treatment fidelity is particularly important for music interventions given the inherent complexity of musical stimuli and flexibility required for tailored delivery. In this presentation, we describe treatment fidelity strategies used for a multi-site randomized control trial based on NIH Behavior Change Consortium recommendations. We also provide examples from other music intervention trials and explore how strategies may vary based on intervention type and trial design.

## ***Lakeshore C***

### **Supervision? But I'm Done with School! (recorded)**

**Tony Beuchel, MMT, MT-BC, Basic DIRFloortime Provider**

Music therapists receive a plethora of supervision throughout their training, but what happens when training ends? Academic and professional supervision are entirely different processes, but new therapists often mistake professional supervision as a continuation of academic supervision. This presentation will explore the differences between the two as well as make the case for why ongoing professional supervision is a clinical necessity for music therapists. Case examples, ethical considerations, and the research base will all be drawn upon, and various forms and methods of supervision will be detailed, along with video examples from professional supervision sessions.

## ***Regency AB***

### **Our Voices, Our Stories**

**Mallory Price, MMT, MT-BC, Neurologic Music Therapist**

The purpose of this presentation is to share and hear the collective voices and stories of black music therapists and to encourage thoughtful engagement with the findings of the black experience by all music therapists within the context of their own intersectionality. Additionally, this presentation will showcase the impact of how music therapists interact with their diverse colleagues and further affect curriculum, continuing education, research, and clinical supervision in music therapy.

## ***Regency CD***

### **Integrating a Neurodiversity-Affirming Approach into Music Therapy**

**Edward Todd Schwartzberg, M.Ed., MT-BC**

Contrary to a deficits-based approach, a neurodiversity-affirming approach reminds us to amplify our service user's strengths, hopes, and needs. As care providers, stewards to our communities, and



advocates, it is important that we shift our way of service delivery to a neurodiversity-affirming approach. The presenter will define and discuss neurodiversity and a neurodiversity-affirming approach, and then present what these mean for the profession of music therapy. Suggestions for recommended verbiage, clinical assessment approaches, goal and objective writing, and use of music-based experiences will be provided.

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**Saturday, March 9, 2024**

**8:30 AM - 9:45 AM CT**

***Executive AB***

**Government Relations Roundtable (recorded)**

**Amanda Henley, MM, MT-BC**

An opportunity for all of the Great Lakes regional task force members to review and discuss current recognition efforts. This will also be an opportunity for members to ask questions.

***Executive CD***

**Community & Solidarity Session**

**Hakeem Leonard, PhD, MT-BC**

This is a session that is **open to people of color/people of the global majority** in the Great Lakes Region, including music therapy students and professionals. Come spend time in conversation and community as well as be in solidarity together for the empowerment of each other.

***Gilpatrick***

**Relationship Exploration through Music: Treatment Considerations for Adolescents with Attachment Trauma (recorded)**

**Jaylee Sowders**

This presentation focuses on music therapy assessment and treatment with teenage clients experiencing attachment trauma and the role of music as a communicative resource and symbolic object for attachment. Emphasizing equity and accessibility in mental healthcare, findings are drawn from undergraduate thesis research, supplemented by research at the University of Oxford. This research will provide current and future music therapist attendees with practical treatment considerations for facilitating music therapy with adolescents to address attachment trauma.

## ***Lakeshore A***

### **Ethics Roundtable**

**Jan Schreibman, MM, MT-BC, CCLS**

Participants will discuss ethics and how they are actualized in various sectors of music therapy, identify solutions to current issues, and brainstorm possible solutions. Topics may include higher education, healthcare, social media, business practices, and professional relationships.

## ***Lakeshore B***

### **GLR Research Fund Special Project: Nature-Based Music Therapy: Implications for the Use of Nature in Practice**

**Lindsey Teuteberg, MMT, LPC-IT, MT-BC**

Exploring the experiences of nature-based music therapy in practice and the implications for bringing nature into regular practice. This session will present anecdotes from Music and Mindfulness Hikes as well as ideas for other music therapists wanting to bring nature into their therapy space.

## ***Lakeshore C***

### **Music Therapy and Chronic Pain Rehabilitation (recorded)**

**Lisa M. Gallagher, PhD, MT-BC**

The purpose of this presentation is to share research, knowledge, and experience with the use of music therapy to address chronic pain. Chronic pain and examples of topics utilized in a chronic pain intensive outpatient program (IOP) will be discussed, various music therapy and music-based interventions will be shared, and case examples will be provided. These examples will include music therapy for individual patients, as well as how music therapy has been used as a component of a chronic pain management IOP. Those in attendance will also learn about how evidence-based research has been translated into clinical practice.

## ***Regency AB***

### **Effective Supervision of New Professionals Post Covid**

**Elizabeth Briggs, MT-BC; Marissa Gollogly, MT-BC**

Internship is often music therapy students' first experience in full-time work. Under typical circumstances, shifting into a professional role can be challenging for many interns, and growing pains are expected. However, the pandemic caused many challenges to the coursework and field experiences of music therapy students and interns. Their transition into full-time internship may have been more difficult, due to their hybrid/virtual training. In this presentation, we will explore how our students and interns made their way through the pandemic and discuss what support we can provide them as they become our newest music therapy professionals.

## ***Regency CD***

### **Assessment is Not a Document II: A Developing Conceptual Framework**

**Nancy A. Jackson, Ph.D., MT-BC**

There has been discussion in the past about moving away from the conceptualization of assessment simply as something that occurs at the beginning of treatment. This session moves the discussion a step further and presents a conceptual framework for considering assessment as the driver for all clinical music therapy decisions, including at macro, meso, and micro levels. As a living conceptual framework, participant feedback and discussion will be welcomed as a means of fine tuning the theoretical structure.

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**2:00 PM - 3:15 PM CT**

## ***Executive AB***

### **Singing Heart Study: An Alternative to Traditional Rehabilitation for Cardiovascular Disease (recorded)**

**Erica Flores, MT-BC, WMTR; Dr. Jacquelyn P. Kulinski, MD, FASPC**

The Singing Heart Study is a 5 year NIH grant funded research project evaluating singing as an alternative form of cardiac rehabilitation. This study obtained quantitative and qualitative data in response to a 30 minute session working with an MT-BC, a 30 minute session singing with a prerecorded video of an older patient, and a 30 minute resting session. Attendees will learn the process of identifying an area of need, applying for an NIH grant, and implementing this 5 year study. Variables that may have skewed results, current findings, and updates will also be presented.

## ***Executive CD***

### **Music, Visual Impairment, and the Expanded Core Curriculum**

**Jennifer Pelletier, MS, MA, MT-BC, COMS**

The Expanded Core Curriculum, or ECC, is a curriculum designed for students who are blind or visually impaired to access the academic core curriculum. Whereas sighted peers might learn skills incidentally, the ECC is important in teaching skills to B/VI students implicitly. A growing body of research supports the use of music as a vehicle to teach ECC components. This session will use the ECC as a framework for developing and sharing engaging music therapy applications that support the growth of blind and visually impaired learners. This will include examples of incorporating accessible technology, dance/movement, songwriting, and more.

## ***Gilpatrick***

### **The Neuroscience of Self-Regulation: A Musical Approach (recorded)**

**Alyssa Stone, MM, MT-BC**

Self-regulation and sensory regulation have become buzzwords in therapy over the last few years. While buzzwords come and go, the diverse sensory and regulation needs of the people we support are here to stay. In this presentation, attendees will learn the neuroscience behind regulation and explore how to support people using a brain-body approach to sensory and emotional regulation. Attendees will walk away with tangible tools they can use immediately in their practice as well as expanded knowledge of research to support a holistic approach to regulation.

## ***Lakeshore A***

### **Goooooooooooooals!! Exploring the Relationships Among Purpose, Intention, and Evaluation in Music Therapy**

**Jennifer D. Jones, PhD, MT-BC**

Do your goals measure up? What are we measuring in music therapy? Are SMART objectives really smart? How do our goals, objectives, and intentions guide the music? Whose goals are they anyway? We will examine research on goals and objectives in music therapy practice, evaluate assets and drawbacks to different approaches to goal writing, and reflect on the connection between our purposes and intentions and our delivery of music therapy. This session is for any music therapist or music therapy student who has written a goal or objective and wondered if it was “effective.”

## ***Lakeshore B***

### **Music Therapy Faculty Perspectives on Grading Processes for Undergraduate Practica**

**Courtney R. Belt, Ph.D., MT-BC**

Music therapy practica courses are essential to students' development of the AMTA Professional Competencies. However, there is little in our literature to suggest best practices, equitable evaluation, or faculty experiences of evaluating students in these courses. This presentation is on the presenter's dissertation, a descriptive phenomenological investigation of music therapy faculty processes and experiences of evaluation in undergraduate practica courses.

## ***Lakeshore C***

### **Stop, Collaborate, and Listen: Collaboration in a Multidisciplinary Creative Arts Therapies Team (recorded)**

**JoAnna Ayala-Rutter, MT-BC, WMTR, Neurologic Music Therapist; Jennifer Bedsole, MT-BC, CAPSW, WMTR, Neurologic Music Therapist**

A collaboration of creative arts therapies is a unique and empowering opportunity for both clients and therapists. Attendees will learn about the many considerations when working with other modalities, including: assessing the goodness of fit and benefits for clients, client interests and preferences, cohesive treatment and session planning processes, and practicing within scope. Attendees will also gain intervention ideas and suggestions for collaborative treatment within their own practice.

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## **3:30 PM - 4:45 PM CT**

### ***Executive AB***

#### **Preparing for the CBMT Exam in a Post Pandemic World (recorded)**

**Justin Dahlem, MM, MT-BC; Nicole Gilberti-Martin, MT-BC; Elise Houk, Music Therapy Intern**

Between 2019 and 2022, the certificant growth percentage of board-certified music therapists has decreased precipitously to half of the pre-COVID19 rate. This presentation will analyze recent trends that have been observed regarding CBMT pass rates and attitudes of music therapy students and interns regarding the exam, and will describe and demonstrate resources, materials, and creative ways to empower interns to prepare for the CBMT board exam, with the support of their supervisors and professors.

### ***Executive CD***

#### **Exploring the Impact of Hospice Music Therapy for Patients and Their Families**

**Emily Borkholder, MMT, MT-BC**

This presentation will explore a survey study which sought to understand more about the relationship of hospice music therapy patients and their families. Through collection and analysis of statistical and written data, it was confirmed that increased engagement, both verbal and physical in nature, is being routinely observed at the hospice bedside. Thorough results, themes, and examples will be shared and discussed, as well as limitations and opportunities for future research. This presentation will offer both a statistical and meaning-driven look at hospice music therapy, through the eyes of music therapists regarding the inner workings of patient and family relationships.

### ***Gilpatrick***

#### **Down the Rabbit Hole: Exploring Improvisation-Based Play with Children and Adolescents (recorded)**

**Lindsay Markworth, MMT, MT-BC, Nordoff-Robbins Music Therapist; Anna Brudzinski, MMT, MT-BC**

As music therapists, we are trained in techniques for verbal processing and how to create meaningful music experiences using themes from discussions as referents for improvisation or songwriting. While many adults process emotions and experiences through words, children often naturally process through play. This presentation will provide clinical vignettes to illustrate the importance of Improvisation-Based Play as a modality for establishing connection and as an avenue for fostering self-expression and social-emotional development. In addition, connections will be made between Bruscia's (1987) Clinical Techniques for Improvisation to provide participants with concrete strategies for entering the imaginative worlds of their clients.

### ***Lakeshore A***

#### **An Exploratory Interpretivist Case Study of a Thriving Music Therapy Program at a Senior Center**

**Michael J. Silverman, PhD, MT-BC; Lacey Reimnitz, MA, MT-BC; Kiran Dahlin, MT-BC**

Although music therapy is a psychosocial intervention that may help older adults, there is a lack of literature on building thriving music therapy programs for older adults. This presentation will describe an exploratory interpretivist case study designed to understand how music therapy became a thriving program at a senior center. We individually interviewed six music therapists and 10 staff members working at a senior care center and used reflexive thematic analysis to analyze transcripts. Our results provide situated context and practical guidance for music therapists interested in developing and maintaining a thriving music therapy program at a senior center.

### ***Lakeshore B***

#### **Creative Arts Therapy Collaboration in Antepartum Care**

**Emily Allbery, MA, ATR-BC, LPC, PMH-C (she/her); Jenny Kaufman, MT-BC (she/her)**

Art Therapy and Music Therapy collaborate for weekly groups on the Antepartum Unit at a large nationally ranked pediatric and delivery hospital. Patients may be hospitalized for 10 weeks or more prior to delivering their baby who will be on the NICU after birth. Creative Arts Therapy Antepartum Group offers psychoeducation on pregnancy and postpartum, an emotional outlet for coping with pregnancy and hospitalization, and preparation for having a baby on the NICU. These groups are trauma-informed and culturally sensitive. You will learn the research behind why this work is needed and the interventions that are most effective so that more hospitals can implement a similar program.

### ***Lakeshore C***

#### **Caregiver Perspectives of Heartbeat Recordings: Results of a Pilot Study (recorded)**

**Caitlin Krater, MS, MT-BC**

Heartbeat recording interventions (HBRI) are commonly used in the hospital setting; however, there is little evidence on how recordings are used. This project used an exploratory survey design to better understand the experiences of caregivers who receive a HBRI. Data from this project provides insights into

how families use the heartbeat recordings after their loved one dies and provides additional information for music therapists to improve the process of heartbeat recordings based on what is important to families.

## ***Regency AB***

### **Lead With Love: Trauma-Informed Leadership for MT Educators and Business**

#### **Owners**

#### **Alicia Bousner Hrubey, MM, MT-BC**

Specifically designed with business owners and educators in mind, this presentation will explore leadership through a trauma-informed lens. Discover how chronic stress and trauma touch our lives and the lives of those we lead. Gain insights into the impact of these experiences and learn to navigate them with openness and empathy. You'll be encouraged to explore actionable steps to support yourself and others. Utilizing frameworks from the Substance Abuse and Mental Health Services Administration and a comprehensive workbook, this session invites you to reflect on your fear responses, values, and leadership style, while applying the six key principles of trauma-informed care to leadership spaces.

## ***Regency CD***

### **Self-Care Share**

#### **Amy Foley, MMT, MT-BC**

Music therapists are at risk of experiencing burnout due to the stress and demands of working in a helping profession. This workshop addresses burnout, offering strategies for prevention, self-care, and wellness. We will explore multiple dimensions of wellness as we engage in self-exploration. Practical strategies will be shared amongst participants to promote overall well-being. The session aims to foster a supportive community, encouraging music therapists to prioritize self-care, establish healthy boundaries, and rekindle their passion. By intentionally planning for self-care, this presentation aims to equip music therapy professionals and students with sustainable practices for a resilient and fulfilling career.

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