



## **When Opportunity Rocks: Maximizing Your Potential for Education, Research, Advocacy, and Collaboration**



Association of Ohio Music Therapists  
State Conference  
September 8-9, 2017

Quest Conference Center  
Columbus, Ohio

## Association of Ohio Music Therapists

The mission of AOMT is to provide educational and networking opportunities to enrich music therapists and the field of music therapy; advocate for the profession and music therapists within the state; educate consumers and the community at large, and promote the exchange of ideas to assist music therapists and other related professionals in better meeting the needs of their clients.

### Exciting Happenings of This Year's Conference:

- Up to 14 Continuing Music Therapy Education credits
- A free 3-credit CMTE for AOMT members
- 19 Concurrent Sessions
- Student and Intern Only sessions and networking event
- Keynote Speaker: Marcia Humpal, M.Ed., MT-BC
- Morning Yoga
- Evening Jam Session Social

### Hotel Information

- Four Points by Sheraton
  - Price: \$111
  - Phone Number: (614) 844-5888
  - Link: <https://www.starwoodmeeting.com/Book/AOMT>
  - Request to be a part of our group: Association of Ohio Music Therapists
- Candlewood Suites
  - Price: \$85
  - Phone: (614) 436-6600
  - Link: [https://www.candlewoodsuites.com/redirect?path=asearch&brandCode=cw&localeCode=en&regionCode=1&hotelCode=CMHPP&checkInDate=07&checkInMonthYear=082017&checkOutDate=10&checkOutMonthYear=082017&rateCode=6CBARC&\\_PMID=99801505&GPC=O MT&viewfullsite=true](https://www.candlewoodsuites.com/redirect?path=asearch&brandCode=cw&localeCode=en&regionCode=1&hotelCode=CMHPP&checkInDate=07&checkInMonthYear=082017&checkOutDate=10&checkOutMonthYear=082017&rateCode=6CBARC&_PMID=99801505&GPC=O MT&viewfullsite=true)
  - Request to be a part of our group: Association of Ohio Music Therapists

# CMTE Information and Learning Objectives

**Friday 8:00am – 4:30pm (lunch provided)**

## ***Evidence Based Practice: Understanding, Integrating, and Implementing (8 Hour Institute)***

Dwyer Conklyn, MM, MT-BC; Debbie Bates, MMT, MT-BC; Tanya Corso, MM, MT-BC; Jenny Walker, MA, MT-BC; and Taylor Rung-Meehan

### **Course Description:**

Evidenced based practice is key to advancing one's work as a music therapist. This institute will provide tools for how to find and interpret research, to understand the role clinicians play in the EBP process, and to more easily synthesize this information with client's goals for smoother discourse across disciplines.

### **Learning Objectives**

1. Participants will have a better understanding of how/where to find research specific to their needs.  
CBMT Domain I.D.2a
2. Participants will articulate how Evidence Based Practice directly impacts their work. CBMT Domain I.D.4
3. Participants will define areas of bias in a research paper and how that relates to the validity/reliability of incorporating into clinical practice CBMT Domain I.C.1

### **Schedule**

8:00-8:20	Introduction and Definitions of Evidence Based Practice
8:20-8:50	Patient/Client Goals: Listening to what our clients want
8:50-9:15	Clinical Experience: Dual Roles
9:15-9:45	Clinical Questioner
9:45-9:55	Break
9:55-10:25	Evidence/Research-Where to find it (Experiential)
10:25-10:55	Evidence/Research-How to read it
10:55-11:05	Break
11:05-12:05	Comparative review of 2 Quantitative Articles
12:05-12:35	Break – Lunch
12:35-1:35	Comparative review of 2 Qualitative Articles
1:35-1:45	Break
1:45-2:15	Clinical Tester
2:15-3:15	Integrating Research and Clinical Experience with our Client's Needs Breakout groups (experiential)
3:15-3:25	Break
3:25-3:55	Processing ideas from breakout groups
3:55-4:20	Questions/Wrap Up
4:20-4:30	Evaluations

**Friday 8:00am – 11:00am**

## ***Rap 101: An Exploration of the Genre's Musical Elements (3 Hour CMTE)***

Jenn Seley, MA, MT-BC, CCLS

### **Course Description:**

Many music therapy clients connect and identify with rap music, yet many music therapists have little training in creating the musical elements that characterize the genre. This experiential presentation will empower participants to support their clients' connection with rap via active music making.

## Learning Objectives

1. Explore why many music therapy participants musically connect with rap (BCD II. A. 5. g)
2. Identify and practice the core musical elements of rap (BCD II. A. 5. a; BCD II. A. 5. i)
3. Practice creating live rap for clinical use (BCD II. A. 5. ac)

## Schedule

8:00-8:20: Part 1- Introductions

- Music-based introductions
- Self-assessment of participants' current relationship with rap
- Disclosure of presenter's relationship with rap

8:20-8:35: Part 2- Cultural Considerations

- Discussion of terms rap, hip-hop, and Hip Hop
- Discussion of musical authenticity vs. cultural appropriation within live rap
- Considerations related to evocative content

8:35-8:50: Part 3- Delving into Rap Perspectives

- Experiential- listening to and discussing a recorded rap piece under the auspices of trying to empathize with the musician and connect with their perspective

8:50-9:05: Part 4- Why Rap?

- Discussion of inherent musical qualities that can be beneficial and/or meaningful to various clientele
- Discussion of common lyrical themes in rap that are relevant to therapy

9:05-9:15: Break

9:15-9:50: Part 5- Exploration of Musical Elements of Rap

- General overview and introductory definitions of musical elements in rap
- Experiential- learning and practicing specific elements
  - Beat and percussive elements
  - Harmonic elements
  - Melodic elements
  - Sampling
  - Vocals

9:50-10:50: Part 6- Applications of the Musical Elements to Clinical Work

- Experiential- Adding live musical elements to pre-recorded rap instrumental; discussion of clinical implications of the experience
- Experiential- Group creation of a short live rap piece; discussion of clinical implications of the experience
- Discussion- How to apply elements of rap music into clinical practice of settings participants work in

10:50-11:00: Wrap-Up: Final questions and course evaluation

**Friday 5:45pm – 8:45pm**

***From Advocacy to Legislation (3 Hour CMTE – Free to AOMT Members with Conference Registration)***

Ed Gallagher, MT-BC; Erin Spring, MM, MT-BC

## Course Description:

This CMTE will review the past music therapy legislative efforts and the process of developing and passing legislation in Ohio. Points of action in the process of achieving legislation that will benefit the clients and field of music therapy will be highlighted in which music therapists can easily participate and generate support. Ideas for generating advocacy opportunities in communities will be discussed. Guides and resources for identifying history, research, clinical examples, and language ideal for different types of advocacy interactions. Participants will have the opportunity to practice applying their advocacy skills with each other to prepare for varying advocacy situations and needs.

**Learning Objectives**

1. The participant will be able to identify at least 3 ways to create advocacy opportunities. CBMT Domain 4b20
2. The participant will be able to use research, data, best practice, and case studies when planning and engaging in advocacy. CBMT Domain 4b5
3. The participant will be able to explain and apply the legislative and reimbursement processes as they relate to music therapy practice. CBMT Domain 3A6
4. The participant will be able to find and apply the AMTA advocacy toolkit. CBMT Domain 4b5

**Schedule**

5:45-6:30 Lecture: Review of the Legislative Processes & History of Ohio music Therapy Licensure Advocacy.

6:30-7:00 Lecture: How to Create Advocacy Opportunities

7:00-7:15 Break

7:15-8:00 Lecture: Applying Music Therapy Research, Knowledge and Experience to Advocacy Opportunities

8:00-8:30 Experiential: Small Groups Practicing Verbal Advocacy Skills

8:30-8:45 Wrap up/Questions/Evaluation Instructions

## FRIDAY, SEPTEMBER 8<sup>TH</sup>

**7:00am – 8:30am**      **Registration Open**

**8:00am – 4:30pm**

**Institute: 8 Credits**

***Evidence Based Practice: Understanding, Integrating, and Implementing***

Dwyer Conklyn, MM, MT-BC; Debbie Bates, MMT, MT-BC; Tanya Corso, MM, MT-BC; Jenny Walker, MA, MT-BC; and Taylor Rung-Meehan

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**CMTE: 3 Credits**

***Rap 101: An Exploration of the Genre's Musical Elements***

Jenn Seley, MA, MT-BC, CCLS

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**8:00am – 9:00am**

**Concurrent Session**

***Dynamic Data: The Role of Data Beyond the Session***

Jennifer Yurkovich, MS, MT-BC; Donovan Thakur, MT-BC

This session will focus on the use of data outside of clinical sessions in a pediatric hospital. Data drives productivity, justifies additional positions, and directs how the workload should be split among multiple music therapists. In addition, this session will review how data is generated in an efficient manner.

**9:15am – 10:45am**

**Concurrent Session**

***Under Pressure: What To Do When Your Session Isn't Working***

Jessica Fletcher, MM, MT-BC

Ever been leading a music therapy intervention and it just isn't working? Learn here techniques and tips for turning the session around. Practical applications and suggestions will be included, as well as discussion with other professionals attending the session for real life examples.

**11:15am – 12:15pm**

**Concurrent Sessions**

***Athens County Community Singers, A Choir for all Voices: Transition & Service***

Stephanie H. Morris, MM, MT-BC

The Athens County Community Singers (ACCS), a non-profit organization, is a "choir for all voices," those with and without disabilities. Formed in 2013 by Stephanie H. Morris, MM, MT-BC and Neurologic Music Therapy Fellow, this group serves as a catalyst for service and transition in and around Athens County.

***Using Music Techniques to Teach Body Awareness in Social Settings***

Alyssa Graber, MME, MT-BC; Cassie Wilhelm, MA, CCC-SLP

Many individuals with Autism Spectrum Disorder may feel uncomfortable in social situations and demonstrate unexpected social behaviors. This presentation will discuss social skill developmental in adolescents with Autism and will present music therapy strategies to improve body awareness in social settings. Participants will have opportunities for application and hands-on experiences.

**12:15pm – 1:15pm**    *Lunch On Own*

**12:15pm – 1:30pm**    *Registration Open*

**1:15pm – 2:45pm**

**Concurrent Sessions**

***Developing the Music Plan of Care: Coordinating Supportive Music Services to Achieve Optimal Benefit***

Erin K. Spring, MM, MT-BC

The development of personalized music listening programs (ex: Music & Memory®) has intensified the need for MT-BCs to assert their expertise on music and health. This presentation provides a guide for developing music plans of care that include multiple means of music interventions as recommended by the expertise of an MT-BC.

***Music Therapy in the Classroom on a Shoe String Budget***

David Putano, HPMT, MT-BC

The purpose of this offering is to provide music therapy professionals and students useful information about providing effective music therapy interventions that require no more than a \$200 budget. These classroom tested songs and techniques are designed for special needs and child development clients, as well as for typical children.

**3:00pm – 4:30pm**

**Concurrent Session**

***Music, Art, & Physical Therapy – Strategies for Co-Treatment in Oncology Care***

Yu-Ching Ruby Chen, MM, MT-BC; Rae Burke, MA, AT, LPC; Chris Roxas, PTA

Collaborating between disciplines is a valuable way to provide quality care in a medical setting. This presentation will focus on the role of each discipline, the benefits of collaboration, as well as challenges and limitations in collaborating between music therapy, art therapy, and physical therapy in oncology care.

***Student and Intern Presentations***

**\*Students/Interns Only**

Music therapy students and interns will present to each other on topics related to developing professional skills.

**4:45pm – 6:15pm**

**Concurrent Session**

***Transitioning from Student to Professional: Ready... Set... Go!***

**\*Students/Interns Only**

Jessica Josefczyk, MT-BC

Transitioning from student to professional can be a daunting experience. Students can better navigate this path of uncharted territory with greater confidence when supported with knowledge, tools, resources, support, and space to ask questions in preparation for the transition. This session will highlight practical tips for music therapy students.

**4:30pm – 5:45pm**    *Dinner On Own – Professionals*

**5:00pm – 6:00pm**    *Registration Open*

**5:45pm – 8:45pm**

**CMTE: 3 credits**

***From Advocacy to Legislation***

Ed Gallagher, MT-BC; Erin Spring, MM, MT-BC

This CMTE will review the past music therapy legislative efforts and the process of developing and passing legislation in Ohio. Points of action in the process of achieving legislation that will benefit the clients and field of

music therapy will be highlighted in which music therapists can easily participate and generate support. Ideas for generating advocacy opportunities in communities will be discussed. Guides and resources for identifying history, research, clinical examples, and language ideal for different types of advocacy interactions. Participants will have the opportunity to practice applying their advocacy skills with each other to prepare for varying advocacy situations and needs.

**6:15pm – 8:45pm**     ***Student and Intern Networking Dinner***

**9:00pm – 11:00pm**     ***Music Making & Social Hour – All Are Welcome!***

## **SATURDAY, SEPTEMBER 9<sup>TH</sup>**

**7:00am – 7:45am**     ***Yoga***

**7:00am – 8:30am**     ***Registration Open***

**8:00am – 9:00am**

**Concurrent Sessions**

***Teach and Learn the Guitar in Technicolor***

Jesse Henry, BA

The Color String Guitar Method is a fun, creative, and successful approach to teaching guitar to students of all ages and stages of development. The CSGM uses a color-coded set of strings in conjunction with a colored staff. It provides students and teachers with an ease of learning through a slow and steady and understandable approach.

***Support Through the Transitions: An Introduction to Pre and Perinatal Music Therapy***

Jacklyn Bartkowski, MT-BC

With its ability to support, regulate, and communicate, music therapy is an optimal medium for use throughout the pre and perinatal spectrum (the period from conception through early postpartum). This session will present a foundational knowledge of research, describe common goals, and give examples of experiences that may be used to support families on the perinatal spectrum.

***Internship Fair***

Bethany Village; Bridgeway Academy; Nationwide Children's Hospital; The Metro Health Systems; Ross County Board of DD/Pioneer Center; Cincinnati Children's Hospital Medical Center; Central Ohio Music Therapy, LLC

**9:15am – 10:45am**

**Concurrent Sessions**

***The Unfolding: An Experience Orientation to Group Music therapy with People with Addictions***

Susan Gardstrom, PhD, MT-BC; James Hiller, PhD, MT-BC; Emily Robinson, Timothy Schroeder

This presentation will detail an experience orientation to group music therapy with men and women in treatment for addictions. In this way of working, specific response outcomes for the residents are not pre-determined; rather, expectations of outcome are suspended and clinical aims and solutions unfold as the music experience evolves.

***Child Life and Music Therapy: Part of the Pediatric Hospice Interdisciplinary Team***

Bonnie Bishop, BA, CCLS; Jessica Bogacik, MS, MT-BC



Child Life and Music Therapy are an important part of an interdisciplinary team working in pediatric hospice and palliative care, offering complementary services to the patients, and their families, as well as to bereaved family members. The unique needs of these individuals and interventions used will be discussed.

**10:30 – 1:30pm**      ***Exhibit Hall Open***

**11:00am – 12:00pm**

**Concurrent Session**

***Hearts in Harmony: Child Life and Music Therapy Collaboration for Best Outcomes***

Jennifer Yurkovich, MS, MT-BC; Lindsay Schwartz, BS, CCLS

This presentation will demonstrate how music therapy and child life collaborate on an inpatient pediatric cardiology unit to promote normalcy, coping with hospital admissions, legacy building, and overall family support. Case study examples will explore how the two disciplines can complement and support one another for best patient outcomes.

***Young Professional Panel***

Jacklyn Bartkowski, MT-BC; Jessica Fletcher, MM, MT-BC; Katy Capestrani, MT-BC

This panel of presenters will talk about and answer questions related to self-care, overcoming burnout, building repertoire/session ideas, preparing for your first re-certification cycle, working with a new population, surviving the transition from intern to professional, and other topics dealt with in your first 5 years as board-certified music therapists. Bring your questions!

**12:00pm – 1:45pm**      ***Awards Luncheon (Lunch Provided) & Networking Groups***  
***AOMT Business Meeting***

**1:45pm – 2:30pm**      ***KEYNOTE SPEAKER: Marcia Humpal, M.Ed., MT-BC***  
***Rockin' through Time with Music Therapy***

**2:30pm – 4:30pm**      ***Exhibit Hall Open***

**2:45pm – 4:15pm**

**Concurrent Sessions**

***Considerations for Meaningful Music Therapy with Older Adults Across Levels of Care***

Jessica Josefczyk, MT-BC

There is enormous potential for implementing meaningful music therapy experiences to support the salient needs of older adults. The presenter will seek to outline: common needs of older adults across levels care; why music therapy is a valuable support; and practical examples of appropriate music experiences for this population.

***Empowerment in Mental Health Recovery: Creating Opportunity for Self-Expression and Growth***

Lindsey Holmes Doty, MT-BC; Laura Hauser, MT-BC; Melanie Lindemuth, MBA, MT-BC; Kevin Cardoso, MT-BC; Brandon Mace, MT-BC

Due to the stigma and misperception surrounding mental illness, empowerment can be an infrequent feeling or experience for those receiving mental health treatment. As a result, feelings of helplessness or resistance to treatment may increase, and engaging clients in treatment may prove to be quite challenging if not appropriately prepared.

**4:30pm – 6:00pm**

**Concurrent Sessions**

***Exploring Patient Needs in Inpatient Oncology: Barriers to Music Therapy Participation***

Yu-Ching Ruby Chen, MM, MT-BC

Music therapy offers effective symptom management and psychosocial support for cancer patients while receiving inpatient care; however, no benefits can be delivered if service is declined. This presentation features a pilot study exploring service rejection to music therapy with a proposed preliminary theory of likelihood of accepting service.

***Fostering Growth with the Community, Contracts, Clients, and Staff***

Jessica Fletcher, MM, MT-BC; Erin Spring, MM, MT-BC

Central Ohio Music Therapy was founded in 2010 and has experienced significant growth and expansion in Central and Southeast Ohio. Presenters will review the company's development in three relationships: with contracts, with staff, and with the community. Strategies for increasing growth, advocacy and collaboration will be discussed.