

FIFTH ARTS AND QUALITY OF LIFE RESEARCH CENTER CONFERENCE
BOYER COLLEGE OF MUSIC AND DANCE

February 24, 2012
Howard Gittis Student Center, Temple University

FOUR MODELS OF MUSIC THERAPY AT TEMPLE UNIVERSITY

8:30 Registration

9:00-9:10 Welcome (200C)

9:10- 9:50 Keynote I (200C)

Medical Music Therapy: Improving Health and Enhancing Quality of Life

Cheryl Dileo, PhD. MT-BC
Carnell Professor, Temple University
Director, Arts and Quality of Life Research Center

Medical music therapy is being used in a wide range of clinical settings and with a diverse range of patients. An overview and categorization of these practices will be given. Further, tenets of medical music therapy will be described based on an integration of theory, research and clinical practice. Case examples will illuminate these tenets.

9:50-10:30 Keynote II (200C)

Using the GIM Lens to Enhance Music Therapy Practice

Darlene Brooks, PhD, MT-BC, LPC
Fellow, Association for Music and Imagery
Associate Professor, Temple University

Helen Bonny, creator of Guided Imagery and Music (GIM) was a music therapist. Using her music and music therapy training, Helen developed a model of therapy that has been growing in popularity and practice over the years. This presentation will explore one aspect of that training that can enhance current music therapy practice.

10:30-10:50 Break

10:50-11:30 Keynote III (200C)

Music-Centered Music Therapy: Foundations and Contemporary Clinical Applications

Kenneth Aigen, DA, MT-BC
Nordoff-Robbins Music Therapist
Associate Professor, Temple University

Music therapy practice has continued to evolve in recent years with an enhanced focus on elements such as working with clients' strengths, embracing community-based practices, and supporting natural modes of relating to music within music therapy, such as is embodied in activities that incorporate recording and performing. The premises of music-centered music therapy offer conceptual support for these trends. In this presentation, some of the basic premises of music-centered thinking will be explained with an emphasis on connecting these foundational ideas to contemporary trends in clinical music therapy.

11:30-12:10 Keynote IV (200C)

Music Therapy with Neurological Populations: Bringing Insights from Science into Evidence-Based Clinical Practice

Wendy L. Magee, PhD, Music Therapist
Associate Professor, Temple University

Developments in medical technologies are causing people to survive greater severity of trauma, but with resulting increased complexity in their clinical presentations. Parallel to this, technologies also enable insights into the effects of music on the brain. We now understand that engaging in musical activity changes the structures within our brains as well as our behaviors. However, it is a constant challenge for music therapy practitioners to bridge the gap between research and practice, science and art, to ensure the best evidence-based practice for clients. This presentation will outline the latest evidence for using music as a therapeutic medium with people with brain damage, using illustrations from clinical practice.

12:15-1:30 Lunch (on your own)

Afternoon Breakout Sessions

ME = Medical Track
G = GIM Track
MC = Music-Centered Track
N = Neuro Track

1:30- 2:15 Breakout 1

Coping with Grief through Music Therapy (ME) (217A)

Lauren DiMaio MMT, MT-BC
Bereavement Supervisor, CarePartners Hospice, Asheville, NC

Grief is stressful and creates physical symptoms as well as psychosocial and spiritual responses. This session will explore bereavement issues through medical music therapy.

**Do You Hear What I Hear? Reflections on GIM Training and Listening
in Hospice Music Therapy (G) (217B)**

Brooke Carroll, MMT, MT-BC
Doctoral Assistant, Temple University

As a hospice music therapist, techniques used in GIM were an integral part of my practice. This presentation will explore the ways in which GIM training enhanced my ability to listen—to music, to clients, and to myself in relationship to both.

**Musically Conceptualizing Clients in Musical-Play: The Encounter,
the Interaction, the Intention... (MC) (217C)**

John A. Carpente, PhD, LCAT, MT-BC,
Nordoff-Robbins Music Therapist
Founder/Executive Director, The Rebecca Center for Music Therapy
Assistant Professor, Molloy College
Clinical Director, Center for Autism and Child Development at Molloy College
Owner, Developmental Music Health Services, LLC

The musical-clinical process by which therapists engage clients in co-active musical-play is multi-layered. It is based on the therapist's ability to musically conceptualize clients, while at the same time, offer musical experiences that provide opportunities for robust and affective musical dialoguing. This presentation will discuss this process within a six-step systematic framework of musically working with clients. Clinical video excerpts will be used throughout the presentation to illustrate concepts.

**Using EEG and Subjective Reports to Describe
the Music and Imagery Experience (N) (217D)**

Andrea McGraw Hunt, PhD, MT-BC
Fellow, Association for Music and Imagery

Assistant Director, Arts and Quality of Life Research Center, Temple University

Are GIM imagery experiences reflected in brain activity? If so, what does that mean? This session presents mixed-methods research seeking to answer these questions, along with implications of the findings.

2:30-3:15 Breakout 2

Music Therapy and Bone Marrow Transplant (ME) (217B)

Debbie Bates, MMT, MT-BC
Music Therapist, Self-Employed
Doctoral Student, Temple University

Bone marrow transplant is a unique part of the cancer journey. The presenter will share her experiences working with patients undergoing bone marrow transplant, including common diagnoses, types of transplant, and the role of music therapy during transplant hospitalization. Case examples will be shared.

Using Music and Mandala to Explore Clinical Relationships (G) (217A)

Heather J. Wagner, MMT, MT-BC
Fellow, Association for Music and Imagery
Adjunct Faculty, Molloy College and Anna Maria College
Music Therapist, Private Practice
PhD Candidate, Temple University

Music and imagery can be an effective means for not only personal exploration, but clinical as well. This session will present a method of music and mandala designed to explore challenging client/therapist relationships.

Aesthetics, Authenticity, and Collaboration: Approaching Therapeutic Songwriting from a Hip-Hop Perspective (MC) (217C)

Michael Viega, MMT, MT-BC
Fellow, Association for Music and Imagery
PhD Candidate and Doctoral Assistant, Temple University

This presentation will detail a music-centered approach to therapeutic songwriting when working with adolescents with adverse childhood experiences in Philadelphia, PA. The songwriting process and the influence of composed songs in therapy will be discussed from within the ethos of hip-hop culture.

Mutual Joy and Growth with a Woman with Middle Stage Dementia: Using Improvisation in the Model of Nordoff-Robbins Music Therapy (N) (217D)

Yuki Mitsudome, MMT, MT-BC
Nordoff-Robbins Music Therapist
Doctoral Assistant, Temple University

The presenter will discuss her music therapy work with a woman diagnosed with middle stage dementia, characterized by mutual joy and growth in music making. The therapist and client met in music, connected and communicated during the music making and established a co-active musical relationship in which they were equal partners. The presenter will also explore the effectiveness of improvised music for people living with dementia.

3:30-4:15 Breakout 3

Coping in Intensive Care: A Music Therapy Approach (ME) (217A)

Carol Shultis, MEd, LPC, MT-BC
Seton Hill University, Greensburg, PA
Forbes Center for Rehabilitation & Healthcare, Pittsburgh, PA
PhD Candidate, Temple University

Clinical experience and clinical research in the Intensive Care unit have led to a series of music therapy interventions for addressing the uncertainty, pain and overall discomfort of illness for these patients. Song choice, singing, being sung to, lyric creation and music-assisted relaxation and imagery techniques provide the therapist with a menu of options to address specific symptoms while allowing for moment-to-moment shifts to meet patient need. The Decision Tree defines a model for these techniques to be incorporated into clinical research.

The Creation and Current Practice of Guided Imagery and Music (GIM) (G) (217B)

Bryan J. Muller, PhD, MT-BC
Fellow, Association for Music and Imagery
Affiliate Faculty, Immaculata University
Music Psychotherapist, Private Practice

Helen Bonny's life experiences led her to the creation of GIM and her method is forever a reflection of her process of self-discovery through music. Drawing from his dissertation research and clinical practice the presenter will tell the story of how each part of the method came into Helen's life and how GIM continues to foster growth and change through music imaging.

Centro Gaúcho de Musicoterapia: A Clinical Music-Centered Music Therapy Practice in Southern Brazil (MC) (217C)

André Brandalise, MA
Founder and Director, Centro Gaúcho de Musicoterapia, Brazil
Doctoral Assistant, Temple University

The presentation aims to share the experience of music therapy music-centered clinical work being developed at Centro Gaúcho de Musicoterapia (Southern Brazil), with people with autism, Downs Syndrome and Neurological disabilities.

The Use of Live Music for Neurologically Impaired Clients (N) (217D)

Audrey Hausig, MMT, MT-BC
Delaware Psychiatric Center

Like a roadway, our neurological system allows life to transit throughout our bodies. When damaged, many aspects of health are impaired. This session will explore the use of live music to address symptoms of neurological disorders of adults living in a long-term-care facility. The presenter will discuss her experience of helping clients address pain, stress, respiration, cognition, mood, and outlook through using live, improvised music.

4:15 End of Conference