



Propelling Forward: Music Therapy Innovation in Ontario

MTAO Annual Conference and AGM

Saturday, February 23, 2019

Lincoln Alexander Centre

160 King St E, Hamilton, ON L8N 1B2

Presentation Descriptions

Pioneering Relationship Completion in Palliative Care Music Therapy in Ontario - Amy Clements-Cortes

An overview of the presenter's systematic analysis of the emerging themes in palliative care music therapy will be presented to provide context to the case of Dean, a 68 year old male dying of pancreatic cancer. Music therapy was instrumental in helping Dean complete relationships with his wife, children and grandchildren.

A portrayal of music therapy in supporting relationship completion shares the story of Dean, a 68 year old male dying of pancreatic cancer. Music therapy was instrumental in helping Dean connect to his wife, children and grandchildren. Songwriting, improvisation and song choice were the primary techniques utilized in the 11 music therapy sessions. Music therapy with Dean was implemented at three levels of practice over the course of his sessions. It was first introduced at the supportive and communicative/expressive levels to provide music for relaxation and sleep, as well as to help with emotional expression and reminiscence with his wife Elena. Music therapy continued at the communicative/expressive level and the transformative level where Dean worked to select the songs and lyrics for a "Grandchildren Tribute", and also for a song he was writing for Elena. Song choice and lyric analysis were particularly important in helping Dean connect with each of his grandchildren while leaving them a legacy gift. Relationship completion was at the forefront in the session where Dean's family heard the Grandchildren Tribute for the first time. Song choice, and lyric discussion and analysis also helped facilitate the anticipatory grieving process. Music therapy was successful in helping Dean accomplish all of the goals set for him. Dean's case is an example of the following emergent themes in palliative care music therapy: 1) Physical: Music Therapy to Promote Relaxation; 2) Psychosocial: Emotional Expression and Grieving, Supporting Relationships, and Relationship Completion; and 3) Spiritual and Whole Person Care: Life Review and Legacy Creation.

Participants will hear of Dean's story through the voice of the therapist as well as through

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direct quotes from Dean and his wife. Video and audio clips will be shared with the audience. The presenter has pioneered relationship completion in palliative care music therapy and has published multiple articles, doctoral thesis and a further book on the topic. Discussion and question period at the end will follow the lecture style presentation.

Amy Clements-Cortes, PhD, RP, MT-BC, MTA, FAMI, NMT-Fellow, is Assistant Professor, MaHRC, University of Toronto; Instructor and Supervisor, Wilfrid Laurier University & Ryerson; Music Therapist and Registered Psychotherapist. Amy is Past-President of the WFMT, and Managing Editor: Music and Medicine journal. She has multiple peer reviewed publications, including: "Voices of the Dying and Bereaved"

Jungle Jamboree - Kristin L. Baker

"Come, come along, play your drum and sing a song, time to dance, you and me at the Jungle Jamboree..."

Join us as Kristin Baker describes and displays the original musical film production of Jungle Jamboree! Starring 8 students diagnosed with autism spectrum disorder, it was the perfect recipe for an innovative after school program where product oriented vs. process oriented experience can be examined. With music, art, drama, creativity, fun and opportunity, it is a red carpet experience not to be missed!

Kristin L. Baker, BA, BMT, RP, MTA, M.ADS, Practicing music therapy for almost 2 decades in the Niagara Region, Kristin L. Baker, owner of Vibrance Music Therapy, has worked with persons with a variety of diagnoses in many settings. As an accredited music therapist and Registered Psychotherapist, Kristin focuses her practice on creative programs including being the co-creator of a Music and Speech Therapy program called Sing and Say with a Speech Language Pathologist. Kristin has a Master of Applied Disability Studies with a specialization in Applied Behaviour Analysis and is currently employed as an ABA Supervisor with the Niagara Catholic District School Board.

Music Therapy in a Correctional Institution for Women - Daniel Allen

This presentation outlines clinical work facilitated by the presenter within a federal correctional institution for women as part of a graduate level music psychotherapy placement. This presentation focuses specifically on the clinical interventions/models used, reflections of the presenters experiences, and the challenges of encouraging openness and reflective thought within a restrictive environment. The latter portion of this presentation focuses on some of the ethical dilemmas faced each day by the presenter, which are demonstrated through case examples.

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***Daniel Allen, MMT, MTA, BMT**, completed his Bachelor of Music Therapy degree at Wilfrid Laurier University in June 2014. He became a certified music therapist in October 2015 and started his private practice Allen Music Therapy in November 2015. His practice provides developmental music therapy sessions and adapted music lessons to clients of various ages and diagnoses. While he currently works primarily with children with developmental disabilities and attention deficits, he has also begun working increasingly with Alzheimers/Dementia patients, Deaf-Blind individuals, and adults with an acquired brain injury. In September 2017 Daniel returned to Wilfrid Laurier University to complete a Master of Music Therapy degree, doing so in August 2018. It was during this training that he participated in a clinical placement at a federal correctional institution, which serves as the inspiration for his presentation today. He also completed a major research project on how to expand the use of functional guitar techniques in clinical settings.*

Effective Allies: Why Long-Term Care Homes Need Music Therapists! - Melissa Jessop

In Ontario, a large percentage of music therapists work with residents in long term care homes, but are we really working to our fullest potential? Do our workplaces even understand or utilize the many aspects of our musical talents and creative expertise? Are we collaborative in our approaches and inspired by the diversity of our clients? Are we keeping ourselves 'open', stepping outside of comfort zones, and envisioning opportunities that focus on the musical wellness of our clients?

Through an enthusiastic lecture-style presentation, Melissa will provide examples of inspirational ways to breathe new life into what many have referred to as 'entry-level' work. If your clinical work seems status quo, mundane and stale, there is a problem! Through advocacy, community music therapy, and non-traditional collaborations, Melissa will offer practical ideas for music therapists seeking to enhance their clinical work, professional profile, and client experience in long term care.

***Melissa Jessop, RP, MMT, MTA**, obtained her undergraduate and graduate music therapy degrees from Wilfrid Laurier University (1994, 2003). She is an active clinician, and specializes in the area of music therapy and dementia care, where she continues to learn from and be inspired by her clients everyday. She is a Registered Psychotherapist, and has extensive experience as an internship and university practicum supervisor.*

Music Therapy: Anchored in Beauty - Ruth Roberts

Many clinical and research initiatives seek to validate music therapy within traditional biomedical models of evidence-based practice. What is the value and role of beauty in our clinical work within the current healthcare context? In the midst of the myriad of

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opportunities, challenges and pressures that we are presented with, how do we awaken to its presence? Is it integral to our own regeneration and renewal as therapists?

Through a weaving of story, art, poetry and music, Ruth will explore the premise that beauty defines the essence of our work and sustains the human spirit. As we encounter and befriend suffering, we may elicit beauty in the unexpected places and encourage its transforming presence.

To this end she will consider and reflect on personal and professional experiences that have occurred over twenty- one years of working with hospitalized infants/ children and families, adults and children in end-of-life care, elderly persons living with dementia, children and teens in grief support, and Guided Imagery and Music clients.

Ruth J. Roberts, RP, MMT, MTA, FAMI, is a Music Therapist and Registered Psychotherapist with a background as a registered nurse in variety of places and with persons of diverse cultural heritage. She was born and raised in Lynn Lake, Manitoba, a small mining town 600 miles north of Winnipeg, where she was embraced by the splendour of endless lakes and vast untamed wilderness. Many First Nations persons graced her childhood home and life. She holds a Masters in Music Therapy degree and initiated music therapy at Sick Kids Hospital in Toronto, ON. in 1999. She currently provides part-time clinical service for children and families in Critical Care and Cardiology. Her private practice includes nursing home residents and 'Guided Imagery in Music' (Bonny Method) clients. She had the privilege of designing and facilitating grief support groups for children and teens through Hospice Peterborough Ontario for several years. She occasionally performs on the flute, piano or guitar. Ruth served as Ethics Chair for the Canadian Association of Music Therapists for four years and has given conference presentations in Canada and internationally. She enjoys the peace and delight of living in the country near the village of Millbrook, ON.

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Poster Presentations

Interbrain Electroencephalography (EEG) Signal Synchronization Among Non-verbal Children/Youths with Severe Disabilities, Their Parents, and Music Therapists - Kyu Kang

Non-verbal children with severe disabilities encounter difficulties communicating, which may lead to social isolation. Research using Electroencephalography (EEG) have investigated the idea that empathy, the essential emotion for social interaction, is coupled with brainwave synchronizations. This suggests that one way we can understand non-verbal population is the measurement of brainwave synchronizations with EEG. However, there has been no study investigating interbrain synchronization of non-verbal children. Research has shown that music and the relationship between parents and children are important aspects when non-verbal children build social relationships. Therefore, this study will explore whether music and family contact time influence interbrain synchronizations while non-verbal children are interacting with music therapists during the sessions.

Non-verbal children (n=30), age range 8-18 years, their parents (n=30), and music therapists (n=3) will wear different EEG cap to measure brainwaves simultaneously during 4 music therapy and 4 storytelling sessions. To explore how family contact time influences the children's social interaction, children will be placed in three different groups based on family contact time. The parents will watch the therapy sessions in a separate room. The strength and directionality of interpersonal brainwave synchronizations among participants will be analyzed across the type of sessions and family contact time.

The results of this study will help us to understand how music supports non-verbal children to develop their social interaction. Moreover, such neural attunement can also be used for an objective assessment of children's satisfaction with the ongoing therapy, and in turn, for tailoring the therapy to maximize children's need.

Therapeutic Instrumental Music Performance - Catherine Haire

Research has shown that music engages the brain bilaterally throughout cortical and subcortical regions, accessing extended sensorimotor, cognitive and affective networks. This research explores the hypothesis that use of these shared neural networks allows neurologic music therapy interventions targeting upper extremity motor control to promote plasticity and functional improvements in persons recovering from a

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cerebrovascular accident. The potential therapeutic benefits of these interventions on attentional processes and affective responding will also be examined.

Enhanced Control in Musicians as Measured by an Auditory Stroop Task - Vivek Sharma

A stroop task involves consciously inhibiting word responses during perceptual naming tasks. Auditory versions using pitch naming also exist (e.g., presenting words “low/high” with 2 corresponding pitches). Stroop task has a neural index involving a large negative going neuroelectric deflection between 400 - 600 ms (N450). Inhibition and neural resource re-allocation during information conflict is not well understood in musicians. Musicians may accrue advantages in auditory Stroop Task through increased sensory acuity from prolonged exposure to pitch classification. Evidence exists showing that Absolute Pitch possessors may encode pitches into verbal labels directly on extraction of the pitch feature from isolated tones, while Relative Pitch might apply schematic processing and working memory to manipulate abstractions that encode information for multiple tones. All musicians are faster than non-musicians during incongruent conditions despite evidence of interference. ERPs and sources seem to be modulated for musicians. Possible training related neuroplastic changes to executive functioning and conscious inhibitory control from effortful manipulation of constantly shifting abstractions and tagging verbal encodings to pitch information, allowing for efficient enhancement of selective attention and neural resource allocation of limited electric power.

Vocal Intonation Therapy with an Individual with Autism: Assessing Potential for a Prospective Study - Nicole Richard

Objectives: 1) To investigate the feasibility of using a) the reported therapy session design and b) the clinical assessments tested during therapy with an individual, for use in a potential future study. 2) To investigate how VIT can improve auditory awareness and control in a young adult with ASD.

The Online Conference for Music Therapy - Aksana Kavaliova-Moussi

Online education and professional development for music therapists is relatively new. Until 2011, there were no continuing education options other than live attendances or correspondence courses. A small team of music therapists from Canada, Bahrain and the USA founded the Online Conference for Music Therapy (OCMT) in 2010. In 2015, the OCMT became a 501(c)3 non-profit organization registered with the State of Maryland in the United States. Today, the OCMT remains a unique 24-hours live online event where professionals and students from around the world meet to learn, network, disseminate

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research and clinical practice information. The OCMT creates opportunities for international collaboration, providing accessible online education options. The Canadian representative from the OCMT will share information about this unique conference, providing an overview of the OCMT history, mission and vision. The objective of this presentation is to educate Canadian music therapists about the OCMT and the ways they can participate in the conference. Discussion with the audience includes how online continuing education, such as the OCMT, can provide opportunities for increased international collaboration among music therapists.

A Music Therapy Program for Children's Well-Being and Personal Growth - Larissa Zoubareva

The purpose of this presentation is to introduce an innovative program for children called “Meditative Music Classes, Healing with classical music”. I have worked using this unique program based on the psychological model ‘gene-environment’ for more than 10 years with infants, toddlers and preschoolers. *Classical Music* has been found to be the most effective tool for this process because it can awaken “in children a real transformation” (Aigen, 1998, p. 105) of the whole human being. My philosophy is closely aligned with humanistic approach in music therapy which reveals the holistic relationship through the therapeutic process where a child’s self-realization becomes possible (Nordoff & Robbins, 2007, p. 3). In a creative nurturing musical environment, classical music could be a tool for regulating the gene expression which needs to be triggered through positive reinforcement.

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