

## MTABC Conference

**8:00 Registration**

**8:30 Welcome**

**8:45 Keynote with Jennifer Buchanan**

**10:15 Coffee Break**

**10:45 Concurrent Sessions: Martin Howard & Sara Fretz**

**12:15 Lunch**

**1:15 Concurrent Sessions: Larry Keats, Joel Kroeker, Internship Panel**

**2:15 Break**

**2:30 Plenary Session with Kristine Theurer**

**3:30 Closing**

## Presentation Descriptions & Bios



### **Keynote: Building a Best Care Practice**

As healthcare, education and private services continue to change and evolve, music therapists are often put in the position of having to define, re-define or just feel comfortable in their roles in various contexts. Although based from the perspective of a private practitioner the consideration of best care practices is suited to all work contexts.

After this presentation you will:

- stop apologizing for being a music therapist
- address the difference between hard work, efficient work and working with a purpose
- question the importance of being congruent with whom you are at work vs. play
- seek out opportunities for ongoing development both personally and professionally
- re-ignite your passion for contributing to something greater than yourself

Using personal stories, Jennifer will inspire you in identifying some key professional and personal issues that must be considered as our profession moves forward into the future.

### **Jennifer Buchanan, BMT, MTA, and Internship panel member**

After almost 20 years of running a music therapy company (currently with 18 staff, reaching over 1500 clients per week), raising two children, and being the Canadian Association for Music Therapy President, Jennifer has worked hard to develop the art of system development, business planning, and knowing where her teenaged children are (most of the time). To round out her offering in 2009 Jennifer obtained her drum circle facilitation through Circles of Rhythm. Her unique approach to drum circles (incorporating a therapeutic and educational component) has been a hit amongst seniors and those that are experiencing burn out. Jennifer has supervised (either as the primary or supporting supervisor) for almost 30 interns now.



### **Writing About Our Work**

This presentation will explore some of the challenges, possible solutions, and ultimate benefits inherent in writing about our work in music therapy. Two approaches to writing will be presented and various tips and strategies from the presenters own experience of writing and editing for the field of music therapy will be offered.

**Martin Howard, MA, MTA, RCC**, has been an instructor in the Music Therapy Program at Capilano University for the past twenty years. He also worked in two school districts as a music therapist with children for fifteen years. Martin has recently completed a four-year term as an editor for the online *Journal: Voices: a world forum for music therapy*. In addition to being a music therapist he is a registered clinical counsellor and currently works in private practice with children and adolescents.



### **Music therapy in Children's Mental Health: One therapist's experience developing and implementing a music therapy program in a residential and day treatment centre for children and youth ages 12-18.**

For anyone interested in hearing about my work in Ontario and how I started a position in a Children's Mental Health treatment centre.

I am hoping to have a more informal session of sharing about my own experience as a music therapist in children's mental health and how I developed a program in a treatment centre in Ontario. I would like to address the challenges I faced in this field, the questions I had to ask myself, and finally where I felt music therapy fit in the larger picture of treatment (taking into account the volatile nature of the clients, the programs already offered, the interdisciplinary team and the duration of time allotted for treatment). I would be open to questions and having a discussion. Case examples will be presented as well.

**Sara Fretz, BA, BMT, MTA**, grew up in Toronto, and studied at the University of Waterloo and Wilfrid Laurier University. She has a degree in psychology, and completed her music therapy degree in 2001.

Sara worked in Children's Mental Health for 6 years after graduation, and taught Kindermusik for 5 years. In 2007, Sara and her family moved to Vancouver. She has been home with her two girls since then but continues to volunteer and run children's music classes. She is starting her first term on the MTABC Board this year and looks forward to connecting with other local music therapists.



### **A New Voice for the 21<sup>st</sup> Century: The Hang (or Hand Pan)**

The Hang is a unique sound sculpture / musical instrument. The evocative bell-like tones make extensive use of harmonic overtones inspired from the hands of the player interacting with the instrument producing a pleasing meditative experience. The purpose of this presentation is to introduce the use of the Hang as a tool in music therapy.

**Larry Keats, BMT, MTA**, is a graduate of the Capilano College/BC Open University Music Therapy program. For the last fifteen years, Larry has maintained a busy private practice based in Salmon Arm BC, using the power of music to enhance the lives of children and adults who face physical, cognitive and emotional challenges with a strong focus on those challenged with Autism Spectrum Disorder. His thirty-five years of experience as a professional musician, primarily as a drummer/ percussionist, has been a valuable resource in developing theory and practice to promote wellness.



### **Archetypal Music Psychotherapy: A Jungian Approach to the Creative Expressive Arts**

In this experiential lecture/performance I will illustrate a new psychodynamic method of music therapy that I call Archetypal Music Psychotherapy, which integrates interdisciplinary multi-media creative expressive arts modalities, including improvised music, visual art, sculpture, songmaking, free prose, film-making and improvisational gesture. I will show how this method confirms Jung's proposition that the psyche's creative impulse can engage a healing power that resides in the unconscious and how the transcendent function can be activated through the conscious manifestation of abstract symbols into consciousness through musical improvisation. This presentation will conclude with clinical applications for these findings.

**Joel Kroeker, BMus, MA, MMT**, just completed his Masters in Music Therapy and has returned to BC. Since 2008, he has enjoyed leading music therapy sessions in a broad context with people across the lifespan, including adult mental health, older adults in complex care, at-risk youth and children with developmental delays. Before becoming a music therapist he spent a decade traveling the world as an international recording artist.

[www.joelkroeker.com](http://www.joelkroeker.com)



**The Java Music Club: building relationships in residential facilities**

The *Java Music Club* is a research-based program that creates an enhanced group environment giving residents living in facilities both a voice and the opportunity to provide mutual support. What sets the *Java Music Club* apart is a unique and dynamic combination of components which serves to empower residents. Staff enjoy the program, finding it meaningful and easy to implement. This presentation will outline the development and evaluation of the intervention. Attendees will be able to discuss the potential role of mutual support within facilities.

**Kristine Theurer, MA, MTA, Presenter and Internship panel member**, has worked as a Music Therapist since 1989. She is author of the book *The Bells Are Ringing*, has published two research articles, facilitated numerous workshops and presented at international conferences. She has a Master of Arts in Gerontology and received the Michael Smith Foundation for Health Research and the Social Sciences and Humanities Research Council of Canada grants. For more information go to [www.javamusicclub.com](http://www.javamusicclub.com) and [www.kristine.ca](http://www.kristine.ca)



**Susan Summers, MMT, MTA, Internship panel moderator**

In her twenty-two years of clinical practice with older adults and in hospice care, Susan has supervised over twenty-five interns, both on-site and off-site. She has a passion for supervision and mentoring. She is on faculty at Capilano University, teaching voice and supervising practicum students. Susan is the President of MTABC and is the Coordinator of the Vancouver Vocal Psychotherapy Intensive program with Dr. Diane Austin.



**Sheila Harry, BMT, BMus, Internship panel member**, is a recent graduate of the Capilano music therapy program; she finished her internship in March and graduated officially in June. She is currently working for Sandy Pelley, doing temp and contract music therapy work.



**Mara Sawchyk, intern, Internship panel member,** plays guitar and has been playing music since the age of ten. She came to Music Therapy after a career change of twenty years in the information technology industry. She is currently working on her music therapy internship with both geriatric and psychiatric populations.