

**2011 4<sup>th</sup> Annual MTABC Conference**

**October 29, 2011 Capilano University**

**8:00 Registration – Cedar 120**

**8:45 Welcome – Cedar 120**

**9:15 Keynote with Deborah Salmon - Cedar 148**

**10:45 Coffee Break - Cedar 120**

**11:00 Concurrent Sessions:**

**Sue Baines - Cedar 135**

**Internship Panel moderated by Valerie Weeks - Cedar 122**

**12:00 Lunch - Cedar 134**

**1:00 Concurrent Sessions:**

**Esther Thane - Fir 119**

**Joel Kroeker - Cedar 135**

**2:30 Break - Cedar 120**

**2:45 Conference Plenary: Looking Back... Looking Forward... - Library 322**

**Nancy McMaster & Deborah Salmon, moderated by Stephen Williams**

**3:45 Closing – Library 322**

## Presentation Descriptions & Bios



### Keynote description

#### **On Wings of Song' Revisited: Psychotherapeutic thinking in music therapy practice**

This presentation aims to illustrate psychotherapeutic concepts in practice, using clinical vignettes of the presenter's work from the 1999 video "On Wings of Song; Music therapy at the end of life". Drawing upon psychodynamic theory, we will explore how concepts such as attunement, containment, free association, transitional objects and transference-countertransference provide a framework for thinking about our music therapy work.

**Deborah Salmon, MA, MTA, CMT**, has practiced music therapy in palliative care since 1984. She holds a BMus degree in flute performance (University of Manitoba), an MA in music therapy (New York University), and has trained extensively in psychotherapy.

Deborah has published several articles and chapters and presents her work internationally. She has taught music therapy courses at Concordia University, McGill University and the Université de Québec à Montréal. She is also the subject of a documentary film, «On Wings of Song: Music Therapy at the End of Life».

Deborah continues to practice music therapy and supervise music therapy students and interns at McGill University Health Centre's Palliative Care Service. She also maintains a private practice in psychotherapy and is currently training in couple and family therapy.



### **Music Therapy at the Provincial Assessment Centre: adults/teens with developmental delays/mental illness**

This presentation will describe the role of the Provincial Assessment Centre in treating clients with developmental delays/mental illness who are no longer functioning in their home environment and the function of the music therapist in the Centre. Group and individual models of music therapy assessment, treatment team interface, and a model for community care development will be offered. The primary model of care utilized at the Centre, the Mandt Approach which focuses on building relationships to enhance quality of life, will be presented.

**Sue Baines, MA, MTA, BMus** from the University of Calgary, **BMT** from Wilfrid Laurier University in Waterloo, ON, and Master of Arts in Music Therapy from New York University, is a Fellow of the Association for Music and Imagery. Susan is accredited by the Canadian Association for Music Therapy and works in adult and teen psychiatry and long term care in the Greater Vancouver Region.



### **Mindfulness and Music Therapy**

Lately, there has been an increasing wave of research and support for integrating aspects of core mindfulness into all levels of therapy. The growing popularity of modalities such as DBT and mindfulness-based CBT are examples of its effectiveness. Through this experiential presentation the presenter will demonstrate how these mindfulness-based psychotherapeutic techniques and theories can be effectively applied within the context of music therapy. Participants will be given the opportunity to experience a range of mindfulness-based musical interventions and the presenter will illustrate how these can be beneficial inside (and outside) the clinical space.

**Joel Kroeker, MMT, MA, RCC, MTA**, is a Registered Clinical Counselor and an accredited music therapist who has a private practice in Vancouver. He trained in Mindfulness-Based Cognitive Therapy at the University of Toronto's School of Medicine with the founder of MBCT, Zindel Segal. Joel is currently developing and practicing a new method of music-based Dialectical Behavioural Therapy (DBT) that incorporates improvisational musical processes within its mindfulness component.



### **A Vocal-Led Relaxation for Children with Autism Spectrum Disorders**

This presentation/ experience will address the theoretical foundations and implementation of a vocal-led relaxation method for children with Autism Spectrum Disorders (ASD), which I have developed through my clinical work. This Method was recently published in the book: *Voicework in Music Therapy*. My method draws from research and applications of relaxation methods in the fields of: music therapy, music research, child psychology, child development, education, and health and wellness. It will describe how this population can benefit from vocal-led relaxation experiences, and then outlines the methodological approach and how it is implemented in music therapy practice. Following the presentation, audience members will be invited to take part in the relaxation (approx. 30 minutes), which will conclude with a short question period. Please bring a pillow & blanket (drop off area will be provided at start of day).

**Esther Thane, MTA:** Esther's specialization for the past 15 years has been in the field of Autism- specifically early intervention. Esther holds a long standing contract with the North Vancouver School District No. 44, and maintains a private practice for pre-school children to young adults with Autism Spectrum Disorder at her music therapy studio in North Vancouver (ET Music Therapy). Esther has been a Music Therapy voice instructor at Capilano University for the past 8 years, teaching in the Bachelor of Music therapy Program. She presents annually at the Vancouver International Song Institute (University of British Columbia), and is Artistic Director of MTABC's Symposium for Kids (UBC). She performs and records regularly with the professional vocal ensemble- Pandora's Vox. Esther is currently enrolled in Dr. Diane Austin's first international distance training program in Vocal Psychotherapy, in Vancouver. Esther has written a chapter on her Vocal-Led Relaxation Method for the book: *Voicework in Music Therapy*, which was published in June 2011.

### **Internship Panel**

The Internship Panel includes an informal discussion with a current intern, a recently graduated music therapist and an experienced internship supervisor, moderated by Valerie Weeks. The multicultural experience of interns will be shared, and questions are welcome from the audience.



**Internship supervisor and panel moderator Valerie Weeks, MTA,** has maintained a busy and fulfilling practice as an accredited music therapist in Vancouver over the past 18 years. Her work has focused mainly in palliative and elder care, working at St. Paul's Hospital for 15 years, and at Marion Hospice.

She initiated the first music therapy practice in an ICU setting in Canada at St. Paul's Hospital, a position which was maintained for 10 years. She has published and presented on her music therapy work at regional, national and international conferences. Valerie is proud to have mentored numerous outstanding music therapy interns and practicum students over the years.

As one of Canada's outstanding harpsichordists, Valerie Weeks has performed extensively in Canada, the United States and Europe. She has received many awards during her playing career, including the Grand Prize of the CBC radio competition, and second prize at the Edinburgh International Harpsichord competition. She has performed with many outstanding Canadian orchestras and solo musicians, and is a founding member of three of Canada's top early music ensembles. She has made numerous recordings of chamber music, and has been frequently heard on CBC radio over the past 30 years.

### **Conference Plenary: Looking Back... Looking Forward...**

A moderated discussion between Nancy McMaster and Deborah Salmon about where our profession has been, where they see us now and where we are going – from various perspectives: visioning, political/governmental regulation, clinical, etc.



**Nancy McMaster, MA, N-R certification, AMI Fellow, MTA**

Trained in Nordoff-Robbins model, Music Psychotherapy and GIM approaches to music therapy, Nancy is in private practice with children and adults for 40 years. She is the co-founder of the first Canadian music therapy training program in 1976 at Capilano University. She is an international presenter and contributing author to several music therapy journals and books. Nancy is an MTABC board member, and performs and records classical piano music.



**Deborah Salmon, MA, MTA, CMT**

**Plenary Moderator Stephen Williams, MA, CMT, MTA**, is the Program Coordinator of the Bachelor of Music Therapy at Capilano University, and has taught in the program for the past 21 years. He is an Accredited Music Therapist in Private Practice, working with adults and children. Stephen has presented at local, national and international conferences. He has also been a past board member for MTABC and CAMT. Stephen is a member of the MTABC Employment Task Force.

