

2020 MTABC Conference Concurrent Presenters

[11:00-12:30]

Noele Bird MMT, MTA, RCC, FAMI

GIM and the Role of Meaning in Mental Health

What is the role of meaning in mental health? Research is correlating mental well-being with a belief in life's meaning. This presentation will explore the Bonny Method of Guided Imagery and Music, one of the main models of Music Psychotherapy, as a method for accessing experiences that transcend and reframe our suffering while helping us find meaning. A short experience with music and imagery will explore what gives our lives meaning, what sustains us, and the role these have in our mental wellness.

Jennyfer Hatch, MTA

THE NEW DEMENTIANS - Our journey of inspiration through forming to performing

Introducing The New Dementians: a dementia friendly multicultural intergenerational choir, that brings people of all, ages, backgrounds, cultures, experiences, and voices together to create community! *"Come listen, learn, and laugh with us! Non-auditioned and no experience necessary!"* Expanding from a safely established dementia-friendly community in Burnaby, BC, Certified Music Therapist Jennyfer Hatch, Artistic Director of The New Dementians, aims to showcase the inspiration, creation, development, and celebration of The New Dementians, highlighting the positive impact of choral experiences and "how-to's" on creating similar programs, with a successful transition from in person to virtual programming due to Covid-19 restrictions.

Kia Kadiri, Professional Hip-Hop Artist, Songwriter, Youth Supervisor with Ministry of Children and Family Development.

Hip Hop Hope – The Therapeutic Value of Hip-Hop Culture

Discover therapeutic applications for Hip Hop, and its importance to the Black, Indigenous, and People of Colour (BIPOC) community. Hip Hop culture is being used as a tool to provide healing associated with systemic racism, mental health, addiction and poverty. This music has evolved into a powerful form of expression for spoken-word poetry, producers, DJ's and rap artists, particularly with youth. Participants will learn hip hop history, as well as explore techniques for incorporating best practices in classrooms, individual lessons and systems of care.

[1:30-3:00]

Sue Baines, PhD, MTA, FAMI

Fostering Social Justice Informed Music Therapy

A social justice informed approach to music therapy addresses our substantial risk of harming the public when we fail to address systemic oppression. As thinking caring community minded individuals, we need to explore and reflect on our own stories, who generated these stories, and who benefitted from these stories. Through reflection and action, we can be allies in shedding the remnants of colonialism still systemically embedded in our life experiences, education, and training.

Stephen Williams MCAT, MTA

Befriending Your Woundedness

This presentation will be an inquiry into emotional woundedness. It will include a consideration of your own wounded process, with a suggested plan for befriending your woundedness so that it becomes a tool for use in clinical work and in life. Expect to hear what others have to say about woundedness, and to consider a slightly new perspective on your own woundedness.

Mary Reher MTA, FAMI

Mental Health: Cultivating Resilience, Making Meaning in the Face of Chaos

Through personal stories, examples, and phrases, Mary will weave a tapestry of pathways toward a state of mental health, for herself and her clients. Rather than academically-sourced, this presentation will draw entirely on Mary's lived-experience, her own personal treasury of research. Topics such as Nature, mental discipline, expanded states of awareness and more, will be touched upon. You are invited to "pick the plums" you wish from this rich tapestry of one person's life, anything that may be useful or adaptable to your own life and work.

