



The Music Therapy Association of British Columbia
Presents the 13th Annual Conference

Moving the Profession Forward: Music Therapy in Mental Health

Saturday November 7th, 2020
8:30 am - 5:00 pm (PDT)
VIRTUAL EVENT

2020 MTABC CONFERENCE PROGRAM

Our deepest thanks to Long & McQuade and Roland
for sponsoring our 2020 MTAC Conference



WELCOME

Dear colleagues and friends,

On behalf of the 2020 Conference Committee and Music Therapy Association of British Columbia's Board of Directors, I welcome you to the 13th annual MTABC Conference, Moving the Profession Forward: Music Therapy in Mental Health.

Thank you for joining us as we host our first ever, virtual online conference! This year we are highlighting the various techniques, interventions, and intimate expressions that occur through music therapy and the profound impacts this has on mental health. We have an exciting program of presentations featuring leaders in our community sharing their experiences from both professional and personal scopes.

Perhaps now more than ever, we are called to tune into our own relationship with mental health and moved towards how we can offer meaningful support to our communities. In a year of uncertainty music remains a constant and contained space for us express, explore and connect-- to ourselves, together and into wellness.

To support with *expressing, exploring and connecting* today, please review these helpful hints for participating in our virtual conference platform (via zoom);

EXPRESS

- ensure your microphone is muted at all times unless instructed otherwise
- share your reactions with the zoom emoji icons
- participate in discussions using the chat box
- have a pen & paper nearby

EXPLORE

- engage with presenters by using the chat box, or utilizing the raise hand icon
- save any shared documents during presentations from the chat box
- invite curiosity into your learning experiences
- familiarize yourself with the zoom toolbar

CONNECT

- reach out to others using the chat box or private message option
- contact conference@mtabc.com for questions or concerns
- check-in with yourself; how is your mental health doing?
- take care and take breaks

I hope you enjoy yourself today, we are so grateful for your support and participation.

Take care and be well,
Brittany Robart, MTA
2020 MTABC Conference Chair

CONFERENCE SCHEDULE

8:30 am – 9:00 am

Welcome

9:00 am – 10:30 am

Keynote Presentation

Dr. Michael J. Silverman PhD, MT-BC; Full Professor
Who keeps moving our cheese? Navigating the wind of change in mental health.

10:30 am – 11:00 am

Break

11:00 am – 12:30 pm

Morning Concurrent Sessions

Noele Bird MMT, MTA, RCC, FAMI

Jennyfer Hatch, MTA

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

12:30 pm – 1:30 pm

Lunch

1:30 pm – 3:00 pm

Afternoon Concurrent Sessions

Sue Baines PhD, MTA, FAMI

Stephen Williams MCAT, MTA

Mary Reher MTA, FAMI

3:00 pm – 3:30 pm

Break

3:30 pm – 4:30 pm

Panel:

How do we cope in times of collective crisis?

Moderator: Katherine Deane, MTA

Panelists: Kirsten Davis MA, MTA., Joel Kroeker

DAPsych., Michael J. Silverman Ph. D., MT-BC., Kayla

Turnbull MTA, MT-BC.

4:30 – 5:00 pm

Closing

Guided Music & Imagery Experience

Connecting to our Collective Resilience

CONFERENCE PROGRAM

8:30 am – 9:00 am Welcome

Brittany Robart MTA- *Opening Remarks*

Mary Cobham, MTA -*Zoom Etiquette*

Sheila Lee, MMT, MTA, FAMI - *MTABC President Remarks*

9:00 am – 10:30 am Keynote Presentation

Who keeps moving our cheese? Navigating the wind of change in mental health.

Dr. Michael J. Silverman PhD, MT-BC; Full Professor

In 1964, Robert Zimmerman (better known as Bob Dylan) released his appropriately titled song “The times they are a-changing.” Despite being over 50 years old, this song still rings true. While we may not agree on the direction or speed of change, perhaps we share a common space in agreeing that Dylan was correct in 1964 and still is correct today: The times they are a-changing. During a time of unprecedented changes and challenges in our various spaces, it is especially vital for us to come together as a community, listen to disparate voices and narratives, and connect with each other while practicing humility, responsiveness, and awareness. While we may yearn for in-person engagement with our music therapy colleagues, we are fortunate to be able to connect during a virtual conference. Inspired by our changing times and the need to connect, this presentation will highlight changes and challenges to music therapy in mental health. Weaving between clinical anecdotes and the research literature, the presenter will address language, outcomes, and recognition situated within adult mental health settings.

10:30 am – 11:00 am Break

11:00 am – 12:30 pm Morning Concurrent Sessions

GIM and the Role of Meaning in Mental Health

Noele Bird MMT, MTA, RCC, FAMI

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. Please bring a pen and paper to this presentation.

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

Jennyfer Hatch, MTA

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.

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

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

12:30 pm – 1:30 pm

Lunch

1:30 pm – 3:00 pm

Afternoon Concurrent Sessions

Fostering Social Justice Informed Music Therapy

Sue Baines, PhD, MTA, FAMI

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.

Befriending Your Woundedness

Stephen Williams MCAAT, MTA

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.

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

Mary Reher MTA, FAMI

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.

3:00 pm – 3:30 pm **Break**

3:30 pm – 4:30 pm **Panel**

How do we cope in times of collective crisis?

Moderator: Katherine Deane, MTA

Panelists: Kirsten Davis MA,MTA., Joel Kroeker DAPsych, Michael J. Silverman Ph.D., MT-BC, Kayla Turnbull MTA, MT-BC.

4:30 pm – 5:00 pm **Closing**

Connecting to our collective resilience

Noele Bird MMT, MTA, RCC, FAMI

Join us as we close our conference with a group music and imagery experience led by Noele Bird; attune to music together as we connect to our collective resilience. We encourage you to have a blank sheet of paper and dark marker or pen on hand.

Presenter Biographies

Michael J. Silverman Ph.D., MT-BC; Full Professor



Michael J. Silverman (Ph.D., MT-BC; Full Professor) is the Director of the Music Therapy Program and a Distinguished Teaching Professor at the University of Minnesota. Widely published in peer-reviewed journals including the *Journal of Music Therapy*, the *Nordic Journal of Music Therapy*, and *Psychology of Music*, Dr. Silverman authored *Music therapy in mental health for illness management and recovery* (published by Oxford University Press). Dr. Silverman has received funding from the University of Minnesota, the American Music Therapy Association, and the National Institutes of Health and reviewed grants for the National Endowment for the Arts and the European Science Federation. An active presenter at regional, national, and international conferences, he is a member of the research staff at the University Hospital where he is engaged in music therapy clinical practice and research with adults with mental health and substance use conditions.

Sue Baines PhD, MTA, FAMI

Sue Baines PhD, MTA, FAMI has extensive eclectic music therapy experience working with persons with a broad spectrum of physical, emotional, social, and spiritual concerns in a variety of clinical and community settings. Sue has taught workshops and seminars internationally and published in professional journals. She has practiced music therapy in Vancouver since 1994 and taught in the Bachelor of Music Therapy program at Capilano University since 1997.





Noele Bird MMT, MTA, RCC, FAMI

Noele Bird is a Certified Music Therapist and Registered Clinical Counselor in private practice based on Saturna Island, British Columbia. She is a Trainer of the Bonny Method of Guided Imagery & Music and a Fellow of the Association for Music & Imagery. Noele has been in private practice for over 32 years and specializes in transpersonal psychotherapy through the Bonny Method of Guided Imagery & Music.

Kirsten Davis MA, MTA, AVCM

Kirsten completed undergraduate training in music therapy at Wilfrid Laurier University, Waterloo, Ontario, and graduate studies in creative arts therapy at Concordia University, Montreal. She is currently music therapist at Homewood Ravensview in North Saanich, B.C., a residential treatment facility for clients with mental health and substance use disorders. Kirsten's 25 years of clinical experience include working in pediatric rehabilitation with children with physical and mental challenges, in long term care with seniors with dementia, and with patients and families receiving palliative care. Her interests in research and writing have led her to contribute to the music therapy literature in Canadian and international journals. She has served on the boards of both the Canadian Association of Music Therapists and the Music Therapy Association of British Columbia. For her own musical fulfillment, she plays flute with the SilverWood folk ensemble.





Katherine Deane, BMT, MTA

Katherine Deane, BMT, MTA is a Certified Music Therapist and currently the NICU Music Therapist at Royal Columbian Hospital Neonatal Intensive Care Unit. She has also led groups and private music therapy sessions for preschoolers, children, and teens with developmental disabilities, speech delays, and learning differences as the owner of 2Play Music Therapy and worked with Note by Note Music Therapy mounting three community musical theatre productions at Semiahmoo House Society for actors with cognitive differences. She owns West Side Music Together, Vancouver's largest music and movement program for children newborn through kindergarten, which is celebrating its 16th year in 2020. Katherine sat as the President of the Music Therapy Association of BC from 2017-2019 and is happy to be a part of this wonderful community of music therapists

Jennyfer Hatch, MTA

Jennyfer Hatch, MTA is a Certified Music Therapist, music instructor, healthcare advocate, and nature lover. Their clinical focus in mental health and trauma recovery with folks of all ages is contained within the framework of client-centered, anti-oppressive, and humanistic approaches to holding and being with in community, both in and out of the music.





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

Kia Kadiri is a respected vocalist based in Vancouver. For over 20 years her unique style keeps her in demand as a performer, instructor, and recording artist. Kia teaches rap in marginalized communities, schools, and institutions. The interactive workshops combine music theory, improvisation and creative writing. Kia has worked with organizations such as the Vancouver Biennale, Artstarts and The Power of Hope; teaching youth the history of hip-hop culture.

Joel Kroeker, DAPsych

Joel Kroeker, DAPsych, is a Swiss-trained Jungian psychoanalyst, clinical supervisor, authorized meditation instructor, music-centred psychotherapist and a registered clinical counsellor with a private practice based in Victoria, BC. He is the founding international workshop facilitator of Archetypal Music Psychotherapy (AMP) and an international recording and touring artist on True North Records. He divides his time between the joys of fatherhood, his clinical practice and teaching music oriented psychotherapeutic courses at universities across Brazil, Europe and North America. His new book, "Jungian Music Psychotherapy: When Psyche Sings" is a finalist for the IAJS (International Association for Jungian Studies) book award.





Mary Reher MTA, FAMI

Mary Reher is a Certified Music Therapist and graduate Capilano U. She has practiced the Bonny Method of GIM since 1996, and is a past Board member of CAMT. Mary has presented her work at conferences, written articles and authored chapters for two books. Having worked with the full spectrum of ages, Mary currently runs a community Singing program, sees dementia clients in their homes, and offers individual sessions and one day retreats at her property on Pender Island.

Kayla Turnbull MTA, MT-BC **Founder and co-owner of Soul Sounds Music Therapy**

Kayla is an Certified Music Therapist and founder of Soul Sounds Music Therapy (SSMT). SSMT is a partner owned music therapy business based in Kelowna, BC, offering both telehealth and in-person therapeutic services. Following her internship at BC Children's Hospital and Bachelor's Degree at Capilano University, it's been a dream to bring Kayla's career home to the Okanagan. SSMT launched in August 2019 as a sole proprietorship and advanced to a general partnership in January 2020 with certified music therapist, Lizzy Walsh. Together, Kayla believes everyone can make an impact in their communities. Kayla commits to moving from isolation to strength-based connection and community. SSMT has reached 6 communities in BC and has collaborated with over 14 facilities and organizations. Kayla works within various populations focusing on children and youth with complex medical conditions.





Stephen Williams MCAT, MTA

Stephen is an educator and Certified Music therapist, working at Capilano University's Bachelor of Music Therapy program. He has served on numerous provincial and national committees, including FACT-BC and the CAMT Board, and has presented extensively at local and national conferences over the years.

ACKNOWLEDGMENTS

This conference was made possible through the incredible support and teamwork from our MTABC board, the 2020 Conference Committee and the many volunteers in our community who came together to help us in organizing our first virtual conference. A very special thank-you to;

The 2020 Conference Committee

Brittany Robart, MTA *Conference Chair*
Natalie Kimpton, MTA *Presenter Liaison*
Olivia Nussey, MTA *Supports Coordinator*
Josh Denney-Keys, MTA *Sponsorship & Raffle*

Concurrent Presenter Room Hosts

Olivia Nussey, MTA
Annette Rolleman MTA, BMus
Kayla Turnbull MTA, MT-BC
Eva Wong MTA, BA, ARCT

Additional thanks to Rebecca Hylands, MTA and Asia Machaj BMT, BEd.
for supporting with "behind the scenes" conference planning.