



The Music Therapy Association of British Columbia
Presents the 14th Annual Conference

Coming Together to Celebrate Community

Saturday November 6th, 2021
9:00 am - 5:00 pm (PST)
VIRTUAL EVENT

2021 MTABC CONFERENCE PROGRAM

WELCOME

Dear colleagues and friends,

On behalf of the 2021 Conference Committee and Music Therapy Association of British Columbia's Board of Directors, we welcome you to the 14th annual MTABC Conference; Coming Together to Celebrate Community.

Thank you for joining us for our second virtual conference! This year we are *coming together to celebrate community*: this community of diverse, creative, inspiring music therapists working in communities all across BC. As the world continues to move forward in unparalleled times, we wanted to pause for a celebration of the amazing accomplishments and continued passion each of you bring to our profession.

This year we are increasing opportunities for you, the community, to connect and thrive together in learning. Please familiarize yourself with our new conference schedule and choose which presentation or discussion group you would like to attend. While we miss connecting in person, we hope this is a welcomed moment to reunite together and *celebrate* one another and our brilliant profession!

To support your 2021 conference experience, please review these helpful tips for participating in our virtual conference platform (via zoom):

EXPRESS YOURSELF

ensure your microphone is muted at all times unless instructed otherwise
participate in discussions using the chat box & emojis
have a pen & paper nearby

EXPLORE & ENGAGE

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

CONNECT WITH OTHERS

choose the discussion breakout room you would like to attend
reach out to others using the chat box or private message option
contact conference@mtabc.com for questions or concerns

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

Take care and be well,
Brittany Robart, MTA
Natalie Kimpton, MTA
2021 MTABC Conference Committee

CONFERENCE SCHEDULE

9:00 am – 9:30 am	Welcome
9:30 am – 11:00 am	Keynote Presentation Dr. Cynthia Bruce PhD, MTA <i>Mobilizing Disability as Legitimate Lived Knowledge: Implications for Socially Just Practice</i>
11:00 am – 12:00 pm	Lunch
12:00 pm – 1:30 pm	Concurrent Sessions Noele Bird MMT, MTA, RCC, FAMI Annette Rolleman, MTA, NMT, BMus
1:30 pm – 1:45 pm	Break
1:45 pm – 3:00 pm	Community Discussion Groups Sue Baines PhD, MTA, FAMI Maryann Burrows, MTA, FAMI Katherine Deane, MTA Kevin Kirkland, B.Mus., MTA, MA, PhD Camilla Schroeder, MTA Kristen Shin, MTA
3:00 pm – 3:15 pm	Break
3:15 pm – 4:30 pm	Panel: <i>Empowerment through information: Sharing the gems from the Advocacy Task Force</i> Moderator: Susan Summers, PhD, MTA Panelists: Julia Adam, MTA., Julie Grannary, MTA., Shannon Perkins Carr, MA, MTA., Lizzy Walsh, MTA.
4:30 – 5:00 pm	Closing Music by Rachel Bergen, MTA, MT-BC

CONFERENCE PROGRAM

9:00 am – 9:30 am Welcome

9:30 am – 11:00 am Keynote Presentation

Mobilizing Disability as Legitimate Lived Knowledge: Implications for Socially Just Practice

Dr. Cynthia Bruce, PhD, MTA

Many music therapists are beginning to explore what it means to work in more socially just ways, but disability is often excluded from equity and diversity considerations. Definitions of disability as deficit or lack are dominant, and support is generally grounded in the assumption that the most useful objectives are remediation and cure. This presentation will explore how to mobilize lived disability experience as knowledge that can and must inform music therapy practice. The highly practical nature of critical disability theory will be advanced, and implications for establishing the self-determined needs and relevant supports for disabled people will be examined. There is nothing more practical than a good theory, and together we will discuss how this can actually be true!

11:00 am – 12:00 pm Lunch

12:00 pm – 1:30 pm Concurrent Sessions

A Safe Landing Space: Using GIM to Deepen Internalized Relationships for Co-Regulation

Noele Bird MMT, MTA, RCC, FAMI

The idea of self-regulation may be a myth and instead what's really happening is co-regulation. We are interconnected and, according to some trauma therapists, it is safe loving relationships and experiences as well as the internalization of these that regulate us. This workshop provides a brief overview of co-regulation followed by a Guided Imagery & Music experience to access and deepen the internalized relationships that give us safe, loving ground to stand on and provide a safe landing space for others.

Prep for this presentation:

- *Please bring an object that holds and expresses a sense of a safe and loving connection in your life. This could be a connection with a person, a community, nature or an animal.*
- *Take your time to look around and consider the object that feels right to you. You will be invited to share your object in the workshop.*
- *Please also bring a sticky note, and some drawing or writing materials.*

Basics Behind Boomcards and More!

Annette Rolleman, MTA, NMT, BMus

In this presentation you'll learn the basics for creating your own Boomcards and how to implement them into your Telehealth sessions. The presentation will also cover other applications such as PowerPoint, OneNote and others. You'll come away with more intervention ideas for Telehealth, and hopefully some inspiration for creating more of your own Telehealth resources. The interventions demonstrated in this presentation are geared towards children aged 3-12.

1:30 pm – 1:45 pm Break

1:45 pm – 3:00 pm

Community Discussion Groups

Celebrating Equity & Inclusion

Sue Baines, PhD, MTA, FAMI

A place to explore equity and inclusion in anti-oppressive practice

Celebrating the Soul

Maryann Burrows, MTA, FAMI

A place to discuss and explore the connection to our soul in relaxation and mindfulness

Celebrating & Supporting Growth

Katherine Deane, MTA

A place to discuss and explore supporting growth in early childhood development

Thoughts to consider: successfully incorporating families into sessions, share the songs you are using in practice, discuss instrument choices, to prop or not to prop?

Celebrating Resiliency

Kevin Kirkland, B.Mus., MTA, MA, PhD

A place to discuss and explore the journey of resiliency in mental health & addictions

Celebrating Connection

Camilla Schroeder, MTA

A place to discuss and explore the continued need for connection in Long Term Care

Celebrating Life

Kristen Shin, MTA

A place to discuss and explore meaning and healing in grief and bereavement

3:00 pm – 3:15 pm

Break

3:15 pm – 4:30 pm

Panel

Empowerment through information: Sharing the gems from the Advocacy Task Force

M.C.: Susan Summers, PhD, MTA

Panelists: Julia Adam, MTA., Julie Grannary, MTA., Shannon Perkins Carr, MA, MTA., Lizzy Walsh, MTA.

MTABC's long-standing partnership with the Health Sciences Association (HSA) enabled us to establish an advocacy task force that empowers certified music therapists to gain confidence and competence by knowing our rights in the work environment. This presentation will discuss our learnings, introduce the resources created, and share our knowledge so that everyone has the opportunity to know their rights when creating appropriate employment or contract work. We acknowledge the financial support of HSA.

4:30 pm – 5:00 pm

Closing

Please see back of program for closing music lyrics.

Presenter Biographies



Dr. Cynthia Bruce PhD, MTA

Cynthia Bruce is a blind activist educator and researcher, a Certified Music Therapist (MTA), and an Assistant Professor of Music Therapy at Concordia University in Montreal. Before arriving at Concordia, she taught undergraduate music therapy and graduate education courses at Acadia University and worked locally, provincially, and nationally on capacity-building for equity, accessibility, and disability justice in higher education and employment. She has collaborated with all levels of government to implement accessibility legislation and ratify international disability rights agendas, and she continues to consult with communities and organizations on accessibility and disability rights. Cynthia has served as both Vice-President and Ethics Chair for the Canadian Association of Music Therapists and as President of The Atlantic Association for Music Therapy. She is a current member of the Nova

Scotia Accessibility Advisory Board and serves as vice-chair of the education standards development committee.

Her current work aims to bring Critical Disability Studies and disability justice to the centre of intersectional social justice work in Music Therapy. Cynthia's teaching and research activities amplify the under-represented voices of disabled scholars and practitioners and position the lived experience of disability as a vital source of knowledge that can support explorations of ableist normativity and its capacity to shape relationships between disabled people, their music, and the profession. Disability Studies has much to offer contemporary efforts to analyze and expose, in the context of equity and social justice initiatives, how normative ideals have restricted entry into therapeutic professions through narrow constructions of competence. Cynthia, therefore, works to situate disability as valued diversity through examinations of ableism and dis/ableism and their presence in the everyday practices and priorities of music therapy in Canada and abroad.



Julia Adam, MTA

Julia Adam, MTA is a Certified Music Therapist (MTA) living on Tla'amin traditional territory in qathet, BC. She currently works in acute and extended care with Vancouver Coastal Health and the Powell River Hospice Society. Julia is also the founder and director of the community-based and intergenerational One Voices Choir.

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 is currently working with adult clients online using Zoom Healthcare and specializing in transpersonal psychotherapy through the Bonny Method of Guided Imagery & Music.

Maryann Burrows, MTA, FAMI

Maryann Burrows graduated from Capilano University in North Vancouver, B.C. with a degree in Music Therapy in 2005, and is certified through the Canadian Association for Music Therapists (CAMT #0446).

Maryann is a Fellow of the Association for Music & Imagery, and a certified Bonny Method Guided Imagery & Music Practitioner. Maryann is currently the Music Therapist at Saanich Peninsula Hospital, Ayre Manor Care Home, and provides Music Therapy services to a wide variety of clients in the community. In her sixteen years of clinical work, she has created and implemented Music Therapy programming for many Island Health and Affiliate Long Term Care facilities. Maryann has facilitated a number of Suzuki Tone Chime choirs,



intergenerational programs, support groups, supervision of many volunteers and students, and worked closely within interdisciplinary teams in the health care setting. In addition to her work with clients, Maryann served as Co-President for the Music Therapy Association of British Columbia from 2015-2017 and is a current member; is a member of the Canadian Association for Music Therapists, Association for Music & Imagery, and the Greater Victoria Eldercare Foundation. She has given a variety of in-services and lectures on the subject of Music Therapy, most recently presenting to students of the Canadian Mennonite University Bachelor of Music Therapy program. Maryann lives in the Greater Victoria area with her husband of ten years. She is an avid hiker, dog lover, and of course, musician.



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

Julie Grannary, MTA

Julie Grannary, MTA, is a singer and musician who completed a Bachelor of Music Therapy degree at Capilano University in 2011. She is currently working as a Certified Music Therapist in her hometown of Victoria, BC. She provides individual and group music therapy programs for seniors living in dementia care, assisted care and independent living facilities. As part of her love of sharing music with others she also plays music at community events.





Kevin Kirkland B.Mus., MTA, MA, PhD

Dr. Kevin Kirkland is an instructor in the Bachelor of Music Therapy program at Capilano University in North Vancouver, British Columbia, Canada where he teaches courses on music therapy in mental health settings as well as methods in music and the creative arts. He is also one of two music therapists at Red Fish Healing Centre for Mental & Addiction in Coquitlam, BC. He has been a music therapist since 1989. His previous research was in areas of dementia care, personhood, and music therapy. His current focus is on the intersections of trauma, adverse childhood experiences, and music therapy.

Shannon Perkins Carr, MA, MTA

Shannon Perkins Carr, MA, MTA has been a practicing music therapist since 2013. Originally from Vancouver, she completed a degree in composition and guitar at UBC and worked as a guitar teacher, musician and administrator for several years. After completing her MA in England, she worked as a music therapist in London for 6 years. She moved to Victoria in 2019 where she now has a private practice.





**Annette Rolleman,
MTA, NMT, BMus**

Annette Rolleman has run a private music therapy practice in Terrace, BC since 2016. In February of 2021 she received the Neurologic Music Therapy certification. Her clinical background includes working with children and youth with various support needs. Other clinical experiences

include working with individuals who have Dementia, Alzheimer's Disease, and those in palliative care and bereavement.

Camilla Schroeder, MTA

Camilla Schroeder is a certified music therapist (MTA) who works as a music therapist in long-term care, supervises practicum and internship students regularly, and has contributed to the profession as a board member with the MTABC. At Capilano University (College) Camilla completed her jazz diploma in 2011 and her Bachelor of Music Therapy degree in 2004. She also teaches Guitar Private Music Instruction in the Music Therapy program at Capilano University.





Kristin Shin, MTA

Kristen Shin, MTA is a certified music therapist working in the Greater Vancouver area. She has experience working in adult and child grief and bereavement, palliative care, long-term care, and with at risk youth on the downtown east side. She is currently serving a term on the MTABC board as Director of Professional Services and enjoys supervising students and interns in her music therapy practice.

Susan Summers, PhD, MTA

Susan Summers, PhD, MTA is a certified music therapist and vocal psychotherapist who remains passionate about her work clinical work after three decades. She is on faculty at Capilano University, serves on the CAMT, MTABC, and FACTBC boards, and has a small private practice. She is the MTABC Director of Advocacy and Government regulations.



Lizzy Walsh, MTA

Originally from Vancouver Island, Lizzy is a graduate of the Music Therapy program at Capilano University. Before beginning her music therapy training, Lizzy completed a BSc in psychology at the University of Victoria, minoring in applied ethics. Currently, Lizzy is completing a Master of Social Work at UBC-Okanagan. Whether sharing favourite songs, facilitating relaxation exercises, or creating legacy projects, Lizzy strives to meet her clients however they are in that moment.



"Get What You Give" by the New Radicals

(Lyric Alterations by Rachel Bergen, MTA, MT-BC)

Hey there friends, you've got the
dreamers disease
Talented, you could be celebrities
But instead you wanna do
therapy

Work so hard to help them reach
all their goals
Every day using your heart mind
and soul
Take a break when things get out
of control

But when the night is falling
You cannot find the light
You feel your dreams are dying
Hold tight
You've got the music in you
Don't let go
You've got the music in you
One dance left
This world is gonna pull through
Don't give up
You've got a reason to live
Can't forget
We only get what we give

Play guitar until your fingers get
sore
Sing "Hello" about a thousand
times more

It's hard work but hey we know
what it's for

But when the night is falling
You cannot find a friend
You feel your tree is breaking
Just then

You've got the music in you
Don't let go
You've got the music in you
One dance left
This world is gonna pull through
Don't give up
You've got a reason to live
Can't forget
We only get what we give

Improvise or sing along
Or analyze a favourite song
Shake that shaker like you mean
it
Then use caviwipes to clean it
Baby Shark and Love me Tender
Martin, Yamaha, and Fender
It's a session not a lesson
It's creative self-expression

Don't let go...
One dance left...
Don't give up...
Can't forget...