

The Arts and Quality of Life Research Center
4th Annual Conference
February 25, 2011
Student Center 2nd Floor

THE MUSIC THERAPY TRADITION AT TEMPLE UNIVERSITY

The Arts and Quality of Life Research Center presents its 2011 conference which focuses on the diverse contributions of Temple University's Faculty and Students to theory, practice and research in music therapy.

8:30-9:00 Registration

9:00-9:15 Introductions (200C):

Dr. Kenneth Blank, *Sr. Vice Provost, Office of Research and Strategic Initiative*
Dr. Robert Stroker, *Dean, Boyer College of Music and Dance*
Dr. Cheryl Dileo, *Director, Arts and Quality of Life Research Center*

9:15-9:45 Plenary Keynote Address (200C):

Music Therapy at Temple University: A Retrospective
Dr. Kenneth Bruscia, **MT-BC**
Professor of Music Therapy

This presentation will give an historical account history of how music therapy has evolved at Temple University, including the development of the B.M., M.M.T., and Ph.D. degree programs.

9:50-10:20

Building the Evidence for Medical Music Therapy at Temple University (200C):
Dr. Cheryl Dileo, **MT-BC**
Carnell Professor of Music Therapy
Director: Arts and Quality of Life Research Center

This presentation will provide a history and summary of the studies by Temple University faculty and students that have systematically contributed to the evidence in medical music therapy. Included will be the most recent Cochrane Library publications followed by a discussion of the next steps required to advance the field.

10:20-10:45 Coffee Break

10:45-11:15

Advanced Supervision: Therapists Helping Therapists (200C):

Dr. Darlene Brooks

Associate Professor and Director of Music Therapy

This presentation will give a perspective on advanced supervision in music therapy at Temple. Important in this level of supervision is understanding the parallel process that occurs as well as the games played in supervision. A method of supervision that leads to the development of peer supervision will be discussed.

11:15-11:45

Qualitative Research at Temple University (200C):

Dr. Ken Aigen

Associate Professor of Music Therapy

For over twenty years, the music therapy program at Temple University has played a leading role in the international development of qualitative research through the publications of its faculty and graduate students. This presentation will provide a brief overview of the variety of focuses this research has taken with a special emphasis on recent graduate studies at both the master's and doctoral level. The way in which research studies at the master's level are integrated with the development of advanced clinical competency will also be described.

11:45-12:45 Lunch: On Your Own

12:45- 1:30 Plenary Keynote Address (200C):

Ken Bruscia's Contribution to the International Scene

Professor Denise Grocke, PhD, RMT, MT-BC, FAMI

Head of Music Therapy, & Director, National Music Therapy Research Unit

Melbourne Conservatorium of Music

University of Melbourne, Australia

For over 40 years, Ken Bruscia has guided and molded the profession of music therapy in theory, research, and practice. The presentation will trace some of Ken's major contributions to music therapy made through his leadership, publications, presentations and visionary guidance, particularly on the international scene.

**Afternoon Breakout Sessions Presented by Temple Alumni
Rooms 217 A, B, C, D**

1:40-2:20

***Theoretical Foundations for Understanding the
Meaning Potentials of Rhythm in Improvisation*** (217A)
James Hiller, MMT, MT-BC, *Lecturer, University of Dayton*
PhD Candidate, Temple University

Clients universally use rhythmic elements in their improvised musical expressions and interactions. Surprisingly, theoretical foundations for comprehending rhythmic expressions via improvisation have not been articulated in the literature. This presentation will address highlights from a theoretical study designed to explore the symbolic, emotive, relational, and embodied meanings of clients' rhythmic expressions.

Songwriting for Adults in the Short Term Addiction Setting (217B)
Alan D. Reitman, Ph.D., LMHC, MT-BC, *Co-Director: Cadenza Center for
Psychotherapy and the Arts, Hollywood, Florida*

Music therapists in short-term addiction settings face myriad challenges including clients in various levels of recovery and unexpected discharge. This presentation incorporates addiction and group theory into music therapy practice. Sessions based on this model may be provided independently or within a series of interventions that parallel the recovery process.

Understanding Music Therapy as a Health Humanity (217C)
Brian Abrams, Ph.D., MT-BC, LCAT, LPC, FAMI
Associate Professor, John J. Cali School of Music, Montclair State University

Music Therapy has often been conceptualized as a *health science*, based upon the explanatory and evaluative foundations of science. From a contrasting perspective, music therapy can be understood as a *health humanity*, rooted in very different paradigmatic assumptions and values concerning health that align well with principles of humanistic psychology.

The Individual Music-Centered Assessment Profile (IMCAP): Understanding Relationship through Musical Responsiveness in the Treatment of Children with Autism (217D)

John A. Carpente, Ph.D., LCAT, MT-BC, NRMT
Director, *The Rebecca Center for Music Therapy*
Assistant Professor, *Molloy College*

Clinical Director, Center for Autism and Child Development at Molloy College

This presentation will introduce the *Individual Music-Centered Assessment Profile (IMCAP)* - a music therapy assessment tool targeting six areas of musical responsiveness as they pertain to the child's ability to engage, relate and communicate within the context of interactive musical play. Each of the six levels is based on social-emotional development, and is assessed through the application of clinical improvisation while observing the child through various modes of musical expression (instruments, voice, movement, & gestures). Clinical video excerpts will be used throughout the presentation to illustrate concepts.

2:30 – 3:10

Music Therapy as a Means of Transcendence in the Psychiatric Setting (217A)

Lillian Eyre, Ph.D., MT-BC, MTA, LPC
Assistant Professor, *Immaculata University*

Persons who live with major mental illness struggle not only with the symptoms of the disorder, but also with the debilitating effects of low self-esteem exacerbated by marginalization and stigma. This presentation will explore how music therapy approaches used throughout the recovery continuum help clients to develop a renewed sense of self and ultimately, to transcend the disorder.

Self-Reflexivity: Race, Gender, and Ability (217B)

Susan Hadley, Ph.D., MT-BC, *Professor of Music Therapy, Slippery Rock University*

While many music therapists actively engage in self-reflexive practices, many do not consider the impact of their race, gender, and ability on the therapeutic relationship and their understandings of themselves. Incorporating ideas from critical race studies, feminism, and disability studies, aspects of my current research and pedagogical practices will be shared.

Re-Entering Life from Chronic Pain (217C)

Nancy A. Jackson, Ph.D., MT-BC, *Director of Music Therapy, Indiana University – Purdue University Fort Wayne*

Living with unresolved physical pain can trap a person in an existence that is separated from everything that previously provided value and meaning in day-to-day life. This presentation will chronicle one woman's journey with music back into a more satisfying daily experience, and the research project that has grown out of her journey.

Culturally Informed Music Therapy (CIMT):

Use of Music as an Acculturation Strategy (217D)

Seung-A Kim, Ph.D., AMT, LCAT, MT-BC, *Assistant Professor, Molloy College*

CIMT is an approach designed for clients who experience acculturative stress. How does acculturative stress affect emotional and mental health? This presentation will explore this question and examine ways for therapists to use music resolve to cultural conflict and to become more culturally fluid. Using music in coping and prevention strategies will also be discussed.

3:20 – 4:10

***Qualitative Synthesis, Practice-based Evidence,
and Ways of Knowing in Music Therapy Practice (217A)***

Tony Meadows Ph.D., MT-BC, FAMI, LPC, *Assistant Professor of Music and Director of Music Therapy, Immaculata University*

Qualitative Syntheses seek to combine the findings from individual qualitative studies into a collective understanding of a topic under investigation. What kinds of knowledge are revealed when doing so, and what impact might this have on music therapy research and clinical practice? This presentation provides an overview of qualitative synthesis, relates it to practice-based evidence, and further interprets this through Wilber's Four-Quadrant Model (Wilber, 1995; 2000).

Vocal Psychotherapy for Depression, Anxiety, and Trauma (217B)

Kelly Meashey MT-BC, FAMI, LCAT, AVPT,
*Adjunct faculty Temple University, Immaculata University
Private practice, music/vocal psychotherapy*

The human voice in it's pure expression of anger, sadness, fear, mourning has a great capacity to effect change and healing from painful experiences both past and present. This workshop will include case examples of music therapy as based in depth psychology (Austin's Vocal Psychotherapy) as well engage participants in an experiential exercise using the voice.

How the Music is Used: Modified Practices in GIM and Implications for Music Therapy (217C)

Bryan J. Muller, Ph.D., MT-BC, FAMI,
Adjunct Professor of Music Therapy, Temple University, Immaculata University

Modified practices in GIM raise the need to clarify the content of training, the boundaries of practice, and contraindications for practices that involve music and imagery. In parallel, the music therapy profession, in part spurred on by recent developments in state health care regulation, has begun to clarify levels of practice in music therapy and to clarify the boundary between music therapists and other professionals who use music. In both cases the challenge is to clearly define how the music is used. Related literature and the results of a survey of GIM Fellows will be used to outline recent developments and the challenges that lie ahead.

4:10 Conference Ends

**4:30-6:30 Temple Alumni Reception (must be pre-registered)
Diamond Club, Mitten Hall**