



Music Therapy Association of Minnesota

Fall 2011

A Newsletter for Minnesota's Music Therapists

From the President's Desk

As summer winds down this year, I am left feeling predictable yearning for just a little more – more perfect summer breezes, more evenings that stay light and more opportunities to spend long comfortable hours outdoors. This fall, we are pleased to offer the MTAM membership just that “little more” you may be yearning for, in the form of an exciting hands-on drumming workshop with Bill Matney and Carolyn Koebel. This seems like the perfect energy burst to propel us into the upcoming season with renewed vigor. I encourage you to take this opportunity to brush up on or develop your percussive skills, to jumpstart your creative process and to connect with other music therapists in the state.

With the change of seasons also come new opportunities for our organization. This fall we will be holding elections for our 2012 Executive Board. As you have noticed, our candidate slate is quite full, and it's been heartening to hear from many talented MT's who are interested in lending their skills and energy to the state. If you did not elect to be a candidate for the board, but are interested in becoming involved at the state level, please consider expressing interest to our current board members in chairing or serving on a committee (new chairs and committees will be appointed and formed, respectively, in January), or volunteering to assist at a conference. Becoming involved in our state activities is an opportunity that I truly recommend. In serving as president of MTAM for the past two years, I have had the opportunity to work with an outstanding group of music therapists who give willingly of their time and expertise. I feel both honored and humbled to have been part of such a capable team of leaders, and join you in looking forward to the burst of new leadership energy that awaits us in the coming year!

Sincerely,



Elizabeth Giffin, MTAM President

MTAM Fall Conference is October 1, 2011

Register now! Mail the registration form at the end of this newsletter.

- ❖ Date: October 1, 2011
- ❖ Time: 8:00 am registration and refreshments, 8:15 MTAM business meeting, 9:00-4:30 presentation
- ❖ Location: Augsburg College, Foss Chapel, 2511 Riverside Ave, Minneapolis, MN
- ❖ Presenters: Bill Matney, MA, MT-BC and Carolyn Koebel, MM, MT-BC
- ❖ Presentation Title: Music Therapy Drumming - Level I Primer

*See registration and details at the end of this newsletter and on the website, www.musictherapymn.com. Online registration and payment available in September.

MTAM Executive Board Members

Past President: Alisa Anderson, alisamtbc@yahoo.com

President: Elizabeth Giffin, egiffin19@yahoo.com

President Elect: Peter Meyer, pmeyer152@cs.com

Vice President: Danielle Malo, dmalo_mt@hotmail.com

Secretary: Rebecca Soderberg, borc0080@gmail.com

Treasurer/Membership: Veronica Jacobson, veron53@aol.com

Public Relations: Sarah Newberry, sarahjnewberry@gmail.com

Reimbursement: Melissa Wenzell, wenzell.melissa@macphail.org

Government Relations: Todd Schwartzberg, toddsmtbc@aol.com

Newsletter Editor: Erin Fox, foxe@saintjudehospice.org

Members at Large: Bridget Doak, doak@augsborg.edu; Amy Furman, afurman@mpls.k12.mn.us; Katie Schwartz, km.schwartz@hotmail.com

Student Representatives: Jenna Chaput, Hannah Hohn

Spotlight on a Minnesota MT-BC: Angie Colter, MT-BC

Below is a snapshot of the work of Angie Colter, MT-BC, NCTMB, Alternative Therapies Coordinator for St. Jude Hospice

I graduated from Augsburg College in 2005 and then completed my internship at Banner Good Samaritan Regional Medical Center in Phoenix, AZ. As a Music Therapist I have worked for Music Therapy Works, Expanding Possibilities Inc., Laurel Ridge Treatment Center, Children's Hospital, and a few other contract positions. I completed my massage therapy certification from the Aveda Institute in 2007 and am nationally certified NCTMB. I have worked in Spas, a chiropractic clinic, and with Saint Jude Hospice. I am enrolled at St. Mary's to obtain my Marriage and Family Counseling Masters.

Currently I am the coordinator for music and massage therapy services with St. Jude's. I have hired 10 therapists to reach our patients across the state. I see around 60-80 patients per month focusing on life review, life legacy projects, relaxation, reduction of anxiety, letting go, comfort, and support to both the patient and family. I enjoy using the patient's stories within my music therapy sessions or having them create a song that reflects their current emotional state. A few weeks ago I had two sisters create a song entitled "Joy of Living," they were able to reflect on all the good memories and fulfillment of their lives. Having a very anxious patient squeeze my hand and thank me for being there or seeing them fall asleep to the music or massage is always rewarding. I am extremely proud of my work with SJH. I came on board as a contract music/massage therapist with 4 patients. Now our census is approaching 150 in the Twin Cities and I have been able to hire several therapists.

Internship Updates

Fraser School and Community Services

Director: Kay Luedke-Smith, MT-BC

Interns: Ranell Balls (Utah State University) graduated in August, Courtney Ihnen (Wartburg College) finishes in December, Klayci Peck (West Texas A&M University) begins in September, Sarah Dill (Augsburg College) starts in December

The Family Partnership (Formerly Reuben Lindh Family Services)

Director: Sarah Woolever, MT-BC

Interns: Lysa Berhow (University of North Dakota) completed her internship in July. She returned to the Grand Forks area and has started a music therapy position with a private contractor. Elizabeth Stephanz (University of Minnesota) finishes in December 2011. Hannah Hohn (Augsburg College) will begin in October.

Good Samaritan Society-University Specialty Center

Director: Bill Webb, MA, MT-BC

Supervisor: Peter Meyer, MA, NMT, MT-BC

Interns: Mike Limbiblew graduated and is working for Catholic Eldercare, Krista Nelson graduated and is working in long-term care, Jenn Shodis (University of Minnesota) and Amanda Miller (University of Iowa) are current interns

Woodbury Health Care Center

Director: Jessica DeVillers, MT-BC

Interns: Ashley Holten (Augsburg College) graduated and is seeking employment after having baby girl in June, Courtnie DeGrand (Augsburg College) graduated in July and is currently seeking employment, Cassandra Nickell (Western University) began in June

Park Nicollet Health Services

Director: Dawn Miller, MME, MT-BC, FAMI

Supervisors: Sandra Holten, MT-BC, NMT; Gretchen Marble, MT-BC

Interns: Courtney Ingold (University of Dayton) completed in March and is working at Deaconess Cross Point in Evansville, IN, Dan Anderson (University of Minnesota) finished in July and will be working at Summit Place in Eden Prairie, MN. All current interns are from the University of Minnesota: Amber Olfert finishes in September, Erin Lane finishes in December, and Jennifer Leonard finishes in December. Laura Roche (University of Iowa) and Julie Bowker (University of North Dakota) begin in October.

Member News

- ❖ Michelle Sieben received the Anne Emery Kylo Professional Scholarship from AMTA. She plans on using the scholarship to attend the NMT training institute in Colorado in October.
- ❖ Katie Lindenfesler continues to pioneer the first children's hospice and respite home in Minnesota. The 2nd annual *Children's Music Festival* is being held Sept. 11, 2011 at Veteran's Memorial Park in Richfield from 1-4 pm. This fundraiser will include entertainment by Common Chord, Roger the Clown, and The Teddy Bear Band. Free activities include face painting, crazy hair, chair massage, reflexology, reiki, and a silent auction. Suggested donations are \$10 per person or \$25 per family. Visit ChildrensLighthouseMN.org for more information on the event and the hospice.

Contribute your news any time to Newsletter Editor Erin Fox,
efox101@hotmail.com

MTAM Fall 2011 Conference Registration Form

Music Therapy Drumming: Level 1 Primer

Presented by:

Bill Matney, M.A., MT-BC and Carolyn Koebel, M.M., MT-BC

Saturday, October 1st, 2011

Augsburg College, Foss Chapel

2511 Riverside Avenue, Minneapolis, MN 55454

Name _____ CBMT # _____ (for music therapists)

Address _____

Home Phone _____

Cell Phone _____

E-mail address _____

Conference Registration Type (please check one):

A'viands buffet lunch is included for all registrations received or postmarked by September 24, 2011.

_____ \$40.00 MTAM 2011 Professional Member

_____ \$25.00 MTAM 2011 Student Member

_____ \$60.00 Non-Member

MTAM 2012 membership may be paid now (for January – December 2012) (please check one):

_____ \$25.00 MTAM 2011 Professional Membership

_____ \$12.00 MTAM 2011 Student Membership

Special Needs: _____ Check here if a disability requires accommodation for you to fully participate.

Please register online OR print this form and send along with a check payable to MTAM to:

Veronica Jacobson

565 Sandhurst Dr. W. Apt 110

Roseville, MN 55113

For questions regarding the conference, please contact Danielle Malo at:
daniellemalomtbc@gmail.com

Augsburg College is accessible for persons with disabilities.

Cancellation and Refund Policy:

Refunds for cancellations are available by written request only and must be mailed to Veronica Jacobson.

Full refunds cannot be made.

80% of fees will be refunded if refund request is postmarked by September 10, 2011.

50% of fees if will be refunded if request is postmarked by September 17, 2011.

No refunds will be made after September 24, 2011.

Refunds will be processed within 45 days of the conference.

“Music Therapy Drumming: Level 1 Primer” is approved by the Certification Board for Music Therapists (CBMT) for five (5) continuing music therapy education credits. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC). MTAM, provider #P-052, maintains responsibility for program quality and adherence to CBMT policies and criteria.

Parking:

Due to on-campus events, Augsburg cannot offer discounted parking. Attached is a map of available ramps near campus. All participants are responsible for cost of parking.

Music Therapy Drumming: Level 1 Primer

Bill Matney, M.A., MT-BC and Carolyn Koebel, M.M., MT-BC

Agenda

- 8:00 Registration & Refreshments
- 8:15 MTAM Business Meeting
- 9:00 Slide Show: Percussion in Music Therapy: New Light on Old Perspectives
- 9:20 Experiential: Understanding your percussion instrument as an accompaniment/grounding tool.
- 9:55 Break
- 10:00 Experiential: Introduction to (Large) Hand Drums
- 10:55 Break
- 11:00 Experiential: Introduction to Frame Drums
- 11:50 Lunch
- 12:50 Slide Show: A Taxonomy of Drumming Experiences: Valuing our Heritage
- 1:20 Experiential: Introduction to (Large) Hand Drums continued
- 2:15 Break
- 2:20 Experiential: Introduction to Frame Drums continued
- 3:15 Break
- 3:20 Demonstrating your percussion instrument as an accompaniment/grounding tool.
- 4:00 Slide Show and Discussion: Future directions of percussion in music therapy: for the profession, for yourself
- 4:15 Questions, Closing, CBMT Evaluations

Overview:

While percussion is widely used in music therapy, music-centered percussion play exists as a largely unexplored arena. Traditional techniques and cultural rhythms exist as the origins of percussive play, but they appear relatively untapped as either a pedagogical or clinical point of

departure. In the same way we pursue folk and classical music to understand the performance of guitar or piano as a therapeutic medium, we may behoove ourselves to pursue percussion through the traditions of the instruments that we use. While the strength of percussion often lies in its accessibility for our clients, it is a progressive accessibility that allows us to reach greater musical interactions through a greater understanding of the instrument.

During the Music Therapy Drumming: Level One Primer, participants will, in an introductory fashion, engage music-centered tools to enhance three areas, those being: 1) percussion techniques, 2) rhythmic acuity, and 3) clinical skills. World percussion techniques will be integrated with indigenous traditions, covering the basics. This will include the establishing of rhythmic grounds under various conditions, and using percussion as an accompaniment to singing. Materials will be offered with foundational therapeutic considerations in mind. Presenters will share through research, clinical case studies, and vignettes to illustrate how Music Therapy Drumming can speak to diverse populations.

Objectives & CBMT Scope of Practice:

- 1) Identify a variety of percussion instruments (II.A.5.w.4)
- 2) Demonstrate techniques on percussion instruments (II.A.5.w.4)
- 3) Demonstrate a basic rhythmic vocabulary on percussion instruments (II.A.5.a)
- 4) Demonstrate improvement in rhythmic acuity (I.B.5,6; V.A.6)
- 5) Demonstrate knowledge of cultural perspectives as related to traditional percussion play.
(III.A.3.v.; IV.B.2.)

