



# Music Therapy Association of Minnesota

Winter 2010

*A Newsletter for Minnesota's Music Therapists*

## From the President's Desk

As the Music Therapy Association of Minnesota rounds the corner into the next decade, may I wish you, on behalf of the new executive board, a happy new year! In the last month, our new officers met with the former board to help facilitate a smooth transition of responsibility. We were fortunate to receive such assistance from a former board that can include in its list of accomplishments: participation in state and regional conference planning, the establishment of a student stipend fund, and the successful completion of two organizational audits.

As music therapy professionals, we are fortunate to enter this new year equipped with advanced skills and credentials offered by entities established within the last decade. Specialized training centers have allowed participants to explore innovations in music therapy and neurology, hospice care, and neonatal intensive care, just to name a few. Students in the field have benefited from the advancement of communications technology through online access to music therapy resources and journals, as well as distance learning programs. Thanks to the efforts of legislative advocates, music therapists in Minnesota have received provider numbers to be reimbursed for their work with clients with mental illness and developmental disabilities.

The possibilities for advancement in research, technology and innovative treatments in music therapy within the next decade are exciting, yet difficult to predict. From the perspective of the new MTAM board, however, some of the future is in sight. We are pleased to offer the educational opportunity, "Applications of Psychological First-Aid" at the State Conference this spring (please see enclosed registration form). With this presentation, we are excited at the prospect of extending our educational opportunities to the greater healthcare community.

I look forward to seeing many of you at the upcoming GLR conference in Indianapolis and also at our State Convention on March 27<sup>th</sup>. In the meantime, please feel free to share your ideas and suggestions with the MTAM board through our website, [musictherapymn.com](http://musictherapymn.com).

Sincerely,  
Elizabeth Giffin



### Inside this issue:

President's report....	1
MTAM Executive Board....	2
MTAM Spring Conference....	2
Spotlight on a Minnesota MT-BC....	3
Internship Updates....	4
Where are They Now?....	4
Augsburg News & News From the U....	5
Member News ....	6
MTAM Stipend Recipient....	6
Membership....	7

## MTAM Spring Workshop

The spring workshop is March 27, 2010. The topic is “Psychological First Aid: Applications for Music Therapists and Other Health Care Professionals” presented by Barbara Else, MPA, LCAT, MT-BC. The registration form will be on the MTAM website, [musictherapymn.com](http://musictherapymn.com). Fill it out and send it in to reserve your spot.

Barbara A. Else, MPA, LCAT, MT-BC is a consultant in research and policy and maintains a part-time private practice as a Board Certified Music Therapist. Barbara serves as Special Projects Consultant and Sr. Policy and Research Advisor for the American Music Therapy Association (AMTA). Ms. Else has numerous peer-reviewed publications to her credit including a technical monograph on HIPAA published by AMTA and a forthcoming 2010 book chapter on music therapy and disaster response. Her clinical and research interests include program evaluation, music in medicine, research and methods in music therapy, health economics and policy, and disaster services mental health. Barbara is Principal Investigator and Project Director of a 2007 grant from NAMM and co-sponsored by AMTA titled, ‘Active Music Making and Music Therapy Services: An Early Intervention and Readjustment Program Among Returning Military Personnel and Their Dependents’. She is an active volunteer in the area of disaster services mental health. Barbara is also a professional musician and part-time studio recording artist.

\*\*\*\*Register now! The registration has been sent by email. It is also at the end of this newsletter.

## MTAM Executive Board Members

**Past President:** Alisa Anderson, [alisamtbc@yahoo.com](mailto:alisamtbc@yahoo.com)

**President:** Elizabeth Giffin, [egiffin19@yahoo.com](mailto:egiffin19@yahoo.com)

**President Elect:** Peter Meyer, [pmeyer152@cs.com](mailto:pmeyer152@cs.com)

**Vice President:** Danielle Malo, [dmalo\\_mt@hotmail.com](mailto:dmalo_mt@hotmail.com)

**Secretary:** Rebecca Soderberg, [borc0080@gmail.com](mailto:borc0080@gmail.com)

**Treasurer/Membership:** Veronica Jacobson, [veron53@aol.com](mailto:veron53@aol.com)

**Public Relations:** Sarah Newberry, [sarahjnewberry@gmail.com](mailto:sarahjnewberry@gmail.com)

**Reimbursement:** Melissa Wenzell, [wenzell.melissa@macphail.org](mailto:wenzell.melissa@macphail.org)

**Government Relations:** Todd Schwartzberg, [toddsmtbc@aol.com](mailto:toddsmtbc@aol.com)

**Newsletter Editor:** Erin Fox, [efox@good-sam.com](mailto:efox@good-sam.com)

**Member at Large:** Bridget Doak, [doak@augsborg.edu](mailto:doak@augsborg.edu)

## Spotlight on a Minnesota MT-BC: Jessica Devillers

Jessica graduated from University of Wisconsin-Eau Claire in 2007 with a Bachelors of Music Therapy. She completed her internship at University Good Samaritan Specialty Center. She is currently working on a MA in Music Therapy at St-Mary-Of-The-Woods, limited time on-campus program. Her principle instruments are piano and French horn.

Jessica works at Woodbury Health Care Center, a skilled nursing facility serving long-term/geriatric, memory care and rehabilitation patients. Her practice focuses on enhancing, improving and maintaining quality of life. She uses Neurologic Music Therapy interventions in working with the Restorative Nursing department and in co-treating with the speech/language pathology services. She is currently working to develop a co-treatment with PT and OT services at WHCC. She serves clients in small, large group, and 1:1 settings providing music therapy programming to enhance/improve cognition, create an outlet for emotional expression, promote relaxation, increase communication skills, and improve physical functioning (among many other goal areas of course as well!)

She recently created a referral process for music therapy to assist in the development of a specialized MT program at the facility. She is also working on developing a national roster internship program. She currently supervises practicum students from Augsburg and the University of Minnesota and enjoys it very much. Jessica loves being able to incorporate teaching into her work. In her own words, "I really enjoy my job and love spreading the knowledge and passion of working in a skilled nursing setting."

Thank you Jessica for your wonderful work in music therapy!



## Internship Updates

### **Fraser School and Community Services**

*Director: Kay Luedke-Smith, MT-BC*

Interns: Bethany Tallman (University of Miami), Allison Cotner (Queens University). Allison is Kay's 50<sup>th</sup> intern! Betz Ulrich (Augsburg College) & Kellie Schallert (University of Evansville) begin this winter.

### **Reuben Lindh Family Services**

*Director: Sarah Woolever, MT-BC*

Interns: No report at this time.

### **St. Mary's Hospice and Palliative Care**

*Director: Jody Montgomery, MA, MT-BC, WMTR*

Interns: No interns at this time.

### **Good Samaritan Society-University Specialty Center**

*Director: Bill Webb, MT-BC*

*Supervisors: Elizabeth Giffin, MT-BC; Peter Meyer, MA, NMT, MT-BC*

Interns: Jessica Lee (University of Minnesota), Michelle Sieben (St. Catherine's/Augsburg), Brett Collins (Berklee College of Music), Shaun Seaburg (University of North Dakota)

### **Good Samaritan Society-Stillwater**

*Director: Erin Fox, MT-BC, NMT*

Intern: Barbara Hays (Augsburg College)

### **Park Nicollet Health Services**

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

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

Interns: Jim Miller (University of Minnesota), Stephanie Holman (Augsburg College), Carol Boyle (Texas Women's University), & Lisa Skarbakka (University of Kansas). Lynn O'Brien (Illinois State University) will begin in April, Timothy Oesau (University of Minnesota) & Erin Hade (Marylhurst University) will begin in July.

## Where are They Now?

**Fraser School and Community Services:** Sara Bergquist received a position at Heartland Therapy, Inc. in Arizona.

**Good Samaritan Society-University Specialty Center:** Josh Osborne graduated from Augsburg this past December. He is employed as a music therapist at The Village at Manor Park in Milwaukee, WI. Cora Buckingham graduated from Wartburg College this past December. She is employed as a music therapist at Southview Acres Care Center in West St. Paul.

**Good Samaritan Society-Stillwater:** Christy Holland (Appalachian State University) accepted a position at Good Samaritan Society-Stillwater.

**Park Nicollet Health Services:** Nancy Bell (Appalachian State University) completed here internship in July 2009 and is starting a private music therapy practice in Colorado. Suzanne Holtz (Augsburg College) completed her internship in Dec. 2009 and is currently interviewing for positions.

## **Augsburg News**

The fall semester went wonderfully, complete with the MTAM conference featuring Clive Robbins held on campus. Our students enjoyed having such a wonderful opportunity on our own campus. The Music Therapy Club just hosted a wonderful event on campus featuring the musical group Koo Koo Kanga Roo and we are looking forward to VSA (Vision, Strength, Access) day which will be held at Augsburg on April 16th. The theme this year is magic and the MT Club students are already cooking up some wonderful plans for the day. It's looking like it will be a fun day for all!

Ashley Hovey

## **News from the U**

The fall 2009 semester for the University of Minnesota's Music Therapy Student Association (MTSA) has been exciting and rewarding both on- and off-campus. At school, students have been able to observe music therapy in the on-campus clinic that opened last spring. The clinic has been a beneficial learning tool allowing students to understand what a session may look like, and the music therapist's function during a session.

Members of MTSA were also eager to head down to sunny San Diego, California for the AMTA National Conference in November. In total, sixteen students were able to attend the sessions, exhibits, and performances at the conference. To aid the students, MTSA was awarded a grant through the University of Minnesota. Two students from the University were awarded the Edwina Eustis Dick Scholarship for interns, and a graduate student was also awarded as an AMTA Conference Scholar. Students were involved with the conference by contributing three research posters as well as presenting a session.

Jenna Chaput

## Member News

- ⇒ **Pete Meyer, Jessica Devillers**, and former MN MT **Erin Ebnet** signed a one book deal with Barcelona Publishers. The book is tentatively titled *Guitar Skills for Music Educators and Music Therapists*.
- ⇒ Good Samaritan Society-Stillwater received a grant from the Minnesota Department of Human Services to research complimentary therapies for persons with dementia. They are trialing 12-weeks of each of the following interventions: massage and aromatherapy, light therapy, music therapy, and sensory therapy. The aim is to reduce falls and reduce agitated behaviors between the hours of 3-9 pm. At the end of all treatment interventions (Oct. 2010) they will collaborate with the Alzheimer's Association to publish the method and results. **Erin Fox** wrote the grant and is co-coordinating the project.

## MT in the News

- ⇒ "Strike a Chord for Health: Music Matters in Body and Mind."  
<http://newsinhealth.nih.gov/2010/January/feature1.htm>

## MTAM Internship Stipend Recipient: Lynn O'Brien

Lynn O'Brien attends Illinois State University. Ms. O'Brien's family was influential in her musical development. Her father is a composer and luthier. In addition, she visited Hospice patients, performed Christmas carols in hospitals and performed in nursing homes with her mother. She continues to draw inspiration from an aunt who writes songs to help her persevere through medical problems. She volunteers at an assisted living home in Normal, IL as well as promotes music therapy in the area. Congratulations again to Ms. O'Brien!

**Renew Your Membership for 2010**

Name \_\_\_\_\_ Credentials \_\_\_\_\_ CBMT # \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

*\*please note - we will begin using email as a primary means of contacting and informing you of upcoming events, conference registrations, etc. please make sure this is clearly written to avoid confusion.*

Work/ School Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Work/ School Phone \_\_\_\_\_ Fax \_\_\_\_\_

Work Email Address \_\_\_\_\_

**Populations Served:** please choose the category in which you work the most;  
*there are examples to what falls within each category and if your specific population is not listed please check the category it would fit into and write in after category name*

- |  |   |
|--|---|
| <input type="checkbox"/> Geriatrics (long term care, elderly, gerontology)   | <input type="checkbox"/> School Aged (special ed)                           |
| <input type="checkbox"/> Hospice   | <input type="checkbox"/> Mental Health (adult or adolescent, day treatment) |
| <input type="checkbox"/> Private Practice                                    | <input type="checkbox"/> Developmental Disabilities                         |
| <input type="checkbox"/> Neurological Impairments (TBI, stroke, Parkinson's) | <input type="checkbox"/> Rehabilitation                                     |
| <input type="checkbox"/> Dementia (Alzheimer's)                              | <input type="checkbox"/> Medical  |
| <input type="checkbox"/> Early Childhood                                     | <input type="checkbox"/> Corrections  |
| <input type="checkbox"/> Chemical Health                                     |   |

**For students:**

- Augsburg Expected date of graduation \_\_\_\_\_
- University of Minnesota Expected date of graduation \_\_\_\_\_
- Visitor \_\_\_\_\_

**Choose one:**

- Professional Member - \$25.00 per calendar year
- Associate Member - \$25.00 per calendar year  
Occupation \_\_\_\_\_
- Student Member - \$12.00 per calendar year
- Membership runs from January 1 – December 31 including electronic MTAM newsletter, conference invitations, membership directory, and communication to keep you abreast of important information. Also included are networking groups per population and reduced prices at conferences.

**Send a check payable to MTAM along with this form to:**

Veronica Jacobson  
565 Sandhurst Dr W # 110  
Roseville, MN 55113

- Please check if you want to receive paper communication

Thank you for joining MTAM for 2010!

**MTAM Spring 2010 Conference Registration Form**  
**“Psychological First Aid (PFA) and the Role of Music Therapy in the**  
**PFA Context”**  
**Presented by Barbara Else MPA, LCAT, MT-BC**  
**Saturday, March 27, 2010**

**\* Lunch is only guaranteed to registrations postmarked by March 20<sup>th</sup>, 2010 \***

Name \_\_\_\_\_ CBMT # \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

**Conference Registration Type** (please check one)

Buffet luncheon and morning refreshments are included in the registration fee.

\_\_\_\_\_ \$50.00 MTAM 2010 Professional member

\_\_\_\_\_ \$20.00 MTAM 2010 Student member

\_\_\_\_\_ \$50.00 Non-member

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

**Please 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

**Cancellation and Refund Policy:**

Refunds for cancellations are made 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 March 11, 2010.

50% of fees if will be refunded if request is postmarked by March 16, 2010.

No refunds will be made after March 27, 2010.

Refunds will be processed within 45 days of the conference.

“Overview of Psychological First Aid (PFA) and the role of Music Therapy in the PFA Context” 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.

Augsburg College is accessible for persons with disabilities.