



Music Therapy
*The Harmony
of Our Heritage*

Preliminary Program

36th Conference
Canadian Association
for Music Therapy



Canadian
Association for
Music Therapy

Association
de musicothérapie
du Canada

www.musictherapy.ca

Halifax **2010**

Music Therapy
*The Harmony
of Our Heritage*



Welcome to the East Coast!

The 2010 CAMT Conference Committee, in partnership with the Atlantic Association for Music Therapy, is excited to welcome you to the coastal city of Halifax, Nova Scotia for the 36th Annual CAMT Conference.

One of the greatest beauties in music is its inherent ability to transcend the diversity that we celebrate in our vast country – of cultural origins, generations, languages, abilities, and preferences. Our conference theme: **Music Therapy: The Harmony of our Heritage** captures this very essence. Through the wide range of keynotes, presentations, workshops and concerts being offered to you this week, we will celebrate the power of music to speak to everyone.

Plan to attend the first National Conference ever to be held in the Atlantic region!

Halifax, the capital of Nova Scotia, is a lively combination of urban and rural living at its best. Canada's first permanent British town was established here in 1749, on the scenic shores of the world's second largest natural harbour. The historic downtown waterfront areas of Halifax and Dartmouth are perfect for discovering on foot. To learn more interesting facts about Halifax and surrounding area, visit www.destinationhalifax.com

We look forward to hosting you!

[Anna Plaskett, MTA & Lara Robinson, MTA](#)

2010 Conference Co-chairs

INFORMATION

For full program details,
please visit:
www.musictherapy.ca

CAMT CONFERENCE- HALIFAX 2010

Atlantic Association for Music Therapy
17 Kirkwood Crescent
Bedford, NS B4A 0A9 Canada
Telephone: 902-843-8084
Fax: 902-893-2361
Conference_2010@musictherapy.ca

Conference - Invited Speakers

Sharon Katz

Music Therapist, South Africa
 Founder and Director of 'The Peace Train'

Thursday, May 13



THE PEACE TRAIN'S COMMUNITY DEVELOPMENT MODEL OF MUSIC THERAPY IN AFRICA

South African music therapist and humanitarian, Sharon Katz, founded the Peace Train project in 1992 to help the people of her country to heal from the wounds of the horrific apartheid regime. Katz worked as Nelson Mandela's cultural ambassador to unite South Africans of all races and in 1993 mounted the country's first 500-voice multicultural choir. She subsequently toured the whole country by train with 150 members of the choir. The project, known as The Peace Train gained international recognition in 1995 when Sharon toured America for five weeks with 45 of the original singers and dancers. With a Grammy nomination in 2002 and several recordings to her credit, in 2004 Sharon formed a non-profit called Friends Of The Peace Train to raise funds for projects in South Africa. In 2008 Sharon was approached by the traditional leader of a rural area in KwaZulu Natal near Durban to build a school so that children would no longer have to walk three hours daily to school. Sharon performs across the USA with her band to raise funds for the project in KwaNgcolosi and takes volunteers and tourists to visit her project and historical sights and attractions in South Africa. For more information visit www.Sharonkatz.com and Friendsofthepeacetrain.com.

Sharon Katz converted gang members into band members and united previous enemies with her community development model of music therapy that helped break through the barriers of apartheid to achieve Mandela's vision of a Rainbow Nation and set an example for the continent. ■

Louise Dimiceli-Mitran

Music Therapist, Counselor, Fellow of the
 Association for Music and Imagery, USA

Friday, May 14



CREATING WELLNESS, CULTURAL CONSCIOUSNESS, CONNECTION AND THE POWER OF MUSIC TO TRANSFORM

A Music Therapist for 15 years, Louise Dimiceli-Mitran provides a focus on wellness in all areas of her work. She is a Licensed Professional Counselor, Fellow of the Association for Music and Imagery, drum circle facilitator, singer/songwriter and in training to become a Primary Trainer of The Bonny Method of Guided Imagery & Music. She maintains a private practice in Guided Imagery & Music in Chicago, which includes work with those challenged by cancer, physical disease, depression, stress and adjustment challenges. Louise also specializes in oncology music therapy at Advocate Lutheran General Hospital where she has created the Focus on Wellness groups for cancer survivors at the Center for Advanced Care.

Louise Dimiceli-Mitran has brought the first advanced Bonny Method trainings to the Chicago area and incorporates Guided Imagery & Music, mandalas, and counseling into her music psychotherapy work and frequent workshop presentations. She is Past President of the Association for Music and Imagery. With her husband Andy Mitran, she co-owns Mitran Mitran Music in Chicago, a music production company.

Honoring and connecting to the diverse internal and external cultures of our clients means working with energized spirits, intuition, and trusting in the power of music. The wisdom of creating an environment of wellness, working with cultural consciousness, diversifying techniques and forging connections will be discussed. Case studies and an experiential will be included. ■

Namel Norris and Ricardo Velasquez

Rapper and Producer, USA

Saturday, May 15



THE 4-WHEEL CITY MOVEMENT 4 IMPROVEMENT

4 Wheel City is an entertainment organization started by Namel “Tapwaterz” Norris (rapper) and Ricardo “Rickfire” Velasquez (producer), two talented hip-hop artists who are now in wheelchairs as a result of spinal cord injuries caused by gun violence. Their mission is to use hip-hop music and culture to inspire disabled people and encourage them to not to give up on life. In addition, they show the world that people with disabilities have talents, dreams, and deserve to be treated with respect and as citizens who should have equal access to all facilities available to the able-bodied.

As a call to action, **Tapwaterz and Rickfire** initiated 4 Wheel City in the summer of 2005 after they got tired of going to places in New York and found that they could not enter because there were steps and no ramps or elevators. Fed up with the system and constantly being discriminated against, the 4 Wheel City “Movement 4 Improvement” was started to fight against these injustices. 4 Wheel City created a space for people to find information, fight for rights, showcase talents and network. More importantly, it provided a place for those not in wheelchairs to see, listen to, and appreciate that people in wheelchairs are not so different in their goals and abilities. They are still businessmen and women, students, moms, dads, actors, hustlers, musicians, and want to be recognized as

important contributors in society. Thus, Tapwaterz and Rickfire choose to use hip-hop as a tool to get out the 4 Wheel City message. However, the music is not all about the wheels. Still being conscious hustlers from the street and still lovin’ to have a good time, the music definitely reflects it.

The duo will combine a motivational lecture with an inspirational Hip Hop performance. ■



Pre-Conference workshops

Tuesday May 11	9:00 AM - 5:00 PM	Jennifer Buchanan , BMT, MTA <i>The Totally Organized Service Provider</i>
Wednesday, May 12	9:00 AM - 4:30 PM	Louise Dimiceli-Mitran , LPC, MA, MT-BC, FAMI <i>Introduction to the Bonny Method of Guided Imagery and Music</i>
	9:30 AM - 4:30 PM	Amy Clements-Cortes , PhD, MusM, MTA <i>Internship Supervision Training, Level One</i>

**Pre-Conference workshops will only be offered if there is sufficient enrolment by April 9. Those enrolled will be notified of pre-conference workshop status by May 3.*

THE TOTALLY ORGANIZED SERVICE PROVIDER

Jennifer Buchanan, BMT, MTA

Tuesday, May 11, 9 AM - 5 PM

Fees: \$56

This full day “how to” workshop is designed for service providers who are skilled and motivated by their profession and are seeking new techniques on how to increase their profile, profession and portfolio.

After 10 years of running a music therapy company, raising two children, and being the CAMT President, Jennifer sat for 3 weeks with a broken leg and realized it was time to get organized. Eight years later she has mastered the art of system development and business planning. This session will work on the behind the scenes of your work, make it fun and inspire you to be even better service providers.

You will leave this workshop:

- with helpful resources
- insight into your current procedures and new ideas for procedural improvement
- with the beginnings of a business, sales and marketing plan (or revisions)
- feeling inspired and hopeful for the future

INTRODUCTION TO THE BONNY METHOD OF GUIDED IMAGERY AND MUSIC (GIM)

Louise Dimiceli-Mitran, LPC, MA, MT-BC, FAMI

Wednesday, May 12, 9 AM - 4:30 PM

Fees: \$56

Participants will receive an overview of The Bonny Method of GIM including a short GIM session experience in dyads, simple supervised guiding, and creating a mandala. The therapeutic functions of music, imagery and processing will be discussed as well as definitions, clinical uses, contraindications, case study references and resources.

INTERNSHIP SUPERVISION TRAINING, LEVEL ONE

Amy Clements-Cortes, PhD, MusM, MTA

Wednesday 12 mai, 9:30 AM - 4:30 PM

Fees: \$56

This workshop has been designed for music therapists who wish to provide clinical supervision in internships, or to continue to provide internship supervision. Internship Supervisor Training, Level One, is the mandatory basic level of training that all supervisors in Canada must attain before supervising interns. This is effective as of May 2010.

**Ten continuing education credits will be granted for participation in this training.*

The clinical internship is a crucial component in the education of pre-professional music therapists. A supervisor has many roles including that of educator, leader, mentor, supporter, and administrator. Clinical supervision is an enabling process that allows pre-professionals to achieve and develop into skilled music therapists, and essentially to help them transition from the education setting to the work environment. This workshop will include lecture, interactive, reflective, and role-playing components. Participants will also receive tools such as supervisor feedback forms, a skills workbook, the CAMT internship evaluation form, etc. The workshop will be offered in English.

Topics to be covered:

- Defining supervision/supervisory relationship
- Supervisor skills
- Approaches to supervision
- Competency-based model for CAMT
- Competencies
- Evaluation - formative and summative
- Ethical issues in supervision
- Multicultural issues
- Supervisor development
- Mentoring new professionals
- Setting up a new internship site

Meetings at a Glance

Monday May 10	9:00 AM - 5:00 PM	CAMT Board Meeting
Tuesday May 11	9:00 AM - 5:00 PM	CAMT Board Meeting
	6:00 PM - 8:00 PM	CAMT Board Meeting
Wednesday May 12	9:00 AM - NOON	Educators Forum
	1:00 - 3:00 PM	Government regulation meeting
	3:00 - 5:00 PM	Chapters Meeting
Thursday May 13	11:30 - 1:30 PM	AGM Luncheon
	1:30 - 2:30 PM	CAMT Board Meeting
Friday May 14	3:30 - 5:00 PM	Accreditation Meeting

Conference Highlights**EXHIBITS ROOM**Thursday and Friday, [May 13 and 14](#)

A room full of musical instruments, books, CDs, and music therapy resources is waiting for you!

RESEARCH POSTER DISPLAY

This year's conference will feature a Research Poster Display where music therapists, students, educators and/or other professionals will be exhibiting original research that is directly or indirectly related to the field of music therapy. Researchers/representatives will be available for a scheduled information session where they will answer questions about their work.

GOVERNMENT REGULATION PANELSaturday, [May 15](#)

Government regulation discussion has been an integral part of CAMT conferences since 2007. Panel members will offer an overview of the regulation process in Canada and give provincial updates. This year, our guest speaker is Marian McDonald, Board Chair of the Nova Scotia Counselling Therapists Association, who championed this successful campaign in Nova Scotia in 2008.

MORNING FLOW YOGAFriday and Saturday, [May 14 and 15](#)

Join us Friday and Saturday mornings for a gentle yoga session, including breathing, gentle stretching, and sun salutations. No previous yoga experience required.

GROUP DRUMMINGThursday, [May 13](#)

An enjoyable, accessible and fulfilling experience! From exercise, nurturing and social support to stress reduction, intellectual stimulation, and spirituality, group drumming stimulates creative expression that unites our minds, bodies and spirits.

SILENT AUCTIONFriday, [May 14](#)

A silent auction will take place on Friday evening during the banquet. Money raised will go towards covering conference expenses. We invite you to contribute to the success of this worthwhile fundraising event. We welcome all items, including books, instruments, gift certificates, home-made goodies and artwork (regional or other).

Please visit the CAMT website www.musictherapy.ca for a list of suggested items. You will also find a letter that you can send to local merchants and businesses to solicit donations on behalf of the 36th annual Conference of CAMT.

For more information, please contact Elaine Rand & Brenda Johnson, organizers of the silent auction, at elainemrand@gmail.com

PEACE TRAIN BENEFIT CONCERTThursday, [May 13](#)

A concert featuring keynote speaker Sharon Katz, along with several local Nova Scotia artists, all in support of The Peace Train's current project of building a school and therapeutic arts program in South Africa.

★ **BANQUET AND DANCE** ★Friday, [May 14](#)

Join us for a meal of Maritime cuisine and an East Coast ballroom kitchen party. This year's banquet and dance will feature *Dicey Reilly*, a Nova Scotia acoustic band that plays old-time and Celtic music. Bring your dancing shoes!

Concurrent Sessions

The conference will showcase clinical and research activities of music therapists from across Canada, the United States, and Europe.

**Titles in English and/or French indicate the language of the presentation*

TOPIC AREAS AND PRESENTATION TITLES INCLUDE:

CHILDREN/ADOLESCENTS

- Increasing Social Responsiveness in a Child with Autism: A Comparison of Music and Non-Music Interventions
- Music Therapy and Community Development in Daycare
- Orff Schulwerk process in music therapy in medical pediatric settings
- Lullaby 101: A Program for At-Risk Expectant and Parenting Teens and Adults

GROUP THERAPY

- Clinical Applications of Voice and Drumming in Group Work
- Creating Cohesion from Chaos: Effective Group Facilitation

MUSIC THERAPY WITH FAMILIES

- Let's make some music together!
- Family Centered Music Therapy: A Collective Approach in Support of the Individual

GIM

- Dancing Together: Case Study in Music and Imagery

IMPROVISATION

- Approaches to teaching clinical improvisation: A workshop
- Music Improvisation for the Severely Impaired: Transcending Disability to Achieve Harmonious States
- Improvising Beyond Genre: Toward Musical Transparency: The Personal-Cultural Context of Music Therapy

MULTICULTURAL

- The Song Surrounds and Shapes Me: Atlantic Folk Music as Therapeutic Resource
- Meeting across cultures in music therapy: one music therapist's experiences in a multicultural special school

LOSS/BEAREAVEMENT/PALLIATIVE/HOSPICE

- Music Therapy in Expressing & Managing Loss
- Episodes of Relationship Completion Through Song in Palliative Care
- Palliative Care Sharing and Support Circle

MENTAL HEALTH

- Interprofessional Education in Mental Health: Implications for Music Therapy
- Lyric analysis interventions in psychiatric music therapy: Facilitating action-oriented discussion
- The Developmental Stages of Addiction: Implications for Music Therapy

GERIATRICS/ALZHEIMERS/DEMENTIA

- Memories to Music: an Intergenerational Music Therapy Programme

SONGWRITING

- Using Song Forms to Facilitate Life Changes for a Person with Chronic Mental Illness

PROFESSIONAL DEVELOPMENT

- MT BOOSTER SHOT...Enhancing staff morale in the work place... Show a little profile!!!
- Arranging & Composing Your Personal Music Therapy Theory: Tools & Techniques
- I love my Job! How to stay focused, enthusiastic and fulfilled in our profession
- Turn Your Great Idea into a Successful Proposal- grant proposal writing skills workshop
- An Ethical Dilemma: Professional Interaction
- Building Upon our Heritage: The Ongoing Development of the Music Therapy Profession in Canada

OTHER

- Sound Advice: Perspectives on Creating Healthier Sound Environments for our Client
- “Creating in Chaos: Harm reduction music therapy for pregnancy, addictions, and HIV/AIDS”
- Perspectives on the development of music therapy in Quebec: The role of UQAM
- Therapeutic applications of the violin for music therapy
- A Field of Vocal Discovery – Your voice, your song
- Voice Care for the Music Therapist: Maintaining a Healthy Singing Voice
- Interprétation et changement en musicothérapie : une perspective intersubjective.

HALIFAX WATERFRONT
 Photo Credit: Destination
 Halifax/Nova Scotia Tourism
 and Culture/ W. Haye



CAMT 2010 - Conference Activities

	TUESDAY May 11	WEDNESDAY May 12	THURSDAY May 13	FRIDAY May 14	SATURDAY May 15
7:15 - 7:45 AM				Morning Flow Yoga	Morning Flow Yoga
7:00 - 8:30 AM			Registration	Registration Supervisors Breakfast 7:45 - 8:45 AM	Registration
9:00 - 10:00 AM	Pre-Conference Workshop: “The Totally Organized Service Provider” 9 AM - 5 PM	Pre-Conference Workshop: “Introduction to the Bonny Method of Guided Imagery and Music” 9 AM - 4:30 PM “Internship Supervision Training, Level One” 9 AM - 5 PM	Plenary Sharon Katz	Plenary Louise Dimiceli- Mitran	Plenary 4-Wheel City
10:00 - 10:30 AM			Break/Music	Break/Music	Break/Music
10:30 - 12:00 PM			Concurrent Sessions	Concurrent Sessions	Government Regulation Panel
11:30 - 1:30 PM			AGM lunch 11:30 AM - 1:30 PM	Lunch/ Concordia Graduate Studies Information Session 12-1:00PM	Lunch 12:00 - 1:30 PM
1:30 - 3:00 PM			Concurrent Sessions	Concurrent Sessions	Concurrent Sessions
1:30 - 4:30 PM			Concurrent Sessions	Concurrent Sessions	Closing Ceremony Sharon Katz 2:30 - 3:30 PM
3:00 - 3:30 PM			Break/Music	Break/Music	
4:30 - 5:30 PM			Free Improvisation	Concurrent Sessions	
			Peace Train Concert 8:00 PM	Banquet and Dance 6:00 PM	

Tourism in Halifax

Tourist information is available at the Scotia Square Visitor Centre located at 5251 Duke Street (connected to the Delta Halifax).

HISTORIC LANDMARKS NOT TO BE MISSED

Halifax Citadel

Historic Properties

Halifax Harbourwalk

Pier 21 National Historic Site

Art Gallery of Nova Scotia

Maritime Museum of the Atlantic

WEATHER IN HALIFAX

Average temperature: 9.8 degrees Celsius

Bring warm clothes for winter may not be completely over!

GETTING TO HALIFAX

By Air

Halifax Stanfield International Airport is 30 minutes from the Delta Halifax by car, shuttle, or taxi.

www.FlyHalifax.com

By Train- Via Rail

The train station is just a few blocks from the Delta Halifax by car or foot. 1-888-842-7245

www.viarail.ca

By Bus

The bus terminal is just a few blocks from the Delta Halifax by car or foot. 902-454-9321

www.acadianbus.com

By Car

Visit www.deltahalifax.com and click on "get map".

ENTRY TO CANADA

From United States and other countries:

A valid passport is required

A SPECIAL INVITATION TO OUR AMERICAN COLLEAGUES

We extend a special invitation to our American colleagues to join us in Halifax. AMTA members get the same rate as CAMT members.

REGISTRATION POLICY

Registration fees are refundable until April 9, 2010, upon written request. A \$55 cancellation fee will be charged. No refund after April 9. All approved refunds will be issued after the conference.

2010 CONFERENCE VENUES AND ACCOMMODATIONS

The DELTA HALIFAX will serve as the official CAMT 2010 conference hotel. Special conference rates are available until **April 9, 2010**, so make your reservations early by calling the hotel directly (1-888-423-3582), or following the online link: www.deltahalifax.com/hacamt

Indicate your CAMT affiliation with the code **HACAMT**.



THE OLD CLOCK ON
CITADEL HILL



«SYMPHONY AT THE ART
GALLERY». PHOTO CREDIT:
Destination Halifax/
Nova Scotia Tourism
& Culture/W.Hayes



ARGYLE STREET
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GOOGLE MAP



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PEGGY'S COVE
LIGHTHOUSE