Preliminary Program

May 25th – 28th, 2017
Coast Plaza Hotel and Suites
1763 Comox Street
Vancouver, BC, V6G 1P6

For Reservations, visit:
https://aws.passkey.com/e/49071448

For Registration visit:
http://www.musictherapy.ca/event-calendar/#id=100&cid=1274&wid=501&type=Cal

Opening Keynote - FRIDAY MAY 26

THERESA MERRILL, PHD, MT-BC
FELLOW OF THE ASSOCIATION FOR MUSIC AND IMAGERY
REACHING NEW HEIGHTS IN MUSIC THERAPY: INSPIRATION FOR THE JOURNEY

What does the idea of ‘reaching new heights’ mean? What does it inspire us toward? What does reaching new heights ask of us? Reaching new heights in music therapy involves commitment to a creative and reflexive life that challenges us to be in the present ‘what is’, and the possible ‘what if’ simultaneously. Mary Oliver states that it is the role of the artist to move the world forward. It may be the role of the therapist to help the world experience and understand itself in the present. As an arts-based therapeutic discipline we think and practice in a space between being grounded in the here and now and moving forward into the unrealized place of innovation healing and potential.

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This keynote address draws upon multiple forms of inspiration for the journey, integrating pillars of theory, practice and research with perspectives on meaning, longevity, and ultimately, happiness in our work.

**Dr. Theresa (Terra) Merrill** is Associate Professor and Director of Music Therapy at Eastern Michigan University. A graduate of Capilano University (Dipl., 1989; BMT, 1995), Open University (MMT, 1998) and Michigan State University (PhD, 2008). She is a contributing author in the recently published third edition of Music Therapy Research and Introduction to Music Therapy Research, Feminist Perspectives in Music Therapy and Experiencing race as a music therapist: Personal narratives. She has published in The Canadian Journal of Music Therapy, the Nordic Journal of Music Therapy and VOICES: A world forum for music therapy.

In addition to teaching and administering a thriving undergraduate program, she also maintains clinical proficiency through facilitating a Community Music Therapy program for individuals with Parkinson’s and their care partners in Ann Arbor, MI. This program is the model for 3 other programs throughout the State of Michigan. She has presented on this group at the World Congress of Music Therapy in Krems, Austria and the AMTA National Conference in Sandusky, OH. She is a frequent speaker to Parkinson’s Disease Groups throughout the US.

Terra is the developer and co-director of the Great Lakes Region of AMTA Mentoring program, which is based on findings from her 2008 study of mentoring relationships in music therapy. She mentors individuals from across the country in Supervision and Self-Care. She has an interest in structures that help practitioners experience satisfaction and longevity in the field with a special interest in Supervision, Mentoring, Pedagogy and Self-Care.

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**Focus on Canada Speakers**

**FRIDAY MAY 26**

**Cynthia Vander Kooij, PhD, MTA**

**SPIRITUALITY, SALUTOGENESIS, AND SUFFERING: HOW MUSIC THERAPISTS CAN SUPPORT HEALTH WITHIN ILLNESS**

In music therapy mental health practice, recovery oriented strategies and music therapy philosophy often collide with healthcare pressures, systemic stigma, and a biomedical treatment focus causing a gap between music therapy services and their availability to those who need them. When
working with music therapy clients who face suffering due to a variety of mental health challenges, it can be difficult for music therapists to adequately address their needs in the context of these barriers.

This presentation will describe the process and findings of an arts based research study which used songwriting to explore the lived experience of mental illness. The results have implications which will be used to examine how music therapy clinicians can promote healing and transformation in the face of suffering and illness. Through opportunities for self-reflection, as well as through narrative examples, clinical practice applications for a variety of populations will be explored.

**Cynthia Vander Kooij**, BMT, MTA, PhD, is an accredited music therapist. She completed her PhD in Rehabilitation Science through McMaster University with a focus in Music and Mental Health Rehabilitation. She is currently employed as a case manager/mental health outreach worker in the Niagara Seniors Mental Health Outreach Program of St. Joseph’s Healthcare. In addition she owns and operates Music Therapy Services of Hamilton Wentworth. Cynthia is a CBT trained therapist. Her specific research interests include arts-based research, spirituality and mental health, and use of music and creativity in dementia care. Cynthia currently serves on the board of the CAMT in the role of Education Chair.

**Focus on Canada Speakers**

**SATURDAY MAY 27**

**Pascal Comeau, MM, MTA**

**INTERESTS, PERSONALITY TRAITS, AND STRENGTHS THAT ENRICH OUR MUSIC THERAPY PRACTICE**

Not only our professional training as music therapists but also our personal characteristics affect our clinical work. Interests outside music, personality traits unique to each person and our inner strengths enhance our therapeutic work with clients. Examples of these traits and characteristics will be presented. Music therapists will be encouraged to reflect on their interests, personal qualities and strengths that enrich their private practice.

**Pascal Comeau** is a music therapist accredited by the Canadian Association for Music Therapists and has a Master's Degree in Music Therapy from Temple University in Philadelphia. He has worked with children, adolescents and adults living with emotional, physical and mental health issues since 1991. From 1998 to 2002 he taught music therapy at the "Université du Québec à Montréal". Since 2002, he has had a private
practice in energy healing. Since 1980, he has been involved in meditation and personal development.

Closing Keynote - SUNDAY MAY 28

Liz Moffitt, BMUS, MTA, RCC
SOUNDING OUR DEPTHS TO REACH NEW HEIGHTS

What are the values and foundations that guide us as Music Therapists and Canadian Music Therapists? What is unique about Canadian Music Therapy Training? How do we define ourselves? What are our root values from which we soar to new heights?

A student in the first class of Canada’s original Music Therapy training program at Capilano University, Liz reflects on the beginnings of our field and places that time in the context of our profession today. She will talk about her story as a music therapist and share case material of clients who have worked hard to reach new heights. Finally, Liz will reflect on the future of our field, how to reach new heights, and keep true to our foundations as we do so.

Liz Moffitt, B.Mus. MA, MTA, RCC, Fellow and Primary Trainer, AML, Faculty Emeritus, Capilano University, is a Music Therapist, a GIM therapist and Primary Trainer, currently working in private practice with adults, and teaching all levels of GIM training across Canada. She is a Gestalt therapist and Registered Clinical Counsellor of B.C. Liz was in the first Capilano College Music Therapy class, (now Capilano University) in 1976, and later taught on faculty for over 35 years. For seven years she served as coordinator of Music Therapy and was instrumental in shifting the diploma program of Music Therapy to a Bachelor’s degree program. In 2015 she was honoured when awarded Faculty Emeritus status of Capilano University. Over the years she has presented about her work at most CAMT conferences!

Pre-Conference Workshop - 1

Laurel Young, PhD, MTA
Wednesday, May 24th 9:00am – 4:00pm
SELF-SUPERVISION FOR MUSIC THERAPY INTERNSHIP SUPERVISORS

This workshop will provide music therapy internship supervisors with a safe forum within which to openly

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discuss and reflect upon what constitutes competent and effective supervision. Relevant information from the literature and anecdotal examples will be presented. Time will be set aside for open discussion on barriers that may interfere with one’s ability to provide effective internship supervision, and the impact that this may have on supervisors. Reflective, experiential, and practical exercises will be utilized to provide participants with techniques that they can use or adapt to purposefully guide and monitor their own growth and development as supervisors. Experiential exercises may include improvisation, songwriting, music & imagery and use of mandalas. Persons who have previously supervised music therapy interns/students will likely benefit most from this workshop although new supervisors and those who do professional supervision are also welcome to register (as long as they have completed CAMT Level 1 Supervisor training).

Learner Objectives:
1. To explore what constitutes competent & effective internship supervision.
2. To explore and discuss barriers that may interfere with one’s ability to provide effective internship supervision and the impact that this may have on supervisors.
3. To provide techniques for purposefully guiding and monitoring one’s own growth & development as a music therapy supervisor.

Dr. Laurel Young is a certified music therapist (MTA), Psychotherapist (Québec N0 de permis 61453-15), and Fellow of the Association for Music & Imagery (FAMI). She currently works as a Graduate Programs Coordinator and Associate Professor of Music Therapy at Concordia University. She has over 22 years of diverse clinical and supervision experience. Dr. Young is a research member of several organizations including le Centre de recherche et d'expertise en gérontologie sociale (CREGÉS), the PERFORM Centre, and the newly established Arts in Health Research Collective (AHRC)—an initiative lead by Concordia’s Creative Arts Therapies Department.

Pre-Conference Workshop - 2

Nancy McMaster, MTA, and Michael Sochor, MTA
Wednesday, May 24th 9:00am – 1:00pm

A FRESH RELATIONSHIP TO SOUND & ALTERNATIVE APPROACHES TO GUITAR APPLICATION

This experiential workshop will focus on fresh ways to approach musical improvisation. We will begin with an invitation to open deeply to experiences of sound and “sounding”, before introducing
guitar skills that can be used with a wide variety of clients. Guitar techniques will be demonstrated, explored and applied to musical improvisation, including open tuning and percussive playing. We will close with group improvisation, allowing each participant to find their own ways to integrate the previous material.

From the workshop, we hope that you will discover new ways of applying the guitar to your music therapy practice, and refresh your relationship to the gifts of sound and “sounding” that are at the very core of our work. The workshop will aim to be flexible and adaptable to enhance your learning experience.

Participants should have moderate guitar skills in order to maximize the experience of the workshop. Electric and acoustic guitars will be available for use, but if you choose to bring your own, that will be very welcome.

**Nancy McMaster** co-founded the Capilano Music Therapy program in 1976, and continues to teach in the program. Nancy began her career as part of the Children’s Spontaneous Music Workshop before studying with Nordoff and Robbins. She went on to work with children and adults with a variety of challenges. Further training, in GIM and in the NYU Masters’ program, broadened Nancy’s work into a deeper psychotherapeutic approach. Articles about her clinical work can be found in international books and journals.

For Nancy, music is a language of her soul, and in her musical life beyond Music Therapy, her deep relationship to music, has been shared through a series of classical recordings as well as improvisational performances.

**Michael Sochor** is an accredited music therapist living and working in Greater Vancouver, British Columbia. He graduated from a Performing Arts Program at Douglas College majoring in classical guitar, and has completed his Bachelor’s Degree in Music Therapy from Capilano University. He is currently working as a guitar instructor for the music therapy program in Capilano University, and works in complex care as a music therapist for Hawthorne Care Centre. Michael also has experience working with at-risk youth and children with various needs. Aside from Michael’s work as a music therapist, he is a musician, songwriter, and father of two little girls.
Pre-Conference Workshop - 3

Michelle Oucharek-Deo, BFA, BCATR, RCAT, Registered Art Therapist
Thursday, May 25th 8:15am – 12:15pm

FINDING YOUR PROFESSIONAL PATH:
THE BUSINESS OF MUSIC THERAPY

There is nothing easy about being a music therapist in Canada, but it is one of the most amazing and valuable professions you could have chosen. In reality though, most music therapists in Canada will not find full time work in the field and at some point, will have to hire themselves out privately. When this reality takes hold, important questions often start to emerge. How am I going to do this? Where do I start? … It can get very overwhelming if you don’t have a plan; Contracts? GST? Work Safe BC? Liability Insurance? Do I need a Business Licence? How much social media presence do I need? How do I register with the government? Taxes?

Now that your heart rate has gone up, I want you to take a breath. During this workshop, we will systematically create a basic plan for each of you. We will answer both the simple and the complex questions of how to start and run a successful private practise and create an opportunity for you to fulfil your dream working as a music therapist and build the life you want at the same time. I am a true believer that these two principles must be woven together throughout your career in order to help you find the balance needed for success.

During the workshop we will review: Creating your business vision, General business logistics, Private Practise principles, as well as setting time aside for your specific questions.

If you have specific business based questions that you would like addressed during the workshop please email the presenter Michelle Oucharek-Deo at mlod@telus.net the week before the presentation. Maximum 2 questions per person.

Michelle Oucharek-Deo is a registered art therapist and has been in private practise in the field of creative arts and mental health for 23 years alongside her husband and business partner Brian Deo, MTA. Throughout her colourful career, Michelle has been a pillar in her community offering support, consultation and educational opportunities to both new and seasoned creative arts therapists looking to start a private practise and build the kind of life that they want for themselves and their loved ones. Michelle is a Past President of the BC Art Therapy Association, current Vice-Chair of FACT BC and sits as an adjunct faculty member at Adler University teaching courses on current business
practises as well as several other topics. Michelle is a wife, mother, daughter, sister, therapist, writer and Lily owner (my therapeutic pet companion) and has somehow managed to balance it all while owning and running two successful businesses.

Pre-Conference Workshop - 4

Chris Brandt and Patrick Zulinov
Thursday, May 25th 1:00 – 5:00pm
MEDIA TRAINING & SOCIAL MEDIA FOR MUSIC THERAPISTS

Join Music Heals board member Patrick Zulinov and Music Heals executive director Chris Brandt to learn strategies for raising awareness of music therapy and your own music therapy practice. Music therapy is a compelling story that the public wants to hear, and that level of awareness often directly impacts the financial support of your programs. This workshop will be split into two parts, covering traditional and social media.

Drawing from Patrick’s long career in the music industry, the first half of the workshop will be valuable media training for those opportunities where you find yourself in front of a microphone and are asked to speak about your profession. Patrick will show you how to make the most of these encounters, and demonstrate how to get your message across even when the interviewer isn’t well versed in music therapy.

In the second half of the workshop, Chris will review social media techniques that he teaches weekly to Music Business students at BCIT, and which he has used to build up Music Heals’ considerable online presence. We will also discuss the balance of effective storytelling, without infringing on concerns of client confidentiality. This session will be a preview of the talk he has been invited to give at the WFMT conference in Japan about raising funds and awareness for music therapy worldwide.

Chris Brandt is the Executive Director of Music Heals, a foundation raising money and awareness for music therapy. Music Heals has donated over $800,000 to music therapy programs across Canada in just four years. He spent three years as the President of the Board of Directors for Music BC, a non-profit society administering endeavours such as the Peak Performance Project and the 2009 Juno Awards.

With 10 years’ experience at Universal Music Canada, Chris managed the sales, promotion and marketing of over 6,000 releases a year. In 2004 he launched his own independent record label, and his passion for the local scene led him to gain additional

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experience in band management; as the Music Editor for a local publication; a contributing editor for another magazine; and as the host of an independent radio show for well over a decade.

Chris is the creator & instructor of the Music Business program at BCIT, which is the second institution at which he has authored the curriculum and led a post-secondary music business program for. He has travelled to 25 countries and was deported from Brazil.

In his other life, Chris teaches regular yoga and meditation classes and workshops. His prayer beads give him magical powers and he knows what you are thinking right now.

Patrick Zulinov has spent much of his 25 years in the Vancouver Music Community overseeing Promotions and Publicity with Sony Music Canada. He also played a major role in the launching of Shore 104 FM as Music and Program Director for the station’s first 3 years. At Shore, Zulinov helped create initiatives such as the “Music Saves” campaign & the “Adopt an Instrument” program.

Patrick is on the Board of Directors of the Music Heals Foundation and is also co-founder and organizer of the annual Music Therapy Ride which has raised over $1,000,000 for Music Therapy programs. He’s the Director of Sync and Artist Relations with Hyvetown Music Publishing and Manages Western Canada for RPM Radio Promotion.

CONFERENCE HIGHLIGHTS

ZAAC PICK, Thursday May 25th, 2017
Welcome Reception Entertainment

Join us Thursday Evening to reconnect with colleagues and friends while enjoying a snack, cash bar and the musical stylings of Zaac Pick.

The Vancouver-based artist has long been building a reputation as a songwriter with a knack for evocative lyrical imagery and a haunting melody. His large-scale, cinematic style earned acclaim after all six tracks from his 2009 debut EP ‘Fierce Wind’ were featured in prime-time TV dramas including One Tree Hill, Degrassi, Rookie Blue, and Saving Hope.
FRIDAY NIGHT CONCERT, May 26th, 2017

Music Heals invites you to a night out on the town in Vancouver! We’ve booked out a unique venue and confirmed a ridiculously fun band for what we hope will be a memorable conference experience. Connect with the music therapy community over drinks and dancing. It’s a $5 ticket, but you'll receive a drink ticket upon arrival. (Get your ticket on the Conference Registration Page). Consider it a Music Heals house party. We look forward to seeing you there!

Shred Kelly steps into the space vacated by Spirit of the West as the West Coast’s most dynamic, high-energy and engaging live performers. The band plays sold-out shows across Canada, has performed at some of the nation’s premier festivals, and CBC Music named their last album as one of the Top 15 Most Anticipated Albums of the year. Hailing from Fernie, BC, they recently won Album of the Year and Best Live Act at the 2015 Kootenay Music Awards and won a 2015 Western Canadian Music Award for Best Music Video.

Studio Records is a combination live music venue and record store; which delivers an exceptional vinyl experience, physically connecting fans to artists, and that serves you that perfect drink - but their vision extends far beyond Tech 12s and Whiskey Sours. Inspired by the love felt in a record store, they want to build a music community that comes full circle, a place that supports both the fan and the artist together under one roof. Only 11 blocks from the conference host hotel.

THE BENDERS, Saturday, May 27th, 2017
Banquet Entertainment

Join us for an evening of food, fun and friends including a buffet dinner followed by live music with The Benders.

Please note that the banquet is included with all full conference registrations and Saturday only registrations. Banquet tickets can be bought separately if you would like to bring along a guest or would like to join us for this event only.

With over 200 years of musical experience between them, The Benders will provide a delicate balance of R&B and Rock & Roll from several decades. They have won rave reviews from local press on many occasions!
DOOR PRIZE SUPREME!!!

The conference delegates will all have a chance to win door prizes that have generously been donated by our sponsors and exhibitors. For those delegates in the room at the end of the Closing Keynote, there will be a draw for a Complimentary Registration to CAMT Conference 2018. Make sure you plan to stay until the very end of the conference to have a chance at the prize.

And the winner is... Et le gagnant est...

THANK YOU TO OUR SPONSORS

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Music Heals

Music Together

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Conference 2017 Schedule

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