



# Knoxville Music Therapy

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## Services:

- Individual Therapy
- Private Group Therapy
- Parent/child or sibling groups
- Consultation & IEP based music therapy
- Facility group music therapy
- Presentation/ lectures on music therapy
- NICU Music Therapy
- NMT based music therapy

## Qualifications:

- Certified by the Certification Board for Music Therapy (CBMT) (2003 – Present)
- Neurologic Music Therapist® (2021)
- Music Together Within Therapy Provider (2014)
- NICU Music Therapist (2013)
- *Master of Music Therapy, 2002*  
Loyola University New Orleans, New Orleans, LA
- *Bachelor of Musical Arts, Psychology Minor, 1999*  
Pacific Lutheran University, Tacoma, WA

## *What is Music Therapy<sup>1</sup>?*

- Music Therapy is an established health profession that consists of using music experiences therapeutically to address physical, emotional, psychological, cognitive, behavioral, and/or social functioning. Because music is a powerful and non-threatening medium, unique outcomes are possible. This can include (but not be limited to) anything from using music to build stress and anxiety reducing skills, supporting progress in gait and gross motor skills with rhythmic walking and entrainment activities, providing a safe container and space for emotional and self-expression through songwriting, and supporting communication and language building through singing and active music making. This wide range of possible outcomes also allows music therapy interventions to be tailored to each unique individual. It looks different for each person or group, and it can also be a lot of fun in the process!

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<sup>1</sup> Taken from "Music therapy and the young child", Fact sheet published by the American Music Therapy Association (AMTA), Inc, January, 2001. Website: [www.musictherapy.org](http://www.musictherapy.org)

- The modality of music therapy enhances quality of life and can help build and promote healing in relationships. At the foundation of this therapy approach is a trusting relationship between a board-certified therapist and an individual or group within a music activity or experience. From that connection, music interventions can build connections between one individual and another; between an individual and his or her family; and between the music and the participants. These relationships and experiences are structured and adapted through the elements of music to create a positive environment and set the occasion for successful growth in many areas.

### ***Who am I?***

- I have been a music therapist since 2000, and board-certified since 2003. I grew up in the state of Hawaii, went to college in the Seattle/ Tacoma area, and attended graduate school in New Orleans, LA where I met and eventually married my husband. We moved to the Knoxville area in 2006 following the aftermath of hurricane Katrina on the Gulf Coast. We now have 2 children and have come to call East TN home. I enjoy a wide variety of crafting and art hobbies, and I love to dance – I grew up dancing the hula and took up belly dancing for almost a decade after moving to Knoxville. My family and I enjoy camping, occasional hiking, and attending many of the local live music events and festivals in this area. We currently have 3 cats, only one of whom tolerates music.

### ***Expertise:***

- I have worked with children with a wide range of developmental delays and special needs such as autism, ADHD, hearing impairments, various developmental disabilities, rare genetic disorders, multiple sensory processing issues, and other brain disorders. I have also worked with older adults, and adults and adolescents with various mental and emotional health issues such as depression, anxiety, degenerative brain disorders, eating disorders, chemical addictions, sexual trauma, and schizophrenia.
- I have training in and received a designation in Neurologic Music Therapy (NMT®) from the Academy of Neurologic Music Therapy in 2021 which allows me to use a wider variety of brain-based music techniques for brain injury, various forms of dementia and neurologic degenerative disorders, as well as sensory processing issues.
- I am a licensed Music Together Within Therapy© Provider, through the Music Together®© early childhood music program. The Music Together curriculum elevates the innate musical nature of children and families, focuses on connection, interaction, and whole-body experiences of music through multicultural and familiar children's songs. The training and ongoing license allows me to utilize the Music Together curriculum with registered clients and families in our therapy sessions outside of the Music Together class structure and schedule.
- I also have a NICU Music Therapy designation from the National Institute for Infant and Child Medical Music Therapy for completing intensive training in NICU music therapy techniques in 2013. This, in conjunction with having 2 children of my own, expanded my interest into extensive reading and workshops on connection and attachment-based parenting techniques, as well as ongoing deeper study and workshops on playful and gentle parenting approaches. I

have been the accredited support group leader for the Attachment Parenting International Knoxville chapter since 2016.

### ***Therapy Style & Theoretical Approach***

- I draw from an eclectic background of music therapy methods & techniques, psychotherapy and developmental theories, and connection and relationship-focused perspective and approaches to the therapeutic relationship. Each person is unique; thus, each therapeutic relationship will reflect that person's individual needs and personality. My focus with each person I work with is to meet them where they are and use the musical tools and techniques that I know to help support and encourage them to move toward the goals and outcomes we are working on.
- Music therapy is the main modality of expressive therapy that I use. However, the mediums of art, movement and dance, and play are also powerful tools that I may incorporate into a music therapy session. If you have any objections to the above additions, please let me know before therapy begins. Also, please know that the above modalities are meant to *enhance* the music therapy session, not replace the role of music.

### ***Who I serve:***

There are few limitations to the types of clientele I serve because music touches everyone in some way and to some extent. What is of paramount importance is that you trust me to work with you. Again, music therapy enhances the quality of life, can be adapted to address a wide variety of goals and challenges, and is based on the trusting relationship between each person and the therapist.

### ***Code of Conduct:***

As a board-certified music therapist, I am required to follow the Certification Board of Music Therapists (CBMT's) Code of Professional Practice (established clinical competence) and the American Music Therapy Association (AMTA's) professional standards of practice and code of ethics (professional and ethical conduct). A copy of both can be provided upon request.

The following are guidelines for behavior which I practice with everyone I work with:

- I will not solve your problems, but will work to help you find your own solutions
- I will work to help you make the changes that you choose and help you or your children develop the skills you wish to master.
- I will treat you with respect and consideration.
- I will regularly review your progress.

### ***In case of emergency:***

- If you experience an emergency and need my services, or need to contact me for cancellations, please call (865) 951-6477. However, out of respect for my clients, I do not answer calls during sessions. Please leave a detailed message, and I will return your call as soon as I am able.

### ***Confidentiality***

- Personal information and session content will be kept confidential with the following exceptions:
  1. Purposes of consultation and documentation with other healthcare professionals or treatment team members.
  2. Situations where child abuse or abuse of the elderly is suspected.
  3. Circumstances involving a threat to life for yourself or others.
  4. You (the client, parent/guardian) provide a written statement authorizing release of session material, and
  5. Confidentiality rules may require violation if I am served a court order or subpoena for release of records.

### ***Client Responsibilities:***

- In addition to the fee and cancellation policies, I ask that you notify me of other professional healthcare services that you (or your dependent) are receiving. Please list this information on the form included in this packet. Communication with other members of a treatment team is important.
- Also, please note on the same form any medications that you (or your dependent) are using. It is helpful for me to be aware of side effects or reactions that may affect music therapy sessions.
- If you are currently under the care of another professional counselor, therapist, psychotherapist, psychiatrist, or other primary therapist, by signing this contract you agree to allow contact between myself and your primary therapist before and during the course of music therapy.

### ***Potential Risks of Therapy:***

- As with other forms of therapy, music therapy sessions may not be without discomfort and emotional intensity. During therapy there may be additional issues that surface which may not have been anticipated. If such cases arise, I will continue to listen to your needs, adjust any activities as needed, but most of all I will be present and supportive of your treatment and growth however that journey looks. The process of therapy is ongoing, and we will continually reevaluate and adjust your goals and objectives and work together through any challenges and celebrate the successes that the journey of connecting harmony to healing brings.