

**Midwest Regional Music Therapy
Conference
April 10-12, 2026**



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Association Services

Clinical Practice Networking:

Interprofessional Collaborative Resources:

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Membership:

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Workforce Development & Retention:

Diversity, Equity, Inclusion, Access, & Justice: Vacant

Professional Practices

Governments Relations:

Reimbursement:

Research:

Standards of Clinical Practice:

Technology:

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Academic Program Approval:

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Association Internship Approval:

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Continuing Music Therapy Education

To facilitate your CBMT reporting process, each presenter will have a 2-digit code near the beginning of their presentation, and a separate 2-digit code later in their presentation. Write down the numbers to verify you attended the session (this substitutes getting the presenter's signature). You can use the following worksheet to easily keep track:

PRESENTATION NAME & PRESENTERS	CODE #1	CODE #2
Applying a Sensory Lens to Music Therapy Sessions to Support Emotional Regulation-Rajahna Wanick, Cassie Lewis		
Music Performance Anxiety: Barrier to Clinical Practice-Anastasia		
Promoting Big Developmental Gains for Little Learners through an Interdisciplinary Approach-Cindy Kraus, Joan Delahunt		
Songwriting/composition as a tool within music therapy-Sonia		
Professional Advocacy for the Music Therapist 101-		
Into the Simulation Lab: Exploring Clinical Learning in a Safe Space-		
Motivating Factors in Choosing a Graduate Program Outside of		
Eldercare Grab Bag: Up-to-Date Experiences for Older Adults-		
Explaining Music Therapy: Clear, Confident, and Evidence-Based-		
Safety, Connection, and Health Promotion Through Group Drum-		
Preferred Music: What Do We Know and Why Do We Use It?-Kyle		
Communicating with Stakeholders for Better Outcomes-Debra		
Multisensory and Vibrotactile Strategies Informed by Expert Interviews-Frederico Rincón		
Empowering Children and Adolescents with Hearing Loss Through Music: Interdisciplinary Strategies for Clinicians and Families-Hae		
A Meaning-Centered Lens for Music Therapy: A Theoretical Look at Applying Logotherapy to Music Therapy Practice-Barbara Ashton		
Considering the Role of Music in Music Therapy Assessment-Blythe LaGasse		

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Pre-Conference CMTEs (CMTEs are NOT recorded)

Friday, April 10 via Zoom - Pre-register ONLY!

7:30am-12:30pm Continuing Music Therapy Education Session (5 CMTEs)

Session A – Ethical Decision-Making and Reasoning in Music Therapy

Anastasia Canfield, DHSc, LPC, NCC, MT-BC, RPT, ASDCS

Music therapists are faced with ethical dilemmas in workplaces, advocacy, education, and more. Consultation and collaboration are key. This CMTE explores the Music Therapy Code of Ethics, the recommended Music Therapy Ethical Decision-Making Model, group discussion about ethical dilemmas, and opportunities for practicing the process of making ethical decisions.

Session B – Compassion without Fatigue: Mindfulness, Boundaries, and the Practice of Empathy

Andrea Dalton, MA, MT-BC, CLC

Does your work entail significant or ongoing stress? Have you found yourself feeling completely exhausted or traumatized by another's pain? This interactive, best practice training will explore a variety of protective tools and activities including mindfulness, intrapersonal boundaries, and the practice of compassionate empathy to support personal and professional wellbeing.

2:30 - 5:30pm Continuing Music Therapy Education Session (3 CMTEs)

Session D - Creative Accessibility: Designing Inclusive Programs for ASD/IDD Across the Lifespan

Bonnie Houpt, MT-BC and Anastasia Canfield, DHSc, LPC, NCC, MT-BC, RPT, ASDCS

This training includes strategies, examples, and resources on how to make music therapy services more accessible for neurodivergent and disabled communities of various ages, focusing on physical and financial adaptations and community connection. It is led by two music therapists who have been incorporating accessibility approaches into their private practices.

Session F - Put Your Kettle to the Mettle: Guitar Melody and Accompaniment, 3 Carols

Robert Groene, PhD, MT-BC

This guitar workshop explores 3 types of guitar playing, including harmony and melody simultaneously. The songs (in the public domain) include Deck the Halls, Angels We Have Heard on High, and Adestes Fideles (Oh Come All Ye Faithful). "Bring" a guitar, pick, capo and tuner. "Tabs" and YouTube access after.

THANK YOU TO OUR BRONZE SPONSOR!



The Iowa Chapter of Music Therapy is a dedicated group of music therapists who seek to enhance individuals' everyday lives through live music and positive interaction. Our mission is to further the advancement of training and educating music therapists in and around the state, and to provide a forum for networking.

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2026 MW-AMTA Regional Conference Research Poster Session

Videos

<https://www.youtube.com/playlist?list=PLSoV98lwLQECpdtHJnvEEZMwsLVHVpDkY>

Research Posters



Presenters

§ **Speech-Music Therapy for Aphasia and Apraxia for Childhood Apraxia of Speech: An Overview** (Hae Sun Kim & Hayo Terband, the University of Iowa, and Mirjam van Tellingen, Rehabilitation Center 'Revalidatie Friesland', Beetsterzwaag, The Netherlands & Center for Language and Cognition & Research School for Behavioral and Cognitive Neurosciences (BCN), University of Groningen, Groningen, The Netherlands)

§ **Music Therapy Musicianship: A Post Intentional Phenomenological Study**
(Bill Matney & CharCarol Fisher, The University of Kansas, Tony Meadows, Shenandoah University, Elizabeth Schwartz, Molly University, & Alan Turry, New York University)

§ **Music Therapists' Perspectives on Music Therapy in Long-Term Pediatric Palliative Care**
(Kristen O'Grady, The University of Kansas)

§ **We Use Music for Others-What About Ourselves? Music Coping Strategies Among Music Students: A Descriptive Study**
(Parintorn Pankaew, Florida State University)

§ **Processing My Husband's Stroke Through Visual Art and Music: An Autoethnography**
(Lorena Surducan, The University of Kansas)

§ **Working Mechanisms of Music in the Treatment of Childhood Apraxia of Speech: Using Music to Cue Gestural Timing and Lexical Stress**
(Hayo Terband & Hae Sun Kim, The University of Iowa, and Mirjam van Tellingen, Rehabilitation Center 'Revalidatie Friesland', Beetsterzwaag, The Netherlands & Center for Language and Cognition & Research School for Behavioral and Cognitive Neurosciences (BCN), University of Groningen, Groningen, The Netherlands)

§ **Music and Mild Cognitive Impairment: A Scoping Review**
(Livia Umeda, Seighin McElderry & Abbey Dvorak, The University of Iowa)

§ **Music Therapy Students' Perspectives of Mental Healthcare Resources Within Higher Education** (Crystal Weaver, Maryville University)

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Anti-Harassment Policy

The Midwestern Region of the American Music Therapy Association (MWR) abides by the AMTA Anti-Harassment Policy and the AMTA Code of Ethics. We are committed to providing an environment free of harassment, bullying, microaggression, and discrimination regardless of gender, gender identity and expression, age, sexual orientation, abilities, physical appearance, body size, race, ethnicity, those who do hold religious beliefs and those who do not, method of communication, technology choices, or other protected category. If you are being harassed, have concerns of harassment you have observed, or have any other concerns, please contact the regional vice president and vice president-elect immediately (mwr.anta@gmail.com).

If any form of harassment, bullying, microaggression, and/or discrimination occurs, the MWR reserves the right to limit conference participation. In a virtual conference environment, this may include, but not be limited to: disabling the ability to interact in the event.

**PLEASE NOTE:
ALL TIMES ARE IN CENTRAL TIME**

Saturday, April 11, 2026

Student Passages Conference (via Zoom)

The YOU in Music Therapy: Don't Skip Your Warm-Up

<https://umsystem.zoom.us/j/95132107602?pwd=LBaEmRw6iER6wWMKW3FZJToy3Yax99.1>

8:00-8:10am CST Welcome/Breakout Session #1

8:15-8:50 Student Presentations

9:00-9:10 Breakout Session #2

9:15-10:05 Keynote Presentation

10:10-10:25 Breakout Session #3

10:35-11:10 Internship Panel

11:15-11:55 Job Panel

Concurrent Sessions (via Crowdcast)

8:15-9:15am - Concurrent Session #1

Explaining Music Therapy: Clear, Confident, and Evidence-Based

Leah Quiller, MM, MT-BC and Daniel Morris, MM, MT-BC

Effective communication about music therapy is essential for strengthening interdisciplinary collaboration, supporting informed decision-making, and advocating for the profession. This presentation introduces a structured approach to communicating music therapy services using the Rehabilitation Treatment Specification System (RTSS). By the end of the session, participants will be equipped with tools to articulate music therapy services using the RTSS as a framework, providing greater precision, confidence, and consistency, ultimately enhancing understanding and support for the profession.

Musical Performance Anxiety, Barrier to Clinical Practice

Anastasia Canfield, DHSc, LPC, NCC, MT-BC, RPT, ASDCS

Music Performance Anxiety (MPA) is an occupational hazard. Musicians often score higher on anxiety measures than the general population which predisposes MTs to decreased mental health and poses risk for compassion fatigue and burnout. It can lead to questionable ethical decision-making and musculoskeletal injury. MPA can be experienced by students and professionals.

9:45-10:45am -Concurrent Session #2

Promoting Big Developmental Gains for Little Learners through an Interdisciplinary Approach

Cindy Kraus, MT-BC and Joan Delahunt, OTD, MS, OTR/L

Join us in exploring collaborative promotion of developmental skills essential for establishing connection with young children exposed to trauma using a small group-based music and movement format led by a music therapist and occupational therapist.

Preferred Music: What Do We Know and Why Do We Use It?

Kyle Wilhelm, MA, MT-BC

Music therapists are taught to use preferred music with clients. However, what do we really know about the effect of preferred music? This presentation will explore research in this area and what I learned about music preferences from the pilot testing of a music preference questionnaire.

11:00 - 12:00pm Concurrent Session #3

Applying a Sensory Lens to Music Therapy Sessions to Support Emotional Regulation

Rajahna Wanick, MM, MT-BC, NMT and Cassie Lewis, MT-BC

Emotional regulation is an essential skill for individuals to better function in their daily lives, however applications to address sensory needs are often overlooked when working in clinical and in-home settings. Approaching music therapy sessions with a sensory lens is pivotal in supporting individual growth and development

Considering the Role of Music in Music Therapy Assessment

Blythe LaGasse, PhD, MT-BC

This session explores research on music in development and its implications for music therapy assessment. Participants will learn strategies to integrate music into the assessment processes, using evidence and case examples to identify client strengths, guide objectives, and support client-centered treatment planning.

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12:00-1:30pm- LUNCH BREAK

1:30-2:30pm- Concurrent Session #4

Eldercare Grab Bag: Up-to-Date Experiences for Older Adults

Rachelle Morgan, MA, MT-BC

Did you know members of the Boomer generation started entering their 80s this year? Let's freshen up our toolboxes with musical experiences using songs from the 1960s and beyond. You'll also walk away with a plan for continuing your repertoire development for this newest generation of older adults.

Multisensory and Vibrotactile Strategies Informed by Expert Interviews

Federico Rincón

This session explores multisensory and vibrotactile strategies in music therapy for people with hearing loss, integrating findings from interviews with field experts. Participants will learn accessible techniques, review contemporary research, and discuss clinical applications that support music perception, communication, and engagement.

2:45-3:45pm- Concurrent Session #5

Motivating Factors in Choosing a Graduate Program Outside of Music Therapy

Mariah Skelly, MT-BC

This presentation will focus on reasons individuals choose graduate degree programs outside of music therapy, how this changes professional identity, and things to consider when choosing a graduate degree program. Discussion will focus on how this impacts the field, as well as what to consider when choosing a graduate program.

Safety, Connection, and Health Promotion Through Group Drumming

Jess Rushing, PhD, MT-BC

In this session the presenter will discuss the evidence base for group drumming for health promotion, highlight new evidence from the UpBeats women's mental health drumming support group offered at Colorado State University, and lead participants in experiential learning of facilitation strategies.

Everyone is welcome and encouraged to attend the business meeting; however, only AMTA members can vote. Door prizes will be distributed at the end of the meeting!

4:00-5:00pm- Professional Business Meeting via Zoom

<https://us02web.zoom.us/j/81870641106>

4:00-5:00PM- Student Business Meeting via Zoom

<https://umsystem.zoom.us/j/96178025294?pwd=jL8xCxCs3R2Kto5GqPztMYjranQmAG.1>

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Sunday, April 12, 2026

9:45-10:45am- Concurrent Session #1

Communicating with Stakeholders for Better Outcomes

Debra Brockington, LMHC, RPT, MT-BC; Amber Cook, LMFT, RPT, MT-BC

One of the more difficult tasks for beginning clinicians is communicating with the stakeholders of clients. Participants will learn about two relationship theories: Attachment Theory and Family Systems Theory then practice stakeholder conversations through role play and guided practice.

Songwriting/Composition as a Tool within Music Therapy

Sonia Dominguez, MT-BC, CYT, ASDI and Anastasia Canfield, DHSc, LPC, NCC, MT-BC, RPT, ASDCS

Songwriting is a powerful tool that can be adapted for numerous goal areas and instrumentation. Music therapists may fear more preparation is required for this intervention than their capacity allows. This concurrent session explores songwriting tools that can support both the client and the therapist in accessing this important intervention.

11:00 - 12:00pm- Concurrent Session #2

A Meaning-Centered Lens for Music Therapy: A Theoretical Look Applying Logotherapy to Music Therapy Practice

Barbara Ashton, MM, MT-BC

This presentation is based on my recent article. I present my argument that music therapy is an inherently meaning-centered clinical practice. This argument is grounded in the theoretical framework of logotherapy (existentialism), developed by Viktor Frankl and refined through his experiences in the holocaust.

Empowering Children and Adolescents with Hearing Loss Through Music: Interdisciplinary Strategies for Clinicians and Families

Hae Sun Kim, PhD, MT-BC and Eun Kyung Julie Jeon, PhD, AuD, CCC-A

Children with hearing loss often face challenges in music perception, leading families to question whether music can be enjoyable or meaningful. This interdisciplinary session integrates audiology and music therapy perspectives to address parent concerns, summarize current evidence on pediatric music engagement, and offer practical, developmentally supportive strategies for children using hearing aids and cochlear implants.

12:00-1:30pm- LUNCH BREAK



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1:30-2:30pm- Concurrent Session #3

Professional Advocacy for the Music Therapist 101

Annie Roberson, MT-BC

This concurrent session will focus on common advocacy strategies, misrepresentation, and the Professional Advocacy Committee's role in supporting music therapists. Attendees will walk through misrepresentation scenarios, discuss responding to common misunderstandings about music therapy, and have opportunities to share their own advocacy struggles and successes.

Into the Simulation Lab: Exploring Clinical Learning in a Safe Space

SooJin Kwoun, PhD, MT-BC, Shelby Bridgers, Sam Friend, Chloe Bonham, Alyssa Bonham, Arianna Brooks, Karen Lohrman, Sylvia Adzoh

This presentation examines a simulation-based learning experience in which music therapy students facilitate sessions with computerized mannequins programmed with changing medical conditions and real-time voice responses. Attendees will learn how these scenarios are designed and facilitated and how they enrich students' learning in engaging and clinically authentic ways.

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