

Presentation Form

Music Therapy Overview and Clinical Uses in Mental Health

October 24th, 2018

Presenter Bio

Phil Mauskopf, MS, MT-BC

Music Therapist

Creative & Expressive Arts Therapy (CEAT)

Western Psychiatric Institute and Clinic of UPMC

Phil Mauskopf, MS, MT-BC is a board-certified music therapist. After graduating with a degree in Music from the University of Pittsburgh in 2003, he worked as a composer of film scores and soundtracks and head of licensing for Electric Monkey Records before acquiring his Music Therapy degree from Duquesne University in 2009. Phil then acquired his Master's degree from IUPUI in 2011 while helping research the effects of music therapy on both adult and youth populations with cancer. He is currently practicing at Western Psychiatric Institute and Clinic where he uses music therapy as a means for patients to overcome and cope with psychiatric crises. He works with a variety of populations including patients with eating disorders, patients with developmental disabilities and autism, patients recovering from traumatic experiences, adolescents and general adults. His current research focus is his "Recording Studio" group which assists adolescents in acute psychological crisis with developing a stronger, and more empowered sense of self through writing and recording music.

Robert Miller, MS, MT-BC

Music Therapist and Program Coordinator

Creative & Expressive Arts Therapy Program (CEAT)

Fellow of the Association of Music and Imagery

Music Therapy Internship Director

Western Psychiatric Institute and Clinic of UPMC

Robert G. H. Miller, MS, MT-BC received a bachelor's degree in Music Education from West Chester University in West Chester, PA. After teaching elementary school music for two of years in New Jersey, Robert went on to study music therapy and received his master's degree in Music Therapy from Radford University in Radford, VA. He completed his clinical internship at Touch of Music, a music therapy private practice in Pottstown, PA. Robert received training in the Bonny Method of Guided Imagery and Music through the Atlantis Institute for Consciousness and Music and is a Fellow of the Association for Music and Imagery. He is also a trained drum circle facilitator, leading drum circles in the community and in facilities in the greater Pittsburgh area.

Robert is the Program Coordinator for the Creative and Expressive Arts Therapies department at Western Psychiatric Institute and Clinic (WPIC). He serves the director of a thriving National Roster Music Therapy Internship program with the American Music Therapy Association (AMTA) which recently accepted their 50th intern. He has been with WPIC for over 11 years and he currently provides music therapy services with individuals in the general adult, dual diagnosis, schizophrenia, intellectual disability, and integrated health and aging programs. Robert practices from an existential, humanistic philosophy, helping his groups to discover and connect with their strengths and increased self-worth while working through the mental health crisis that brought them to the hospital.

Name and Narrative Description of your Presentation

Music Therapy Overview and Clinical Uses in Mental Health - Introductory

Music is a powerful tool that connects us all. It is all around us, from the radio and television to advertising and educational settings. Music therapy utilizes our connection with music and the relationships it brings in the therapeutic process. Participating in music therapy helps individuals to express themselves, build increased self-awareness and self-image, learn and practice new skills, and connect with others in a meaningful way, both verbally and non-verbally.

This presentation will provide an overview of the field of music therapy while also focusing on its presence and use in the behavioral health setting. The two presenters will discuss their approaches to music therapy, providing case examples and experiences geared toward understanding the principles of music therapy. We will discuss the differences between music therapy and other music-based interventions in the treatment setting and explore safe and appropriate uses of music with clients.

Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Define music therapy and identify differences between music therapy and music as therapy.
2. Identify individual skills to look for in music therapists to find appropriate professionals in various settings.
3. Describe the benefits of having music therapy as part of mental health services.

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

1. Andsell, G & Meehan, J. (2010). "Some light at the end of the tunnel": Exploring users' evidence for the effectiveness of music therapy in adult mental health settings. *Music and Medicine*. 2(1), 29-40.
2. Chwalek, CM, McKinney, CH. (2015). The use of dialectical behavior therapy (DBT) in music therapy: A sequential explanatory study. *Journal of Music Therapy*. 52(2), 282-318.
3. Soli, HP, Rolvsjord, R, & Borg, M. (2013). Toward understanding music therapy as a recovery-oriented practice within mental health care: A meta-synthesis of service users' experiences. *Journal of Music Therapy*. 50(4), 244-273.