

2:15 p.m. – 3:45 p.m.

Concurrent Session 3F

Music Therapy and the Many Facets of Grief: Clinical Applications Across Diverse Populations

Overview:

This presentation will provide participants with a brief overview of music therapy. Music therapists will provide clinical examples of their work with varying populations experiencing grief and loss. Settings will include a youth bereavement camp, substance-use rehabilitation, and the medical environment. Participants will be encouraged to reflect upon their own experiences in relation to self-care and actively explore music based interventions.

Objectives:

1. Participants will be able to define music therapy and its clinical applications.
2. Participants will be able to identify varying themes relating to loss and grief.
3. Participants will integrate an understanding of the grief process through an exploration of music interventions.
4. Participants will have the opportunity discuss potential challenges and reflect upon their own self-care.

Speakers:

Katherine Glathar, LCAT, MT-BC is a creative arts therapist with experience working with individuals across the lifespan, from premature infants in the NICU to End-of-Life Care. Katherine received her master's degree in Music Therapy from Molloy College in 2017. Presently, Katherine works with children, adolescents, and adults in an inpatient psychiatric setting. She also works as a private contractor for Long Island Music Therapy Services, providing individual music therapy sessions.

Lillie Klein, MS, MT-BC is a music therapist and research assistant with The Louis Armstrong Center for Music and Medicine part of Mount Sinai Health System. She is currently examining the effects of music experiences for patients with Mild Cognitive Impairment and Alzheimer's disease. She received her Master's degree in music therapy from Molloy College and has since worked in diverse clinical areas including substance use, adolescent trauma, and hospice care. Lillie is also in affiliation with Long Island Music Therapy Services, where she works with groups and individuals with cognitive and developmental delays.