

12:30pm to 2:00pm

2F

Hybrid- In Person & Zoom

Title: *Carrying our Roots in Song: Music Therapy as a Modality to Explore Ideas of Home, Identity, and Connection at the End-of-Life

Description: This presentation will explore how music therapy interventions can be reinforced and enhanced through the use of patient-preferred music, specifically when the patient is from another country.

Objectives:

- Recognize the common issues or symptoms in hospice patients that music therapy can address
- Understand common music therapy interventions used in hospice care, and how they may evolve as patients decline
- Understand how patients from other countries can benefit from music from their country of origin to help them connect with their identities at the end of life.

Bios:

Charla Burton, MMT, LCAT, MT-BC

Charla Burton, MMT, LCAT, MT-BC, has provided community-based hospice music therapy in Brooklyn, NY, for almost two decades. Charla received her undergraduate and graduate degrees in music therapy from Temple University, where her training focused on using music as a psychotherapeutic modality. After completing her internship at Memorial Sloan-Kettering Cancer Center, Charla spent two years providing music therapy at an inpatient psychiatric treatment center before making the shift back to working with terminally ill patients and their families in hospice. She is currently the Clinical Training Program Coordinator for the Creative Arts Therapy department at MJHS Hospice and Palliative Care, providing direct supervision to music therapy interns and training to other supervising music therapists at MJHS. Charla has presented her work at a number of conferences and webinars, advocating for the regular inclusion of the music therapist as

part of the interdisciplinary treatment team. She lives in Brooklyn with her husband and two children.

Meredith Ferrel, MA, LCAT, MT-BC, FT

Meredith Ferrel, LCAT, MT-BC, FT is a Licensed Creative Arts Therapist and Certified Thanatologist who has been working at MJHS Hospice and Palliative Care for almost twenty years. After obtaining undergraduate degrees in music therapy and piano performance at the State University of New York at New Paltz, Meredith acquired her music therapy Master of Arts degree at New York University. Meredith has spent her professional career working with the diverse hospice population in New York City while sharing her passion for hospice music therapy through conference presentations, webinars, and articles. Meredith is the Team Leader for her department of Creative Arts Therapists, where she provides staff support, education, and advocacy.

Robin Mitchell, MA, LCAT, MT-BC

Robin 'Mitch' Mitchell has been working as a music therapist for over 20 in both the United Kingdom and the US. Since 2011, Mitch has worked at MJHS Hospice and Palliative Care, bringing music therapy to end-of-life patients across New York City. During that time, he has also worked with in-patient oncology patients through the Louis Armstrong Center for Music & Medicine at Mount Sinai and taught undergraduate and graduate music therapy courses at Molloy College. Mitch is the founder of Creative Change Therapy, a private practice specializing in helping creative people overcome anxiety and depression. In this work, Mitch combines Acceptance and Commitment Therapy with Creative Arts Therapy to help clients connect to their values and find ways to take steps towards the life they want to live.

Outside of work, Mitch is a songwriter and performer. He has played numerous shows throughout the NYC area both as a solo artist and as part of various ensembles. Away from music, Mitch has developed a passion for juggling and has recently learned to unicycle.