

Presentations

Mindfulness

- (2017). "The Benefits of Mindfulness Practice for Music Educators and Music Therapists," Poster session at the the 4th Nordoff Robbins *Plus* Research Conference and the 4th International SAME Conference in London, England.
- (2016). "Being in the 'Hear' and Now: Music as a Mindfulness Practice." Workshop given at the European Music Therapy Conference in Vienna, Austria.
- (2015). "Being in the 'Hear' and Now: Music as a Mindfulness Practice." Workshop given at Eurotas' Feeding The Soul Transpersonal Festival in Italy.
- (2015). "The Art and Soul of Mindfulness: How Mindfulness Practice Can Enhance Your Life and Clinical Practice." Workshop given to the Expressive Arts Therapy Team at Simssee Klinik in Bad Endorf, Germany.
- (2015). "Being in the 'Hear' and Now: How Mindfulness and Music Can Enhance Your Life and Clinical Skills." Preconference Institute given for the Canadian Association for Music Therapy National Conference in Calgary, Canada.
- (2014). "Mindfully Manifesting Your Ideal Music Therapy Practice." Continuing Music Therapy Education (CMTE) Workshop given with 3 international music therapist colleagues at the American Music Therapy Association (AMTA) National Conference in Louisville, Kentucky.
- (2014). "Being in the 'Hear' and Now: Music-Making as a Mindfulness Practice." Presentation given at the World Congress of Music Therapy in Krems, Austria.
- (2014). "Being in the 'Hear' and Now: Music-Making as Mindfulness Practice." Presentation given for the [Online Conference for Music Therapy](#).
- (2013). "Music-Making as Mindfulness Practice: Tuning In to the 'Hear' and Now." Presentation given at the AMTA Southwestern and Midwestern Joint Regional Conference in San Antonio, Texas.

Personal Spirituality

- (2018). "Resounding Spirit Within Yourself." Workshop given at Center for Spiritual Living Boulder Valley, Lafayette, Colorado.
- (2015). "Finding Self Through Song." Talk and music given at Unity of Loveland Spiritual Center, Loveland, Colorado, and Longmont, Colorado.

Music, Healthy Aging, and End of Life

- (2020). "Gerotranscendence and Music Therapy: Supporting a Transpersonal Dimension to Aging." Presentation given at the Online Conference for Music Therapy.
- (2019). "Music, Gerotranscendence, and the Baby Boom Generation." Poster session at The Tavener Center's International Symposium on Music, Spirituality, and Well-Being, University of Winchester, Winchester, England.
- (2017). "Music, Gerotranscendence, and the Baby Boom Generation." Presentation given at the 4th Nordoff Robbins *Plus* Research Conference and the 4th International SAME Conference in London, England.

- (2016). "Gerotranscendence and Music: Supporting the Mature Gerotranscendence of the Baby Boom Generation." Presentation given at the AMTA National Conference in Sandusky, Ohio.
- (2016). "Gerotranscendence and Music: Supporting the Mature Gerotranscendence of the Baby Boom Generation." Presentation given at the Colorado Mental Health Professionals Conference.
- (2015). "[Hospice 101: An Introduction to Hospice Music Therapy.](#)" Webinar eligible for Continuing Music Therapy Education (CMTE) credits through [The Spiegel Academy](#).

Neurobiology of Addiction

- (2019). "Neurological and Clinical Foundations of Addiction and Music: Beginnings of a Theory for Treatment." Round table presentation given with Drs. Kathleen Murphy and Jörg Fachner at the European Music Therapy Conference, Aalborg, Denmark.
- (2019). "A Neurobiological Foundation for Including Music Therapy in Addictions Treatment." Presentation given with Dr. Kathleen Murphy for the Online Conference for Music Therapy.

Adverse Childhood Experiences (ACEs) and Trauma

- (2019). "Finding Their Song: Working with Adolescents in Music Therapy Treatment." Presentation given with Mary Jane Landaker, MME, MT-BC for a symposium hosted by the Online Conference for Music Therapy.

Voicework

- (2014). "Tuning Into You: A Holistic Understanding of the Voice and Its Therapeutic Implications." CMTE given at the Colorado Association for Music Therapy Spring Conference in Fort Collins, Colorado.