**2nd Annual Alumni Showcase**

**Music Therapy and Older Adults: Advances in Music Therapy Practice**

1:00 pm Welcome

1:15 pm **Experiential Approach Working with Adults with Dementia or Alzheimer’s Disease**

**Presenter:** Matthew Royes ’11, MS, LCAT, MT-BC

**Description:** This presentation will cover the experiential approach and music therapy techniques used when working with clients with dementia or Alzheimer’s. Through these approaches and techniques, we will go over the use of improvisation in music therapy and how to use improvisation with the client’s musical preferences. It’s important to understand the client through assessment as well as their family’s cultural backgrounds. We will also discuss how to incorporate the music after learning the client’s preferences. As music therapists, we have the role of measuring the client’s responses during the music and after. This experiential approach and the techniques used could further improve the client’s quality of life and increase areas of communication.

1:50 pm **Facilitating Thematic Music Therapy Groups with Older Adults with Dementia**

**Presenter:** Caroline Greco ’18, MS, LCAT, MT-BC

**Description:** This presentation will highlight the purpose, structure, goals, and facilitation of thematic music therapy groups with older adults with dementia. A general outline of the session, group dynamics, population-specific considerations, facilitation of verbal dialogue/processing, and relevant musical repertoire will be discussed.

2:30 pm Break

2:45 pm **Music Therapy at the End of Life: A Gift for Both Recipient and Practitioner**

**Presenter:** Elisa Parker ’01, MS, LCAT, MT-BC

**Description:** Music therapy in the hospice setting provides a unique opportunity for patients, their family members, and therapists to explore significance and appreciation in the present moment regardless of the circumstances. When patients focus on what makes them feel thankful, they are not denying that sad, painful, or unfortunate experiences exist in their lives. Instead, they are taking respite from feelings of sadness, pain, regret, and so on to create moments of joy, hope, and peace. Music therapists are uniquely qualified to offer experiences that nurture these positive feelings. In this presentation I will share several case studies in which my patients, their families, and I have discovered meaning and gratitude in the face of terminal illness, how these experiences have affected me on a personal level, and how we can all learn from those at the end of life to increase feelings of gratitude whatever our situations.

3:20 pm **Panel: Questions & Answers from the Participants**

**Presenters:** Matthew Royes ’11, Caroline Greco ’18, Elisa Parker ’01

**Description:** Presenters will respond to questions from participants related to working with older adults.

4:00 pm LCAT posttest