

# EXPRESSIVE THERAPIES LLC

Empowering individuals, those living with social, cognitive, emotional, physical and/or spiritual needs, through music and mental health therapies to improve health and well-being.



## Upcoming Events

- Save the Date: CRESCENDO Concert on Dec. 8 at 6:00pm within CopperRock Coffee in downtown Appleton

## Continuing Education

Here at Expressive Therapies, we strive to stay up to date in research and trainings. Here are some steps we have made this last month:

- Trauma Training
- NICU Training
- Level 3 GIM Training

Further information on following pages

## Mindfulness Tip

5 for 5: Stop and notice five things you smell, taste, see, hear, and feel at least once a day.



## Monthly highlight: Staff!

Thank you for subscribing to our newsletter! This month we are highlighting all of our staff. We will highlight some personals: where they are from, where they studied for music therapy, as well as fun random questions. Take a peek and get to know Expressive Therapies a little bit better!





### **Continued Education: What is it?**

Music therapy is a profession that requires completing a board certification exam after completing an undergraduate degree and a six month internship. After you have passed your board examination, you are required to acquire 100 continuing education credits every five years. This ensures that professionals are keeping up to date with research, enhancing their treatment methods, and maintaining ethical practice.

This last month, Rachel and Sara D. attended a Trauma lecture, Maly completed her hands on training in the neonatal intensive care unit, and Sara D. continued her third level of Guided Imagery and Music. In the following side columns, more information about each training will be provided.

### *Sara Williams: The Delightful Local*

#### Where did you grow up?

I grew up in McFarland, which is just outside of Madison.

#### Where did you study?

I started at UW-Oshkosh, but after the music therapy program was eliminated, I finished my bachelors at Illinois State University.

#### Why did you choose music therapy?

When I was in middle school, my grandma was diagnosed with Alzheimer's disease. In my efforts to learn more about her diagnosis and how I could help her, I found the merger of my passions, music and helping others, in music therapy.

#### What brought you to the Fox Valley?

My husband! We'd met when I was at UW-O and when I finished schooling in Illinois, we married and I returned to the Fox Valley.

#### Your most random fun fact about yourself?

I am extremely artsy-fartsy! I enjoy sewing, especially quilts or clothes for my kids, and I take great satisfaction from completing Pinterest diy's. In another lifetime, I would happily be Martha Stewart!





### **Continued Education: Trauma**

Sara and Rachel attended a Trauma Informed Care training related to Adverse Childhood Experiences, or ACES. The ACES interface highlights the effect that adverse experiences in childhood (abuse, neglect, bullying, loss) has on brain development. These adverse experiences have a profound impact on an individual's executive functioning skills, which include decision-making, organization, impulse-control, and attention span. Understanding the effect ACES has on an individual can have tremendous implications for our practice – from the goals we establish with clients, to the way we conduct sessions, and how we interact with clients.

Expanding our knowledge of ACES and Trauma-Informed Care will further assist us in meeting the needs of all of our clients.

### *Rachel Lofton: The East Coast Darling*

#### Where did you grow up?

I grew up in a small town called Elizabeth City, North Carolina, which most people seem to hear about only because they drive through to get to the beach.



#### Where did you study?

I received my undergraduate degree in music from Johnson University in Knoxville, Tennessee. I completed the music therapy equivalency from East Carolina University in Greenville, North Carolina.

#### Why did you choose music therapy?

I chose music therapy because it combines so many of my passions; I've always loved music and have wanted to use it in my career since I was young. I've also been fascinated by the brain since a young age, and learning that music therapy can be used to address all kinds of neurological needs and issues really sealed the deal for me as a career choice!

#### What brought you to the Fox Valley?

Expressive Therapies—I'm so glad to be here!

#### Your most random fun fact about yourself?

Aside from music therapy (and my husband Trevor) I have two main loves in my life: the first being my dog, Linus—he's a 7 year old boxer-pit mix (we think). We found him in a parking lot one November, took him home and he's been ours ever since! The second is food of all kinds—I love learning about different regions and styles of cooking and then trying to make it at home! Going out somewhere nice is always fun too.



### Continued Education: GIM

Sara is in her third year of studying the Bonny Method of Guided Imagery and Music, which is a music-centered, consciousness-expanding therapy developed by Helen Bonny, Ph.D.. Therapists trained in the Bonny Method choose classical music sequences that stimulate journeys of the imagination. Experiencing imagery in this way facilitates clients' integration of mental, emotional, physical and spiritual aspects of well-being.

"I've chosen to study this method as it is very helpful when someone is "stuck" and unable to process verbally what is happening. This method is a way to tap into our psyches and find the answers from within for whatever is going on in our lives."

Sara had an advanced training that focused on developing awareness of myth and archetype in GIM and in therapy, the Jungian approach to myth and archetype, the dynamics of music in mythic and archetypal spaces, and advanced guiding skills.

### *Sara Devine: The Decision Diva*

#### Where did you grow up?

I grew up in Morris, Minnesota. The other Minnesooooootan in the office. :) Oh you betcha we have fun with this one. Uff dah.



#### Where did you study?

Where didn't I study?? I actually have 6 institutions on my undergrad transcript. :) I graduated from Arizona State University with my Music Therapy Degree. Go Sun Devils! After working as a music therapist in mental health facilities (and loving it!) I went back to school and got my Masters of Social Work - Clinical, from University Wisconsin - Green Bay.

#### Why did you choose music therapy?

I have always wanted to do something with music and people. I had a fantastic piano teacher growing up who pointed me in the direction of music therapy and I am very grateful for her guidance.

#### What brought you to the Fox Valley?

Essentially my husband. We were living in St. Paul when we met and, at that time, I loved moving and was always up for an adventure. He grew up in this area and I thought it would be fun to live here for a year or two. Fast forward 12 years... still here. :)

#### Your most random fun fact about yourself?

I would say I'm pretty random all the time... one fact: while in college, I moved to 5 different places in one year - man do I have wonderful friends and family who helped me! Some would say crazy for moving so often, and others would just call me their "little hobo" who loved to move.



## Continued Education: NICU

Maly has (almost) completed her music therapy NICU certificate. She attended a lecture that focused on premature infants development, how to determine when a premature infant is appropriate for music therapy, and how to facilitate two protocols that aim to enhance the infants neurological development through the use of music and with assistance from mom and dad to increase parent child bonding during the stressful time of being in the NICU.

Just this last month, Maly was able to receive hands on training at Tallahassee Memorial Hospital in Florida to use the protocols.

Now, Maly has to complete and pass a written exam. Once the exam is completed and passed, Maly hopes to work with Sara D. to propose a music therapy neonatal intensive care unit program to the hospitals in the Fox Valley.

## *Maly Massot: The Eager Neighbor*

### Where did you grow up?

I grew up in Rochester, Minnesota in one of the most adamant Viking fan homes. I am a strong Vikings fan (no matter what their record), and I can whip out a thick Minnesotan accent if you ask!



### Where did you study?

I initially went to the University of Wisconsin - Eau Claire with hopes to apply to their music therapy program. Unfortunately, I was unable to because their music therapy program was cut (boo!). I completed my music therapy degree at the University of North Dakota and completed my music therapy internship at Advocate Children's Hospital in Oak Lawn (southern Chicago), Illinois.

### Why did you choose music therapy?

I was introduced to music therapy by my sister's piano teacher when I was in 11th grade of senior high school. I fell in love with the career, especially the application of music therapy in the neonatal intensive care unit. I have almost completed my music therapy neonatal intensive care unit certificate and I hope to bring the service to the Fox Valley community.

### What brought you to the Fox Valley?

My husband accepted a job in finance at Kimberly Clark in Neenah. I am SO thankful for Sara D's willingness to hire me after a lot of emails and coffee dates.

### What is the most random fun fact about yourself?

I love all things Czech: language, food, music and history, etc. I lived in Prague, Czech Republic for four months and loved EVERY second of it. My first name's spelling (Maly) is the Czech word "small" and the word is my grandmother's maiden name, who was full blood Czech. Na zdraví! (Cheers!)

# THANK YOU!

## **We hope you have enjoyed getting to know the staff at Expressive Therapies LLC!**

We will begin sending regular monthly newsletters to keep you up to date on music therapy in the Fox Valley! We hope to keep you informed on what research we're reviewing, what new techniques we're utilizing, and the special events we're hosting in the community. For more information about services and community involvement, please visit our website at [www.expressivetherapies.net](http://www.expressivetherapies.net).

Take care and be well!

Sincerely,

Expressive Therapies LLC

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