

Image Description:

A green and white logo with the state of Indiana and a treble clef, with the letters AIMT



Association for Indiana Music Therapy

Spring Conference

Saturday, April 12th, 2024

Indiana University Indianapolis

Informatics and Communications Technology Complex Room 252

535 W Michigan St., Indianapolis, IN 46202

8:30am-9:00am: Arrival/Breakfast- Breakfast Provided

Please pre-register on our website or by mail prior to the event. There will be no on-site registration.

9:00am-12:00pm: Sound Solutions: Integrating Music Therapy into Methadone Clinics for Opioid Use Disorder

Presented by Caitlin Krater, MS, MT-BC and Kate Myers-Coffman, PhD, MT-BC

3 CMTEs

The opioid epidemic continues to devastate communities across the United States, particularly in Indiana, which has the 11th-highest prevalence rate. As part of the state's efforts to reduce opioid overdoses and misuse, the Indiana State Opioid Response team has partnered with researchers from Indiana University-Indianapolis to integrate community-oriented music therapy programs into a local methadone treatment clinic. Through this collaboration, the research team has been able to investigate the feasibility of a mindfulness-based music therapy intervention for individuals undergoing treatment for opioid use disorder(OUD).

This presentation will outline the journey of developing the music therapy protocol, including initial outcomes, adjustments based on participant feedback, and a discussion of plans for establishing a sustainable model for statewide expansion. Attendees will gain insight into the development of the intervention based on a theoretical framework, hear case studies to illustrate findings and have the opportunity to engage with the intervention materials.

The session will emphasize this intervention's scalability, alignment with state priorities, and potential for fostering resilience in individuals with OUD.

- Participants will identify at least two strategies for integrating music therapy into recovery programs (IV.A.7).
- Participants will discuss the potential for statewide expansion of music therapy programs in recovery treatment settings (V.A.4).

The intervention is designed to explore how music therapy, with its ability to engage the brain's reward system, can promote self-regulation, reduce cravings, and support sustained recovery.

Sound Solutions: Integrating Music Therapy into Methadone Clinics for Opioid Use Disorder is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. The Association for Indiana Music Therapy, #P-068, maintains responsibility for program quality and adherence to CBMT policies and criteria.

12:00pm-12:45pm: Networking and Lunch

A Jimmy John's box lunch can be purchased through AIMT Conference Registration, or you can bring your own lunch. Please plan on networking and learn how you can get involved and touch base on 2025-2026 planning.

12:45pm-1:00pm: Break

1:00pm-4:00pm: A Career as a Music Therapist

Presented by: Jennifer Pinson, MT-BC

3 CMTEs

Once we become a Music Therapist – Board Certified, it is important that we find careers that align with ourselves. When selecting a career path, you may choose to be a contractor, or business owner, or an employee, either salary or hourly. Often, understanding our strengths and areas of need may help us determine a career path that may be suitable for ourselves.

There are many music therapy jobs opening across the country. These jobs are looking for subcontractors or employees. Subcontractors are independent workers and employees follow different rules and regulations from their employer. There are often key documentation and pay differences that can indicate which positions may be which if not clearly stated. Since we are not business workers, it is especially important to be educated about these positions. There are key factors to help you stay in compliance with the IRS or make sure you are being compensated for the work you are providing. Being able to correctly post about jobs and understand what is being asked of a potential worker is very important.

In this presentation, participants will identify key aspects about potential benefits to positions and how to determine a career choice that is sustainable and suitable for themselves. Each participant will also complete a personal SWOT analysis and identify key aspects of positions a music therapist may hold.

- Participants will identify a minimum of 3 strengths and 3 areas of need as a professional music therapist (V.A.1).
- Participants will identify at least 2 elements of workload, insurance, and compensation expectations depending on worker's classification (V.B.4).
- Participants will identify and articulate the three primary areas that factor into if you are a contractor or employee (V.B.3).

A Career as a Music Therapist is approved by the Certification Board for Music Therapists (CBMT) for 2 Continuing Music Therapy Education credits. The Association for Indiana Music Therapy, #P-068, maintains responsibility for program quality and adherence to CBMT policies and criteria.

