

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

2026 Asynchronous CMTE

[Link to Register](#)

Professional Sustainability for Music Therapists

Presented by Jennifer Gastineau, MT-BC, and Nicole Keller, MT-BC, on April 7, 2026

3 CMTEs

This session introduces the concept of sustainability in music therapy, emphasizing personal well-being, long-term impact, and practical efficiency. Grounded in the presenters' real-life experience, it fosters community and encourages participants to reflect on their goals, needs, next steps, and definitions of success.

Presenters will guide participants through essential elements of sustainable practice, including mission-driven decision-making, realistic goal setting, and practical next steps. Attendees will learn how to optimize time by automating documentation, goal setting for clients, and using apps, tablets, and various other devices to remain organized in their clinical work.

Participants will explore how supervision, interdisciplinary collaboration, and strong community ties can support clinical quality and professional well-being. The session will also cover strategies of maintaining your caseload, potential opportunities for diverse income (presentations, publications, etc), and work-life balance when making an income. The presenters will give real life examples of ways they have made money from working smarter and not harder.

By promoting sustainable practices, this session aims to reduce burnout and increase longevity in music therapy careers. It supports the development of mission-aligned and sustainability especially important in a field where there can be high burnout and turnover in many positions. Participants will leave with practical strategies and a personalized action step to create change within their own context, contributing to a more resilient and effective global music therapy community.

- Participants will establish 3-5 opportunities for professional growth for themselves. (Knowledge 5A-2; Task 50)
- Participants will learn a minimum of 5 boundaries they can implement to maintain professional boundaries with clients and self. (Knowledge 5B-8; Task 66)

“Professional Sustainability for Music Therapists” is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. The Association for Indiana Music Therapy, #P-168, maintains responsibility for program quality and adherence to CBMT policies and criteria.

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Presenter: Jennifer Gastineau, MT-BC
Co-Presenting “Professional Sustainability for Music Therapists”

Jennifer Gastineau, MT-BC is the owner and founder of Dynamic Music Services Inc in Indianapolis, IN. She founded Dynamic in 2014 and has over 10 years of practical business ownership with hiring a team of employees, managing contractors, growing business to business relationships, and running the day-to-day operations. She also manages a team of music therapists and assists with interns and practicum students. As a music therapist, Jennifer has experience working with individuals of all ages with intellectual and developmental disabilities, with older adults in senior communities, and hospice care. Jennifer is also an active participant with many music therapy organizations and has served on the Association for Indiana Music Therapy in a few capacities including president as well as on the Indiana Music Therapy Task Force. Jennifer is the current Vice President of the Great Lakes Region of American Music Therapy Association (GLR-AMTA). She frequently presents at many conferences, for professional organizations, and in her local community. In 2020, Jennifer became a published author when she co-authored a book with other women to inspire others to live a First-Class Life™. She also offers business coaching and has a passion to inspire others to open businesses and pursue their dreams.



Presenter: Nicole Keller, MT-BC
Co-Presenting “Professional Sustainability for Music Therapists”

Nicole Keller, MT-BC, is a board-certified music therapist and the founder and owner of Aspire Music Therapy, LLC in Fort Wayne, Indiana. She earned her BS in Music Therapy from Indiana University Purdue University Fort Wayne in 2016.

Nicole leads a growing team of six board-certified music therapists and oversees clinical services, intern training, and professional development within her private practice. Her work includes mentoring music therapy interns and early-career clinicians, developing practical clinical resources, and developing sustainable systems for the workplace.

Nicole brings experience in private practice development, team leadership, and creative clinical programming, with a focus on high-quality client care.



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2026 Asynchronous CMTE	Fees- 1 Course
State Members	\$50
Non-members	\$70
Student members	FREE
Student Non-members	\$4
TOTAL:	

Please note: If you hold membership in a GLR state, the GLR offers reciprocity. (For example, if you live in Ohio and are a member of AOMT, you are eligible to register at the AIMT Member Price!)

Member rate may be used if the 2026 membership is paid at the time of registration.
The member rate may also be applied if you are a 2026 member of another GLR state music therapy organization.