

12:30 p.m. - 2:00 p.m.

Concurrent Session 2K

*** Ripples of Grief:**
Music Psychotherapy from First Moments to Last

*1.5 hours for Social Work CEU's will be given for this session.

Presenters:

Lauren Fagan-Antonelli, MS, LCAT, MT-BC (she/her/hers), Long Island Music Therapy; Mount Sinai South Nassau-Pediatrics

Lillie Klein, MS, LCAT, MT-BC (she/her/hers), Molloy University Music Therapy Department

Overview: The overall aim for our presentation is for participants to gain an understanding of how the therapeutic applications of music can be implemented as a supportive coping mechanism for the grief process. We will provide participants with a brief overview of music therapy and discuss clinical methods and techniques. In addition, we will discuss types of grief and secondary losses that may be experienced across a lifetime. Clinical case studies will be reviewed including neonatal intensive care, youth bereavement, and considerations within the aging community. Participants will also be encouraged to reflect upon their own experiences with loss and invited to actively engage in self-care strategies through live music-based experientials.

Objectives:

1. Participants will be able to define music therapy and its clinical applications.
2. Participants will be able to identify varying themes of loss and grief symptoms.
3. Participants will integrate an understanding of the grief process through an exploration of music interventions.
4. Participants will have the opportunity discuss potential challenges and reflect upon their own self-care.

Speakers:

Lauren Fagan-Antonelli, MS, LCAT, MT-BC (she/her/hers), *Long Island Music Therapy; Mount Sinai South Nassau-Department of Pediatrics*

Lauren is a Licensed Creative Arts Therapist and Board-Certified Music Therapist who works across the lifespan in a variety of populations across Long Island. Lauren received her master's degree in music therapy from Molloy University and has earned her bachelor's degree in both Music and Psychology from the Aaron Copland School of Music - CUNY Queens College. She has since worked in a variety of clinical areas including pre and perinatal music therapy, acute neonatal care, bereavement, pediatrics, adolescent behavioral health, palliative care, children with cognitive and developmental delays, and outreach in the LGBTQIA+ community. In addition to her clinical work, Lauren has co-led various research initiatives exploring music therapy in the neonatal intensive care unit (NICU). She is proud to have also authored chapters and articles regarding pertinent topics in neonatal music therapy, bereavement, and perinatal hospice.

Lillie Klein, MS, LCAT, MT-BC (she/her/hers), *Molloy University Music Therapy Department*

Lillie is a Licensed Creative Arts Therapist and Board-Certified Music Therapist. She is an adjunct faculty member and proud alumna of Molloy University, where she teaches and supervises undergraduate music therapy students. Her clinical experience ranges across a diverse array of settings from birth to end-of-life, with a focus in grief and memory care. As a research assistant with The Louis Armstrong Center for Music and Medicine part, of Mount Sinai Health System, she co-led studies investigating the neurologic effects of music experiences for patients with Alzheimer's disease and assisted in developing arts-based dementia care with Lincoln Center's accessibility programming. In addition to teaching and her clinical work, Lillie has a rich background in the performance arts, having earned her undergraduate degree in Musical Theatre from the University of Miami and studied theatre at the British Academy of Dramatic Arts at Oxford University. Currently, she works in private practice and is also in affiliation with Accessible Arts, Inc., where she serves her home community of Long Island providing music therapy for individuals of all ages and abilities. She has published and presented her work for a variety of interdisciplinary forums and regional conferences. Lillie is honored once again to present at the Edith Richner Palliative Care Conference and to share the afternoon with participants exploring creative methods of wellness for the mind, body, and spirit through music.