



WISCONSIN  
CHAPTER FOR  
MUSIC THERAPY

**Proudly Presents:**

***Music Therapy and Mental Health  
Amid the Pandemic Year of 2020:  
Helping Ourselves and Others***

**Presented by:**

**Makenzie Kojis, MT-BC**

**Jennifer Lind, MT-BC**

**Mary Mangi, MT-BC**

**Mary Stryck, MS, MT-BC**

Sponsored by WCMT  
In cooperation with GLR-AMTA

**Saturday, October 10, 2020**

**8:30 - 1:45 ~ 5 CMTE Credits**

**Virtual CMTE**

Learn with us from home

**\*\*\*Registration Deadline is Wednesday, October 7, 2020\*\*\***

**\*\*\*FREE For Wisconsin Undergraduates, Interns, & WCMT Student Members\*\*\***

## Course Description:

The pandemic of 2020 changed the lives of many people including our clients, their families and supports, and ourselves. We share decreased in-person contact with others in the community, possible increased contact with families and housemates, broader use of technology; potential inadequacy of resources including technology and wi-fi availability; cancellation of events and rituals; possible financial, housing and food insecurities; and new infection prevention practices. Additionally, there are issues of social and racial injustice and polarized views regarding public health mandates that we and our clients experience. These have brought added levels of stress, anxiety, and isolation, to many of our clients and ourselves. Adaptation of clinical approaches, embracing technology in different ways, shifts in clinical work, and an awareness of additional stressors for clients created opportunities for resilience in ourselves and our clients. The presenters, with almost 75 years of combined clinical experience in mental health will explore related mental health issues, share new practices, and apply Dialectical Behavior Therapy (DBT) concepts for both clients and therapists to promote resiliency.

No pre-requisites are required to take this course.

## Learner Objectives:

- 1) Course participants will identify at least 2 specific stressors that they and their clients have experienced in relation to the 2020 pandemic.
- 2) Participants will describe at least two effects of invalidation and traumatic events on the brain within a biopsychosocial model.
- 3) Participants will analyze current interventions used with increased sensitivity to therapist's and client's pandemic-affected brain.
- 4) Participants will identify at least one statement of validation of their own emotions or thoughts based on the DBT concepts of Radical Acceptance.
- 5) Participants will create at least one statement of active problem solving based on the DBT concepts of Wise Mind /Middle Path and/or Self-Care/Distress Tolerance skills.
- 6) Participants will identify how music therapy techniques are applied in community based behavioral health settings while adapting to public health challenges.

## Course Schedule:

8:00-8:30 = Log on to Zoom  
8:30-8:50 = Mary Stryck - Housekeeping, Intro  
8:50-9:35 = Makenzie Kojis - Brain, trauma, client and therapist needs  
9:35-9:50 = Break  
9:50-11:10 = Mary Mangi - DBT skills to manage pandemic stressors for MT's and clients (with some material/examples from Makenzie re: client applications)  
11:10-12:00 = Jen Lind - Community Mental Health and telehealth, etc., part 1  
12:00 - 12:45 = Lunch break  
12:45-1:35 = Jen Lind - Community mental health and telehealth, etc., part 2  
1:35-1:45 = Mary Stryck - wrap up; last minute questions, instructions regarding eval  
1:45-2:30 = WCMT Fall Meeting (optional for Wisconsin MT's - we'd love for you to stay and join us)

## Cancellation/Refund Policy:

100% of the registration fee will be refunded if you cancel up to 4 days before the event. After that date, a 75% refund will be given.

***Music Therapy and Mental Health Amid the Pandemic Year of 2020: Helping Ourselves and Others*** is approved by the Certification Board for Music Therapists (CBMT) for 5 Continuing Music Therapy Education credits. The Great Lakes Region of the American Music Therapy Association, #P-021, maintains responsibility for program quality and adherence to CBMT policies and criteria.

## **Course Format:**

This course will be held in a virtual format from the comfort of your own home, office, or wherever you choose to join us from. We will be using the Zoom platform. If you are unfamiliar with this platform, please familiarize yourself and have your computer ready before the course. We suggest giving Zoom a trial run with a friend prior to the course, so you know how it works.

Participants will be emailed a link to the course on Thursday, October 8th. Through this link you will be able to join the course for the day. Although the course begins at 8:30, please log on starting at 8:00 (so if there are technical difficulties they can be resolved).

If you have not received your meeting link email by Friday, October 9th, please contact Rachel Miller at [continuingeducation@musictherapywisconsin.org](mailto:continuingeducation@musictherapywisconsin.org)

During the lunch break, you are free to step away from your computer, stretch, and grab a bite to eat. Please be sure to return to the course on time.

This is the first virtual course hosted by WCMT and we are hoping everything runs smoothly!

## **Students:**

For undergraduate students (non MT-BC) studying in Wisconsin at Alverno College and Carroll University, those currently interning at a site in Wisconsin, and current WCMT student members (non MT-BC), we are offering this course to you for FREE.

*If you are a student and fit the above criteria, please email Rachel at [continuingeducation@musictherapywisconsin.org](mailto:continuingeducation@musictherapywisconsin.org) and you will be registered for the course. You must email Rachel by the registration deadline, October 7th.*

## **Any Questions?**

Contact Rachel Miller at:

[continuingeducation@musictherapywisconsin.org](mailto:continuingeducation@musictherapywisconsin.org)

## About our Presenters:



**Makenzie Kojis, MT-BC**, has spent her music therapy career working with people experiencing mental illness and trauma. While completing her internship at Bethany Children's Home in Womelsdorf, PA, she engaged in special programming under the facility's Sanctuary Certification which is "both a clinical and organizational intervention aimed at creating trauma informed culture" (Sanctuary Institute, Yonkers, NY). Since internship, she received over 90 hours of training in Dialectical Behavior Therapy, facilitated by Behavior Tech, LLC, as a part of opening a new adolescent partial hospitalization program at Rogers Behavioral Health West Allis. Most recently her expertise has been in use at the VA hospital in Milwaukee, where she engages in music therapy daily with veterans experiencing PTSD symptoms and emotional dysregulation secondary to pervasive invalidation.



**Jen Lind, MT-BC**, is a credentialed music therapist with the Guest House of Milwaukee, a community based behavioral health agency. She holds a degree in music therapy from Alverno College and has experience providing music therapy services at Rogers Behavioral Health, St. Francis Hospital Psychiatric Inpatient Services, and Milwaukee County Behavioral Health Division inpatient services. She is trained in Neurologic Music Therapy (NMT). In her spare time, she enjoys exploring nature and going for walks with her dog Daisy.



**Mary Mangi, MT-BC** worked for the past 32 years in Mental Health before retiring at the start of January, 2020, from the Milwaukee County Behavioral Health Division. She specialized in Dialectical Behavior Therapy, developing specific music therapy interventions to assist clients with trauma and self-harming behaviors. She also provided music therapy services for the Acute Inpatient Units and Rehabilitation Center Central during various points in her career. Mary served as a National Roster Internship Director and student Music Therapy Supervisor, and has given many presentations on the national and local levels, sharing her expertise in DBT and MT. In addition to her work at Milwaukee County BHD, Mary has also worked with individuals from infants to the elderly with cognitive, emotional, physical, and behavioral needs. She has served clients at Wil-O-Way Grant Park, Lee County Florida State Hospital, Lakeside Child and Family Treatment Center, St. Michael Hospital, and the Wisconsin Conservatory of Music. She is a graduate of Alverno College.



**Mary C. Stryck, MS, MT-BC**. Mary's professional focus has been in serving individuals with Mental Health Issues for 26 years, as well as working with students as an Adjunct Faculty member at Alverno and Carthage Colleges. She retired from the Milwaukee County Behavioral Health Division in 2015, after providing music therapy services on the Acute Inpatient Units and the Day Treatment Program, eventually serving as the Milwaukee County Rehab Services Coordinator, where she supervised inpatient Music Therapists and Occupational Therapists, managed the Day Treatment Program, and worked with students as the MT and OT Internship Director. She is also a freelance violinist, playing with Festival City Symphony, and for weddings, funerals, receptions, and church services.

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On-line Registration & PayPal Payment Available at:  
[www.musictherapywisconsin.org](http://www.musictherapywisconsin.org)

**\*\*\*Registration Deadline is Wednesday, October 7, 2020\*\*\***  
You must register by this date to receive the Zoom meeting link

**Mail Registration – Please complete the form below:**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please check the box that applies:**

- WCMT Professional Member (MT-BC) \$60
- Professional Non-Member \$65
- Non WI Undergrad Student (not yet MT-BC)/Intern \$15
- WI Undergrad Student/Intern/Current WCMT Student Member FREE (email Rachel to register) - no need to mail in this registration form

**Total amount enclosed for CMTE: \_\_\_\_\_**

**Make Check Payable to:**  
Wisconsin Chapter for Music Therapy

**Postmark Registration by Saturday, October 3, 2020 (So we can be sure to receive it):**  
Wisconsin Chapter for Music Therapy  
% Rachel Miller, Continuing Education  
P.O. Box 44062  
West Allis, WI 53214