
Melissa Amy Spiess, M.M., MT-BC
Neurologic Music Therapy Fellow

Curriculum Vitae



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EDUCATION

- 2006** **Master of Music** in Music Therapy. *Western Michigan University*. Kalamazoo, Michigan.
2003 **Music Therapy Equivalency**. *Western Michigan University*. Kalamazoo, Michigan.
1999 **Bachelor of Arts**. Majors Music and Environmental Studies, minor Biology.
Lake Forest College. Lake Forest, Illinois.

CERTIFICATION

- 2003** **Renewed 2019. Fellow, Academy of Neurologic Music Therapy**
2003 **Renewed 2018. Music Therapist-Board Certified (MT-BC)** by The Certification Board for Music Therapists. Certification Number: 06898.

ADVANCED TRAINING

- 2021** **Adult Mental Health First Aid**. Online.
2019 **Sprouting Melodies Early Childhood Music Training**. Online.
2019 **Business Owners Mastermind Retreat 2.0 for Music Therapists and Creative Entrepreneurs**. Evergreen, CO.
2019 **Neurologic Music Therapy Advanced Fellowship Training**. Struthers Parkinson's Center, Golden Valley, MN.
2016 **Exploring & Integrating Neuroscience Research into Music Therapy Practice**. American Music Therapy Association National Conference, Sanduski, OH.
2015 **Remo HealthRhythms Training**. St Paul, MN.
2014 **Neurologic Music Therapy Advanced Fellowship Training**. Center for Biomedical Research in Music, Fort Collins, CO.
2012 **Neurologic Music Therapy Assessment and Documentation Training**. Minneapolis, MN.
2011 **Rebuilding the Injured Brain Through Music: The Case for Expanded Music Therapy Treatments for TBI**. American Music Therapy Association National Conference, Atlanta, GA.
2011 **Music Therapy for Speech Rehabilitation: Assessment and Treatment**. American Music Therapy Association National Conference, Atlanta, GA.
2009 **Level 1 Training in Guided Imagery and Music, and Music and Imagery for Wellness**. Great Lakes Regional Conference, Minneapolis, MN.
2008 **Neurologic Music Therapy Advanced Fellowship Training**. Center for Biomedical Research in Music, Fort Collins, CO.
2005 **Hospice and Palliative Care Music Therapy Institute**. Center for Music Therapy in End of Life Care. New Paltz, NY.
2003 **Neurologic Music Therapy Institute**. Minneapolis, MN.

PROFESSIONAL WORK EXPERIENCE

- 2018** **Allina Health: Courage Kenny Rehabilitation Institute Transitional Rehabilitation Program, United Hospital, and Abbott Hospital**. Music Therapist. Provide individual and group music therapy and co-treatment sessions with physical, occupational, and speech therapy for cognitive and physical rehabilitation of stroke, and brain and spinal injury clients. (October 2018 – Present)
2008 **Living Spirit Therapy Services, LLC**. (May 2008 – Present)
Founder. Music Therapist. Practice focuses on music therapy for children and adults with neurologic issues (focusing on stroke, Parkinson's, and autism), hospice and palliative care, seniors, developmental disabilities, and early childhood music. Responsible for all areas of business including marketing, creation of accountability materials, website development, fiscal management, facilitation of music therapy services, and management of employees.
2015 **Music Therapist, Episcopal Homes**. (November 2014 – December 2015).
Facilitated individual and group music therapy sessions for elders in long term care and assisted living with an emphasis on hospice and transitional care. Also facilitated an intergenerational

- music therapy group, groups focusing on fall prevention, and groups focused on elder and staff wellness; completed relevant documentation; and communicated elder needs and progress with the interdisciplinary treatment team.
- 2008 Music Therapist, Redeemer Health and Rehab.** (September 2008 – May 2010)
Facilitated individual and group music therapy sessions for residents in memory care, general long-term care, and end of life including an intergenerational music therapy group and groups focusing on fall prevention; completed relevant documentation; and communicated resident needs and progress with the interdisciplinary treatment team.
- 2004 Music Therapist, Hospice of the Twin Cities.** (September 2004 – May 2008)
Facilitated music therapy sessions with patients and families; completed relevant documentation; and communicated patient needs and progress with the interdisciplinary treatment team.
- 2004 Music Therapist, Jones-Harrison Residence.** (March 2004 – September 2004)
Facilitated a variety of group and 1:1 music therapy programs to residents in rehabilitation, long-term care, memory care, and hospice.
- 2004 Music Therapist, Presbyterian Homes of Roseville.** (September 2003 – November 2004)
- 2003 Therapeutic Recreation Coordinator, Walker Cityview.** (June 2003 – February 2004)
Facilitated a variety of group and 1:1 music therapy and therapeutic recreation programs; completed relevant documentation; and communicated resident needs and progress with the interdisciplinary treatment team.
- 2002 Music Therapist, Kalamazoo Family and Children Services Summer Program.**
Kalamazoo, MI.
- 2001 Kindermusik Educator.** MI and MN. (2001 – 2004, 2009-2010)
- 2000 Lead Respite Worker, Kalamazoo Family and Children Services.** Kalamazoo, MI. (2000 – 2002). Assisted adults and children with developmental disabilities and/or emotional impairments with activities of daily living, administered medications, structured and facilitated group outings and daily activities, supervised respite workers, and supervised daily house functions.
- 2000 Community Mental Health of Kalamazoo, MI.** (2000 – 2002)
Completed training and certifications in Recipient Rights, Work with People (Developmental Disabilities and Mental Illness), MANDT®, CPR, First Aid, Health, and Medications.
- 1997 Special Needs Counselor, Camp Lakeland.** New York. (July – August 1997 and 1998)
- 1995 Special Sitter, Association for Retarded Citizens of Monroe County.** Rochester, NY. (1995 – 1999)
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CLINICAL TRAINING

- 2002 Internship: Park Nicollet Health Services.** Minneapolis, MN. (November 2002 – March 2003)
Completed 1040 hours. Provided direct services to patients; documented outcomes in patient charts, interdisciplinary rounds, and day program team meetings; completed a research project on Parkinson's disease; compiled relaxation resources; and attended in-services.
- Methodist Hospital: Adult Oncology, Inpatient Hospice, Home Hospice, and Eating Disorders Institute; Struthers Parkinson's Center Day Program and C.R.E.A.T.E. Singers
- 2001 Professional Field Experience: Alliance Senior Day Services.** Kalamazoo, MI. (January 2001 – April 2002). Developed a protocol for music therapy services and provided four hours per week of direct service to groups and individuals within a Senior Day Program specializing in dementia.
- 2001 Practica Experiences Through Western Michigan University.** Kalamazoo, MI. (January 2001 – April 2002). Each experience consisted of assessment, treatment planning, two hours of direct service per week, documentation, and supervision by board-certified music therapists.
- Borgess Adolescent Psychiatry; Bronson Pediatric Hematology/Oncology; child with cerebral palsy; Portage Northern High School: special education classroom; adult with mental disorder; Portage Central Elementary School: pre-primary impaired classroom; Gull Road Elementary School: special education, emotionally impaired classroom; Autumn House and Portage Active Day Center: adult day care.

- 1998 **Internship: Institute for Therapy Through the Arts.** Chicago, IL. (February 1998 – May 1998)
Exploratory internship through Chicago Arts Program. Observed and participated in 75 hours of music, art, and drama therapy sessions; observed Kindermusik classes; and researched disabilities.
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PROFESSIONAL AFFILIATIONS

- 2021 **Community Advisory Board Member for Struthers Parkinson's Center St. Paul.** (2021 – present)
2019 **Sprouting Melodies Provider.** (2019 – present)
2015 **MN Music Therapy Business Owners Group.** (2015– present)
2003 **Robert F. Unkefer Academy for Neurologic Music Therapy.** (2003– present)
2002 **Music Therapy Association of Minnesota.** (2002 – present)
1999 **AMTA - Great Lakes Region.** (1999 – present)
1999 **American Music Therapy Association.** (1999 – present)
2000 **Kindermusik International.** (2000 – 2004, 2008 – 2010)
2000 **Western Michigan University, Student Music Therapists' Association.** Fundraising Chair, (2000 – 2002)
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INVITED CONFERENCE PRESENTATIONS, TEACHING ENGAGEMENTS, AND GUEST THERAPIST EXPERIENCES

- 2021 **Minnesota School Social Workers Association Summer Institute.** *Music Therapy for Enhancement of Academic, Social, and Emotional Well-Being.* Virtual.
2021 **Great Lakes Regional Music Therapy Conference:** *Vocal and Physical Injury Among Music Therapists: Prevention is Key.* Virtual.
2017 **Retreat and Refresh Stroke Camp (2013 – 2017).** Facilitated music therapy sessions and education for stroke survivors and their caregivers. Red Lodge, MT; Stewartville, MN; McGregor, MN; Danbury, WI; and Grass Lake, MI.
2016 **American Parkinson Disease Association Fall Conference.** *Music Therapy and Parkinson's Disease.* St. Paul, MN.
2011 **Care Providers of Minnesota Annual Convention and Expo:** *Standing Strong: A Nursing Home Fall Reductions Program.* Minneapolis, MN
2009 **Care Providers of Minnesota Annual Convention and Expo:** *Benefits of Intergenerational Music Therapy Groups.* Minneapolis, MN.
2009 **11th Annual American Music Therapy Association Conference:** *Intergenerational Music Therapy.* San Diego, CA.
2009 **Great Lakes Regional Music Therapy Conference:** *Intergenerational Music Therapy.* Bloomington, MN.
2007 **Minnesota Health and Housing Alliance Institute for Older Adult Services:** *The Clinical Use of Music Therapy.* Minneapolis, MN.
2006 **8th Annual American Music Therapy Association Conference:** *Survey of Financial Aspects, Staffing, and Service Trends of Music Therapy in Hospice Programs.* Kansas City, MO.
2006 **Care Providers of Minnesota Annual Convention and Expo:** *Music Therapy, a Holistic Approach to Improve Physical, Emotional, and Spiritual Comfort at End of Life.* Minneapolis, MN.
2004 **Substitute Faculty Member: Allied Team Training in Parkinson's Disease.**
Presented on Neurologic Music Therapy techniques in the interdisciplinary treatment of Parkinson's Disease for a three-day training. Attendees included music, physical, and occupational therapists; speech language pathologists; social workers; nurses, physicians, and physician assistants. Houston, TX.
2002 **Instructor: Western Michigan University:** *Seminar High School Music Camp: Introduction to Music Therapy.* Kalamazoo, MI.

IN-SERVICE MUSIC THERAPY PRESENTATIONS

- 2021 **Rediscovering U.** *Self-Care In Challenging Times*. Virtual.
- 2021 **Ramsey County Children’s Mental Health Collaborative.** *Mental Health 2.0*. Virtual.
- 2020 **Fairview Stroke Support Group.** *Music Therapy in Stroke Rehabilitation*. Burnsville, MN.
- 2019 **United Hospital.** *Music Therapy in Stroke Rehabilitation*. St. Paul, MN.
- 2019 **Parkinson’s Support Group.** *Music Therapy and Parkinson’s Disease*. Woodbury, MN.
- 2018 **Courage Kenny Transitional Rehabilitation Program and Allina Hospital.** *Music Therapy in Stroke Rehabilitation*. Golden Valley, MN; Minneapolis, MN.
- 2018 **St. Michael Parkinson’s Support Group.** *Music Therapy and Parkinson’s Disease*. St. Michael, MN.
- 2018 **Bethesda Parkinson’s Support Group.** *Music Therapy and Parkinson’s Disease*. St Paul, MN.
- 2018 **Parkinson’s Support Group.** *Music Therapy and Parkinson’s Disease*. Coon Rapids, MN.
- 2018 **Yorkshire of Edina.** *Ways to Successfully Integrate Music into Daily Interactions, Activities of Daily Living, and Self-Care*. Edina, MN.
- 2018 **Edina Professionals Serving Seniors.** *An Experiential Introduction to Music Therapy with Seniors*. Edina, MN.
- 2017 **Tasks Unlimited.** *Music Therapy in Mental Health*. Minneapolis, MN.
- 2016 **Stillwater Parkinson’s Support Group.** *Music Therapy and Parkinson’s Disease*. Stillwater, MN.
- 2016 **Young Stroke Survivors Group.** *Music Therapy and Stroke Rehabilitation*. Burnsville, MN.
- 2016 **Fairview Ridges Stroke Support Group.** *Music Therapy and Stroke Rehabilitation*. Burnsville, MN.
- 2016 **Young Enthusiastic Stroke Survivors (YESS) Support Group.** *Music Therapy in Stroke Rehabilitation*. Allina Hospital: Minneapolis, MN.
- 2016 **Copperfield Hill Memory Care Support Group.** *Using Music with Loved Ones and For Self-Care*. Robbinsdale, MN.
- 2016 **Bethesda Hospital Parkinson’s Disease Support Group.** *Music in Self-Care*. St Paul, MN.
- 2015 **Fairview Parkinson’s Exercise and Support Group.** *Neurologic Music Therapy and Parkinson’s Disease*. Minneapolis, MN.
- 2014 **Stroke Camp:** *An Experiential Introduction to Music Therapy in Stroke Rehabilitation*. Red Lodge, MT.
- 2014 **Fairview Ridges/West Dakota County Stroke Support Group:** *An Introduction to Music Therapy in Stroke Rehabilitation*. Burnsville, MN.
- 2013 **Parkinson’s Exercise and Support Group.** *Neurologic Music Therapy and Parkinson’s Disease*. Minneapolis, MN.
- 2013 **Fairview Southdale Hospital’s Wellness Wednesdays:** *Music Therapy and the Elderly*. Edina, MN.
- 2013 **St Louis Park Senior Center.** *An Experiential Introduction to Music Therapy and the Elderly*. St Louis Park, MN.
- 2013 **Minnesota Vascular Clinic’s Vascular Education Conference.** *An Introduction to Music Therapy in Medical Settings: Anesthesiology, Recovery & Rehabilitation*. Edina, MN.
- 2013 **Memory Care Professionals and St Paul Senior Workers Meeting.** *Music Therapy in Memory Care*. Roseville, MN.
- 2012 **The Colony of Eden Prairie Family Support Group.** *Music Therapy in Memory Care*. Eden Prairie, MN.
- 2012 **Alzheimer’s Speaks Webinar Series: Shifting Dementia Care Culture:** *Music Therapy in Dementia Care*. Minneapolis, MN.
- 2012 **Fairview Ridges/West Dakota County Stroke Support Group:** *An Introduction to Music Therapy in Stroke Rehabilitation*. Burnsville, MN.
- 2011 **“Life in Bloom” Fairview Stroke Survivors Group:** *An Introduction to Music Therapy in Stroke Rehabilitation*. Edina, MN.
- 2011 **Catholic Eldercare RiverVillage East Assisted Living:** *Music Therapy for Creativity and Spirituality*. Minneapolis, MN.

- 2011 **St. Mary's Hospice and Our Lady of Good Council Home:** *An Introduction to Music Therapy in Hospice Care.* St. Paul, MN.
- 2010 **"Life in Bloom" Fairview Stroke Survivors Group:** *Music Therapy: A Doorway to Creativity, Expression, and Movement.* Edina, MN.
- 2010 **Fairview Ridges/West Dakota County Stroke Support Group:** *An Introduction to Music Therapy in Stroke Rehabilitation.* Burnsville, MN.
- 2010 **Fairview Hospital "Celebrate Your Creativity" Stroke Event:** *Music Therapy: A Doorway to Creativity, Expression, and Movement.* Edina, MN.
- 2010 **University of Minnesota Introduction to Music Therapy Class:** *Music Therapy with the Elderly, Hospice, and Palliative Care.* Minneapolis, MN.
- 2009 **University of Minnesota Introduction to Music Therapy Class:** *Music Therapy and the Elderly.* Minneapolis, MN.
- 2009 **Courage Center Arthritis Support Group:** *Ways to Improve Relaxation, Stress Management, Pain Control, and Sleep.* Minneapolis, MN.
- 2008 **Courage Center Fibromyalgia Support Group:** *Music Therapy and Fibromyalgia: Ways to Improve Relaxation, Stress Management, Pain Control, and Sleep.* Minneapolis, MN.
- 2008 **"Life in Bloom" Fairview Stroke Survivors Group:** *An Introduction to Music Therapy in Stroke Rehabilitation.* Edina, MN.
- 2008 **Jones Harrison Residence Assisted Living:** *Physical, Cognitive, Psychosocial, Spiritual, and Behavioral Benefits of Music Therapy with the Elderly.* Minneapolis, MN.
- 2007 **Hospice of the Twin Cities:** *Music Therapy, a Holistic Approach to Improve Physical, Emotional, and Spiritual Comfort at End of Life.* Plymouth, MN.
- 2004 **Jones Harrison Residence:** *What is Music Therapy and How Can it Improve Quality of Life?* Minneapolis, MN.
- 2002 **Western Michigan University:** *Music Therapy in Holistic Health.* Kalamazoo, MI.
- 2001 **Lake Forest College Music Department:** *Introduction to Music Therapy.* Lake Forest, IL.
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PUBLICATIONS AND INTERVIEWS

- 2021 **Twin Cities Wellness Collective.**
- 2020 **Dose of Support Podcast.** [Episode 10: Music as Medicine.](#)
- 2014 **Generations.** Aired on public access channels October 2014
- 2013 **The Unexpected Caregiver:** *Music Therapy and Stroke Rehabilitation.* Radio interview on KYMN 1080 AM. Northfield, MN. <http://kymnradio.net/2013/06/20/the-unexpected-caregiver-music-therapy-and-stroke-rehabilitation/#comment-23642>
- 2012 **The Care Options Network: The Senior Housing Directory.** (2012-2013). **The Body-Mind-Spirit Connection: Meeting the Holistic Needs of Seniors Through Music Therapy.** 16-17.
- 2012 **Do I Stay or Do I Go?** Radio interview: Music Therapy and Senior Care. http://www.livingspirittherapy.com/LSTS/Blog/Entries/2012/12/15_Radio_Interview__Do_I_Stay_or_Do_I_Go_Part_4_4.html
- 2011 **The Unexpected Caregiver:** *Music Therapy: Supporting Your Loved One and You.* Radio interview on KYMN 1080 AM. Northfield, MN. <http://kymnradio.net/2011/11/04/the-unexpected-caregiver-music-therapy-supporting-your-loved-one-and-you-with-melissa-hirokawa/>
- 2011 **Life's Second Half:** *An Introduction Music Therapy.* TV interview on QCTV 15. Champlin, MN.
- 2006 **Master's Thesis: A Survey of Financial Aspects, Staffing, and Service Trends of Music Therapy in Hospice Programs.** Available online at livingspirittherapy.com.
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HONORS, AWARDS, AND SCHOLARSHIPS

- 2002 **National Society Daughters of the Am. Revolution Occupational Therapy Scholarship.** (2002-2003)
- 2002 **Birmingham Musicales Music Therapy Scholarship.** (2002 – 2003)

- 2001** **Kalamazoo AMBUCS Living Endowment Scholarship for Music Therapy.** (2001 – 2002)
1999 **Senior Prize in Music.** *Lake Forest College.* Lake Forest, IL.
1998 **Member of the Academic Advisory Board for Lake Forest College music department.**
Lake Forest, IL. (1998-1999)
1995 **Deerpath Merit Scholarships.** *Lake Forest College.* (1995 – 1999)
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