

Adrienne C. Steiner-Brett

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Professional Preparation

- 2019 Ph.D., Florida State University, Major: Music Education, Music Therapy
- 2014 M.M., University of Kentucky, Major: Music Therapy
- 2010 B.A., Case Western Reserve University,
Major: Music, Cognitive Science; Cum laude

Nondegree Education and Training

- 2012 Equivalency Coursework in Music Therapy, University of Louisville
- 2013 National Institute for Infant and Child Medical Music Therapy
- 2016-2017 Certified Trauma Professional,
International Association of Trauma Professionals

Professional Credential

- 2013-present Music Therapist-Board Certified (MT-BC, #*10942)
- 2013-present Neonatal Intensive Care Medical Music Therapist (NICU-MT)
- 2015-2016 Certified Trauma Professional, International
Association of Trauma Professionals

Professional Experience

- 2019- present Assistant Professor of Music Therapy,
East Carolina University
- 2016-2019 Graduate Teaching Assistant, Music Therapy,
College of Music, Florida State University
- 2018-2019 Independent Contractor, Music Therapist
Better Living Solutions, LLC., Danielle Shelton, MM, MT-BC owner
Capital City Music Therapy, LLC., Michelle Pellito, MM, MT-BC owner
Healing Hearts Music Therapy, LLC., Stephany Nystrand, MM, MT-BC owner
- 2014-2016 Music Therapy Clinical Coordinator & Lecturer,
School of Music, University of Louisville
- 2013-2014 Graduate Assistant, Music Therapy,
University of Louisville/University of Kentucky
- 2011-2012 Early Childhood Music & Movement Teacher
Group facilitator/substitute teacher, inclusive setting
Cleveland Music Settlement, Cleveland, OH

Current Membership in Professional organizations

American Music Therapy Association

Southeastern Music Therapy Association

Honorary Memberships

Phi Kappa Lambda

2018 (inducted)

TEACHING

Courses Taught

East Carolina University:

Orientation to Music in Therapy MUSC 2277

Introduction to Music in Therapy MUSC 3257

Music Therapy Practicum I MUSC 3357

Music Therapy II The Influence of Music on Behavior MUSC 3267

Music Therapy Practicum II MUSC 3367

Music for Exceptional Children MUSC 3048 (non-music/music therapy majors)

Music and Group Activities (section for Child Life majors) MUSC 4277

Music and Group Activities practicum (section for Child Life majors) MUSC 4287

Music and Group Activities Practicum/Practicum III (music therapy majors); co-teach as clinical supervisor MUSC 4287'

Music Therapy Practicum III (fourth level) MUSC 5297, co-teach as clinical supervisor

University of Louisville:

Music Therapy Training Group I MUTH 325

Music Therapy Training Group II MUTH 326

Music Therapy Practicum I MUTH 321

Music Therapy Practicum II MUTH 322

Music Therapy Practicum III MUTH 323

Music Therapy Practicum IV MUTH 324

Music Therapy Internship MUTH 451

Teaching Assistant

Florida State University

Music Therapy Methods Lab MUY 4401

Guitar Repertory/Music Therapy Adult Repertoire MVS 2526/5556

Beginning Class Guitar MVS 1116

Intermediate Guitar MVS 2126 (non-music major section)

Psychology of Music MUS 4612

Group Drumming for Music Therapy Majors MUY 4611

CLINICAL EXPERIENCE

2017-2019

Private Practice contractor

Populations served: Eating Disorders (intensive outpatient)
Adolescent & Adult Mental Health/Co-occurring Disorders,
Neurodevelopmental Disorders, & Early Childhood

2013-2016

University Clinic Program Coordinator

Populations served: Neurodevelopmental disorders,
Early Childhood Intervention, Adolescents/Adults with IDD/DD,
Child, Adolescent & Adult Mental Health, Older Adult Inpatient

Behavioral Health, Inpatient Medical [adult acute & subacute care], Pediatric/Medically Fragile

Supervision of clinical practice

- 2019-current Clinical Supervisor to East Carolina Music Therapy Program: early childhood, children and adults with exceptionalities (IDD/DD, ASD), older well adults, Alzheimer's/dementia, medical rehabilitation, adolescent substance misuse
- 2018-2019 Music Therapy Drumming, Florida State University: Elementary & Middle School Inclusive Classrooms, Adults with Neurodevelopmental Disabilities
- 2014-2016 University of Louisville Music Therapy Clinic Internship Supervisor
- 2013-2016 University of Louisville undergraduate practicum Early Childhood Intervention, Children and Adults with Neurodevelopmental Disabilities, Adolescent Inpatient Behavioral Health, Medical [adults acute and subacute care]

RESEARCH & CREATIVE ACTIVITY

Refereed Journal Articles

- Basu, R., Luo, H., **Steiner, A.C.** (2022). Life satisfaction among individuals 50 years or older: Why living arrangements matter? *International Journal of Healthcare*, 8(2), 19-27
doi.org/10.5430/ijh.v8n2p19
- Steiner, A. (2022). Review of "Music Therapy in a Multicultural Context", edited by Melita Belgrave & Seung-A Kim. *Dialogues in Music Therapy Education*, 2(1). 112-188.
doi.org/10.18060/24571
- Basu, R., **Steiner, A.**, & Stevens, A. B. (2021). Long-Term Care Market Trend and Patterns of Caregiving in the U.S. *Journal of Aging & Social Policy*, 34(1) 1–18.
doi.org/10.1080/08959420.2021.1926209
- Steiner, A. (2020). The effects of a single music-assisted mindfulness relaxation (MAMR) and psychoeducation session on wellbeing of informal caregivers: A feasibility Study. In M. Mercadal-Brotons & A. Heiderschedit (Eds). *Proceedings of the 16th World Congress of Music Therapy. Special Issue of Music Therapy Today*. 16(1), 215-216. Retrieved from <https://musictherapytoday.wfmt.info>

Submitted/under review

- Steiner-Brett, A., (2022, September) The use of music therapy to address psychosocial needs of informal caregivers: An integrative review. *The Arts in Psychotherapy*. Under Review.
- Steiner-Brett, A., & Basu, R., (2022, July) The effects of virtual music-assisted wellness workshop on family caregivers' quality of life: A pilot study. *Music Therapy Perspectives*. Under Review

Nonrefereed Journal Articles

- Basu, R. & **Steiner, A.**, (2020). *Positive Aspects of Caregiving and Prevention of Overall Decline of Health for People with Alzheimer's Disease and Related Dementias*.

Research Brief submitted to APHA's 2020 Aetna Award for Excellence in Research on Older Women and Public Health

Steiner, A. (2015). Caring for the caregiver: what practitioners need to know about parents and caregivers of children with special needs. *imagine*, 6, 78-81.

Steiner, A. (2015). Review of the book *Music Therapy Social Skills Assessment and Documentation Manual* by J. Rook, R. West, J. Wolfe, P. Ho, A. Dennis, Y. Nakai-Hosoe, K. Peyton. *imagine*, 6, 136.

Book Chapters

Steiner-Brett, A. & Smith, R., (2022/2023). *Music Education & Music Therapy Students' Self-Care & Coping: Implications for Mental Health and Burnout*. In J. Lang (Ed.), *Music and Wellbeing*. Cambridge Scholar. Under review.

Referred Research Posters

Steiner, A. & Smith, R., (2021, March). *A Comparison of Music Education and Music Therapy Majors' Perception and Use of Self-care and Coping Strategies: Considerations Pre COVID-19 Pandemic to Present Time*. Poster Presented at SER-AMTA Regional Conference, Southeastern Region-American Music Therapy Association, Virtual delivery. (Regional).

Steiner, A. (2021, March). *The Use of Music Therapy to Address Psychosocial Needs of Informal Caregivers: An Updated Integrative Review*. Poster presented at Presented at SER-AMTA Regional Conference, Southeastern Region-American Music Therapy Association, Virtual delivery. (Regional).

Steiner, A. (2020, July). *The Use of Music Therapy to Address Psychosocial Needs of Informal Caregivers: An Integrative Review*. Poster presented 16th WFMT World Congress, World Federation of Music Therapy, Pretoria, South Africa. (International)

Steiner, A. (2019, April). *The Use of Music Therapy to Address Psychosocial Needs of Informal Caregivers: An Integrative Review*. Presented at SER-AMTA Regional Conference, Southeastern Region-American Music Therapy Association Columbia, SC. (Regional).

Steiner, A. (2018, April). *Music Therapy Students' Perception of Informal Caregiver Profiles, Need Areas & Implications for Music Therapy Clinical Practice*. Poster Presented at SER-AMTA Regional Conference, Southeastern Region-American Music Therapy Association, Chattanooga, TN. (Regional)

Invited Presentations

Steiner, A., (2020, November). *Aging well with music: Using music to promote wellness as you age*. East Carolina University's College of Health & Human Performance, Aging Well Together Initiative, Greenville, NC. (virtual)

Steiner, A., (2018, Spring). *Listen to the Music: Using Music to Help Care for Your Loved One and Yourself*. Presentation at 33rd Annual Alzheimer's Disease Education & Training Conference, Florida State University College of Medicine and Alzheimer's Project, Tallahassee, Florida (local)

Steiner, A., Detmer, M. (2015, Spring). *Music Therapy: Evidenced-Based Perspectives on the Use*

of Music Therapy in Collaboration with Rehabilitative Disciplines. Kentucky Rehabilitative Association Regional Conference, Kentucky Rehabilitative Association, Louisville, KY (Regional)

Rushing, J., **Steiner, A.** (2013, Spring). *Evidenced-Based Rehabilitative Music therapy for Individuals with Disabilities*. Rehabilitative Association Regional Conference, South East Region National Rehabilitation Association (Regional)

Invited Workshops & Trainings

Steiner-Brett, A. (2023, April). *The Use of Music with Adult Mental Health Populations*. To be presented at NC Eastern Adult Education Center's 2023 Enhancing Knowledge and Skills in Adult Mental Health Workshop, Eastern AHEC, Greenville, NC. (local)

Steiner-Brett, A.; Shultis, C., Schreibman, J., Stephenson, C., Kimura, B., (2022, October) *Aspirational Ethics and Practical Application*. Presented at *Ethic Practice in Music Therapy*. Continuing Education Training, Jacksonville University & Upbeat Music Therapy, Jacksonville, FL. (local).

Yinger, P., Stegemöller, E., Shultis, C., Segall, L., Park, H., Reschke-Hernandez, A., Cevalco-Trotter, A., Belgrave, M., **Steiner, A.**, (2019, November). *Innovative Music Therapy Programming for Older Adults; 8 hour CMTE*. Presented at AMTA National Conference, American Music Therapy Association, Minneapolis, MN. (national).

Steiner, A. (2018, September). *Listen & Breathe: An Experience Using Music and Mindfulness for Relaxation*. Presented at Alzheimer's Project 2018 Caregivers' Celebration Day, Alzheimer's Project, Tallahassee, Florida. (local)

Steiner, A (2018, May). *Remember When? Using Music to Help care for Those with Dementia*. Presented at Area Agency on Aging Gulf County Disease Initiative Training, FL Area Agency on Aging, Port St. Joe, FL. (local).

Steiner, A (2018, May). *Remember When? Using Music to Help care for Those with Dementia*. Presented at Area Agency on Aging Bay County Disease Initiative Training, FL Area Agency on Aging, Panama City, FL. (local).

Refereed Presentations at Conferences

Steiner, A., (2022, March). *Self-Care for Students: exploring how to care for yourself as a music therapy student*. Presented at AMTA SER-AMTA Regional Conference, Southeastern Region-American Music Therapy Association, Lexington, KY & Virtual (Regional).

Steiner, A. & Smith, R., (2021, June). *A Comparison of Music Education and Music Therapy Majors' Perception and Use of Self-care and Coping Strategies: Considerations Pre COVID-19 Pandemic to Present Time*. Presented at AMTA National Conference, American Music Therapy Association, virtual delivery. (international).

Steiner, A. & Smith, R., (2021, June). *A Comparison of Music Education and Music Therapy Majors' Perception and Use of Self-care and Coping Strategies: Considerations Pre COVID-19 Pandemic to Present Time*. Presented at University of Saskatchewan's Music & Wellbeing Conference, virtual delivery. (international).

Steiner A. (2020, July). *Exploring the Effects of a Single Music-Assisted Mindfulness Relaxation (MAMR) and Psychoeducation Session on Wellbeing of Informal Caregivers*. Presented at 16th WFMT World Congress, World Federation of Music Therapy, Pretoria, South Africa/virtual. (International)

- Steiner A. (2019, November) *It Takes a Village: Interdisciplinary Strategies to Address Informal Caregivers' Health and Wellbeing*. Presented at AMTA National Conference, American Music Therapy Association, Minneapolis, MN. (National)
- DeKleva, J., **Steiner, A.**, & Nystrand, S. (2019, November). *Private Practice 101*. AMTA National Conference. American Music Therapy Association, Minneapolis, MN. (National)
- Steiner, A. & Ra., F. (2019, April). *Applications of Patient- and Family-Centered Care in Music Therapy, What Role Do You {lay?* Presented at SER-AMTA Regional Conference, Southeastern Region-American Music Therapy Association, Columbia, SC. (Regional).
- Steiner, A. (2018, November). *Overworked and Overlooked: Applying the Latest Interdisciplinary Research on Informal Caregivers to Music Therapy Practice*. Presentation at AMTA National Conference, American Music Therapy Association, Dallas, TX. (National)
- Kern, P., DeLoach, D., **Steiner, A.**, Detmer, M. (2017, July). *Tuneful Intervention Ideas: Developing Skills and Autonomy of Children with Disabilities*. Presented at 15th WFMT World Congress, World Federation of Music Therapy, Tsukuba, Japan. (International)
- Steiner, A., Kern, P., Detmer, M., Gooding, L., Lok, V. (2017, July). *Creating Music Therapy Jobs: Program development, private practice, and university clinic*. Presented at 15th WFMT World Congress, World Federation of Music Therapy, Tsukuba, Japan. (International)
- Steiner, A. (presented 2016). *Help! I Need Somebody! Evidenced Based Practice for Supporting Caregiver Needs Through Music Therapy*. Presented at AMTA National Conference, American Music Therapy Association, Sandusky, OH. (National)
- Kern, P., Jellison, J., Humpal, M., **Steiner, A.** Schwartzberg, T. (2015, November) *Think Inclusion: The Science, Heart and its Value*. Presented at AMTA National Conference, American Music Therapy Association, Kansa City, MO. (National)
- Kern, P. Humpal, M., DeLoach, D., **Steiner, A.** (2014, November). *AMTA's Autism Strategic Priority on ASD and MT Presents: Eye-Openers and 'Aha!' Moments*. Presented at AMTA National Conference, American Music Therapy Association, Louisville, KY. (National)
- Rushing, J., **Steiner, A.** (2013, November). *Mindfulness and More: Integrating Evidenced Based Stress Management Techniques into your Practice*. Presented at AMTA National Conference, American Music Therapy Association, Jacksonville, FL. (National)

Invited Lectures

- Steiner, A., (2020, Spring). *Using music in healthy aging*. Delivered at East Carolina University, KINE 4030/6030, Greenville, NC.
- Steiner, A., (2020, Spring). *Music Therapy and early childhood*. Delivered virtually for Case Western Reserve University's Music Education and Early Childhood course.
- Steiner, A. & Driscoll, V. (2020, February). *Working with students with exceptional needs*. Delivered at East Carolina University, MUSC 4324/4325, Greenville, NC.
- Steiner, A. (2016). *Evidenced Based Practice: Music Therapy for Those with Autism Spectrum Disorder*. Delivered at Karol Szymanowski Academy of Music, Katowice, Poland.

- Steiner, A. (2016). *Caring for Caregivers: How music therapy can address the needs of those who care for others*. Delivered at Karol Szymanowski Academy of Music, Katowice, Poland.
- Steiner, A. (2014) *Music Therapy: Serving Patient Needs in Palliative Care*. Delivered at University of Louisville Hospital Palliative Care Fellowship Seminar, University of Louisville Palliative Care, Louisville, KY.

GRANTS

Awarded

University of North Carolina's System Office Research Support Award
Funding for on-campus music therapy clinic materials (musical, educational, adaptive, and office)
Requested \$14,900 Spring 2022
Awarded \$14,900

East Carolina University's College of Fine Arts and Communication's Research and Creativity Activity Award
The effect of music therapy wellness workshop on informal caregiver's psychosocial health: A pilot study
Co-investigator: Rashmita Basu, PhD, Brody School of Medicine April 2020-July 2021
Requested: \$9,691.06
Awarded: \$7,700

Submitted/In Review

Research

East Carolina University Brody Brother Endowment Seed/Bridge Grant Program
Assessing Feasibility and Acceptability of a Dyadic Music Therapy Intervention for People with Alzheimer's Disease and Related Dementias and their Family Caregivers in Eastern North Carolina October 2022
Co-investigators: Rashmita Basu, PhD, Brody School of Medicine; Janice Daugherty, MD, ECU Family Medicine; Donna Roberson, College of Nursing
Requested: \$20,973

Pursued Not Awarded

Research

NIH/National Cancer Institute (NCI) R21 Clinical Trial
Feasibility and Acceptability of a Caregiver Physical Activity and Music Therapy Support (CAMS) Intervention Spring 2022
Role: Co-PI with Rebecca Snyder, MD; Bhibha Das, PhD; Abby Schwartz and William Irish (Co-I), East Carolina University
Requested: \$415,250

Retirement Research Foundation

The effects of a dyadic versus caregiver targeted music therapy program on quality of life and emotional well-being of persons with dementia and their caregivers Fall 2021
Co-investigator: Rashmita Basu, PhD, Brody School of Medicine, East Carolina University
Requested: \$174,550

Education/Clinical

Ireland Family Foundation
Funding for clinician salary support and materials for Music Therapy Clinic @ East Carolina University (MTC@ECU) Fall 2022
Co-Collaborator: Virginia Driscoll, PhD, MT-BC, East Carolina University

Requested: \$154,536

Cigna Foundation

Funding for clinician salary support and materials for Music Therapy Clinic @ East Carolina University
(MTC@ECU)

Fall 2021

Co-Collaborator: Virginia Driscoll, PhD, MT-BC, East Carolina University

Requested: \$154,536

James J. and Mamie Richardson Perkins Trust

Funding for clinician salary support and materials for Music Therapy Clinic @ East Carolina University
(MTC@ECU)

Fall 2021

Co-Collaborator: Virginia Driscoll, PhD, MT-BC, East Carolina University

Requested: 152,871.00

The Mildred Sheffield Wells Charitable Trust

Funding for clinician salary support and materials for Music Therapy Clinic @ East Carolina University
(MTC@ECU)

Fall 2021

Co-Collaborator: Virginia Driscoll, PhD, MT-BC, East Carolina University

Requested: \$152,871.00

The West Memorial Fund

Funding for clinician salary support and materials for Music Therapy Clinic @ East Carolina University
(MTC@ECU)

Fall 2021

Co-Collaborator: Virginia Driscoll, PhD, MT-BC, East Carolina University

Requested: \$152,871

AWARDS

Steiner, A. Outstanding Faculty Recognition in Research (2021), School of Music, East Carolina University

Basu, R. & **Steiner, A.**, (2020). *Positive Aspects of Caregiving and Prevention of Overall Decline of Health for People with Alzheimer's Disease and Related Dementias.*

Selected for submission to to APHA's 2020 Aetna Award for Excellence in Research on Older Women and Public Health

SERVICE

University

Resilient Campus Workgroup-volunteered, East Carolina University (2022-present)

Graduate Committee- appointed, School of Music, East Carolina University (2021- present)

COVID-19 Action Committee-appointed, School of Music, East Carolina University (Spring 2020-Fall 2021)

Special Events Committee- School of Music East Carolina University (2019-present)

Co-advisor for Music Therapy Student Organization (2019-present)

Professional

American Music Therapy Associations' Ethics Board, member, elected (2022-present)

American Music Therapy Association's Student Affairs Advisory Board, co-chair, appointed (2022-present)

Consultant Reviewer, <i>Music Therapy Perspectives</i>	October 2022
Consultant Reviewer, <i>Dialogues in Music Therapy Education</i>	August 2021
Florida State Task Force-American Music Therapy Association	(2018-2019)
Kentucky State Task Force-American Music Therapy Association	(2013-2016)