

Speakers & Workshop Presenters



Dr. Laurel Trainor – The Importance of Music in Early Development

The opening plenary will explore the importance of music in infant and early child development. Dr Laurel Trainor will provide an overview of the research evidence, and describe the implications of early musical experience on social, cognitive, and communicative development.

Dr. Laurel Trainor is a cognitive neuropsychologist whose work brings music and science together in the study of perception, cognition and neuroscience of music. Dr. Trainor is recognized for her groundbreaking research on musical development in children and infants and her research spans perceptual, cognitive, and social aspects of pitch and rhythm. Formally trained as a musician, and still active as principal flute of Symphony Hamilton, Dr. Trainor is the founding and current director of LIVE Lab at McMaster University, a one of a kind, hundred-seat concert hall equipped with virtual acoustics, the ability to measure EEG and physiology in audience members and performers, motion capture, sound recording and video presentation.



Dr. Amy Clements-Cortes – Intergenerational Music Making

Intergenerational music making is a great way to connect different generations. This plenary session will be hosted by Dr. Amy Clements-Cortes, who will share research evidence as well as her professional and personal experiences with intergenerational music making. The session will feature three unique contexts in which intergenerational music making is having positive effects. Leaders and participants from each intergenerational music making context will share stories and research.

Amy Clements-Cortes, PhD, RP, MTA, MT-BC, FAMI, NMT-Fellow Assistant Professor, Music and Health Sciences, Faculty of Music, University of Toronto; Instructor and Supervisor, Wilfrid Laurier University; Music Therapist and Registered Psychotherapist. Amy has extensive clinical experience working with clients at across the life span, with a specialty in older adults, dementia and palliative care. She has authored multiple peer reviewed publications, including "Voices of the Dying and Bereaved," and she has given over 100 conference and/or invited academic presentations. Amy is Past-President of the World Federation of Music Therapy (WFMT), and Managing Editor of the Music and Medicine journal. She is a past President of the Canadian Association for Music Therapists, and serves on the editorial review boards for 9 International journals and is a senior editor for the Journal of Alzheimer's disease. Amy is the owner and operator of Notes By Amy: Music psychotherapy services.



Terri Segal – Intergenerational Drumming

This Interactive Drumming Workshop led by expert facilitator Terri Segal will provide participants with opportunities to experience first-hand how Drumming and Music-Making is a physical and creative outlet that can be used to express feelings, release stress and have fun. Participants will engage in fun, collaborative rhythm based-activities, learn how to play a variety of hand drums and world percussion instruments and deepen their understanding of how drumming and music-making has the capacity to foster connection across all life ages and stages. No previous drumming experience is necessary.

Terri Segal is an expressive arts therapist, facilitator, and educator who is dedicated to sharing the therapeutic value of creative expression through group drumming and expressive arts workshops. For the past 10 years, Terri has studied and taught West African Drumming and World Percussion. Terri is the owner and director of Rhythmic by Nature.



Dr. Elizabeth Mitchell - Supporting Wellness: Music Across the Lifespan

Both research and our lived experiences support music's integral role in developing and maintaining wellness across the lifespan. This workshop will provide participants with tangible examples of music's therapeutic capacity. Whether you are dealing with caregiver burnout, end-of-semester deadlines, or the loss of a loved one, music can play a role in your health and wellbeing. Grounded in recent research, Elizabeth will guide participants in musical experiences that can be used to support wellness during any stage of life.

Dr. Elizabeth Mitchell is a registered psychotherapist and accredited music therapist teaching and clinically supervising students at Laurier University. In addition to her appointment at Laurier, Dr. Mitchell is the Music Therapist-in-Residence, an innovative role that connects academic teaching and research with clinical practice and supervision at Homewood Health Centre.



Melissa Tan - Communication Through Music

Communicating with others begins in infancy, and continues until end of life. This workshop will showcase scientific underpinnings of music's communicative capacities, in addition to experiential demonstrations of communication through music.

Melissa Tan is a registered psychotherapist & neurologic music therapist who uses music to connect and engage clients to support them in areas of need. Currently, Melissa works with clients with autism, neuro-disability & neuro-rehab, learning disabilities, early development, and dementia. She is also a part-time professor with the Creative Arts Therapies Department at Concordia University.

Aaron Lightstone - Ethnic Diversity in Music for Palliative Care



In response to the cultural landscape in Canada, Room 217 Foundation is developing 6 albums of culturally diverse music for palliative care. Learn how instrumentation, improvisation, and other factors were thoughtfully curated to meet the needs of palliative care patients from around the world.

Aaron Lightstone is an award-winning musician, music therapist and educator. During the past twenty years of professional music therapy work he has developed extensive experience working with individuals (and their families and caregivers) across the lifespan. In addition to his experience as a music therapist, Aaron founded the acclaimed World Music band JAFFA ROAD. He has worked as an ethnomusicologist at the St. Lucia School of Music, where he conducted an in-depth, commissioned research project on Caribbean folk music.

Margo Glatt - Using Music to Supercharge Your Older Adult Exercise Program



This interactive workshop will teach participants how to create a safe, entertaining and balanced chair exercise program for older adults utilizing the undeniable power of music. The focus of this session will be on how to select and sequence music that will resonate with older adult participants. Margot is happy to answer questions about picking music for all other ages and stages of life.

Margot brings more than 20 years experience teaching fitness to participants of all ages and abilities. Working exclusively with the older adult population in recent years, she founded Swingin' Fitness, a dance inspired chair fitness program. Not only as an instructor, but as a percussionist and singer in the do Fit as a Fiddle Canada, Margot truly understands the power of music and knows how to bring it to life with easy-to-follow choreography.

Dr. Marshall Chasin - Hearing Through the Lifespan



This workshop will provide an overview of hearing loss, and how hearing in noise changes across the lifespan. The implications of listening to music through earbuds and engaging in music across the lifespan will be addressed.

Dr. Marshall Chasin is the director of research and chief audiologist of the Musicians' Clinics of Canada, and the author of five books on hearing, hearing loss prevention, and hearing aids. He is an associate professor in Audiology at the University of Western Ontario; an adjunct professor in Linguistics at the University of Toronto; and an adjunct research associate at the State University of New York (SUNY) at Buffalo.



Chelsea Mackinnon – Music research in long-term care: Music Care Partners and Hamilton Intergenerational Music Program

One of the realities for residents in long-term care is Isolation and Loneliness. This presentation will share current findings on two programs that are currently being employed and researched to address this need. Music Care Partners is an OTF-funded provincial impact project in 24 long-term care homes in the Greater Toronto area. The Hamilton Intergeneration Music Program unites elementary students and long-term care residents for a month of music-making and meaningful interactions.

Chelsea has recently completed her Masters of Music and Health at the University of Toronto and her Masters of Management in Innovation and Entrepreneurship from Queen’s University. As lead researcher at the Room 217 Foundation, Chelsea gathers evidence to show music’s effectiveness as a therapeutic tool. She is also an adjunct teacher in Music and Health at McMaster University. Chelsea has founded the Hamilton Intergenerational Music Program.



Adrienne Pringle & Cathy Thompson – Sing It Girls

Sing it Girls is an innovative program designed for girls ages 7 - 14 with the goal of building strong voices, nurturing self confidence and learning skills for taking care of themselves. The program is grounded in evidence in the areas of social inclusion, group singing, wellness and social connection. Experience aspects of the Sing it Girls program, and hear from the founders about the theoretical underpinnings.



Adrienne Pringle is a registered psychotherapist and music therapist accredited with 20 years of experience working as a therapist, educator, lecturer, researcher, clinical supervisor, and performer. Cathy Thompson is a leader in business development across Canada. She is passionate about helping people discover their own talents and gifts in the area of personal and professional development. Together, Adrienne and Cathy founded Beyond the Studio in 2013 to provide families with high quality music, theory, and voice lessons.