

Vanessa Hale, MT-BC, RYT-200

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Education

Berklee College of Music (Boston, MA)

September 2016-December 2019

- Bachelor of Music in Music Therapy
- Psychology Minor
- GPA: 3.89

Music Therapy Experience

Board-Certified Music Therapist, The Sonatina Center (Dover, NH)

June 2022-July 2025

- Implement music therapy individual and group activities in a variety of settings: inpatient & outpatient psychiatric units, peer support centers, and special education programs in public schools
- Participate in weekly individual and group supervision with a team of creative arts therapists to develop practice, offer and receive feedback, and explore new therapeutic interventions and approaches
- Collaborate with clients, families, and care teams to address goals for music therapy sessions
- Document interventions, goals, clinical observations, and client or group progress in session notes, evaluation reports, and progress reports

Music Therapy Intern, The Sonatina Center (Dover, NH)

September 2021-June 2022

- Developed personal philosophy of practice through individual and group supervision, as well as observing and collaborating with six unique music & art therapists in a wide variety of settings (hospitals, assisted living, public schools, child day cares, peer support centers, groups for children & adults with disabilities, and individual therapy)
- Conducted and presented a case study on the therapeutic effects of group drumming on group cohesion and personal mood in a mental health partial hospitalization program
- Presented in-services and experientials on the benefits of music therapy and creative arts programs

Practicum Student, Massachusetts General Hospital (Boston, MA)

September 2019-December 2019

- Worked with medically hospitalized children aged 10 months-10 years, using improvisation to support self-expression & choice making, reduce anxiety, and improve coping in the hospital environment

Practicum Student, McLean Hospital (Belmont, MA)

February 2019-May 2019

- Implemented music therapy in an adult inpatient psychiatric unit and used interventions including songwriting, lyric analysis, group drumming, group singing, and guided meditation to address goals such as self-expression, identifying and communicating emotions, and group cohesion

Practicum Student, Rosie's Place (Boston, MA)

September 2018-December 2018

- Used music in an English as a Second Language class to support learning at a shelter for unhoused women. Collaborated with clients to write songs, using music to address communication needs and develop language skills

Practicum Student, Rogerson House (Roslindale, MA)

February 2018-May 2018

- Implemented community music therapy interventions to address goals such as decreasing isolation and increasing socialization and self-expression
- Supported disabled older adult day home group members through community music therapy activities, addressing goals such as decreasing isolation and increasing socialization and self-expression

Practicum Student, Kennedy Day School (Brighton, MA)

September 2017-December 2017

- Co-led groups for disabled children aged 14-21 within an interdisciplinary team of music therapists and speech-language therapists to address communication and socialization goals

Related Experience

Voice Teacher & Music Group Facilitator, Self-Employed (Brookline, NH) December 2018-Present

- Work with students to co-create goals including self-confidence & self-expression, improving overall musicianship, and educating students on developing and sustaining healthy voices
- Prepare session and lesson plans, document progress, and communicate with parents and students
- Develop and modify approaches for students with autism, chronic illness, mental illness, and cognitive disabilities

Paraprofessional, Hollis Upper Elementary School (Hollis, NH) January 2020-June 2021

- Assisted and advocated for students with learning and social-emotional needs in the classroom
- Participated in the organization and facilitation of a social justice learning group for teachers and staff
- Collaborated with teachers, specialists, and other support professionals
- Used Zoom, Google Classroom, and other online programs.
- Engaged with community and online learning and trainings to learn about best practices for in person and remote learning
- Increased access to social-emotional learning through weekly meditation videos for students

Professional Development & Continuing Education

- Berklee College of Music Department Symposia:
 - *Therapeutic Songwriting* (2024)
 - *Ethics of Cultural Humility in Therapeutic Spaces With Individuals Who Have Experienced Trauma* (2023)
 - *Songs of Life: Music Therapy Cardiography* (2020)
 - *Resilience Over Burnout: Self-Care for Music Therapists* (2019)
 - *Hip-Hop Culture: Implications for Clinical Practice* (2019)
 - *Substance Abuse Recovery* (2018)
 - *LGBTQIA+ Identities and Music Therapy* (2018)
 - *Trauma-Informed Care: Beginning Dialogues* (2017)
 - *Music Therapy and Wellness: Flourishing with Music* (Spring 2016)
- Community Music Therapy Un-Conference (2024)
- Institute for Therapy Through the Arts Symposium (2024)
- American Music Therapy Association Symposium (2023 & 2024)
- Voice-Movement Therapy Workshop (2022)
- LGBTQIA+ Affirming Spaces Project Training (2022)
- SOS Recovery, Inclusion, Community, Harm Reduction Conference (2022)
- Crisis Prevention & Intervention (CPI) Training (2022)
- Trauma-Informed Practice Training (2022)
- 200-hour Registered Yoga Teacher Training Certification (2021)
- UNH Workshop: Executive Function and Self-Regulation Skills (2020)
- New England Region of the American Music Therapy Association Conference (2019)
- Passages: Navigating Crossroads of Perspectives (Lesley University, 2018)
- Role of Music in Community, Health, and Wellness in South Africa (Berklee, 2018)
- Performance Therapy Symposium (Berklee, 2016)

Skills

- Trained and confident vocalist, guitarist, pianist, and percussionist
- Meditech & Meditech Expanse (EHR software)
- Microsoft Office, iWork (Apple), Google Workspace, Google Meet, Zoom
- GarageBand (music recording), Sibelius (music notation), iMovie (video production)
- Songwriting, sight-reading, music theory, improvisation, performance, video & audio recording and editing
- Adaptable, communicative, compassionate, open-minded, and conscientious