Alternative Therapies Panel Event Transcript

# Full Transcript

Okay. I feel like it's a pretty stable number at this point. And we do have, I think, quite a lot to chat about today. So we're gonna get started. Before we do anything. I would just like to do a quick land acknowledgment. So I just want to respectfully acknowledge that we are on the treaty and traditional territory of the Mitchison Niigata snobbish. We offer our gratitude to the first their care for and teachings about or are in our relations. May we honor it was teaching. And I know that PYY quite a number of us may be attending the event from a different area. So I would just encourage us to spend a few moments today just thinking about the land that we're on. And the folks who came before our synchronous, they'll take care of that land. But I think let's just get started. So welcome, everybody. Thank you so much for spending your Thursday evening with us. I am cameras pack them in the field education coordinator with Trent University's Department of Social Work. And I will be your host for this event. I'm joined by my lovely colleague, Jillian, who will introduce herself. Hello everyone. My name's Jillian, academic administrative assistant with the Department of Social Work. Very exciting for joining us for our event tonight. And our other colleague, Jillian. Jillian, Sorry, Carolyn, did a tremendous amount of work into this event that unfortunately isn't feeling great, so I just want to put it out into the universe. Thank you, Carolyn, for putting all the work that you did enter this. So today is all about alternative therapies and supportive services. And we have quite an exceptional panel of service providers with us today. They'll introduce themselves in a little bit, but before I just want to do a couple of housekeeping. So today's session will be about an hour and a half. If you've attended our events, the two events in the past. And so the first hour or so will be the panelist eat responding to three questions, which will hopefully give a good overview of what their services are and then what kind of activities they may provide. The last half hour will be open for audience questions and answers. You will see that when you entered, your mic was muted and your cameras turned off. So those settings will remain for the entire webinar. We will be able to unmute USU a bite to eat. A question that you ask later. Like I said, we'll have about 30 minutes for questions. We ask that all questions are put into the Q&A. A little button on the bottom, you can indicate whether your question is directed to a particular panelist or if it's a general one, or if you'd like All panelists to provide their input, you can choose to submit anonymously or the name listed, that's totally your choice. And then if after your questions answered, you'd like to provide a little bit more context. If time allows, we will unmute you and you can do so. Like I said, if you run into any technical issues, you can always e-mail us or you can put it in DHS. So with that set of things, Let's get started. And I will leave it to the panelists to introduce themselves. Well, I can go. And I am an accredited music psychotherapy or director of creative minds Music Therapy, which started about 10 years ago in Durham. And I'd started with, and now we are therapists working mainly in general, but especially during COVID and being online. That's been expanded. I also work in a medical setting. Pediatric study right now, holds time and I run a creative minds as well. Mariann know, Noah's Ark, which is a very unique work with that one part of our program for 16 years and officially for volunteers. And now we have resource professionals, we ever recreation therapist. We also have a child neither. Educators.

For our university. Environments are used. Before called lever running program. Saturday. We are just working.

My name is solace by businesses called Art. I'm registered psychotherapist, certified art, and played there. And I work in Peterborough, private practice at home. Thanks to you folks. Already some illuminating stuff's coming out slapped. Lovely. We're going to get straight into the questions. So we have three questions. Each panelist will have an opportunity to respond. And then, if anything, another palace test said sparked your interest in you want to engage the offeree at the end. Okay, so we're gonna start with question one. Can you please provide us with some details about the services that you provide? And perhaps speak to some of the clients that you see most often. So I think we're going to start with Tony. Yeah. Well, as music therapists, we're so lucky to be able to work with any age. But I would say that the majority of creative minds work with children and adults with various abilities and needs. Within the community, were lucky enough to partner with different agencies in the community and different services that exist for families through government funding. Private such places like ABA centers and autism Ontario and community living. So those are that I'd say that's the majority. But he also see your cement more mental health and coaching. Clients like women's shelters and hospice care, palliative care. So that is also another area that can you just walk us through like what is the average day for you? Not that that necessarily is an average day. What do your services on a day-to-day basis? Yeah. Well, the traveling music therapists yeah. For sure on a date. And music therapists will have various contracts. And depending on where you're going that you're bringing tools like our instruments in the car and bringing what we need to wear. The sessions are taking place. So we usually go for sessions don't have right now. So we're traveling throughout the day and bringing what we need for each different session, taking time in between for things like documentation. So if I was a client or I was interested in their type of service, what would you see as a client, I might be able to expect from your services.

What would I be doing? Well, I would ask you why you're coming to see me. Really depend on, you know, what areas and what you're calming music therapy for. But if I give an example, if let's say you were a child or an adult. For some, some special needs, would always begin with an intro to music in general. So I open up with a Song of Songs, a way to connect here the meals. And then after having an assessment period, I would decide on what music interventions, what activities would be best suited for you personally. And so some examples of that. Very targeted interventions, like a drum song that went to focus on things that you may want to work on, like grasping or playing or a drumming song for engagement. So the idea is we're going to play this song together. And I'm encouraging that engagement together. A completely different thing might be songwriting. So if I were working with somebody on a specific emulsion or process, we might write songs together or we might change the mirror song. So really the job of the therapist to decide what's going to work for this client. What is going to help to reach those therapeutic goals? Interesting things here, it's, it's obviously very scientific person focus.

Mostly. Yes. And I can explain more in some of the other questions about some of the methods that we use depending on who we're working.

Great. Thank you. Thank you. Maria, how are you? So my services also vary depending on what client is with me. But I do a combination of using talk therapy, play therapy. If I'm seeing a child, I will often use a lot of art in play therapy in the session and talk interspersed throughout those things. Or if I'm seeing that teenager, we may spend more time in our therapy area and talk as maybe they're making some art. So it does look different. It's very collaborative. Client base. B. I see people ages 20 and out. So I can't see people quite young. Usually if they're that young, like 56 and monitor, their guardian would be with them. Sometimes I do joint therapy with the with the guardian or parent and the child and sometimes they worked with the child on their own, even if the parent is in the room, they're more there for support. I have people come through my private practice, but then I also do a lot of contract for victim services for different agencies, agencies like Children's Aid. And I were received references through my health companies as well. So can you tell us a little bit about what medium you use? A lot of like painting or sketching. I'm not an artist. So that's about the limit of my art knowledge. So. My space is sort of divided into two areas. This area that I'm sitting in, the art area salted, I'm sitting at their art table. And then to my right, our shelves and drawers full of probably every art material you could think of. So it ranges from crayons, pencil crayons, markers, different forms of life, model, like clay and Model Magic and paints, watercolor. I have every size of paper from very small to the huge role of paper. So depending on what that person is working with me, it helps me decide what maybe in my basic jazz or sometimes they make shoes themselves something that they feel more comfortable. And so there's so many mediums we can. Sony, it's just somebody who, like I said, it doesn't have a lot of art experience. I think there's something already that I'm getting the sense of like this accessibility and I can make it. So at the Israeli hard conversation, just a bit more easier when you have something else to do alongside. Lovely.

Thank you. What's your take? A lot of similarities. Child-centered or my youngest my oldest rate now is 35. So we work as a former school board with a lot of families. So areas that we've done. So we were so when we're looking at and so on property, is that opportunity. Yeah. And why others are not interested in. And they are much more interesting. And so on. How do you know? Yeah, it's really interesting. I think each of you has said quite clearly that S very person focused. Stokes can kind of See what they're drawn to and then you'll work with and maybe I'll make some suggestions because now you have a lot of expertise. But following where they're going, I think it's a super important aspect. So thank you. I mean, they're all very different. But there has a lot of similarity is particularly in the way that you approach things that seems absolutely, I was going to say switch animals and very easily. And it's great.

It's really great. Site just different mediums as support and connect. Yeah, I can relate to the strength-based, positive oriented, and helping the person find who they are and feel heard and seen. And the connection is so important because their connection with myself and their connection with themselves to survive some of these situations that happened to me. And I know for myself if I'm having an uncomfortable conversation or even sometimes if I'm just like reflecting on something that's really uncomfortable for me. I find a lot of comfort in having something to do with my hands as a way to almost like externalized sense. So I think it's really interesting something outside of that person. But they're able to do alongside those conversations. So obviously it seems some success and some benefits and some positive outcomes for your clients. Can you tell us a little bit about some of those positive outcomes that you've seen. And we're going to start with. So sometimes you get the benefit of seeing the impact that you've had. Someone. Sometimes they may only come a few times and you have no idea what that impact is. Some of the ones that come to mind right away where I could see the impact is just recently I've been working with a young man who's dealing with anxiety. And so he was very engaged and really wanted to learn strategies to help with the anxiety. So we did some sand tray work and I had him almost pretty much each time do some art-making that was more like I was suggesting what kinds of art he would make and it was geared around expressing himself through. But then we also worked on some very specific strategies that he could use, like deep breathing, like progressive muscle relaxation. So each week he would learn a new strategy for her to deal with his anxiety. So within a session, he was doing so much better and his parents were seeing such a significant change that he, you know, he just doesn't need to come back for now or maybe come back Ever. So sometimes you get to see those changes and they happen quickly. So I had been working with another family where I have seen over time, over three years, I have seen their six children. I've seen each of the children at different times dealing with the family issues. And so just recently some of the younger ones came to see me. And the mother just shared like that my support through their family has made a huge impact in that the kids I'll have had someone outside of the family to talk to you and how much that is helped them stay united as a family and child knows they can come and talk to me about whatever they want to and it's a safe place. Yeah.

Having somebody year is outside of that situation. That isn't gonna take sides? Or is he going to say, no, your father was right and you're wrong? I think that in of itself is so powerful. It isn't.

The sort of underlying thing about all of it is that people got to say what they need to say. They get support. They feel heard. They feel they know that it's okay to be who they are. And then they can go out into the world and more competent about who they are. And have you gotten any feeds back around, particularly incorporating art into your sessions? Are there folks that are like, I didn't know this was even possible and now I love or what, what's the feedback you get around that? So for some people, if art is the medium for that, then some of the things that people get out of it Are they can put down in image form what a really hard time saying. They have trouble getting the words or it just helps the word slow more. They can also be creating an image along with the conversation. Other times.

They can just gain more competence because you've got to explore who you are on the page through the medium you're using. And there's this sense of competence that you can build by knowing that you can't do it wrong. That whatever gets on the pages exactly the right thing. And so to trust more in following your own guidance and process. That extremely lovely thing to hear. Five, practice that with my house floor. Or there's just something very nice about hearing. It can't be the wrong thing. What came out was, what was meant to come out and trusting that intuition and listening to yourself. I think it's a really, really powerful message. Thank you.

Can you talk about some of the successes are positive outcomes. You've seen successes. Dr. There are many of our schools. We're waiting. Waiting.

Virtual. Yeah.

 All right.

My adults. Oh, yeah, I love thee. Not only like focus. What success means for but celebrating those successes every day. So I think it's really easy to get caught up in the air. Maybe your goal is to not have anxiety anymore. Not that, that's a realistic goal. But to really hone in on those daily successes, I was able to have that conversation, was able to do that thing that I didn't ever think I'd be able to do it. I had like it's such a loop like a domino effect, right? The more successes you have to more easily successful gums. Yes. Yeah. For sure.

Yeah. Very powerful stuff. And then Tony, What kind of successes are you seeing? Well, I just wanted to say that I can relate so much Mary experiences because I've had both of those. I know it's going to sound cliche, but tends to be a universal language. I think the biggest SAS is that we're able to use music as a way to connect. No matter what the situation is that usually their various level. Whether that's a very small thing, as Maryanne was saying, the daily or something that after building a rapport and relationship with with a client, has to see that you're able to witness as a therapist. Those changes that happen in this session is just really amazing. So it could be something as simple as, as eye contact in recognition of a song or a smile. Because you know that this child. Or they're finally able to sit for 10 seconds and focus on on a drama. And a lot of the feedback that I get from parents. And so parents will also be able to witness their child or even an adults just to witness that may not naturally happen in a day-to-day basis. And it's important for a parent to be able to witness that I think, on many different levels. So being able to child interact or engage with another person and, or smile when they haven't, because they're dealing with something very difficult in your lives. So here are just overjoyed when they're able to see those things. And especially with music therapy, It's hard to explain until you see it in action, until you see these these meaningful moments that end up unusual place with patients with guidance. Sometimes that it's very powerful. And and sometimes like Maria said, like, I know I feel like okay, well, that's all But I'm not sure. You know, you hope that you can make a difference. And especially when you're talking about things like hoping and emotional processing, It's just that experience of doing it in enrollment. And then you don't know what that experience has had. For example, outside of this session or so, sometimes you don't know and you just do your best to stay in the moment kit to make it so that it can be hard to know what impact you've had. But I do really appreciate when you sometimes, it's really hard for you as an individual to identify so of your successes. And sometimes it's easier for the folks that love you and know you particularly well to be able to say, know that thing that you use to struggle where you don't travel with it as much anymore is idle. Sometimes that back. So another person is truly powerful in recognizing what successes you've had. Okay.

Thanks everyone. I am cognizant of time. I will see. You all think about our last question, which I have a feeling it's going to be a long conversation. But how do you folks see your services? So music therapy are in place there and all assisted therapies out. You see that complimenting what we think of as traditional talk therapy. Or I think we may have lost. So let's start with you. Tony, how do you see your asserts is complementing are working alongside traditional talk therapy. Music therapy. We talk about music therapy and music therapy. And so there's there's aspects of music itself that, that are very few there. And the act of making music therapy that and that side of things. And then there's also music in therapy where we're able to combine the use of music and musical interventions with verbal therapy or with processing, verbal processing. So it tends to be a really nice way to bring in something that might feel safe or, or, or a client, something that is. And when I say safe, they don't feel they may feel comfortable doing that. They, they may relate to music if we're talking about a certain song or we're just talking about an instrument, are able to safely relate to that. Different topics through them, these. So you have a displacement that happens. But if you could talk about music that is sad and angry or near it. And that brings a certain comfort level to access these topics or to open it up. And a lot of the time, like I remember my professor, I never forgot that. She would always say to us that music was like back door to the motions. And you know, I'm sure that is the same for other mediums as well, but that's what makes the creative arts so wonderful is just that. It's, sometimes, I don't want to say easier, but a more comfortable or more familiar way to approach different topics and different feelings. And most of the time, it's very flexible and people can relate because they listen to music on a daily basis. And they have the history of music and they have, they have memories associated with music. So it's, it's a really great way to to combine with some verbal talk, therapy and even approach things. And the creative way that works for you think of it. I must say though, like I associate so many songs so strongly with a particular event or person or time in my life. Yeah, go ahead. I remember. I was just going to mention how we could take a topic. It's not only memories or something that you already know, but you can create music based on, on something you want to. So that's another way. You know, we're, we're feeling really angry. Well, let's take that anger out. Like you've talked about externalizing things by doing something, bring it on paper, or we could do that through music and then it becomes a whole other process that has been created. And then you can talk about it. So we would call this a referential improvisation and you can record it which is very powerful and listen back. And then talking about what you're hearing and why and how you're hearing yourself recording. So that's just another way of including music with verbal, a Sony. And I don't think I ever knew that music therapy, I guess I hadn't thought of that. That's really cool. Keep that in the back of my head. Thank you.

Mary, and I think you may not have dropped. Awesome.

Awesome. All right. All right. My laptop died. No or yes, the joys of technology and I had my computer repair is not working properly. No. I agree with you tolerate with the back door approach is really what this is about. The animals, similar to what you're looking at music would you can take it a little further than I can. With the animal piece. Our clients are more willing to open up their emotions. They're willing to talk. They will, they will hold on. They will, they will have those moments. Look into the animal's eyes. The animals also understand when there's pain and there's anger. And they will accept that we have individuals that'll come say No, I can't go as you saw should because all Hirschman, when it's born at sea. And they're really quite surprised about how the animals are able to bring to language, what they're feeling. And it's through some of them, it's the first time that they were able to put a word to it or or at least being able to have some conversations for some of our children and our clients and their guests want to start with a walk. They wanted to go into the forest area where they had their favorite squirrels or chipmunks and such. And they sit and they remember it, remember stories from before. And it's a way of distracting getting comfortable with. I think any alternative therapeutics are also \*\*\*\*\*\* on that on that language. Because with us being so passionate and watch it, grits. And if that's what you see here at similarities are that everyone is passionate, I will make a difference for that individual. They use their medium. Because that's their path. They start with that medium, share that passion, and it opens up the door for our guests, clients, visitors with whatever term you wish to use. And they build that rapport. They build distraction for themselves so they can release and then move on. And I think for some of our, our families, it may be great at the surface. So that volcano erupts and you have all those conversations happen. Either. It's simmering, it's just they're not there yet. And so Watching that individual who is truly into that therapeutic moment with an animal. And you see that it doesn't matter what's going around them. They are in the moment. And when they're in that moment, doesn't reach, comes out and it may not be the language you're expecting. And that's where I think the importance of the therapeutic pieces that we're not correcting the language. We're listening, where we are asking for taking the time, and then we're going to look at what their interpretation of it. And maybe it needs a new name eventually, but not at the moment. And so for those opportunities, work hand in hand. That makes total sense. I think that idea, like the subconscious or unconscious expression, things that are troubling you, that maybe you're not ready or able to put out into the world for ugly, but you can still pull it out or start putting it out. I think there's some really, really interesting techniques and mirror. What about you?

What about you? How did you see your services? And what we call traditional talk therapy. So what I wanted to start with is that so with children, especially when they come, they can let's say with the sand tray for example. They may express everything in there, sand world through what they build. And they may not use language at all. Or they may, or they may plant the doll house and have all of these events happening in the doll house, but not use any words. And for children, their language, first language is play, it is creativity. And so they may not put words to what they're expressing or what they've experienced. But that's the length of that still language they're using just not words. They may also use words and sometimes they may use my words as I'm reflecting what the sand tray or in the doll house. And then also there may be conversations that happen if they're ready, if they want to. So I wanted to stress that piece. So there's lots of different ways that are different. There's lots of different languages that take place other than just words. And then the other thought I had was, so for adults, let's say they're making art. And so they've expressed something in their image that they haven't even put words to yet. But then as they're reflecting on that image, then they may find the words to share about either what that experience was or what the images saying to them. And then a whole conversation might happen after the art-making takes place. Or if they're creating spontaneously and we're already having a conversation, then that conversation is happening simultaneously while they're creating whatever they want to create. So it just always looks different. But there's some kind of communicating some kind of language happening.

Always. For sure. Yeah. How do you know? When I was doing my masters? I remember each social worker that I met us like I want to do your job, I want to do your job like your field is so interesting. And then when I got into my practice, I was like, Yeah, this is comfortable. That's what I like doing. Felt very settled. And you're just hearing that there ever you feel like I wanna do what you do and do it. You don't know what you do. Sounds really interesting. So thank you all so much for sharing. This does kinda conclude our formal moderated part. We do have a number of questions. And actually, the first question we have which is directed to all of you. How did you get into this career? Dreaming or educational experiences do you think benefit people looking to get into your line of work? I'll just kinda go free for all. For me.

English as a second language students. And I am also an individual that has been diagnosed with a learning disability. Disability for me, question because the word means without learning. And I learned, I learned differently. However, because of those challenges. The way for me to survive that were the animals I lived on a farm. I became a teacher. I want to teach children who were like me. That there were ways. What else? Having to memorize a paragraph in a book because you had to read it out loud or you weren't allowed to use your fingers to do any counting because you were then Dean and intelligent. So that's how it started. As a teacher. I discovered it as special education consultant. I discovered that it wasn't just children who struggle with their parents. And that's where we bought MOOC and we wanted a safe place for children, for adults. So my, my background in environmental studies, that's how we started in science degrees, how I started and then went into education. And then there are a lot of work in the variability's area and a focus in autism that we realized that there's a lot of amazing strategies that can work. But bottom line is you need a passion and the animal and the environment where my safe place. And that's where I thank you. I'd like to say, sorry. Go ahead.

Art has been my lifetime passion. It got me through some very difficult things as a child and all through my life. And so after my children started to get a little older, I decided I wanted to share that in a way that would support people and help them on their journey. So our therapy and play therapy just were really sort of no brainer for. Excellent Thanks. Yeah, I think very similarly, music has always been my passion and my whole life. And that's not a requirement. But it does tend to be the case. And you have just this relationship with your medium. But I am, so I decided to start these. I have an undergrad in music. I played classical food. So usually you music. We'll have a certain level of musicianship. Because when you get into music therapy training, it's a big part of the training. So you have the music side and then you have the psychology and understanding people and all of that that's involved in the training. So but when I got to university, I couldn't think of anything else that I wanted to study, not knowing what to do with the music degree. Thinking, knowing anyway that, no, I'm not going to be a performer necessarily my whole life. And as I went through my undergrad, people would say so you're going to teach. And I would say deep down new that just that teaching music wasn't necessarily my passion, but I still didn't know at that time that I that I was music therapy. So I graduated and do a lot of coincidence. Then I came across some music therapists in. When I was ready, I decided to volunteer to see what this was all about after I graduate. And as soon as I see, it was pretty immediate that I knew that it was something I wanted to do. So I think that it's a you have to have a search. And a love of combination, love of music, but love working with people. So you can get your undergrad or your Masters in Music Therapy. Which different programs across Canada. And I have my master's from Alfred Maria. Yeah, the rest is history. I just wanted to add. You don't have to be an artist to be a therapist. It just helps if you love exploring mediums, art mediums. But even if you don't, but this is the route you wanna go in. You. You will just get experience using the different materials as your training. Because you want to have at least experience using the materials so that you know how your clients will feel using those materials as well. But it isn't about RTP, isn't about creating art pieces. It's about creativity and exploring whatever you need to explore with those mediums. Like that distinction. They only to be an artist, to be doing some art therapy. And I don't think it's particularly surprising to anybody that the theory of you are, have been passionate about the work that you're doing for a long time. I'm clear. Very clear. So thank you, folks. We do have some specific questions to add, some follow-ups. Toni, what instruments do you play or do you tend to use with your clients? Well as harm? And usually guitar is a very common candle as well. It's very low, more versatile. You're traveling or your ad fed tied in a, in a classroom or wherever, right? So I think those are the three main instruments. And we, of course, I consider my voice and other instrument. We must be very comfortable using our voices, singing or facilitating. And then usually it's an array of held instruments, drums, xylophones, shakers. It's important to have different sizes, different options for clients depending on what the focus is and what they're able to walk that person. Very neat, very interesting. Do you find that it's true? This is a follow-up, sorry, I'm co-opting time. Do you find that folks get more experienced paying instruments as they progress through having gone through some music therapy. Well, they definitely are able, they have opportunity to explore instruments so they become more comfortable. Definitely. And of course, as you can imagine, many people are sometimes hesitant because they think, oh, I have this. Like it's not about that. So it's about making it as open as possible and as accessible and inaccessible. So yes, they do become more competent, but the goal is never really. Yeah, It's not about, Oh, you can now play the guitar. Sometimes it can be depending on the person, but yeah, that makes sense. Thanks to you.

And then similarly, a mirror. You have any favorite art medium two years or that you think are particularly successful with folks. So many art therapists also have their own art practice. So, so I have always made my own art of some kind. I like to change it up. So I'm always learning something new, but I do have my favorites. I do a lot of mixed media with acrylic paints than adding in all kinds of other stuff, collage and gems and things like that. That's one of my favorites. And for the last few years I've been doing hand-waving on small frames. That's what I've been doing mostly in the last few years. But I also almost every j do some kind of journal imagemaking. I'm almost always making, creating something. It's just, I feel happier and better when I'm doing that for my shop. And then in terms of clients, it's a really wide range. A lot of younger children, they like the clay and they like painting with tempera paint. I find kids between 11 and 15, 16 like to use pencil, crayons, markers, and sometimes watercolor generally. And then adults, it can really vary.

Yeah. But I have a whole range of what people use rarely makes sense. I love the creativity that you're all different bringing to the table. I think it's just seven years.

I guess. Kind of similar question for you, Mary. I was just really interesting to me. What's the most non-traditional animal or species you have used in your work with animals therapy. Most non traditional depend on each other, down your perspectives. 25, bullet related Python, dead. Some of our children absolutely love because of the deep depression. Wellesley there in the hallway. And we'll have children seating. And that's snake will slew there over top and that deep pressure, the prince in our Tilburg. Others are kangaroos, wallabies, very unique. Sasha. Very popular.

Many want to hold on to the lemur because he can fluffy and he's not belong ours snuggle a model like a teddy bear. And so again, it depends on the interests of that particular tax bill. And that's why we have such a wide range of animals. Because we have such a wide range or the action. And what we're trying to do with our participants is that we want to ignite communities and snow. It needs to be something that they're comfortable with. Or have these types of cats. Because one, Hello, World War two was still too high. So to work one day, to get the day off. Because event Grid. So again, it just depends on who is in that day and you have to remember we had separate days. So I've been with us for that entire period of time. So we are in and out with a variety of different animals and making sure that we know who's going to be on what timeframe because we want to make dignity respect to the animals is also replace. Sure. I will admit I got momentarily sidetracked when and when you said you have kangaroos thought at all and I expected to hear, I was thinking a cow maybe are hard, but not a lot of experience with the Australian animals. African porcupine. And we talked about don't judge every people the right way, those types of things. So it's very unique. And for people that have just seen us for the first time, they wanted the headings X2. And we are not the public, and we are not doing the birthday party, that type of thing. It is strictly education, no, therapeutic, where the dignity either participant enter animals are kept intact. Yeah, I love that.

That's very interesting to me. One day.

I know I can trust me that I will be there. I'd like maybe you can keep the line there. Otherwise, a good colleague so much. And we have so many positives. And yes, we have some observations, some areas that were nervous about this. And that's exactly what it is. Yet, we should make this fascinating question or from what I assume is one of our students. Thank you.

Thank you. Whoever asked this for all panelists, are your services hiring, and what qualifications are acquired as a hopeful BSW graduate? I love the pledge myself because we are unique facility. What we have is a lot of our hires come out of our college and university students. Also, for those individuals that have bone. For awhile, simply be so complicated once you, once you are with us, we'll set routine. There's so much involved and so many strategies that we worked through. It hasn't really had some challenges. But PESTLE, we can utilize a few depending on on the suspect. And so then we do a lot of her own training. So we do a lot with executive functioning, zones of regulation, social thinking. We're doing a lot with self-care. There's many, many topics and that's the exciting piece about not just working with our participants, but also working with our mentors, insurance that are stacked. You Go ahead. Sorry. I was just gonna say that we're always expanding, but like music therapists across Durham. And I just, one of my passions is creating more services for families and for the community. So but for, for, you know, BSW, I'm always looking for ways to expand any how do we create a team? And so it's very, I like to think that way too. It's not just about music therapy, but it's about all the creative arts. Talk there, everything. So warm. Thanks for your work in private practice and work with myself. I have been working and having some students under me in the last year of just begun to do that. So that a possibility depending on what's happening for me and if I'm working with someone else or not. And the, what was the other part of the question about education? There were qualifications are required as like a hopeful graduated. Okay. So I guess this isn't exactly answering that question, but if someone wanted to be an art therapist or a play therapist, there are different roots. The root I did was I did a joint master's in counseling and therapy. So that's one route. Or if you already have an undergrad, you can apply to do your like postgraduate certificate in art therapy. There's no school in Toronto, the Toronto Therapy Institute. And the one that I trained with was the Vancouver therapy institute. Well, there's different schools where you could do a post grad also and played therapy. We have very good training Association in Ontario, Canadian play Therapy Association. And they do training once or twice a year. I'd seen I'm sorry. I'm just going to say if people have more questions, you could provide, they could contact me if they have more questions about training and that kind of chart. So that's how we thank you. And I would say the same because for us is not just listed animal therapies. It's looking at Social Work, child news, as educators. So looking at those videos, POWs are with us. We have social service workers, developmental service workers. So it's a wide range. And again, those are specific questions depending on who that obviously different ways to get to this type of work. But the message that I'm hearing is that, you know, like look for other opportunities. There's folks that do a master's degree is our post grat Security figures. Getting some experience, volunteering, for instance, might be a useful strategy. Okay?

Okay? We only have three questions left so far. So the next one is for Mary and Nova. I was wondering if you know of any current studies that are being conducted regarding animal assisted therapy. If so, do you know of any that would be helpful to look? There are lots of studies in Canada regarding horse therapy with dogs. I've been spending a fair amount of time with University of Denver, has some amazing cutting edge research. And they're working on that therapy piece that is more non-traditional. I had been there a couple years ago and had done some presentations on with that animal therapy and combining it with zones of regulation. And I do a lot of my work with the animals, the zones of regulation. So we've been looking at those types of opportunities. You look at University of Denver, they had some very interesting opportunities. Certificate programs, but they're cutting the string. So last two questions and I'll just do a quick plug because we have about nine minutes left. So if folks, do you have any last minute questions, feel free to throw them in the Q&A. But this one, the last two acts there for all three of you. Do you mind me asking what your fees for service are as a follow-up? Are you covered by any funding types? Okay.

Many of the participants that come to me may have facial services at home funding, perio, caries, place, and resources for Exceptional Children with dual funding. Undo that. Undo. Some of our families have insurance for pre-social work or, you know, that type. Some of our families are with CS, others are wanting additional services. So for us right now, we're $150 a day and that's everything for six hours. That's what we're doing.

Is it are we able to break? Especially with COVID right now? No. But it's not about that were registered charity. That will help support. And that's what we're doing. We're focusing in educational facilities or our participants. But also for our interns are mentors because they are the ones that are going to change the tide, the ripple effect in the ponds. And they will offer more dignity and respect to those families who are struggling. And so that's OK. So it is a very grassroots facility that we're running. We have a lot of support from agencies that will also work Canton our families, right? Yeah. Okay. Yeah. That makes a lot of sense given what you've said about some of the clients that you work with that they'd have no, um, various funding types and opportunities available. I feel like Tony and Maria are just like so on the same wavelength when you're trying to answer a question. So maybe we can Yeah. So it really depends on the fees vary depending on education and experience. It's anywhere from 65 to 120 per hour. We do, We do a lot of groups so that you can change the fields. But like for a bachelor degree or a master's or registered psychotherapist. So it really ranges within that. Families.

If they have special services at home, they will, especially if it's under respite, it's kind of a gray area. But during COVID, they've covered music therapy. Autism, Ontario autism program potentially was under respite, kinda some gray areas, passport and being as well. But other than that, if a parent or a person has benefits and it's registered psychotherapist sometimes have emerged outweigh. Those are the main funding streams. And other than that it would be from pocket. It's great. Thanks. That makes that makes sense at least to me. So my P is $95 and Ben with GST added. And I so I get paid from different agencies and then I also get paid from people who are paying privately. So Victim Services, the government pays me for those sessions. And they send me the people that I'll be working with. I also do contract work for a couple of different health insurance companies that they send me the people and they pay for those notes. Also, if I am a registered psychotherapist. So if people have coverage for counseling or psychotherapy, their health insurance or their work insurance may pay for those sessions. Sometimes children's aid based on people they'll paint. And then if people are coming privately that they're paying. Sometimes if someone has, let's say through victim services, you're only allowed so many sessions. So then if they want to stay with me, we will adopt affordable. Okay, great. Yeah, I like all the different creative strategies there are to make things more accessible. I'm doing that to you. The quick random question that we got from Maryanne has a cap and trained to be held for long periods of time. I've never seen such. I calculate Cats as we bring them in. Once you earlier both zones regulation. So what we've done with this or know this ammonia she's ever sat, weren't sure she's gonna do this or not? Well, what we found with Oliver intervals is that we watched the body language. So herd, she loves doing this. But as soon as she's starting to show signs that she wants down sheath around down. And we're trying to keep them in that green or light yellow zone. If you hold onto an animal just like holding onto a child that doesn't want to be there. You're pushing them.

And yes, you may hold that animal for that time, but it's not going to happen again. And so that's where we're at. That are animals love the attention because they know that when they've had enough attention, they're free to go whenever they want. So I said very late. She's got a large enclosure. She has a very tall shell. I long shelf that weren't there. Then is your safe place. Knowing goes up. They're known pulsar down. Our animals aren't tricks. They do what they feel they need to do at that moment. And because of that, we don't know that it works really well with them. And the triple is with these wines, they hairless cats. The wards of your body. Everyone loves being with people. And that's why because they would become bitter very quick. Yeah. I need a break.

Last question for everybody and I guess not a super in-depth answer because we are happening at a time. Do you have or use any objective measurements are questionnaires with clients. All right.

All right. I won't have those conversations where we put together a participant and cosine. And that pulls out on a positive strength-based. And we put it in the child's words, the parents will help with that because many of our children may not have the words to describe. But it gives us an opportunity to understand where the goals BP, and what the expectations are. We never use negative wording regarding behaviors, that type of thing. That's not good. We are his eyesight moments, but what is it you like to do? What your dream up, those types of listening. Not so much surveys. Um, I was just going to say that we have some formalized documentation like assessments, setting that spirit of thing that in general in music therapy that have been developed, probably taken from others and amalgamated. Some of them more formal, maybe talk therapy. So those are basically the ones that I have used. Depending on the clientele. There's different ones based on different populations. I rarely use methodological patients. That my work, I think probably the thing I use, the mouse that's still not that common is a scale. On a scale of one to ten. Where is your anxiety today? That that kind of thing? When a new person is coming in? I'm doing an assessment in my mind, but I don't actually do like a formal assessment that walks me through steps. Right?

Right? Uninteresting. Very cool. Okay. Well, we are a minute over time, so I didn't do too bad thing. That is pretty much all we have. I do just want to say thank you so much, Tony and Maria and Maryanne. Thank you so much for agreeing to spend your Thursday evening with us. I know you probably all have long days, but it was so valuable here. And get an insight into some of the nontraditional modality is that students, new graduates, just folks in general, can explore either in their own practice or potentially for their own support. Thanks for having me. Thank you. Yeah. So thank you again, like I said, this session is being recorded and will be, I don't know, emailed. I don't know. I'm not going to make a claim for technology. I don't know. They all get to folk somehow. So, thanks everyone. Have a lovely evening. I appreciate everybody. Panelists and audience members alike spending, yet they stay with us. Thank you. To everyone.