



### **Bio**

Lori Gooding, PhD, MT-BC, is an Assistant Professor of Music Therapy at Florida State University. Dr. Gooding taught at Charleston Southern University and founded the academic and clinical music therapy programs at the University of Kentucky before joining the FSU faculty in 2015.

Her research and teaching interests include music therapy in mental and physical healthcare, with particular focus on psychosocial care and wellness. Dr. Gooding's publications appear in a variety of refereed journals including the *Journal of Music Therapy*, *Music Therapy Perspectives*, and *Medical Problems of Performing Artists*. She is editor of *Medical Music Therapy: Building a Comprehensive Program* and co-author of *Procedural Support Music Therapy: A Guide to Evidence-Based Practice and Program Development*.

Dr. Gooding is Past President of the Southeastern Region of the American Music Therapy Association, co-chair of the Florida Music Therapy Task Force, and a member of the Board of Directors for the American Music Therapy Association. She has presented nationally and internationally and served on the editorial board for the *Journal of Music Therapy*. She has also received several grants, including one from AARP and one from the National Institute on Aging.

She received her BME degree from the University of South Carolina and her MM and PhD degrees from The Florida State University.

### **Proposal**

The arts play a variety of roles in healthcare, intersecting with a number of disciplines including medicine and the creative arts therapies. The arts may be used to help medical students develop the ability to provide compassionate, collaborative care, to prevent burnout or compassion fatigue among healthcare providers, or to address individualized patient needs through arts-based interventions. All of these disciplines or professions integrate the arts, but vary in their scope of practice and training requirements.

This session will introduce participants to music therapy, an allied health profession in which board certified music therapists use evidence-based music interventions within the context of a therapeutic

relationship to address individualized needs. Participants will discuss the role that music therapy plays in humanistic, patient-and-family-centered care. Participants will also have the opportunity to experience common music therapy interventions, and identify ways to integrate music therapy into healthcare practices as well as discuss ways in which healthcare providers can use music to manage the stressors associated with caring.