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**CURRICULUM VITAE**


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**NAME: Heidi Ahonen (previous last name: AHONEN-EERIKAINEN) Ph.D., RP, MTA, FAMI;** Professor of Music Therapy, (Tenured) Wilfrid Laurier University; Director of the Laurier Centre for Music Therapy Research ([www.soundeffects.wlu.ca](http://www.soundeffects.wlu.ca)); Group Analyst, Psychotherapist (Clinical member-OSP); Registered Psychotherapist.

**DEGREES:**

- May 30, 2014** **Harvard University Medical School. Global Trauma Recovery Certificate**
- May 12 2003** **The Highest Advanced Level Psychotherapy Degree: Group Analysis.** The Psychotherapy Institute. Finland.
- Dec.10, 1999** **The Advanced Level Psychotherapy Degree: Group Analysis.** The Psychotherapy Institute. Finland.
- Dec. 18, 1998** **Ph.D.,** Doctor of Philosophy in Education. University of Joensuu, Faculty of Education. Department of Special Education. Finland. **Publicly Defended Doctoral Dissertation** was publicly examined on December 4, 1998. Doctorate Degree awarded 18.12.1998.
- Sept. 18, 1997** **Special Education Laudatur Studies.** Laudatur Thesis.
- May 29, 1990** **M.A. Master of Philosophy.** University of Helsinki, Faculty of Education, Finland. Specialization in Music Education awarded Apr. 19, 1990. Philosophy Thesis (1989) accepted Feb. 6, 1990.

**LICENCES:**

- Apr. 2015** **Registered Psychotherapist.** College of Registered Psychotherapists. Ontario
- Dec, 2012** **Fellow.** AMI. Bonny Method of Guided Imagery and Music (GIM)
- Dec, 2007** **Clinical Member.** Ontario Society of Psychotherapists (OSP)
- May 12, 2003** **Psychotherapist with protected occupational title/ Advanced Special Psychotherapy Training.** National Register of Healthcare Professionals of the National Authority for Medicolegal Affairs. Finland. According to the laws of Healthcare professions (559/1994) 2 ' and 7 ' (1030/2000) and statute (564/1994) 1' and 2 'mom. 2. point.)
- Aug, 26, 2003** **MTA, Music Therapist, Accredited.** Canadian Music Therapy Ass.
- Feb. 27, 2001** **Psychotherapist with protected occupational title / Special Psychotherapy Training.** National Register of Healthcare Professionals of the National Authority for Medicolegal Affairs. Finland. According to the laws of Healthcare professions (559/1994) 2 ' and 7 ' (1030/2000) and statute (564/1994) 1' and 2 'mom. 2. point.)
- May 24, 1991** **Pedagogic Competency** to be hired into the tenured Senior Lecturer [in Finnish language: "lehtori"] adult education teaching position. Awarded by the Finnish Ministry of Education.

**PROFESSIONAL ASSOCIATION MEMBERSHIPS:**

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- 2002- Accredited Music Therapist by Canadian Music Therapy Association (CAMT)  
 2000-14 Full membership awarded by Group-analytic Society, London, GB  
 2002- Full membership awarded by Canadian Group psychotherapy Association  
 2002-14 Full membership awarded by International Association. of Group psychotherapy  
 2002- Professional Membership awarded by: American Group psychotherapy Ass.  
 1998-2001 AMTA (American Music Therapy Association) Professional membership.  
 1993-2003, 2006- Finnish Scientific Authors Association. Professional membership.  
 1989-2001 Finnish Music Therapy Association Professional Guild: Prof.memb.

#### DIPLOMAS AND CERTIFICATES:

- Dec, 2012 **Certificate:** Guided Imagination and Music. Capillano College, CA.  
 Mar 2012 **Certificate:** Tools for Trauma. Traumatology Institute, CA.(2005-2012)  
 Nov, 2011 **Certificate:** Compassion Fatigue Specialist. Traumatology Institute, CA  
 July, 2011 **Certificate:** Neurofeedback. EEG Spectrum, International.  
 Feb 2011 **Certificate:** Neurologic Music Therapy. The Robert F. Unkefer Academy  
 May 10, 2001 **Diploma:** The Administration and Leadership of an Educational Institution. (15 credits). University of Helsinki. Faculty of Education. Supplementary Training in Education and Teaching. Finland.  
 May 24, 1996 **Diploma:** The Solution-Oriented and Resource-Directed Short-Term Psychotherapy. Basic level course (12 credits) and the Advance level Course (12 credits). University of Helsinki. Supplementary Training Department. Finland. (March 3.1995-May 24.1996).  
 Feb 1993 **Certificate:** Improvisational Models of Music Therapy. Kenneth Bruscia. Temple University. USA.  
 April 15, 1992 **Certificate:** The Pedagogical Training of Teachers at the **Polytechnic.** University of Joensuu. Finland (1991-1992).  
 April 28, 1992 **Diploma:** Music Therapy. 1990-1992. The Finnish Childcare Ass.  
 March 23, 1989 **Certificate:** Orff - Music Therapy. Sibelius-Academy. Further Training Department. Helsinki, Finland.  
 Apr. 15, 1995 **Diploma:** The Professional Guild of Finnish Music Therapists.

#### HONOURS AND AWARDS:

- 2011 Octoberfest-Rogers Woman of the Year Nomination, Health and Wellness Category  
 2011 The Woman of Laurier Award, Wilfrid Laurier University  
 2014 Vice-President: Academic, Merit Award, Wilfrid Laurier University  
 2010 Vice-President: Academic, Merit Award, Wilfrid Laurier University  
 2009 Vice-President: Academic, Merit Award, Wilfrid Laurier University.  
 2005 Vice-President: Academic, Merit Award, Wilfrid Laurier University.  
 2003 Vice-President: Academic, Merit Award, Wilfrid Laurier University  
 1990 Certificate of Honour about the performance at the Finlandia House, Helsinki with the musicians with developmental delay. Awarded by Kehitysvammatuuki

### (1.) TEACHING AND CLINICAL EXPERIENCE

#### EMPLOYMENT HISTORY:

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<b>2008- current</b>	<b>Full-Professor.</b> Music Therapy Department, Wilfrid Laurier University
<b>2013-16</b>	<i>Adjunct Professor</i> , Faculty of Music, University of Toronto (Rank: Associate Professor)
<b>2003-2008</b>	<b>Tenured (Associate Professor).</b> Music Therapy Department, Wilfrid Laurier University
<b>2001-2003</b>	<b>Associate Professor (Tenure track)</b> Music Therapy Department, Wilfrid Laurier University
<b>July 2003-</b>	The Manfred and Penny Conrad Institute for Music Therapy Research. <b>Director.</b> See <a href="http://www.soundeffects.wlu.ca">www.soundeffects.wlu.ca</a>
<b>Aug 1996- Apr 2001</b>	North Karelia Polytechnic. Faculty of Social Studies, Department of Creative Art therapies. Joensuu. Finland. <b>Rank: Principal teacher</b> of the Creative Arts Therapies. <i>Status:</i> Candidacy 1996-1998. Tenured 1999-2001 (Tenured 1.2.1999).
<b>Aug 1991 - July 1996</b>	Experimental Polytechnic of North Karelia +Outokumpu College of Social Studies. Outokumpu. Finland. Rank: <b>Senior lecturer</b> of the expressive arts. <i>Rank:</i> Tenured 1991-1996.
<b>Oct 1990 – July 1991</b>	Outokumpu College of Social Studies. Outokumpu. Finland. <i>Rank:</i> Full-time teacher of Education. <b>Rank: Candidacy</b>
<b>Feb 1989 – Oct 1990</b>	Rinnekehti hospital. Espoo. Finland. Rank: Music therapist. <b>Rank: Permanent.</b>
<b>Aug 1986 - Dec 1986</b>	Espoo School District. Finland. Rank: Classroom teacher. <b>Rank: Limited-term.</b>

#### **Graduate Faculty Memberships:**

- 2002-** Wilfrid Laurier University, Graduate Faculty, Waterloo, ON, Canada (Full professor/thesis supervisor)
- 2004-** McMaster University Faculty of Health Sciences, School of Rehabilitation Sciences Institute of Applied Health Sciences, ON, Canada (Thesis supervisor)
- 2005-** University of Calgary, Campus Alberta Applied Psychology: Counseling Department, Alberta, Canada (Thesis supervisor)
- 2006-** Lakehead University, Faculty of Professional schools, Thunder Bay. ON, Canada (External Examiner)
- 2013-** University of Toronto, Faculty of Music (Adjunct Professor)

#### **Visiting Professor/Guest lectures of other universities:**

- 2014** Acadia University. Lecturer. Music Psychotherapy
- 2013** Irish World Academy, Limerick, Ireland. Vicarious Trauma Workshop
- 2012** May, Vicarius Trauma Workshop. David Yellin University, Jerusalem, Israel
- 2012** September. Vicarious Trauma Workshop. Group Analytic Society and Helsinki City Mission, Finland
- 2010** February, Capillano University, Vancouver, Canada. Experiential Group Analytic Music Therapy Supervision Workshop for Music Therapy Trainers and Supervisors.
- 2009** February, Capillano University, Vancouver, Canada. Experiential Group Analytic Music Therapy Supervision Workshop for Music Therapy Trainers and Supervisors.

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- 2007** February, Capillano College, Vancouver, Canada. Experiential Group Analytic Music Therapy Workshop for Music Therapy Trainers and Supervisors.
- 2006** March, Capillano College, Vancouver, Canada. Experiential Group Analytic Music Therapy Workshop for Music Therapy Trainers and Supervisors.
- 2005** Oct-Nov. Psychotherapy Institute, Finnish Mental Health Association, Helsinki, Finland. Lectures on trauma psychotherapy, group psychotherapy and group analysis. Clinical supervision.
- 2005** November, University of Jyväskylä, Faculty of Music, Music Therapy Department, Finland. Lectures on group analytic music therapy and trauma psychotherapy.
- 2005** November, University of Helsinki, Finland. Lectures on qualitative research.
- 2003** May, Psychotherapy Institute, Finnish Mental Health Association, Helsinki, Finland. Lectures on trauma psychotherapy, group psychotherapy and group analysis. Clinical supervision.
- 1999-2001** Rauma Teacher's Training Department, University of Turku, Finland. The Finnish Health Promotion Centre and Finnish Ministry of Education. Developing the European Union financed Comenius 3.1 European in-service teacher training module project: "*Group Dynamics and the Social Skills in the Class room.*" Invited lectures and workshops: "*Containing Emotions in Classroom*" "*Burnout and teachers*" "*Group-dynamics in the school environment*" & "*Group analytic workshops*" & "*Supervision groups in Helsinki.*"
- 1999** Psychotherapy Institute, Finnish Mental Health Association, Helsinki, Finland. Lectures on group analysis. Clinical supervision.
- 1990-2003** Sibelius-Academy- Further Education Training Center, Post-Graduate Music Therapy Program and Department of Music Education. Helsinki, Kuopio and Seinäjoki, Finland. Lecturer, course leader, curricula designer, clinical supervisor or group therapist of over 30 separate orientations (1-3 days workshops - 1 year courses), professional (Post-Graduate) (1-4 years) or further education music therapy training courses and creative arts therapy training courses (10-20 study weeks). Music therapy lectures at MA-music education program. (1996-1999) revised and developed the curriculum for music therapy training. (Please, see the reference letter, File 2b)
- 2002** University of Toronto. Department of Finnish Studies. Canada. Lecture on Finnish music.
- 2001** Jyväskylä University. Music Therapy Masters Program. Department of Music Therapy. Lectures on group analytic music therapy.
- 1999** Jyväskylä University. Music Therapy Masters Program. Department of Music Therapy. Lectures on qualitative research.
- 1999** Jyväskylä Polytechnic. Lectures on music psychotherapy.
- 1999** Savonlinna Christian College Music Therapy Post-graduate Program. Lecture on Music psychotherapy.
- 1995 -1999** Eurajoki Christian College Music Therapy Post-Graduate Program. Annual workshop and lecture series on music psychotherapy.
- 1990-1999** University of Helsinki. Department of Special Education and Continuing Education center. Master's Program. Finland. Lecturer and curricula designer of introduction to music therapy course. Annual lecture series on therapeutic use of music in special education

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- 1997 Oulu Polytechnic. Lectures on music psychotherapy.
- 1990–1997 University of Joensuu. Department of Special Education. Master`s Program. Finland. Lecturer and curricula designer of introduction to music therapy course. Annual lecture series on therapeutic use of music in special education.
- 1996-1996 April and November. Helsinki University. Further Education Centre. Lahti. Guest Lecturer of Music Therapy. Workshop series for adult educators: "*Self-exploration through music.*"
- 1996 Pieksamaki Polytechnic of Social Studies. Music therapy lectures and workshop.
- 1996 Otava Polytechnic of Social Studies. Mikkeli School District. Workshop: "*Exploring myself*" Lectures about creative arts therapies.
- 1996 Luther Polytechnic. Jarvenpaa Lecture about "*Music therapy and suggestopedia*"
- 1995 University of Lapland. Rovaniemi. Finland. Curricula designer, lecturer and course leader. Several Creative Arts Therapies Post-Graduate programs.
- 1995 Jyväskylä University. Further Education Centre. Guest Lecturer of Music Therapy.
- 1994 University of Lapland. Rovaniemi. Finland. Curricula designer, lecturer and course leader. Several Creative Arts Therapies Post-Graduate programs.
- 1994 Joensuu Polytechnic for Nursing. Guest Lecturer of Music Therapy.
- 1994 Summer University of Kymenlaakso. Guest Lecturer of Music Therapy. Workshop: "*Music— language without words*"
- 1994 Siilinjarvi College. Lecture and workshop: "*Art as a interpretator of feelings.*"
- 1993 University of Lapland. Rovaniemi. Finland. Curricula designer, lecturer and course leader. Several Creative Arts Therapies Post-Graduate programs.
- 1993 Luther Polytechnic. Jarvenpaa. Lecture: "*Music Therapy*" Workshop: "*The therapeutic world of music*"
- 1993 Pielavesi College. Lecture and workshop: "*Art as a interpretator of feelings*"
- 1993 Joensuu University. Lecturer of Music therapy. Workshop for university professors.
- 1993 - 1993 *CHN Hogeschool, Noord-Nederland.* Tutor of Creative art therapy students in Tallin, Estonia.
- 1993 Joensuu Nursing Polytechnic. Music therapy lectures and workshop.
- 1992 Kajaani Nursing Polytechnic. Music therapy lectures and workshop.
- 1992 Engineering Institute. Pohto. Oulu. Lectures and workshops of Creative arts therapies.
- 1992 University of Lapland. Rovaniemi. Finland. Curricula designer, lecturer and course leader. Several Creative Arts Therapies Post-Graduate programs.
- 1991 - 1993 *Pedagogical University of Tallin. The ministry of Health. Estonian Public Health Development Centre. Estonia.* Music Therapy Lecturer and Music Therapy Training curricula designer.

## (2) SCHOLARLY ACTIVITY

### GRADUATE/ Ph.D. SUPERVISIONS and EXTERNAL EXAMINATIONS:

**COMPLETED MASTER'S LEVEL SUPERVISION:****Wilfrid Laurier University. Music Therapy Department Masters of Music Therapy Program (as principal advisor):**

Sept 2002- Sept 2003	Caryl Ann Browning (MMT) " <i>The Girl Nobody Knew</i> " (major research paper) (Governor General Gold Medal)
Sept 2002-Sept 2003	Noreen Donnell (MMT) " <i>Messages through the music: Musical dialogues as a means of communicative contact</i> " (major research paper)
Sept 2003- Sept 2004	Andrea Lamont (MMT) " <i>Burnout of operatic proportions. The impact of trauma on the experience of burnout of Canadian music therapists.</i> " (major research paper)
Sept 2003-Sept 2004	Michelle Song (MMT) " <i>Culturally driven analysis of music therapy sessions: Discovery of therapist's value system</i> " (major research paper)
Sept 2004-Sept 2005	Janet Zadorsky (MMT) " <i>A symphony of dialogues: The presence and sounds of spirituality in music therapy</i> " (major research paper)
Sept 2004-Sept 2005	Leanne Kearsey (MMT) " <i>Structure in music therapy</i> " (major research paper)
Sept 2004-May2005	Anne Fay (MMT) " <i>Story telling in music therapy</i> " (major research paper)
Sept 2006- Sept 2007	Cheryl Jones (MMT) " <i>Spiritual Aspects of Music Therapy</i> " (Major Research Paper)
Sept 2006-Sept 2007	Carolyn Williams (MMT) " <i>(King) DAVID: Simply a skilled musician, or an accomplished music therapist? A narrative inquiry single case study</i> " (Major Research Paper)
May 2003-Sept 2003	Ruth Roberts (MMT): " <i>Voices of authenticity and integrity: A music therapist's self-inquiry in working with children facing life-threatening illness</i> " (major research paper) (as next advisor in the end/during the first advisor's sabbatical.)
Sept 2007-Sept 2008	Linda Gambell (MMT): " <i>S Wonderful. The Use of Music from Broadway Shows in Music Therapy Practice</i> "
Sept 2007-Sept 2008	Kimberly Moffit (MMT): " <i>The Microphone as a Mirror: Therapeutic Digital Music Production with Teenagers in a High School</i> "
Sept 2007-Sept 2009	Diana Jaramillo (MMT): " <i>Columbian Folklore for Clinical Improvisation: An Analysis of Cumbia, Currulao and Bambuco, and Development of Musical Resources for Clinical Improvisation</i> "
Sept 2007-Sept 2009	Hannah You (MMT): " <i>The Untold Story: Exploring Narratives in Improvisational Music Therapy</i> "
Sept 2008- Sept 2010	Angela Sloman (MMT) " <i>Authentic Voice</i> "
Sept 2009- Sept 2010	Naoko Matsumura Mckee (MMT) " <i>Finding therapeutic application of the violin for music therapy</i> "
Sept 2009- Sept 2010	Tanya Lavoie (MMT) " <i>What musical elements influence emotions and images evoked by lullabies from different cultures</i> "

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Sept 2009- Sept 2010	Joel Kroeker (MMT) <i>“Jungian Archetypal Music Psychotherapy: An Ethnomusicological Heuristic Case-Study of Individuation through Multi-Media Improvisation”</i>
Sept 2010- Sept 2011	Joanna Parsons (MMT) <i>“Reconstructing the Boundaries of Alzheimer's and Dementia: Clinical Improvisation as a Mindful Experience in Long Term Care”</i>
Sept 2010- Sept 2011	Anita Ayling (MMT) <i>“An exploration of the components and processes in which music therapists establish clinical relationships”</i>
Sept 2010- Sept 2011	Patricia Van Deek (MMT) <i>“Adolescents' Use of Improvisation to sound their dreams and explore identity”</i>
Sept 2011-Sept 2012	Andrea Youn (MMT) <i>“Telling His-story With Music: Seeking the "I" in Rachmaninoff's Rhapsody on a Theme of Paganini?”</i>
Sept 2011-Sept 2012	Deborah Hawskley (MMT) <i>“Sound, Body, Mind: The Experiences of Deaf Adults in Music Therapy”</i>
Sept 2011- Sept 2012	Yunhyuk Yim (MMT) <i>“Finding musical uniqueness and the emotional impact of T'urot'u “</i>
Jan 2013- June 2013	Sahar Sarrah (MMT) <i>“Music Therapy in Iran; an Assessment of the Knowledge and Views of Iranian Health Care Professionals Regarding Music Therapy”</i>
Jan 2013- June 2013	Nathan Thorpe (MMT) <i>“Understanding “Spirituality”: A pilot project exploring connections between music therapy, spiritual care and health”</i>
Jan 2013- June 2013	Sarah Pearson (MMT) <i>“Belonging Through Music: speaking about music therapy to medical professionals”</i>
Jan 2014-Sept 2014	Ainslie DeBoyer (MMT) <i>“All the World's A Stage: Investigating a Family's Interactions in Music Therapy Improvisation”</i>
Jan 2014-Sept 2014	Leanne Metsa (MMT) <i>“Communing with God through musical improvisation: Possible implications of Christian prayer and meditation in music therapy”</i>
Jan 2014-Sept 2014	Suvi Ylanko (MMT) <i>“Applications of Live Music with Physioacoustic Therapy”</i>
Sept 2014-Apr 2015	Naomi Rachils (MMT) <i>“Vocal Psychotherapy – Case Study “</i>
Sept 2014-Apr 2015	Len McCarthy (MMT) <i>“Community Music Therapy Programs in North American Jewish Community Centers (JCCs)”</i>
Sept 2014-Apr 2015	Victoria Rodinelli (MMT) <i>“Opera based Music therapy. The Use of Vocal Improvisation in Pain Management”</i>

**University of Calgary, Campus Alberta Applied Psychology: Counseling Department (as principal advisor):**

Sept. 2005-Dec 2006 J. Downes (MA) *“Song writing in Therapy”* (Graduate Thesis)

**McMaster University Faculty of Health Sciences, School of Rehabilitation Sciences, Institute of Applied Health Sciences (as secondary advisor):**

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Sept 2004-2007 C. Chhina (MA) “*Using songs written by individuals with serious mental illness to explore their lived experience.*” (Graduate Thesis)

### **EXTERNAL EXAMINATIONS:**

#### **Master’s thesis:**

- 2007 Tonya Castle Purvis (MA) (Thesis) “*Music Therapy in Schizophrenia.*”  
Lakehead University, faculty of Professional schools, Thunder Bay. External examiner.
- 2012 External Examiner of Masters Thesis: Rachel Craven: "Event-related potential correlates of auditory-motor adaptation to frequency-altered auditory feedback".  
Cognitive Neuroscience. WLU

#### **Doctoral thesis:**

- 2002 Pasi Ristelä, Pre-Doctorate Dissertation “*Group Dynamics at the Classroom*”  
Turku University, Faculty of Education,  
External Assessor (2002)  
External Examiner (2002)
- 2004 Elina Kontu, Ph.D. Dissertation: “*Mind and Music as windows to autism. The Theory of Mind and the relation of communication: multiple-case study*”  
Helsinki University University of Helsinki, Department of Applied Sciences of Education:  
External Assessor (Fall 2004)  
External Examiner (Dec. 2004)  
Public Opponent (Dec. 2004)
- 2007 Liisa-Maria Lilja-Viherlampi, Ph.D. Dissertation: “*Minunkin sisällä soi! – musiikin ja sen parissa toimimisen terapeuttisia merkityksiä ja mahdollisuuksia musiikkikasvatuksessa*” [“*there is a sound inside me*”—*about the therapeutic meanings and potentials of music and musical interaction in music educational context*”]  
Turku University, Faculty of Education:  
External Assessor (Feb.2007)  
External Examiner (May 2007)  
Public Opponent (May 2007)
- 2007 Esa Ala-Ruona, Ph.D. Dissertation: “*Alkuarviointi kliinisena käytäntönä psyykkisesti oireilevien asiakkaiden musiikkiterapiassa—strategioita, menetelmiä ja apukeinoja.*” [“*Initial assessment as clinical tool in psychiatric music therapy—strategies, methods and interventions*”]  
Jyväskylä University, Faculty of Music, Department of Music Therapy  
External Assessor (Oct. 2007)
- 2008 Eija Makirintala, Ph.D. Dissertation: *Top Performance & Well-Being - developing a holistic approach to the empowerment of performers*  
University of Helsinki, Faculty of Behavioral Sciences, Department of Applied Sciences of Education  
External Assessor (May 2008)



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- 2008 Paivi-Maria Hautala. Ph.D Dissertation: ”*Lupa tulla näkyväksi: Kuvataideterapeuttinen toiminta koulussa*” [*Permission to become visible: Visual Art Therapy at School Setting*]  
Jyvaskyla University, Faculty of Education, Department of Special Education  
External Assessor (May. 2008)  
External Examiner (Aug. 2008)  
Public Opponent (Aug. 2008)
- 2008 Paivi Saukko, Ph.D. Dissertation: “*Musiikkiterapian tavoitteet Lasten kuntoutusprosesseissa*” [*Aims of music therapy in rehabilitation of children*”]  
Jyvaskyla University, Faculty of Music, Department of Music Therapy  
External Assessor (Oct. 2008)  
External Examiner (Dec. 2008)  
Public Opponent (Dec. 2008)
- 2010 Dwayne Keough, Ph.D. Dissertation: “The role of auditory feedback on the control of voice fundamental frequency(F0) while singing” Wilfrid Laurier University, Faculty of Psychology, Department of Neurosciences.  
External Examiner (Jan 26, 2010)
- 2012 Anita Forsblom. Ph.D. Dissertation: Experiences of music listening and music therapy in acute stroke rehabilitation  
Jyvaskyla University, Faculty of Music, Department of Music Therapy  
External Assessor (Sept. 2012)  
External Examiner (Dec. 2012)  
Public Opponent (Dec. 2012)
- 2013 Teemu Kide, Ph.D Dissertation : Kelluntamusiikki. Improvisoinnin Opetusmenetelmä. [Floating Music – Teaching Improvisation]  
Sibelius Academy. Helsinki. Finland  
External Assessor (Sept 2013)  
External Examiner (Dec. 2013)  
Public Opponent (Dec. 2013)
- 2015 Merja Niemela, Ph.D Dissertation.  
Jyvaskyla University, Faculty of Music, Department of Music Therapy  
External Assessor (Nov. 2015)

**RESEARCH FUNDING:**

- 2012** Short-Term Effects of the Low Frequency Sound Treatment on the Consciousness State of the Alzheimer Patients – Pilot Study. \$100,000 grant from G.R. Heffernan & Associates Ltd. Research team: Dr. Heidi Ahonen (PI), Dr. Lee Bartel, U of T, and Claude Alain, PhD, Takako Fujioka, Dr. Morris Freedman, Dr. Michael Gordon, and Dr. Amy Cortes Clements (Baycrest, U of T). Collaborators: CIMTR, MaHRC, Baycrest, Toronto.
- 2012** Capital Fund, Laurier. The purchase of instruments for a Clinical Improvisation Laboratory (\$11,092) in support of our Music Therapy program. Renovations necessary to house the lab (\$13,738).
- 2012** CONNAUGHT SYNERGISTIC RESEARCH PROGRAM IN MUSIC MEDICINE AND AGING Researchers: Dr. Lee Bartel (PI), Dr. Heidi Ahonen, Dr. David Alter, Dr. Joseph Chen, Dr. Allan Gordon, Dr. Bernhard Ross, Dr. Laurel Trainor, Dr. Quincy Almeida etc. Our notice of Intent was selected to proceed to the full proposal stage. \$10,000 was made available to assist us our full proposal development.

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- The full proposal was submitted April 2012. As a result we were granted \$100.000. We are preparing another joint grant application of \$1,300 million for year 2013.
- 2012** WLU Travel grant (\$1500)
- 2012** WLU Short-term research grant (\$3000) "*Depression study*"
- 2011** WLU Equipment Grant (CAD \$ **\$5,935** )
- 2010** WLU Conference Grant (CAD \$5000)
- 2010** \$1000 000 endowment fund donation by Manfred and Penny Conrad to support music therapy research
- 2007** Donation by Steve and Eve Menich for low frequency research. \$25.000 Physioacoustic Chairs (2)
- 2007** WLU Short Term Research Grant (CAD \$2789). "*Something in the Air?— Experiencing Interactive Improvised Music*" research project.
- 2006** WLU Book Preparation Grant (CAD \$2000). Editorial purposes.
- 2005** The Lloyd-Carr Harris Foundation(\$40,891.00) Interdisciplinary research
- 2010** WLU Centennial Grant (\$3000)
- 2005** The Lloyd-Carr Harris Foundation(\$40,891.00) Interdisciplinary research project: *The Impact of Music Therapy for the Clients and Residents of St. Joseph's Health Centre.*" (Co-applicant. Principal applicant: Dr. D. Dalby)
- 2005** The Bloorview Children's Hospital. Foundation (\$19, 569) Interdisciplinary Research: "*Enhancing active participation through music therapy with the VMI.*" (Co-applicant with Dr. R. Knox and A. Lamont.)
- 2004** WLU Travel Grant. (CAD \$1700). Institutional Grant from the Social Sciences and Humanities Research Council. European Conference Travel purpose (June 16-21, 2004).
- 2002** WLU Travel Grant. (CAD \$2000). Institutional Grant from the Social Sciences and Humanities Research Council. Oxford Conference Travel purpose (July 23-28, 2002).
- 2001** Association of Finnish Nonfiction Book Authors (5000 Fmk) Equipment purpose.
- 1999** Finnish "Konkordia"-association (6000 mk) Conference travel purpose.
- 1999** Association of Finnish Nonfiction Book Authors (5000 mk) Conference travel purpose.
- 1998** Foundation of Finnish literature development. (8000 mk) Book preparation purpose.
- 1998** Finnish "Konkordia"-association (5000 mk) Conference travel purpose.
- 1998** Association of Finnish Nonfiction Book Authors (6000 mk). Equipment purpose.
- 1996 - 1998** University of Joensuu (39 000 mk). Research purpose.
- 1997** Finnish "Konkordia"-association r.y (4500 mk). Conference travel purpose.
- 1996** Finnish Ministry of Education (7000 mk). Book preparation purpose.
- 1996** Association of Finnish Nonfiction Book Authors (6000 mk). Book writing purpose.
- 1995** Finnish Ministry of Education (8000 mk). Book preparation purpose.
- 1994** Association of Finnish Nonfiction Book Authors (7000 mk). Book preparation purpose.
- 1993** Finnish Cultural Foundation (10 000 mk). Conference travel purpose.
- 1993** Association of Finnish Nonfiction Book Authors (5000 mk). Book preparation purpose.
- 1992** Finnish Cultural Foundation (7000 mk). Conference travel purpose.

- 1991 Finnish "Konkordia"-association (3000 mk). Conference travel purpose.  
 1987 - 1988 International Student Exchange Program. Washington D.C. USA. Full  
 Scholarship. Purpose: Music therapy studies at University of the Pacific.  
 Stockton, California, USA.

## PUBLICATIONS:

### Books authored:

- 2007 *Group Analytic Music Therapy*. Gilsum. NH. Barcelona Publishers. (315 pages.)
- 2000 *Musiikki—Sanaton kieli. Musiikkiterapian perusteet. [Music—language without words. The basics of music therapy]*. Finnlectura Oy. HKI. (314 pages), 3. prints. Completely revised version.
- 1999 *Samalle aaltopituudelle—kohtaaminen musiikin avulla. [To the same tune— - meeting in the musical world]*. Kirjayhtymä oy. Hki. (112 pages). 1. print.
- 1998 *"Musiikillinen dialogi" ja muita musiikkiterapeuttien työskentelytapoja ja lasten musiikkiterapian muotoja. [Musical dialog and other working methods of music therapists and forms of music therapy for children]*. Doctorate thesis. University of Joensuu. Faculty of Education. N:o 45. Joensuu University Printing House. (354 pages). 1.print.
- 1994 *Löytöretki itseen. [Exploring oneself. Music, picture and movement as a tool of self expression and insight]*. Musiikki, kuva ja liike itseilmaisun välineenä ja itsetuntemuksen lisääjänä. Kirjayhtymä Oy. HKI. (150 pages), 2. prints.
- 1992 *Musiikki— Sanaton kieli. Musiikkiterapian perusteet. [Music - language without words. The basics of music therapy]*. Finnlectura Oy. HKI. (314 pages), 2. print.
- 1992 *Vuorovaikutus auttamisen välineenä. [Interaction as a helping tool]*. Kirjayhtymä Oy. HKI. (168 pages), 3. prints.

### Edited books:

- 1994 *Taide Psykososiaalisen työn välineenä. [Arts as a tool of psychosocial work]*. (Ed.). Pohjois-Karjalan Ammattikorkeakoulun julkaisu sarja A/2, opetushallitus.Raamattupaino, Pieksämäki (230 pages). 2. prints.

### Chapters in Books:

- 2016 Group Analytic Music Therapy Supervision. In: Music Therapy experiential education. Ed. KenBruscia. Barcelona Publishers. *(In Press)*
- 2015 Group Analytic Music Therapy. In: *The Oxford Handbook of Music Therapy*. Ed. Jane Edwards. Oxford University Press.
- 2014 Music as a Cure of Soul - Helping Helpers with Vicarious Trauma or Burn Out to Empty their Containers. In: T. O'Connor, K. Lund and P. Berensden. (Eds.) *Spirituality and Psychotherapy: Cure of the Soul*. Wilfrid Laurier University Press.
- 2011 **Ahonen, H.** & Lee, C.A. The Meta-Musical Experiences of a Professional String Quartet in Music-Centered Psychotherapy. Case Studies of Music Therapy (A. Meadows Ed.) 518-541
- 2010 Improvisaatio – Itsen toteuttamista ja ihmisen ikävää toisen luo. Turun Ammattikorkeakoulun julkaisusarja. (Liisa-Maria Vihertlampi Ed.) 12-34

- 2009 Ryhmäanalyysin tietoiset ja tiedostamattomat vuorovaikutustasot. [Conscious and unconscious levels of groupanalysis] In: Lindroos, H. & Segercrantz U. (Eds.). Yksilöksi Ryhmässä [Individuation in a group]. Gaudeamus. Hki. 49-65
- 2004 Unia, kuvia ja musiikkia—Terapiaa immuniteetin tukemiseksi. [*Dreams, images and music—Therapy to support the immunity system*]. In: A. Wacklin & T. Elo (Eds.). *Nain puolustaudut tauteja vastaan*. [How to fight against sickness]. Helsinki: WSOY. 181-186.
- 2003 Arts Therapy Education—The Historical Context. In: L. Kossolapow, S. Coble, D. Waller (Eds.). *Arts— Therapies— Communication*. Transaction Publishers. NJ. 47-49.
- 2003 Group-Analytic Arts Therapy—Dreams, Pictures and Music on the Group Stage and at Different Levels of the Group Matrix. In: L. Kossolapow, S. Coble, D. Waller (Eds.). *Arts— Therapies— Communication*. Transaction Publishers. NJ.61-68.
- 2003 Musical Dialogue and Other Working Methods of Music Therapists and Forms of Music Therapy for Children. In: L. Kossolapow, S. Coble, D. Waller (Eds.). *Arts— Therapies— Communication*. Transaction Publishers. NJ.83-94.
- 2003 **Heidi Ahonen-Eerikainen**, Helena Ryyne & Aine Peltonen. Degree in Social Welfare Work—Specialization in Creative Arts Therapies. In: L. Kossolapow, S. Coble, D. Waller (Eds.). *Arts— Therapies— Communication*. Transaction Publishers. NJ. 54-56.
- 2003 Perspectives from a Group Music Psychotherapist. In: C. Lee (Author) *Architecture of Aesthetic Music Therapy*. Gilsum, NH: Barcelona Publishers. 216-220.
- 2003 Unet ja musiikin herättämät mielikuvat kliinisena materiaalina [*Dreams and Images created by music as clinical Material*]. In: E. Alaruona, J. Erkkilä, R. Jukkola, K. Lehtonen (Eds.). *Muistoissa. Petri Lehikoinen 1940-2001*. [*Petri Lehikoinen 1940-2001 in Memoriam*]. Finnish Music Therapy Association. Kopiojyvä. Jyväskylä. 249-263.
- 2000 Musiikki—sisäisen maailman symboli. [*Music- symbol of inner world*]. In: Heikkilä, T., Paloheimo, L ja Taipale, I.(Eds.). *Mieli ja Taide [Mind and Art]*. Printway Oy, Vantaa. 97-101.
- 1999 Lasten musiikkiterapian monet muodot. [*Many models of music therapy for children*] In: J. Erkkilä ja K. Lehtonen (Eds.). *Musiikkiterapian monet kasvot*. [*Many Faces of Music Therapy*]. Finnish Music Therapy Association. Kopiojyvä. Jyväskylä. 13-24.
- 1998 Kohtaamisia musiikin maailmassa—musiikin terapeuttinen käyttö nuorten tunteiden tulkkina. [*Meetings in the world of music—the therapeutic use of music as a translator of the feelings of youths*]. In: A. Rissanen (Ed.). *Kartalla. Rippikoulutyön käsikirja*. [*Hand book of Youth Work*]. Finnish Evangelic Lutheran Church Reseach and Education Centre. Helsinki. 349-649.
- 1998 Musiikkiterapia—millaiset savelet vievat minua eteenpäin? [*Music Therapy— what kind of melodies help me to go forward?*] In: T. Tikkanen (Ed.). *Psykoterapiaopas*. [*Hand Book of Psychotherapy*]. Suomen Mielen Terveys Seura. Hyva Terveys. Wsoy. Juva. 146-151.
- 1997 Musiikkiterapia—kommunikointia tunteen tasolla. [*Music therapy— - communication of feelings*]. In: P. Maljojoki (Ed.). *Yliopettaja ammatti*

- korkeakoulun kehittäjänä. *Yliopettajien esitelmät. [Principal Teachers as Researchers of Polytechnic. Lectures of Principal Teachers]*. North Karelia Polytechnic. C. 64-75.
- 1997 Musiikin maailmasta mielenmaisemiin. [*From the world of music to the world of mind*]. In: M. Kaikkonen etc. (Eds.). *Musiikki ja mielen mahdollisuudet. [Music and the possibilities of Mind]*. Sibelius-Academy Further Training Center. N:o 1, 55-69.
- 1996 Musiikki väylä sisimpään. [*Music as a way to insight*]. In: Tuula Haase (Ed.). *Taide kasvun ja kasvatuksen voimavarana. [Art as a Resource of Growth and Education]*. University of Lapland. Department of the Further Training. N:o 45. Rovaniemi. 7-13.
- 1994 Alkusanat. [*Beginning words*]. In: H. Ahonen-Eerikainen (Ed.). *Taide Psykososiaalisen työn välineenä. [Arts as a tool of psychosocial work]*. Pohjois-Karjalan Ammattikorkeakoulun julkaisu sarja A/2, opetushallitus.Raamattupaino, Pieksämäki. 3-4.
- 1994 Johdanto: Psykososiaalinen työ, terapeutinen taide. [*Introduction: Psychosocial work, therapeutic art*]. In: H. Ahonen-Eerikainen (Ed.). *Taide Psykososiaalisen työn välineenä. [Arts as a tool of psychosocial work]*. Pohjois-Karjalan Ammattikorkeakoulun julkaisu sarja A/2, opetushallitus.Raamattupaino, Pieksämäki.9-14.
- 1994 Loppusanat. [*Closing words*]. In: H. Ahonen-Eerikainen (Ed.). *Taide Psykososiaalisen työn välineenä. [Arts as a tool of psychosocial work]*. Pohjois-Karjalan Ammattikorkeakoulun julkaisu sarja A/2, opetushallitus.Raamattupaino, Pieksämäki. 199.
- 1994 Johdanto: Taideterapia prosessin analysointi. [Introduction: Analysing arts therapy process.] In: H. Ahonen-Eerikainen (Ed.). *Taide Psykososiaalisen työn välineenä. [Arts as a tool of psychosocial work]*. Pohjois-Karjalan Ammattikorkeakoulun julkaisu sarja A/2, opetushallitus.Raamattupaino, Pieksämäki. 84-85.

#### **Papers in refereed Journals:**

- 2016 Clements Cortes, A; **Ahonen, H**; Freedman, M., Bartell, L. Short-Term Effects of Rhythmic Sensory Stimulation on Alzheimer Patients: An Exploratory Pilot Study. *Alzheimers Disease. (In press)*
- 2015 Ahonen, H. Pakolaiskokemustarinan työstä ryhmäanalyttisessä musiikkiterapiassa [Working through the refugee narrative in group analytic music therapy]. *Psykoterapia [Psychotherapy]* 4/2015, 277-288
- 2015 Naghdi, L., Bartel, L., **Ahonen, H.**, Macario, P. The Effect of Low Frequency Sound Stimulation on Patients with Fibromyalgia: A Clinical Study. *Pain Research & Management*. January/February 2015 20(1).
- 2015 Alter, D.A., Sivarajah, S., Freedman, C., **Ahonen, H.**, Young, L., Marzolini, S. The Relationship Between Music, Exercise, Self-Reported Health, and Health Behaviours Among Cardiac Rehabilitation Patients. *Psychosomatic Medicine: Journal of Biobehavioral Medicine*.
- 2015 Music in Therapy. Psychodynamic Music Therapy Perspectives. *Journal of Canadian Music Therapy*

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- 2014 **Ahonen, H** & Mongillo Desideri, A. Heroines' Journey- Emerging Story by Refugee Women during Group Analytic Music Therapy. *Voices. March, 2014.*
- 2014 **Ahonen, H.**, Deek, P, Kroeker, J. Low Frequency Sound Treatment Promoting Well-Being– Qualitative Study. *Int. J. of Psychosoc. Reh*
- 2009 King, Lauren K., Almeida, Quincy J., **Ahonen, H.** Short-term effects of vibration therapy on motor impairments in Parkinson's disease. *NeuroRehabilitation*, Vol. 25, No. 4. (2009), pp. 297-306.
- 2009 **Ahonen, H.** & Houde, M. (2009). Something in the Air: Journeys of Self-Actualization in Musical Improvisation. *Voices: A World Forum for Music Therapy.*
- 2008 Tiidus, P.M, , Markoulakis, R., Murray, D., Pamela J. Bryden, P.J, **Ahonen Eerikainen, H.** Physioacoustic therapy: placebo effect on recovery from exercise-induced muscle damage. *Acta Kinesiologiae Universitatis Tartuensis* Vol. 13, pp. 117-128. (Toivo Jurimae Ed.).Tartu University Press. Estonia.
- 2007 **Ahonen-Eerikainen, H.**, Lamont, A., Knox, R.. Seeing Through the Looking Glass— Enhancing Participation and Restoring Self-Image through the VMI. *International Journal of Psychosocial Rehabilitation.*
- 2007 **Ahonen-Eerikainen, H.**, Rippin, K., Sibille, N., Koch, R., Dawn, D. “Not bad for an old 85 year old!” —The Qualitative Analysis of the Role of Music, Therapeutic Benefits and Group Therapeutic Factors of the St. Joseph’s Alzheimer’s Adult Day Program Music Therapy Group. *Canadian Music Therapy* 2, 37-64.
- 2007 Tiidus, P., Markoulakis, R., Murray, D., Karkainen, M. & **Ahonen-Eerikainen, H.**: Physio-Acoustic Therapy and Placebo Effect in Muscle Recovery. *Applied Physiology Nutrition & Metabolism.* Journal of the Canadian Society for Exercise Physiology, Vol. 33 (supplement), Nov. 2007. (1 page)
- 2007 Music Therapy Research. 2005. Second Edition. Edited By Barbara L. Wheeler. *Canadian Music Therapy* 1, 156-160.
- 2007 Nordic Sound. Music—The Royal Road to Collective Unconscious Level of the Group. Searching the Dimensions of the Collective Unconscious of the Group Analytic Music Therapy. [www.Musikterapi.se/Nordic sound](http://www.Musikterapi.se/Nordic%20sound)
- 2007 Music: Royal Road to the Unconscious. [www.room217.ca](http://www.room217.ca) Issue 4/ May/2007
- 2004 Maan korvessa kulkevi... Johdatus postmoderniin musiikkipedagogiikkaan. [...*Introduction to the Postmodern Music pedagogy. Book review.* ] *Unisono. Musiikkikasvatuksen aikakauslehti [Music Education Newsletter].* 19-21.
- 2004 Musically Elicited Images as Unique Clinical Data during the Process of Group Analysis with Traumatized Adults. *British Journal of Music Therapy.* Vol. 18/1, 24-29.
- 2003 Using Group-Analytic Supervision Approach When Supervising Music Therapists. *Nordic Journal of Music Therapy.* 12(2), 173-183.
- 2002 Group-analytic music therapy. *Nordic Journal of Music Therapy.* 11(1), 48-54.
- 1999 Different Forms of Music Therapy and Working Styles of Music Therapists— qualitative study. *Nordic Journal of Music Therapy,* 8(2), 156-167.
- 1999 Lektio. [*Lecture at the doctorate dissertation*]. *Musiikki Kasvatus. [Music Education.]* 1, 93-105.
- 1992 Music Therapy in Finland. *Music Therapy International Report.* Vol. 8. 41-42.

- 1992 Sittard, Nederlands. "2nd European Conference in Arts Therapies Education." Workshop: "*Discovering Myself through Cross-Artistic Music therapy*".

**Articles in Finnish Journal of Music Therapy:**

- 2007 Lausunto Liisa-Maria Lilja Viherlammen vaitostilaisuudessa Turun Yliopiston Kasvatustieteiden tiedekunnassa Toukokuun 18, 2007. [*Statement at Liisa-Maria Lilja Viherlampi's Public Doctoral Dissertation. Turku University, Faculty of Education, May, 18, 2007*]. *Musiikkiterapia* [Finnish Journal of Music therapy], 22 (1), 51-55
- 1999 Ryhmäanalyttinen musiikkiterapia. [*Group Analytic Music therapy*]. *Muster* 2, 5-23.
- 1999 Kommunikaatiopainotteinen musiikkiterapia pähkinäkuoressa. [*Basics of the communication accentuated music therapy*]. *Musiikkiterapia* 1, 34-44.
- 1998 Lektio väitöstilaisuudesta 4.12.98, 1998. [*Lecture at the doctorate dissertation 4.12.98*]. *Musiikkiterapia* 2, 4-13.
- 1998 Fenomenografinen tutkimusote. [*Fenomenography and music therapy research*]. *Musiikkiterapia* 1, 22-27.
- 1997 Itsereflektiota omasta musiikkiterapiatyöskentelyssä. [*Self Reflection of own music therapy practise*]. *Musiikkiterapia* 1, 36-43.
- 1997 Grounded teoria musiikkiterapiassa. [*Grounded theory and music therapy research*]. *Musiikkiterapia* 2, 22-27.
- 1996 Pam, psykoauditiivinen musiikkiterapiamenetelmä. [*Pam, the psychoauditive musictherapy method*]. *Musiikkiterapia* 1, 33-46.
- 1996 Improvisaatiomallit musiikkiterapiassa. [*Improvisation models in music therapy*]. *Musiikkiterapia* 2, 44-52.
- 1994 Luova liike—kehon kieltä. [*Creative Movement - the language of the body*]. *Musiikkiterapia* 1, 42-49.
- 1994 Uutta koulutusrintamalta. [*News from the music therapy training*]. *Muster*1, 50-52.
- 1993 Musiikin soittaminen ja improvisointi terapian välineenä. [*Improvisation as a tool of music therapy*]. *Musiikkiterapia* 4, 37-43.
- 1993 Kehon liike musiikkiterapian välineenä. [*Body movement as a tool of music therapy*]. *Musiikkiterapia* 4, 44-47
- 1993 Kliinisen eli psykodynaamisen musiikkiterapian tasot. [*Levels of psychodynamic musictherapy*]. *Musiikkiterapia* 4, 25-36.
- 1992 Johdettu mielikuvitus ja musiikki (GIM). [*Guided images and Music, (GIM)*]. *Musiikkiterapia* 4, 15-29.
- 1991 Musiikkiterapian suhde kuvataide-, tanssi- ja psykoterapiaan Yhdysvalloissa. [*The relationship of music-art- and dancetherapies in USA*]. *Musiikkiterapia* 3,7-16.
- 1991 Musiikkiterapian filosofisesta perustasta. [*The philosophical basis of Music therapy*]. *Musiikkiterapia* 3, 16-27.

**ABSTRACTS AND/OR PAPERS READ:**

**Key-Note Presentations and/or Invited Major Papers in Scholarly Conferences:**

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- 2014** Oct, Canadian Music Therapy Association Conference, Acadia. Keynote: Sound of Pain and Hope. Vicarious Traumatization in Music therapy”
- 2013** May, Canadian Music Therapy Association Conference. Keynote: “Tapping into the Power of Music - Researching its Foundations, Interventions, and Processes”
- 2013** May, Canadian Music Therapy Association Conference. Invited Pre-Conference Workshop:”Vicarious Traumatization”
- 2011** November, University of Toronto. The Colloquy on Music Psychology and Neuroscience. Invited paper: *Low Frequency Research*
- 2010** January, Turku, Finland. Music Care Symposium. European Union. Keynote: *Music as Communication*
- 2008** July, Buenos Aires, Argentina. World Congress of Music Therapy. Keynote with Dr. Colin A. Lee: *Music Centered Psychotherapy with a Professional String Quartet*
- 2007** January, Toronto, Canada . Conductors Guild Conference. Guest Speaker: *Group Images in Group Analytic Music Therapy.*
- 2006** June, Stocholm. Nordic Music Therapy Conference. Keynote Lecture: *Music—The Royal Road to the Collective Unconscious.Searching Dimensions of the Collective Unconscious during Group Analytic Music Therapy.* Published: Nordic Sound. Music—The Royal Road to Collective Unconscious Level of the Group. Searching the Dimensions of the Collective Unconscious of the Group Analytic Music Therapy. www. Musikterapi.se/Nordic sound. Book of Abstracts p. 29.
- 2004** May, Perth, Canada. Canadian Music Therapy Association Conference. Invited Pre-Conference Workshop: *Group Analytic Music Therapy.* Invited Research Forum Facilitator. Book of Abstracts p.5.
- 2003** November, Waterloo, Canada. Canadian Music Therapy Association, MTAO conference. Key-Note Lecture: *Unconscious Dimensions of Music Therapy.*
- 2001** May Helsinki, Finland. Finnish Society for Music Therapy. Invitation Conference for Finnish Social Insurance Organization and other Health Care Professionals. Key-Note lecture: *Music therapy is different for different people different times - Steps to develop the criteria of selecting appropriate music therapy approaches.*
- 1999** September, Germany, Munster. 5th European Arts Therapies Conference. Key-Note lecture: *Arts Therapies 2000.* Published: *Group-Analytic arts Therapy— dreams, pictures and music on the group stage and at different levels of the group matrix . In: Line Kossolapow etc. (Eds.). Arts—Therapies—Communication. Vol. 2. Wilhelms-Universitat. Munster.* Book of abstracts p. 27
- 1999** September, Kuopio, Finland. Annual Conference of Medical Science. Invited Major Paper: *Arts as a interpretator of feelings.* Book of Abstracts: p. 64.
- 1998** May 15 Espoo, Finland. Arla Institut. International Conference of Visual Impairments. Invited Workshop: *Music Therapy.*
- 1995** Kellokoski, Finland. Uusimaa Health Care District. Creative Arts Therapy Conference.Key-Note lecture: *Music- symbol of inner world.* Published. 2000. Musiikki -sisäisen maailman symboli. [*Music- symbol of inner world*] In: Heikkilä, T., Paloheimo, L ja Taipale, I.(Eds.). *Mieli ja Taide [Mind and Art].* Printway Oy, Vantaa, pp.97-101.



**1993** April, Tallinn, Estonia. 1st International Creative Arts Therapy Conference of Estonia. Sub-Key-Note lecture: *Creative Arts Therapies*.

**Contributed Papers in Scholarly Conferences:**

- Sept 2015** Clements-Cortes, A., **Ahonen, H.**, Freedman, M., Bartel, L. (2015). Good Vibrations, Sound Stimulation, Rhythmic Sensory Stimulation and Alzheimer's Disease. Music Medicine Research Symposium, MaHRC, University of Toronto, Toronto, Ontario
- May 2015** Calgary: Canadian Music Therapy Conference. Vicarious Trauma and Music Therapy. Paper
- May 2015** Calgary: Canadian Music Therapy Conference. Music therapy definition and scope of practice. Panel with Dr. Laurel Young.
- Feb 2015** Clements-Cortes, A., **Ahonen, H.**, Freedman, M., Bartel, L. (2015). Good Vibrations, Sound Stimulation, Rhythmic Sensory Stimulation and Alzheimer's Disease. Online Conference for Music Therapy, Feb 2015.
- June 2014** Clements-Cortes, A., **Ahonen, H.**, Freedman, M., Bartel, L. (2014) Rhythmic Sensory Stimulation and Alzheimer's Disease. International Association for Music and Medicine 3rd International Conference, Toronto, Ontario, June 2014.
- Oct 2014** Clements-Cortes, A., **Ahonen, H.**, Freedman, M., Bartel, L. (2014). Rhythmic Sensory Stimulation in Alzheimer's and Parkinson's Disease. 43<sup>rd</sup> Annual Canadian Association on Gerontology Scientific and Educational Meeting, Niagara Falls, Ontario. Oct 2014.
- 2014 June.** IAMM conference. The Effect of Low Frequency Sound Stimulation on Patients with Fibromyalgia: A Clinical Study. Lili Naghdi, Lee Bartel, **Heidi Ahonen**
- Nov 2013** Clements-Cortes, A., **Ahonen, H.**, Freedman, M., Bartel, L. Nov. 2013 Good Vibrations: Rhythmic Sensory Stimulation and Alzheimer's. Music Medicine Research Symposium, MaHRC, University of Toronto, Toronto, Ontario
- 2012** May, Jerusalem, Israel. International Congress of Integrative Medicine. Paper: *Low Frequency Sound Treatment Promoting Well-Being– Qualitative Study*.
- 2009** Oct. Montreal, Canada. North American Society for Psychotherapy Research, Canadian Meeting (CA-SPR). "Building Bridges Between Science and Practice." Paper: *Exploring Unconscious Dimensions of Music Group Psychotherapy - A Qualitative Research Project*
- 2008** May, Quebec City, Canada. Canadian Music Therapy Conference. Paper with Dr. Colin A. Lee: *Music Centered Psychotherapy with a Professional String Quartet*
- 2008** June, Waterloo, ON. LCMTR International Music Therapy Research Conference. Paper with Andrea Lamont: *VMI and music therapy*
- 2007** November, London, ON. Canadian Society for Exercise Physiology (CSEP) conference. Paper: P. Tiidus, R. Markoulakis, D. Murray, M. Karkkainen & **H. Ahonen-Eerikainen**: Physio-Acoustic Therapy and Placebo Effect in Muscle Recovery. Published: Tiidus, P., Markoulakis, R., Murray, D., Karkkainen, M. & Ahonen Eerikainen, H. (2007). Physio-Acoustic Therapy and Placebo Effect in Muscle Recovery. *Applied Physiology Nutrition & Metabolism*. Journal of the

- Canadian Society for Exercise Physiology, Vol. 33 (supplement), Nov. 2007. (1 page)
- 2006** November, Toronto, ON. Annual Bloorview Research Institute Symposium. Poster: A. Lamont & H. Ahonen-Eerikainen: *Enhancing active participation through music therapy with the VMI*. Book of Abstracts, p. 37.
- 2005** August, Norway, Molde. Group Analytic Conference. Paper: *Group Analytic Music therapy*. Book of Abstracts, p. 34.
- 2005** May, Waterloo, Canada. LCMTR: Music Psychotherapy Research Symposium. Paper: *Analyzing Group Analytic Music Therapy— Qualitative Research*. Book of Abstracts, p. 7.
- 2004** June, Jyväskylä, Finland. European Music Therapy Conference. Paper presentation: *Unconscious Dimensions of Group Analytic Music Therapy*. Book of Abstracts p. 24.
- 2004** February, New York City, USA. American Group Psychotherapy Association Conference Round Table: *Qualitative Research and Creative Arts Therapies*.
- 2003** February 18-23, New Orleans, USA. Annual Conference of American Group Psychotherapy Association. Poster: *Group-Analytic Music Therapy*.
- 2002** July 23-28 Oxford, UK. 10th World Congress of Music Therapy. Paper: *Group-analytic music therapy— using the dreams and musical images as pathway to the unconscious levels of the group matrix*. Book of Abstracts, p. 19.
- 2002** May 9-12 Waterloo, Canada. Engaging the Creative Spirit—Play and Creative Therapies for Healing and Growth Conference. Paper: *Group analytic music therapy*. Book of Abstracts.
- 2001** April 20-24 Napoli, Italia. 5th European Music Therapy Congress. Paper: *Group analytic music therapy— dreams and music on the group stage and at different levels of the group matrix*. Book of Abstracts p. 27
- 1999** July 4-8 Austria, Wien. 2nd world congress of Psychotherapy. Paper: *Musical Dialogue" and other working methods and forms of Music Therapy*. Conference Brochure p. 43
- 1999** November 18-22 Washington, USA. VIII World Congress of Music Therapy Clinical Practise Forum Presentation: *Musical Dialogy and Other Working Methods and Forms of Music Therapy for Children*. Conference Brochure p. 79
- 1998** April 16-19 Belgium, Leuven. 4rd European Music Therapy Congress. Poster presentation: *Music Therapy Training in North Karelia Polytechnic, Finland and Music therapy research in Finland*. Book of Abstracts pp. 18, 116-117
- 1997** June 12-15 Finland, Jyväskylä. Nordic Conference of Music Therapy. Paper: *Qualitative Research and Music Therapy. Fenomenographical and grounded theoretical applications*. Book of Abstract p. 19
- 1993** September 12-15 London, UK. 4th European Arts Therapies Conference. Paper: *Music Therapy as a Rehabilitation Model in Finland*. Book of Abstracts p. 46
- 1993** July 19-23 Vittoria-Gasteiz, Basque country. VII World Congress of Music Therapy. Paper: *The Role of Music in Music Therapy*. Book of Abstract p. 219

### Contributed Workshops in Scholarly Conferences

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- 2013** May, Waterloo, ON, CA. Spirituality and Psychotherapy: Cure of the Soul Waterloo Lutheran Seminary. Workshop: Group Analytic Music Therapy Supervision
- 2013** May, Canadian Music Therapy Association Conference. Invited Pre-Conference Workshop: "Vicarious Traumatization"
- 2011** May, Waterloo, ON, Canada  
CIMT International Music Therapy Conference  
Workshop: *Group Analytic Music Therapy Supervision Approach*
- 2010** May, Waterloo, ON, Canada. Future Directions in Spiritual Care and Therapy SPCR/CAPPESWONT CONFERENCE. Waterloo Lutheran Seminary  
Workshop: *Group Analytic Music Therapy Supervision Approach*
- 2007** August, Eindhoven, Netherlands. 7<sup>th</sup> European Music Therapy Conference  
Workshop: *Supervising Music Therapists with Group Analytic Music Therapy Supervision Approach*. Book of Abstracts. p.36
- 2004** October, Banff, Canada. Canadian Group Psychotherapy Association Conference. Half-Day workshop: *Jumping in to the imaginative world of music and exploring the inter landscapes and collective unconsciousness*. Book of Abstracts.
- 2003** October Toronto, Canada. Canadian Group Psychotherapy Conference. Half-Day Workshop: *Invisible women and their therapeutic process*. Book of Abstracts. p. 10
- 2002** October 16-19 Edmonton, Alberta, Canada. Annual Conference of Canadian Group Psychotherapy Association. Half-Day Paper/workshop presentation: *Dreams and musical images as unique clinical data during the process of group analysis with traumatized adults*. Book of abstracts p.22.
- 2002** May 9-12 Waterloo, Canada. Engaging the Creative Spirit—Play and Creative Therapies for Healing and Growth Conference. Workshop: *Group-Analytic Music Therapy. Half-Day Workshop*. Book of Abstracts.
- 1997** July 6-11 Finland, Lahti. World Congress of The World Federation of Mental Health: Cornerstones for Mental Health. Workshop: *Music as a Mirror of Mind and Body*. Book of Abstracts p. 138
- 1996** July 14-20 Hamburg, Germany. VII World Congress of Music Therapy.  
Workshop: *Music in my body and music in my mind*. Book of Abstracts p. 108
- 1995** June 17-20 Aalborg, Denmark. 3rd European Music Therapy Conference.  
Workshop: *This music is inside of me*. Book of Abstracts p. 35
- 1992** September 14-17 Ferrara, Italia. 3rd European Arts Therapies Conference.  
Workshop: *Cross-Artistic Music Therapy*. Book of Abstracts p. II 41
- 1993** July 19-23 Vittoria-Gasteiz, Basque country. VII World Congress of Music Therapy. Workshop: *The cross-artistic approach to music therapy: the imagination and here-and-now life*. Book of Abstracts p. 253.
- 1993** October. South-Devon College, Torquay Devon, UK. One-day Conference in Arts Therapy: Impression and Expression. Workshop: *This music sounds as my feelings feel*. Book of Abstracts.

- 1992 September. Sittard, Netherlands. 2nd European Conference in Arts Therapies Education. Workshop: *Discovering Myself through Cross—Artistic Music therapy*. Book of Abstracts and Conference Proceeding.
- 1992 April 1-4. Cambridge, King's College, UK. Music Therapy in Health and Education in the European Community -Conference. Workshop: *Identity as Expressed Through Musical and Artistic Experience*. Book of Abstracts p. 3

**Invited Major Papers at Learned Society or Professional Association Conferences:**

- 2016 Catharines, MCC. Refugee Trauma 101
- 2016 WLU/MCC. Refugee Trauma 101
- 2015 WLU/MCC. Refugee Trauma 101
- 2012 May. David Yallom University, Jerusalem, Israel. Vicarious Traumatization Workshop. Helping Helpers to Help
- 2011 November. Keynote Speaker. Women Abuse Awareness Month. Cambridge, Ontario, Canada
- 2007 March, Waterloo, Waterloo, Ontario, Canada. WLU, Graduate Studies, Research Day. Invited Paper: *Music- Royal Road to Unconscious*.
- 2006 November, Helsinki, Finland. Finnish Group Analytic Society, Fall Seminar. Invited presentation: "*Too Scared to Be Seen*" —*Case Study of Group Analytic Music Therapy Process*.
- 2000 November, Helsinki, Finland. Annual Conference of the Geriatric Care 2. invited paper: *Group as a forum of emotions and psychological processes*.
- 2000 February, Jyvaskyla, Finland. Finnish Society for Music Therapy. Annual Spring Conference. Invited Major paper and workshop: *Group-Analytic Music Therapy Intervention*.
- 2000 May, Helsinki, Finland. Finnish Weight Watchers Inc. Annual Conference. Invited Major paper: *Group dynamics and burn-out*.
- 2000 May, Eura, Finland. Summer University of West Finland. Annual Conference of Teachers. Invited Major Paper: *Communication Accentuated Music therapy*.
- 2000 November, Helsinki, Finland. University of Helsinki. Annual Conference of Geriatric Care I. Invited Major Paper: *Group-analysis and Geriatric patient*.
- 1999 March, Helsinki, Finland. Finnish Society for Music Therapy. Annual Spring Conference. Invited Major Paper: *Different Forms of Music Therapy for Children*.
- 1999 January, Helsinki, Finland. Finnish Central Association of Geriatric. Annual Conference. Invited Major Paper: *Music therapy and the elderly*.
- 1999 October, Hameenlinna, Finland. Finnish Alzheimer Society. Annual Conference. Invited Workshop: *Music therapy*.
- 1999 October, Espoo, Finland. Espoo-Vantaa Polytechnic. Creative Arts Therapy Conference for Social Workers, Teachers and Health Care Professionals. Invited Major Paper: *Music therapy and well-being*.
- 1999 November, Helsinki, Finland. Finnish Association of Kinder Music Teachers. Annual Conference. Invited Major Paper: *Music therapy for children*.
- 1998 September 30. Helsinki, Finland. Geriatric Association of Finland. Conference. Invited Major Paper and Workshop: *Music therapy*.

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- 1998 October 3. Kuopio, Finland. Finnish Cancer Association (SYLVA ry). Conference. Invited Major Paper: *Music therapy and children with cancer. Published paper.*
- 1997 April 25 Espoo, Finland. Finnish Dieting Instructors Association. Annual Conference. Invited Major Paper: *Problem Solving oriented Councelling.*
- 1997 August 28th and 10th, Helsinki and Tampere, Finland. Finnish Weight Watchers Inc. Annual Conference. Invited Major Paper: *How to help client to find her own resources?*
- 1996 Helsinki, Finland. Studia Generalia Lecture Series. Sibelius Academy. Finland. Invited Major Paper: *From the world of music to the world of mind. Published paper.*
- 1996 October 4 Kuopio, Finland. Kuopio University. Further Training Department. Conference about Medical Rehabilitation. Invited Workshop: *Music therapy.*
- 1996 August 31. Kemi, Finland. Conference for Health Care Professionals. Invited Major Paper: *Music— language of feelings.*
- 1996 May 8-9. Ylitornio, Finland. Ylitornio Christian College. Conference for Child and Youth Workers. Invited Major Paper and Workshop: *Music therapy.*
1995. May 18. Helsinki, Finland. Rehabilitation Society. Annual Seminar. Invited Major Paper: *Music therapy as a tool for rehabilitation.*
- 1995 April 6 Lappeenranta, Finland. "Kuntakoulutus oy". Annual Conference for Kindergarden Teachers. Invited Major Paper and Workshop: *Music therapy with children who have special needs.*
- 1992 October 24. Roma, Italia. Council of International Fellowship Organisation (26.9 - 25.10.1992). Paper: *Music therapy as a tool of Psychosocial work.*
- 1992 October 25 Vaasa, Finland. Association of Developmentally Delayed. Annual Conference. Invited Major paper: *Music therapy.*
- 1992 February 1 Oulu, Finland. Finnish Society for Music Therapy. Annual Spring Seminar. Invited Major Paper: *Music as a Interpretator Feelings.*
- 1991 April 12-14 Kuopio, Finland. Finnish Society for Music Therapy. Annual Spring Seminar. Invited major paper: *Theoretical Foundations of Music therapy.*

**SERVICE AS PRINCIPAL OR SUBJECT EXTERNAL EXAMINER:**

- 2016 External Programme Reviewer. Acadia University, Music Therapy Programme
- 2012-15 External Examiner of Graduate Programs. Music Therapy Program. University of Limerick, Irish World Academy, Ireland.
- 2015 Internal Programme Reviewer. Waterloo Lutheran Seminary. Wilfrid Laurier University
- 2015 University of Kansas. External Examiner for tenure and promotion.
- 2009 External examiner. Evaluation of scientific periodicals / Nordic Journal of Music Therapy. Nordic Board for the Periodicals in the Humanities and the Social Sciences.
- 2009 Anglia University, Cambridge. UK. External examiner for tenure and promotion to Professor.
- 2007 Department of Educational Psychology, Faculty of Education, University of Alberta: External examiner for tenure and promotion to Associate Professor.

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- 2003** CIHR, Canada: External examiner. Grant application.  
**2003** Wilfrid Laurier University Press: External examiner. Manuscript proposal.  
**1998-2001** University of Hertfordshire, UK: Principal and Subject External Examiner of Graduate Programs. Visual Art Therapy Training Program.

**SERVICE AS JOURNAL ARTICLE REVIEWER:**

- 2015 Nordic Journal of Music Therapy  
 2015 Voices  
 2014 Voices  
 2014 Approaches  
 2014 Voices

**SERVICE TO THE PSYCHOTHERAPY COMMUNITY:**

- Dec 2015-Dec 2016** Appointed Member of the **Transitional Council of the College of Psychotherapists and Registered Mental Health Therapists** of Ontario, Registration committee, panels.
- Aug 2009-Dec 2015** Appointed Member of the **Transitional Council of the College of Psychotherapists and Registered Mental Health Therapists** of Ontario by the Minister of Health and Long-Term Care. (Part-time). Registration Committee member. Grand-Parenting Sub-Committee member. Appeals Committee member. Chair: Client Relations Committee
- July 2012-2014** Co-Chair. International Conference of the International Association of Music Medicine Conference, Toronto, Canada
- June 2011** Chair. 3<sup>rd</sup> International Music Therapy Research Conference, CIMTR.
- 2008** Chair. 2<sup>nd</sup> International Music Therapy Conference, LCMTR
- 2007-** Canadian Music Therapy Association *nominated* Liaison to the Ontario Coalition of Mental Health Professionals Transitional Council.
- 2006-2007** Conference Organizing Committee. Member. Canadian Group Psychotherapy Association, Toronto Section.
- 2006-** Music Therapy Association, Ontario, Psychotherapy/Mental Health Register Coalition Committee member (adviser)
- 2005** Chair. 1<sup>st</sup> International Music Therapy Research Conference, LCMTR.
- 2002-2003** Conference Organizing Committee. Member. Canadian Group Psychotherapy Association, Toronto Section.
- 1998-1999** Scientific Committee. Member. 5th Arts Therapy Conference, Munster, Germany.
- 1999-2001** Board of Directors. "Ankkuri" the Rehabilitation center of suicidal youth. Helsinki, Finland.
- 1999-2001** Board of Directors. "Aktori" the Therapy and Training Center of *Finnish Lutheran CityMission*. Helsinki. Finland.
- 1997-2001** Founder Member of Development of Finnish Music Therapy Training (SuMuKe) working-group. The purpose of this group was to evaluate the different music therapy trainings in Finland and make statements. It also served as a forum of ethical discussions. Finally the working-group was able to designate the common criteria of music therapy trainings (length, contents, curricula etc.). After that it

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- started to apply the registration of music therapy professions from the Finnish government. *(Please, see the reference letter, File 2b).*
- 1995-2001** Executive member of Educational Sub-committee of European Music Therapy Committee (EMTC): Developing European Music Therapy Training Standards.
- 1993-2001** Member of several work- groups of European Consortium of Arts Therapy Education (EcarTE). Creating and developing European Master Degree Program and Student Exchange Programs among EcarTE Universities and Sokrates-offices of European Union. Planning European Arts Therapy Conferences and evaluating European Arts Therapy Trainings. Developing creative arts therapy training standards. Developing Finnish music therapy trainings into European level. Adviser of European Arts Therapy conferences (Italy 1994, London 1997, Munster 1999, Luxembourg 2001). Pre-conferences and consortium meetings: in Paris 1993, South-Devon, England 1993, Germany 1996, Leeuwarden, Holland 1997, Paris 1998. Consortium meetings: Italy 1994, London 1997, Munster 1999,
- 1992-2001** Finnish representative of European Music Therapy Confederation (EMTC). The responsibility of each member on the Committee was to act as a liaison between the Committee and Music Therapy organization and training programs in their own country. Adviser of European music therapy conferences (Aalborg 1994, Leuven 1998 and Napoli 2001). Pre-conferences: Portugal 1997 and Israel 2000. EMTC Meetings: Cambridge 1992, Sittard, Holland 1992, Vittoria-Gasteiz 1993, Aalborg 1994, Hamburg 1996, Leuven 1998, Napoli 2001. 1995-2001 Executive member of Educational Sub-committee of European Music Therapy Committee (EMTC): Developing European Music Therapy Training Standards.
- 1992-2001** World Federation of music therapy. Representative of Finland.
- 1992-2001** Founder Member of the working group of Finnish Society for Music Therapy which purpose is to create, develop and improve music therapy contracts and the status of music therapy with the Social Insurance Institution (KELA) Finland for music therapy services.
- 1989-2001** Founder Member of Association of professional Music Therapists in Finland. Different positions of trust and working-groups e.g concerning of registration of music therapy, relationships with Finnish Social Insurance Institut and Medicolegal affairs and setting up the criteria of selecting appropriate music therapy approaches to different clientele. Secretary of APMTF 1991-1993.
- 1989-2001** Member of executive committee of Finnish Society for Music Therapy. Member of several work groups e.g. concerning of recognition of Music Therapy as legalized profession, defining clinical and professional concepts of Music Therapy and negotiations with state authorities and health care officials about grounds for compensation of Music Therapy.
- 1994-1995** Country coordinator. European Music Therapy Research Register. Vol. 2.
- 1992-1993** Advisers Committee. VII World Congress of Music Therapy. Vittoria-Gasteiz.
- 1992-1993** Scientific Committee. Member and Organizer. "1st International Creative Arts Therapy Conference of Estonia." Tallinn, Estonia.

**1999-1990** Secretary. International Society for Music Education ISME. 3rd Research seminar of Music Therapy and Special Education 31.7.1990-4.8.1990. Tallinn. Estonia.

**Media**

Globe and Mail Interview, April 2013

CTV Provincial Interview April 2013

Grand Magazine interview July 2012

U of T Magazine interview June 2012

Records Interview 2009

Records Interview 2007

Metro Toronto Interview 2007

<http://www.grandmagazine.ca/PDF/JA12%20GRANDmusic.pdf> <http://www.news.utoronto.ca/good-vibrations-using-sound-treat-disease>

<https://vimeo.com/40018944>

U of T Magazine: A feature story in the summer 2012 issue of *UofT Magazine* was published in paper and online. The article focuses on MaHRC developments and the research of MaHRC Associates Takako Fujioka, Bernhard Ross, Heidi Ahonen, Quincy Almeida, Larry Picard, and Lee Bartel.

<http://www.magazine.utoronto.ca/feature/perfect-harmony-music-therapy-art-medicine-alison-motluk/>

The University of Toronto *eBulletin* ran a story on May 7, 2012 focusing on the research of MaHRC Associates, Quincy Almeida and Heidi Ahonen from Laurier University. Heidi Ahonen, Dr. Lili Naghdi and Lee Bartel have a study underway examining vibroacoustic therapy with fibromyalgia.

<http://www.news.utoronto.ca/good-vibrations-using-sound-treat-disease>

This to certify that the information above is both complete and accurate.

Waterloo March 25, 2016

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Heidi Ahonen