

## CMSA Conference

**Sok Hwee Tay (MMT, LPMT, MT-BC)** Board certified and licensed in the states of Georgia and South Carolina, Sok Hwee has worked with major healthcare and nursing providers across the Southeastern United States. She currently serves as music therapist at Aurora Pavilion Behavioral Health Services in Aiken, South Carolina, where she also established its first music therapy internship program, and the Georgia Cancer Center in Augusta, Georgia. Throughout her career, Sok Hwee has worked with a wide spectrum of clients, ranging from children and adolescents with behavioral/emotional issues, to adults going through cancer treatment, those struggling with addictions, and with residents of assisted-living and memory care facilities. This diverse experience has allowed her to develop a unique and multi-faceted approach to music therapy.

Sok Hwee's cross-cultural and multi-instrumental approach to music therapy has been well-received by her clients and featured in the local media. WRDW 12 featured her music therapy work at the Georgia Cancer Center, which was described by one patient as having the ability to "awaken (one's) soul." Fox 54 news channel highlighted Sok Hwee's therapy as providing patients with an emotional outlet through song-writing and the exploration of various instruments.

Sok Hwee also has extensive experience working with children going through emotional or behavioral issues. Her work with children and teenagers was featured in the Augusta Family Magazine. She has also been interviewed on the Medical Examiner about the music therapy profession.

Sok Hwee frequently serves as guest speaker at various industry conferences and events where she is passionate about introducing her approach to a wider audience. She has spoken at the Southeastern Region of the American Music Therapy Association (SER-AMTA) Music Therapy Conference, the Brain Health Symposium and Grief Support Group organized by Augusta University, amongst many others. She is also a pianist, guitarist and singer-songwriter who has been invited to perform at various venues, such as at Unity of Augusta. Sok Hwee holds Bachelor and Master degrees in Music Therapy from Georgia College and State University.

## Talking Points

- Defining music therapy
  - Clinical and evidenced base use of music interventions
  - Addresses social, cognitive, emotional and social needs goals
  - Learn coping skills, expresses difficult feelings and emotions
- Benefits of Music
  - Social interaction
  - Self-expression
  - Stress management
  - Sense of control
  - Memory recall
  - Emotional regulation
- Bridging the gap through music
  - Chants
    - Drums; body percussion
  - Songs
    - Singing, discussion
  - Movement
    - Age-appropriate; dancing; percussion; instruments
  - Relaxation
    - Breathing; visualizations; movement
- Questions
- Contact information

## **Objectives**

1. Participants will be able to differentiate between music therapy and using music as a form of resource.
2. Participants will be able to identify the different ways that music can benefit the clients that they work with
3. Participants will be able to incorporate music resources in their work with their clients.