

Rick Soshensky M.A., LCAT, MT-BC, NRMT
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Professional Summary

- **Music Therapist since 1992 in diverse Clinical and Academic Settings**
- **Founder/Director of The Music Therapy Studio (formerly Hudson Valley Creative Arts Therapy Studio), Kingston, NY, a Community-based organization providing music therapy for children, adolescents and adults with disabilities, emotional/behavioral problems or other significant challenges.**
- **Adjunct Professor of Music Therapy at SUNY at New Paltz and Molloy College**
- **Directed Departments and Managed Staff; Designed, Developed and Implemented Programs; Supervised/Trained New Employees and Student Interns**
- **Treated Children, Adolescents and Adults with diagnoses involving: Mental Illness, Developmental & Intellectual Disabilities, Autistic Spectrum, Substance Abuse, Emotional & Behavioral Disturbances, Traumatic Brain Injury, Forensic Psychiatry, Physical Disabilities, Serious and Terminal Medical Conditions, Spinal Cord Injury, Neurological Disorders, HIV/AIDS, Dementia**
- **Author of the book, *The Music Therapy Studio: Empowering the Soul's Truth*, and many published journal articles, web features and textbook chapters**
- **International Lecturer and Keynote Speaker at universities, clinical facilities, seminars and conferences**
- **Profiled and Interviewed in numerous national and local print, TV, radio and web media features**

Notable Awards

- **Eric Hoffer Book Award Winner - Health Category - for *The Music Therapy Studio: Empowering the Soul's Truth*, 2023**
- **“Chronogrammie Award” - Chronogram Magazine reader’s choice for most outstanding people and businesses in the Hudson Valley, 2023**
- **The Coalition of Visionary Resources Award Winner; Visionary Non-Fiction for *The Music Therapy Studio: Empowering the Soul's Truth*, 2022**
- **“Most Influential Clinicians, Researchers & Leaders in the Therapy Industry, Therapy Times Magazine, 2008-09**
- **"Innovative Practice Award" by the New York State Health Facilities Association(NYSHFA), 2007**

Degrees and Certifications

- **New York State Licensed Creative Arts Therapist - LCAT (2011)**
- **American Academy for the Certification of Brain Injury Specialists - CBIS (2008)**
- **Certification Board for Music Therapists - MT-BC (2006)**
- **Nordoff-Robbins Center for Music Therapy Certification - NRMT (2002)**
- **American Association of Music Therapists - CMT (1995)**
- **New York University M.A. in Music Therapy (1995)**
- **State University of Buffalo B.A. in Psychology (1978)**

Professional Positions

- **Founder/The Music Therapy Studio** 8/09-present
Community-based organization providing music therapy services for children, adolescents and adults with disabilities, emotional/behavioral problems or other significant challenges.

- **Professor of Music Therapy** 8/11 - present
State University of New York at New Paltz
Molloy College, Rockville Centre, NY
- **Director: Fine & Performing Arts Therapies Department** 9/05 - 7/09
Northeast Center for Special Care, Lake Katrine, NY
 Post-Acute Rehabilitation Facility serving adults with brain injuries, spinal cord injuries and other complex medical conditions
- **Music Therapist: Haven Addiction Treatment, Hurley, NY** 6/23 - present
 Drug and Alcohol Detox Rehab for Adolescents
- **Clinical Supervisor/Music Therapist: Heartsong, Bronxville, NY** 1/94-6/06
 Creative Arts Therapy Program for children w/ developmental and physical disabilities
- **Senior Music Therapist: Jacobi Medical Center, Bronx, NY** 8/99 - 8/05
 Psychiatric Day Treatment Program and Outpatient Psychotherapy Clinic for children, adolescents and adults coping with psychiatric/emotional disturbances and multiple stressors involving medical problems, poverty, family violence, addiction, child abuse
- **Consulting Music Therapist (at settings listed below)** 11/98 - 8/99
Sara's Center, Great Neck, NY
 Creative Arts Therapy Day Treatment for adults with psychiatric illness
Birch School for Exceptional Children, Queens, NY
 Special Education for children/adolescents with developmental and emotional disorders
P.S. 4, Brooklyn, NY
 Public Special Education for children (5 – 12) with developmental disabilities
- **Music Therapist/Creative Arts Therapy Staff Supervisor**
Kings County Hospital Center, Brooklyn, NY 10/97 - 11/98
 Assigned to MICA and Alcoholism Day Treatment Programs, Detox Unit, Forensic Unit
- **Music Therapist/Program Director**
South Brooklyn Health Ctr; Brooklyn, NY 8/95 - 10/97
 Day Treatment Program serving adults with HIV/AIDS and substance abuse issues

- **Music Therapist; Ctr for Nursing and Rehabilitation, Brklyn, NY 1/92- 8/94**
Day Treatment Program serving adults with dementia diagnoses

Selected Professional Publications by Rick Soshensky

- **(2021). The Music Therapy Studio: Empowering the Souls Truth.** Lanham, MD: Roman & Littlefield.
- **(2016). Linking Research and Clinical Practice.** Music Therapy Perspectives, Vol 34 (1).
- **(2011). Everybody is a Star: Performing, Recording and Community Music Therapy.** Music Therapy Perspectives. vol. 29 (1).
- **(2010). Music: The Language of Well-Being.** McKnight's long-term care news. <https://www.mcknights.com/blogs/guest-columns/music-the-language-of-well-being/> July 6, 2010.
- **(2008). Releasing a CD of Original Client Music to the Public as an Aspect of Brain Injury Treatment: A Contemporary Music Therapy Perspective.** <https://www.brainline.org/article/releasing-cd-original-client-music-public-aspect-brain-injury-treatment>
- **(2007). Substance Use Disorders.** In C. Colwell & B. Crowe, (Eds.) Best Practices in Music Therapy with Psychiatric Disorders: Children, Adolescents and Adults. Colesville, MD: AMTA.
- **(2007). Children with Emotional Disturbances.** In C. Colwell & B. Crowe, (Eds.) Best Practices in Music Therapy with Psychiatric Disorders: Children, Adolescents and Adults. Colesville, MD: AMTA.
- **(2005). Developing a Guitar-Based Approach in Nordoff-Robbins Music Therapy.** Music Therapy Perspectives: vol. 23 (2).
- **(2001). Music Therapy and Addiction.** Music Therapy Perspectives: 19 (1).

Selected Media Features re: Work of Rick Soshensky (Print, TV, Radio, Web)

- **Spectrum One News**, profile of Rick Soshensky and The Music Therapy Studio, May 2022
- **Radio Woodstock, WDST,100.1FM, Woodstock Roundtable w/Doug Grunther**, June 2021
- **The New York Times**, “A Film Looks at an Orchestra for People with Mental Illness,” an article by Jane Brody, with quotations by Rick, 10/6/20
- **Radio Kingston, WKNY, 107.9 FM. “Speak Out” with Shayne Gallo & “Warren in the Morning” with Warren Lawrence.** Interviews with Rick Soshensky, various times in 2018 - 23
- **“Local Therapist to Speak in Calgary,” Kingston Times**, May 7. 2015. Article discussing Rick’s Keynote Address at the Canadian Association for Music Therapy National Conference
- **“Making A Contribution To the World,” Chamber News** (local trade newspaper), Sept. 2, 2015. Feature article about Hudson Valley Creative Arts Therapy Studio
- **“Let’s Talk Hudson Valley” with Bob DeFelice on “Fox Oldies:” WGNY, 98.9**, Interview with Rick Soshensky, February 2014
- **“Kingston Now” (Local TV) with host, Jimmy Buff**
Interview with Rick Soshensky, December 2013
- **"Enlarging Worlds Through Healing Harmonies," Ulster Publishing's "Healthy Hudson Valley" supplement**, October 2013, Feature article about Hudson Valley Creative Arts Therapy Studio
- **"The Health Show," National Public Radio (NPR) “Traumatic Brain Injury: Healing with Creativity”** Feb. 22, 2009
- **New York University Alumni News - “Rick Soshensky: Outstanding Alumni,”** Dec. 2008
- **"Rick Soshensky: Evoking Self-Awareness Through the Arts" - Therapy Times’ Annual List of Most Influential Clinicians, Researchers & Leaders**, Nov. 2008

- **"Let the Music Heal Your Soul" (cover story), Ulster Publishing's Annual Guide to Mid-Hudson Health Services, Aug, 2008**
- **"Radio Woodstock: The Morning Show with Greg Gattine,"WDST-FM Interview with Rick Soshensky, Nov. 5, 2007**