



Jennifer L. Cossman, MT-BC, FAMI

BOARD CERTIFIED MUSIC THERAPIST

CONTACT

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EDUCATION

BACHELOR OF MUSIC, MUSIC THERAPY

University of Dayton
1995 – 1999

PROFESSIONAL AFFILIATIONS

Certification Board for Music Therapists
Certification Number 08163

Fellow, Association for Music & Imagery

Golden Key National Honor Society

ADDITIONAL TRAINING

GUIDED IMAGERY & MUSIC (FAMI)

Atlantis Institute for Consciousness & Music
2012 – 2019

HOSPICE PALLIATIVE CARE MUSIC THERAPY (HPMT)

Centers for Music Therapy & End of Life Care
2008 – 2009

MUSIC THERAPY ASSISTED CHILDBIRTH

Sound Birthing Music
2014

PROFESSIONAL PROFILE

Passionate board certified music therapist with 20 years' experience who continually seeks to find creative solutions to life's challenges. Developed a thriving private practice with up to 3 employees and 5 active contracts, serving up to 120 members of the community in one month. Active community member who is dedicated to making the world a more beautiful place through the use of the expressive arts.

PROFESSIONAL EXPERIENCE

FOUNDER, OWNER

Blue Ridge Music Therapy, LLC ♦ Forest, Virginia ♦ October 2006 – Current

Develop and sustain music therapy private practice. Hire and maintain appropriate supervision over employees. Maintain therapeutic schedule for private practice to ensure therapeutic frequencies are being met. Lead individual and group sessions with a wide variety of clientele. Complete daily, monthly, and annual documentation as required by state, federal, and association regulations. Engage in contract negotiations with various health care facilities. Provide educational and public speaking opportunities to the community and health care facilities.

- Market music therapy throughout the community on a daily basis resulting in an increase of 400% client contact in 2 years.
- Create and maintain all legal and therapeutic documentation, include HIPAA Notices, contracts, assessments, daily documentation, and employee reviews.
- Establish contacts with approximately 150 medical and treatment facilities throughout Central and Southwest Virginia.
- Maintain all federal and state accounting, tax, and legal documentation.

MUSIC THERAPY CONTRACTOR

Centra Hospice ♦ Lynchburg, Virginia ♦ May 2008 – Current

Develop and expand original music therapy contract. Create and implement individualized treatment plans based on patient diagnoses, emotional needs, spiritual needs, and family involvement. Complete daily and bi-weekly documentation as required by state, federal, and association regulations. Serve on each patient's Interdisciplinary Treatment Team, attending bi-weekly meetings. Provide training for new staff through on-boarding, in-services, and ride-alongs, demonstrating the use of music therapy with hospice patients. Create music-based heirlooms for patients and families.

- Serve on the Memorial Service and Bereavement Committees.
- Provide staff in-services about the use of music therapy with hospice patients and as self-care for staff.
- Manage invoicing and documentation for up to 120 patients per month.
- Negotiate periodic contract rate increases to reflect cost of living increases.



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EXPERTISE

Interpersonal Communication

Employee Supervision

Project Management

Customer Service

Public Speaking

Team Player

TECHNICAL SKILLS

Microsoft® Office Suite

Adobe® Photoshop

Adobe® Lightroom

Adobe® Premier Pro

Adobe® Spark

GarageBand

Sony® ACID Music Studio

Sibelius

AWARDS & RECOGNITIONS

BEST MUSIC

24 Hour Film Project
2019

DEAN'S LIST

University of Dayton
School of Arts & Sciences
1997 – 1999

PRESIDENTIAL SCHOLARSHIP

University of Dayton
1995 – 1999

MUSIC TALENT SCHOLARSHIP

University of Dayton
School of Music
1995 – 1999

PROFESSIONAL EXPERIENCE CONTINUED

MUSIC THERAPY CONTRACTOR

Bridges Treatment Center ♦ Lynchburg, Virginia ♦ January 2017 – Current

Develop original music therapy contract. Provide group music therapy sessions for in-patient at-risk youth ages 5-18. Create and implement group treatment plans based on classroom needs, student emotional needs, behavioral challenges, and educational goals. Complete daily documentation as required by state, federal, and association regulations.

- Plan, rehearse, and implement Christmas program for students to perform for hospital administration, school administration and staff, family, friends, and caregivers.
- Plan, rehearse, and implement end-of-year song for students to perform for hospital administration, school administration and staff, family, friends, and caregivers.
- Consult with teachers and student primary therapists regarding student responses during music therapy groups.

MUSIC THERAPY CONTRACTOR

Wounded Warrior Project ♦ Lynchburg, Virginia ♦ February 2018 – Current

Establish a new local music therapy contract with Wounded Warrior Project. Provide continued individual music therapy services to a United States Veteran who had relocated to the area.

- Provide weekly sessions focusing on treatment of depression, post-traumatic stress disorder, and symptoms resulting from traumatic brain injury.
- Incorporate Guided Imagery and Music, art, photography, and videography into therapeutic treatment plan.

MUSIC THERAPY CONTRACTOR

Centra Health Mental Health Services ♦ Lynchburg, Virginia ♦ August 2016 – October 2017

Developed original music therapy contract. Provided group music therapy sessions on in-patient Geriatric Psych, Adult Psych, Adult Psych/Rehab, and Child Psych Units. Created and implemented group treatment plan based on patient emotional and physical needs, unit needs, and generalized psychiatric goals. Completed daily documentation as required by state, federal, and association regulations.

- Provided agitation management on Geriatric Psych unit through live music interventions, including singing and improvisation.
- Provided emotional outlet for Child Psych unit through live music interventions, including drumming, instrument playing, and improvisation.
- Provided emotional regulation and processing opportunities for Adult Psych units through a variety of live and recorded music interventions.
- Consulted with nurses and social workers on each unit regarding patient responses during music therapy groups.



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BOARD CERTIFIED MUSIC THERAPIST

VOLUNTEER EXPERIENCE

RENAISSANCE THEATER

Actor, Stage Manager
2014 – Current

LITTLE DINNER PLAYERS THEATER

Actor, Stage Manager, Tech
2017 – Current

RAINBOW OF HOPE QUILT AUCTION

Graphic Design, Quilter, Photographer
2012 – 2018

THOMAS JEFFERSON ELEMENTARY SCHOOL

Theater Sound & Light Tech
2009 – 2019

THOMAS JEFFERSON ELEMENTARY SCHOOL

PTA Board
2009 – 2011

SHOWTIMERS THEATER

Stage Manager
2017

LITTLE TOWN PLAYERS THEATER

Actor, Stage Manager, Tech
2004 – 2015

DAUGHTERS OF THE AMERICAN REVOLUTION

Towamencin Chapter ♦ Lansdale, PA
American History Committee Chair
American History Essay Contest Organizer
2008 State Conference Publicity Chair
2006 – 2009

LITTLE TOWN PLAYERS THEATER

Board Member
2005 – 2007

PROFESSIONAL EXPERIENCE CONTINUED

DIRECTOR OF MUSIC THERAPY

Hazelwood Center ♦ Louisville, Kentucky ♦ March 2001 – August 2004

Established, maintained, and expanded original music therapy program at residential facility for adults with intellectual and physical disabilities. Led individual sessions and participated as primary and co-therapist in 2:1 sessions and small group sessions. Served on each client's Interdisciplinary Treatment Team, participating in semi-annual case review meetings. Completed daily, monthly, and annual documentation as required by state, federal, and association regulations. Managed departmental equipment supply, inventory, and sanitation.

- Provided bi-monthly orientation to new staff members and monthly in-services to current staff members.
- Managed annual departmental budget of \$5,000.
- Authored numerous grant proposals resulting in addition of \$20,000 of equipment, additional music therapy staff, and the development of a clinical internship.
- Participated as a member of the facility Medical Standards Board.

MUSIC THERAPY INTERN

Finger Lakes DDSO ♦ Newark, New York ♦ July 2000 – February 2001

Led individual sessions and participated as primary and co-therapist in 2:1 sessions and small group sessions at a community facility for adults with intellectual and physical disabilities. Served on each client's Interdisciplinary Treatment Team, participating in semi-annual case review meetings. Completed daily, monthly, and annual documentation as required by state, federal, and association regulations.

- Established music therapy services at a new satellite location.
- Presented case study on improvisational music therapy and its uses within the intellectually disabled population.

RELATED EXPERIENCE

EVENT COORDINATOR

Centra Hospice ♦ Lynchburg, Virginia ♦ February 2011 – June 2019

Planned and implemented bi-monthly memorial services for family and friends of deceased hospice patients. Coordinated hospice staff and volunteer involvement in services. Taught hospice volunteers how to utilize audio/visual equipment to run during services. Created service script, video tribute, and service program. Organized, created, and implemented live and recorded music. Led music rehearsals and service run-throughs.

- Organized, scanned, and edited (Adobe® Photoshop) up to 150 photos within 5 business days to compile into a polished montage video production.
- Implemented creative problem-solving skills to address technical issues, communication struggles, and interpersonal disagreements.
- Communicated with grieving family members, answering questions, providing additional assistance with submitting photos, and engaging in therapeutic listening.



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PRESENTATIONS

Partial List

MUSIC THERAPY AND END-OF-LIFE CARE

Carilion Health's Bedford Hospice
June 2012

Hospice of Southern West Virginia
Palliative Care Conference
June 2011

Virginia Hospice & Palliative Care Conference
May 2010

Virginia Hospice Volunteer Conference
November 2009

COMBATING COMPASSION FATIGUE

Centra Hospice Staff Retreat
October 2009

IMPROVING TEAM DYNAMICS

Centra Hospice Staff Retreat
May 2008

MUSIC FOR HEALING AND SELF-CARE

Centra Health TBI Support Group
June 2009

Parkinson's Support Group
September 2015

CREATIVE INTERVENTIONS IN THE TREATMENT OF PAIN

Centra Health
October 2011

MUSIC THERAPY WITH OLDER ADULTS

Senior Awareness Day
May 2011

Heritage Green Assisted Living
April 2007

MEDICAL MUSIC THERAPY

Centra Health
June 2011

MUSIC THERAPY & THE GRIEVING PROCESS

Kid's Haven
July 2007

TEACHING EXPERIENCE

PROGRAM INSTRUCTOR

Bower Center for the Arts ♦ Bedford, Virginia ♦ Beginning August 2019
Develop original six-week curriculum teaching "Mindfulness Through Music." Course includes sections on progressive muscle relaxation, mindfulness, meditation, guided imagery, Guided Imagery and Music (GIM), and music and art. All sections are experiential.

PROGRAM FACULTY

Centra Health Faith Community Nursing ♦ Lynchburg, Virginia ♦ March 2010 – March 2017
Developed original curriculum teaching music therapy as a profession and how non-music therapists can use music within their medical clinical work. Numerous experiential components provided including Guided Imagery and Music (GIM), lyric analysis, and music and art.

PRACTICUM SUPERVISOR

University of Louisville ♦ Louisville, Kentucky ♦ August 2001 – August 2004
Taught various improvisation and music styles for clinical use to undergraduate music therapy students. Supervised student-led weekly or twice-weekly sessions. Provided verbal feedback following each session, including student strengths, needs, and clinical recommendations.

- Supervised up to 4 students per semester.
- Completed written report for each student at the end of each semester detailing overall strengths and needs and providing and suggested grade.
- Selected as University of Louisville Adjunct Faculty for first Clinical Improvisation course.

MUSIC THERAPY PRACTICA

MONTGOMERY COUNTY BOARD OF DEVELOPMENTAL DISABILITIES

Senior-Level ♦ Dayton, Ohio ♦ January – April 1999
Led individual sessions with a 31-year-old male with intellectual disabilities and autism. Co-lead group sessions with eight adults with intellectual disabilities (ages 20-60).

CHILDREN'S MEDICAL CENTER

Senior-Level ♦ Dayton, Ohio ♦ September – December 1998
Conducted individual and group sessions with hospitalized children with respiratory disorders.

TWIN VALLEY PSYCHIATRIC SYSTEM, DAYTON CAMPUS

Junior-Level ♦ Dayton, Ohio ♦ September – December 1997
Conducted group sessions with psychiatric patients (ages 25-65) with a variety of illnesses such as schizophrenia, bipolar disorder, depression.

MANORCARE HEALTH SERVICES

Sophomore-Level ♦ Centerville, Ohio ♦ January – April 1997
Conducted small to large group sessions (2 to 20 group members) with geriatric patients with Alzheimer's and other related dementias.

PATTERSON-KENNEDY ELEMENTARY SCHOOL

Sophomore-Level ♦ Dayton, Ohio ♦ September – December 1996
Conducted Adventures in Movement sessions with a group of eight children with severe to profound hearing loss (ages 5-7).