

ANASTASIA CANFIELD, MM, MA, MT-BC, LPC, NCC

12341 E Cornell Ave

Aurora, Colorado 80014

Anastasia.MTBC@gmail.com | (720) 780-0111 | www.CreativeRemediesLLC.com

PROFESSIONAL EXPERIENCE

Creative Remedies, LLC

Aurora, Colorado

February 2019 – Present

Owner/Operator, Clinical Director, Clinical Supervisor, Practice Manager, Therapist, Educator

ASTER Women's Chorus

Broomfield, Colorado

January 2023 – April 2023

Piano Accompanist

Freelance Professional Music

Various locations

February 2013 – Present

Performer, Composer, Arranger

Seattle Cascades Drum & Bugle Corps

Spokane, Washington

October 2021 – Present

High brass instructor & Mental health advocate/member mentor

Bear Creek High School

Lakewood, Colorado

October 2021 – Present

Brass section coach & Visual instructor

Northwestern University

Evanston, Illinois

December 2019 – September 2020

Graduate assistant & Counseling skills mentor/coach

Colorado Mental Health Institute at Fort Logan

Denver, Colorado

November 2016 – March 2019

Clinical Therapist

Highlands Behavioral Health System

Littleton, Colorado

March 2016 – November 2016

Experiential Therapist, Music Therapy specialty

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Rocky Mountain Music Therapy Services

Longmont, Colorado

January 2016 – May 2023

Music Therapist/Social Media Coordinator/Webmaster/Clinical Training Supervisor

Colorado Mental Health Institute at Fort Logan

Denver, Colorado

January 2016 – November 2016

Mental Health Clinician

Weld RE-4 School District – Windsor High School

Windsor, Colorado

June 2015 – March 2017

Assistant Marching Band Director

Pacific Crest Youth Arts Organization

Diamond Bar, California

October 2013 – August 2014, October 2018 – August 2021

Brass Instructor

Melissa Independent School District

Melissa, Texas

January 2012 – May 2013

French Horn Instructor & Marching Band Technician

Farmersville ISD

Farmersville, Texas

August 2009 – December 2009

District horn instructor, Visual coach, Marching band technician

Leonard ISD

Leonard, Texas

October 2008 – May 2013

District horn instructor, Visual coach, Marching band technician

Princeton ISD

Princeton, Texas

August 2006 – May 2010

District horn instructor, Visual coach, Marching band technician, Substitute teacher (elementary & middle schools)

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Other/Independent Music Lessons

Various locations

August 2006 – February 2019

Lessons in Piano, horn, conducting, guitar, music theory

EDUCATION – Degrees

Purdue University Global

West Lafayette, Indiana

* DHSc (in progress), Health Sciences

Northwestern University

Evanston, Illinois

* MA (2020), Clinical Mental Health Counseling

Graduate Assistant

Colorado State University

Fort Collins, Colorado

* MM (2016), Music Therapy

Texas Woman's University

Denton, Texas

* BA (2013), Music

EDUCATION – Certificates

Sacred Heart University

Fairfield, Connecticut

* Graduate Certificate in Play Therapy (2023)

Cornell University

Ithaca, New York

* Psychology of Leadership Certificate (2019)

CERTIFICATIONS

- Certification Board for Music Therapists, #12291
- Department of Regulatory Agencies, State Board of Professional Counselors, LPC.0018860
- National Board of Certified Counselors, #1547036

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PROFESSIONAL MEMBERSHIPS

American Counseling Association
Association of Counseling Sexology & Sexual Wellness
Colorado Musicians Union (Womxn's Committee Leader)

PUBLICATIONS

Canfield, A. (2023). [Review of the book *Trauma-informed music therapy*, by L. E. Beer & J. C. Birnbaum]. *Music Therapy Perspectives*.

Canfield, A. (2022). [Review of the book *Ethical thinking in music therapy (2nd ed.)*, by C. Dileo]. *Approaches: An Interdisciplinary Journal of Music Therapy*.

Schubert, A., Keown, T. L., Canfield, A., Richards, S., Franzen, M., & Gerstein, S. (2022). "Yes, we can and we will!" Sexuality in later life. In A. M. Schubert & M. Pope (Eds.). *Handbook for human sexuality counseling: A sex positive approach*. (pp. 245-258). Alexandria, Virginia: American Counseling Association.

SCHOLARLY PURSUITS

Conference Attendance & Presentations

- Colorado Counseling Association Conference (2023)
presenter
- American Music Therapy Association National Conference (2010-2014, 2016, 2018)
presenter
- Midwest Region American Music Therapy Association Conference (2015-2018)
exhibitor & presenter
- Southwest Region American Music Therapy Association Conference (2011-2013)
exhibitor

“Music Therapy versus the Use of Music in Therapy: Decreasing Potential for Harm, When to Consult a Music Therapist, & Resources to Use in Practice”

“Cultivating Cultural Awareness and Competency in Music Therapy”

“Neurobiological and Neurochemical Processing of Music Stimuli: A Guide for Clinical Application”

“Combating the ‘Impostor Syndrome’ in Music Therapy Students and Professionals”

“Cultivating Cultural Awareness and Competency in Music Therapy”

“Combating the ‘Impostor Syndrome’ in Helping Professionals”

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“Combating the ‘Impostor Syndrome’ in Music Therapy Students and Professionals”

“Psychiatric Music Therapy: Recovery-Oriented and Interdisciplinary Perspectives”

VOLUNTEER EXPERIENCE

Various Music Festivals

- Punk Rock Saves Lives Festival
- SKA Party at Town Hall Collaborative
- Lafayette Music Festival
- RiNo Showcase
- LoHi Pride Festival

Periodically through 2022 – present

Mental Health Consultant/Screener

365 Health Fair

- Denver
- Fort Collins

Periodically through 2019 – present

Mental Health Consultant/Screener

Colorado Mental Health Institute at Fort Logan

November 2014 – June 2015

Lobby Pianist, Assistant to Music Therapist

Mountain Crest Behavioral Health Clinic

January 2015 – June 2015

Student Music Therapist

Colorado State University Campus Corps

October 2014 – May 2015

Student Music Therapist, Mentor

Colorado State University Counseling Center

January 2015 – May 2015

Student Music Therapist

Respite, Inc

January 2014 – May 2015

Music Volunteer

Golden Peaks Center

October 2013 – December 2013

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Music Volunteer

Denton State Supported Living Center

September 2009 – May 2013

Music Volunteer

Villa Asuncion Independent & Assisted Living Center

December 2007 – May 2013

Music Volunteer

Denton County Juvenile Detention Center

February 2012 – June 2012

Volunteer Music Instructor

Zimbabwe Wesleyan Church

January 2011-April 2011

Music Director & Accompanist