ANASTASIA CANFIELD, DHSc, LPC, NCC, MT-BC, RPT ™, ASDCS
5194 S Netherland Way
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Anastasia.MTBC@gmail.com | (972) 979-4615

PROFESSIONAL EXPERIENCE

Creative Remedies, LLC
Aurora, Colorado
February 2019 – Present
Director, Clinical Supervisor, Practice Manager, Therapist, Educator
Clientele: Ages 3+ with varying disabilities, trauma, and mental health concerns
Mental Health Counseling
Music Therapy
Play Therapy
Expressive Arts Therapy
Adaptive/Therapeutic Music Lessons
Traditional Music Lessons

- Colorado Music Hall of Fame endorsed practice for music industry professionals – Keep The Beat program
- Partnerships: The Inclusive Denver, Joining Community Forces, Punk Rock Saves Lives, Augustana Arts, Women's Bean Project, Colfax Community Network, St. Francis Center
- Clinical training site for Music Therapists, Counselors, and Psychiatric Nurse Practitioners

HCA Health One Mental Health and Wellness Center
Aurora, Colorado
February 2026 – Present
Licensed Mental Health Professional III

- Provides evidence-based clinical, processing, and expressive group therapies for mental wellness and recovery
- Assesses patient needs and mental status and communicates clinical findings to treatment team for wrap-around support while in the hospital and upon discharge
- Performs ongoing risk assessment for suicidal ideation, homicidal ideation, and grave disability to triage to appropriate level of care

ASTER Women's Chorus
Broomfield, Colorado
January 2023 – April 2023
Piano Accompanist

- Demonstrated sight-reading mastery
- Assisted with choral sectionals, warm-up sequences, and individual singer support

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Freelance Professional Musician
Various locations
February 2013 – Present
Performer, Composer, Arranger

- IMDb credits as a composer and arranger for fiction short films and "Drive By Memories" – documentary on the life of actor Daniel Villarreal
- Original song "An Evening In Spring" featured by Colorado Music Hall of Fame for Mental Health Awareness Month (2024)

Seattle Cascades Drum & Bugle Corps
Spokane, Washington
October 2021 – August 2023
High brass instructor & Mental health advocate/member mentor

- Led development of a mental health screening for corps members' wellbeing

Bear Creek High School
Lakewood, Colorado
October 2021 – September 2023
Brass section coach & Visual instructor

- Led brass sectionals, warm-up sequences, French horn sub-sectionals, and visual technique

Northwestern University
Evanston, Illinois
December 2019 – September 2020
Graduate assistant & Counseling skills mentor/coach

- Facilitated weekly counseling skills coaching group
- Held office hours for additional counseling skill support
- Supported instructor in synchronous class with demonstrations, case presentations, and break-out rooms to support student learning
- Developed Introduction to Play Therapy course outline

Colorado Mental Health Institute at Fort Logan
Denver, Colorado
November 2016 – March 2019
Clinical Therapist
Clientele: Ages 18-64 with severe and persistent mental illness

- Served as unit manager responsible for implementing programs on assigned unit and throughout hospital such as quarterly open mics, guitar maintenance, and staff wellness
- Supported development of tech literacy through hosting bi-weekly computer office hours to help patients learn how to utilize technology for educational, vocational, and health-seeking behaviors

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Highlands Behavioral Health System
Littleton, Colorado
March 2016 – November 2016
Experiential Therapist, Music Therapy specialty
Clientele: Ages 8+ with various mental health concerns

- Developed individual creative therapy service delivery program

Rocky Mountain Music Therapy Services
Longmont, Colorado
January 2016 – May 2023
Music Therapist/Social Media Coordinator/Webmaster/Clinical Training Supervisor
Clientele: Ages 3+ with varying disabilities and mental health concerns

- Pioneered Music Therapy clinical training program
- Provided webmaster services including blogging, writing copy, and managing social media accounts

Colorado Mental Health Institute at Fort Logan
Denver, Colorado
January 2016 – November 2016
Mental Health Clinician

- Developed evening mindfulness group to assist in relaxation to reduce agitation before patients' bedtime

Weld RE-4 School District – Windsor High School
Windsor, Colorado
June 2015 – March 2017
Assistant Marching Band Director

- Facilitated sectionals and sub-sectionals across the wind section of the band
- Created choreography and body movement for ensemble
- Served as a chaperone on band trips including competitions and trip to Hawai'i
- Taught music from score and assisted with arranging

Pacific Crest Youth Arts Organization
Diamond Bar, California
October 2013 – August 2014, October 2018 – August 2021
Brass & Visual Instructor

- Facilitated sub-sectionals and individual lessons
- Supported sectionals and ensemble rehearsals through on-field instruction

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Melissa Independent School District
Melissa, Texas
January 2012 – May 2013
District French Horn Instructor & Marching Band Technician

- Provided private instruction to middle school and high school French horn students
- Supported marching band rehearsals through on-field instruction
- Served as a chaperone on band trips to football games and competitions

Denton County Juvenile Detention
Denton, Texas
January 2012 – June 2012
Piano Instructor & Music Program Co-Developer

- Developed music outreach program for juvenile offenders alongside staff Music Therapist
- Volunteered to provide group piano lessons twice weekly at the juvenile facility as incentive and extracurricular for the juvenile offenders

Farmersville ISD
Farmersville, Texas
August 2009 – December 2009
District French Horn instructor, Visual coach, Marching band technician

- Provided private instruction to middle school and high school French horn students
- Supported marching band rehearsals through on-field instruction
- Served as a chaperone on band trips to football games and competitions

Leonard ISD
Leonard, Texas
October 2008 – May 2013
District French Horn instructor, Visual coach, Marching band technician

- Provided private instruction to middle school and high school French horn students
- Supported marching band rehearsals through on-field instruction
- Served as a chaperone on band trips to football games and competitions

Princeton ISD
Princeton, Texas
August 2006 – May 2010
District horn instructor, Visual coach, Marching band technician, Substitute teacher (elementary & middle schools)

- Provided private instruction to middle school and high school French horn students
- Supported marching band rehearsals through on-field instruction
- Served as a chaperone on band trips to football games and competitions
- Taught elementary and middle school classes as a district substitute teacher

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Other/Independent Music Lessons
Various locations
August 2006 – February 2019
Lessons in Piano, horn, conducting, guitar, music theory

- Provided private instruction to middle school and high school on various instruments, conducting, and music theory

EDUCATION – Degrees

Purdue University Global
West Lafayette, Indiana

- DHSc (2025), Health Science – Global Health
  Dissertation/Doctoral Project: A Workshop for Music Therapy Intern Success: Reducing Music Performance Anxiety in the Music Therapy Intern
  Study focus: Global Health, Health Leadership, Health Equity, Grant Writing for Health Projects, Program Development for Public Health Projects

Northwestern University
Evanston, Illinois

- MA (2020), Clinical Mental Health Counseling
  Graduate Assistant
  Thesis/Capstone Project: Music Performance Anxiety: Impact, Manifestation, and Counseling Perspectives
  Study focus: Interpersonal Neurobiology, Trauma-Informed Psychotherapy, Psychopharmacology, Differential Diagnosis

Colorado State University
Fort Collins, Colorado

- MM (2016), Music Therapy
  Awarded by comprehensive exam
  Study focus: Neurologic Music Therapy, Psychodynamic Music Therapy, Music Therapy Program Development

Texas Woman's University
Denton, Texas

- BA (2013), Music
  Final/Senior Project: Inspiration, Reflections, & Analysis: Neokosmos: A Tribute to Bartók
  Study focus: Piano Performance, Composition, French Horn Performance, Folk Instruments

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EDUCATION – Certificates

Sacred Heart University
Fairfield, Connecticut
- Graduate Certificate in Play Therapy (2023)
  Qualification for Registered Play Therapist ™ distinction

Cornell University
Ithaca, New York
- Psychology of Leadership Certificate (2019)

CERTIFICATIONS

- Department of Regulatory Agencies, State Board of Professional Counselors, LPC.0018860 (Colorado) with supervisory privilege
- National Board of Certified Counselors, Nationally Certified Counselor #1547036
- Certification Board for Music Therapists, Board-Certified Music Therapist #12291 with supervisory privilege
- Association for Play Therapy, Registered Play Therapist ™ T6362
- Evergreen Certifications, Autism Spectrum Disorder Clinical Specialist

PROFESSIONAL MEMBERSHIPS

- Midwest Region American Music Therapy Association (Reimbursement Committee Chair)
- 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.

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SCHOLARLY PURSUITS

Guest Lectures

- Neuro-Affirming Approaches in Music Therapy (2026, Alverno College)
- Graduate Music Therapy Practicum Skills (2025, Augsburg University)
- Undergraduate Music Therapy Practicum Skills (2025, Augsburg University)
- Music Therapy Ethics (2025, Florida International University)
- Polyamorous Identities (2024, Central Methodist University)
- Acceptance and Commitment Therapy (2023, East Texas State University)
- Introduction to Play Therapy (2023, Wartburg College)
- Combating the 'Impostor Syndrome' in Helping Professionals (2018, CMHI Student Didactics)
- Psychiatric Music Therapy (2015, Colorado State University)

Conference/Professional Meeting Attendance & Presentations

- Colorado Counseling Association Conference (2026)

presenter

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

- Get Outta Your Booth Voiceover Conference (2026)

presenter

"Do It Scared: Overcoming Creative Paralysis"

- Midwestern Region of the American Music Therapy Association Conference (2026)

presenter

1) "Ethical Decision-Making and Reasoning in Music Therapy"
2) "Creative Accessibility: Designing Inclusive Programs for ASD/IDD Across the Lifespan"
3) "Music Performance Anxiety: Barrier to Clinical Practice"
4) "Songwriting/Composition as a Tool within Music Therapy"

- The New England Region of the American Music Therapy Association Conference (2026)

presenter

1) "More Than Stage Fright: Music Performance Anxiety as an Occupational Health Hazard in Music Therapy"
2) "Ethical Decision-Making and Reasoning in Music Therapy"

- Mid-Atlantic Region of the American Music Therapy Association Conference (2026)

presenter

"More Than Stage Fright: Music Performance Anxiety as an Occupational Health Hazard in Music Therapy"

- Mid-Atlantic Region of the American Music Therapy Association Conference (2026)

presenter

"Ethics: Not Just a Buzzword: Ethical Decision-Making in Music Therapy"

- Innovation: Student Music Therapy Conference (2026)

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presenter & subject matter expert panelist

1) "Music Therapy to Address Mental Health Concerns"
2) Music Therapist Q&A Subject Matter Expert Panel

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- Online Conference for Music Therapy (2026)

presenter
"Music Performance Anxiety as an Occupational Health Hazard in Music Therapy"

- The Chicago School of Professional Psychology Online Continuing Education (2025)

presenter
"Music Therapy versus the Use of Music in Therapy"

- Emily Griffith Technical College Professional Development Day (2025)

guest speaker/presenter
"Trauma-Informed Care in Education"

- Get Outta Your Booth Inaugural Voiceover Conference (2025)

presenter
"Understanding & Combating Creative Impostor Syndrome"

- University of Colorado Anschutz Neurology Creative Unwind for Lewy Body Dementia (2025)

presenter & demonstrator
"Overview of Music Therapy & Play Therapy Applications with Lewy Body Dementia"

- Parkinson's Pointe Emotional Wellbeing Symposium (2024)

exhibitor & presenter
"Neurologic Music Therapy in Parkinson's Care"

- Western Region American Music Therapy Association Conference (2024)

presenter
"Ethical Decision-Making & Reasoning in Music Therapy"

- Midwest Region American Music Therapy Association Conference (2024)

presenter
"Ethical Decision-Making & Reasoning in Music Therapy"

- Colorado Counseling Association Conference (2023)

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

- American Music Therapy Association National Conference (2010-2014, 2016, 2018)

presenter
1) "Cultivating Cultural Awareness and Competency in Music Therapy"
2) "Neurobiological and Neurochemical Processing of Music Stimuli: A Guide for Clinical Application"
3) "Combating the 'Impostor Syndrome' in Music Therapy Students and Professionals"

- Midwest Region American Music Therapy Association Conference (2018)

exhibitor & presenter
1) "Cultivating Cultural Awareness and Competency in Music Therapy"
2) "Combating the 'Impostor Syndrome' in Music Therapy Students and Professionals"

- Midwest Region American Music Therapy Association Conference (2015)

presenter
"Psychiatric Music Therapy: Recovery-Oriented and Interdisciplinary Perspectives"

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- Southwest Region American Music Therapy Association Conference (2011-2013) *exhibitor*

VOLUNTEER EXPERIENCE

Peer Reviewer
- Voices: A World Forum For Music Therapy (2026-present)

Clinical Supervision
- Counseling Internship Supervisor (2026-present)
- Psychiatric Mental Health Nurse Practitioner Counseling Preceptor (2024-present)
- Music Therapy Service Learning, Practicum, Internship Supervisor (2016-present)

Various Music Festivals
- Punk Rock Saves Lives Festival
- SKA Party at Town Hall Collaborative
- Lafayette Music Festival
- RiNo Showcase
- LoHi Pride Festival
- Ska Fest at Seventh Circle Music Collective

Periodically through 2022 – present
Mental Health Consultant/Screener

365 Health Fair
- Denver
- Fort Collins

Periodically through 2019 – 2021
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

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Student Music Therapist

Respite, Inc
January 2014 – May 2015
Music Volunteer

Golden Peaks Center
October 2013 – December 2013
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