

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

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

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

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

Clientele: Ages 18-64 with severe and persistent mental illness

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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

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

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

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August 2006 – May 2010

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

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 – Global Health

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)

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CERTIFICATIONS

- Registered Play Therapist, T6362
- Certification Board for Music Therapists, #12291
- Department of Regulatory Agencies, State Board of Professional Counselors, LPC.0018860
- National Board of Certified Counselors, #1547036

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

- Western Region American Music Therapy Association Conference (2024)
presenter
- Midwest Region American Music Therapy Association Conference (2024)
presenter
- 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

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“Ethical Decision-Making & Reasoning in Music Therapy”

“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”

“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/Screeener

365 Health Fair

- Denver
- Fort Collins

Periodically through 2019 – present

Mental Health Consultant/Screeener

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

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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

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