



# therapy times

## MOST INFLUENTIAL

### Therapy Times' 2008 Most Influential Recognizing the movers and shakers in the therapy industry

12.08.08



*Whether in the nutrition, occupational, physical, respiratory, pediatric, nursing, music, auditory or speech therapy professions, the 2008 **therapy times** most influential therapists have one thing in common: an unbridled passion for therapy and an unquenched dedication to the highest quality of patient care possible. **therapy times** is proud to present this year's list of clinicians, researchers, and leaders who have demonstrated the drive, character, and integrity deserving of the title, "Most Influential".*

#### Music Therapy

**Rick Soshensky, MA, LCAT, MT-BC, NRMT, CBIS**

**Evoking Self-Awareness Through the Arts**

**As a board-certified music therapist with 16 years of experience, Rick Soshensky, MA, MT-BC, NRMT, CBIS, has had more than his share of experience in working with developmental disabilities, emotional/behavioral disturbances, and traumatic brain injury. As director of the Fine & Performing Arts Department of the Northeast Center for Special Care Soshensky is putting that familiarity to good use.**



**At NCSC, serving adults with traumatic brain and spinal cord injuries, Soshensky has combined a variety of clinical arts theoretical perspectives into a single effective model. Utilizing artistic production, such as recording original music, writing poetry, fine art exhibitions, and public performances, Soshensky's program evokes creativity from the most primitive and emotional regions of the brain, so that even individuals with extremely damaged cognition, communication, and social ability can surmount these barriers through the arts.**

**In this program, individuals begin to make the psychosocial shift from disability to ability. In clinical examinations of their songs, poems, visual artwork, as well as numerous personal interviews and written reflections, participants were less likely to regard themselves as disabled, but instead view themselves as active, creative individuals. Deficits in motivation, social integration, and self-awareness were also not evident in the artistic pieces.**



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