

**Rick Soshensky M.A., LCAT, MT-BC, CBIS, NRMT**  
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**[www.HVCATS.org](http://www.HVCATS.org)**

### **Professional Summary**

**Music Therapist since 1992 in diverse Clinical and Academic Settings**

- **Designed, Developed and Implemented Programs**
- **Directed Departments and Managed Staff**
- **Supervised and Trained New Employees and Student Interns**
- **Treated Children, Adolescents and Adults with diagnoses involving: Mental Illness, Developmental & Intellectual Disabilities, Autistic Spectrum, Substance Abuse, Emotional & Behavioral Disturbances, Traumatic Brain Injury, Forensic Psychiatry, Physical Disabilities, Medical Conditions, Spinal Cord Injury, Neurological Disorders, HIV/AIDS, Dementia**

### **Awards**

- **Therapy Times Magazine's "Most Influential Clinicians, Researchers & Leaders in the Therapy Industry, 2008-09"**
- **"Innovative Practice Award" by the New York State Health Facilities Association(NYSHFA), 2007**

### **Notable Achievements**

- **Adjunct Professor at SUNY New Paltz & Molloy College.**
- **Many published journal articles, web features and textbook chapters**
- **Lecture credits at universities, clinical facilities, seminars and conferences, including medically oriented ones that previously did not include creative arts representation**
- **Profiled and Interviewed in numerous national and local print, radio and web media features**
- **Pioneered Clinical Guitar Technique and Theory at the world renowned, primarily piano-based, Nordoff-Robbins Center for Music Therapy at New York University**
- **Initiated and Facilitated Prominent Community Music Therapy Events including client performances in professional settings as well as music video production and CD release of original client music w/airplay on major radio stations**

## **Professional Positions**

**Founder/Director** 8/09 - Present

**Hudson Valley Creative Arts Therapy Services, Inc.**

Community-based organization providing creative arts therapy services (music, art, dance, creative writing, film) for children, adolescents and adults with disabilities, emotional/behavioral problems or other significant challenges.

**Adjunct Professor of Music Therapy** 8/11 - Present

**State University of New York at New Paltz**

**Molloy College**

**Director: Fine & Performing Arts Therapies Department** 8/05 - 7/09

**Northeast Center for Special Care, Lake Katrine, NY**

Post-Acute Rehabilitation Facility serving adults with brain injuries, spinal cord injuries and other complex medical conditions

**Clinical Supervisor/Music Therapist** 1/94 – 6/06

**Heartsong, Inc. Bronxville, NY**

Creative Arts Therapy Program for children w/ developmental and physical disabilities

**Senior Music Therapist** 8/99 - 8/05

**Jacobi Medical Center, Bronx**

Psychiatric Day Treatment Program and Outpatient Psychotherapy Clinic for children, adolescents and adults coping with psychiatric/emotional disturbances and multiple stressors involving medical problems, poverty, family violence, addiction, child abuse/neglect

**Consulting Music Therapist (at settings listed below)** 11/98 - 8/99

**Sara's Center, Great Neck, NY**

Creative Arts Therapy Day Treatment for adults with psychiatric illness

**Birch School for Exceptional Children, Queens, NY**

Special Education for children/adolescents with developmental and emotional disorders

**P.S. 4, Brooklyn, NY**

Public Special Education for children (5 – 12) with developmental disabilities

**Music Therapist/Creative Arts Therapy Staff Supervisor** 10/97 – 11/98

**Kings County Hospital Center, Brooklyn, NY**

Assigned to MICA and Alcoholism Day Treatment Programs, Detox Unit, Forensic Unit

**Music Therapist/Program Director** 6/95 – 10/97

**South Brooklyn Health Center, Brooklyn, NY**

Day Treatment Program serving adults with HIV/AIDS and substance abuse issues

**Music Therapist** 1/92 – 8/94

**Center for Nursing and Rehabilitation, Brooklyn, NY**

Day Treatment Program serving adults with dementia diagnoses

## **Degrees and Certifications**

**New York State Licensed Creative Arts Therapist - LCAT (2011)**

**American Academy for the Certification of Brain Injury Specialists - CBIS (2008)**

**Certification Board for Music Therapists - MT-BC (2006)**

**Nordoff-Robbins Center for Music Therapy Certification (level I) - NRMT (2002)**

**American Association of Music Therapists - CMT (1995)**

**New York University M.A. in Music Therapy (1995)**

**State University of Buffalo B.A. in Psychology (1978)**

## **Published Articles**

**Soshensky, R. (2011). Everybody is a star: Performing, recording and community music therapy. Music therapy perspectives. Vol. 29 (1).**

**Soshensky, R. (2010). Music: The language of well being. McKnight's long-term care news. <http://www.mcknights.com/> July 6.**

**Soshensky, R. (2010). Book Review: Every note counts. Music therapy perspectives: Fall/Winter issue.**

**Soshensky, R. (2008). Releasing a cd of original client music to the public as an aspect of brain injury treatment: A contemporary music therapy perspective. Brainline.org**

**Soshensky, R. (2008). Music therapy after brain injury. Lash & associates publishing website; lapublishing.com**

**Soshensky, R. (2007). Musical community: Music therapy at Northeast Center for Special Care. Northeast Center for Special Care Newsletter. January.**

**Soshensky, R. (2007). Substance use disorders. In C. Colwell & B. Crowe, (Eds.) Best practices in music therapy with psychiatric disorders: Children, adolescents and adults. Colesville, MD: American Music Therapy Association**

**Soshensky, R. (2007). Children with emotional disturbances. In C. Colwell & B. Crowe, (Eds.) Best practices in music therapy with psychiatric disorders: Children, adolescents and adults. Colesville, MD: American Music Therapy Association**

**Soshensky, R. (2005). Developing a guitar-based approach in Nordoff-Robbins Music Therapy. Music therapy perspectives: vol. 23 (2)**

**Soshensky, R. (2005). Book Review: Therapy in music with handicapped children (reissue). Nordic journal of music therapy. March 4**

**Soshensky, R. (2004). Book Review: Action therapy with families and groups. Music therapy perspectives: 22(1)**

**Soshensky, R. (2002). The guitar in Nordoff-Robbins: A balance of tradition and potential. Musicing: The newsletter of the international association of Nordoff-Robbins musictherapists**

**Soshensky, R. (2001). Music therapy and addiction. Music therapy perspectives: 19 (1).**

## **Selected Lecture Topics Presented by Rick Soshensky at Universities, Clinical Facilities, Seminars and Conferences**

**Music Therapy and Addiction**

**A Guitar-Based Approach in Nordoff-Robbins Music Therapy**

**Music Therapy for Related Professionals (i.e. - teachers, psychologists)**

**Clinical Songwriting**

**Music Therapy with Emotionally Disturbed Children**

**Music Therapy with Children with Disabilities**

**The Community Arts Model: Creating a Culture of Healing and Well-Being**

**Music Therapy in Post-Acute Rehabilitation Following Brain Injury**

## **Print, Radio & Web Media Featuring the Work of Rick Soshensky**

- ***"Music Heals"* - Family Ties: The Newsletter of Family of Woodstock, Dec. 2011**
- ***Interview w/ Rick Soshensky, on the "Feel Good Friday Show" on Kingston Community Radio hosted by Tony Marmo, Nina Postupack & Lou Kirshner. WGHK-AM. July 30, 2010.***
- ***"Traumatic Brain Injury: Healing with Creativity"* Feb. 22, 2009 on "The Health Show," National Public Radio (NPR)**
- ***"Adding Music to the Mix"* - Therapy Times, Dec. 15, 2008**
- ***New York University Alumni News - Outstanding Alumni Profiles, Dec. 2008***
- ***NYU/Nordoff-Robbins Center Web News, Dec. 2008***
- ***"Rick Soshensky: Evoking Self-Awareness Through the Arts"* - Therapy Times' Annual List of Most Influential Clinicians, Researchers & Leaders, Nov. 2008**
- ***"Good Thinking"* - HV Biz, (Hudson Valley Business Online Magazine) Nov. 17, 2008**
- ***Interview Rick Soshensky, on "Anything Goes!" Internationally Syndicated Radio - Oct. 2008***
- ***"Fine Arts a Tool in Recovery from Traumatic Brain Injury"* -Today's Advocate, Oct. 2008**
- ***"Let the Music Heal Your Soul" (cover story) - Ulster Publishing's Annual Guide to Mid-Hudson Health Services, Aug. 2008***
- ***"Performing Health"* - Woodstock Times, Nov. 2007**
- ***Interview with Rick Soshensky on "The Morning Show with Greg Gattine, WDST-FM Woodstock. Nov. 5, 2007***
- ***"Guitar in Nordoff-Robbins: A New Tradition"* - in Musicing: The Newsletter of the International Association of Nordoff-Robbins Music Therapists, June 2006**