An Introduction to The Rebecca Center for Music Therapy

Our Mission
Our mission at The Rebecca Center is to use interactive music therapy interventions to facilitate relatedness, communication, and thinking while removing physical and cognitive barriers that prevent children with developmental challenges from engaging in essential social interactions and life processes.

Core Values
Music and the relational experiences intrinsic to musical-play are therapy when applied clinically. Interactive musical experiences can help a child with developmental challenges in many ways; fulfill the need to interact, socialize, communicate, achieve, learn and improve physicality. Musical-play can provide the unique experience of integrating multiple sensory stimuli simultaneously, facilitating self-regulation and sensory modulation. Musical-play can also generate effective interactions that foster reciprocity and creative thinking.

Changing Lives
Programs at The Rebecca Center for Music Therapy at Molloy College are aimed at discovering the unique potential in every child through interactive musical-play, in order to facilitate engagement, relatedness, communication, and thinking. In creating a non-judgmental, musically and emotionally supportive therapeutic atmosphere, the child can discover emotional and behavioral self-regulation through engaging in interactive musical-play.

The Newsletter
The purpose of this newsletter is to share events, publications and programs involving staff and members of The Rebecca Center for Music Therapy at Molloy College, while uniting parents, educators and therapists in the mission of serving their communities through music therapy services.

Meet the Staff

John A. Carpente, Ph.D., MT-BC, LCAT
Founder and Director of The Rebecca Center

Jill Lucente, MS, MT-BC, LCAT
Program Coordinator, Music Therapist

Jesse Asch, MT-BC
Music Therapist

Suzanne Sorel, DA, MT-BC, LCAT
Associate Dean and Director of Graduate Music Therapy at Molloy College

Gabriela Ortiz, MS, MT-BC
Senior Clinician, Music Therapist

Stephanie Cestaro
Administrative Assistant

Laura B. Kestemberg, Ph.D., Clinical Director

Laura DeGenaro, M.S.
Clinical Coordinator

Diana Abourafeh
Administrative Assistant

For more information visit us online at: www.therebeccacenter.org or contact us at: 516.323.3324
Our music therapy clinicians, Jesse Asch, MT-BC, Jill Lucente, MS, MT-BC and Gabriela Ortiz, MS, MT-BC presented a continuing education workshop at the Regional Music Therapy Association Conference this past March, in Scranton, Pennsylvania. The presentation examined and explored the particular story of The Journey of the Noble Gnarlbe, an original clinical composition, and how it was used with a group of children at The Rebecca Center for Music Therapy at Molloy College.

Originally written by Daniel Errico, The Journey of the Noble Gnarlbe story was adapted with music composed by Jill Lucente, Gabriela Ortiz, and Midori Tsujimoto (previous music therapist at the center) throughout their Post-Graduate Advanced Clinical Certification Training in Nordoff-Robbins Music Therapy at Molloy College.

The presentation involved the participants in actively experiencing The Journey of the Noble Gnarlbe, as well as musical analysis and discussion. Participants were also divided into smaller groups and given the opportunity to compose and create musical themes based on a familiar story.

The therapists hope to publish this work as a piece for use in therapeutic practice within the upcoming year.

Presentation Overview


Clinical Improvisation Through Exploration of Modes (Sorel, S.)


Improvisational Music Therapy & ASD: Clinical Practice & Research (Carpente, J.) Weill Cornell, Center for Autism & the Developing Brain, September 16, 2013

Considering Musical Dimensions in Relationship-Based Work: New Directions in Music Therapy Treatment Planning (Carpente, J., Lucente, J., Ortiz, G., & Sorel, S.) Molloy College Suffolk Center, October 11th, 2013, 8:30 a.m. - 4 p.m.


Publication Overview


“East Rock”: Music Therapy Comes to Long Island School District

Established in December of 2012, The Rebecca Center for Music Therapy at Molloy College began a partnership with the East Rockaway Public School District. This program, known as East Rock, provides adolescents with developmental and emotional challenges the opportunity to participate in group music therapy services. Musical interventions, such as song-writing, recording, and improvisational music making are specifically designed to facilitate group participation, collaboration, shared problem-solving, turning, and negotiating. It is our hope to involve the students in a process-oriented musical experience and, through this, provide them with relational experiences intrinsic to the music making. By doing so, we are tapping into each of the student’s musical sensibilities and potentials, an area that is rarely, if ever, tapped into in traditional education.

The program operates once a week here at the center, during the regular school day, and is contracted for a 20-week agreement. Staff coaching and in-service training are also provided with aims to offer supportive techniques that foster social-emotional development to the students.

We are pleased to introduce this new program and invite you to contact us with comments and questions!

New Program: ¡Musicoterapia!

Given the rapid growth of Long Island’s Latino population and the changing demographics of young children with developmental challenges throughout Long Island, The Rebecca Center for Music Therapy at Molloy College is reaching out to Hispanic children and families with specifically tailored music therapy services.

Leading this program is Briela Ortiz, senior music therapist at The Rebecca Center. Her connection to the Latino community and desire to assist children and families who face challenges due to language barriers and poverty served as the spring board for the development of this program. Thus, The Rebecca Center is taking initiative to provide opportunities for Spanish speaking children and families to receive individual and group music therapy, parent support groups, and parent coaching services.

Musicoterapia, a new music therapy program for Spanish speaking children and their families is now open for enrollment. For details on this program, go to: www.therebeccacenter.org/pages/musicoterapia.html

New Program: MINI MAESTROS!

The Rebecca Center for Music Therapy at Molloy College is proud to re-launch Mini Maestros! Offering quality music therapy services, Mini Maestros! aims to provide developmentally interactive music-based programs for children from birth to 3 years of age with their parents and/or caregivers within a group setting.

Musical activities including songs, instrumental play, and movement are utilized to foster learning, interaction, and social-emotional development. Children also have the opportunity to engage in spontaneous music-making, motivating each child and expanding upon his/her natural, spontaneous play.

Classes are 45 minutes, once weekly throughout a 10-week schedule.

To register for our classes or for more information, please contact us at 516.323.3324

“My son (Jason) and I look forward to coming every week! We find ourselves interacting and singing songs together in the car and at home. It’s the highlight of his and my week!” -Amy (proud mom of 2 year old boy)
Writing in the Key of: IMCAP-ND, A Clinical Manual

“Writing in the Key of” is a column dedicated to recently published or up and coming literature that presents a significant contribution to the field of music therapy and/or related health care professions. This particular edition will focus on the IMCAP-ND.

Published by The Rebecca Center's own, John A. Carpenter Ph.D., MT-BC, LCAT, the Individual Music-Centered Assessment Profile for Neurodevelopmental Disorders (IMCAP-ND) is a method for observing, listening, and rating musical emotional responses, cognition and perception, preferences, perceptual efficiency, and self-regulation in individuals with neurodevelopmental disorders. Within musical-play, and a developmental and relationship-based framework, the IMCAP-ND focuses on how clients perceive, interpret, and create music with the therapist as the first step in formulating clinical goals and strategies for working with clients.

The IMCAP-ND includes three easy-to-use rating scales that evaluate clients, from children to adults, at various developmental levels and chronological ages. In addition, it provides the therapist with musical procedures and protocols as well as guiding principles for facilitating the in-session assessment process.

The IMCAP-ND clinical manual includes protocols, supportive intervention procedures, rating scales, intake forms, and an assessment/evaluation report template.

The IMCAP-ND may be used:
- to develop clinical goals and treatment plans
- to musically guide the therapist in working with the client
- to communicate information to parents and healthcare professionals
- as pre- and post test measures to evaluate client progress

“The IMCAP-ND offers the music therapist a developmental and relational framework to understand, assess and promote human development. The “right brain” is given voice in the IMCAP-ND and offers all pediatric disciplines a window into the full range of human drama.”

-Gerard Costa, Ph.D.
Director and Senior Lecturer, Center for Autism and Early Childhood Mental Health, College of Education and Human Services, Montclair State University

The IMCAP-ND proves to be a significant contribution to the field in that it allows the therapist to think musically about goal writing, assessment and evaluation in a more clear and concise manner. The scales help create a musical profile of the client based upon the musical strengths, limitations and preferences, and correlate this musical profile with developmental and social/emotional ways of being.

In addition to the release of this publication, The Rebecca Center for Music Therapy at Molloy College is pleased to present a One-day Conference for Creative Arts Therapists, Health Care Professionals, Artists, Musicians, students, and those involved in the Humanities. The purpose of this conference will be to explore ideas on understanding musical dimensions in relationship-based work within the context of the Individual Music-Centered Assessment Profile for Neurodevelopmental Disorders (IMCAP-ND).

Considering Musical Dimensions in Relationship-Based Work: New Directions in Music Therapy Treatment Planning

October 11, 2013
8:30 a.m. - 4 p.m.
Molloy College Suffolk Center

For more information, and to register, visit:

New Wave: TIME-A Research Study

The Rebecca Center for Music Therapy at Molloy College is proud to be the sole music therapy site in the United States being funded to participate in an international research study. This study, collaborating with Australia, Austria, Brazil, Denmark, Israel, Korea, Norway, and the United States, is the first well-controlled effectiveness study and largest randomized controlled trial on clinical interventions for autism to date.

This study is funded by the Research Council of Norway, Grieg Academy for Music Therapy Research Centre, Uni Health, and Uni Research and builds upon a collaboration of eight countries worldwide.

The study, which began in September 2012, is open to children ages 4-7 who have been diagnosed with autism spectrum disorder and have no previous experience with music therapy interventions. These participants are randomized into one of three groups, including a non-treatment group, music therapy sessions 1x per week, or music therapy sessions 3x per week. For qualifying participants, services are offered at no charge, including comprehensive assessments, parent counseling, and music therapy sessions.

“The Center is making significant progress on all aspects of the study including the recruitment of a total of 11 children (10 others placed on a wait list)”, said Center Director and United States site manager Dr. John Carpenter.

“We have organized undergraduate and graduate students to assist with filming music therapy and parent counseling sessions, transferring and storing session video as well as archiving the data. As the first round (5 month period) nears completion I would like to thank everyone who has participated in the study for their hard work and commitment, including Jesse Asch, Audra Cerruto, Talita Ferrara, Tal Gur, Jill Lucente, Monica Morello, Gabriela Ortiz, Suzanne Sorel, Alan Wenderoff, Molloy’s music therapy undergraduate and graduate students, and our newest team member, Kimberly Gilberp.”

Since this time, the study has only continued to grow in size and scope, involving additional music therapists at The Rebecca Center, as well as two new clinical psychologists, Laura DeGennaro and Laura Kestemberg. While the second cycle of this Random Control Trial Study is currently underway, The Rebecca Center is continuing to accept inquiries for future rounds of the study.

If you are interested in participating in the study or have any questions, please e-mail the Center at TRCentre@molloy.edu. For more information, visit: therebeccacenter.org/pages/research.html

Further Research:

At just one year into the Randomized Controlled Trial of Improvisational Music Therapy’s Effectiveness for Children with Autism Spectrum Disorders (TIME-A study), a variety of sub-studies have been sparked, in which an increased focus on particular aspects of the study are at play. One such study is the work of Molloy College’s own, Laura Kestemberg.

Her research and clinical interests include developmental and emotional disabilities, their effects on family members, psychological and neuropsychological assessment of children and adults, cross-cultural psychology, psychotherapy and counseling with clients from diverse backgrounds, and supervision and mentoring of psychology students.

Along with her involvement as Clinical Director of the emerging Center for Autism and Child Development, Laura’s sub-study focuses on indexing and further understanding levels of stress in parents of a children with autism.

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**Hello Us in Welcoming!: New Staff at The Rebecca Center**

In conjunction with the center’s many projects, highlighted within the contents of our newsletter, we have welcomed a number of new faces to The Rebecca Center for Music Therapy and its developing Center for Autism & Child Development.

**Diana Abourafeh** is currently an administrative assistant at The Rebecca Center for Music Therapy. Diana is currently enrolled in the undergraduate music therapy program at Molloy College. She is also the President of the Molloy Music Therapy Club and is very active in service to the local community.

Laura De Gennaro, M.S., is currently the Clinical Coordinator for the Center for Autism and Child Development at The Rebecca Center and conducting assessments for the TIME-A International Research Study. She has received her Masters of Science from Hofstra University in School-Community Psychology. She has provided directed services as well as psychological assessments to toddlers, young children, adolescents and adults with Autism Spectrum Disorders. Laura has a broad range of clinical experience and has participated in research with children with Autism and the role of play therapy.

Laura B. Kestemberg, Ph.D., is currently the Clinical Director at the Center for Autism and Child Development. She is a bilingual Spanish-English NYS Licensed Psychologist who received her PhD. in Clinical Psychology and her Masters in Clinical/School Psychology from Adelphi University. She has completed post-graduate work in neuropsychology. Dr. Kestemberg has worked in a variety of clinical settings, including community clinics, hospitals, universities, head injury rehab units, and schools providing psychotherapy and assessment services for 20 years.

Laura began teaching as an Associate Professor at Molloy’s Psychology and Counseling Department in September 2012 and has worked this last year on a proposal to the New York State Education Department for a Masters in Science Program in Clinical Mental Health Counseling. She joined the Center for Autism and Child Development in August of 2013.

Join The Rebecca Center for Music Therapy and Molloy College at this year’s fundraiser for Autism Speaks!

**Walk Now for Autism Speaks: Long Island** will be held at Jones Beach State Park – Field 5, on Sunday, October 6, 2013. For more information and to register, visit: [http://www.walknowforautismspeaks.org/site/](http://www.walknowforautismspeaks.org/site/)

**Serving as Long Island’s premier music therapy provider since 1999!**