Promoting Resilience: The Power of Song

Provided by ANPD/Sigma

Target Audience: All nurses from all specialties

Description: We are living and working in unprecedented times. All the world’s attention has turned towards our work as nurses. We are all facing stress, be it at work, home, or both. Please join us for the Promoting Resilience series to explore strategies to reduce stress and anxiety through mindfulness practice and self-reflection to promote connection, sharing of experiences, and building our resilience.

Promoting Resilience: The Power of Song leverages music as a coping strategy through sharing and processing songs that bring us comfort, using music assisted relaxation techniques, and engaging in purposeful listening to meaningful live music.

Outcome: 65% of participants will report that this session provides information that enhances, validates, or causes a change in practice.

Speakers:

1. Dennis Doherty, MSN, RN, NPD-BC--Dennis Doherty is a board-certified nursing professional development specialist at Boston Children’s Hospital, BCH. He facilitates and oversees nursing orientation and onboarding, coordinates the evidence-based practice mentorship program, facilitates interprofessional leadership development, and manages the organization’s healthy work environment initiative. In an effort to support his colleagues on the frontline at BCH, Dennis led the planning, development, and implementation of the three-part Promoting Resilience Webinar series. This series has been adapted to share with the ANPD and Sigma audience.

2. Brian Jantz, MA, LPMT, MT-BC--Brian Jantz, is an assistant professor of music therapy at Berklee College of Music who has been active as a clinician, practicum site supervisor, course instructor, and researcher for over 20 years. He has extensive experience working and supervising within pediatric medical and psychiatric/substance abuse facilities. Brian is currently involved with research and clinical work at Boston Children’s Hospital on the neurology, hematology, and child psychiatry units.

3. Hannah Foxman, MA, MT-BC--Hannah Foxman graduated Berklee College of Music in 2016 with a bachelor’s degree in Music Therapy and a minor in Psychology. She has been employed and practicing at Boston Children’s Hospital since 2017 and primarily works with patients on the oncology, bone marrow transplant, MICU, and neurology units. Hannah has participated in various research initiatives at BCH that primarily focus on analyzing the clinical application of music in regards to patients who are experiencing psychological distress such as symptoms of pain, anxiety, stress, and depression.