



NAVIGATING ADULTHOOD AND IDD

Episode 12: Gabby Banzon – Music Therapy, Technology, and Community

[00:01:32] **Bonnie:** Welcome back to navigating adulthood in IDD. Today, our guest is Gabby Banzon, who works with adults with disabilities. She's a board certified music therapist like me. So we got another music therapist. Yeah. And you work with adults with disabilities and traumatic brain injury and a residential community. And you also have a lot of projects going on, which we'll make sure to talk about and cover and plug by the end of the episode too.

Gabby: Yeah. You've done your research.

Bonnie: I Googled you. You have a website.

Gabby: I do have a website yes

Bonnie: I was like perfect yourself.

Gabby: There's, here's everything you need to know.

Bonnie: Not every guest I Google [00:02:32] has a website that can help me for my questions.

Gabby: I'm I'm a little, I'm a little obnoxious online. So.

Bonnie: You got presence?

Gabby: I have a presence. Okay. Presence. I'm not an actress. I just have a presence.

Bonnie: Yeah, you're an influencer.

Gabby: Well,

I don't know if I... I don't know. I'm not like click and write and subscribe. I'm not like that.

Bonnie: There's just like content.

Gabby: Yes, it's just, there.

Bonnie: Sweet.

Gabby: Yeah.

Bonnie: Well, would you mind giving us a short introduction? Influencers, one



NAVIGATING ADULTHOOD AND IDD

Gabby: I man, if I ever actually like, if someone says "I'm an influencer," like if that becomes a title, someone just needs to like slap me upside the head.

Cause I do not. I do not want that side. No, that's too much pressure. Like that's so much responsibility.

Bonnie: No, no, I'm just online.

Gabby: I'm just online. I'm just here. Yeah. So you described my job and things I do, but yeah, I'm Gabby, filipino, American music therapist [00:03:32] and creator. Creative collaborators. So I'm playing around with those words. Uh, songwriter, pronouns are she her hers, currently live and work in Atlanta? Yeah. Bonnie you're from,

Bonnie: I am. I don't know if I brought that up on the podcast and I don't even remember.

Gabby: Well, surprise guys Bonnie's from Georgia, but we never met in Georgia. Yeah. So I currently work in Atlanta. I was in Texas though for the past five years.

Studying, getting my masters, but also working. And I think that's it.

Bonnie: Okay. Sweet. Yeah. You have so many projects. I feel like there's a lot of things we could talk about. So we'll get into some of that for sure.

Gabby: Okay, sounds good.

Bonnie: Sweet, to start, what is your work with adults and resident residential homes look like?

Gabby: It's constantly a day, especially during Corona.

Yeah. So by resident homes, it's, it's a campus and there's, [00:04:32] homes based on the level of supports that the residents need. And there's also onsite nursing homes and assisted living centers. So basically the whole premise of this campus is providing support and care from when someone ages out of like child services and until their end of life.

So I started this job during the pandemic, so I, I have an idea of what it is like when there aren't so many precautions and restrictions, but all I know at this campus is what I do now. So what I've gathered is typically when it's not a pandemic, the primary goals are: to foster connection on campus and off campus, and also afford opportunities for and supporting autonomy.



NAVIGATING ADULTHOOD AND IDD

Bonnie: Awesome.

Gabby: Yeah. So we have performance ensembles, and like we [00:05:32] perform in the community, and there's, people coming on to campus as well, doing things with us, like it's just a whole mixed bag of things. I don't really know. I mean, it's good. Like it's, it's, I mean, it's a community and we're in the community and the community comes to us as well.

So it's just. It's cool.

Bonnie: That's cool. What kind of ensembles do you guys do?

Gabby: I, what I have gathered is the choir is the biggest one. And then there's like small, smaller, like groups from the bigger choir ensembles. I should know my terms, smaller ensembles from the bigger choir. And I think. I think at one point there was a band, like a rock band.

My goal is to bring that back. Yeah. So, yeah, I think those were the primary ensembles.

Bonnie: Right. And the other, just kind of the somehow hiatus right now?

Gabby: Yeah. However, we are going to try to do a virtual [00:06:32] choir in a month or two, or try to put something together. So I've done virtual choirs or ensembles before, like editing wise, but the most people that have been in it have been maybe seven at most. So this is going to be a feat, trying to rehearse and combine probably 30 ish people with COVID precautions. So a lot of scheduling, a lot of sanitizing, a lot of it's going to just, it's going to be very interesting, probably going to have to be trial and error for a little bit.

But this choir was a big part of a lot of people's experience in this community. And so they haven't sang together as a choir and in over a year. So to be able to bring that back in some form or fashion will probably, you know, be meaningful in some way.

Bonnie: Yeah. That's so cool.



NAVIGATING ADULTHOOD AND IDD

Gabby: Yeah. Yeah. So typically it's a lot of community [00:07:32] things is what happens on, on and off this campus. Right now, because of the pandemic, there is a lot of restrictions and so they're usually able to choose what they want to be part of and choose what classes. Quote unquote or, or groups they want to be part of, but now they're kind of limited to sticking with their houses. So like they live with people and then they have to go to sessions with people or they live with people and they have to go, come to our program center.

And so, because they're together all the time, it's just, it comes with the same bag as if you're living with some, just anyone living with anyone like you care for each other, but you know, there's arguments, you get sick of each other, you get angry because you're just tired of being in the same place forever.

And while we have a big campus, and people can walk around and stuff like that, it's just difficult. So. It's [00:08:32] what I do now has kind of turned into how do I maintain this community and bring something else where they can focus their energies or gain new coping skills to deal with the stress of being in a pandemic.

So that's a mixture of doing traditional sessions. So, you know, like groups where you're singing, you're creating music games. Watching YouTube music videos and talking about it or playing with apps. And then for individual sessions, creating things, making music, improvising, adaptive lessons. And one thing that I've brought in is, more long-term projects. So that's like, uh, making campus-wide music videos, or group videos with the smaller classes, also doing what we call our radio station, which is basically a [00:09:32] podcast. And we could do that in small, small form where we just ripped songs off of YouTube that they like and talk about it and just share it.

Within their group, or we do it larger where we get to work with marketing and actually share it with their loved ones and with the broader community online. So it's a mixture of traditional, I hate the word tradition. Oh. But you know, what you're learning in school, just like just sessions and then like long-term projects and production type things.

Bonnie: That's awesome. And you touched on like, the community building aspect of kind of your goals for the adults. And I think it's like important to realize too, like it's like a year now, like the pandemic. So we've got this trauma anniversary that,

Gabby: Oh man.



NAVIGATING ADULTHOOD AND IDD

Bonnie: Yeah. Not only we have to kind of process through, but now it's kind of like making that space for our clients who have been going through this for a year with us and, and kind of [00:10:32] processing that as we keep going. And, you know, there's no definite end, which is hard for a lot of the people we work with. It's hard for me too.

Gabby: Oh yeah. Yeah. And even for those that have gotten, the vaccines, are part of the vaccines. It's still, I mean, that doesn't mean we're over or over this yet.

So it's, that's also difficult to process. For anybody. Yeah. There's just a lot of emotions that come with that. Not being able to see family or friends, or even just like across, across campus, like people that used to be inquired together. Aren't seeing each other because, they're grouped by their houses and stuff.

So, yeah, we've actually been doing, during holidays or just special events. We've started, I've started, I guess, co-treating or collaborating with our rec therapist and some other people on staff to have the zoom parties where we'll incorporate music and different games. And each of the houses or facilities get to zoom in and it's like, they're at a big [00:11:32] party together.

Or we try to, so I'll like share my Spotify dance playlist or something and we'll do, we'll have like a dance competition or something. So, yeah.

Bonnie: Right. Like it's, it's not clinical, it's not, you know, but like it's, just as important to build that community with each other and to just be like, just dance, like on a screen together, because finding the connections that we can do during this time. That's so cool. You can like do that coach treatment and collaborate.

Gabby: Yeah. It's fun. It's fun. We actually did this one other, so they're outdoors. Kind of co treatment thing during the holidays, we made this huge rolling Grinch and we called it the COVID Grinch instead of Mr. Grinch and create like made a, flower snowballs.

And it's outdoors and so like we just went house by house and sanitize everything, but they got to like write on the snowball or on a piece of paper on the snowball, what the COVID Grinch [00:12:32] took away from them and then threw it. So. And then I would put it into a song basically like rewrite Mr. Grinch. There was a lot of fun.

Yes, it's so cathartic. I did it a couple of times. And the staff did. the staff was like, one person was like, you took away my vacation. So



NAVIGATING ADULTHOOD AND IDD

Bonnie: It's okay. Like I almost don't want to make a list it's getting longer,

Gabby: Right?

Bonnie: Yeah. But what a cool way to have that processing for the people that you work with?

Well, I feel like you've already given so many like awesome, cool ideas, but just other people aren't doing, I feel like you're obviously really comfortable with technology. Would you say COVID increased your technology use or has it always just been there? And so this has been kind of a strength?

Gabby: So my situation is that I work on campus. So most of the time I see the people that I'm working with, there was maybe a month or two where [00:13:32] I was fully virtual and that was during the holidays because people are going home and there's just a lot of precautions. So I honestly haven't had to use as much watch technology as a lot of my colleagues have. Technology in, in the sense of like telehealth.

However, I do think my background in technology made it easier for me to adapt things. Like I wasn't having to all of a sudden in the learn how to use sound trap. You know? It's like, I already knew. How do use DAW, digital audio workstation, and that's what soundtrack is it just cloud-based.

Uh, what I, I do also think where I currently work, I, am unfortunate to have a lot of freedom in things I can try technology wise. Like we also have like a smart board and so, you know, they can go if I'm using Chrome music lab or something, they can literally [00:14:32] touch the board and press the different colors. Whereas in that's more, that's more sensory than, you know, pressing a button on a, on a computer.

Whereas before, I mean, I've worked in acute psych settings where you can basically bring in no technology and then I've also worked in other settings where it. You know, I didn't really need to bring in any technology as far as like computers and stuff, like live sound sure, but not actual digital technology.

So I don't know if that answered it anything. Yeah. So I don't, I think, I think I had decent knowledge base for the pandemic, but I don't, I wouldn't say that I'm an expert at all, just because I, I don't have to do it every day.



NAVIGATING ADULTHOOD AND IDD

Bonnie: Right.

Gabby: Yeah.

Bonnie: But I think you still incorporate like, So many, I think, you know, some music therapists, when I think about doing like a podcast, you know, with, with their clients, which is such a cool idea.

Gabby: Yeah. It's, I mean, I wasn't the first one to come up with it. I'm [00:15:32] just like I'm present. So I talk about it. And people see it. So, yeah, I actually presented on that with some of the Clinical BOPulations hosts and with Chris Millett for Make More Music at our Southeast regional conference yesterday. So that was fun.

Bonnie: So hopefully there'll be more like client park

Gabby: Hope so. I mean, even though it's not directly a music, like a musical experience, it is, using a lot of music skills like recording, rehearsing, producing, adding things like it's, I mean, you have to be creative to do it. So.

Bonnie: Yeah. I feel like a lot of times music therapy gets lost and kind of the medical model, but we're like a creative arts therapy. And so when you can, like, when I see like ideas like this that are like, ah, it's so creative and what a creative process to do with, with our clients, I'm like, that's that's, I think that's exactly what we should be working on.

Gabby: Yeah. [00:16:32] Yeah. And I mean, for those, you know, sometimes there's like an issue actually, a lot of times there's always the issue of like HIPAA and confidentiality and stuff, but it just, I mean, it just depends on your facility, who you're working with, what you're sharing, where it lives.

So I've done really private ones where we make one and we literally burn it to a CD and then they have that CD. And then we've had public ones where we share like a small snippet of it, put a video and captions to it, and share it on social media. So it's possible to do both on a larger sense and also a very small sense.

Bonnie: Right?

Gabby: Yeah.



NAVIGATING ADULTHOOD AND IDD

Bonnie: All right. So we talked about this a little bit off the podcast before. Could you, could you explain how you've used and what is Koo Koo Kanga Roo?

I omitted this question from the list.

Gabby: Oh, my gosh. Okay. So I actually found out about Koo Koo Kanga [00:17:32] Roo through a colleague, James Maxon. He's also on the Tech Nook and I think he posted it because his son loves listening to it. So they just had this wacky song. I think it was about poop. I think, I think that's what it was.

I'm pretty sure that's what it was. And I saw it and I was like, what, what am I watching right now? But it was so catchy. So that kind of was in my memory bank, like a while back. And then I was looking for something, just some sort of video for people to get moving. Like I have this one group that just loves moving around and I didn't want to, I wanted to bring something new in that I didn't have to.

Teach because I'm a horrible dancer. Like not because I don't want to, it's just, I'm just not good at it. And since so, but I also want them to find something that wasn't too, that wasn't infantilizing.

Bonnie: Right.

Gabby: I just didn't want a super kiddy video because I'm not working with kids, you know, and I was just searching around on [00:18:32] YouTube and I came across Koo Koo Kanga Roo and I was like, wait, this is that thing.

And I was watching the rest of the videos. They were actually really good. Like they were very engaging. They were easy to follow along too. They had a broad range of topics. They were funny and, and it was, I was just like floored. So I brought it in to, I think I tested it out with a couple of different groups I was running just to see if they'd like it.

And there was one group who didn't want to dance at all. They just wanted to listen and like, just see how ridiculous and crazy the songs could get. So their favorite was the I Eat Pizza Every Day. And then there was another group that likes some of the dance, but not all of them, but really liked the one about puppies. And that's spurred a whole conversation about puppies. And I had no idea that all of them have dogs. So I was, [00:19:32] I mean, it was great, you know, like I got to know them better. So yeah. I mean, some, some people like them, some people didn't, but everyone thought it was funny.

And I think, yeah, I try to bring in a lot of humor into sessions, especially now, not, not as a way to, you know, compromise the situation that we're in and it's just a way to build rapport,



NAVIGATING ADULTHOOD AND IDD

Bonnie: Right?

Gabby: Yeah.

Bonnie: Yeah. I'm just having a good time.

Gabby: Yeah. Yeah.

Bonnie: There's that Panera album that you sent me?

Gabby: Oh my gosh. Yes. They have a whole album about Panera.

Bonnie: All songs, about Panera.

Gabby: Is so great. It's so creative. Now, I'm like, man, I should just write a whole, we should just make a bunch of a restaurant like albums make one about, I don't know, what's another group that has to

Bonnie: Oh that'd be so fun to do with a client.

Gabby: Yeah. Make one about Chipotle

Yeah, yeah, yeah.

Bonnie: That's a great idea.

[00:20:32] **Gabby:** You can take that idea, do it,

Bonnie: Sweet.

Gabby: Go do it.

Koo Koo Kanga Roo

Bonnie: Awesome I was interested in their response. So that's cool hearing that kind of mix and, and like what you focused on with it. Not just like, we're going to move, but like presenting it as like, this is ridiculous. Like we're all adults here.



NAVIGATING ADULTHOOD AND IDD

Gabby: I know. I was just being real about it. I'm like, I don't know if you're going to like it. That's another cool thing about working. W in long-term and like not acute, which is I've been working in acute for awhile, or like before this job, I was acute for a bit. And so you get to try things and if it doesn't work out, no harm, no foul, because you're going to see them again really soon, but also no harm, no foul, because you've already built that rapport. So they can be like, "Gabby. That really sucks. So let's do something else." And you can do that.

Bonnie: You built that rapport. And so if like rupture happens, like, cause they don't like something it's so, it sounds like it's so easy to [00:21:32] repair it with them.

Gabby: Oh, yeah.

Bonnie: Because they can be open and then you just be like, yeah, that was dumb. Sorry.

Gabby: Yeah. I'm sorry I brought in Koo Koo Kanga Roo, those guys have gold fannypacks and, you know,

Bonnie: I definitely see me presenting that to somebody and like me cracking up and then like, And me being like, I'm so sorry. I thought it was so funny.

Gabby: I want to get Koo Koo Kanga Roo onto Clinical BOPulations now. So, so I'm, I'm going to try, I'm going to try to get them on there.

Bonnie: Yes. Oh, that'd be awesome.

Gabby: I know.

Bonnie: That's a great segue for my next question. You have a lot of projects going on and you've mentioned Tech Nook and Clinical BOPulations, which listeners may or may not know just depending if there are a lot of music therapists that are probably familiar, but if not, they might not know still too.

So, you know, what kind of projects do you want to dive into and kind of share. And then like, we can try to see if any of that technology connects back to your work. We can talk about that though. We've talked about that with the podcasting a bit.



NAVIGATING ADULTHOOD AND IDD

[00:22:32] **Gabby:** I do too many projects for my own good,

but that's what I mean. I was thinking about it the other day. And, even in school, I always liked projects way more than I liked tests. So, yeah, I don't know. I, so one of my projects is Clinical BOPulations, which I co-founded with my colleague, Alison Rogers since then has grown to include quite a few music therapy, clinicians and researchers and educators, and has collaborated with a bunch of other podcasts like this one right here.

And basically we, take artists' songs and listen to them and discuss them and relate it back to clinical practice and theory and research. So that's been a lot of fun and it's cool to see how, how we've grown since starting it and how kind of the music therapy podcast community [00:23:32] has grown as well.

It's been really great to see that.

Bonnie: Yeah.

Gabby: Yeah.

Bonnie: It's such a good resource. I'll make sure to link it in the show notes. So it just really gets you thinking about, like, I feel like any, how to use any song, like for a clinical application and, I find you guys just have really creative ways to think about inventions.

So it's a great resource for any professional, any music therapists. So we'll definitely link that below. And that was my gateway podcast

Gabby: Gateway podcast that sounds like

Bonnie: I started Clinical BOPulations and I never stopped. And now I have my own podcast and I've been on many podcasts.

Gabby: To me, you haven't hit that podcast intervention or something. Thank you? I don't want to, I don't know how to respond as being your "gateway podcast."

Bonnie: Yeah. I just hadn't really listened to any podcasts before that one. And I was like hooked after that first episode. So, I mean, since then, it's like, I listen to too many podcasts now.



NAVIGATING ADULTHOOD AND IDD

Gabby: Well, glad we could [00:24:32] introduce you to the world of podcasts.

Yeah, I think it was just a way for. For Alison and I were both songwriters as well, and so a way for Alison and I to just combine our two of our passions song writing and music therapy, and also just have, you know, discussions outside of your, you know, what you're typically learning in class, you know? It's not just learning repertoire, it's like exploring repertoire and what are elements or themes within this song that could have implications and just exploring that.

Bonnie: Yeah.

Gabby: Yeah. The next project you want to be touched on was the Tech Nook that's a big one, right? It's a group. It's a, it's a big group of people. We, it is a collaborative technology resource for music therapy all online. And the premise of it is that it's a website where you can find different approaches of technology that can be used in and for music therapy.

And [00:25:32] within each of these approaches, we also have PDF guides and video tutorials that you can watch and look through and save. And then there's also through that, if you find something that you find really beneficial or have any questions about or want just more support in that area, you can also connect with us or ask for a lesson from us.

Yeah, that's what the Tech Nook is.

Bonnie: I've had the honor to make some videos for Tech Nook and. Like, especially if you're a music therapist, don't sleep on this resource because it's easy to watch tutorials on a ton of information. And then if you're not a music therapist, it's worth checking out too. Like if you do tele health, if you're interested in podcasting, there's free resources there to teach you how to use the technology.

It really could be beneficial for any professional working with adults with disabilities that are really anybody wanting to learn more about technology. Which is super exciting that this resource is out there.

Gabby: Yeah. Yeah. I, [00:26:32] part of the reasoning behind creating it was technology's is constantly adapting, especially now. And maybe it's, it's not, it's adapting now, but it's more so like, It's not just adapting, but it's more people are aware of it and what it can do and wanting to know what it can do, or if not wanting, being forced, to note what it can do. So, yeah. So, so it's just it's and it's going to continue. Technology's going to continue to do so.



NAVIGATING ADULTHOOD AND IDD

So there are, there are, you know, published resources already on how to use technology, but. By the time you write something, published something, there's something new that's been created. So by making it a website, ideally it's going to be updated and more, stuff's going to be added to it as, as time goes on.

And like also we'll be able to find other music therapists or clinicians or whoever else that know how to do things that we don't know how to do. [00:27:32] Like there's going to be a point where the people that are on it now aren't going to have the bandwidth to learn another thing and teach on it, you know, so yeah, that's what it is.

Bonnie: It's super cool. Please check it out, putting it in the show notes, please check it out. And I know it's very student centered too, wanting to have that information for music therapy students to learn because, you might have a music technology class. I feel like UGA added one AFTER I graduated, like it was going to start the next year, but so I don't know what's in it, if that is the case, but even then, like, is it technology that applies to therapy or

Gabby: Exactly, how, yeah, yeah. Yeah. It's like a, a clear, cause you can go on YouTube and find out how to use. Garage Band, right. But with this, we're gearing it towards like clinical practice. So that definitely helps. Yeah. I didn't, I mean, we didn't have a music technology [00:28:32] class specifically for music therapy, but I did the music technology minor.

So that's how I like that was my formal introduction to music technology. But yeah. Yeah. I mean, another reason for creating Tech Nook was I just wanted to learn from, from these people. Yeah. The, the, the. DJ cranny. So Joe Bailey made a couple of videos on how to DJ and stuff. And I mean, I don't have like a console or anything, but he told me about a couple of apps and I actually brought it.

I tried playing around in both of them and brought it in for the very first time in a session earlier this week, actually it was a DJ app called You DJ. And you can search songs to go on this site, like this, a turntable, and then you could search another song to go on this turntable and. Yeah. So basically in our group, we chose two songs that we wanted to have a dance party to, and then they got to learn how to move the, I don't know, it's [00:29:32] not a, well, it's a fader type thing to go from one song to the next.



NAVIGATING ADULTHOOD AND IDD

And they also got to play around with the just a scratching. It was just so much fun. I didn't know if they were going to like it, but they loved it. They were like, "wick-a wick-a". Obviously we also talked about, you know, the history of DJing and stuff like that in the background, but yeah. So I would have never tried that if I hadn't watched that video on TJ.

Bonnie: Right. So it just like, expands our toolbox. So what we can bring in sessions, how we can connect and make music experiences. And like you said, technology is just going to keep, kind of building and new things come out. So just kind of new horizons of experiences.

Gabby: Yeah, definitely. It's a little scary, not a little, it's a lot. It's a lot scary, but how many things like it's, I mean, it's a huge world of technology and it's only a bigger, so it can be super intimidating, but you know, just trying one thing and exploring it. I mean, you start there and keep on going. Yeah.

Bonnie: Yeah. And the videos on Tech Nook are pretty [00:30:32] short to kind of like not overwhelmed. Here's what she needs to know. Like to start, here's a ton of resources in the PDF just to get yeah. To get people started to try new things.

Gabby: Definitely. Yeah.

Bonnie: Awesome. Well, is there anything else you'd like to share? You have a songwriting book.

Gabby: Yes, I do. So, I have a songwriting journal called Space. And basically, it's a bunch of prompts with chords and song forms in space to journal and draft and write. So in the beginning, it kind of gives you a rundown of in the area of basic song forms and gets a little bit more complex. Your basic chord progressions gets a little bit more complex, and then it takes you through a series of prompts that you journal or log about and then draft a song use using these, the song forms or these chord progressions. And as a journal progresses is the prompts get less and less. [00:31:32] So it's kind of like starting your day off, really structured. And then, and then. Getting a little bit more free to the point where you're writing on your own.



NAVIGATING ADULTHOOD AND IDD

So it technically is a book because it has like an ISBN and number and stuff, but it's, it has a lot of blank pages on it. Yeah. It's like a workbook and it's, it's very small. So it's, you know, something you could just carry in your hand and tried to make it cost affordable. So it's 15 bucks. You can get it.

Yeah. Yeah. So you can get it at a Sarsen Publishing . Or on Amazon, depending on where you want to purchase it. It, and yeah, it was just, again, a combination of my passion for writing and then also the field of music therapy and wanting to support people in their journey. I mean, that's how I learned how to write. I just journaled and then eventually turned those into songs. So it was, yeah. And so it was actually this, this product, this book originally was my professional project for my, for my [00:32:32] graduate degree.

Bonnie: Oh, awesome.

Gabby: So it wasn't like, it was like, it wasn't like, I was like, I'm going to make a book. It was just, it was, it was part of my program.

So I created it and then, and then it turned into an actual published thing.

Bonnie: Oh, that's awesome. I'll definitely make sure that's in the show notes. Would you say you write more for like clinical applications or more for yourself or is it a mix?

Gabby: I would say. It's a mix, kind of shifts depending on what's happening in my life. I will say when I write personally, it takes a lot more out of me, especially if I produce it too. So I kind of get in this like creative slump where if I've produced something like a big project, I, I personally, I just don't write for another two years or something, but I'm still, you know, I'm still supporting clients and their writing.

So I think it's. I really have to get into when I'm working with clients on songwriting. I mean, it makes it a little bit more [00:33:32] challenging because I have to figure out, for some clients, you know, what's the best way I can break this down for it to be a meaningful experience, but also, you know, a successful one, you know, what elements can I bring in and what do I need to teach?

Like what, what is the teaching aspect? And then what is like, you know, the therapeutic aspect. So trying to kind of balance all of that, right? Yeah. But yeah, I think it's, I think I just do, I do both.



NAVIGATING ADULTHOOD AND IDD

Bonnie: Cool.

Gabby: Yeah.

Bonnie: Yeah. I feel like I'm definitely more like, clinical heavy. So we'll see if one day that evolves the personal songs. I could definitely see how it's like. That would, that would be like a lot for me initially, to write something where I'm like, Oh wait, this is like, like, this is,

Gabby: You don't have to release it. That's like you don't. Yeah, you can just write that's. I mean, that's part of the reason why I created the journal was like, it's a, I mean, it's called Space cause it's space for you to write in. So you can share that space if you want to, you don't have to, [00:34:32] if you don't want to. And I feel like the more we do the, the musical things or experiences that we're bringing into the session, like it's only, it's only going to benefit because of your experience when you're bringing it into the therapeutic space.

Bonnie: Yeah. That's a great point. Yeah. Where we can, it's like the idea of we should go get our own therapy. So like make sure we, you know, we experienced like both sides of it. Sometimes it's kind of a similar concept to that where it's like making, making music for ourselves. We'll kind of relate more to how does the client make music for our themselves as we, as we facilitate that? Well, now I gotta go write a song about Queenie or something.

Gabby: Do it. No, write a song about your favorite restaurant and then write a song about every single food item.

Bonnie: You said Chipotle and you might be right on, so I'm not sponsored

Gabby: Write a song about the burritos and the bowls [00:35:32] and the salads, and.

Bonnie: Like waiting, how do you order it, "waiting in line at Chipotle",

Gabby: And the different at the, you know, guac, guac is always extra. You can write a whole song about how guac is always extra.

Bonnie: Do like the dancing and everything with it?



NAVIGATING ADULTHOOD AND IDD

Gabby: Yeah, that'd be cool. I would also love to do, like do a dance video, like have Koo Koo Kanga Roo in the backyard and like throw it up on a green screen and like have people dance along with them. It'd be so much fun.

Bonnie: Yes.

Gabby: It'd be so great.

Bonnie: It's a great idea. Yes.

Gabby: Green-screen is fun. It's a lot of fun.

Bonnie: Yeah. That's definitely something I've played with, like after a pandemic, like with the pandemic and like, Playing with it. It's a lot of fun. I saw like a music therapist do something where they had like a pocket in the green screen and it like blew my mind.

Cause you can like pull things out of like a barn, like animals. And I was like, they just put a pocket in the green screen.

Gabby: That's [00:36:32] awesome.

Bonnie: That's awesome.

Gabby: Oh my gosh. That is such a good idea. Oh my God.

Bonnie: I haven't been able to try that yet, but their example is like animals coming out of a farm barn. And I was just like, there's so many things like said is like pulling things out of the wall.

Gabby: You could come out of the wall.

Bonnie: I could be in the pocket. I could wear a green and be a floating head.

Gabby: I've done that. I tested out my green screen when we first bought it at the facility and I wrapped it around me and pretended that I had an invisible cloak and I was testing it out.

Bonnie: Awesome.

Gabby: I was riding my scooter too. So I looked the real smooth, it was great. Just you can be as creative as you want.



NAVIGATING ADULTHOOD AND IDD

Bonnie: Yes.

Gabby: Yeah.

Bonnie: So, well, Gabby, it's been so awesome talking to you. Before we kind of wrap up, is there anything else that you want to share with us? Any resources, [00:37:32] projects.

Gabby: I do want to share. I just want to give a shout out actually to the Music Therapy Podcast Collective. Yeah, it's a great resource for music therapists looking to get CMTs. If you already listen to podcasts. Then music theory, podcast, collective MTPC for short is a space where you can listen to podcasts and they're bundled up and the podcasts come with some sort of experience or assignments that go along with it and you listen and you do it, and then you submit it and then you get to see him like you get CMT credits, which is great for people who are already listening to podcasts.

Yeah, so it's just started and there's only a few podcasts on there, but be on the lookout, it is probably going to grow and there's going to be more podcasts on it, so, yeah. Yeah. Yeah. So it'll be, it's just, I think it's like, I think it's a [00:38:32] great, great resource.

Bonnie: It's a great resource. Yeah. There's are, there's like you said, like music therapy, podcasts have really grown, like since you started Clinical BOPulations, even. And so there's so much out there there's so much to learn and yeah, they're bundling it together so you can get those continuing ed credits, which is just awesome.

Gabby: And they're affordable. Oh gosh. It's so affordable. That's key.

Bonnie: Yes.

Gabby: Yeah.

Bonnie: So yeah. I'll definitely put them in the show notes too.

Gabby: Yes. Give him a shout-out. Yeah. So that's, I mean, that's one reason was I wanted to share if you want to keep up with whatever, projects or random things I do, and Bonnie mentioned that I have a website, gabbybanzon.com, but I'm also a pretty I'm present on social media.

So you can find me on, on most social media is at, at gab to the Zilla, but you can also find my projects like Clinical BOPulations and Tech Nook all on social media as well.



NAVIGATING ADULTHOOD AND IDD

Bonnie: I think we'll have a nice, like, awesome long like resource list [00:39:32] for this episode, which is, I that's like my favorite part. If it's like, if anything, like, I hope people are listening, but it's like, please just go look at the show notes because the guests share some really cool resources.

So this is one episode where you have to check out the resource list after this.

Gabby: Yeah. Yeah. I also want to give everyone a challenge to write a song about their favorite restaurant. That's that's my challenge.

Bonnie: Tag @navigatingadulthoodandidd your restaurant song and we'll share it on social media.

Gabby: Yeah. If you want inspiration, listen to, to the Panera. I don't even know if it's called Panera? Is that the name of the album?

Bonnie: I feel like they do say Panera in there at some point. I don't know if it's the name of the album, but they do at least namedrop it.

Gabby: They do name drop Panera. I don't know. They have one about Uncrustables. Oh, my gosh.

Bonnie: There's so many. It's so good.

Gabby: Oh, it's called Fast Casual. Fast Casual is the name of the album. It's by Koo Koo Kanga Roo. And you can actually [00:40:32] see like the album cover is basically a picture of Panera perfect.

Bonnie: Art has peaked.

Gabby: Well, It's going to continue in a way. People are going to make it. Someone's going to make an album that, that you know is even better than this Panera album. So we can make a collective music therapy album.

Bonnie: With all my favorite food?

Gabby: There's probably already, we probably have enough songs about this in the music therapy world.

Bonnie: This is true.

Gabby: It probably exists already. We just have to find everybody.



NAVIGATING ADULTHOOD AND IDD

Bonnie: Yeah, I love it. Well, thanks so much for coming on today, Gabby. I can't wait to share this episode with everybody.

Gabby: Yes. I am very grateful that you had me on thank you for all the work that you do on this podcast and sharing resources for, for Navigating Adulthood and IDD. So yeah. Thank you.

Bonnie: All right. I [00:41:32] hope that you sincerely enjoyed that conversation I had with Gabby as much as I did. I listening back and editing the thing that was most apparent is there's so much laughter and joy, just like in this interview, Gabby was really easy to talk to, and it was so cool learning about what she's up to clinically and all her other projects as well, too.

And um just kind of the innovation she brings to her work. And I feel like Gabby was a little humble with it, but I really do want to emphasize, I feel like Gabby really motivates me to do new, innovative, creative things in sessions. And I loved how she leaned into technology during the pandemic, even though, you know, she clarified, she hasn't really been doing tele-health.

She still has leaned into technology in this time where technology kind of is in the rise because it became a necessity in some cases for it to be utilized more. And just the ideas of first is podcasts on campuses, music [00:42:32] videos, zoom parties, doing Koo Koo Kanga Roo, and just being real with the adults that she's working with and seeing if it's something they like and having a discussion about it and really respecting preferences, even if it's just kind of like, "Oh, we like this for humor, or maybe more than the dancing."

And so I just, I find all her ideas, so exciting. And I know that accessibility, technology accessibility and HIPAA can maybe prohibit some of these creative ideas depending on your work situation. But I feel like Gabby is a great example of how there are so many options on how to use technology in sessions.

And the technology is there and it's only growing. And at the end of the day, it just continues to build our toolboxes, to provide more creative experiences for our clients, different musical experiences for our clients. If you're a music therapist. Really, brings perhaps new opportunities to different people that maybe they wouldn't have had before.



NAVIGATING ADULTHOOD AND IDD

When we can take that first step, like Gabby said that the [00:43:32] real, what I loved about her explaining kind of her success with this as she just tried things, you know, and that's how you start utilizing any of these new kind of technologies is to just, start and just try. And then that can be part of the process with, with our clients and with the adults that we work with.

And I loved also her emphasis of goals on autonomy and community always, but especially during a pandemic and how music really brings meaning to the community that she's with and really with all our communities. And how that kind of meaning and community can become the goal of our services and also coping skills during this time.

And just kind of that maintenance of community during the difficulties of a pandemic. I really thought that that was an important discussion as well. And how, you know, goals changed during this time for a lot of our clients. And how can we help facilitate what they need now, and maybe not necessarily what the kind of traditional kind of goals, because we are still in a pandemic and it is still a big [00:44:32] deal.

And I just loved her focus on community with the adults. And I really think she's doing an awesome job. So many, so many cool projects. Please check out the show notes. Her website will be there along with so many awesome resources that she's shared, including Chrome Music Lab, Tech Nook, Sound Trap, her podcast, Clinical BOPulations, Koo Koo Kanga Roo, Make More Music, MTPC, her song writing book. I'll make sure those are all in the show notes. I think they're so important. Just important resources for you to get started. If you want to try bringing in different new ideas of technology into sessions that are age appropriate and, fun and just brings a whole new enriching experience to our clients, especially in a time where there is so much technology.

And sometimes our clients are more savvy with technology than we are. We can kind of meet them in their interests as there are so many different technological avenues. So yeah, like I said, I really enjoyed this [00:45:32] episode. Gabby's doing so many cool things and I'm just so thankful that she came on with us.



NAVIGATING ADULTHOOD AND IDD

So wrap up, we're going to do our debrief of the monthly music therapy session plan. So this month we had a St Patrick's Day themed session plan that I was very excited to do online with a Great Day Program. So the Hello I put Let's Make Some Music, Let's Be Together by me, Movement Molly on the shore by Granger, Drumming and new song by me that you can find on my YouTube channel Shamrocks Smash relaxation When Irish Eyes are Smiling and Goodbye as Na Na, Hey Hey, Kiss Him Goodbye by Steam. If you'd like a more detailed implementation plan of this plan and a monthly plan every month, and you can consider becoming a patron on patreon.com/navigatingadulthoodandidd. Not only do I make a monthly music therapy session plan, but also it is a community for providers.

For disability providers for adults with disabilities and we meet [00:46:32] once a month on zoom. Our next meeting will actually be in April at sometime. So if you want to join in April and kind of check it out, see if it's a good fit, it's \$5 a month. You get a monthly music therapy session plan with detailed implementation and some extra visuals and resources as well as access to all the previous plans.

Which is over 12 at this point, cause we're coming up on the year and Navigating Adulthood and IDD, and you also get access to our Facebook community where you can feel free to ask questions and with the other professionals as well too. And in our monthly meetings, we do peer supervision as well as I go over the session plans.

And if you're not a music therapist, you're still totally welcome. We welcome other providers so that we can workshop together in peer supervision. How to have our best services for adults with disabilities and as music therapists, we'd be happy to help you understanding your scope and how to use music in sessions, because it is so powerful and so fun.

I would love these ideas to be accessible to [00:47:32] you too. So, if you want to become a patron, go to patreon.com/navigatingadulthoodandidd. Other ways to support the podcast include sharing with a friend, continuing to listen and rating us on iTunes. Thank you so much again for tuning in this week, I've started to see more on social media, just people, saying they listened and I really appreciate it and it makes me smile. And I hope that this is a good resource out there for those listening.



NAVIGATING ADULTHOOD AND IDD

And you can always email me bonnie@rhythmicrootsmusictherapy.org. If there's ever something else, you're kind of looking for a resource wise. Or an interview you're kind of interested in, please let me know.

I would love to help you out and to provide as many resources as possible to this lovely community. So, yeah, that's our episode today be on the lookout for April, April is autism acceptance month. And I have two episodes planned for April because usually I post monthly. I don't know if I am going to bump up to biweekly yet, but at least for April and to kind of celebrate.

[00:48:32] There'll be two episodes. So be on the lookout for that, and until then have a great day and I will catch you next time.

One announcement I wanted to make before the end of the episode is that it's been one year of Navigating Adulthood and IDD!. Yay. On March 19th, I published my little teaser episode and at the end of April episode one with my sister, Sarah Houpt came out. So it's been almost a year of Navigating Adulthood and IDD. And, I'm so grateful of all the amazing people that I've been able to have conversations with and share their knowledge and share the resources that they've had to share with you all.

And I'm just so excited to celebrate one year of podcasting, which is just kind of crazy. This podcast thing's been going on for a year. So to celebrate, in April launching April 1st, so a couple of days after this episode comes out, I am [00:49:32] creating a video that will go over different technology you can use in sessions with adults with IDD specifically for music therapy. But if you're another kind of therapist, it's definitely not limited to music therapy and it's not necessarily tele-health, I'll probably touch on tele-health, but I'd love to go deeper in some of the resources shared in this episode, as well as some other technology options that you can use in sessions with your adults with disabilities.

So I'm creating this video on if you're a patron on patreon.com/navigatingadulthoodandidd, you're good. You're going to get this video. Thank you so much for supporting and being a part of the community. And if you're interested in this video, it will be available for, three weeks starting April 1st to everybody who becomes a patron on patreon.com.



NAVIGATING ADULTHOOD AND IDD

It's \$5 a month. So this is a \$5 video. And then as a patron, you also get access to all the other benefits that I mentioned before, as well, too. I'll access to all the music therapy session plans. Access to [00:50:32] our community, invitation to our zoom call, which will be at the end of April to welcome new patrons, to build our community, and to celebrate one year of Navigating Adulthood and IDD.

So if you are interested in this video, again, it's \$5 and you'll also get access to everything else. You can try out patreon. It's a monthly subscription that starts on the first of each month. And through the website, you can always cancel it before the next first of the month when the process is automatically. Totally up to you, you can do that at any point.

If you just want to check out to see if it's a great fit for you, or if, you know, if you can only support or be a part of the community for a certain amount of time, you're definitely not locked in for a long amount of time. Since however long you want to support the podcast, whatever works with you.

Like totally no pressure there from me. I'm just so grateful for everyone in the community and. For this podcast for one year of it. So I want to create this resource for my supporters, for my community. And if you'd like to join us, you can be a part of this celebration as well, too. So that [00:51:32] is my one-year announcement.

Stay on the lookout for the launch. This podcast is by Rhythmic Roots Music Services, LLC, with content and music produced by Bonnie Houpt. Thanks for listening.