

0:00:20.240,0:00:24.160

Bonnie (ad): Hello I just wanted to take a couple of

0:00:22.080,0:00:27.760

minutes to talk about our sponsor

0:00:24.160,0:00:29.199

Anchor hopefully at a louder volume this

0:00:27.760,0:00:32.079

week

0:00:29.199,0:00:34.000

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0:00:32.079,0:00:35.680

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0:00:34.000,0:00:37.360

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0:00:35.680,0:00:39.600

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0:00:37.360,0:00:40.960

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0:00:39.600,0:00:43.280

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0:00:40.960,0:00:45.840

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0:00:43.280,0:00:48.160

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0:00:45.840,0:00:50.160

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0:00:48.160,0:00:52.480

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0:00:52.480,0:00:55.360

and many more

0:00:53.440,0:00:57.280

This has been super helpful with the

0:00:55.360,0:00:59.760

success of my first episode

0:00:57.280,0:01:00.399

um having it on all of these platforms

0:00:59.760,0:01:03.600

for

0:01:00.399,0:01:05.600

you guys to listen to and

0:01:03.600,0:01:07.520

Anchor does that for you which makes it

0:01:05.600,0:01:08.640

super easy and you can make money from

0:01:07.520,0:01:10.880

the podcast

0:01:08.640,0:01:13.040

with no minimum listenership which is

0:01:10.880,0:01:14.720

perfect for people like me who are just

0:01:13.040,0:01:15.920

starting a brand-new podcast

0:01:14.720,0:01:18.240

so it's everything you need to make a

0:01:15.920,0:01:19.600

podcast in one place if you've been

0:01:18.240,0:01:20.080

thinking about a podcast you want to

0:01:19.600,0:01:22.159

start

0:01:20.080,0:01:23.600
this is me encouraging you to do it! All

0:01:22.159,0:01:26.560
you got to do is download the free

0:01:23.600,0:01:29.920
anchor app or go to Anchor.fm

0:01:26.560,0:01:33.520
that's a n c h o r dot

0:01:29.920,0:01:33.520
f m to get started!

0:01:34.000,0:01:37.119
Bonnie: All right welcome back to Navigating

0:01:35.680,0:01:38.720
Adulthood and IDD.

0:01:37.119,0:01:40.479
I'm excited today to be talking to

0:01:38.720,0:01:43.200
Jessica Leza

0:01:40.479,0:01:45.600
a music therapist from Texas. Jessica

0:01:43.200,0:01:48.640
would you mind introducing yourself?

0:01:45.600,0:01:50.399
Jessica: Yeah so um like you said I'm a music

0:01:48.640,0:01:50.880
therapist I was born in Houston. I've

0:01:50.399,0:01:53.439
been

0:01:50.880,0:01:54.640
a board-certified music therapist since

0:01:53.439,0:01:57.200
2013

0:01:54.640,0:01:58.640
I got my master's equivalency at Texas

0:01:57.200,0:02:01.040
Women's University and

0:01:58.640,0:02:02.719
before that I had a I got my bachelor's

0:02:01.040,0:02:05.040
degree

0:02:02.719,0:02:06.320
back in the day in music composition so

0:02:05.040,0:02:07.920
I'm one of those that

0:02:06.320,0:02:09.679
came to the field a little bit later

0:02:07.920,0:02:11.120
when I was in my 30s and

0:02:09.679,0:02:12.879
had been doing a lot of different kinds

0:02:11.120,0:02:15.440
of jobs and

0:02:12.879,0:02:17.040
read "Musicophilia" by Oliver Sacks and

0:02:15.440,0:02:17.360
the day after I finished it was like all

0:02:17.040,0:02:18.640
right

0:02:17.360,0:02:20.080
I'm going to sell my business I'm going

0:02:18.640,0:02:21.120

to go to grad school I'm going to become

0:02:20.080,0:02:23.520

a music therapist

0:02:21.120,0:02:24.879

so I haven't really looked back since

0:02:23.520,0:02:27.599

then

0:02:24.879,0:02:28.920

Bonnie: That's awesome that's awesome and so you

0:02:27.599,0:02:31.200

wrote a chapter for

0:02:28.920,0:02:32.640

Neurodiversity Reader would you mind

0:02:31.200,0:02:34.480

telling us a little bit about that? We're

0:02:32.640,0:02:36.080

going to dive in deeper for sure but

0:02:34.480,0:02:39.120

maybe like a broad

0:02:36.080,0:02:40.480

um explanation of it

Jessica: so the

0:02:39.120,0:02:44.319

Neurodiversity Reader

0:02:40.480,0:02:45.519

is um like an edited anthology that has

0:02:44.319,0:02:48.239

contributions from

0:02:45.519,0:02:50.319

all sorts of folks and is covering some

0:02:48.239,0:02:53.680

different issues in neurodiversity

0:02:50.319,0:02:55.599
from people's lived experiences to um

0:02:53.680,0:02:57.120
to what are some implications in

0:02:55.599,0:02:58.480
clinical practice so

0:02:57.120,0:03:00.640
I thought that was a really cool

0:02:58.480,0:03:02.400
opportunity to talk about music therapy

0:03:00.640,0:03:03.280
in a book that's not actually about

0:03:02.400,0:03:06.480
music therapy

0:03:03.280,0:03:07.280
and so I it gives a little bit of first

0:03:06.480,0:03:10.560
a

0:03:07.280,0:03:12.640
overview of the history of music

0:03:10.560,0:03:14.000
of neurodiversity within the music

0:03:12.640,0:03:17.280
therapy field

0:03:14.000,0:03:20.319
and so um I was lucky I got

0:03:17.280,0:03:21.920
some folks to help me collect

0:03:20.319,0:03:24.480
some information about different

0:03:21.920,0:03:25.200
presentations and papers and different

0:03:24.480,0:03:26.879
things that have been

0:03:25.200,0:03:28.879
happening in our music therapy community

0:03:26.879,0:03:32.000
for the last decade or so

0:03:28.879,0:03:35.280
and then the the kind of the meat of

0:03:32.000,0:03:36.640
the essay really goes into more about

0:03:35.280,0:03:39.040
this idea of what

0:03:36.640,0:03:40.080
what would it look like to neuroqueer

0:03:39.040,0:03:43.120
music therapy

0:03:40.080,0:03:45.040
so what would it mean to apply all of

0:03:43.120,0:03:47.360
these principles from the

0:03:45.040,0:03:48.959
neurodiversity movement into music

0:03:47.360,0:03:51.040
therapy practice

0:03:48.959,0:03:52.319
and so that was like that's kind of the

0:03:51.040,0:03:55.680
cool part

0:03:52.319,0:03:59.120
but you know I can't this is still very

0:03:55.680,0:04:00.000
like new ideas for me personally but

0:03:59.120,0:04:02.159
also just for

0:04:00.000,0:04:04.799
us as a field of music therapist and

0:04:02.159,0:04:07.439
just in general for our whole society

0:04:04.799,0:04:08.959
so I feel like I'm not presenting this

0:04:07.439,0:04:10.159
essay or any of this information as

0:04:08.959,0:04:14.080
saying like

0:04:10.159,0:04:16.400
um this is this is it or um

0:04:14.080,0:04:18.079
I am the expert or the authority and

0:04:16.400,0:04:21.600
it's more of like here are some

0:04:18.079,0:04:24.000
ideas or some thoughts and possibilities

0:04:21.600,0:04:27.360
and something that we really need to

0:04:24.000,0:04:29.199
like look more into as music therapists

0:04:27.360,0:04:31.360
Bonnie: Yeah and I got a chance to read the

0:04:29.199,0:04:32.800

chapter and really enjoyed it

0:04:31.360,0:04:34.320
and I liked that you had that disclaimer

0:04:32.800,0:04:35.600
that was like I think at the very end

0:04:34.320,0:04:37.040
you're like I can't actually tell you

0:04:35.600,0:04:38.560
how to do this

0:04:37.040,0:04:41.280
which is funny because I think there

0:04:38.560,0:04:43.759
were so many good applicable tips

0:04:41.280,0:04:44.960
and and um discussions in your chapter

0:04:43.759,0:04:46.800
too but also that

0:04:44.960,0:04:48.560
like self-aware acknowledgement of like

0:04:46.800,0:04:49.520
yeah we got to keep looking into this we

0:04:48.560,0:04:52.000
got to keep

0:04:49.520,0:04:53.680
really being self-reflective and keep

0:04:52.000,0:04:56.160
researching and

0:04:53.680,0:04:57.360
and all of that
Jessica: I think because so much

0:04:56.160,0:05:01.120

of it is about

0:04:57.360,0:05:03.360
really fundamentally like

0:05:01.120,0:05:04.880
almost radically I think I use that kind

0:05:03.360,0:05:05.280
of terminology to say is this like

0:05:04.880,0:05:08.160
almost

0:05:05.280,0:05:09.440
radical client-centered work and to

0:05:08.160,0:05:11.759
really investigate

0:05:09.440,0:05:14.080
and know your client as an individual

0:05:11.759,0:05:15.840
and like tailor everything to them

0:05:14.080,0:05:17.600
even if that means you have to throw out

0:05:15.840,0:05:19.199
some conventional things and so some of

0:05:17.600,0:05:20.800
the suggestions I had like

0:05:19.199,0:05:23.120
one that occurred off the top of my head

0:05:20.800,0:05:24.720
was to say like that you know you're

0:05:23.120,0:05:26.560
maybe you're probably working with some

0:05:24.720,0:05:28.479
people if they're on the Autism spectrum

0:05:26.560,0:05:30.320
they may have some sensory differences

0:05:28.479,0:05:32.240
so that might mean that you need to

0:05:30.320,0:05:34.639
leave your essential oils at home I know

0:05:32.240,0:05:37.440
that's like kind of a big thing in the

0:05:34.639,0:05:38.880
field lately you know but that that's

0:05:37.440,0:05:40.400
not a hard and fast rule because you

0:05:38.880,0:05:42.400
know for some other client

0:05:40.400,0:05:44.160
you actually like I have some clients

0:05:42.400,0:05:46.160
they have their own essential oil

0:05:44.160,0:05:47.840
set and so that they have it in the

0:05:46.160,0:05:49.280
classroom they can pull it out and use

0:05:47.840,0:05:51.600
it to self-regulate but

0:05:49.280,0:05:52.639
it just has to be like very

0:05:51.600,0:05:55.840
client-centered

0:05:52.639,0:05:57.280
um I think is kind of the big takeaway

0:05:55.840,0:05:59.120

and since everybody

0:05:57.280,0:06:01.600

every individual is unique you can't

0:05:59.120,0:06:03.600

have one hard and fast rule that works

0:06:01.600,0:06:05.360

for every single person

0:06:03.600,0:06:07.440

so I can't really come in and say like

0:06:05.360,0:06:09.600

this is how you do it because

0:06:07.440,0:06:11.120

Bonnie: it's gonna it's gonna change

Jessica: yeah

0:06:09.600,0:06:12.880

there's

0:06:11.120,0:06:15.120

I mean there's the saying like you met one

0:06:12.880,0:06:16.560

Autistic person and you met one Autistic

0:06:15.120,0:06:18.080

person

0:06:16.560,0:06:20.160

Bonnie: right and I think you can apply that to

0:06:18.080,0:06:21.199

anybody like you you meet one person

0:06:20.160,0:06:24.160

with Down syndrome

0:06:21.199,0:06:26.000

that's one person and so forth

Jessica: and you

0:06:24.160,0:06:28.160
can look at it like a

0:06:26.000,0:06:29.280
like by diagnostic label you could look

0:06:28.160,0:06:30.960
at it by race

0:06:29.280,0:06:33.440
or you could look at it by class or you

0:06:30.960,0:06:34.240
could look at it by gender or sexuality

0:06:33.440,0:06:35.680
and

0:06:34.240,0:06:37.360
so I think you know we just have to

0:06:35.680,0:06:38.960
really be looking at our clients as

0:06:37.360,0:06:40.800
individuals and

0:06:38.960,0:06:43.039
find out what are their personal goals

0:06:40.800,0:06:43.759
and aspirations and interests and

0:06:43.039,0:06:47.680
strengths

0:06:43.759,0:06:49.199
and not so much just get stuck into

0:06:47.680,0:06:52.400
something like

0:06:49.199,0:06:52.880
well the DSM says that this and I read

0:06:52.400,0:06:54.479
in this

0:06:52.880,0:06:57.280
article and it said that you're supposed

0:06:54.479,0:06:59.840
to say this you know like well

0:06:57.280,0:07:01.919
you know maybe that doesn't always work

0:06:59.840,0:07:03.919
Bonnie: right and um I feel like these are some

0:07:01.919,0:07:06.319
topics that have come up on this podcast

0:07:03.919,0:07:08.240
for sure working with adults with IDD

0:07:06.319,0:07:10.000
but I'm also excited about

0:07:08.240,0:07:11.840
the topic of neuroqueering as I think

0:07:10.000,0:07:13.360
this can apply to every client because

0:07:11.840,0:07:16.880
you're right it's all about like

0:07:13.360,0:07:19.199
making it really individualized and um

0:07:16.880,0:07:21.360
that kind of whole person approach with

0:07:19.199,0:07:23.599
goals and having them come in

0:07:21.360,0:07:25.360
as the expert too with the goal making

0:07:23.599,0:07:26.960

and not just like applying what

0:07:25.360,0:07:28.720

what we've been told and what we always

0:07:26.960,0:07:30.479

think we know to and like

0:07:28.720,0:07:32.400

I I've said this before in the podcast

0:07:30.479,0:07:33.840

like putting people in boxes

0:07:32.400,0:07:35.919

is like what we need to get rid of

0:07:33.840,0:07:38.720

completely

0:07:35.919,0:07:40.160

Jessica: or I think you know sometimes we doing

0:07:38.720,0:07:41.759

therapy is really hard

0:07:40.160,0:07:43.199

and so I think sometimes we try to make

0:07:41.759,0:07:46.319

it easier on ourselves

0:07:43.199,0:07:48.080

by saying like put ourselves in boxes

0:07:46.319,0:07:50.240

and put our work in boxes and then we

0:07:48.080,0:07:52.160

say okay we're gonna do a hello song

0:07:50.240,0:07:54.080

and now we'll do a movement activity and

0:07:52.160,0:07:56.400

now we're gonna do a speech activity

0:07:54.080,0:07:58.160
and then now we're gonna do a motion

0:07:56.400,0:07:59.680
activity and then we'll say goodbye and

0:07:58.160,0:08:03.199
like just do that for everybody

0:07:59.680,0:08:06.319
and well I mean is that really

0:08:03.199,0:08:09.680
serving your client or is it serving you

0:08:06.319,0:08:11.520
as a therapist
Bonnie: yeah that's so true

0:08:09.680,0:08:12.720
and I've definitely been guilty of that

0:08:11.520,0:08:15.440
for sure too

0:08:12.720,0:08:16.479
Jessica: yeah I mean it's a it's a difficult job

0:08:15.440,0:08:19.599
you know so is

0:08:16.479,0:08:21.759
this we have to have some methods

0:08:19.599,0:08:23.199
to help ourselves because we're just

0:08:21.759,0:08:26.240
human beings

0:08:23.199,0:08:28.240
but yeah
Bonnie: yeah it's it's

0:08:26.240,0:08:29.680

it's like a self-reflection piece where

0:08:28.240,0:08:31.840

it's like okay like

0:08:29.680,0:08:33.440

the outline of a session plan works for

0:08:31.840,0:08:34.800

a lot of people and the hello and

0:08:33.440,0:08:36.719

everything in the middle of goodbye

0:08:34.800,0:08:38.240

isn't bad necessarily

0:08:36.719,0:08:40.240

but yeah is it working for this one

0:08:38.240,0:08:42.159

client I'm I'm working with is kind of

0:08:40.240,0:08:44.000

that self-reflection piece

0:08:42.159,0:08:45.360

versus kind of going through the motions

0:08:44.000,0:08:46.880

and and then

0:08:45.360,0:08:48.480

realizing like oh wait this might not be

0:08:46.880,0:08:50.080

the best way to approach the session for

0:08:48.480,0:08:51.360

this individual maybe there's another

0:08:50.080,0:08:52.720

way

0:08:51.360,0:08:54.800

Jessica: yeah and especially you know we have

0:08:52.720,0:08:55.680
limited time with our clients I see my

0:08:54.800,0:08:58.320
students

0:08:55.680,0:09:00.000
for 30 minutes a week so you know

0:08:58.320,0:09:03.120
sometimes it's like well I mean

0:09:00.000,0:09:05.839
we can do this thing and maybe they

0:09:03.120,0:09:07.200
enjoy it but is it am I like really

0:09:05.839,0:09:10.640
helping them

0:09:07.200,0:09:13.920
to be able to succeed in their

0:09:10.640,0:09:16.640
life outside of music therapy you know

0:09:13.920,0:09:18.720
so it's good to do things that are fun

0:09:16.640,0:09:20.640
people need to enjoy their lives but

0:09:18.720,0:09:22.000
when we only have a half hour or an hour

0:09:20.640,0:09:24.560
with someone you know

0:09:22.000,0:09:27.120
we have to make sure that like you know

0:09:24.560,0:09:29.120
people are paying for our services so

0:09:27.120,0:09:31.040
we gotta make sure that we're actually

0:09:29.120,0:09:32.560
meeting their needs in return for that

0:09:31.040,0:09:35.120
income

0:09:32.560,0:09:37.440
Bonnie: yeah definitely awesome so I was

0:09:35.120,0:09:38.640
thinking before we dive into your book a

0:09:37.440,0:09:41.040
little more

0:09:38.640,0:09:42.560
for our listeners because I think just

0:09:41.040,0:09:43.440
thinking of my listeners some people are

0:09:42.560,0:09:45.600
going to know

0:09:43.440,0:09:47.120
the terms some people might not be as

0:09:45.600,0:09:48.800
familiar with the terms

0:09:47.120,0:09:51.360
so I was wondering if in your words you

0:09:48.800,0:09:52.160
could define neurodiversity and neuro-

0:09:51.360,0:09:53.839
queering

0:09:52.160,0:09:56.080
just so we have that kind of set up

0:09:53.839,0:09:59.920

before we dive into the book

0:09:56.080,0:10:00.880

Jessica: sure so neurodiversity is just the idea

0:09:59.920,0:10:03.920

that there

0:10:00.880,0:10:06.160

is diversity in amongst our our brains

0:10:03.920,0:10:07.760

we all have different types of brains

0:10:06.160,0:10:09.440

and this is just a fact you know my

0:10:07.760,0:10:11.440

brain is different from your brain is

0:10:09.440,0:10:12.560

different from the person who checked us

0:10:11.440,0:10:14.640

out at the grocery store

0:10:12.560,0:10:16.640

compared to our clients like we all are

0:10:14.640,0:10:19.680

individuals we all have individual

0:10:16.640,0:10:23.440

types of brains and just like

0:10:19.680,0:10:24.320

um diversity is a idea like diversity is

0:10:23.440,0:10:26.959

something that

0:10:24.320,0:10:29.120

enhances our our society you know we are

0:10:26.959,0:10:30.560

better able to succeed as a community

0:10:29.120,0:10:32.959

because we have different types of

0:10:30.560,0:10:35.839

people when it comes to

0:10:32.959,0:10:37.760

race or religion or gender or sexuality

0:10:35.839,0:10:40.000

or any of these kinds of things

0:10:37.760,0:10:41.839

and so in the same way that those

0:10:40.000,0:10:42.720

elements of diversity enhance our

0:10:41.839,0:10:44.560

society

0:10:42.720,0:10:46.160

neurodiversity can also enhance our

0:10:44.560,0:10:50.079

society so we have

0:10:46.160,0:10:51.920

so neurodiversity kind of has two um

0:10:50.079,0:10:53.600

contexts there's neurodiversity as a

0:10:51.920,0:10:55.760

fact like it's just a fact

0:10:53.600,0:10:57.360

you know there's we have biodiversity

0:10:55.760,0:10:58.560

there's different types of birds there's

0:10:57.360,0:11:00.399

different types of brains

0:10:58.560,0:11:02.240
right but then there's the

0:11:00.399,0:11:05.680
neurodiversity paradigm

0:11:02.240,0:11:08.560
which is like takes that and then puts

0:11:05.680,0:11:09.680
values onto it so it says that the

0:11:08.560,0:11:10.880
there's the fact

0:11:09.680,0:11:12.640
sorry I don't know if I'm clear

0:11:10.880,0:11:13.440
there's a fact and then there's the idea

0:11:12.640,0:11:15.360
that this

0:11:13.440,0:11:16.880
this is something that's beneficial and

0:11:15.360,0:11:18.000
something to be embraced and something

0:11:16.880,0:11:20.640
to be celebrated

0:11:18.000,0:11:22.240
and then was there another word
Bonnie: yeah and

0:11:20.640,0:11:23.279
then neuro queering which I mean we'll

0:11:22.240,0:11:25.600
dive into

0:11:23.279,0:11:27.920
as well
Jessica: so neuroqueering is a word that

0:11:25.600,0:11:28.640
I feel like a lot less confident to be

0:11:27.920,0:11:31.680
able to just

0:11:28.640,0:11:32.720
clearly define so there are several

0:11:31.680,0:11:35.200
people who have

0:11:32.720,0:11:37.120
started to use this term and tried to

0:11:35.200,0:11:40.640
flesh out some definitions of it

0:11:37.120,0:11:43.279
and one is Nick Walker who is

0:11:40.640,0:11:44.160
an Autistic advocate and writer and he

0:11:43.279,0:11:47.680
has a blog

0:11:44.160,0:11:50.720
called uh Neurocosmopolitan

0:11:47.680,0:11:52.800
and so you know that's something that

0:11:50.720,0:11:54.000
somebody could google that and pull it

0:11:52.800,0:11:55.839
up and he he

0:11:54.000,0:11:57.440
has a great blog where he actually

0:11:55.839,0:11:59.440
defines like

0:11:57.440,0:12:02.160
something like maybe eight different

0:11:59.440,0:12:05.120
ways to define neuroqueering

0:12:02.160,0:12:07.040
and uh so in my essay I really just

0:12:05.120,0:12:09.440
pulled out I think maybe two

0:12:07.040,0:12:10.560
definitions and really tried to focus on

0:12:09.440,0:12:12.639
that because

0:12:10.560,0:12:13.760
you know looking at all eight

0:12:12.639,0:12:17.519
definitions

0:12:13.760,0:12:20.720
is a really big concept but

0:12:17.519,0:12:22.079
you know roughly is this idea that

0:12:20.720,0:12:24.560
something I think a lot of people may

0:12:22.079,0:12:27.120
not realize is that Autistic

0:12:24.560,0:12:28.720
people so nor another way to say that

0:12:27.120,0:12:32.560
neurodivergent people

0:12:28.720,0:12:34.880
um have uh maybe a special relationship

0:12:32.560,0:12:36.639

with gender and sexuality that might be

0:12:34.880,0:12:39.279

a little bit different there's a lot

0:12:36.639,0:12:40.720

more people in the Autistic community

0:12:39.279,0:12:44.079

who are trans

0:12:40.720,0:12:46.720

who are queer who are some form of

0:12:44.079,0:12:49.680

uh different sexuality less being gay

0:12:46.720,0:12:53.200

bisexual pansexual

0:12:49.680,0:12:54.720

and the same for gender and so uh

0:12:53.200,0:12:57.360

the community has actually come up with

0:12:54.720,0:12:58.320

some new terms to describe that gender

0:12:57.360,0:13:01.600

so there's

0:12:58.320,0:13:03.920

gender vague or autigender and so

0:13:01.600,0:13:05.600

these are kind of just the idea that I

0:13:03.920,0:13:08.639

mean if you think about it

0:13:05.600,0:13:11.440

um gender is a performance you know

0:13:08.639,0:13:12.480

they are it's a social construct and

0:13:11.440,0:13:15.040

Autistic people

0:13:12.480,0:13:16.000

often look at social constructs and see

0:13:15.040,0:13:18.079

them

0:13:16.000,0:13:19.120

see them as social constructs and

0:13:18.079,0:13:21.360

whereas

0:13:19.120,0:13:23.760

neurotypical see them see the social

0:13:21.360,0:13:26.720

constructs as something that is more

0:13:23.760,0:13:28.160

instinctive I I don't know um I can't

0:13:26.720,0:13:30.160

speak on that as much

0:13:28.160,0:13:31.279

but you know from a neurodivergent

0:13:30.160,0:13:33.360

perspective then

0:13:31.279,0:13:34.320

some of these aspects of gender is very

0:13:33.360,0:13:36.240

much cultural

0:13:34.320,0:13:37.519

it's very something it's something that

0:13:36.240,0:13:39.920

you perform you

0:13:37.519,0:13:42.079
there's unwritten rules about what it

0:13:39.920,0:13:43.360
means to be a woman or what it means to

0:13:42.079,0:13:46.079
be a man

0:13:43.360,0:13:47.519
and Autistic people tend to struggle

0:13:46.079,0:13:51.440
with some of those kind of

0:13:47.519,0:13:53.519
arbitrary performative unwritten social

0:13:51.440,0:13:54.720
rules anyway so it kind of makes sense

0:13:53.519,0:13:56.560
maybe that

0:13:54.720,0:13:59.120
more Autistic people would be falling

0:13:56.560,0:14:02.000
outside of the gender binary or the

0:13:59.120,0:14:02.399
sexuality binder you know just being

0:14:02.000,0:14:03.920
Bonnie: right

0:14:02.399,0:14:06.880
Jessica: something more complex than just being

0:14:03.920,0:14:08.800
straight so neuroqueer is about this

0:14:06.880,0:14:10.639
intersection in between a neural

0:14:08.800,0:14:14.079

divergence like Autism

0:14:10.639,0:14:15.839
and your gender or sexuality and so

0:14:14.079,0:14:17.839
you know people have some some people

0:14:15.839,0:14:20.560
will say that being Autistic

0:14:17.839,0:14:21.519
really influences their their gender and

0:14:20.560,0:14:24.480
some people will say

0:14:21.519,0:14:25.120
like for them they feel like um that

0:14:24.480,0:14:27.760
they would say

0:14:25.120,0:14:28.480
I'm not trans because I'm Autistic some

0:14:27.760,0:14:31.600
people might

0:14:28.480,0:14:35.199
say they actually feel like their gender

0:14:31.600,0:14:36.160
um identity is directly related to being

0:14:35.199,0:14:38.079
Autistic so

0:14:36.160,0:14:40.800
I'm not gonna say that it's one or the

0:14:38.079,0:14:44.000
other because this is like

0:14:40.800,0:14:47.120
so personal for every person but

0:14:44.000,0:14:48.720
being neuroqueer neuroqueer as a word it

0:14:47.120,0:14:50.320
could be something that is an identity

0:14:48.720,0:14:51.440
label so somebody could say I am

0:14:50.320,0:14:54.279
neuroqueer

0:14:51.440,0:14:55.519
which you know might indicate that my

0:14:54.279,0:14:58.639
neurodivergence

0:14:55.519,0:15:02.000
impacts my gender performance my

0:14:58.639,0:15:06.320
or my gender identity or my sexuality

0:15:02.000,0:15:09.279
um but neuroqueer can also be a verb

0:15:06.320,0:15:11.199
and so if we are going to so that is a

0:15:09.279,0:15:13.839
lot of what my essay was

0:15:11.199,0:15:15.680
because like this is some idea that I

0:15:13.839,0:15:17.839
write about and I was like

0:15:15.680,0:15:21.519
well I guess I can't show off a podcast

0:15:17.839,0:15:21.519
but you know that mind exploding meme? *laughter*

0:15:22.240,0:15:27.839

Bonnie: I could put like the emoji in the show

0:15:25.199,0:15:30.639

Notes, the mind exploding

0:15:27.839,0:15:31.519

Jessica: yeah this idea that you know you could

0:15:30.639,0:15:34.800

Neuroqueer

0:15:31.519,0:15:36.320

as a verb and that could mean something

0:15:34.800,0:15:38.560

like wow like you're

0:15:36.320,0:15:40.240

so in that context to neuroqueer as a

0:15:38.560,0:15:44.320

verb might mean to like

0:15:40.240,0:15:48.240

just intentionally be yourself

0:15:44.320,0:15:51.199

even if you're being Autistic makes you

0:15:48.240,0:15:51.920

your gender performance weird compared

0:15:51.199,0:15:54.560

to the

0:15:51.920,0:15:56.160

normal society normal societal

0:15:54.560,0:15:59.440

expectations

0:15:56.160,0:16:02.160

um but it's not only just about to

0:15:59.440,0:16:03.920

to neuroqueer is not only about like

0:16:02.160,0:16:04.560
the person who is neuroqueer being

0:16:03.920,0:16:07.040
themselves

0:16:04.560,0:16:08.000
but you know could so my question in

0:16:07.040,0:16:09.920
this essay is like

0:16:08.000,0:16:11.920
as music therapists like can we neuro-

0:16:09.920,0:16:14.639
queer and I neuroqueer in the music

0:16:11.920,0:16:17.759
therapy space can I neuroqueer

0:16:14.639,0:16:18.399
my music my therapy as a therapist can I

0:16:17.759,0:16:21.040
do that?

0:16:18.399,0:16:22.959
and for me I think that neuroqueer is

0:16:21.040,0:16:24.000
a word that I could I could use this to

0:16:22.959,0:16:26.959
describe myself

0:16:24.000,0:16:28.800
so for me I can this is a different

0:16:26.959,0:16:32.560
question maybe than for somebody who

0:16:28.800,0:16:36.320
would not identify as neuroqueer

Bonnie: right

0:16:32.560,0:16:38.079

Jessica: so I don't know this this is a topic

0:16:36.320,0:16:39.759

that I don't have a lot of firm

0:16:38.079,0:16:41.440

answers for I just have a lot of

0:16:39.759,0:16:43.040

questions I'm still learning about it

0:16:41.440,0:16:44.079

that's one reason I love this essay

0:16:43.040,0:16:46.000

because it was so

0:16:44.079,0:16:48.720

so much of an opportunity for me to

0:16:46.000,0:16:50.240

learn and for me to like engage in the

0:16:48.720,0:16:51.920

material and then kind of take the

0:16:50.240,0:16:54.079

reader along with me

0:16:51.920,0:16:55.519

as I'm on this journey to try to

0:16:54.079,0:16:57.519

discover like what does this

0:16:55.519,0:16:59.839

mean and what does it mean for me as a

0:16:57.519,0:17:00.639

therapist how does it impact my clinical

0:16:59.839,0:17:02.720

decisions

0:17:00.639,0:17:04.000
like how does it impact the way I relate

0:17:02.720,0:17:06.400
to my clients

0:17:04.000,0:17:07.600
I I don't know I need to figure it out

0:17:06.400,0:17:10.160
let's write about it

0:17:07.600,0:17:11.199
Bonnie: yeah that's awesome and I I feel like

0:17:10.160,0:17:12.640
the same way you were like

0:17:11.199,0:17:14.799
when the first time you were reading

0:17:12.640,0:17:17.360
about it your mind was blown that's kind

0:17:14.799,0:17:19.039
of how I felt reading your chapter too

0:17:17.360,0:17:20.720
um because there's definitely you know I

0:17:19.039,0:17:21.199
haven't heard the term neuroqueering

0:17:20.720,0:17:23.199
before

0:17:21.199,0:17:25.120
one so there's a lot of like new

0:17:23.199,0:17:27.760
information that I got from

0:17:25.120,0:17:29.520
your essay and then and you touched on

0:17:27.760,0:17:32.240
it before but at the beginning you just

0:17:29.520,0:17:34.480
pile like resources of like

0:17:32.240,0:17:36.320
neurodiversity and music therapy like

0:17:34.480,0:17:38.960
in one spot which makes it so much

0:17:36.320,0:17:40.160
easier to keep researching and educating

0:17:38.960,0:17:41.679
and then yeah it was just really

0:17:40.160,0:17:43.280
interesting to read through because I

0:17:41.679,0:17:45.720
feel like it's a lot of things

0:17:43.280,0:17:47.200
that I've come to agree with like maybe

0:17:45.720,0:17:49.360
approach-wise

0:17:47.200,0:17:50.400
um and like things I've played with but

0:17:49.360,0:17:52.240
struggled with too

0:17:50.400,0:17:53.440
in sessions like trying to change things

0:17:52.240,0:17:55.440
up from maybe

0:17:53.440,0:17:56.480
the traditional kind of session plan how

0:17:55.440,0:17:58.080

you come in or

0:17:56.480,0:18:00.160
even how you think of an intervention

0:17:58.080,0:18:01.360
and like coming in with that um so it

0:18:00.160,0:18:02.640
was cool to be like oh

0:18:01.360,0:18:04.720
in a way I've kind of been

0:18:02.640,0:18:05.120
neuroqueering but now I have a word for

0:18:04.720,0:18:07.160
it

0:18:05.120,0:18:08.960
where I can keep diving in and

0:18:07.160,0:18:11.440
self-reflecting and

0:18:08.960,0:18:13.280
continue expanding upon kind of this

0:18:11.440,0:18:14.960
approach that I've already like

0:18:13.280,0:18:17.200
kind of honed in on to with that

0:18:14.960,0:18:19.280
humanistic aspect of it

0:18:17.200,0:18:21.520
Jessica: yeah I think that's one of the things

0:18:19.280,0:18:23.039
that I don't know is once you see some

0:18:21.520,0:18:23.760
of this stuff it seems really obvious

0:18:23.039,0:18:25.840

like

Bonnie: right

0:18:23.760,0:18:27.520

Jessica: I wrote in an essay like music therapy

0:18:25.840,0:18:30.640

is already radical

0:18:27.520,0:18:33.919

you know that these ideas like they feel

0:18:30.640,0:18:35.760

radical is to reject some of the things

0:18:33.919,0:18:37.200

that we've been taught and to embrace

0:18:35.760,0:18:39.280

things that we've been told

0:18:37.200,0:18:41.360

don't embrace those things but the

0:18:39.280,0:18:44.480

reality is like we're already

0:18:41.360,0:18:46.400

a music therapy is already a field where

0:18:44.480,0:18:48.000

people see us doing therapy and we're

0:18:46.400,0:18:48.799

the therapy that people say like is that

0:18:48.000,0:18:51.200

therapy

0:18:48.799,0:18:51.919

they're just having fun you know we're

0:18:51.200,0:18:54.799

already

0:18:51.919,0:18:55.600
um giving people we're already saying

0:18:54.799,0:18:57.600
that

0:18:55.600,0:18:59.200
just speaking is not the only way to

0:18:57.600,0:19:00.160
communicate there's other ways to

0:18:59.200,0:19:02.559
communicate there's

0:19:00.160,0:19:04.080
other ways to gain insight in therapy

0:19:02.559,0:19:05.679
other than sitting on the couch and

0:19:04.080,0:19:07.760
chatting about it and

0:19:05.679,0:19:09.200
you know we're so we're already a

0:19:07.760,0:19:11.760
radical field

0:19:09.200,0:19:12.240
but we just need to embrace that right

0:19:11.760,0:19:14.160
Bonnie: yeah

0:19:12.240,0:19:15.760
and I love that part of the essay so

0:19:14.160,0:19:17.919
much because um

0:19:15.760,0:19:18.880
because yeah you're like like people are

0:19:17.919,0:19:20.559

kind of worried maybe

0:19:18.880,0:19:21.919

like changing things up is radical and

0:19:20.559,0:19:24.400

then you like turned it but you're like

0:19:21.919,0:19:25.840

we're already radical and I was like

0:19:24.400,0:19:27.679

yeah we are and then you like started

0:19:25.840,0:19:30.480

listing it out you know because

0:19:27.679,0:19:31.360

like celebrating like drumming like as

0:19:30.480,0:19:33.840

loud as you can

0:19:31.360,0:19:36.000

you wouldn't necessarily maybe celebrate

0:19:33.840,0:19:38.640

that in other environments

0:19:36.000,0:19:40.480

I say you can but maybe not necessarily

0:19:38.640,0:19:42.240

but in the music therapy room

0:19:40.480,0:19:44.960

like doing things really differently

0:19:42.240,0:19:47.679

with music is the whole point

0:19:44.960,0:19:48.640

Jessica: yeah yeah there's and so I think that is

0:19:47.679,0:19:51.440

something that

0:19:48.640,0:19:53.039
we are lucky as music therapists because

0:19:51.440,0:19:55.600
we are we have that

0:19:53.039,0:19:57.760
freedom to be radical we have the

0:19:55.600,0:19:58.960
freedom to look at therapy in a new

0:19:57.760,0:20:03.600
different way

0:19:58.960,0:20:06.799
and and you know to use the creativity

0:20:03.600,0:20:08.559
and to use our like we're we're already

0:20:06.799,0:20:09.760
there and I think like so many music

0:20:08.559,0:20:11.280
therapists when they find this

0:20:09.760,0:20:13.600
information when they connect with

0:20:11.280,0:20:16.159
neurodiversity movement they're like oh

0:20:13.600,0:20:18.240
this is what this is it's already so

0:20:16.159,0:20:20.000
fundamental this is what is bringing us

0:20:18.240,0:20:22.559
so many of us to the field

0:20:20.000,0:20:24.320
you know and then it almost gets like

0:20:22.559,0:20:26.640
educated and trained out of us

0:20:24.320,0:20:27.360
and we get caught like that we need to

0:20:26.640,0:20:29.360
go to

0:20:27.360,0:20:31.520
like the medical system and plea our

0:20:29.360,0:20:32.400
case and say we're valid we're valid

0:20:31.520,0:20:34.960
really look

0:20:32.400,0:20:35.760
we have research but

Bonnie: right

Jessica: like you know

0:20:34.960,0:20:37.440
maybe the thing

0:20:35.760,0:20:38.880
that we need to do is say like you know

0:20:37.440,0:20:40.799
what there's something more than

0:20:38.880,0:20:43.039
research and it is our individual

0:20:40.799,0:20:44.480
client who is a full and whole human

0:20:43.039,0:20:47.360
being just as

0:20:44.480,0:20:48.880
just as they are you know so I think

0:20:47.360,0:20:51.120

we're already there we just need to

0:20:48.880,0:20:52.960

just need to embrace it just go for it

0:20:51.120,0:20:54.720

Bonnie: yeah oh I love that so much

0:20:52.960,0:20:56.960

yeah and you kind of started touching on

0:20:54.720,0:20:59.760

this um and you point out

0:20:56.960,0:21:00.880

in the essay and just now how the

0:20:59.760,0:21:03.200

medical model

0:21:00.880,0:21:04.640

kind of tense that's where uh music

0:21:03.200,0:21:06.000

therapy is getting positioned like

0:21:04.640,0:21:08.000

historically

0:21:06.000,0:21:09.440

because we've had to advocate like in

0:21:08.000,0:21:11.760

the past to really

0:21:09.440,0:21:12.640

get our place in in the world I guess

0:21:11.760,0:21:14.240

but then

0:21:12.640,0:21:16.400

on the flip side like we kind of get

0:21:14.240,0:21:18.799

stuck in this medical model

0:21:16.400,0:21:20.559
so could you speak on like how how can

0:21:18.799,0:21:22.320
this be problematic

0:21:20.559,0:21:24.559
Jessica: yeah well I mean maybe we should talk

0:21:22.320,0:21:25.760
about what is the medical model of

0:21:24.559,0:21:27.520
disability because

0:21:25.760,0:21:29.760
maybe some of your listeners might not

0:21:27.520,0:21:30.080
be familiar with that terminology so our

0:21:29.760,0:21:32.559
we

0:21:30.080,0:21:34.159
all have models of disability and so our

0:21:32.559,0:21:35.919
model of disability is like the

0:21:34.159,0:21:39.120
framework through which we see

0:21:35.919,0:21:40.159
visibility um and so there's many

0:21:39.120,0:21:43.280
different models

0:21:40.159,0:21:45.120
and so a big broad one that we just that

0:21:43.280,0:21:46.559
is the medical model of disability so

0:21:45.120,0:21:49.120

this is the idea that

0:21:46.559,0:21:50.159

the impairment is located within the

0:21:49.120,0:21:53.360

person

0:21:50.159,0:21:55.679

and that we need to fix the person and

0:21:53.360,0:21:57.200

this is the medical model posits that

0:21:55.679,0:22:00.720

the the experts

0:21:57.200,0:22:02.559

are people with degrees and doctors

0:22:00.720,0:22:04.400

you know and people who've gone through

0:22:02.559,0:22:07.520

training programs

0:22:04.400,0:22:08.240

um and so this has like a if we don't

0:22:07.520,0:22:10.640

question

0:22:08.240,0:22:12.080

or investigate the this is like our

0:22:10.640,0:22:14.480

underlying beliefs about

0:22:12.080,0:22:15.280

disability you know we need to examine

0:22:14.480,0:22:18.080

those things

0:22:15.280,0:22:18.480

and and question those things to because

0:22:18.080,0:22:20.720

that

0:22:18.480,0:22:22.080

all of our our assessment our treatment

0:22:20.720,0:22:24.080

planning our evaluation

0:22:22.080,0:22:26.240

and our decisions about discharge are

0:22:24.080,0:22:28.159

all based fundamentally on those

0:22:26.240,0:22:30.320

those concepts and so if we are not

0:22:28.159,0:22:31.679

examining them and honest and aware of

0:22:30.320,0:22:33.120

our own perspective

0:22:31.679,0:22:35.440

and aware of the fact that our client

0:22:33.120,0:22:37.200

may have a different perspective like

0:22:35.440,0:22:38.720

there's even a potential that we could

0:22:37.200,0:22:40.960

be doing harm you know

0:22:38.720,0:22:42.559

Bonnie: right

Jessica: so that's the medical model you

0:22:40.960,0:22:44.080

know and for some things the medical

0:22:42.559,0:22:47.280

model works really well

0:22:44.080,0:22:49.600

I did my internship in a hospital

0:22:47.280,0:22:51.520

you know and so there's some aspects of

0:22:49.600,0:22:52.400

you see somebody that's hospitalized and

0:22:51.520,0:22:54.799

they had a

0:22:52.400,0:22:56.559

you know had a stroke or something in

0:22:54.799,0:22:57.600

some cases that the medical model of

0:22:56.559,0:23:00.720

disability might

0:22:57.600,0:23:01.919

have validity it may not be harmful and

0:23:00.720,0:23:03.840

it may be helpful

0:23:01.919,0:23:05.840

but there's also some other ways to view

0:23:03.840,0:23:07.600

disability so the social model

0:23:05.840,0:23:09.840

is another one that kind of emerged so

0:23:07.600,0:23:13.200

the social models this idea

0:23:09.840,0:23:14.000

that impairment happens because of the

0:23:13.200,0:23:16.080

negative

0:23:14.000,0:23:17.919
ideas from society because of

0:23:16.080,0:23:19.440
discrimination because the lack of

0:23:17.919,0:23:21.919
accommodations

0:23:19.440,0:23:22.720
so the like a classical example of this

0:23:21.919,0:23:25.840
is that if

0:23:22.720,0:23:28.000
someone has a a wheelchair that

0:23:25.840,0:23:29.840
what disables them is the lack of curb

0:23:28.000,0:23:31.600
cuts and you know

0:23:29.840,0:23:32.960
that if there's a curb cut they're not

0:23:31.600,0:23:34.240
disabled and they can go into the

0:23:32.960,0:23:37.360
building just the same

0:23:34.240,0:23:39.520
as everybody else but so it's a the

0:23:37.360,0:23:40.400
social model really asks us to look at

0:23:39.520,0:23:43.679
society

0:23:40.400,0:23:45.600
to look at the people's beliefs to look

0:23:43.679,0:23:46.159
at how we're discriminating to look at

0:23:45.600,0:23:48.480
the role of

0:23:46.159,0:23:51.520
ableism you know which is a prejudice

0:23:48.480,0:23:55.120
against disability or disabled people

0:23:51.520,0:23:57.200
um you know so but then a lot of people

0:23:55.120,0:23:58.880
saying something if they're positioned

0:23:57.200,0:23:59.760
from the social model disability they

0:23:58.880,0:24:02.880
might say

0:23:59.760,0:24:05.279
I'm only disabled when I leave my house

0:24:02.880,0:24:07.120
but so here's the reality is that the

0:24:05.279,0:24:08.240
social model of disability doesn't

0:24:07.120,0:24:10.240
really account for

0:24:08.240,0:24:12.000
everything you know because some people

0:24:10.240,0:24:15.039
they might come home and still

0:24:12.000,0:24:15.360
feel disabled um so then there's we have

0:24:15.039,0:24:17.679

our

0:24:15.360,0:24:19.279

post-social or holistic model of

0:24:17.679,0:24:21.120

disability and this is kind of where I'm

0:24:19.279,0:24:22.080

finding myself to be positioned

0:24:21.120,0:24:25.039

currently

0:24:22.080,0:24:26.799

which is that there's uh disability

0:24:25.039,0:24:30.320

arises from

0:24:26.799,0:24:31.520

both from it can be impairments that are

0:24:30.320,0:24:33.120

in the body where

0:24:31.520,0:24:34.799

you need to go to the expertise of a

0:24:33.120,0:24:37.039

doctor and

0:24:34.799,0:24:38.960

it can be something that's fixed or you

0:24:37.039,0:24:40.000

get treatment you take medication you

0:24:38.960,0:24:41.760

get a cure

0:24:40.000,0:24:44.080

but then there may also be things that

0:24:41.760,0:24:44.880

it's drawn from the social models that

0:24:44.080,0:24:46.400
you might say like

0:24:44.880,0:24:48.320
there's these other aspects that we need

0:24:46.400,0:24:50.480
to have change in society

0:24:48.320,0:24:52.720
we need to have accommodations we need

0:24:50.480,0:24:56.159
to have you know um

0:24:52.720,0:24:58.159
on acceptance these kinds of things so

0:24:56.159,0:24:59.600
kind of combining them both I think

0:24:58.159,0:25:02.000
allows you to really

0:24:59.600,0:25:03.760
address the fact that you know most

0:25:02.000,0:25:05.919
people for one thing most people

0:25:03.760,0:25:07.279
they have more than one diagnosis right

0:25:05.919,0:25:08.640
so if we're looking at people on the

0:25:07.279,0:25:10.400
Autism spectrum

0:25:08.640,0:25:12.640
you know there might be somebody with

0:25:10.400,0:25:15.600
Autism they might have

0:25:12.640,0:25:17.200
for example epilepsy right or um

0:25:15.600,0:25:20.400
Ehlers-Danlos syndrome

0:25:17.200,0:25:21.600
or um a dysautonomia or

0:25:20.400,0:25:24.480
something like that and they might say

0:25:21.600,0:25:27.279
like please cure my epilepsy

0:25:24.480,0:25:29.440
but don't cure my Autism so when it

0:25:27.279,0:25:32.240
comes to an individual then

0:25:29.440,0:25:34.480
neither social nor medical disability

0:25:32.240,0:25:36.240
medical model disability might fully

0:25:34.480,0:25:38.080
address their their needs as an

0:25:36.240,0:25:40.559
individual so I'm not sure if that

0:25:38.080,0:25:42.960
really answered your question

0:25:40.559,0:25:44.880
Bonnie: no that was good I think it was almost

0:25:42.960,0:25:46.080
like a good call out on my question

0:25:44.880,0:25:47.279
because you're like well the medical

0:25:46.080,0:25:49.440

model might be okay

0:25:47.279,0:25:51.200

you know like and then also the social

0:25:49.440,0:25:52.640

model might be okay and I like that idea

0:25:51.200,0:25:54.400

of combining it because it

0:25:52.640,0:25:55.760

it all ties back of like this is an

0:25:54.400,0:25:57.919

individual

0:25:55.760,0:25:59.840

and we can't just apply one thing to

0:25:57.919,0:26:00.640

them and be like this is going to fix

0:25:59.840,0:26:02.400

them

0:26:00.640,0:26:04.799

you know I don't like that word anyway

0:26:02.400,0:26:07.200

but

Jessica: yeah

0:26:04.799,0:26:08.960

Jessica: and you know and and those are just some

0:26:07.200,0:26:11.360

big broad overviews

0:26:08.960,0:26:12.320

and you know you can look into different

0:26:11.360,0:26:14.000

cultures

0:26:12.320,0:26:15.840

and especially when you know like

0:26:14.000,0:26:17.440
traditional cultures indigenous cultures

0:26:15.840,0:26:20.799
might have very different

0:26:17.440,0:26:22.559
views of disability and so

0:26:20.799,0:26:24.000
you know I think wow that's something we

0:26:22.559,0:26:27.039
really need to consider as

0:26:24.000,0:26:29.840
therapists um as like that

0:26:27.039,0:26:31.440
whatever our model of disability is or

0:26:29.840,0:26:33.039
you know here's the reality we might

0:26:31.440,0:26:34.720
have our own model of disability and

0:26:33.039,0:26:36.640
then work for a facility or an

0:26:34.720,0:26:38.320
institution that has a totally different

0:26:36.640,0:26:39.520
model of disability that they're

0:26:38.320,0:26:40.960
expecting to see

0:26:39.520,0:26:42.559
that they're not going to talk about

0:26:40.960,0:26:43.360
when they hire you they're not like okay

0:26:42.559,0:26:46.400
we work for the

0:26:43.360,0:26:48.240

Bonnie: right

Jessica: model of disability and they might

0:26:46.400,0:26:51.760

not ever ask things about that

0:26:48.240,0:26:52.880

um but so we could have such a uh

0:26:51.760,0:26:55.600

disparate we could have

0:26:52.880,0:26:57.360

like a contrast between we're working

0:26:55.600,0:26:57.840

for a facility or an institution that

0:26:57.360,0:26:59.840

has

0:26:57.840,0:27:01.200

operates on one model of disability

0:26:59.840,0:27:03.279

probably the medical model

0:27:01.200,0:27:04.400

and then maybe music therapists we're

0:27:03.279,0:27:06.640

working on let's say

0:27:04.400,0:27:08.000

we're called a holistic model but then

0:27:06.640,0:27:10.559

maybe we have a client

0:27:08.000,0:27:12.159

who has a model of disability that

0:27:10.559,0:27:14.480
doesn't even have a proper name

0:27:12.159,0:27:16.240
because you know most scholars have ever

0:27:14.480,0:27:17.840
thought like let me go do research on

0:27:16.240,0:27:21.279
this you know

0:27:17.840,0:27:22.240
Bonnie: yeah
Jessica: and and if we don't think about it

0:27:21.279,0:27:24.399
if we don't this

0:27:22.240,0:27:25.360
if we're not like open to this idea that

0:27:24.399,0:27:27.440
just on a

0:27:25.360,0:27:29.279
fundamental level that there could be

0:27:27.440,0:27:32.159
these three different perspectives

0:27:29.279,0:27:33.200
all being taking an influence and how do

0:27:32.159,0:27:35.200
we decide what our

0:27:33.200,0:27:37.360
treatment plan is how do we decide what

0:27:35.200,0:27:39.120
are valid goals how do we make those

0:27:37.360,0:27:40.880
kind of clinical decisions how do we

0:27:39.120,0:27:43.200
write our paperwork who

0:27:40.880,0:27:44.880
who qualifies for therapy when do they

0:27:43.200,0:27:47.760
get discharged

0:27:44.880,0:27:48.159
all of those questions come back to our

0:27:47.760,0:27:50.960
model

0:27:48.159,0:27:51.679
disability in some way or our model of

0:27:50.960,0:27:53.840
disability can

0:27:51.679,0:27:56.080
influence how we answer those and and

0:27:53.840,0:27:57.919
our clients model of disability like how

0:27:56.080,0:27:59.440
they see themselves and how their

0:27:57.919,0:28:00.880
community and their family sees them

0:27:59.440,0:28:02.799
like that's really important

0:28:00.880,0:28:04.480
you know so something I learned recently

0:28:02.799,0:28:06.240
that I think helps me to

0:28:04.480,0:28:08.159
I think about this a lot is that you

0:28:06.240,0:28:09.120
know um people who are diagnosed with

0:28:08.159,0:28:10.960
schizophrenia

0:28:09.120,0:28:12.320
in the global south and in developing

0:28:10.960,0:28:14.240
countries actually have

0:28:12.320,0:28:16.159
better long-term outcomes than people

0:28:14.240,0:28:19.840
diagnosed with schizophrenia

0:28:16.159,0:28:22.960
in the us and the western world and so

0:28:19.840,0:28:25.279
you know it's it's maybe that

0:28:22.960,0:28:26.320
um in the western world we're using this

0:28:25.279,0:28:28.559
medical model

0:28:26.320,0:28:30.000
and for people with schizophrenia maybe

0:28:28.559,0:28:32.159
they're not actually being

0:28:30.000,0:28:33.440
served by that as well as you know other

0:28:32.159,0:28:35.840
ways of looking at it

0:28:33.440,0:28:37.279
Bonnie: yeah oh that's such a good point and

0:28:35.840,0:28:38.880

really interesting I didn't know that so

0:28:37.279,0:28:39.679

that's cool too and something to think

0:28:38.880,0:28:42.159

about like

0:28:39.679,0:28:43.200

yeah taking on all the information and

0:28:42.159,0:28:44.559

figuring out like

0:28:43.200,0:28:46.080

yeah is there a different way to

0:28:44.559,0:28:48.000

approach it because yeah it comes down

0:28:46.080,0:28:50.399

to our documentation it comes

0:28:48.000,0:28:51.360

it affects it like the whole way like

0:28:50.399,0:28:54.159

the whole of

0:28:51.360,0:28:55.039

treatment with our clients like what

0:28:54.159,0:28:57.120

models

0:28:55.039,0:28:58.559

we're working from and trying to figure

0:28:57.120,0:29:01.120

out for individuals

0:28:58.559,0:29:01.600

what works best for each one

Jessica: yeah I mean

0:29:01.120,0:29:04.080

so I

0:29:01.600,0:29:05.440

I'm I don't know if I should even

0:29:04.080,0:29:07.360

mention this because like off the top of

0:29:05.440,0:29:10.399

my head I can't remember the title but

0:29:07.360,0:29:10.799

um you know so I was reading um a book

0:29:10.399,0:29:12.480

that's

0:29:10.799,0:29:14.880

kind of critical of the medical industry

0:29:12.480,0:29:17.760

and it had an anecdote where

0:29:14.880,0:29:19.279

um uh like a therapist had their

0:29:17.760,0:29:22.640

schizophrenic client

0:29:19.279,0:29:23.279

had said something like um oh is this

0:29:22.640,0:29:26.399

letter

0:29:23.279,0:29:28.399

uh telephone like a mail a letter from

0:29:26.399,0:29:30.559

the mail is this a telephone

0:29:28.399,0:29:31.679

and instead of just writing that comment

0:29:30.559,0:29:33.440

off as a

0:29:31.679,0:29:34.880
symptom of thought disorder the

0:29:33.440,0:29:36.960
therapist took that

0:29:34.880,0:29:38.640
and kind of guided the client they ended

0:29:36.960,0:29:41.279
up writing some poetry

0:29:38.640,0:29:43.679
using that material and it ended up

0:29:41.279,0:29:44.240
being like a hugely beneficial way and

0:29:43.679,0:29:46.000
so

0:29:44.240,0:29:47.279
you know I think in some degrees it's a

0:29:46.000,0:29:50.240
matter of like

0:29:47.279,0:29:50.960
just not pathologizing those things and

0:29:50.240,0:29:52.880
seeing that

0:29:50.960,0:29:54.559
you know maybe something that we see as

0:29:52.880,0:29:57.279
a symptom of disorder

0:29:54.559,0:29:59.200
like is it possible that something we're

0:29:57.279,0:30:01.120
labeling as a symptom of disorder

0:29:59.200,0:30:02.640

is could could there be something

0:30:01.120,0:30:05.440

positive in that could it

0:30:02.640,0:30:05.840

show a hidden strength is there a way to

0:30:05.440,0:30:08.320

to

0:30:05.840,0:30:09.120

to work with that without just labeling

0:30:08.320,0:30:11.520

like it's

0:30:09.120,0:30:12.559

that's disorder you're delusional like

0:30:11.520,0:30:15.520

you're crazy

0:30:12.559,0:30:16.799

you know but you think about it and that

0:30:15.520,0:30:19.440

is so much that is

0:30:16.799,0:30:20.640

so compatible with music therapy I mean

0:30:19.440,0:30:23.039

this person heard

0:30:20.640,0:30:24.320

a person make a strange statement and

0:30:23.039,0:30:25.600

instead of saying like they're really

0:30:24.320,0:30:26.159

weird but why are you saying that they

0:30:25.600,0:30:28.399

say like

0:30:26.159,0:30:30.000

let's write a poem like music therapists

0:30:28.399,0:30:32.080

are doing that all the time

0:30:30.000,0:30:34.399

Bonnie: right

Jessica: so like we're already we are

0:30:32.080,0:30:36.320

already we really as a field we could be

0:30:34.399,0:30:37.679

trailblazers you know we could be the

0:30:36.320,0:30:39.520

leaders here

0:30:37.679,0:30:41.200

if you want you know for for music

0:30:39.520,0:30:42.799

therapists who are working in the us

0:30:41.200,0:30:44.720

working in the western world we're

0:30:42.799,0:30:47.120

working in this system that is

0:30:44.720,0:30:50.640

dominated by the medical model and it's

0:30:47.120,0:30:52.720

dominated by pathologizing views like

0:30:50.640,0:30:54.399

you know we could be leaders we just

0:30:52.720,0:30:55.520

gotta step up like this is our

0:30:54.399,0:30:57.600

opportunity

0:30:55.520,0:30:59.440

Bonnie: right like you said embrace it and like

0:30:57.600,0:31:01.039

that's that seems like a really good

0:30:59.440,0:31:03.039

example of like that would be

0:31:01.039,0:31:04.799

neuroqueering in a session is instead

0:31:03.039,0:31:06.799

of writing something off

0:31:04.799,0:31:08.640

considering like that strength in it or

0:31:06.799,0:31:10.640

making it part of the art

0:31:08.640,0:31:11.919

and the creation that we do anyway in

0:31:10.640,0:31:14.559

sessions

Jessica: yeah

0:31:11.919,0:31:16.559

we are this is what we're already doing

0:31:14.559,0:31:19.440

you know

0:31:16.559,0:31:20.799

students are they're for practicum level

0:31:19.440,0:31:22.960

one students are like

0:31:20.799,0:31:25.120

so ready to already be taking this

0:31:22.960,0:31:27.039

outlook to say like you have these

0:31:25.120,0:31:28.720

materials like I think another example

0:31:27.039,0:31:30.480

is like a big thing that I think

0:31:28.720,0:31:32.159

music therapists are everywhere will be

0:31:30.480,0:31:34.720

able to see this in their practice

0:31:32.159,0:31:35.200

is like stimming so stimming and it's

0:31:34.720,0:31:37.279

also

0:31:35.200,0:31:38.640

like um for people who are not familiar

0:31:37.279,0:31:40.559

with that term stimming it could be

0:31:38.640,0:31:42.880

called stereotyping self-stimulatory

0:31:40.559,0:31:43.200

behavior or repetitive behavior so when

0:31:42.880,0:31:45.440

an

0:31:43.200,0:31:47.039

Autistic person might be a stereotype is

0:31:45.440,0:31:48.720

a flapping hands

0:31:47.039,0:31:50.240

you know we're making them some

0:31:48.720,0:31:51.039

movements with their fingers like

0:31:50.240,0:31:53.039
repetitive

0:31:51.039,0:31:55.360
repetitive movements but if you think of

0:31:53.039,0:31:58.320
like what is a repetitive movement

0:31:55.360,0:31:59.600
you add music to it well now this is a

0:31:58.320,0:32:01.279
dance because

0:31:59.600,0:32:03.919
what is dancing except for like

0:32:01.279,0:32:06.399
repetitive organized movement

0:32:03.919,0:32:07.440
and so we already have this huge tool to

0:32:06.399,0:32:09.919
like normalize

0:32:07.440,0:32:10.799
things and say like that's not something

0:32:09.919,0:32:14.000
abnormal

0:32:10.799,0:32:15.760
that's art

Bonnie: right

Jessica: you know and

0:32:14.000,0:32:18.000
we're we're already there we just need

0:32:15.760,0:32:20.320
to accept it and just

0:32:18.000,0:32:21.760

instead of trying to pretend that we're

0:32:20.320,0:32:25.679
doing something else just

0:32:21.760,0:32:28.399
just say like no we're just saying

0:32:25.679,0:32:29.760
this is art we make our it's therapeutic

0:32:28.399,0:32:31.840
we're helping people

0:32:29.760,0:32:33.600
they're individuals like we don't have

0:32:31.840,0:32:35.279
to put everybody down for being

0:32:33.600,0:32:36.000
different all the time we don't have to

0:32:35.279,0:32:37.840
make people

0:32:36.000,0:32:40.080
conform we don't have to make people

0:32:37.840,0:32:43.760
indistinguishable from their peers

0:32:40.080,0:32:46.480
it's not going to work anyway

0:32:43.760,0:32:46.960
Bonnie: yeah oh yeah I love that and I think I

0:32:46.480,0:32:48.720
think

0:32:46.960,0:32:51.279
sometimes maybe music therapists get

0:32:48.720,0:32:53.200
stuck especially if like

0:32:51.279,0:32:54.720
you're working with kids and the parents

0:32:53.200,0:32:56.399
are in the room I think there's like

0:32:54.720,0:32:58.159
this disconnect where you're like

0:32:56.399,0:32:59.760
oh like and maybe it maybe this comes

0:32:58.159,0:33:01.440
from like that medical model where

0:32:59.760,0:33:03.120
where and I've had this before in my

0:33:01.440,0:33:03.760
head I'm like these parents are gonna

0:33:03.120,0:33:07.600
think

0:33:03.760,0:33:10.000
like this isn't therapy this is crazy

0:33:07.600,0:33:12.240
um and it's taking some self work to be

0:33:10.000,0:33:12.480
like no like stand your ground like this

0:33:12.240,0:33:14.799
is

0:33:12.480,0:33:16.640
art you can communicate with the parents

0:33:14.799,0:33:18.480
tell them what you're doing

0:33:16.640,0:33:20.320
um and hopefully you know and bring them

0:33:18.480,0:33:21.679
into that understanding maybe even into

0:33:20.320,0:33:23.200
the collaboration

0:33:21.679,0:33:25.360
versus like being like oh I'm the

0:33:23.200,0:33:26.880
therapist and I need to make sure

0:33:25.360,0:33:28.559
everyone thinks that this looks like

0:33:26.880,0:33:29.840
therapy because that's you know that's

0:33:28.559,0:33:31.919
not helping the client

0:33:29.840,0:33:33.360
when you're afraid of those appearances

0:33:31.919,0:33:35.360
and I had to work through that as a

0:33:33.360,0:33:38.559
young professional for sure

0:33:35.360,0:33:40.799
Jessica: I'm still working through that
Bonnie: Yeah me too
Jessica: Especially now with this

0:33:38.559,0:33:41.600
teletherapy all of a sudden because we

0:33:40.799,0:33:44.000
are like

0:33:41.600,0:33:45.840
we are zooming into people's

0:33:44.000,0:33:48.399
homes you know and so

0:33:45.840,0:33:49.120
I have a parent who is like telling

0:33:48.399,0:33:52.480
their

0:33:49.120,0:33:53.840
their child to oh like sit still and

0:33:52.480,0:33:55.600
and look at the computer make eye

0:33:53.840,0:33:57.440
contact with it oh lady I'm not even

0:33:55.600,0:33:59.760
making eye contact

0:33:57.440,0:34:00.720
Bonnie: yeah I can barely look at the camera when I'm like
Jessica: and

0:33:59.760,0:34:03.519
I'm like

0:34:00.720,0:34:05.200
I'm you know so what am I what I don't

0:34:03.519,0:34:06.000
know which I don't have a solution for

0:34:05.200,0:34:07.840
that because

0:34:06.000,0:34:10.240
these are our parents who are in their

0:34:07.840,0:34:13.520
own homes parenting their own children

0:34:10.240,0:34:15.359
and like what sometimes um if I've just

0:34:13.520,0:34:17.839
more recently met them

0:34:15.359,0:34:19.200

you know is it I haven't I don't feel

0:34:17.839,0:34:22.159

confident about

0:34:19.200,0:34:23.280

being like no let your child run around

0:34:22.159,0:34:26.079

like

0:34:23.280,0:34:26.879

you know like don't make you know I so

0:34:26.079,0:34:28.960

with with

0:34:26.879,0:34:30.480

with some parents because I've been able

0:34:28.960,0:34:32.879

to know them longer

0:34:30.480,0:34:34.879

like we have much more open lines of

0:34:32.879,0:34:36.960

communication but yeah you know and then

0:34:34.879,0:34:38.240

I feel that pressure of being like oh

0:34:36.960,0:34:40.480

like they're not going to take me

0:34:38.240,0:34:42.560

seriously as a therapist unless I'm

0:34:40.480,0:34:42.960

conforming to these ideas of what they

0:34:42.560,0:34:46.800

think

0:34:42.960,0:34:48.879
therapy is and they have they know aba

0:34:46.800,0:34:51.040
you know and so they're like quiet hands

0:34:48.879,0:34:53.520
quiet mouth and like if you saw me in

0:34:51.040,0:34:56.560
the school with your child like they are

0:34:53.520,0:34:57.680
the walk around room you know like what

0:34:56.560,0:35:00.880
what do we need to do

0:34:57.680,0:35:03.599
like I bring toys to stem with much less

0:35:00.880,0:35:04.480
like I'm not going to be saying stop

0:35:03.599,0:35:07.520
stimming

0:35:04.480,0:35:09.200
you know

Bonnie: right

Jessica: oh I mean I think that

0:35:07.520,0:35:10.560
some of that is the parents they're

0:35:09.200,0:35:13.359
trying to do their best

0:35:10.560,0:35:14.400
and they've been taught also about and

0:35:13.359,0:35:17.599
then they may be

0:35:14.400,0:35:19.520
also feeling that pressure from society

0:35:17.599,0:35:21.839
to conform they're probably feeling like

0:35:19.520,0:35:23.520
oh I'm being judged as a parent because

0:35:21.839,0:35:24.880
my child won't sit still and it's like

0:35:23.520,0:35:28.480
can we just all stop

0:35:24.880,0:35:30.400
judging each other?

Bonnie: yes

Jessica: especially

0:35:28.480,0:35:31.760
I mean I know this is a podcast about

0:35:30.400,0:35:34.240
adults but like yeah

0:35:31.760,0:35:35.920
let adults be free they want to move

0:35:34.240,0:35:37.280
around the room like why do we have to

0:35:35.920,0:35:38.079
judge them for that why do we have to

0:35:37.280,0:35:40.160
judge an adult

0:35:38.079,0:35:41.599
if they want to flick their fingers like

0:35:40.160,0:35:43.040
let's worry about things that are

0:35:41.599,0:35:46.640
harmful and dangerous

0:35:43.040,0:35:48.880

Bonnie: right

Jessica: you know but so many things that

0:35:46.640,0:35:49.440

are not harmful and not dangerous that

0:35:48.880,0:35:52.079

just get

0:35:49.440,0:35:53.680

shut down like can we stop judging each

0:35:52.079,0:35:55.359

other for that because the parents are

0:35:53.680,0:35:57.200

worried about being judged

0:35:55.359,0:35:58.960

as parents and I'm worried about being

0:35:57.200,0:36:01.280

judged as a therapist and this

0:35:58.960,0:36:03.599

meanwhile the client is getting judged

0:36:01.280,0:36:05.200

from society from their parents from

0:36:03.599,0:36:08.640

their therapists and like

0:36:05.200,0:36:09.359

are we helping

Bonnie: right

Jessica: is that helping

0:36:08.640,0:36:12.240

Them?

0:36:09.359,0:36:12.880

you know like what is the what is the

0:36:12.240,0:36:15.119

point of

0:36:12.880,0:36:16.800

Therapy?

Bonnie: right and I can see how

0:36:15.119,0:36:19.119

telehealth brings this like it's a whole

0:36:16.800,0:36:21.040

new frontier almost and I feel like it's

0:36:19.119,0:36:22.640

it's started a lot of people over like

0:36:21.040,0:36:24.160

this year like no matter how far in your

0:36:22.640,0:36:26.400

career you are it's like this is new

0:36:24.160,0:36:27.440

like we're starting over and that's been

0:36:26.400,0:36:29.680

difficult

0:36:27.440,0:36:30.720

yeah I'm no expert in that for sure as

0:36:29.680,0:36:33.280

I'm still learning

0:36:30.720,0:36:35.359

but I found that I just try to keep

0:36:33.280,0:36:37.920

talking with parents more and more

0:36:35.359,0:36:39.280

um it's so hard when if a kid online

0:36:37.920,0:36:40.720

elopes

0:36:39.280,0:36:42.720

like that's like what I have the hardest

0:36:40.720,0:36:44.720
time with because because yeah

0:36:42.720,0:36:46.560
in person you can almost have a larger

0:36:44.720,0:36:48.480
area where you can explore

0:36:46.560,0:36:50.000
but you know if they walk off screen

0:36:48.480,0:36:53.440
then you're stuck you know so

0:36:50.000,0:36:57.040
Jessica: like I mean

0:36:53.440,0:36:59.839
yeah I'm it's I think we just all need

0:36:57.040,0:37:00.720
time this is like a really hard time for

0:36:59.839,0:37:02.800
all of us

0:37:00.720,0:37:05.440
and so I just try to remind myself of

0:37:02.800,0:37:09.680
that and like everybody's getting

0:37:05.440,0:37:11.920
fed and people are alive then I guess

0:37:09.680,0:37:12.720
that's a good start so yeah I'll go from

0:37:11.920,0:37:15.680
there

0:37:12.720,0:37:17.760
if my student manages to sign on at all

0:37:15.680,0:37:18.400
and we are the internet is working well

0:37:17.760,0:37:21.119
enough

0:37:18.400,0:37:22.000
and we're able to do anything like if

0:37:21.119,0:37:23.200
they elope

0:37:22.000,0:37:25.200
parts of the way through I'm like well

0:37:23.200,0:37:27.359
you know like I can

0:37:25.200,0:37:28.560
I saw them I can verify that they are

0:37:27.359,0:37:31.440
alive like

0:37:28.560,0:37:32.480
that's a good that's a good start yeah

0:37:31.440,0:37:33.839
we'll go from there

0:37:32.480,0:37:36.640
Bonnie: yeah this year I feel like it's about

0:37:33.839,0:37:38.960
meeting those basic needs for sure

0:37:36.640,0:37:40.000
and then like just keep keep meeting the

0:37:38.960,0:37:41.680
basics and

0:37:40.000,0:37:43.520
go from there
Jessica: yeah I'm just like all

0:37:41.680,0:37:44.720
right let's just like get into a habit

0:37:43.520,0:37:46.800
where we log on

0:37:44.720,0:37:47.760
every week at the same time and then

0:37:46.800,0:37:49.920
we'll figure it out

0:37:47.760,0:37:52.640
Bonnie: and then we'll figure it out
Jessica: I'll sing a

0:37:49.920,0:37:55.839
song about fruit salad

0:37:52.640,0:37:58.079
Bonnie: that's awesome all right so I um

0:37:55.839,0:37:59.839
kind of one of my last topics here and

0:37:58.079,0:38:02.000
we've been talking about it so like the

0:37:59.839,0:38:03.359
idea of neuroqueering in music therapy

0:38:02.000,0:38:05.520
specifically and

0:38:03.359,0:38:08.079
we've been discussing it so I had a

0:38:05.520,0:38:09.839
question and I was thinking like

0:38:08.079,0:38:12.320
you know if someone is kind of stuck in

0:38:09.839,0:38:14.640
an old therapeutic dynamic or

0:38:12.320,0:38:16.560
however they learn to do things and

0:38:14.640,0:38:18.079
they're interested in shifting but feel

0:38:16.560,0:38:19.920
like uncomfortable

0:38:18.079,0:38:21.520
do you have any like tips or mindset

0:38:19.920,0:38:23.599
shifts obviously this is

0:38:21.520,0:38:25.440
work that we're still doing, and it takes

0:38:23.599,0:38:26.880
time but for somebody who's like

0:38:25.440,0:38:28.800
I want to do this today, but I don't know

0:38:26.880,0:38:31.680
what to do what would you say?

Jessica: I mean

0:38:28.800,0:38:32.000
I think that you know if we're taught I

0:38:31.680,0:38:35.599
think

0:38:32.000,0:38:37.680
that it's not like a quick solution but

0:38:35.599,0:38:38.960
if you just go and if you're working

0:38:37.680,0:38:40.960
with Autistic people

0:38:38.960,0:38:42.960
go learn from Autistic people read books

0:38:40.960,0:38:45.359
written by Autistic people read blogs

0:38:42.960,0:38:46.960
go on twitter if you're on twitter go on

0:38:45.359,0:38:48.160
twitter and find Autistic people and

0:38:46.960,0:38:49.680
follow them

0:38:48.160,0:38:51.359
if you're working with people with Down

0:38:49.680,0:38:52.640
syndrome like do the same thing there's

0:38:51.359,0:38:54.720
a book called Count Me In

0:38:52.640,0:38:56.560
as written by two young men with Down

0:38:54.720,0:38:58.480
syndrome like go read that

0:38:56.560,0:39:00.000
it's written they're both adults when

0:38:58.480,0:39:01.599
they're written I don't remember their

0:39:00.000,0:39:04.640
name but it's called Count Me In

0:39:01.599,0:39:05.440
um yeah so you know go find the folks

0:39:04.640,0:39:09.200
who are

0:39:05.440,0:39:11.520
living that every single day

0:39:09.200,0:39:13.359

people are out there educating us

0:39:11.520,0:39:14.079

therapists for free you know there are

0:39:13.359,0:39:17.040

people on twitter

0:39:14.079,0:39:19.520

and they are teaching a master class and

0:39:17.040,0:39:21.200

all we have to do is log in and listen

0:39:19.520,0:39:22.880

you know there are so many books I think

0:39:21.200,0:39:25.680

a great book

0:39:22.880,0:39:26.800

for therapists is called What Every

0:39:25.680,0:39:29.839

Autistic Girl

0:39:26.800,0:39:31.200

Wishes Her Parents Knew and um

0:39:29.839,0:39:33.040

off the top of my head I don't remember

0:39:31.200,0:39:36.079

the editors but that is some

0:39:33.040,0:39:38.960

edited uh anthology that has

0:39:36.079,0:39:39.680

many many many authors uh and they're

0:39:38.960,0:39:41.599

just

0:39:39.680,0:39:43.119

they're just is kind of writing open

0:39:41.599,0:39:45.520
letters to say like

0:39:43.119,0:39:47.680
this is what I wish my parents had known

0:39:45.520,0:39:48.079
and even though as you know therapists

0:39:47.680,0:39:50.000
this

0:39:48.079,0:39:51.760
it's not this is what my therapist wish

0:39:50.000,0:39:52.560
I'd known but it still has so much

0:39:51.760,0:39:54.720
insight

0:39:52.560,0:39:56.320
that we can apply to our practice or

0:39:54.720,0:39:57.440
that we could just help get that

0:39:56.320,0:40:00.560
perspective shift

0:39:57.440,0:40:02.480
and to help get into the experiences of

0:40:00.560,0:40:04.079
what our clients are going through

0:40:02.480,0:40:05.680
yeah so there's like just lots of

0:40:04.079,0:40:08.240
materials like that just

0:40:05.680,0:40:09.359
just learn from your clients you know be

0:40:08.240,0:40:12.800

willing to

0:40:09.359,0:40:17.119

not be the expert be willing to say like

0:40:12.800,0:40:19.440

you know um I can't I don't think I can

0:40:17.119,0:40:20.880

quote it exactly but there's some

0:40:19.440,0:40:22.880

someone said like roughly that

0:40:20.880,0:40:24.319

having a thousand degrees that you can

0:40:22.880,0:40:26.480

put on the wall can make you an

0:40:24.319,0:40:27.599

expert in a field of study but it cannot

0:40:26.480,0:40:30.640

make you an expert

0:40:27.599,0:40:31.839

in a way of being you know so just

0:40:30.640,0:40:34.079

if you need that if you're looking for

0:40:31.839,0:40:36.160

that perspective shift just go seek out

0:40:34.079,0:40:39.359

people who have those lived experiences

0:40:36.160,0:40:39.839

and read it and and you know the reality

0:40:39.359,0:40:43.280

is that

0:40:39.839,0:40:45.280

it's there's a lot of like it's not all

0:40:43.280,0:40:46.400
flowers and bunnies and sunshine you

0:40:45.280,0:40:49.440
know there's a lot of

0:40:46.400,0:40:50.960
serious and kind of dark things

0:40:49.440,0:40:52.640
you will learn about people's

0:40:50.960,0:40:54.800
experiences and

0:40:52.640,0:40:55.680
and you might you know people need to be

0:40:54.800,0:40:57.760
prepared

0:40:55.680,0:40:58.720
for the fact that they might they might

0:40:57.760,0:41:00.640
learn something

0:40:58.720,0:41:01.760
that somebody might say like oh this is

0:41:00.640,0:41:04.000
really

0:41:01.760,0:41:06.079
harmed me in therapy and then they might

0:41:04.000,0:41:08.400
look back and think oh no like

0:41:06.079,0:41:09.920
I did that as a therapist you know so we

0:41:08.400,0:41:12.079
have to be prepared to

0:41:09.920,0:41:13.920
even um go through that process of

0:41:12.079,0:41:16.560
looking back on our past work

0:41:13.920,0:41:18.400
and and just dealing with that baggage

0:41:16.560,0:41:18.800
so I know some that can be really hard

0:41:18.400,0:41:21.200
and for

0:41:18.800,0:41:22.079
some people they start to engage with

0:41:21.200,0:41:23.920
those materials

0:41:22.079,0:41:25.520
they'll engage with Autistic activists

0:41:23.920,0:41:27.760
and get really angry

0:41:25.520,0:41:29.440
and say I'm being attacked I'm being

0:41:27.760,0:41:30.079
attacked you know where you don't

0:41:29.440,0:41:31.599
understand

0:41:30.079,0:41:34.160
because you're you know a lot of

0:41:31.599,0:41:35.280
Autistic activists will hear like someone

0:41:34.160,0:41:36.880
will say well you're not like my

0:41:35.280,0:41:38.400

Autistic child or you're not like my

0:41:36.880,0:41:40.480

Autistic client but

0:41:38.400,0:41:42.079

like they don't really know what that

0:41:40.480,0:41:44.480

person was like as a child

0:41:42.079,0:41:45.599

you know because when you look at an

0:41:44.480,0:41:47.359

Autistic adult

0:41:45.599,0:41:48.960

you shouldn't expect them to be like a

0:41:47.359,0:41:51.440

child no adult is gonna

0:41:48.960,0:41:52.160

of course they're different children and

0:41:51.440,0:41:53.839

adults

0:41:52.160,0:41:55.599

are different adults have had many

0:41:53.839,0:41:58.319

decades to help

0:41:55.599,0:41:59.760

develop their skills and and learn about

0:41:58.319,0:42:02.319

the world so we shouldn't expect

0:41:59.760,0:42:04.800

children and adults to be the same but

0:42:02.319,0:42:06.560

you know so yes it can be a rough road

0:42:04.800,0:42:07.760
and it can require a lot of that

0:42:06.560,0:42:10.160
personal work it's

0:42:07.760,0:42:12.000
it's been a big journey for me you know

0:42:10.160,0:42:16.079
having to confront like

0:42:12.000,0:42:19.040
that we all um we all have been

0:42:16.079,0:42:19.680
sort of raised in societies and cultures

0:42:19.040,0:42:22.720
that have

0:42:19.680,0:42:26.000
ableism it's one degree

0:42:22.720,0:42:27.920
or in one way or another and so that's

0:42:26.000,0:42:29.599
kind of just like we have to work to

0:42:27.920,0:42:31.760
undo our racism

0:42:29.599,0:42:33.359
that we are we are raised with living in

0:42:31.760,0:42:35.040
a white supremacist society we live in

0:42:33.359,0:42:36.079
an ableist society we have to confront

0:42:35.040,0:42:39.119
that and it

0:42:36.079,0:42:39.760
is hard work and so when you especially

0:42:39.119,0:42:41.920
you go read

0:42:39.760,0:42:43.200
um What Every Autistic Girl Wished Her

0:42:41.920,0:42:45.200
Parents Knew

0:42:43.200,0:42:47.040
then you know there's people talking

0:42:45.200,0:42:48.720
about things that happen in therapy

0:42:47.040,0:42:50.800
and what impact that had on their life

0:42:48.720,0:42:53.680
that it's like really serious

0:42:50.800,0:42:54.079
and that could be hard to read about and

0:42:53.680,0:42:55.839
so

0:42:54.079,0:42:58.319
I just urge people who are going on this

0:42:55.839,0:43:01.760
journey to do it like with a very open

0:42:58.319,0:43:03.839
mind and an open heart and have

0:43:01.760,0:43:05.440
um you know I almost want to say like be

0:43:03.839,0:43:06.640
ready to have some forgiveness for

0:43:05.440,0:43:09.119
yourself

0:43:06.640,0:43:10.000
and to work through that and move on and

0:43:09.119,0:43:12.240
change if you

0:43:10.000,0:43:13.359
if you if you engage with the materials

0:43:12.240,0:43:15.920
and you decide

0:43:13.359,0:43:17.440
I need to make a change like just have

0:43:15.920,0:43:18.800
that patience and compassion for

0:43:17.440,0:43:20.400
yourself that you need

0:43:18.800,0:43:21.920
so that you can actually go and make

0:43:20.400,0:43:24.720
those changes and

0:43:21.920,0:43:25.520
then together as a community we can all

0:43:24.720,0:43:27.520
just grow

0:43:25.520,0:43:29.680
and become better therapists you know

0:43:27.520,0:43:31.119
we'll we'll do that work that we do

0:43:29.680,0:43:32.160
every day that we're trying to make this

0:43:31.119,0:43:34.960

world less

0:43:32.160,0:43:36.000

less painful and and make it the world a

0:43:34.960,0:43:38.880

little better I think

0:43:36.000,0:43:40.880

that I ended that essay with like oh I

0:43:38.880,0:43:42.640

think that it's a Maxwell Sparrow says

0:43:40.880,0:43:44.480

something about like work to make the

0:43:42.640,0:43:46.560

world's heart bigger

0:43:44.480,0:43:47.520

and I thought like that is a great goal

0:43:46.560,0:43:48.800

for therapists

0:43:47.520,0:43:50.400

that's something that we can do with our

0:43:48.800,0:43:51.599

advocacy so that's what I kind of feel

0:43:50.400,0:43:53.359

like I don't know maybe we're

0:43:51.599,0:43:54.800

where it seems like we're wrapping it up

0:43:53.359,0:43:55.839

but I guess that is like the thing that

0:43:54.800,0:43:57.440

I'm trying to do is

0:43:55.839,0:43:59.440

we're gonna just work to make the

0:43:57.440,0:44:00.079
world's heart bigger you know so that's

0:43:59.440,0:44:02.960
what

0:44:00.079,0:44:04.560
I guess that's my takeaway yeah
Bonnie: oh that

0:44:02.960,0:44:06.000
was awesome and I made sure to write

0:44:04.560,0:44:06.880
down all the books I'll try to get them

0:44:06.000,0:44:09.280
in the show notes

0:44:06.880,0:44:10.800
do some googling but yeah I think that's

0:44:09.280,0:44:12.800
really good advice and

0:44:10.800,0:44:14.160
I would even throw in like if you have

0:44:12.800,0:44:15.920
supervision

0:44:14.160,0:44:17.760
this could be something great to bring

0:44:15.920,0:44:18.960
in and then have that extra support if

0:44:17.760,0:44:22.000
those difficult

0:44:18.960,0:44:23.680
emotions and kind of like struggles and

0:44:22.000,0:44:25.760
obstacles and doing the work

0:44:23.680,0:44:27.440
comes up then maybe so there's somebody

0:44:25.760,0:44:27.760
there to help support you with that too

0:44:27.440,0:44:30.160
Jessica: yeah

0:44:27.760,0:44:31.520
get some supervision get some counseling

0:44:30.160,0:44:33.440
talk to your priest

0:44:31.520,0:44:34.880
I don't know and you can do what you

0:44:33.440,0:44:37.839
need to do you know

0:44:34.880,0:44:38.640
do some journaling
Bonnie: right but yeah but I

0:44:37.839,0:44:40.960
like that you're

0:44:38.640,0:44:42.720
yeah giving that kind of permission to

0:44:40.960,0:44:44.079
to people of like like yeah I'd do the

0:44:42.720,0:44:47.520
work but also be ready

0:44:44.079,0:44:48.160
Jessica: like yeah yeah it's hard because you

0:44:47.520,0:44:51.200
know like

0:44:48.160,0:44:53.760
the reality is that um I mean

0:44:51.200,0:44:55.200
we didn't bring this up yet but this is

0:44:53.760,0:44:57.680
something I've seen a lot because

0:44:55.200,0:44:59.599
people will talk about ABA and in the

0:44:57.680,0:45:02.480
Autistic community you know the kind of

0:44:59.599,0:45:05.680
the consensus is that ABA is

0:45:02.480,0:45:06.960
can be very traumatic and abusive and so

0:45:05.680,0:45:08.079
you know we've got a lot of music

0:45:06.960,0:45:10.720
therapists

0:45:08.079,0:45:12.560
who are involved in ABA I myself used to

0:45:10.720,0:45:14.720
work as an ABA therapist

0:45:12.560,0:45:16.000
um not doing music therapy I just I

0:45:14.720,0:45:18.560
needed a job

0:45:16.000,0:45:20.000
you know and I was in grad school and so

0:45:18.560,0:45:21.599
my friend was like hey you can get this

0:45:20.000,0:45:22.880
job and it's therapy and I'm like I

0:45:21.599,0:45:23.839

don't really know what ABA is but

0:45:22.880,0:45:27.200

whatever I'll do

0:45:23.839,0:45:27.760

I need a job you know and so the reality

0:45:27.200,0:45:30.000

is that

0:45:27.760,0:45:31.119

you know this is a this is a type of

0:45:30.000,0:45:33.520

therapy that a lot of people

0:45:31.119,0:45:34.800

experience as traumatic even if it

0:45:33.520,0:45:37.200

pleases their parents

0:45:34.800,0:45:38.160

even if it pleases the caregivers or the

0:45:37.200,0:45:39.839

teachers

0:45:38.160,0:45:42.000

and so a lot of music therapists who

0:45:39.839,0:45:44.480

have been trained in that

0:45:42.000,0:45:46.560

you know when they start engaging in the

0:45:44.480,0:45:48.960

materials finding out that aba is

0:45:46.560,0:45:50.480

traumatizing people then they can that's

0:45:48.960,0:45:52.160

really hard to hear if you're a

0:45:50.480,0:45:53.520
therapist you want to help people and

0:45:52.160,0:45:55.920
you find out like

0:45:53.520,0:45:57.200
your work it could be harmful like that

0:45:55.920,0:46:00.240
has a lot to deal with

0:45:57.200,0:46:02.640

Bonnie: yeah

Jessica: a lot of people they shut down and

0:46:00.240,0:46:04.960
they stop engaging with the material

0:46:02.640,0:46:06.640
but I just want like if there's anybody

0:46:04.960,0:46:08.079
out there that this is the situation

0:46:06.640,0:46:10.400
you're in you're listening like

0:46:08.079,0:46:12.480
just keep centered on the fact that like

0:46:10.400,0:46:14.880
you you got into this field because

0:46:12.480,0:46:15.680
you wanted to help people and so it's

0:46:14.880,0:46:17.280
hard work

0:46:15.680,0:46:18.960
you just have to keep your heart open

0:46:17.280,0:46:20.800

and be willing to learn and be willing

0:46:18.960,0:46:23.359
to change and like you said get

0:46:20.800,0:46:24.000
get a supervision get counseling if you

0:46:23.359,0:46:26.480
need it

0:46:24.000,0:46:27.359
like there's community out there people

0:46:26.480,0:46:29.359
will help you

0:46:27.359,0:46:31.119
to work through this material like you

0:46:29.359,0:46:34.319
don't have to shut down

0:46:31.119,0:46:37.440
and and close yourself off you know

0:46:34.319,0:46:37.920
Bonnie: yeah definitely definitely ah Jessica I

0:46:37.440,0:46:40.079
feel like

0:46:37.920,0:46:42.079
we could talk for hours I even have like

0:46:40.079,0:46:43.440
questions I didn't get to but I feel

0:46:42.079,0:46:44.800
like we've wrapped it up a bit

0:46:43.440,0:46:46.800
so I don't know if we should go

0:46:44.800,0:46:49.359
backwards so

0:46:46.800,0:46:50.560

Jessica: yeah maybe we can just do part two in

0:46:49.359,0:46:52.720

the in the future

0:46:50.560,0:46:54.240

Bonnie: yeah yeah and with that is there

0:46:52.720,0:46:55.920

anything else you would like to discuss

0:46:54.240,0:46:57.760

I'll say my questions for the future

0:46:55.920,0:46:59.200

slash we've kind of we've covered some

0:46:57.760,0:47:02.560

of it you know what I'm like

0:46:59.200,0:47:05.599

I don't want to backtrack too much

Jessica: um

0:47:02.560,0:47:09.680

well I guess something is that uh

0:47:05.599,0:47:12.319

in November is Autistic History Month

0:47:09.680,0:47:14.319

and that is coming up soon and I'm not

0:47:12.319,0:47:16.240

sure when this podcast will publish but

0:47:14.319,0:47:16.960

maybe it will be during Autistic History

0:47:16.240,0:47:20.480

Month

0:47:16.960,0:47:21.359

and so you know if for the listeners

0:47:20.480,0:47:24.000
then that might be

0:47:21.359,0:47:24.720
a thing that um if you are working as a

0:47:24.000,0:47:27.119
therapist

0:47:24.720,0:47:28.480
you could maybe involve that if you do

0:47:27.119,0:47:31.920
holidays

0:47:28.480,0:47:34.400
you have holidays and you're themed

0:47:31.920,0:47:34.960
in your session you know um or just for

0:47:34.400,0:47:36.720
yourself

0:47:34.960,0:47:39.040
personally you could use that as an

0:47:36.720,0:47:41.040
opportunity to seek out some information

0:47:39.040,0:47:42.640
about Autistic history

0:47:41.040,0:47:44.880
Bonnie: that's awesome so this will come out

0:47:42.640,0:47:46.240
like right at the end of October like

0:47:44.880,0:47:48.240
week of Halloween but I think

0:47:46.240,0:47:49.680
that's perfect because I tend to post

0:47:48.240,0:47:52.160
like once a month so the next one won't

0:47:49.680,0:47:54.720
be to like the end of November probably

0:47:52.160,0:47:55.760
so this is kind of November's podcast in

0:47:54.720,0:47:58.480
a way

Jessica: perfect

0:47:55.760,0:47:59.440
yeah so it's timely

Bonnie: it's very timely

0:47:58.480,0:48:02.280
it's awesome

0:47:59.440,0:48:04.319
sweet so where can people find the

0:48:02.280,0:48:08.079
Neurodiversity Reader?

0:48:04.319,0:48:10.960
Jessica: um well it is from it is published by

0:48:08.079,0:48:13.200
oh goodness is it Pavilion Publishing or

0:48:10.960,0:48:16.240
Pavilion Press I really should know this

0:48:13.200,0:48:18.800
um but it's also available on Amazon

0:48:16.240,0:48:20.559
um and last I heard they're actually

0:48:18.800,0:48:23.520
starting the second print

0:48:20.559,0:48:24.800
and so I had seen that it was available

0:48:23.520,0:48:26.480
on Amazon

0:48:24.800,0:48:28.160
and then it was saying that it was sold

0:48:26.480,0:48:28.880
out and I'm not sure if that's just like

0:48:28.160,0:48:30.960
an issue

0:48:28.880,0:48:33.359
because it's just published or if it

0:48:30.960,0:48:35.119
actually if they sold all the copies of

0:48:33.359,0:48:36.480
it so I think that it's already going

0:48:35.119,0:48:39.599
into its second printing

0:48:36.480,0:48:41.760
um but yeah it's edited by Damian Milton

0:48:39.599,0:48:44.319
Bonnie: awesome and I highly recommend it I'm so

0:48:41.760,0:48:45.839
glad I got to read it for this podcast

0:48:44.319,0:48:47.200
it was such a good read and it's one I'm

0:48:45.839,0:48:48.640
going to go back to because you have all

0:48:47.200,0:48:50.960
those awesome resources

0:48:48.640,0:48:52.880
and and it just ends really beautifully

0:48:50.960,0:48:54.800
too with like the focus on love

0:48:52.880,0:48:56.480
and and kind of like that's that's the

0:48:54.800,0:48:58.480
core of what we're doing and

0:48:56.480,0:48:59.839
yeah so I really recommend it and I I

0:48:58.480,0:49:02.400
don't know I feel like I could go on and

0:48:59.839,0:49:04.640
on about it I liked it so much I

0:49:02.400,0:49:06.880
Jessica: I'm I'm really excited about it I'm I'm

0:49:04.640,0:49:08.640
excited about it even just as a piece of

0:49:06.880,0:49:11.040
writing because I think

0:49:08.640,0:49:12.160
like it's a opportunity to write about

0:49:11.040,0:49:15.440
music therapy

0:49:12.160,0:49:17.280
in a I think pseudo scholarly you know so

0:49:15.440,0:49:19.599
there's some of it that I feel is like

0:49:17.280,0:49:21.280
very poetic and it was really nice to be

0:49:19.599,0:49:23.760
able to write about music therapy

0:49:21.280,0:49:25.440

in that way almost in I tried to write

0:49:23.760,0:49:28.079
about it almost like using an

0:49:25.440,0:49:28.559
Autistic writing style you know because

0:49:28.079,0:49:31.280
I mean

0:49:28.559,0:49:32.640
we're we're doing the art form when

0:49:31.280,0:49:34.880
we're making music

0:49:32.640,0:49:36.079
we're doing art and so we can write

0:49:34.880,0:49:38.960
about music therapy

0:49:36.079,0:49:40.960
in a way that is like artistic and

0:49:38.960,0:49:43.119
expressive of that so I thought like

0:49:40.960,0:49:44.000
it was really cool experience to write

0:49:43.119,0:49:45.760
I'm really proud of it

0:49:44.000,0:49:48.160
I can't wait to hear more about what

0:49:45.760,0:49:49.599
people think so I'm so excited thank you

0:49:48.160,0:49:51.280
so much for having me

0:49:49.599,0:49:53.440
giving me the chance to talk about all

0:49:51.280,0:49:55.280
this stuff you know especially like

0:49:53.440,0:49:57.280
trying to work through like oh what does

0:49:55.280,0:49:59.200
it mean what does neuroqueering mean

0:49:57.280,0:50:00.480
like oh well let's talk more in six

0:49:59.200,0:50:02.800
months maybe I'll have a

0:50:00.480,0:50:04.640
cleaner answer for that thank you so

0:50:02.800,0:50:07.440
much

0:50:04.640,0:50:09.200
Bonnie: yeah of course is there um a way

0:50:07.440,0:50:10.400
listeners could reach you if they have

0:50:09.200,0:50:13.440
any questions?

0:50:10.400,0:50:15.880
Jessica: um well I've got email

0:50:13.440,0:50:17.280
um I've got my website is

0:50:15.880,0:50:20.400
Jessicaleza.com

0:50:17.280,0:50:22.240
and so my name is spelled l-e-z-a

0:50:20.400,0:50:23.920
and so I don't know if that has my email

0:50:22.240,0:50:25.200
address but my email is the same so

0:50:23.920,0:50:28.240
that's probably a good way I'm

0:50:25.200,0:50:30.160
I'm on Facebook you know all those I'm

0:50:28.240,0:50:33.359
out there

0:50:30.160,0:50:34.720
Bonnie: me too I feel like that's what I say too

0:50:33.359,0:50:36.960
if people ask me I'm like yeah

0:50:34.720,0:50:38.000
you know Facebook Instagram you'll find

0:50:36.960,0:50:40.559
me

0:50:38.000,0:50:42.880
Jessica: I'm on Instagram but I mostly just post

0:50:40.559,0:50:45.119
pictures of flowers from my garden

0:50:42.880,0:50:45.920
Bonnie: nice yeah I mean that's what Instagram's

0:50:45.119,0:50:49.280
for mine's

0:50:45.920,0:50:50.960
mostly my cat so
Jessica: I mean the internet is

0:50:49.280,0:50:53.359
basically made for cats so

0:50:50.960,0:50:54.079
it was appropriate
Bonnie: well thank you so

0:50:53.359,0:50:56.079
much for coming

0:50:54.079,0:50:57.599
on and sharing your expertise maybe

0:50:56.079,0:50:58.880
there'll be a part two we'll see

0:50:57.599,0:51:01.119
but I'm really excited to share this

0:50:58.880,0:51:04.319
with listeners especially with the

0:51:01.119,0:51:06.000
um Autistic History Month coming up um

0:51:04.319,0:51:07.839
I think this is a great way for people

0:51:06.000,0:51:10.640
to reflect and to think about

0:51:07.839,0:51:12.319
neuroqueering and neuroqueer and kind of

0:51:10.640,0:51:14.000
learn more about those terms and how

0:51:12.319,0:51:14.800
they can use those in their practice and

0:51:14.000,0:51:16.720
their lives

0:51:14.800,0:51:18.079
so just really excited to share that

0:51:16.720,0:51:20.240
thanks for coming on today

0:51:18.079,0:51:22.720

Jessica: thank you

Bonnie: All right I hope that you

0:51:20.240,0:51:24.720
enjoyed that wonderful conversation with

0:51:22.720,0:51:27.200
Jessica as much as I did

0:51:24.720,0:51:29.359
there are so many good takeaways um I

0:51:27.200,0:51:30.240
highly recommend maybe listening to it

0:51:29.359,0:51:33.599
again

0:51:30.240,0:51:35.520
um taking notes diving into all the

0:51:33.599,0:51:36.319
awesome resources that will be in the

0:51:35.520,0:51:39.119
show notes

0:51:36.319,0:51:41.839
to continue um educating ourselves and

0:51:39.119,0:51:44.160
exploring and being really curious

0:51:41.839,0:51:45.040
about this idea of neuroqueering and how

0:51:44.160,0:51:47.760
to

0:51:45.040,0:51:49.599
have radical client-centered work so

0:51:47.760,0:51:50.640
I'll try to debrief just a couple of

0:51:49.599,0:51:52.800
points

0:51:50.640,0:51:54.480
but so much of the conversation was so

0:51:52.800,0:51:56.880
good so

0:51:54.480,0:51:57.839
a takeaway for me was mixing up session

0:51:56.880,0:52:00.079
plans

0:51:57.839,0:52:01.680
uh not for the sake of mixing up the

0:52:00.079,0:52:03.520
order of the session plan but really

0:52:01.680,0:52:04.079
like considering what is serving the

0:52:03.520,0:52:06.720
client

0:52:04.079,0:52:07.200
best and I loved how Jessica talked

0:52:06.720,0:52:09.200
about

0:52:07.200,0:52:10.240
kind of trying to see strengths instead

0:52:09.200,0:52:12.880
of seeing

0:52:10.240,0:52:14.960
symptoms of pathology like is what is

0:52:12.880,0:52:16.800
being presented really causing harm

0:52:14.960,0:52:18.880
what's serving the client best coming

0:52:16.800,0:52:19.440

back to that radical client-centered

0:52:18.880,0:52:22.240

work

0:52:19.440,0:52:23.920

and to embrace ourselves as music

0:52:22.240,0:52:26.720

therapists to embrace

0:52:23.920,0:52:28.720

the radical nature embrace it was such a

0:52:26.720,0:52:29.119

wonderful takeaway from Jessica too and

0:52:28.720,0:52:31.359

kind of

0:52:29.119,0:52:32.720

I feel like our challenge for listeners

0:52:31.359,0:52:35.359

is to embrace

0:52:32.720,0:52:36.000

the radical work that we can do in music

0:52:35.359,0:52:39.200

therapy

0:52:36.000,0:52:41.359

the way that we can see us like

0:52:39.200,0:52:43.280

see things differently and try things

0:52:41.359,0:52:44.880

differently with music in that really

0:52:43.280,0:52:46.960

exploratory way

0:52:44.880,0:52:49.040

and not be scared to let the client be

0:52:46.960,0:52:50.640
the expert and to learn from the client

0:52:49.040,0:52:51.599
to know we're not going to be expert in

0:52:50.640,0:52:53.119
everything

0:52:51.599,0:52:54.720
and to really learn from the clients

0:52:53.119,0:52:57.760
what is best for them

0:52:54.720,0:52:59.440
in that kind of collaborative way so I

0:52:57.760,0:53:01.200
think I just want to sum up with

0:52:59.440,0:53:03.760
um I feel like this episode really

0:53:01.200,0:53:06.960
highlights the importance of listening

0:53:03.760,0:53:07.359
to Autistic voices and um like Jessica

0:53:06.960,0:53:09.839
said

0:53:07.359,0:53:11.680
Autistic History Month is in November um

0:53:09.839,0:53:13.359
so maybe share this with somebody that

0:53:11.680,0:53:15.599
you think would enjoy the episode or

0:53:13.359,0:53:18.000
somebody who works with Autistic people

0:53:15.599,0:53:20.000
people who but everybody's going to you

0:53:18.000,0:53:21.520
know encounter Autistic people in their

0:53:20.000,0:53:23.280
lives so really I feel like

0:53:21.520,0:53:24.720
we could share this with anyone we feel

0:53:23.280,0:53:25.440
like it would be important because there

0:53:24.720,0:53:27.680
are a lot of

0:53:25.440,0:53:29.520
important takeaways and knowledge in the

0:53:27.680,0:53:31.280
podcast and in the show notes

0:53:29.520,0:53:32.640
um and so it's just that important so

0:53:31.280,0:53:35.200
let's keep learning from our clients

0:53:32.640,0:53:36.800
let's keep learning from Autistic voices

0:53:35.200,0:53:38.400
let's keep listening let's keep

0:53:36.800,0:53:41.119
educating and at the end of the day

0:53:38.400,0:53:42.319
you know it's doing what is truly best

0:53:41.119,0:53:44.400
for the client

0:53:42.319,0:53:45.839

and allowing the client to be part of

0:53:44.400,0:53:47.760

that decision too

0:53:45.839,0:53:49.680

of um what's best for the client so that

0:53:47.760,0:53:52.079

we can heal with music so that

0:53:49.680,0:53:52.800

you know we can make really kind of put

0:53:52.079,0:53:54.559

more love

0:53:52.800,0:53:56.160

and peace out into the world with our

0:53:54.559,0:53:58.000

music work or

0:53:56.160,0:53:59.839

if you're another professional working

0:53:58.000,0:54:02.480

with your equivalent work

0:53:59.839,0:54:03.839

as well and um I think all professionals

0:54:02.480,0:54:05.040

can take away a lot from this

0:54:03.839,0:54:06.559

conversation

0:54:05.040,0:54:08.079

especially if you're working with adults

0:54:06.559,0:54:10.559

with IDD

0:54:08.079,0:54:11.520

of how can we neuroqueer our sessions

0:54:10.559,0:54:13.920

how can we

0:54:11.520,0:54:15.280

see strengths how can we radically make

0:54:13.920,0:54:17.920

it client-centered

0:54:15.280,0:54:19.680

work even even when you know music

0:54:17.920,0:54:20.800

therapy might not be at play how can

0:54:19.680,0:54:23.040

your work

0:54:20.800,0:54:24.880

be radically client-centered and how can

0:54:23.040,0:54:26.480

you see

0:54:24.880,0:54:28.240

your clients and learn from them as

0:54:26.480,0:54:30.319

experts so yeah again

0:54:28.240,0:54:32.079

just a wonderful conversation I've been

0:54:30.319,0:54:35.119

thinking about it a lot I've been

0:54:32.079,0:54:37.280

excited to dive into the extra materials

0:54:35.119,0:54:39.680

um the essay that Jessica wrote is

0:54:37.280,0:54:42.480

wonderful so I highly recommend

0:54:39.680,0:54:43.280
the Neurodiversity Reader and I'm really

0:54:42.480,0:54:44.720
just hope

0:54:43.280,0:54:46.319
that you take a lot away from the

0:54:44.720,0:54:47.119
session so that we can continue to

0:54:46.319,0:54:50.079
provide

0:54:47.119,0:54:52.319
the best most ethical services for our

0:54:50.079,0:54:54.240
Autistic clients and for all of our

0:54:52.319,0:54:56.160
adults with IDD clients and for all of

0:54:54.240,0:54:58.640
our clients really so yeah

0:54:56.160,0:55:00.079
really really awesome conversation

0:54:58.640,0:55:01.119
please check out the show notes there'll

0:55:00.079,0:55:02.799
be a lot there

0:55:01.119,0:55:04.880
so to end the episode we're gonna do

0:55:02.799,0:55:07.680
what we do every episode and go over

0:55:04.880,0:55:08.160
to um the monthly music therapy session

0:55:07.680,0:55:10.640

plan

0:55:08.160,0:55:11.760
so here's my October plan just in time

0:55:10.640,0:55:14.000
for Halloween

0:55:11.760,0:55:15.200
here's the outline hello to the Addams

0:55:14.000,0:55:18.640
family

0:55:15.200,0:55:21.200
Drumming/movement to Monster mAsh

0:55:18.640,0:55:22.079
song writing a haunted house musical

0:55:21.200,0:55:23.599
soundscape

0:55:22.079,0:55:25.920
where clients can choose different

0:55:23.599,0:55:28.400
instruments to match a story

0:55:25.920,0:55:29.359
and then a sensory relaxation bubble

0:55:28.400,0:55:31.280
cauldron too

0:55:29.359,0:55:33.599
In the Hall of the Mountain King and

0:55:31.280,0:55:36.480
then it ends with goodbye

0:55:33.599,0:55:37.760
so for the breakdown of this outline it

0:55:36.480,0:55:41.599
is posted on

0:55:37.760,0:55:44.640
our Patreon page at patreon.com/

0:55:41.599,0:55:46.319
navigating adulthood and idd for five

0:55:44.640,0:55:49.040
dollars a month I post

0:55:46.319,0:55:49.839
a breakdown of the music therapy monthly

0:55:49.040,0:55:52.720
session plan

0:55:49.839,0:55:54.559
including a written and video breakdown

0:55:52.720,0:55:55.040
explaining how I would implement every

0:55:54.559,0:55:57.200
single

0:55:55.040,0:55:58.559
intervention what you would need and

0:55:57.200,0:56:00.480
some links to

0:55:58.559,0:56:01.680
resources and visuals that you could use

0:56:00.480,0:56:03.920
in the session as well

0:56:01.680,0:56:04.880
and then you also get an ad free version

0:56:03.920,0:56:08.000
of the episode

0:56:04.880,0:56:10.240
one week early for all Patreon uh

0:56:08.000,0:56:11.440
navigators I like to call them for five

0:56:10.240,0:56:13.200
dollars a month so

0:56:11.440,0:56:15.119
if you'd like to support the podcast and

0:56:13.200,0:56:16.799
be a part of this little community I'd

0:56:15.119,0:56:17.040
love to have you and you can check it

0:56:16.799,0:56:18.960
out

0:56:17.040,0:56:20.160
if you're not a music therapist I would

0:56:18.960,0:56:21.760
really love to know what kind of

0:56:20.160,0:56:23.920
resources are you looking for

0:56:21.760,0:56:25.680
um if you want to let me know you can

0:56:23.920,0:56:28.000
message me on Instagram

0:56:25.680,0:56:30.559
or send me an email at bonnie@rhythmicrootsmusictherapy.org

0:56:30.559,0:56:34.079
I would love to know what kind of

0:56:32.000,0:56:36.000
resources are you looking for because

0:56:34.079,0:56:37.520
I feel like my monthly music therapy

0:56:36.000,0:56:38.319

session plan really serves the music

0:56:37.520,0:56:40.000

therapist

0:56:38.319,0:56:41.760

but I would love to help serve more

0:56:40.000,0:56:42.720

professionals too with this awesome

0:56:41.760,0:56:44.079

population

0:56:42.720,0:56:46.160

and then other ways to support the

0:56:44.079,0:56:50.000

podcast share this with a friend

0:56:46.160,0:56:51.440

rate us on iTunes and keep listening and

0:56:50.000,0:56:54.160

thank you for listening

0:56:51.440,0:56:54.799

and again this episode I was so excited

0:56:54.160,0:56:56.880

about

0:56:54.799,0:56:58.960

and please share it for Autistic History

0:56:56.880,0:57:00.880

Month and really dive into those

0:56:58.960,0:57:03.040

resources and the show notes

0:57:00.880,0:57:04.400

uh special thanks to Jessica again for

0:57:03.040,0:57:06.640

coming on and having

0:57:04.400,0:57:08.400
that awesome conversation so I hope you

0:57:06.640,0:57:12.160
guys all have a Happy Halloween!

0:57:08.400,0:57:14.640
and I will see or see you'll all hear me

0:57:12.160,0:57:14.640
next month

0:57:15.200,0:57:18.480
this podcast is by Rhythmic Roots Music

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0:57:21.440,0:57:27.839
Bonnie Houpt

0:57:22.720,0:57:27.839
thanks for listening!