
HEIDI LENGEL, MMT, MT-BC

*Board Certified Music Therapist
Professional Counselor
Certified Birth & Bereavement Doula*

Fulheart Family Support

P.O. Box 11994
Philadelphia, PA 19145

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PROFESSIONAL PROFILE/ACHIEVEMENTS

- Designed & implemented visionary therapeutic support services in various healthcare settings including in-patient hospital, out-patient, private practice, and home-based care
- Presented research & clinical work at regional, national, & international conferences
- Developed new music therapy clinical treatment protocol for pregnancy, birth, and postpartum support
- Trained therapists and doulas across the country in music therapy assisted childbirth and creative arts childbirth education
- Expanded clinical program offerings in private practice by 70% over 3 years
- Created 4 new comprehensive medical music therapy and/or therapeutic support positions in the past 6 years
- Pursued by largest healthcare system in the world to develop pre and perinatal services for Fetal Medicine Department & Labor/Delivery Unit

PRIVATE PRACTICE

Feb. '13 – Current

Fulheart Family Support
Founder, Director

Philadelphia, Pa

*Perinatal Music Therapist, Professional Counselor
Certified Birth & Bereavement Doula, Childbirth Educator*

Provide perinatal music therapy support services, therapeutic infant loss bereavement support, fertility support, childbirth education, and perinatal mood disorder workshops throughout the tri state region. Run business operations and develop ongoing growth strategies to expand company vision and network.

PROFESSIONAL EXPERIENCE

- Jan '16 – current **The Postpartum Stress Center** Rosemont, PA
Perinatal Wellness Program Coordinator
Music Therapist, Professional Counselor
 Provide perinatal music therapy services, professional counseling, therapeutic infant loss bereavement support, and pregnancy & birth preparation support groups.
- May '13 – March '14 **Sound Birthing Music, LLC**™ Orange County, Ca
Master Trainer
 Presented Music Therapy Assisted Childbirth and Creative Arts Birthing workshops. Created new curriculum and tutorials for clients and SBM staff. Taught trainings around the country to music therapists and doulas.
- Oct. '13 – Current **Main Line Doulas, LLC** Wynnewood, Pa
Music Therapy Assisted Childbirth Specialist, Certified Doula
 Provide Music Therapy Assisted Childbirth and/or birth/bereavement doula support to families expecting a live or loss birth outcome.
- Sept. '10 – May '11 **Arts and Quality of Life Research Center** Philadelphia, Pa
Music Therapist, Researcher
 Facilitated Music Therapy songwriting experiences for the *Hear Our Voices (HOV)* program designed specifically for at-risk children and youth. Provided a creative outlet for youth to explore issues relevant to life experiences as well as opportunities to develop strategies for personal safety and success. Collected data for ongoing *HOV* research study
- Sept. '09 – May '11 **Temple University** Philadelphia, Pa
Teaching & Research Graduate Assistant
 Taught clinical supervision to undergraduate Music Therapy students. Maintained and developed research databases for Temple University's Music Therapy Department / Esther Boyer College of Music and Dance. Reviewed present and past Music Therapy research studies.
- Nov. '08 – Nov. '09 **Albert Einstein Cancer Center** Philadelphia, Pa
Music Therapist
 Provided group and individual Music Therapy sessions in inpatient acute, inpatient sub-acute, and outpatient medical oncology settings. Assisted cancer patients and their families in processing their illness as well as developing healthy coping strategies for various life circumstances and stages. Worked collaboratively with doctors, nurses, social workers, psychologists, psychiatrists, physical, occupational, and speech therapists, as well as general hospital staff.
- Aug. '08 – '09 **Kardon Institute for Arts & Therapy** Philadelphia, Pa
Music Therapist
 Provided individual Music Therapy sessions for children, adolescents, and adults with various developmental disabilities. Created an open musical environment to foster

CONTINUING EDUCATION COURSEWORK

Pre & Perinatal Coursework

- Music Therapy Online Consultation Services: Working with Couples in Preparing for Birth
- Perinatal Depression: A Family Affair
- When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women
- Creating Space: Pelvic Bodywork, Optimal Fetal Positioning, and Use of the Rebozo
- HypnoBirthing mini workshop

Music Therapy Coursework

- Cycles of Violence: Impact of Trauma on Staff
- The Importance of Therapist Self Care
- Treatment Planning: Outcome Centered Thinking
- Clinical Applications of Quantitative Research
- Developing Consent and Assent Procedures in Music Therapy Research
- Developing Clinical Research Studies
- Meta-Analysis in Medical Music Therapy with an Agenda for Future Research
- Medical Music Therapy: University Hospitals Model
- Music Therapy & Disorders of Consciousness: An International Perspective
- The Emotional Brain and Medical Trauma: Analytical Music Therapy (AMT) Interventions and Patients in Altered States of Consciousness
- Advanced Music Therapy Clinical Training (Clinical Supervision)
- Vocal Psychotherapy
- Clinical Music Improvisation Skills on Guitar
- Understanding Musical Development
- Music Therapy and Cancer Care
- Issues & Resources: Current Developments in Psychopharmacology

Business Development Coursework

- Grow Your Birth Business Training Program
- 90Day Activator Business Training Program
- Refining and Enhancing your Online Marketing
- Maximizing the Value of the MT-BC Credential: Marketing, Reimbursement, and Regulation
- Music Therapy 2.0: Maximizing your Online Presence for Professional Success
- Communication Skills for Music Therapists
- Presentation and Communication Skills for Music Therapists: Representing Music Therapy to Medical Professionals, Educators, Governmental Bodies & Consumers

POST GRADUATE RESEARCH WORK

Clinical Practice Considerations in pre and perinatal music therapy: September 2015
 Reflections from a creative-arts based peer supervision model
Heidi Lengel, MMT, MT-BC & Kate Taylor, MA, MT-BC

ARTICLES & PUBLICATIONS

- Lengel, H. & Taylor, K. (2016). Creative expressions of peer supervision in pre and perinatal music therapy (PPMT). *Music Therapy Clinician: Supporting reflective clinical practice, 1(1)*. Retrieved from <https://www.joomag.com/magazine/music-therapy-clinician-supporting-reflective-clinical-practice-volume-1/0380454001451533773>
- Lengel, H. & Taylor, K. (2015). *Clinical Practice Considerations in pre and perinatal music therapy: Reflections from a creative-arts based peer supervision model*. *Publication pending.
- Lengel, H. (2012). *Developing and Implementing Music Therapy Programs in Medical Settings: Case Studies* (Unpublished Master's thesis). Temple University, Philadelphia, PA.

PROFESSIONAL PRESENTATIONS

2016

- *Understanding Pre and Perinatal Mood Disorders: A Guide for Midwives* May 2016
The Midwives Alliance of PA
State College, PA
- *Perinatal Trauma and the Music Therapist: Nurturing the Whole Self* April 2016
American Music Therapy Association: Mid Atlantic Region
Harrisburg, PA
- *Comfort Measures in Labor* January 2016
Hospital of the University of Pennsylvania
Philadelphia, PA

2015

- *Pre & Perinatal Music Therapy Service Provision* September 2015
Children's Memorial Hermann Hospital
Houston, TX
- *Comfort Measures in Labor* May, August 2016
Hospital of the University of Pennsylvania
Philadelphia, PA
- *Connecting the Dots: Laying a Foundation for Perinatal Music Therapy Practices through Peer Supervision* February 2015
Online Conference for Music Therapy
International Online Conference
- *A Musical Approach to Pregnancy and Birth* January 2015
International Cesarean Awareness Network
Media, PA

2014

- *Birth Your Business: How to establish a Successful pre and perinatal music therapy practice* November 2015
National American Music Therapy Association Conference
Louisville, KY
- *Case Studies in Pre & Perinatal Music Therapy: Poster Presentation* November 2015

- National American Music Therapy Association Conference
Louisville, KY
- *Case Studies in Pre & Perinatal Music Therapy* April 2014
American Music Therapy Association: Mid Atlantic Region
Buffalo, NY
 - *Pregnancy after Loss: A Creative Arts Based Model for Loss & Life* March 2014
Inspired Family Conference
Philadelphia, PA
 - *A Healthier You: Understanding Perinatal Mood Disorders* February 2014
My Fabulous Mama Boutique

2013

- *Developing and Implementing Music Therapy Programs* March 2013
in Medical Settings: Case Studies
American Music Therapy Association: Mid Atlantic Region
Scranton, PA

SOCIETIES & MEMBERSHIPS

The Association for Prenatal and Perinatal Psychology and Health	2013-Present
The Philadelphia Alliance for Labor Support	2012-Present
American Music Therapy Association	2004-Present

COMMITTEE APPOINTMENTS

THE PHILADELPHIA MATERNITY NETWORK (PMN)	2015-Present
<i>Vice President</i>	
Oversee operations of The Philadelphia Maternity Network Board of Directors as well as PMN Partners and Community Locations	

AWARDS & HONORS

<i>Pi Kappa Lamda Honoree</i>	2012
National Music Honor Society	
<i>Albert Einstein Academy Award</i>	2008
Awarded for excellence in establishing a new therapeutic program	
<i>Who's Who in American Universities Honoree</i>	2004
National College Student Recognition Program	

PRINT AND SOCIAL MEDIA

- 2015: Climb Out of the Darkness (Philadelphia location) featured in The Springfield Sun
- 2007: Music Therapy work featured in the Einstein Annual Report, in article entitled "In All We Touch".

LICENCES/CERTIFICATIONS

The Certification Board for Music Therapists	12/10/2004- Present
Board Certification #07394	
StillBirthday University	2/8/14-Present
SBD Credential #SBD2011061	
*Licensed Professional Counselor	*in process
Accruing supervision hours for licensure	