

Jessica Pouranfar, MA, MT-BC, NICU-MT

Music Therapist, Doctoral Candidate

Jessica.Pouranfar@gmail.com

Education

Florida State University- Tallahassee, FL December 2024
Doctor of Philosophy in Music Education/Music Therapy

University of Minnesota- Minneapolis, MN December 2021
Master of Arts in Music Therapy

University of Louisville- Louisville, KY December 2017
Bachelor of Music in Music Therapy

Nondegree Education and Certificates

College Teaching Certificate December 2023

Child Welfare Immersive Collaboration Simulation November 2023

Trauma-Focused Cognitive Behavioral Therapy March 2023

Neurologic Music Therapist (NMT) May 2019

Neonatal Intensive Care Unit Music Therapist (NICU-MT) February 2018

Professional Credential(s)

Music Therapist, Board Certified (MT-BC), 13724 2018 - present

New Course Development

Florida State University
Vocal Repertoire for Music Therapy Practice Fall 2023

Appointments

Florida State University January 2022- Present

Graduate Teaching Assistantship

Beginning Class Guitar*

Beginning Class Guitar*

Beginning Class Guitar*

Beginning Class Guitar*

Music Therapy Drumming*

Music Therapy Guitar Repertory

Psychology of Music Learning

Music Therapy Methods

Music Therapy Methods II

Music Therapy Methods Lab*

Music Therapy Methods Lab II*

Music Therapy Improvisation

Vocal Repertoire for Music Therapy Practice*

Primary Instructor *

University of Minnesota

Graduate Teaching Assistantship September 2020-May 2021

Introduction to Music Therapy*

Introduction to Music Therapy*
Percussion Techniques*

Graduate Research Assistant

September 2020-May 2021

Clinical Experience

Music Therapist

June 2024 - Present

Capital City Music Therapy, LLC

Tallahassee, FL

Contractor

- Providing music therapy groups for unhoused youth

Music Therapist

October 2022 - Present

Healing Hearts Music Therapy, LLC

Tallahassee, FL

Contractor

- Providing individualized music therapy for children with a variety of needs
- Providing group music therapy for older adults in memory care facilities

Activity Therapist

November 2021- November 2022

HCA Florida Capital Hospital

Tallahassee, FL

Behavioral Health Unit

- Facilitated daily groups for individuals in acute psychiatric care
- Provided ongoing assessment and treatment goals for individuals
- Provided collaborative care with treatment team members including psychiatrists, social workers, and nurses

Rehabilitation Center

- Inaugurated music therapy services in the new rehabilitation center
- Collaborated and cotreated with the therapy team
- Facilitated weekly groups for individuals with a variety of needs

Neonatal Intensive Care Unit

- Inaugurated music therapy services in the new neonatal intensive care unit

Music Therapist

March 2020- March 2021

Private Clients

Virtual

Telehealth Services

- Facilitated weekly Zoom sessions for clients with Alzheimer's and Dementia
- Provided psychosocial support, symptom management, and opportunities for physical movement and social engagement through music interventions

Music Therapist

March 2018- September 2020

Expressive Healthcare Solutions Inc.

Chicago, IL

Northwestern Medicine Behavioral Health Services

- Facilitated weekly groups for individuals with Substance Use Disorders

- Facilitated weekly mental health groups for adults and adolescents in acute psychiatric care and out-patient programs

Northwestern Medicine Central DuPage Hospital

- Served patients on various units including NICU, Neurologic ICU, Med-Surg, Oncology, and Palliative Care
- Collaborated with a speech therapist to launch *SINGOUT*, a bi-weekly singing group for individuals with Parkinson’s Disease as part of the nationally acclaimed *Parkinson’s Voice Project*
- Facilitated *Resilient Rhythms*, a monthly group for individuals with neurologic deficits including Parkinson’s and Dementia.
- Served premature infants in a level 3 NICU
- Presented current research and NMT techniques in regional Parkinson’s Support Groups

Northwestern Medicine Delnor Hospital

- Launched music therapy services on new neurologic unit
- Served adult patients throughout hospital with primary reasons for consult being pain management, anxiety management and psychosocial support/coping
- Continuous collaboration with interdisciplinary team to deliver excellent, patient-centered care
- Involved in pain fairs, music therapy education and outreach opportunities
- Reported and discussed patient outcomes in quarterly meetings with the director of *Patient Care Services* and management teams.
- Trained and supervised two music therapists

Supervision of Professional Music Therapists and Practicum Students

Healing Hearts Music Therapy: Older Adult Memory Care (2023-2024)
 Music Therapy Group Drumming: At-Risk Youth, Middle School Students (2021)
 Northwestern Medicine Central DuPage Hospital (2019-2020)
 Northwestern Medicine Delnor Hospital (2019-2020)
 Northwestern Medicine Lake Forest Hospital (2019-2020)

Internship Experience

Music Therapy Intern May-December 2017
University of Louisville Music Therapy Program
 Louisville, KY

University of Louisville Hospital
University of Louisville Music Therapy Clinic
Norton Women and Children’s Hospital Neonatal Intensive Care Unit

Practicum Experience

Music Therapy Student August 2014-December 2016
University of Louisville Music Therapy Program
 Louisville, KY

University of Louisville Hospital
University of Louisville Music Therapy Clinic
Our Lady of Peace Psychiatric Hospital
Sweet Behavior, LLC

Publications

Pouranfar, J. (2024, June). [Review of the book *Evidence-based practice in music therapy: Transfers from research to clinical settings*, by Standley, J. M. and *Evidence-based music therapy: Clinical Practice*, by Robertson, A. and Standley, J. M.] *Imagine Magazine: Festschrift*, 15(1), 180.

Pouranfar, J. (2023, August). Let's share our toys. *Imagine Magazine*, 14(1), 115.

Pouranfar, J. (2015, September). All the seasons: Learning about weather and nature. *Imagine Magazine*, 6(1), 100.

Presentations

Pouranfar, J., DeKleva, J., Austin, M. (2024, October). *Perspectives from Emerging Researchers*. Florida State University Discovery Days Symposium, Tallahassee, Florida.

Pouranfar, J. (2024, March). *Music Therapy with Families: A Survey of Music Therapists' Experiences and Perceptions*. Poster presented at the American Music Therapy Association Southeastern Regional Conference, Atlanta, Georgia.

Pouranfar, J. (2024, March). *Development and Implementation of Music Therapy Vocal Repertoire*. Poster presented at the American Music Therapy Association Southeastern Regional Conference, Atlanta, Georgia.

Pouranfar, J., & Silverman, M. (2021, October). *A Systematic review of constructs and psychometric instruments used in randomized trials published in Substance Use and Misuse, 2011-2020: Implications for music therapy research*. Poster presented at the American Music Therapy Association National Conference, virtual meeting.

Silverman, M, J., Bourdaghs, S., Pouranfar, J. (2021, March). *Preventing harm in adult mental health: Implications for music therapy occupational regulation* [recorded conference session]. American Music Therapy Association Great Lakes Regional Conference, virtual meeting.

Silverman, M., & Pouranfar, J. (2020, November). *An Exploratory interpretivist investigation of how music therapists prevent harm in adult mental health settings*. Poster presented at the American Music Therapy Association National Conference, virtual meeting.

Pouranfar, J., & Pandya, D. (2020, May). *The effects of live music interventions on self-reported pain and anxiety in medical and surgical inpatients*. Poster presented at the International Congress on Integrative Medicine and Health, virtual congress.

Kleba, S., & Pouranfar, J. (2019, November) *How music therapy can help you live well* [Webinar]. Davis Phinney Foundation for Parkinson's. <https://davisphinneyfoundation.org/how-music-therapy-can-help-you-live-well-with-parkinsons/>

Detmer, M, Williams, K., Pournfar, J., McDonald, C. (2018, May) *Music therapy improves patient and family satisfaction at University of Louisville Hospital*. Poster presented at University of Louisville Hospital Research Day, Louisville, Kentucky.

Guest Lectures

Florida State University

- Music Therapy Methods Lab
Advocacy April 18/20, 2023
- Music Therapy Guitar Repertory
Vocal Techniques for Music Therapy Practice March 22, 2023
November 17, 2022
- Music Therapy Drumming
Stepping January 11, 2023

Lake Forest College

- Music and the Mind
Introduction to Music Therapy March 27, 2024
January 27, 2023
April 1, 2022

University of Minnesota

- Music Therapy Research Methods January 2021

Awards and Scholarships

American Music Therapy Association

AMTA-U Symposium Graduate Student Scholarship October 2023

Florida State University

Graduate Teaching Assistantship 2022-2024

University Musical Associates (UMA) Travel Grant January 2024

University of Minnesota

School of Music Fellowship 2020-2021

Katherine & Gardner Scholarship 2020-2021

School of Music Graduate Summer Fellowship (not received)

Graduate Student Travel and Research Funding March 2021

Graduate Student Travel and Research Funding November 2020

University of Louisville

School of Music Scholarship 2011-2014

Kentucky Educational Excellence Scholarship 2011-2014

Grants

Florida State University

Dissertation Research Grant - \$1,000 2024

Parkinson Voice Project

SING OUT!® Grant for Parkinson's Choir - \$2,000 2019-2020

Professional Affiliations

Awards Committee Chair, AMTA Southeastern Region	2024-Present
Member, Society for Music Perception and Cognition	2023-Present
Member, American Music Therapy Association (AMTA)	2014-Present
Member, AMTA Great Lakes Region	2018-2021

Institutional Service

Florida State University, College of Music
Music Therapy Department Booth

- Wellness Block Party January 2023
- Motivating People Through Arts and Crafts (MPAC) April 2023

Community Service

Mentor and Voice Instructor
Academy of Music Production Education and Development (AMPED)
Louisville, KY 2014-2017

- Provided weekly mentorship and music lessons for at-risk youth in a safe environment to promote healthy coping techniques, self-expression, and creativity at a non-profit organization.

References

Dr. Lori Gooding
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Dr. Jayne Standley
jstandley@FSU.edu

Stephanie Kleba
Sskleba@me.com

Michael Detmer
michaeldetmer@gmail.com

Additional references available upon request.