



PEGGY TILESTON, MA, MT-BC, NIT, CMS-II, CLYT

CLINICAL EXPERIENCE

- 1983 - present ***Private Practice and Independent Contractor***
- 2023 - present ***Music Therapist***, Fox Chase Cancer Center, Philadelphia, PA. Provide weekly *Music Wellness* groups for staff, patients, their friends and caregivers.
- 2013 - present ***Group Facilitator***, Wellness W.r.k.s., Philadelphia, PA, Provide music therapy, Laughter Yoga, or Wellness in Recovery groups for women residents of Interim House, and in 2013, for Belmont Behavioral Hospital's addiction recovery day program.
- 2017 - 2018 ***Music Therapist***, Interim House, Philadelphia Health Management Corporation, Philadelphia, PA. Provided weekly Dialectical Behavior Therapy (DBT)-informed music therapy groups for participants in a women's residential substance abuse recovery house. Clinically supervised music therapy fieldwork students from Temple University at the site.
- 2004 - 2013 ***Allied Therapist and Music Therapy Clinical Supervisor***: The Horsham Clinic, Ambler, PA (Per diem until 2016.) Provided groups for inpatient and intensive outpatient programs, psychiatry and dual diagnosis client groups. Also provided clinical training, mentored unit staff, and supervised music therapy fieldwork and internship students from Temple University and Immaculata University.
- 2005 - 2009 ***Expressive Therapist and Spirituality Track Coordinator***: The Renfrew Center for Eating Disorders, Philadelphia, PA (Per diem until 2015.) Residential treatment for adolescent and adult women. Designed and implemented a variety of creative arts therapy individual and group sessions, clinically documented client progress. Helped to design and provide groups and individual consultations and conduct community outreach for the Spirituality Track.
- 2004 - 2005 ***Outpatient Therapist***: Northwestern Human Services, Philadelphia, PA. Provided arts-based individual and family sessions for clients of all ages in a mental health community center.
- 2003 - 2004 ***Clinical Case Manager and Music Therapist***: Wordsworth Academy, New Britain, PA Provided arts-based individual, group and family sessions in a residential behavioral health facility for children and adolescents.
- 2001 - 2003
1991 - 1993 ***Various Positions***: Martha's Vineyard Public Schools, Martha's Vineyard, MA
- *Special Education Assistant*, high school student

- *Music Therapist*, high school student
 - *Substance Abuse Educator and Therapist*, grades 1-12.
- 1993 - 1995 **Primary Therapist, Creative Arts Therapy Specialist:** The Amethyst Center, Skiathos, Greece; a residential substance abuse/mental health facility for adults. Provided individual, group and family therapy sessions for residents; held groups at their satellite site and workshops for the community.
- 1992 - 1993 *Sestre Nase (Our Sisters) Project*, Boston, MA: Collaboration with a facilitator in the former Yugoslavia connecting women survivors of sexual violence in Massachusetts with those in Yugoslavia through music, art, writing and therapeutic groups.
- 1987 - 1993
1996 **Various Positions:** Martha's Vineyard Community Services, Oak Bluffs, MA
- *Interim Director, Adult Day Health Clubhouse Program*
 - *Outpatient Therapist*; adolescents, adults, families
 - *Emergency Services Clinician*, all ages
 - *Coordinator, Youth Intervention Program*; adolescents
 - *Program Manager, Adolescent Emergency Shelter*
 - *Director, Island Youth Center*; adolescents
- 1988 - 1989 **Music Therapist:** Mullen Way Nursery School, Edgartown, MA. Weekly sessions for children ages 3-5.
- 1987 - 1988 **Music Therapist and Activities Specialist:** Edgartown Council on Aging, Edgartown, MA.
- 1986 - 1987 **Music Therapist:** Community Music Center, Boston, MA.
- 1985 - 1986 **Activities Coordinator:** Ellis Memorial Center, Boston, MA. Psychiatric, adult.
- 1983 - 1984 **Co-Therapist:** Arthur Samuels, MD, New Orleans, LA. Outpatient mental health.
- 1980 - 1984 **Various Positions:** De Paul Hospital, New Orleans, LA. Inpatient psychiatric, all ages,
- *Assistant Director, Creative Arts Therapy Department*
 - *Coordinator of Clinical Training, CAT Department*
 - *Music Therapy Intern Supervisor*
 - *Music Therapist*
 - *Psychodramatist*
 - *Stress Management Specialist*

PRESENTATIONS, WORKSHOPS, CLASSES

- 2024 Invited Presenter by Dr. Lillian Eyre: Conducted a 2-hour Morning Altars workshop for her graduate class at Temple University, Philadelphia, PA
- 2023 - present Invited Presenter by Edie Elkan: *Morning Altars for Self-Care* Zoom Workshop, 2 hours, for students and graduates in the Bedside Harp training program
- 2021 - present Invited Presenter each Spring semester by Dr. Crystal Austin: *The Arts in Trauma Informed Care*,

lecture + experiential practices for students in the Advanced Counseling Skills class in Temple University's graduate counseling psychology program, Philadelphia, PA

- 2017 - present *Creative Approaches to Self-Care*: facilitate workshops for students either solo or in tandem with Sondra Rosenberg, ATR-BC, 3 times a semester through Jefferson University's Office of Student Affairs and Humanities Department, Philadelphia, PA.
- 2023 *Music Wellness*: Ran a semester-long pilot program for Temple University students that included clinically supervising music therapy students.
- 2023 Invited Presenter by Dr. Vicki Karkou: *Nature Informed Creative Arts Therapy* Zoom Workshop, 4 hours, for students in Edgehill University's graduate program in counseling, Ormskirk, UK.
- 2023 Invited Presenter by Chinese music therapist Yijing Yin on *Nature Informed Music Therapy*: Zoom lecture, 1 hour, for clinicians at a mental health clinic in Shanghai, China
- 2022 Facilitator in Residence, Kalikalos Holistic Center, Anilio, Greece. Provided daily individual and group Nature-Informed Creative Arts experiences, evening music jam sessions, and morning yoga classes for residents and guests over a 2-week period.
- 2022 Invited Presenter by Stephen Cozzolino, MT-BC: *Music Therapy, Past Present and Future*, 2 hours, lecture and experiential activities for staff and residents of Inglis House, Philadelphia, PA
- 2022 *Spring Equinox Morning Altars Ritual* Zoom Workshop, 1.5 hours, benefit for Kalikalos Holistic Center, Anilio, Greece
- 2021 Invited Presenter by Dr. Amy Lynch: *Trauma-informed Music Therapy* Zoom workshop, 1 hour presentation for faculty Vaux Big Box High School
- 2017 Invited Presenter by Joann Lutz: *Laughter Yoga with Music* at the Integrating Yoga into Mental Health Care Conference at Misericordia University in Dallas, PA
- 2017 Invited Presenter, *Music Therapy* workshop for Jefferson University students, sponsored by Jefferson University Student Personal Counseling Center in Philadelphia, PA
- 2016 Invited Presenter by Dr. Susan Taylor: *Sound as Nourishment* workshop for nurses and medical professionals enrolled in the *Feeling Good Matters* retreat sponsored by the Center for Meditation Science, Honesdale, PA
- 2016 *Invited Presenter, Laughter Yoga* lecture/experiential for medical students and staff attending the MedTalks@Drexel event, Drexel University, Philadelphia, PA
- 2015 *That's Music to My Ears: The Sound of Laughter* workshop for attendees at the Interdisciplinary Society for Quantitative Research in Music and Medicine Conference at Immaculata University, Media, PA
- 2015 Invited Presenter by Dr. Susan Taylor: *The Yoga of Sound* workshop for nurses and medical professionals enrolled in the *Rewire Your Physical & Emotional Wellbeing* retreat sponsored by the Center for Meditation Science in Litchfield, CT
- 2014 *Drum Circle for Stress Management* workshop for staff of Season's Hospice, co-facilitated with Music for People Facilitator, Ron Kravitz, King of Prussia, PA
- 2014 *Laughter Yoga Meets Music Therapy* presentation for music therapy students and practitioners in

the greater Philadelphia area attending the Temple Music Therapy Club-sponsored Music Therapy Conference, Philadelphia, PA

- 2012, 2013 *Laughter Wellness* classes for the community at Mount Airy Moving Arts center, Philadelphia, PA
- 2011, 2013 *Beyond Words: Creative Arts as Therapeutic Intervention* workshops for therapists and social workers, sponsored by The Horsham Clinic (2011) and Social Work PRN (2013), co-facilitated with Edie Weinstein, LCSW, Philadelphia, PA
- 2012 *Shake, Rattle and Laugh: Music and Laughter in Early Childhood Education* presentation and training for Public Health Management Corporation staff, Philadelphia, PA
- 2011 *Compassion Fatigue and Self Care for Therapists* workshop for members of the Allied Therapy Department at The Horsham Clinic, Ambler, PA
- 2011 *Invited Presenter, Compassion Fatigue and Self Care* for the staff of Project Home, Philadelphia, PA
- 2010 *The Yoga of Coaching* workshop for students in a yoga teacher-training class sponsored by Inner Wisdom Institute's yoga teacher training program, Philadelphia, PA
- 2010 *Invited Presenter, Laughter Yoga for Stress Management* workshop for East Stroudsburg University employees, East Stroudsburg, PA, 2010.
- 1993 - 1995 *Stress management* presentation for passengers on a cruise ship, stress management classes, and creative arts workshops for members of the community, sponsored by The Amethyst Center, Skiathos, Greece
- 1995 *How Your Child Is Smart: Perceptual Learning Styles* presentations for parents of school-age children, Skiathos, Greece
- 1994 - 2003 *Healing Through the Creative Process*: day-long workshops for members of the public, and/or mental health professionals, conducted once each in Greece, Germany, and MA

TEACHING

- 2013 - present ***Adjunct Associate Professor of Music Therapy***, Department of Music Therapy, Boyer College of Music and Dance, Temple University, Philadelphia, PA.

Non-Tenure Track Associate Professor of Music Therapy and Coordinator of Clinical Training: full time, Department of Music Therapy, Boyer College of Music and Dance, Temple University, Philadelphia, PA. (2019 – 2021)

Courses for which I was the primary instructor:

- Music Therapy Clinical Internship Seminar (undergraduate, graduate students)
- Fieldwork Seminar 1, 2, and 3 (undergraduate, graduate)
- Ethics in Music Therapy (undergraduate)
- Developmental Music Therapy (undergraduate, graduate)
- Music Therapy Overview (undergraduate, graduate)
- Medical and Rehabilitative Music Therapy (undergraduate, graduate)
- Psychiatric Music Therapy (undergraduate, graduate)
- Models of Clinical Supervision (graduate)
- Psychodrama-Informed Music Therapy (graduate)

- Music Therapy Experiences 1, 2 (undergraduate, graduate)
- Clinical Foundations of Music Therapy (undergraduate, graduate)

- 1991 **Adjunct Instructor:** Cape Cod Community College Extension, Vineyard Haven, MA
- *Interpersonal Communication*
- 1997 - 1998 **Guitar Instructor:** Martha's Vineyard Boys and Girls Club, Edgartown, MA
- Guitar lessons for adolescent students enrolled in the Bonnie Raitt-Fender Guitar Program
- 1994 - 1996 **Music and Arts Instructor:** The Music School of Skiathos, Skiathos, Greece
- Guitar, piano, and creative arts education for children, adolescents, adults.

ACADEMIC EDUCATION AND PROFESSIONAL TRAINING

ACADEMIC

- 1987 MA, Independent Study, Lesley University, Cambridge, MA
- The integration of counseling and the creative arts therapies from an East-West psychology perspective.
- 1980 BA, Music Therapy, Magna Cum Laude, Loyola University, New Orleans, LA
Board-Certified Music Therapist, # 08352, Certification Board for Music Therapy

PROFESSIONAL TRAINING AND CERTIFICATION

- 2023 **Certified Morning Altars Teacher**, [Morning Altars](#) Teacher Training Program, California
- 2022 **Certified Nature Informed Therapist**, [Center for Nature Informed Therapy](#), Towson, MD
- 2018 **Certified DBT-informed Music Therapist**, [The Spiegel Academy](#), Pueblo, CO
- 2017 **Certificate of Completion**, Dialectical Behavior Therapy (DBT) Skills Training Course, [Linehan Institute-Behavioral Tech](#), Seattle, WA
- 2017 **Certified Laughter Yoga Teacher**, [Laughter Yoga International](#), Bangalore, India and [Laughter Yoga Institute](#), Laguna Beach, CA
- 2009 **Certified 200-hour yoga teacher training**, Gurukula Inner Wisdom Teacher Training, Chalfont, PA (has since closed.)
- 2008 **Certified Consultant**, Professional Thinking Partners, Inc., Park City, Utah (has since morphed into [CORE](#); was run by [Dawna Markova](#), with whom I studied for 10+ years)
- 2007 **Certified Laughter Yoga Leader**, Laughter Yoga Institute, Laguna Beach, CA
- 2007 **Certified [Health Rhythms](#) Group Empowerment Drumming Facilitator**, Remo, Inc., Valencia, CA
- 2006 **[Certified Meditation Specialist](#)**, Board Certified Level II, Center for Meditation Science, Newburyport, MA

- 1986 ***Certificate of Completion***, two-year master's level Holistic Studies Program, Interface Foundation, Newton, MA in conjunction with Lesley University. (Has since closed.)
- 1983 ***Certified NLP Practitioner***, [Society of NLP](#) (Neuro Linguistic Programming)
- 1981 ***Registered Music Therapist***, National Association for Music Therapy, Inc. (precursor to CBMT)
- 1980 ***Certified Psychodrama Assistant***, Westwood Institute for [Psychodrama, Sociometry, and](#) Group Psychotherapy, Beverly Hills, CA. (Has since closed.)

Since 1980 I have attended countless seminars, lectures and conferences on a wide variety of topics related to my work, including the expressive arts, nature-based, somatic, and trauma-informed therapies.

PUBLICATIONS

(2013) Adults and Adolescents with Eating Disorders. In Eyre, L. (Ed.) Guidelines for music therapy practice (pp. 402-448) Gilsum, NH: Barcelona Publishers. (2014)

The Huffington Post: *This Therapist Gets Laughing: The Transformative Effects of Laughter, I Expect Rape as a Weapon of War to End: The Global Summit to End Sexual Violence in Conflict, and On Being a Not-So-Peaceful Warrior: Lessons from My Mother's Diary*