

## Professional Biography



**Elizabeth Eldridge** (BMT, MTA, RMT) is an Accredited Music Therapist, Registered Music Teacher, Certified Mental Health First Aid Course Instructor, and proprietor of Arpeggio Music Therapy. Upon achievement of her Bachelor degree at Acadia University, Elizabeth completed a clinical internship in Mental Health Recovery Services at St. Joseph's Hospital in Hamilton, Ontario. In this role she had the unique opportunity to use music as a therapeutic medium for clients diagnosed with various psychiatric conditions in outpatient, inpatient, and forensic settings. She returned home to Charlotte County, New Brunswick in 2008 and founded her business, which has expanded to include subcontracting positions. Arpeggio Music Therapy now provides services throughout the province.

In addition to clinical work, Elizabeth regularly facilitates workshops on the strategic use of music in mental health and aging care. She is the provincial representative for the Atlantic Association for Music Therapy, plays an active role in the Canadian Association for Music Therapy as a member of the Board of Directors and as a clinical internship supervisor, serves on the Board of Directors for the Alzheimer's Society of New Brunswick, and is a proud member the Saint John Chamber of Commerce. With a passion for public speaking, Elizabeth has delivered dynamic keynote addresses and hands-on workshops throughout the Maritimes, partnering with organizations which have included WorkSafe NB, the Atlantic Institute on Aging, Room 217 Foundation, and New Brunswick Community College, among many others. With certification as an instructor through the Mental Health Commission of Canada, she also offers Mental Health First Aid training opportunities on a regular basis. She has been interviewed about her work by television and radio programs as well as a variety of local and national publications.

In her spare time Elizabeth enjoys making music, reading, and spending time with her dog, Oscar.