

Christine Stevens

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EDUCATION

MSW, Social Work, Colorado State University, May, 1998

MA, Music Therapy, Colorado State University, May, 1998

BA, Music Therapy, Michigan State University, 1987

PROFESSIONAL EXPERIENCE

UpBeat Drum Circles, Valencia, CA. Founder and owner of business that offers interactive keynote presentations for professional development, spirituality and health, and conferences. 1998 - present

Remo, Inc., Valencia, CA. Director of Music Therapy & Wellness Programs for international drum manufacturer. Responsibilities include international travel, new market development, public speaking, writing and researching the health benefits of group drumming. 2000 – 2005

Music & The Mirror, Fort Collins, CO. Co-founder and facilitator for company which offered diversity training for institutions of higher education across the nation. 1999 – 2000

Lutheran Family Services, Fort Collins, CO. Program therapist and outreach project coordinator providing individual and family therapy to foster families and children. 1998 – 1999

Colorado State University Counseling Center, Fort Collins, CO. Social Work intern providing individual and group counseling, and community outreach programs. 1997 - 1998

Colorado State University, Music Therapy Department, Fort Collins, CO. Teaching assistant and supervisor of practicum students. Instructor for music therapy courses. 1996 - 1998

Up With People, Broomfield, CO. Consultant and staff trainer for incoming international students. 1995 – 1997

Elmcrest Psychiatric Hospital, Portland, CT. Music therapy consultant for adolescent outpatient program. 1995 - 1996

Up With People, Broomfield, Oslo, Brussels. Director of band, chorus, and soloists in a 100 person international traveling show. Assistant coordinator of first trip to the former Soviet Union. 1987

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PUBLICATIONS

- Stevens, C. S. (2005). The Healing Drum Kit. Sounds True.
- Stevens, C.S. (2005). The Pulse of Life. Yogi Times. October. p. 26.
- Stevens, C.S. (2005). The Energy Prescription – Book Review. Explore: The Journal of Science and Healing. September, Vol. 1. No. 5. p.412.
- Bittman, B., Stevens, C.S., Bruhn, K., Knudsen, C., Lim, P.B., & Neve, A. (2004). Recreational Music-making: Insights and Observations Throughout the Aging Spectrum in Long-term Care. *Provider*.
- Stevens, C.S. (2004). Driving the Rhythm: Drumming up Teamwork at Toyota Corporate Headquarters. Yogi Times. May. p.14.
- Stevens, C.S. (2004). Group Drumming: A Rational Strategy for Whole Person Care. Paradigm Magazine. Winter, 2004. p. 6-7.
- Stevens, C.S. (2004). Drumming: A Rhythmic Remedy. Branches. May – June. P.15.
- Bittman, B., Stevens, C.S., Bruhn, K., Westengard, J., and Umbach, P. (2003). Recreational Music Making: A cost-effective group interdisciplinary strategy for reducing burnout and improving mood states in long-term care workers – insights and potential economic impact. Advances for Mind-Body Medicine. Fall/Winter, 2003. 4-15.
- Stevens, C.S. & Kleiner, L. (2003). Sound Shape Playbook. Warner Brothers.
- Stevens, C.S. (2003). The Art and Heart of Drum Circles. Hal Leonard.
- Stevens, C.S. (2002). Vitamin D: Vitamin Drum. Natural Beauty and Health. Winter. p8.
- Stevens, C.S. (2002) Reclaiming the Rhythm: An Interview with Rick Allen. Percussive Notes; The Journal of the Percussive Arts Society. p54-56.
- Stevens, C.S. (2001). Should Drums be Sold in Pharmacies? Percussive Notes; The Journal of the Percussive Arts Society. October. P. 85-86.
- Stevens, C.S. (2001). Creating a Musically Accessible Culture. Connections. Summer. p. 8.
- Stevens, C.S. (2000). Drumming Up the Spirits. Christian Sound & Song. February.
- Stevens, C. K. & Burt, J. W. (1997). Drum Circles: Theory and Application in the Mental Health Treatment Continuum. Continuum, 4, 2, 175-184.

