



Angela Martinez

Mental Health Music Therapist

CONTACT

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United States, Los Angeles, CA

EDUCATION

Bachelor of Music in Music Therapy

California State University, Los Angeles, CA, May 2017

Certifications

- **Trauma-Informed Care Certification-**, Trauma Institute & Counseling Center | February 2022
- **Music Therapist-Board Certified (MT-BC)** | June 2017

PROFESSIONAL SUMMARY

Dedicated and empathetic board-certified music therapist (MT-BC) with over 8 years of experience working in mental health clinics and inpatient psychiatric settings. Adept at designing personalized music therapy interventions for individuals and groups, fostering emotional regulation, and supporting clients in overcoming trauma, anxiety, and depression.

EXPERIENCE

Mental Health Music Therapist

2019 - Now

Harmony Wellness Center, United States, Los Angeles, CA

- Design and lead customized music therapy sessions for clients with PTSD, bipolar disorder, anxiety, and depression.
- Utilize improvisation, songwriting, and music listening to help patients explore their emotions and process trauma.
- Collaborate closely with interdisciplinary care teams, including psychiatrists, psychologists, and case managers.
- Track patient progress using detailed documentation and data-driven assessments.
- Conduct group therapy sessions as part of the intensive outpatient program (IOP).

Music Therapy Intern

2017 - 2018

Sunrise Behavioral Health, Los Angeles, CA

- Assisted senior therapists in delivering evidence-based music therapy sessions for adults in psychiatric care.
- Facilitated therapeutic drumming and song-based interventions for group sessions.
- Maintained detailed clinical notes and contributed to case discussions.

SKILLS

Cognitive-behavioral music therapy	★★★★★
Group therapy facilitation	★★★★★
Songwriting for therapeutic expression	★★★★★
Trauma-informed care techniques	★★★★★
Active listening and empathy	★★★★★
Progress evaluation and reporting	★★★★★