Sophie Lott, MM, MT-BC

Work-Related Skills

- Musical skills: Violin, guitar, piano, ukulele, and voice
- Knowledge of human development and neurodiversity.
- Active listening skills
- Rapport building
- Empathetic and patient
- Organized
- Attentive to details
- Can adapt lessons and lesson materials to individual students, their interests, and capabilities

Education

- **Arizona State University – Master of Music in Music Therapy – December 2019**
  - Bachelor's Equivalency/Master's Program
  - Graduate Representative in the Music Therapy Student Organization 2018 - 2019

- **University of Oregon – Bachelor of Arts in Music – June 2014**
  - Magna Cum Laude

Work Experience

- **Private Music Teacher (part time) — City Strings and Piano (June 2025 - current)**
  - Teach guitar, piano, and violin via in-home lessons with students of various ages (children, teens, and adults). Adapt lesson materials to the student's skill level and their interests. Coordinate schedule with caregivers and adult students and schedule make-up lessons as needed.

- **Music therapist — Empower Phoenix, LLC — Glendale, AZ**
  (April 2022 - August 2026)
  - Assess and create treatment plans and goals for individuals with various developmental disabilities (early childhood, kids, teens, and young adults).
  - Communicate with parents and/or caregivers about the progress of their loved ones on a regular basis and formally every quarter. Track and record the client's progress via weekly notes.
  - Collaborate and co-treat with occupational therapists, physical therapists, and speech therapists.

- **Private Music Instructor – Scottsdale Studio of Music – Scottsdale, AZ (June 2017 – January 2025)**
  - Planned and provided weekly private music lessons in violin, guitar, voice, ukulele, and piano. Coordinated schedules and maintained correspondence with students and their parents as appropriate. Taught students of various ages (early childhood through older adults), at various levels (mainly beginner and intermediate), and with various abilities (with both neurotypical and neurodiverse students). Temporarily helped with administration and management 2022 - 2024.

- **Music Therapist/Activity Therapist – St. Luke's Behavioral Health Hospital – Phoenix, AZ (April 2021 – April 2022)**

  - Assessed and provided music therapy services for psychiatric patients (children, teens, adults, and older adults) in an acute behavioral health hospital setting including court-ordered adult patients, adults seeking detox, adults with mood disorders, adults with severe mental illness, and children and teens with various mood disorders and severe mental illnesses. Adapted and implemented services for individuals with learning disabilities, autism, physical disabilities, and visual impairment.

  - Communicated and collaborated with on-unit staff such as behavioral health techs, nurses, and social workers to provide unified multi-disciplinary treatment for all patients.

- **Music Therapist (subcontractor) – Creative Arts Therapy Services – Tempe, AZ (July 2019 – February 2021)**
  - **Victory Autism Academy (September 2020 – November 2020):** Provided music therapy services for elementary and middle school aged students with autism at an academy designed specifically for children on the autism spectrum.

  - **Tempe Elementary School District (September 2019 – March 2020)**: Provided music therapy services at multiple schools and their special education classrooms for elementary and middle school-aged children with various developmental disabilities.

  - **Beyond One's View (July 2019 – August 2019)**: Provided music therapy services for adults with various disabilities and their caregivers.