[www.abbiepalmer.com](http://www.abbiepalmer.com)

Born into a performing musical family, Abbie was playing harp on stages and in recording studios by age 11. As a DC Metropolitan area native, she has been employed and performed at many medical sites and performance venues within the national capital region. In 2010 she received degrees in music therapy and performance from Shenandoah Conservatory, and since then has explored an extensive array of possible outlets as a person living a life dedicated to music.

As a harpist, Abbie has managed to span an incredibly wide range of genres in her collaborations, performances, and recordings. While specializing in original, Celtic, and Classical music, Abbie also has experience performing and recording rock and pop, spiritual and religious, World, jazz, hip hop, new age, and Renaissance, to name a few!

Abbie claims Celtic music to be her roots and foundation, having been the first genre she was exposed to. Abbie has travelled to Edinburgh Scotland to compete on Celtic harp, as well as has been an instructor at a Scottish music conference. Abbie performed at the Maryland Renaissance Festival starting at childhood and held a regular standing performer position for 20 years. She currently has the pleasure of working with some of Celtic musics’ finest performing artists in collaborative projects and groups that span the east coast.

Abbie went on to focus on Classical music in college and received a dual degree in Classical harp performance, gaining skills and knowledge as an orchestral harpist. Upon completion of her degree, Abbie received an award of recognition for excelled accomplishment in her harp studies. Abbie held the role of first chair with the National String Symphonia for 7 years and had the honor of performing Debussys' Danses Sacree et Profane, a harp featured piece, on a main stage at the Kennedy Center. She now regularly performs with Classical ensembles and orchestras in Washington DC and surrounding areas.

Abbie began writing original music as far back as childhood, but more formally starting in college. In 2012 Abbie ventured to create an album of all original songs and compositions which led to Abbie’s career as a singer-songwriter with the electric harp. Since then, she’s composed and recorded three full length albums as well as taken her original music on tour to the West Coast (2018) and South East region (2016).

As a person who encapsulates all things musical, Abbie also has 15 years of experience as a private music instructor. Abbie teaches beginner through advanced harp and piano and truly enjoys the process of working with individuals to learn and expand their musical knowledge and skill. Not only has Abbie been a music teacher on staff with at least five music schools in the DC area, but she also teaches privately within her own studio. She works with her students not just on an individual level but also prepares and organizes opportunities for students to perform in ensembles and recitals. Abbie is able to inspire and motivate her students’ creativity and personal expression through lessons while also offering understanding of music theory, ear training, sight reading, arranging, improvisation, and familiarity with genre.

Abbie achieved her bachelor’s degree major in music therapy and has been an actively practicing board-certified music therapist for 12 years. In her career, Abbie has had the honor of providing music therapy to an array of populations experiencing medical conditions, such as terminal illness, autism spectrum disorder & developmental disabilities, schizophrenia & psychiatric disorders, Alzheimer’s disease & dementia, eating disorders, traumatic brain injury, and post-traumatic stress disorder with the military population. In music therapy, Abbie uses harp, voice, piano, guitar, percussion, and various other instruments to meet the therapeutic goals of the individuals that she works with.

Abbie has had a robust career providing music therapy in over 20 medical facilities and organizations spanning the DC area and is now offering music therapy individually through her private practice. Music therapists can structure musical experiences to address the unique needs and abilities of each client they work with. In her current work with individual services, Abbie specializes in symptoms such as anxiety and stress disorders, depression, sleep hygiene, anger management, hyper-vigilance, communication & self-expression issues, and memory & concentration challenges through interventions such as instrument playing, lyric analysis, song-writing, playlist creation, and relaxation strategies. Abbie enjoys practicing music therapy and encourages her clients to see music not just as a pleasing experience, but also as a powerful tool to be utilized in their life for wellness and rehabilitative benefit.

One of her specialties in musical offerings is creating live music to facilitate relaxation and mediation experiences. Abbie often will use a variety of different instruments while using a looping device to create a beautiful aesthetic structured for a deep meditative experience. Abbie provides verbal guidance with breathing techniques and visualization strategies to assist participants in integrating mind and body relaxation effects. Abbie currently offers a weekly virtual meditation offering where she creates live music to support participants to unwind and obtain a deep level of relaxation. Abbie uses her knowledge of music and psychology to structure the rhythm of music to entrain physiological arousal states and the human nervous system. She also collaborates with other meditation facilitators to offer a variety of relaxation styles, meditation practices, and in person opportunities.

With all the roles Abbie plays as a musical entity, she’s also able to offer music in other facets beyond performance, music education, and music therapy. Abbie has offered music in spiritual contexts by acting as a choir director and praise leader in various churches in the DC area and as well as having performed regularly with a Kirtan band for 10 years. She is regularly hired to provide harp music for private special events such as weddings, parties, and ceremonies, and can structure playlists and genres based off of the characteristics of the event and individuals. Abbie will sometimes provide background music in restaurants and coffee shops around the DC area and enjoys supporting local social gatherings through music.

Overall, Abbie’s professional career and experiences in music have led her to be able to provide music in almost any context. Whether it’s performing, teaching, therapy, or beyond, Abbie can mold music to be what it needs to be to fit the purpose and achieve the needed function. Abbie’s love and passion for music shines in her ability to touch many different types of people and fit many contexts with her craft. To Abbie, music is a language, and she communicates many different things to as many people as she can. She hopes that through her passionate and active career in music, Abbie inspires others to also be passionate about making music a part of their life. In this present time in history, she believes music is the answer to many of our world’s problems because of its psychological benefits and ability to procure deep humanistic experiences and connections. Abbie hopes to improve the wellbeing of the ocean, one raindrop at a time.