

Mario Alfredo Ayabaca Sarria

Clinical Psychologist · Music Therapist · Musician

Quito, Ecuador · info@calmia.org · +593 98 718 2971 · calmia.org/en/mario-ayabaca

PROFILE

Ecuador's first Master's-level music therapist with professional training in both clinical psychology and musical arts. Founder and director of Calmia, a mental health and music therapy center in Quito; full-time professor at Universidad San Francisco de Quito; founder and president of the Ecuadorian Music Therapy Association (AEM). Humanistic and integrative approach, with clinical, community and academic experience.

CURRENT POSITIONS

- Founder, director and therapist at **Calmia**, mental health and music therapy center (since 2023).
- Full-time professor at **Universidad San Francisco de Quito (USFQ)**.
- Founder and president of the **Ecuadorian Music Therapy Association (AEM)**.
- Ecuador's delegate and coordinator of the Regulatory Frameworks Commission of the **Latin American Music Therapy Committee (CLAM)**.
- Clinical placement supervisor for the Master's in Music Therapy at **Universidad Internacional de La Rioja (UNIR)**.
- Scientific committee member and peer reviewer for the Spanish music therapy journal ***Mi Sostenido*** (since 2024).

EDUCATION

- 2023** **Master's in Music Therapy** · Universidad Internacional de La Rioja (UNIR), Spain.
- 2023** **BA in Musical Arts**, *summa cum laude* · Universidad San Francisco de Quito. Major in popular voice performance, minor in composition and arranging. Artistic excellence scholarship (2018).
- 2017** **Franz Liszt Conservatory of Music** · Classical voice and classical guitar.
- 2013** **Clinical Psychologist** · School of Psychological Sciences, Central University of Ecuador.

Degrees registered with SENESCYT, Ecuador's higher education authority.

UNIVERSITY TEACHING (USFQ)

- **Music Therapy** · Clinical Psychology, College of Social Sciences and Humanities (COCISOH).
- **Self-Knowledge** · Liberal Arts.
- **The Japanese Miracle** (upcoming) · COCISOH, in partnership with JICA.
- **Ethics and Behavior** (upcoming) · School of Medicine, College of Health Sciences (COCSA).

PUBLICATIONS

- Co-author of *Marcos Regulatorios de la Musicoterapia en Latinoamérica: primer reporte* (Regulatory Frameworks of Music Therapy in Latin America: first report). CLAM.
- Ayabaca, M. *Estrés académico y musicoterapia en Ecuador* (Academic stress and music therapy in Ecuador). *Mi Sostenido* journal.

SELECTED LECTURES AND ACADEMIC ACTIVITIES

- 2026** Lecture "Learning from sound": music therapy and emotional regulation · ECOS program, SCOPH AEM USFQ and AEM.
- 2026** Dragon Experience: self-knowledge and music therapy with prospective students and their families · USFQ.
- 2025** Community music therapy in Pifo with Clinical Psychology students · USFQ.
- 2024** Professional exchange with the music therapy program at Calucé Senior Living · Bogotá, Colombia.

- 2023** Lecture “Breaking the habit: Music Performance Anxiety and Music Therapy” · Central University of Ecuador.
- 2023** Anniversary of the first hospital music therapy program · Hospital Vozandes, Quito.

PROFESSIONAL DEVELOPMENT OF MUSIC THERAPY

- AEM work with Ecuador’s Ministry of Public Health toward the regulation of music therapy (2026).
- Advocacy for music therapy as a health profession in the media, universities and community settings.

MEDIA (SELECTION)

- | | |
|--|-------------------------------------|
| • W Radio Ecuador (2026) | • Teleamazonas (2025) |
| • El Laberinto, Radio CCE (2025, 2026) | • Ecuador TV (2025) |
| • Radio Sonorama (2025, 2026) | • Radio Municipal de Quito (2025) |
| • Pública FM (2026) | • Radio Católica del Ecuador (2025) |
| • Radio i99 (2026) | • Radio Platinum (2024, 2025) |
| • Radio Online (2026) | • Radio Sucesos (2024) |

Full list and interviews (in Spanish) at calmia.org/nosotros/en-los-medios