

Ethics of Cultural Humility in Therapeutic Spaces with Individuals who have Experienced Trauma

This course explores and aims to increase understanding of some of the intersections between trauma, culture, and ethical practices. Intentional ethical dilemmas and scenarios will be shared in order to invite introspection, reflection and deconstruction. Data from previous research presented, will be reintroduced with the aim to increase ability for examining automatic thoughts and inherent bias. Definitions of cultural humility and cultural components correlated with the co-creation of therapeutic spaces will serve as a starting point for consistent commitment to clinician's growth and transformative practice. This course will encourage authentic and transparent participation, as well as personal responsibility for emotional awareness and self-care. Throughout the course, we will investigate the inherent hierarchy of power and the disruption of such within the therapeutic space.

Discussions and music experiences will be facilitated by Natalia Alvarez-Figueroa, MMT, MT-BC. Natalia came to Philadelphia from Puerto Rico over 10 years ago and has been working in the trauma field since 2012, with training in TF-CBT. Natalia presents and leads workshops on cultural humility with individuals who have experienced trauma, white allyship, and intersectionality.



Location: 107 Wilson Hall, Rowan University

Day/time: June 24, 2023 10:00 AM- 1:00 PM **Cost:** \$40

This course is free for Black and Indigenous Music Therapists and Black and Indigenous Music Therapy Students as a form of reparations. Need based scholarships are available. (Full refunds are available until 24 hours before the start of the course, at which time payment is nonrefundable)

Register: <https://shop.rowan.edu/store/events/listings/74101> or email Andrea Hunt at hunta@rowan.edu

Learning Objectives: At the end of this course, participants will be able to (relevant CBMT Domains in parentheses):

- Attendees will be able to practice self-reflection and identify an area of bias to challenge within their clinical practice (II.C.1; V.B.11).
- Attendees will be able to make at least two connections between ethical practices and cultural humility (I.2).
- Attendees will be able to identify one way to practice accountability pertaining to the intersections within trauma, cultural humility and ethical practices (V.B.2).
- Attendees will be able to identify two ways in which to build rapport within a culturally humble lens (III.A.1 a-f).

Course Schedule:

10:00-11:00 Introductions and intention setting

11:00-11:30 Ethics, cultural humility, and research

11:30-11:45 Break

12:00-12:45 Scenarios for practice and self-reflective tools

12:45-1:00 Closing intentions



“Ethics of Cultural Humility in Therapeutic Spaces” is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education (CMTE) credits and 3 ethics credits. Philadelphia Music Therapy #P-203 maintains responsibility for program quality and adherence to CBMT policies and criteria. In addition, the provider is solely responsible for the registration process for this program, including pricing.