

Confronting Clinician's Feelings of Inadequacy through Music

How do we know when feelings of inadequacy are valid or when they are unrealistic or maladaptive constructs that get in the way of our ability to be fully present as clinicians? In both cases, exploration of what is contributing to these feelings and developing a plan of action is important. In this 4 credit virtual training, we will use referential beat-making, music-supported guided imagery, and song writing to explore and let go of feelings of inadequacy.

Discussions and music experiences will be facilitated by Audrey Hausig, MMT, MT-BC, who has extensive experience as a music therapist and as a clinical supervisor in mental health settings. Participants will be encouraged to share their experiences, reflections, and ideas in order to create a collaborative experience. The course is open to music therapists, other creative arts therapists, and verbal therapists.

This course will be held on zoom on May 8, 2021 from 1:00-4:40pm EST Cost: \$50
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)

To register, go to www.philadelphiamusictherapy/store or email philadelphiamusictherapy@gmail.com

Learning Objectives: At the end of this course, participants will be able to:

- Identify 3 ways their feelings of inadequacy create barriers to authenticity and impact presence during clinical work.
- Identify 2 cultural factors that contribute to feelings of inadequacy.
- Identify 2 ways they will continue to work on being aware of how feelings of inadequacy affects their clinical work.

Course Schedule: 1:00-4:40 pm EST

1:00-1:40- Introductions and intention setting.

1:40-2:35- Referential beat-making to explore feelings of inadequacy and challenging negative self talk.

2:35-2:55- Break

2:55-3:50- Break out groups exploring socio-cultural factors and oppressive systems that influence feelings of inadequacy via song writing.

3:50-4:20- Music-supported guided imagery focused on letting go of self doubt.

4:10-4:40- Intention setting for moving forward.

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“Exploring Clinician's Feelings of Inadequacy through Music” is approved by the Certification Board for Music Therapists (CBMT) for 4 Continuing Music Therapy Education 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.

