

Music Therapy Interventions in Mental Health

This live, on-line CMTE (5 credits) will explore how to choose interventions for children and adults in mental health treatment that are trauma informed and have an emphasis on cultural humility. Interventions will be described and demonstrated that address: strength building, empowerment, finding hope, spirituality, sources of support, triggers and coping skills (related to mood, substance use, anxiety, self harm, psychotic symptoms), impulsivity, emotional expression, grief, termination, and stress management. There will be a workshop where participants present client needs and the group practices choosing corresponding interventions. Song writing templates and worksheets will be provided.

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 are encouraged to share their thoughts and reactions in order to create a collaborative experience. The course is open to music therapy students and professionals.

June 27, 2020 1:00-6:00 EST

ZOOM link will be sent upon registration Cost: \$60

(Full refunds available until 24 hours prior to the course at which time payment is nonrefundable)

Please email audreycrash@gmail.com for registration.

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

- Identify how to choose interventions to meet client goals and objectives with a focus on trauma informed care and cultural humility.
- Identify 40 interventions to address goals in mental health treatment.
- Develop a practice for identifying and addressing how countertransference impacts intervention choices.

Course Schedule:

1:00-1:15- Introductions and goal setting.

1:15-2:00- Discussion about how to choose interventions. We will cover treatment plans, safety / trauma informed care, cultural humility, countertransference, facility limitations, and thinking of all group members.

2:00-2:20- Discussion about how to choose songs and create music that best meets the clients' needs.

2:20-3:00- Interventions for strength building, empowerment, finding hope, spirituality, and support.

3:00-3:10- Break

3:10- 4:15-Interventions for triggers and coping skills, impulsivity, emotional expression, grief, termination.

4:15-4:40- Workshop: Sample goals and building interventions together.

4:40-5:00- Break

5:00-5:45- Stress management interventions (with experientials.)

5:45-6:00- Closing and intention setting.

Philadelphia Music Therapy

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"Music Therapy Interventions in Mental Health" is approved by the Certification Board for Music Therapists (CBMT) for 5 Continuing Music Therapy Education credits. The MAR-AMTA P#065 maintains responsibility for program quality and adherence to CBMT policies and criteria. MAR-AMTA, #CAT-0021, is approved by the New York State Education Department's State Board for Mental Health Practitioners as an acceptable provider of continuing professional education (CPE) for licensed creative arts therapists. "Music Therapy Interventions in Mental Health" provides 5 contact hours for LCATs"