

Embracing Resistance through Music in Mental Health Care

This live, on-line CMTE (5 credits) will explore how to use trauma informed music therapy interventions to transform resistance into a celebration of client strengths. Participants will explore how resistance can be reframed from defiant or antagonistic to being a beautiful expression, an assertion of independence, and a statement about who the client is and what they need. Participants will examine their own resistance and how it interacts with that of clients. Interventions will be described and demonstrated for in-person and telehealth work. There will be a workshop to practice choosing interventions for this reframing. **This CMTE will be recorded and available for 60 days. Participants may attend live or via self study.**

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, including acute psychiatric settings with children, adolescents, and adults and in the treatment of substance use disorders. 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.

November 14, 2020 1:00-5:30 EST

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

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

Please email philadelphiamusictherapy@gmail.com for registration.

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

- Identify 3 ways their personal feelings and reactions towards resistance from clients creates barriers to authenticity and impact presence during clinical work.
- Identify 10 ways in which resistance can be actively reframed as client strengths through music therapy interventions (including song writing, referential improvisation, playlist making, referential beats, story telling through song, imagery supported by live music, and chanting)

Course Schedule:

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

1:15-2:00- Discussion about how resistance presents itself during the course of treatment from the clients as well as the therapist.

2:00-2:45- Exploration of how to use music therapy interventions to reframe resistance as client strengths.

2:45--3:00- Break

3:00-4:00- Continued exploration of how to use music therapy interventions to reframe resistance as client strengths.

4:00-5:00- Workshop: Practicing choosing interventions for a variety of situations.

5:00-5:30- Closing and intention setting.

Philadelphia Music Therapy

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“Embracing Resistance through Music in Mental Health Care” is approved by the Certification Board for Music Therapists (CBMT) for 5 Continuing Music Therapy Education credits. Philadelphia Music Therapy #P-203 maintains responsibility for program quality and adherence to CBMT policies and criteria.