

Creating Music for Stress Management



This 4 credit, asynchronous CMTE explores how to create music to support traditional stress management exercises and how to facilitate music making and songwriting as stress reducing processes for clients to engage in. Participants will learn about using trauma informed language along with supportive chord progressions and musical techniques to support and empower clients as they decrease their stress.

This course is facilitated by Audrey Hausig, MMT, MT-BC, who has extensive experience as a music therapist and as a clinical supervisor in mental health settings. The course is open to music therapy students and professionals.

The course will be open from 09/15/2021 to 09/01/2023 Cost: \$45
This course is free for Black and Indigenous Music Therapists and Black and Indigenous Music Therapy Students as a form of reparations. Needs based scholarships are available. Full refunds are available until the video links and handouts are sent out at which time payment is nonrefundable.

Please go to www.philadelphiamusictherapy.com or email philadelphiamusictherapy@gmail.com for registration.

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

- Implement 15 music therapy experiences to reduce stress.
- Implement 3 musical techniques to support stress management interventions.
- Facilitate a stress management music therapy group.

Course Schedule:

Total: 3h21

37m: Introduction and Laying the Groundwork: Preparing yourself, Trauma informed Language, Scripts/formulas, Contraindications, Stress, Management Groups, Explaining Stress

27m: Musical Techniques: Suspensions, Ostinato, Bass lines, 6th's, 7th's

1h57m: Approaches and Exercises: Deep breathing, Progressive Muscle Relaxation, Guided Imagery, Regrouping via Song, Chanting, Singing into the body, Songwriting (in garageband, via improvisation, with instruments, lyrics template), Adapting familiar songs for relaxation, Movement, Playlists, Art, and More, For Young Children

20m: Independent Practice:

“Creating Music for Stress Management 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.