



TUTORIAL SUMMARY & SUBMISSION INFO

This document outlines your tutorial and bonus credit activities for CMTE/CPD credit. You may submit this document with your CMTE/CPD certificates if you wish.

Overview

1. Introduction, overview and learning outcomes
2. Overview of music therapy literature in mood and anxiety disorders
3. Theoretical foundations & models of music therapy in practice
4. Fundamentals of program development
5. Use of improvisation in adult mental health
6. Use of music listening in adult mental health
7. Feedback from participants
8. Balancing music-psychotherapy and music-centred perspectives
9. Summary, extra resources & bonus content

Learning Objectives

1. Participants will be able to summarise highlights of current literature that supports music therapy's impact in the treatment of mood and anxiety disorders. (CBMT Domain II D. 2b.)
2. Advocate for the role of music-centred theory and resource-oriented approach within music psychotherapy practice. (CBMT Domain IV B. 18.)
3. Articulate the clinical rationale for using improvisation and music listening with adults with mood and anxiety disorders. (CBMT Domain V A. 2.3.6.)
4. Apply practical musical experiences within your own music therapy practice. (CBMT Domain I 10. III A. 5g.l.e.v.y.aa.bb.).
5. Understand the process for developing, implementing and evaluating music therapy programming in adult inpatient mental health. (CBMT Domain II D. 4.5.11.13. III A.1a.b.c.e. 2b.g.l.o.r.y.of.kk.vv.fff. 4g.j.).

Tutorial Summary

If you're working in adult mental health, then this tutorial is for you. Dr Mitchell brings a thoughtful and evidence-based perspective to working with adults with anxiety and mood disorders. Exploring both music-centred and resource-oriented frameworks, Dr Mitchell discusses how music can be both intrinsically beneficial (music-centred) and a powerful resource (resource-oriented). Dr Mitchell describes a typical improvisation session format which includes a musical check in, sound-layering improvisation, 'storm' improvisation, emotion-based improvisation, and group drumming. She also outlines a music-listening session format, incorporating song sharing and playlist creation. Participant feedback has highlighted the benefit of these methods in regard to expressing and shifting emotions, promoting connection, and feeling supported and 'cared for'.

Dr Mitchell closes with a respectful exploration of the dissonance we sometimes feel between the music 'itself' and the extra-musical goals we work towards. This tutorial also includes extra resources for you to develop your skills further and the tutorial closes with a summary and 3 optional bonus content activities which will extend your learning and earn you extra CMTE/CPD credits.

Submission for CMTE/CPD Credit

When you finish watching the online tutorial you will automatically be emailed a certificate of completion to verify that you have successfully completed the tutorial. You will need to watch ALL the video's to receive your certificate. You can submit this to your CBMT/CPD organization as a professional development activity. For MT-BC's in the US and Canada this tutorial has been approved by CBMT for 1 CMTE credit. .

Bonus Content Activities

ARTICLE REVIEW

If you completed the article review as a bonus content activity, send the completed article review proforma to jacinta@musictherapyonline.org for verification. You will receive a certificate of completion for 2 CMTE/CPD credits.

PROJECT

If you have completed the project as a bonus content activity then you can send your completed project to jacinta@musictherapyonline.org for verification. Once your submission has been verified you will be emailed a certificate of completion for 1 CMTE/CPD credit.

SUPERVISION

If you have completed 1:1 supervision as a bonus content activity then you may ask Dr Mitchell to provide you with written confirmation of your session/s. You may then submit this to your local CPD/CMTE organisation according to your local CBMT/CPD guidelines.

CBMT Domains for music therapists in the US & Canada.

The relevant CBMT domains are listed in the learning outcomes above.

THANK YOU!

Thanks very much for purchasing this music therapy online tutorial. I hope you've enjoyed your MTO experience and feel you have learnt something new and exciting! Best of luck on your learning journey and please get in touch if you have any suggestions or feedback.

x Jacinta