

TUTORIAL SUMMARY & SUBMISSION INFO

Here is detailed information on your online tutorial to make submitting for CMTE/CPD credits easy and straightforward.



Tutorial outline

1. Introduction
2. Meg's self-care journey
3. Current literature on burnout and chronic stress
4. Current literature on promoting resilience
5. Practical activities:
 - a. Identifying personal strengths and resources
 - b. Mapping of current stressors
6. Mindful breathing exercise
7. Discussion of self-care practices
8. Creation of your self-care plan
9. Bonus credit activities

Learning outcomes

1. An understanding of the current self-care literature and increased awareness of our ethical obligation to examine our privilege and reflect on our practice
2. Completion of a personal self-care plan to identify your current stressors, strengths and resources
3. Knowledge of a suite of self-care rituals that may support you to maintain optimal performance in your life and career
4. Mobilised energy and resources to continue in your career

Tutorial summary

This tutorial is an important reminder of the need for self-care within our practice. Too often music therapists burn out, experience compassion fatigue or even leave the profession as they don't establish sustainable work patterns. Meg covers current research in music therapist burnout and stress and provides a suite of self-care strategies which can be adopted by any music therapists to ensure they work ethically, sustainably and with self-compassion. Included in the tutorial are several practical exercises to add to your own self-care plan and identify your current stressors. A bonus 7-breath meditation exercise is also included. Meg has also included an article review, 1:1 supervision offer and accompanying workbook which you can use for additional CMTE/CPD credits.

Submission info

On completion of your online tutorial you will automatically receive a certificate of completion to verify you have completed your tutorial. You can submit this document and your certificate to your CBMT/CPD organization as a professional development activity. For MT's in the US and Canada you can submit your certificate in the non-approved self-study category.

Bonus Content Activities

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

Article or Book chapter review – if you have completed the book chapter/article review as a bonus content activity then you can submit this directly to your CMTE/CPD organization as an additional 1 hour activity. If you require a certificate of completion then please send your completed review to jacinta@musictherapyonline.org for verification.

Supervision – if you have completed 1:1 supervision as a bonus content activity then you will need the presenter to verify your supervision sessions in writing. Please discuss this with the presenter when you make your supervision arrangements. You can then submit the verification of your supervision sessions directly to your CBMT/CPD organization.

For music therapists from the US & Canada this tutorial covers the following CBMT Board Certified Domains:

II. Treatment, Implementation & Termination. A. Implementation. Item - 1 (b, c, d, e, f, g)
IV. Professional Development and Responsibilities. A. Professional Development - Item 2 & 3. B. Professional Responsibilities - Item 4 & 14.

THANK YOU!

Thanks very much for purchasing a 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. xx Jacinta

You can find more fabulous tutorials at www.musictherapyonline.org