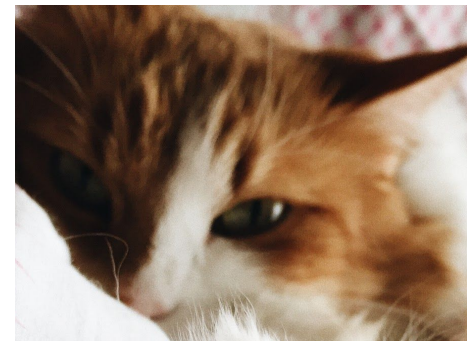


TUTORIAL SUMMARY & SUBMISSION INFO



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

Overview

In the tutorial we covered:

1. Background and characteristics of anxiety
2. Building rapport with clients
3. Assessment of needs
4. Discussing musical preferences
5. Formulating the relaxation induction
6. Aspects of the relaxation process and preparing the experience
7. Experiential relaxation demonstration
8. Music copyright information
9. Reviewing and evaluating your session
10. How to apply this in your unique clinical situation

Learning Objectives

You can now:

1. Identify the features of anxiety and reframe them into positive attributes
2. Develop techniques to build a strong therapeutic relationship
3. Deliver interventions leading to successful outcomes
4. Conduct an effective assessment to gain essential information efficiently
5. Break through barriers/issues presented by clients
6. Creatively tailor music relaxations to meet the needs of your clients
7. Design music collections to address specific needs

Tutorial Summary

This tutorial comprehensively covers the use of music-based relaxation with anxious clients, including rapport building, assessment, program planning, music selection & copyright, implementation and evaluation. Current theory & research is discussed and a music-based relaxation session is demonstrated so that music therapists can observe how to conduct a music-based relaxation session with clients experiencing pain or anxiety. This tutorial is a valuable resource for those music therapists looking to expand their scope of practice in receptive methods in music therapy and a project as bonus content activities in her tutorial which you can use for additional CMTE/CPD credits.

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

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

Project – if you have completed the project as a bonus content activity then you have two options. If you would like presenter feedback on your project you can email your completed project to music4allseasons4u@gmail.com for Andrea to provide feedback and advice. This is a PAID option with a cost of \$60 per hour. If you would just like a verification certificate that you have completed the project then you can send the completed project to jacinta@musictherapyonline.org for verification. Once your submission has been verified you will be emailed a certificate of completion for 1 hour 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 with Andrea as a bonus content activity then you will need Andrea to verify your supervision sessions in writing. Please discuss this with Andrea when you make your supervision arrangements. You can then submit the verification of your supervision sessions directly to your CBMT/CPD organization.

List of CBMT domains

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

I. Referral, Assessment and Treatment Planning. A. Item 1, 2, 3 (a, b, c, d, e), 4 (a,b), 7, 11, 12, 13 (a). D. Item 8, 10 & 16.

II. Treatment, Implementation & Termination. A. Item 1 (a, b, c, d, e), 2 (b, e, f, g, h, i, j, k, o, aa, af, ag, ah, aj, ak, am, ao, aw, az, bd), 4 (g) & 5 (b, h, j, o, t, u, aa, ac).

III. Ongoing Documentation and Evaluation of Treatments. A. Documentation - Item 1 & 2. B. Evaluation - Item 8.

IV. Professional Development and Responsibilities. A. Professional Development - Item 1, 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