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## Tutorial summary and submission information

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

## Bio-Guided Music Therapy: The integration of music and biofeedback by Dr Eric B. Miller.

### Overview

1. Intro, overview & learning outcomes
2. What is Bio-Guided Music Therapy?
3. What is measured in BGMT?
4. What disorders are influenced by BGMT?
5. Approaches in BMGT: Receptive methods & active improvisation
6. Role of the therapist & setting up your BGMT program
7. Quiz
8. Summary & Bonus Content

### Learning Objectives

1. Participants will become acquainted with fundamental principles of BGMT
2. Participants will be introduced to physiological measures of heart rate, heart rate variability, galvanic skin response, blood volume pulse and EEG brainwaves.
3. Participants will learn basic treatment strategies involving BGMT interventions using real-time physiological data in conjunction with sampled music (passive) and live (active) music improvisation.

### Tutorial Summary

This tutorial introduces the fundamental concepts of Bio-guided music therapy (Miller, 2011, Jessica Kingsley Publishers). The focus of BGMT is on utilising real-time physiological data-driven music therapy for stress, anxiety, hypertension, ADHD, Raynaud's, & other disorders. In this tutorial, participants gained introductory knowledge of concepts utilized in creating musical environments based on heart rate, skin conductance and EEG brainwaves. The physiological documentation that accompanies Bio-guided Music Therapy provides tangible records in the language of mainstream medicine that may be useful for doctors, nurses, social workers and insurance reviewers. Graphs and charts of within-session physiological changes may provide both clinician and patient with valuable insights into what part of the music therapy session had the most impact. This approach is highly relevant to medical music therapy and the trend toward evidenced-based treatment. This tutorial discussed what Bio-guided Music Therapy is, what measures are used, what disorders may be positively affected by BGMT, and the different approaches used, including both receptive listening and active music improvisation. Accompanying the tutorial Dr Miller included the following bonus content: Guided book review activity, individual skype supervision (paid option) and a DIY physiology project to maximise your understanding of this topic and help you earn extra CMTE/CPD credit.

## Submission for CMTE/CPD Credit

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 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

### DIY PHYSIOLOGY PROJECT

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

### BOOK 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 for 1 CMTE/CPD credit. If you require a certificate of verification then please send your completed review to [jacinta@musictherapyonline.org](mailto:jacinta@musictherapyonline.org) and I will send you a certificate you can use to claim your extra CMTE/CPD credit.

### SUPERVISION

If you have completed 1:1 supervision as a bonus content activity then you will need the presenter to verify the date and length of 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 CMTE/CPD organization.

## CBMT Domains

For music therapists from the US & Canada this tutorial can be submitted as a non-approved self-study option and covers the following CBMT Board Certified Domains:  
I REFERRAL, ASSESSMENT, AND TREATMENT PLANNING - B Assessment 1. 2. 3e. 4a. 5. 7. 8. 11. 12. 13a, c, d. C Interpret Assessment Information and Communicate Results - 1. 2. 3. 5. D Treatment Planning - 1. 4. 6a, b, c, d, e. 7. 8. 9. 10. 11.  
II TREATMENT IMPLEMENTATION AND TERMINATION - A Implementation 2b, h, k, l, af, ah. 3e. 4g, h. 5a, b, d, e, j, o, p, r, x, ac.  
III EVALUATION - A. Documentation 1. 2. B. Evaluation 1. 2. 6. 7.

## 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. X Jacinta