



TUTORIAL SUMMARY & SUBMISSION INFO

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

MUSIC THERAPY IN EATING DISORDER TREATMENT: CLINICAL CONSIDERATIONS AND APPLICATIONS by Dr Annie Heiderscheid.

Tutorial outline

Overview

1. Intro, overview & learning outcomes
2. Prevalence of eating disorders
3. Eating disorder behaviours and symptoms
4. Complexities of an eating disorder
5. Music therapy in eating disorder treatment: Addressing the complex and diverse needs of clients
6. Experiential opportunities part 1 - relaxation and song discussion
7. Experiential opportunities part 2 - song autobiography, improvisation, referential improvisation & non-referential improvisation
8. Summary, extra resources & bonus content

Learning Objectives

1. Develop an understanding of eating disorder causes, diagnoses and co-morbidities
2. Understand the physiological & psychological complexities of eating disorders
3. Learn how to adapt music therapy methods to meet the unique and specialised needs of clients
4. Addressing issues underlying the eating disorder in music therapy

Tutorial Summary

Music is a flexible medium and music therapy methods can be adapted to meet the diverse and complex needs of clients in eating disorder treatment. As music therapists, we are tasked with understanding the needs of our clients and creatively implementing music experiences to effectively and safely meet their needs.

While receptive, re-creative, composition, and improvisation methods can all be effective with clients in eating disorder treatment, it is important to understand the client's primary needs at the varying levels of treatment, when a method or type of music experience may be contraindicated due to the client's physical or/and emotional health status. The music therapy methods are not determined by a specific client population, but based on it can address a client's needs and determine if there are any safety issues or contraindications that may warrant using different methods at the present level of care. This does not mean the method can never be

used with the client, that should be determined based on the client's needs at any given time in their treatment process. As music therapists it's important that we delve deeply into understanding our clients needs so that we choose the best treatment methods and evaluations. In this tutorial Dr Annie Heiderscheit covers the causes, prevalence, physical effects and behavioural symptoms of eating disorders. She discusses how music therapy can address the complex needs of clients living with an eating disorder and highlights this through case studies and descriptions of relevant methods. The tutorial concludes with the opportunity to deepen your knowledge with further reading of a recommended book chapter, completing a reflection workbook and the option to engage in deeper exploration of this topic with Dr Heiderscheit herself.

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

WORKBOOK

If you have completed the reflection 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 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. See your CBMT/CPD organisation for more details.

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

A Referral 1. 2. 4.

B Assessment 1. 2. 7. 8. 10. 12.

D Treatment Planning 1. 2a. 8. 9. 10.

III EVALUATION

A Documentation 3.

B Evaluation 1.

IV PROFESSIONAL DEVELOPMENT AND RESPONSIBILITIES

A Professional Development 1. 2. 3.

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