



MUSIC THERAPY MASTERMIND

*Go beyond the "How" and explore the "Why"*



## **Clinical Applications of Mindfulness in Music Therapy**

Music therapists are trained clinicians, but may desire more knowledge and understanding of mindfulness practices and applying them in a music therapy session. This interactive course will provide both new and seasoned music therapists with an opportunity to learn from each other, discover new ideas for music therapy interventions, and gain more confidence in their clinical work.

Each mastermind group will have a clear, definite purpose and a facilitator to keep the group on track. Each group meets for an hour every other week for 3 months with a specific focus as outlined in the course schedule. Group members will be accountable for their own learning, questioning, and development, with continued support from all mastermind members.

**Prerequisites:** None--Students and Interns Welcome

### **Board Certification Domains**

1. Consider the following in the treatment decision making process: research evidence of the effectiveness of the intervention. (BCD II. D.2.b.)
2. Integrate current research and literature in music therapy and related disciplines. (BCD V. A. 2)
3. Provide individualized music therapy experiences to address a variety of client needs. (BCD III. A. 2)
4. Engage in collaborative work with colleagues (BCD V. A. 4)
5. Communicate with colleagues regarding professional issues (BCD V. B. 14)

### **Instructor/Group Facilitator:**

#### **ABI CHRISRIAN, SCMT, MT-BC**



Abi completed her music therapy training at Utah State University, and her clinical training at Earthtones Northwest in Portland, Oregon. Her clinical experience includes a variety of populations including memory care, assisted living, children's hospitals, adult day cares, and mental health. Abi is currently working as a music therapist in residential treatment centers for adolescents in Southern Utah, and loves witnessing the growth and strength of her clients.

### **Course Objectives**

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1. The participant will apply evidence-based sources, such as research examples or literature, to their clinical work and/or practice.
2. The participant will create at least three new evidence-based music therapy experiences for their clinical work.
3. The participant will collaborate with colleagues to apply research and literature to their clinical work and create interventions.

### **Course Schedule**

*This course will meet online over Zoom for one hour, every week, for seven weeks. Participants will complete 60 minutes of homework between each weekly session, totaling 6 additional hours. Homework will consist of approximately 20 minutes of application, 20 minutes of reading/research, and 20 minutes of sharing with group members.*

#### **Week 1: Program Orientation & Q&A**

#### **Week 2: Mindfulness vs Mindlessness**

+60 min application, homework, & reflection

#### **Week 3: Emotion Mind, Reasonable Mind, and Wise Mind**

+60 min application, homework, & reflection

#### **Week 4: The "What" and "How" Skills of Wise Mind**

+60 min application, homework, & reflection

#### **Week 5: Mindfulness Enhancing Qualities**

+60 min application, homework, & reflection

#### **Week 6: Barriers to Mindfulness**

+60 min application, homework, & reflection

#### **Week 7: Breathing and Meditation**

*Participants will be required to complete 60 minutes of homework between each weekly session, totalling 5 additional hours beyond the virtual meetings. This homework will consist of 20 minutes of application, 20 minutes of reading/research, and 20 minutes of reflection and sharing with group members.*

**Cost:** \$315 for 15 CMTE credits

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Price includes:

- 7 one-hour mastermind group meetings over 3 months
- Online coursework to support mastermind subjects
- Support from group facilitator and group members between calls to help with research, questions, and group accountability

### **Cancellation and Refund Policy**

If you are not 100% satisfied with your mastermind program after 21 days, then we will gladly refund your money after a short exit interview, or find another mastermind group that might better meet your needs. Refund requests must be accompanied by a thorough explanation and completed course homework from the first 21 days. Refunds are granted or denied on a case-by-case basis. No refunds are given after 21 days of the first scheduled mastermind group. Partial CMTE's cannot be granted for the missed opportunity.

Cancellations prior to the first group call must be requested in writing to [info@harmonymusictherapy.com](mailto:info@harmonymusictherapy.com), along with an explanation of the cancellation. Any cancellations prior to the first group will be charged a \$30 convenience fee.

Mindfulness & Music Therapy is approved by the Certification Board for Music Therapists (CBMT) for 15 credits. Music Therapy Mastermind, LLC [P-195] maintains responsibility for program quality and adherence to CBMT policies and criteria.

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