Understanding Trauma and Supporting Resilience in Music Therapy

Name ________________________________ Discipline ________________________________

Organization ________________________________ Home Address ________________________________

Home City ________________________________ Home State ________________________________ Home Zip ________________________________

CMTE ID Number ________________________________ LCAT State License Number ________________________________

Work Number ________________________________ E-Mail ________________________________

Payment by: □ Enclosed is my check or money order made payable to Molloy College □ Enclosed is a purchase order □ Molloy Student

Please charge the tuition to my credit card: □ Visa □ MasterCard # ________________________________

Exp. Date ________________________________ Signature ________________________________

Molloy College
Division of Continuing Education
and Professional Development
1000 Hempstead Avenue, PO Box 5002
Rockville Centre, NY 11571-5002
Understanding Trauma and Supporting Resilience in Music Therapy
(CMTEs/LCATs CE credits) 4

Conference Description
This program will provide participants with a brief overview of trauma and the myriad of ways it impacts the clients with whom music therapists work. Grounded in the modern understanding that trauma is a whole-body experience, participants will increase their understanding of the neurobiological processes and symptoms of trauma, as well as provide concrete considerations for assessment and music therapy intervention. Further, this course will explore music therapy within the greater realm of trauma-informed care, as well as resiliency theory as it relates to both direct and vicarious trauma. Participants will be encouraged to reflect on their own experiences as they consider their self-care and vicarious resilience.

Breakfast will be provided.

Course Objectives
Participants will:
1. Demonstrate understanding of 3 common symptoms of trauma. (B 4 a-e)
2. Develop understanding of the features of trauma-informed music therapy as they inform clinical thinking and treatment planning. (I- D1, 3, 4, 9, 10; II A 1 a-h, 2 c, a, r, t, u, ao, 5j, x)
3. Recognize and define trauma's effect on clients and communities. (I B4 a-t, 9, 13, C4)
4. Demonstrate understanding of the importance of self-awareness, vicarious trauma, resiliency and self-care as it relates to providing trauma-informed music therapy. (IV A 1, 2, 3, 4; IV B3)

Agenda
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>8:00-8:45 a.m.</td>
<td>Breakfast, Check-in, Housekeeping and Introductions</td>
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<tr>
<td>8:45-9:35 a.m.</td>
<td>Foundations for Understanding Trauma (50 minutes)</td>
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<td>9:35-9:40 a.m.</td>
<td>5 minute break</td>
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<tr>
<td>9:40-10:30 a.m.</td>
<td>Understanding Trauma Symptoms (50 minutes)</td>
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<td>- Adverse Childhood Experiences</td>
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<td>- Common PTSD Symptoms</td>
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<td>- Experiential</td>
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<td>10:30-10:45 a.m.</td>
<td>15 minute break</td>
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<tr>
<td>10:45-11:30 a.m.</td>
<td>Trauma Informed Music Therapy (45 minutes)</td>
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<td>- Concepts of Trauma Informed Care as they relate to MT</td>
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<td>- Understanding and assessing responses in relation to client need and therapist training</td>
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<td>- Creating collaborations to encourage resilient clients and communities</td>
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<td>11:30-11:35 p.m.</td>
<td>5 minute break</td>
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<tr>
<td>11:35-12:20 p.m.</td>
<td>Resilience and Self-Care (45 minutes)</td>
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<td>- Resilience theory and music therapy</td>
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<td>- Considerations for therapist self-care.</td>
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<td>12:20-12:30 p.m.</td>
<td>Q+A (10 minutes)</td>
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<td>12:30 p.m.</td>
<td>Evaluation and Closing</td>
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Speaker: Jennifer Sokira, MMT, LCAT, MT-BC has extensive experience working with clients with trauma, developmental needs, and grief/end of life needs. Jennifer is a clinical music therapist at the Resiliency Center of Newtown where she provides music psychotherapy and assists with community programming for clients who have been impacted by the 12/14/12 tragedy at Sandy Hook School. She is also Founder and Executive Director of Connecticut Music Therapy Services, LLC, established in 2005 through which she has created opportunities for thousands of individuals in Connecticut to receive quality music therapy services from skillful and caring music therapists.

Jennifer serves as Past-President of the New England Region of the American Music Therapy Association, and is also an appointed member of the AMTA Ethics Board. In addition to authoring two chapters and a published research study, Jennifer is a regular and invited presenter and guest lecturer locally, regionally and nationally on topics including trauma-informed care, music therapy business and ethics. She is currently an advanced trainee in the Bonny Method of Guided Imagery in Music as well as a Level 2 trainee in Brainspotting. She has additional training in Complicated Grief Treatment and she is a Life Is Good Playmaker.

Continuing Education Credit
Music Therapy: CMTE Understanding Trauma and Supporting Resilience in Music Therapy is approved by the Certification Board for Music Therapists (CBMT) for 4 Continuing Music Therapy Education credits. Molloy College, Provider Number 102, maintains responsibility for program quality and adherence to CBMT policies and criteria.

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NYS Licensed Creative Arts Therapists: LCAT
Molloy College is an approved provider for CE credit from NY State for Licensed Creative Arts Therapists: approval number CAT-0015. This program is offered for 4 hours of CEU credit for Licensed Creative Arts Therapists.

Registration
Online registration is available at: www.molloy.edu/ce/musictherapy. Phone-in registration is available by calling 516.323.3550 with your MasterCard, Discover or Visa. To register in person, by fax or mail, please follow the directions on the registration Form located on the next page of this brochure.

Tuition Rates:
Early Registration through December 20, 2018: $45
Regular Registration- December 21 to January 25, 2019: $55
Late Registration- January 26 to February 7: $65
After February 7 or at the door: $75
Molloy Full-Time Students, (Please use your Molloy email address when registering): $5
Non-Molloy Students (provide copy of student ID): $25
Molloy Faculty and Staff (Please use your Molloy email address when registering): No Charge
Molloy Alumni: 25% discount

Registration is limited. In-person registration the day of the conference is on a space available basis and cannot be guaranteed.

Refunds: You may withdraw from the conference for a full refund up until February 7. No refunds are permitted after that date. However, substitutions can be made up until the day of the conference.

Save the Dates!

Keeping in Time with Groove: An Experiential Exploration of Groove in Music Therapy (7 CMTEs/LCATs)
Saturday, March 23, 2019, 10:00 a.m. - 5:00 p.m., Public Square, Larini Room, Second Floor, Molloy College, Rockville Centre campus Presenter: Nir Sadovnik

Analytical Music Therapy (6 CMTEs/LCATs)
Saturday, April 27, 2019, 9:00 a.m. - 3:00 p.m., Public Square, Larini Room, Second Floor, Molloy College, Rockville Centre campus Presenter: Inge Pederson, Aarborg University, Denmark

Interdisciplinary Society for Quantitative Research in Music and Medicine conference June 7-9, 2019

For more information on both programs, please visit: www.molloy.edu/ce/musictherapy under conferences, or call 516-323-3554