



Piedmont Music Therapy

3 Credit CMTE

Saturday, November 9, 2024 / 9:00am - 11:50 a.m. (EST)

TRAINING TITLE: Leaving a Legacy Through Song: Songwriting in the End of Life

INSTRUCTOR: Sarah Mumford, MT-BC

ABSTRACT:

The end of life offers us much richness by way of reflections, perspective shifts, complex emotions, and vulnerability. Music meets this time of a person's life with equal amounts of richness, both affirming and expanding the experience of the dying journey. While many different types of music experiences are utilized in the end of life, this CMTE will explore the intervention of songwriting specifically. Together, participants will learn about the aspects of songwriting and how they are related to aspects of humanity and therapeutic relationship, and in doing so they will be challenged to shift from a focus on preconceived plans to a focus on in-the-moment reflecting and creating.

There will be two informational lectures separated by a ten minute break followed by an experiential component, where participants are able to implement and practice what they learn. Having access to a musical instrument of choice will be required for this CMTE in order to participate in the experiential portion appropriately. Please contact PMT to check which instruments are available to borrow for the workshop.

Participants will be asked to explore various musical elements and practice implementing them (CBMT Certification Domain II.D.11 and III.A.5), learn how music-centered, humanistic approaches inform songwriting and therapeutic relationship (CBMT Certification Domain III.A.4), and learn ways to acknowledge their own personal bias and musical leanings (CBMT Certification Domain III.A.1 and III.A.5). This interactive workshop is open to individuals who desire to understand and implement songwriting into their music therapy practice. Those working within death and dying will find this information most relatable, though professionals or interns in any population are welcome to attend. This professional course will occur live on Saturday, September 14th from 9am - 12pm. Completion of this 3 credit CMTE does not ensure that the participant is currently a Board-Certified Music Therapist (MT-BC). Verify music therapy board certification status and eligibility at: www.cbmt.org.

Leaving a Legacy Through Song: Songwriting in the End of Life is approved by the [Certification Board for Music Therapists \(CBMT\)](#) for 3 Continuing Music Therapy Education credits. The Approved Provider #P-175, Piedmont Music Therapy, maintains responsibility for program quality and adherence to CBMT policies and criteria. This course does not meet any ethics requirement.

LEARNER OBJECTIVES:

1. Participants will learn ways to acknowledge their own personal bias, tendencies, and musical leanings in session. (III.A.1.F, V.A.6)
2. Participants will identify 2 or more ways that music-centered, humanistic approaches inform songwriting and overall therapeutic relationship. (III.A.4.F)
3. Participants will explore 3 or more musical elements and practice implementing them in songwriting experiences. (II.D.11, III.A.5.C, III.A.5.M)

EVALUATION METHOD: Course evaluation will include the CMTE Course Evaluation Form and opportunity for attendees to explore songwriting on a musical instrument.

INFO ON PRESENTER: Sarah Mumford is a board certified music therapist, working predominantly in hospice and palliative care. Over the past 7 years, she has also practiced within the realms of grief support, veteran care, and cancer survivorship, and she has fostered her own relationship with music as a singer-songwriter. Sarah practices within a humanistic, music-centered approach and believes deeply that music is one of the most powerful mediums for therapeutic change within those we serve, within ourselves, and within the world around us. Sarah is based in the Greenville, SC area, where she currently works for VIA Health Partners.

CMTE Schedule:

8:45am Lobby Opens
9:00 - 9:30am Introductions and Check in; Module 1: Songwriting 101, Vulnerability, and Vulnerability in Songwriting
9:50 - 10am Break
10:00 - 10:50am Module 2: Building a musical toolbox with interactive activity, discussing types of songwriting experiences with examples from clinical practice
10:50 - 11:00am Break
11:00 - 11:35am Module 3: Experiential portion: Creation of own song
11:35 - 11:50am Reflections and Questions

LOCATION: This training will occur at 224 Westinghouse Boulevard, Suite 608, Charlotte, NC 28273. For registrants unavailable for in-person training, a recording will be available for asynchronous learning late fall.

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REGISTRATION: Click “Continuing Ed” on [PMT Website](#) for online registration. Email Gretchen Benner at director@piedmontmusictherapy.com with any questions or call (803) 206-2044. Registration is not guaranteed on site.

COST: \$40 Early-bird Professional Registrant (*by October 1, 2024*)
\$50 Professional Registrant (*between October 2, 2024 - November 6, 2024*)

CANCELLATION & REFUND POLICY: A full refund will be provided to registrants if training is canceled due to less than 4 professionals registered for this course. Refunds will not be provided for registrant cancellations on or after September 9, 2024.

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