



Piedmont Music Therapy, LLC

MULTIPLE DATE OPTIONS: 3 Credit CMTE Training

Thursday, 2/28/19 at 5:45pm ~ Saturday, 3/2/19 at 8am ~

Sunday, 3/3/19 at 2pm

TRAINING TITLE: Practice Suggestions to Better Incorporate and Play The Piano

INSTRUCTOR: Gretchen Chardos Benner, LMSW, MT-BC

ABSTRACT: The piano can be a highlight and attract some clients to engage within a clinical setting. Attendees will leave with greater confidence to incorporate this often requested instrument into their clinical offerings. Practice strategies will be shared regarding how to improve one's professional piano competencies. Inpatient and outpatient examples will be provided in order to illustrate keyboard use in clinical settings.

Point IV of the CBMT Board Certification Domains (2015) lists the requirements for music therapists to develop professionally with 1. Assess[ing] areas for professional growth and set goals AND 6. Expand[ing] music skills. Although piano is clearly valued through AMTA's list of competencies and CBMT Domains, music therapists whose secondary instrument is the piano often express apprehension in utilizing the keyboard in sessions. Even pianists can sometimes neglect the instrument, unsure of how to utilize the keyboard within a therapeutic session. Often these pianists were trained to build the solitary skill of perfecting repertoire that was learned from a score. However, building a bank of piano skills is imperative for a functioning music therapist, and also addresses the professional competencies set forth for the field of music therapy.

Therefore, attendees will learn practice strategies that will lead to developing the following piano skills:

- improving left and right hand coordination
- creating a bank of left hand accompaniment styles and patterns
- strengthening sight reading and
- incorporating musical elements for clinical purposes

Additionally, therapeutic strategies and interventions - both general application and for specific populations - will be shared from the presenter's clinical experiences. This training will be an engaging course that utilizes various formats: lecture, demonstration, handouts and attendee participation. The experiences shared from the multi-dimensional presenter will allow attendees to explore tangible practice strategies that will lead to greater piano competence. *There are no prerequisites to attend this CMTE event. Students are welcomed and encouraged to learn with music therapists.*

Practice Suggestions to Better Incorporate and Play The Piano 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, LLC maintains responsibility for program quality and adherence to CBMT policies and criteria. This course does not meet any ethics requirement.

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- LEARNER OBJECTIVES:**
- Attendees will explore various scales, and harmonic progressions for instrument practice (II.A.5.).
 - Attendees will identify at least 3 considerations for instrument incorporation (II.A.5.).
 - Attendees will personally assess their strengths on the piano and identify a goal for short-term and long-term progress (IV.A.).
 - Attendees will identify at least two songs to add to their piano repertoire (IV.B.3.).

EVALUATION METHOD: Course evaluation will include the CMTE Course Evaluation Form and participants demonstrating on keyboards.

INFO ON PRESENTER: Gretchen Chardos Benner, LMSW, MT-BC is a graduate of Duquesne University and University of Pittsburgh. She is an active member of the music therapy profession and community. Gretchen looks forward to supporting music therapists and music therapy students/interns with their improved skills on piano.

CMTE Schedule:

FEBRUARY 28, 2019	MARCH 2, 2019	March 3, 2019
5:45-6pm Introductions & Warm-Ups	8-8:15am Introductions & Warm-Ups	2-2:15pm Introductions & Warm-Ups
6-6:45pm Instrument Basics & Practice Strategies	8:15-9am Instrument Basics & Practice Strategies	2:15-3pm Instrument Basics & Practice Strategies
6:45-7pm Break	9-9:15 Break	3-3:15 Break
7-8pm Applications & Role Plays	9:15-10:15am Applications & Role Plays	3:15-4:15pm Applications & Role Plays
8-8:15pm Break 2	10:15-10:30pm Break 2	4:15-4:30pm Break 2
8:15-8:45pm Setting Goals & Course Review	10:30-11am Setting Goals & Course Review	4:30-5pm Setting Goals & Course Review
8:45pm Course Eval	11am Course Eval	5pm Course Eval

LOCATION: 220 Westinghouse Boulevard, Suite 402, Charlotte, NC 28237. It is conveniently located off of Interstate 77: Exit 1A - there are parking lot spaces available. On-site bathrooms are handicap accessible.

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REGISTRATION: Click “CBMT Approved Provider” 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: \$50 Professional Registrant (by February 4, 2019)
\$65 Professional Registrant (February 5, 2019 or later)

Required minimum attendees: 4. Registrants will be notified and fully refunded if under registration minimum.

CANCELLATION & REFUND POLICY: A full refund will be provided to attendees who provide written notice via [email](#) by January 31, 2019. A partial refund may be requested with written notification of cancellation between February 1, 2019 and February 8, 2019. Refunds will not be provided for cancellations on or after February 9, 2019.

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