



Piedmont Music Therapy, LLC

3 Credit CMTE Training

Monday, February 13, 2023 until February 9, 2024

TRAINING TITLE: Creative Recovery Action Plan for Self Care

INSTRUCTOR: Alison Hughey, MT-BC

ABSTRACT: Music therapists often enter the field in part because of a deep love of music, but can struggle to maintain that personal relationship while facing times of increased stress. This CMTE focuses on practical ways in which participants can reconnect to their creative outlets, such as music, for mental health self care. The framework for this course is inspired by the Wellness Recovery Action Plan (developed by Copeland and Winterling).

There will be two, ten-minute breaks scheduled around lectures and experiential components. Having access to colored writing utensils and paper, source of song lyrics and preferred music recordings may be further helpful though not required. Attendees will be asked to prioritize music based self care approaches, and make a plan for building positive self care habits (CBMT Certification Domain V.B.12.), explore how consistent self care habits build upon their therapeutic effectiveness, (CBMT Certification Domain V.A.6.) and learn ways to monitor and seek support for their mental health (CBMT Certification Domain V.A.1).

This recorded workshop from December 4, 2021 from 9am - Noon is open to individuals who identify with being creative and expressive during their work life. Focus themes include: self-care, stress management and exploring one's mood & musical preferences. Though individuals who are not music therapists may enroll in this course, 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.

There is no prerequisite to attend this course. Students/interns are welcomed to learn with music therapists.

Creative Recovery Action Plan for Self Care 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:** 1. Participants will assess their current stress level, prioritize music based self care approaches, and make a plan for building positive self care habits (V.B.12).
2. Participants will learn how consistent self care habits build upon their therapeutic effectiveness (V.A.6).
3. Attendees will learn ways to monitor and seek support for their mental health (V.A.1.).

EVALUATION METHOD: Course evaluation will include the CMTE Course Evaluation Form.

INFO ON PRESENTER: Music has been a constant companion in Alison Hughey's life. Since completing degrees in music therapy and music performance at Converse University, she has continued to perform while also working as a music therapist with clients across the lifespan. In 2018, Alison founded Carolina Music Therapy, a private practice based in Spartanburg, SC. She is especially passionate about serving clients with dementia and empowering women to use music they love for mental health wellness.

CMTE Schedule:

9:00 - 9:50am	Introductions of Topics and Overview of The Wellness Recovery Action Plan (WRAP) Module 1: Creative adaptation and exercise: childhood song
9:50am - 10:00am	Break
10:00 - 10:50am	Module 2: Discussing stressors and exercise: song with movement or artwork
10:50 - 11:00am	Break
11:00 - 11:35am	Module 3: Discussing post-stress crisis plan and exercise: song lyrics
11:35 - 11:50am	Reflections and Questions

LOCATION: This training was recorded online via GoogleMeet. A recording will be made available to attendees that are unavailable on December 4, 2021.

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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: \$75 Professional Registrant (February 13, 2023 → February 9, 2023)

CANCELLATION & REFUND POLICY: A partial refund may be requested with written notification of cancellation between February 13, 2023 and May 13, 2023. Refunds will not be provided for cancellations on or after May 14, 2023.

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