



MUSIC THERAPY ED

Verbal & Songwriting Skills with Tracy Richardson, Ph.D., MT-BC

*"I can't even describe how rewarding of an experience leading this [songwriting experience taught by Tracy] was for me. The participants used such unique and specific description words, which... **made it all the more deep and meaningful** for them to listen to. Thank you Dr. Richardson for sharing this wonderful [session idea]!" ~ Nicole Birmaher, MT-BC*

*"**Tracy Richardson was amazing!** It was so hands on, interactive, and was a tangible activity that I can mold to serve the needs of my patients. I **would LOVE a whole day of interactive sessions like that.** I would happily enroll in an all-day event participating in activities and intervention-sharing sessions." ~ Bobbi Jo Vandal, MT-BC*

DESCRIPTION: Most of us want to improve our verbal skills when working with clients. This course is a good fit for you if you've ever wondered the following:

- How can we use words or verbal skills to better support our clients without moving outside our scope of practice?
- What are effective responses when a client discloses sensitive information?
- What if I'm at a loss for words, and uncertain how to use words to facilitate a therapeutic environment when tensions arise?
- How can I effectively use prompts to express that our sessions are a safe place for my clients?
- What kind of verbal responses can I use to demonstrate my true feelings of unconditional positive regard and nonjudgment towards my clients?

When we are able to weave all the above into a supportive songwriting process, and get out of the way as our clients move forward, deep support in the truest sense can take place.

We are all eager to develop better verbal & songwriting skills as a ways to engage clients. This workshop will address both skill sets.

The instructor will also invite participants to review our code of ethics and to consider how the AMTA values and principles relate to the development of these skills. She will also ask participants to adopt a perspective of humility and be open to learning about cultural responsiveness and ethical behavior. The instructor will ask students to gently point out any potential dilemmas in the above areas that may arise during the workshop.



BOARD CERTIFICATION DOMAINS:

III.A.1.b. By the end of this course, participants will have already listed 3 verbal interactions that can build trust and rapport.

III.A.5.m. By the end of this course, participants will have already written (or co-written) 3 songs.

III.A.5.v. By the end of this course, participants will have already articulated how songwriting and verbal processing are related with regards to client's integration into everyday life.

PREREQUISITES: Facebook profile is recommended, not required. The course forum is held in a Facebook group.

INSTRUCTOR QUALIFICATIONS: Tracy Richardson, PhD, MT-BC, serves as Professor of Music Therapy and the Dean of Graduate Therapy and Counseling Programs at St. Mary of the Woods College. She is a trail-blazer and multi-passionate creative colleague who has accomplished the following:

- Published a dissertation focused on the impact of a training for music therapists to become better at clinical songwriting.
- Worked with a team of professionals to create the M.A. in Music Therapy in a hybrid distance learning format in 1998 - the first of its kind in our field. The design enabled Music Therapists to seek graduate education without changing jobs or relocating.
- Developed the unique Music Therapy Equivalency Distance (MTED) program in 2011, for those with music degrees who want to pursue music therapy education and clinical training. This program is also in the hybrid distance learning format and allows students from across the nation to work toward the goal of becoming a music therapist.
- Provides Creative Team Building experiences to companies desiring to improve employee engagement, collaboration, and creative thinking. This includes giving presentations and workshops on Expressive Songwriting and topics related to music, music therapy, wellness, and women's issues.
- Performed in arenas that hold 10,000 and in coffee houses that hold 50.
- Authored a book for aspiring Superwomen entitled "Who Moved My Cape?! Letting Go of Your Superwoman Expectations."

We are thrilled to have a colleague of such high caliber join our team of instructors at Music Therapy Ed.



MUSIC THERAPY ED

FORMAT:

The course will take place LIVE over zoom, with recordings available immediately after each session. You do not have to attend each session live in order to participate. You can watch recordings instead.

8 CMTEs (400 minutes)

- **Pre-recorded 25 minutes of content-rich lecture/workshop by Tracy Richardson** - Let's take stock of our own natural reactions in verbal responses to clients. How to use verbal skills & songwriting to be fully present, authentic, and respectful with our clients.
- **Wednesday, November 3 at 7PM Eastern / 4PM Pacific (75 minutes) with Tracy Richardson** - Content-rich lecture/workshop with story-telling, supportive evidence, demonstration: What types of verbal & songwriting skills are necessary to feel confident building trust & rapport with our clients.
- **Monday, November 8 at 7PM Eastern / 4PM Pacific (50 minutes)** - Peer sharing, verbal & songwriting skills practice, moderated by MTE staff
- **Wednesday, November 10 at 7PM Eastern / 4PM Pacific (75 minutes) with Tracy Richardson** - Content-rich lecture/workshop with story-telling, supportive evidence, demonstration: How to establish roles, boundaries, and expectations while setting up a safe container for expression for our clients.
- **Monday, November 15 at 7PM Eastern / 4PM Pacific (50 minutes)** - Peer sharing, verbal & songwriting skills practice, moderated by MTE staff
- **Wednesday, November 17 at 7PM Eastern / 4PM Pacific (75 minutes) with Tracy Richardson** - Content-rich lecture/workshop with story-telling, supportive evidence, demonstration: How to best employ verbal & songwriting skills to provide ongoing acknowledgement of progress and reflection with our clients in a culturally responsiveness way
- **Monday, November 22 at 7PM Eastern / 4PM Pacific (50 minutes)** - Peer sharing, verbal & songwriting skills practice, moderated by MTE staff
- Tuesday, November 23 - **Final evaluation available to obtain CMTE certificate**



Total video time: 400 minutes

Number of CMTEs: 8

Price: \$95 per month (included in VIP)

Refund Policy: Within 30 days of your first membership payment, if you are not 100% completely satisfied we will gladly refund your money - no questions asked. VIP Membership payments after 30 days are final sale only. Send an email to Info@MusicTherapyEd.com for more information. By signing up for a VIP Membership plan, you understand that you may cancel your membership at any time through your MusicTherapyEd.com account under "Billing," or by sending an email to Info@MusicTherapyEd.com.

CBMT Relationship: *Verbal & Songwriting Skills* is approved by the Certification Board for Music Therapists (CBMT) for 8 Continuing Music Therapy Education credits. MUSIC THERAPY ED, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.