

Strength-Based Improvisation

Level One Training: 24 CMTE's

June 8,9,10th 2012

Camp Fire USA- 7070 East Carson Street, Long Beach, Ca 90808

Presenters: Lisa Jackert, MA, MT-BC and Robin Rio, MA, MT-BC



Strength-Based Improvisation (SBI) is an approach that is geared for participants with any amount of clinical music therapy experience to develop their use of improvisation, beginning with their particular area(s) of strength. Participants may use the instrument(s) of their choice, which can include percussion or voice. Non-threatening experiential opportunities are aimed at personal exploration while simultaneously learning new ways to creatively to engage clients. The training embodies a “self-care” philosophy in that participants are encouraged to rely on the support they give and receive from each other in the improvised music, movement and art experiences and discussion. Lisa and Robin have been offering SBI training since 2004.

Who should attend: Music Therapists, Creative/Expressive Therapists, Musicians who have an interest in clinical improvisation, MFT's, Social Workers, Psychologists, Psychiatrists, or other mental health professionals who have a musical background and interest.

**Tuition: AMTA members \$25 discount on Early and Regular Registration
\$300 Early Registration by 5/1 \$350 Regular Registration**

Strength-Based Improvisation-Level 1 Training is approved by the Certification Board for Music Therapists (CBMT) for 24 Continuing Music Therapy Education credits. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC). Higher Octave Healing, #P-119 maintains responsibility for program quality and adherence to CBMT Policies and Criteria

Recommended nearest hotel: *Best Western: 10591 Los Alamitos Boulevard, Los Alamitos, CA, 90720, <http://www.bestwestern.com/> 1-800-780-7234*

The Presenters: Lisa Jackert, MA, MT-BC has 23 years of experience in adult/geriatric psychiatry, substance abuse, eating disorders, and wellness. She is employed by the Community Hospital of Long Beach and operates a private practice. She has been a clinical training director and past adjunct faculty, and guest lecturer at Chapman University. Lisa is also a FAMI-candidate of the Association of Music and Imagery and has been focusing on the use of The Bonny Method of Guided Imagery and Music with infertility and pregnancy. Currently, Lisa serves as an assembly delegate representing the Western Region of the American Music Therapy Association. She was chosen Practitioner of the Year by the Western Region of the American Music Therapy Association in 2005

Robin Rio, MA, MT-BC is Associate Professor of Music Therapy at Arizona State University, where she teaches a variety of courses including improvisation, at both the undergraduate and graduate. She is the author of *Connecting through Music with People with Dementia: A Guide for Caregivers*. She is Visiting Faculty at Lusitana University, Portugal, where she has taught vocal improvisation, chanting and professional documentation. Robin has also presented on ethics and on peer supervision. She has many years of experience working with a variety of populations, including older adults, homeless families, and teen offenders. She has served on the Editorial Board for Music Therapy Perspectives, the Ethics Board for the American Music Therapy Association, and the Western Region of AMTA as Vice President.

Course Objectives

- Participants will be able to identify at least two ways to organize and arrange improvisation experiences aimed at engaging client involvement. (CBMT-Scope of Practice II.E.2: (Organize and arrange music therapy setting to facilitate a clients' therapeutic involvement.)
- Participants will experience client-centered approaches to improvisation.
- Participants will have the opportunity to improvise music that facilitates therapeutic process. (CBMT-Scope of Practice III.A. 3.h.)
- Participants will have the opportunity to experience and identify clinical benefits of group improvisation. (CBMT-Scope of Practice III. A. 1. Provide music therapy experiences develop or enhance clients': d. social skills, self-esteem, music skills that facilitate goals, self awareness (including insight) and sense of self with others. f. To develop or enhance: group cohesion and/or a feeling of group membership.
- Participants will have an opportunity to understand and explore his/her "music-self".
- Participants will explore the parallel process of improvisation experiences aimed personal growth and their ability to confidently facilitate improvisation experiences for their clients.
- Participants will be given practical tools to develop a peer improvisation group for support and further exploration of the approach when returning to their home/work setting

Registration Form (Please print and email)

Name: _____ Credentials: _____
Address: _____
City/Town: _____ State: _____ Zip Code: _____
Telephone: _____ Email: _____
CBMT #:(or other license/certification#) _____

Please also include your resume. Email to Lisa Jackert: Ljmt4u@yahoo.com.