



Developing Your Inner Music Therapist

with Brian Locascio, MT-BC

BUT I'M ALREADY A MUSIC THERAPIST

Congratulations, maybe you are officially a music therapist and new to the profession, maybe you have been in the field for a few years and starting to get into the swing of things, or perhaps you are a veteran in the field and decided to try something new for your CMTE credits.

Regardless of your background, the process towards self discovery both personally and professionally is an ongoing process and by engaging in this course, you are actively taking a step towards discovering, strengthening, and embracing your inner person and music therapist. There are several aspects to being a music therapist and this course focuses on three: Identity, Introspection, and Innovation.

Identity:

We will discuss and reflect on how our intersecting identities influence our lives and the affect that our identities may have on personal bias towards our clients.

Introspection:

We will look within ourselves and confront our most profound critic, ourselves. Why do we have doubt? Why do we get anxious before a session? How do we overcome these real feelings using science?

Innovation:

In order to stay relevant and provide the highest quality of care, it is important to realize the limitations in our education, experiences, and perspectives while anticipating where the profession is headed and how we can utilize this information to innovate our practice.

A handwritten signature in black ink that reads "Brian Locascio". The signature is written in a cursive, flowing style with a long horizontal line extending from the end of the name.

COURSE INFORMATION

Prerequisites:

None. This course is designed for all levels of therapists, including students, interns, entry-level professionals and seasoned professionals.

Objectives:

- Participants will be able to identify their intersecting identities and personal biases to better assess their clients intersectionality and how it may influence services (II.D.9.), (III.A.1.a.), (III.A.1.f.)
- Participants will be able to identify measurable steps towards managing imposter syndrome. (III.A.1.f.)
- Participants will be able to identify & establish a plan for musical growth (V.A.6.)(V.A.1.)

Number of Credits:

This course is available for 5 credits through CBMT. At this time the course is not pre-approved for credits through any other entities. Music therapists completing this course for credits must complete the course within 90 days of purchase.

Materials and Group Consultation Calls:

Podcast episodes, experiential workbook, one group office hour on Thursday, June 17th at 8:00 PM EST. The office hour can be attended live or watched later. [Links for office hour will be available by clicking here.](#)

Opportunity Cost:

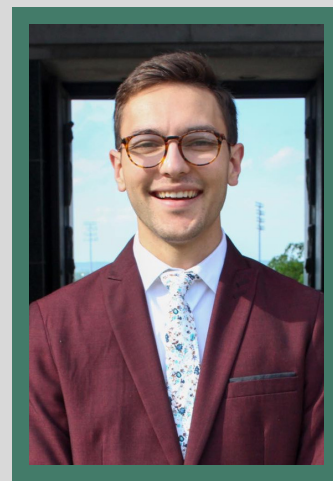
\$70

Cancellation/Refund Policy:

100% refund within 30 days of purchase is you are not satisfied with the quality of the course. Refunds will only be given with proof of purchase and evaluation completion. No refunds can be given after 30 days of purchase or after CMTE credits have been granted. You can view our [full grievance policy here on our website.](#) If you are unsatisfied, you are encouraged to reach out to communicate concerns, questions, or grievance so we can help! We love hearing from our community and want to find a way to support in the best way possible. Please reach out to Kate at Kate@creativetherapyumbrella.com with any questions or concerns.

Instructor Qualifications:

Brian is a Board Certified Music Therapist working in the San Diego metropolitan area. He is currently working with in-home pediatric clients, pediatric hospice, and adolescent trauma. Brian holds several years of experience in radio and broadcasting through talkshows and one on one interviews. Brian has a passion for research and providing equitable opportunities including education and mental health resources.



Developing Your Inner MT is approved by the Certification Board for Music Therapists (CBMT) for 5 credits. Creative Therapy Umbrella, LLC (P-197) maintains responsibility for program quality, and adherence to CBMT policies and criteria.

HOW TO:

These CMTE pod-courses are meant to be flexible to your learning. Links for all materials needed are available throughout this workbook as underlined text. There is a flowchart below to see the required time to obtain the CMTE certificate. The course is broken down into three main sections: Listen, Learn, and Apply.

Listen

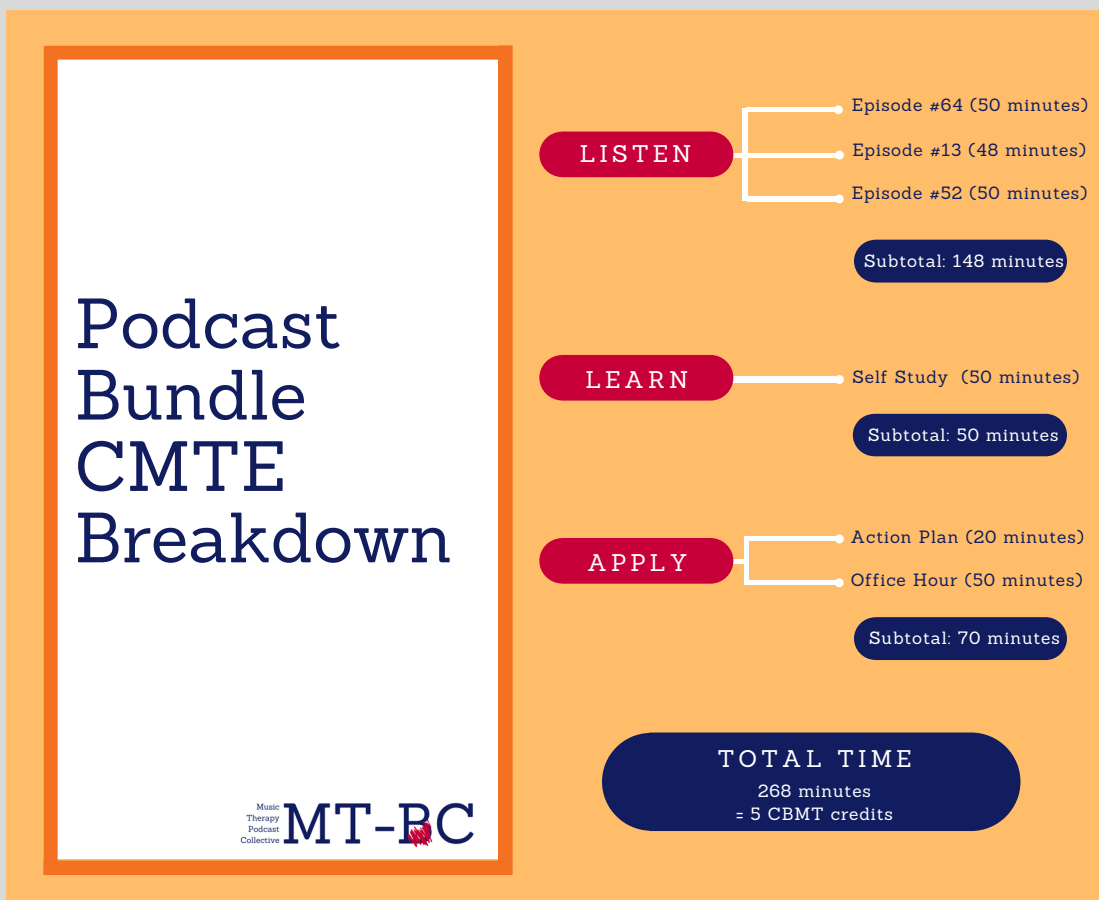
Three podcast episodes are required listening for this course. It is required that you listen to at least 50 minutes of each episode. If an episode is less than 50 minutes, it is required you listen to the episode in its entirety.

Learn

In the learn section, you will see opportunities for self-study to extend your learning beyond the listening portion. You are required to spend 50 minutes self-studying and there are many directions you can take as suggested in the workbook. Choose the learning opportunities that resonate with you most!

Apply

Once you have completed the required time with the episodes and self-learning, the next (and possibly most important!) part is to put what you've learned into action. This section also requires you spent 20 minutes with putting your learning into action as described in the workbook. The office hour can be attended live or watched later as it will be recorded.



STEP-BY STEP CHECKLIST

You can complete these tasks in this order or as you see fit. This list is just a way to keep you organized if you need it! Click titles for links!



Listen To Episode #1

At least 50 minutes



Listen To Episode #5

Full episode



Listen To Episode #2

At least 50 minutes



Self- Study

At least 50 minutes



Action Plan Section

At least 20 minutes



Office Hour

Attend Live (Thursday, March 11th at 8:00 PM EST) or
Watch Recorded Video
50 minutes



Complete Evaluation Form



Complete Post-Test



Receive Certificate Via Email

EPISODES & GUESTS

These episodes can be listened to on almost any podcasting platform where you regularly tune in ([Apple](#), [Spotify](#), [Anchor](#), [ListenNotes](#), and more!) [YouTube](#) is available for those who prefer captions.

You can also click the image or links below to easily access the episodes on our website. Clickable links for episodes will be throughout the workbook as well for quick reference. It is required that you listen to at least 50 minutes of each episode.



Episode #1

Freddy Perkins is a North Carolina based music therapist. He completed his undergraduate degree at Appalachian State and his Masters in Music Therapy at Slippery Rock. His work focuses around queer people and queer people of color and he is currently pursuing additional training in analytical music therapy.



Episode #5

Emily Nordhues, MT-BC has been a music therapist since 2019 and specializes in adults with intellectual disabilities and hospice. She has presented in virtual conferences and is currently based out of San Diego, CA.



Episode #2

Dr. Bill Matney is currently a professor at the University of Kansas. His teaching centers around musicianship, music therapy philosophy, and development. His research interests include musicianship in music therapy, percussion for interventions, and angrogogie philosophy behind music therapy .