

Using Music as a Therapeutic Tool



March 12, 2021



FEATURING:

Kelli Rae Powell, MA, LCAT, MT-BC

Professional musicians and music therapists do not own music! Human beings use music in their daily lives for countless reasons including celebration, relaxation, motivation and prayer. This talk will introduce methods for the therapeutic use of music in a therapy session - even if the therapist and/or the client are not musicians. Methods such as song discussion, music listening, lyric analysis, meditation, and therapeutic instrument instruction will be defined and demonstrated. If you have an instrument such as a guitar or ukulele, have it with you! Otherwise, no tools or supplies are needed to attend this talk.

Objectives:

- Understand the development of treatment historically
- Become aware of professional competencies related to substance abuse professionals
- Become aware of resources available for training in SA and MH
- Understand the Possibilities Program and how referrals will work.
- Familiar with SA screening tools
- Best Practices in SA treatment.

Agenda:

12:55 pm - 1:00 pm: Log On

1:00 pm - 3:00 pm: Training

Registration online is available:

<https://integrativecs.ticketspice.com/usingmusic-as-a-therapeutic-tool>

Registration: \$75

Kelli Rae Powell, MA, LCAT, MT-BC is a Licensed Creative Art Therapist in the state of New York and a board certified music therapist. A graduate of the Music Therapy Master's program at New York University, Kelli completed her fieldwork training at Bellevue Hospital in New York, with adult psychiatric inpatients. Kelli completed her internship at Memorial Sloan Kettering Cancer Center in New York, specializing in palliative and end of life care; she became a licensed creative art therapist (LCAT) at Mount Sinai's Kravis Children's Hospital in New York. Kelli developed the first music therapy program at Blank Children's Hospital in Des Moines in September of 2015; and in January of 2020, expanded music therapy services to include adult oncology inpatients at John Stoddard Cancer Center. Kelli currently practices music therapy in her private practice Central Iowa Music Therapy, LLC. She is a singer-songwriter and leads a folk band that performs her original music internationally.



Earn 3 continuing education credits*

Integrative Counseling Solutions, Inc. has determined that this program meets the criteria for the Iowa Board of Behavioral Science Examiners and the Iowa Board of Social Work Examiners for 3 hours continuing education for social workers, mental health counselors, and marriage and family therapists.

