



Research, PTSD, Addiction and Veterans **- What Can We Learn?**

(3 CMTE credits)

Saturday, October 26, 2024

Prisma Health Midlands (Baptist) Hospital, Columbia

Begins promptly at 9:30 AM – plan to arrive no later than 9:00 AM to register and greet your friends. MTASC business meeting over lunch.

This course brings together research in an outpatient music therapy program addressing PTSD with a music therapy program focused on clinical expertise in addiction treatment using Dialectical Behavior Therapy techniques. Participants will hear from a PhD researcher, a seasoned outpatient clinician and a music therapist working in a residential treatment program. These programs serve veterans, current service members, first-responders and the general public in addictions treatment. Suggestions for application of improvisation, listening, songwriting, and recreating music for other clinical groups will be discussed.

Learner Objectives:

Upon completion of this CMTE, participants will be able to

1. list three benefits of music therapy on psychological and emotional well-being of veterans with PTSD. (III.A.b.g.k.n.p.r.t.v.w.x.y.z.aa.ll.mm.pp.rr.ss.tt.uu.aaa.bbb.ccc.ddd.eee.fff.ggg)
2. list two reasons clinical research is helpful to clinicians when marketing music therapy to policymakers and healthcare providers. (V.A.2.)
3. be able to identify 3 specific steps to successfully structure group sessions for military veterans, service members, and first responders to build social capital and expand support within the interpersonal relationships and the community. (II.D.2.a.b.c.; II.D.3.; II.D.8.;II.D.3)
4. identify 2 music therapy interventions highlighting DBT techniques that can be applied in a variety of treatment settings. (II.D.10.III.A.5.c.g.l.m.s.t.v.)
5. be able to describe at least two basic facts about the neuroscience of addiction and how music positively affects those same structures of the brain. (III.A.4)

There are no prerequisites to attend this CMTE event. Students are welcome and encouraged to come and learn with MT-BCs.

MT-BCs - REMEMBER TO BRING YOUR CBMT # FOR SIGNING IN AND OUT.

About the presenters:

James Trazile is a student at Concordia University Wisconsin (CUW) in the Doctor of Business Administration (DBA) program. His dissertation focuses on the effectiveness of music therapy and music instruction for veterans with post-traumatic stress disorder (PTSD). James proudly served in the U.S. Army and is now a veteran with a wealth of experience and knowledge gained through his service to his country. He enlisted in the U.S. Army in 2015 as a combat medic. In 2020, he was commissioned as a Medical Service Corps Officer. After dedicating eight years to active duty, he transitioned out of the military in 2023. He holds a Bachelor of Arts

degree in music from Lakeland University and a Master of Business Administration (MBA) from Concordia University Wisconsin (CUW).

Laura Theismann received her bachelor of music from the University of Alabama in 2009 and has been a board-certified music therapist for 15 years. Laura has extensive experience providing music therapy services to various populations including children with special needs, Autism Spectrum Disorder, medically fragile children, speech delays/disorders, survivors of traumatic brain injury, and veterans. Laura has been a music therapist for the Wounded Warrior Project for a decade and worked closely with The Big Red Barn Retreat as their primary music therapy provider for 5 years.

Katie Cox received her B.A. in Music, with a concentration in Music Theory and Composition from College of Charleston in 2009. Katie completed her equivalency degree in Music Therapy at Converse College and finished her 6-month clinical internship at MusicWorx Inc. in San Diego, CA in 2016. Katie lived in Southern California for 7 years and has worked with diverse populations in many settings including inpatient acute psych in both San Diego and Orange County, serving all ages, including active-duty military, and also in substance abuse rehabilitation within teen and adult residential treatment facilities in Orange County. She currently resides in Charleston, SC, where she works in substance abuse recovery.

CMTE Schedule:

Schedule for the day

9:00-9:30	Registration and Gathering
9:30 – 10:20 (50)	MT with Veterans - the research project
10:20 – 10:30 (10)	Break
10:30-11:20 (50)	Neuroscience of addiction and musical response
11:20-11:30 (10)	Break
11:30-12:20 (50)	DBT applications to music therapy methods
12:20-12:30 (10)	Questions and course evaluation forms
12:30-1:00	Lunch
1:00 – 2:30	MTASC Business Meeting

Registration:

Free to MTASC members, non-members, \$25 (pay with link in Google Registration form)
Should this CMTE be canceled, all registered participants will be notified, and any fees paid will be refunded. Reminder - annual dues (usually paid in fall) \$25 for professionals, \$15 for first year professionals, \$10 students).

Lunch: Available from Sound Bites Eatery, \$14. RESERVATION FOR LUNCH along with options must be received by 12 noon on Wednesday, October 23. – See instructions on the Google registration form. You are welcome to bring your own lunch if you desire.

Finding the CMTE:

Prisma Health Palmetto Baptist Hospital, Columbia, SC.

You may navigate to Prisma using the address for the parking garage: 1333 Taylor Street.

You should park in the hospital garage located at 1333 Taylor Street. Enter the hospital from the 3rd floor of the garage using the crosswalk. Prisma MT interns or MTs will be placed near the

entrance (on the 3rd floor of the garage) to direct members to the meeting room (elevator B- 5th floor).

Registration: <https://forms.gle/utgcvwJL3CYDjToF9>

Complete the Google form linked above for Registration by 12 noon on Wednesday, October 23, 2023 if you want to order lunch. Registration after the above date or on site is possible but lunch may not be available. Questions? Contact to Carol.shultis@converse.edu. Call (864) 596-9621.

Because of the participatory design of this course, we are not able to provide a recorded version of this CMTE.

Research, PTSD, Addiction and Veterans - What Can We Learn? is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. The SER-AMTA #P-024, maintains responsibility for program quality and adherence to CBMT policies and criteria.