



Leaving a Legacy through Song: Songwriting in the End of Life

(3 CMTE credits)

Saturday, October

10, 2026

Prisma Health Richland 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.

Course Description: The end of life offers us much richness by way of reflections, perspective shifts, complex emotions, and vulnerability. Music meets this time of a person's life with equal amounts of richness, both affirming and expanding the experience of the dying journey. While many different types of music experiences are utilized in the end of life, this CMTE will explore the intervention of songwriting specifically. Together, participants will learn about the aspects of songwriting and how they are related to aspects of humanity and therapeutic relationship, and in doing so they will be challenged to shift from a focus on preconceived plans to a focus on in-the-moment reflecting and creating.

There will be two informational lectures separated by a ten-minute break followed by an experiential component, where participants are able to implement and practice what they learn.

Having access to a musical instrument of choice will be required for this CMTE in order to participate in the experiential portion appropriately. (If you are unable to bring your own instrument, please indicate on your registration and we will let you know what is available in the classroom, on loan from Prisma Midlands Music Therapy)

Learner Objectives:

Upon completion of this CMTE, participants will be able to

1. Participants will explore at least 3 musical elements and practice implementing them in songwriting experiences. (3A-11).
2. Participants will identify 2 or more ways that music-centered, humanistic approaches inform songwriting and overall therapeutic relationship. (3A-6).
3. Participants will learn and articulate ways to acknowledge their own personal bias, tendencies, and musical leanings in session. (5A-2)

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 presenter:

Sarah Mumford, MT-BC, is a Board-Certified music therapist, working predominantly in hospice and palliative care. Over the past 9 years, she has also practiced within the realms of grief support, veteran care, and cancer survivorship, and she has fostered her own relationship with music as a singer-songwriter. Sarah practices within a humanistic, music-centered approach and believes deeply that music is one of the most powerful mediums for therapeutic change within those we serve, within ourselves, and within the world around us. Sarah is based in the Greenville, SC area, where she currently works as a bereavement counselor for Carolina Caring.

CMTE Schedule for the day

9:00-9:30 am Registration and Gathering
9:30 - 10:20am Introductions and Check in;
Module 1: Songwriting 101, Vulnerability, and Vulnerability in
Songwriting
10:20 - 10:30am Break
10:30 - 11:20am
Module 2: Building a musical toolbox with interactive activity;

Discussing types of songwriting experiences with examples
11:20 - 11:30am Break
11:30 - 12:10pm
Module 3: Experiential portion: Creation of own songs
12:10 - 12:30pm Reflections and Questions & Course Evaluations
12:45-2:15 Lunch & MTASC Business Meeting

Registration: [\(click here\)](#)

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 CMTE fees paid will be refunded. Reminder - annual dues (usually paid in fall) \$25 for professionals, \$15 for first year professionals, \$10 students).

Registration:

Questions? Contact to Carol.shultis@converse.edu. Call (864) 596-9621.

Lunch:

Purchase lunch in the Richland Hospital Cafeteria (5 Medical Park), or Cecilia's (7 Medical Park). Eating locations are a short walk from our meeting room. You are also welcome to bring your lunch.

Location:

Address: 9 Richland Medical Park Drive, Columbia, SC 29203

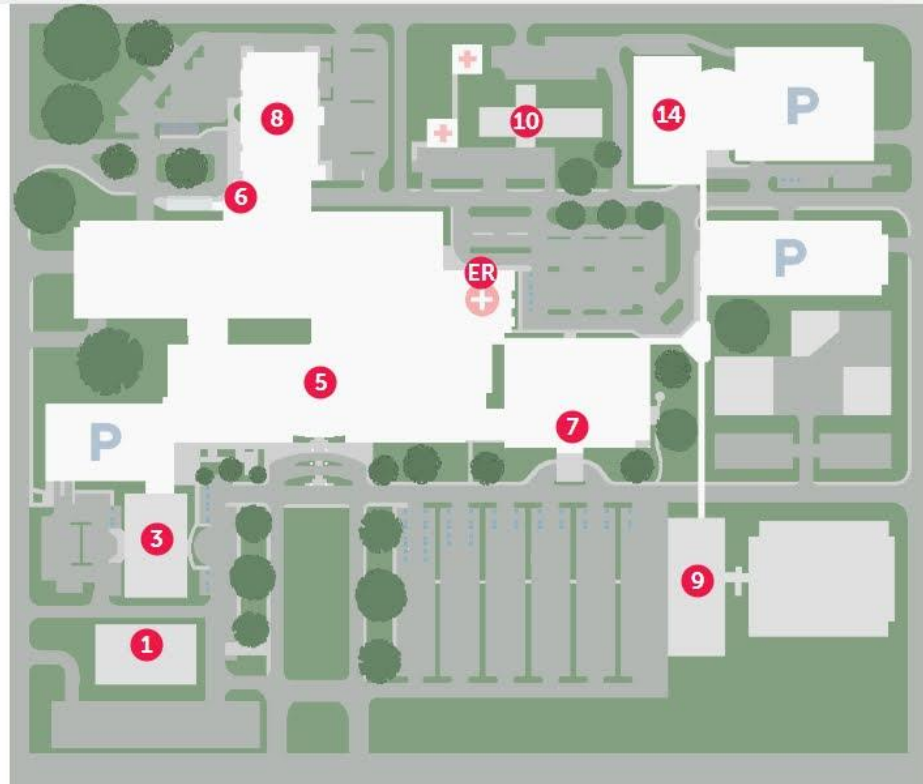
Location: Classroom 130, First Floor

Parking: You may park in the visitor lot in front of the children's hospital (7 Medical Park). Once you enter 9 Medical Park, the classroom will be on the first floor, past the elevators, and to your left.

Map:

Please see the following map to visualize parking, lunch option locations, and the location of 9 Medical Park:

- 1 Medical Park
- 3 Medical Park
- Main Entrance – 5 Medical Park
- Heart Hospital Entrance – 6 Medical Park
- Children's Hospital Entrance – 7 Medical Park
- 8 Medical Park
- 9 Medical Park
- 10 Medical Park
- Emergency Entrance
- 14 Medical Park



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

Leaving a Legacy Through Song: Songwriting in the End of Life- 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.