

# Strength-Based Improvisation: Level 1 Training



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

**A three day training course  
providing 24 hours of continuing music therapy education hours.**

In 2001, Lisa and Robin presented their first joint workshop on the use of clinical improvisation that began the development of defining their approach. They have been presenting Strength-Based Improvisation experiential groups regionally and nationally since 2004, traveling to Seoul in 2006 and to Canada in 2008 to share their work in improvisation in a peer group setting.

*Strength-Based Improvisation is an experiential training program that values the personal work of the therapist and welcomes those with any amount of improvisation experience. Participants may use the instrument of their choice, which can include percussion or voice, and sessions incorporate movement and visual art for creative expression. Non-threatening improvisation opportunities are aimed at exploration of the "music self" while therapists are simultaneously learning techniques to engage clients.*

## **Dates: August 7, 8 and 9, 2009**

Friday: 9:00 am - 6:30 pm (8 hours of contact time with 1.5 hours for lunch/breaks)

Saturday: 8:30 am - 6:00 pm (8 hours of contact time with 1.5. hours for lunch/breaks)

Sunday: 8:30am - 1:30 pm (4.2 hours of contact time with 50 minutes for breaks)

**Location:** Chapman University- Orange, California- Music Therapy Department.

**Tuition/cost:** This course will be offered through Chapman University-Extended Education. The tuition is: \$330.00. Please refer to this web site to register:

<http://www1.chapman.edu/enhance/MTSeminars.htm>.

**Contact person:** Lisa Jackert: [ljmt4u@yahoo.com](mailto:ljmt4u@yahoo.com)

**Where to stay:** Hotel arrangements available at Ayres Hotel for \$95.00 per night with free shuttle service to Chapman University.

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). The American Music Therapy Association, #P-051 maintains responsibility for program quality and adherence to CBMT Policies and Criteria. **Part of the proceeds from this workshop will be donated to the American Music Therapy Association as part of the "Give a Day to AMTA" Project.**

## **Learner 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.

## **Presenters:**

**Lisa Jackert, MA, MT-BC** has 20 years of experience in adult/geriatric psychiatry, substance abuse, eating disorders, and wellness. Currently employed by Community Hospital of Long Beach and operates a private practice. She has been a clinical training director and adjunct faculty in Music Therapy at Chapman University. She received the award for Professional Practice at the 2005 Western Regional Conference. She 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 is on the Board of Directors for the American Music Therapy Association.

**Robin Rio, MA, MT-BC** is professor of music therapy at Arizona State University. She also has many years of experience working with a variety of populations, including the geriatric population and the homeless. She is on the Editorial Board for *Music Therapy Perspectives* and has recently written the book: *Connecting through Music with People with Dementia: A Guide for Caregivers*. Currently, Robin is serving as a member of the Ethics Board for the American Music Therapy Association and has past served the Western Region of AMTA as Vice President.

## **Cancellation and Refund Policy for Chapman University, Extended Education Department**

**Cancellation Policy:** The University reserves the right to cancel due to insufficient registrations, instructor illness, severe weather or natural disaster. In the event of cancellation, registrants are notified immediately and all fees are returned.

**Refund Policy:** For one or two meeting courses, students must request a refund before the start of class. For courses with three or more meetings, students must request a refund before the second class meeting. All refund requests must be made in writing and be received before the due date. A \$20 processing charge will be withheld from all tuition refunds. Students may also request a deferred enrollment. See the program information for restrictions. Materials issued for courses must be returned in re-sellable condition. A deduction in the refunded amount may be made for costs incurred to replace marked materials. *Note: Some programs may have special refund or deferral policies.*

