



FROM RESISTANCE TO RESILIENCE: TRANSFORMING TEENS THROUGH MUSIC & MEDITATION

ONLINE PROFESSIONAL DEVELOPMENT COURSES

8 Week Online Session: OCTOBER 18TH-DECEMBER 12TH
38 CEUs / CMTEs for only ~~\$545~~ **\$395!**

- ◆ Learn best practices for using music with youth
- ◆ Deepen your work with teens
- ◆ Self paced and no prerequisites necessary
- ◆ Interactive
- ◆ 100% online
- ◆ Professional mentorship
- ◆ Ongoing community support
- ◆ Access to curated playlists
- ◆ Cutting edge research and fascinating scientific studies
- ◆ Intimate learning environment (space is limited)
- ◆ Culturally Aware and Relevant
- ◆ Scholarships available for BIPOC and 50% off for students

From Resistance to Resilience: Transforming Teens Through Music & Meditation is approved by the Certification Board for Music Therapists (CBMT) for 38 credits. Rhythm & Truth maintains responsibility for program quality and adherence to CBMT policies and criteria. AP #P-210



Course Instructor:
Summer Jasmine Lall, MT-BC

Summer Jasmine Lall MT-BC is a Board Certified Music Therapist and obtained her Music Therapy degree from Berklee College of Music in 2008, Summa cum laude. Summer is the founder [CradleSong Birthing](#) and [Rhythm & Truth Music Therapy](#) specializing in working with adolescents. She developed the Resistance to

Resilience online training programs to teach professionals best practices in using music to empower youth. Summer is the U.S. representative for the Rhythm2Recovery therapeutic drumming program and is also a HeartMath Certified Trainer. She is a Sound Birthing Fellow and trained in HealthRHYTHMS, Beat The Odds, RISE/LGBTQ, Pro-ACT de-escalation, C-SEC and Risking Connection trauma informed care. Summer has practiced music therapy

in schools, shelters, daycares, foster camps, yoga studios, correctional facilities, group homes, treatment centers, hospice and hospitals. In addition to her broad local outreach, music has taken her to over 20 countries around the globe. When she is not practicing music therapy, Summer is writing, recording or performing with her band [PWR CPL](#), hoping to inspire positive change through music however she can.

REQUIRED TEXT BOOKS:

1. Heart Intelligence; Childre, Martin, Rozman, McCraty - \$14.95
2. Transforming Stress for Teens; Rollin McCraty, PhD -\$16.05
3. Music Medicine; Christine Stevens, MSW, MT-BC -\$17.99
4. In Tune: Music as the Bridge to Mindfulness; Richard Wolf -\$9.99 (Kindle)
5. Music Therapy: Understanding the Science of Sound; Fauble, -Free (Kindle)

**Cost of books not included in course fee*

SYLLABUS: (3 hours per week for readings and assignments)

WEEK 1: The Four Elements of Music

WEEK 2: Anxiety & Stress

WEEK 3: HeartMath & Coherence

WEEK 4: Meditation & Mindfulness

WEEK 5: Insomnia & Interconnection

WEEK 6: Cymatics & Sound Baths

WEEK 7 & 8: Final Project (6 hours total)

***Additional weekly online class meetings Wednesdays from 4-5pm PST on Zoom**

This 8-week self-paced online course will teach participants best practices for using music therapy with adolescents through the integration of meditation and mindfulness techniques. This course focuses on developing music therapy sessions and approaches in underserved communities using relevant music and culturally appropriate language, with an emphasis on representation and elevating BIPOC voices. No prerequisites required!

The Music & Meditation course incorporates HeartMath biofeedback technology, sound baths & vibroacoustics, meditation techniques and mindfulness practices, integrating current research and literature in music therapy and related disciplines. Topics include cymatics, synchrony, ASMR, interconnection and entrainment. Finally, this course looks at how to use music therapy to treat anxiety, stress and insomnia in teens through building resilience.

All learning styles are acknowledged through engaging reading material, music listening, visual aids and videos, real-time feedback, hands-on practice, weekly zoom meetings, online group discussions and written assignments for integration.

Rhythm & Truth CBMT Pre-approved Provider P-210

Educational Objectives of this Online Training Course

Upon completion of the online course the participants will demonstrate knowledge and will be able to:

II D 9 Identify 2 reasons to consider client's age, culture, language, music background, and preferences when designing music therapy experiences.

III A 1a Identify at least one intervention to develop a therapeutic relationship by being fully present, authentic, and respectful.

III A 2pp Create at least 1 individualized music therapy experience to address client's relaxation.

VA 2 Read and discuss (verbally or written) at least 2 current research studies or literature in music therapy and related disciplines for future integration.



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**TRANSFORMING TEENS THROUGH
MUSIC & MEDITATION**

ONLINE CMTE COURSE REGISTRATION FORM

8 Week Online Session: OCTOBER 18TH-DECEMBER 12TH
38 CEUs for only ~~\$545!~~ \$395 (code: FALL)
(\$248 for Students)

COMPLETE AND EMAIL THIS FORM TO SUMMER@RHYTHMANDTRUTH.ORG

Pay Registration fee on VENMO: @Summer-Jasmine or PayPal: SummerJasmineLall@gmail.com

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

CBMT CERTIFICANT NUMBER (if applicable): _____

Computer Access/Email Required:

Participants enrolled in this course must have an email address and internet access to Google Classroom in order to submit and receive feedback on assignments. All course assignments must be completed and submitted no later than Dec. 12th at 11:59 pm. Weekly online class meetings are scheduled for: **Zoom platform, day and time TBA**

Pre-requisites: None. This course is open to music therapists and upper division music therapy students and interns with instructor's consent. Students must be currently enrolled in a MT program- undergrad or graduate. Please include a copy of your current university ID and instructor signature.

Cancellation Policy: We offer a full refund if notified of a cancellation 7 days before course begins. If it is less than 7 days, we can offer a 50% refund. We are not able to offer a refund after the course has started and failure to complete all coursework by the class deadline will result in needing to re-register and repay for the class in order to receive the continuing education units. For extenuating circumstances, we can issue a credit which the student can use for the same course at a later date when it is being offered again. Approved Provider #P-210.

*Reasonable accommodations are provided as needed for individuals with disabilities when requested.

For more information and our grievance policy, please visit our website at rhythmandtruth.org/onlinecourses