



FROM RESISTANCE TO RESILIENCE: TRANSFORMING TEENS THROUGH LYRICS & LISTENING

ONLINE CMTE COURSES FOR MUSIC THERAPISTS

12-Week Online Session: March 13th - May 28th

40 Pre-Approved CMTEs for only ~~\$495~~ **\$395** (code: CBMT)

- ◆ 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 Lyrics & Listening is approved by the Certification Board for Music Therapists (CBMT) for 40 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. Therapeutic Uses of Rap and Hip-Hop - Susan Hadley
2. Rap Therapy - Don Elligan, Ph.D.
3. Rhymecology: Using Hip-Hop to Heal: The Therapist Guide - Jeffery T. Walker, M.A.

**Cost of books not included in course fee*

SYLLABUS: (2-3 hours per week for readings and assignments)

MODULE 1: Identity & Self Esteem

MODULE 2: Authenticity & Expression

MODULE 3: Anger & Abuse

MODULE 4: Depression & Harm

MODULE 5: Trauma, Grief & Loss

MODULE 6: Social Justice & Equity

***Additional bi-monthly online class meetings Tuesdays (time TBA) on Zoom**

This 12-week self-paced online course will teach participants best practices for using music therapy with adolescents through the integration of lyric analysis and topline songwriting. This course focuses on developing music therapy sessions and approaches in underserved communities using relevant modern genres and culturally appropriate styles, with an emphasis on representation and elevating BIPOC voices.

The Lyrics & Listening course takes a deep dive into lyric writing & analysis, theme based song selection, freestyling/rapping, storytelling/narrative/poetry, recording/sampling, the iso principle, instrumentals that inspire, creative prompts, processing techniques, music videos and playlist creation. Based on current research and literature in music therapy and related disciplines, we explore how to work with resistance, techniques for directing group discussion and ways to navigate sensitive topics in a music therapy setting. This course also encourages community collaboration for societal healing.

All learning styles are acknowledged through engaging reading material, music listening, visual aids and videos, real-time feedback, hands-on practice, zoom meetings, online group discussions and written assignments for integration. No prerequisites required.

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 1 reason 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 2x Create 1 individualized music therapy experience to address client's grief and loss.

VA 2 Read and discuss (verbally or written) at least 1 current research study or literature in music therapy and related disciplines for future integration.



FROM RESISTANCE TO RESILIENCE:
**TRANSFORMING TEENS THROUGH
LYRICS & LISTENING**

ONLINE CMTE COURSE REGISTRATION FORM

12-Week Online Session: March 13th - May 28th
40 Pre-Approved CMTEs for only ~~\$495~~ **\$395!***
(\$195 for Students) *+\$45 fee for CMTE credits

COMPLETE AND EMAIL THIS FORM TO SUMMER@RHYTHMANDTRUTH.ORG

Pay Registration fee on VENMO: @Summer-Jasmine or Zelle: 619-502-1650

NAME: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

CBMT CERTIFICANT NUMBER: _____

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 August 7th at 11:59 pm. Weekly online class meetings are scheduled for: **Every other Tuesday (time TBD) on the Zoom platform.**

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.

AP