



## **IAMT Spring 2019 CMTE Event**

### **“Utilizing Self-Care as a Basis for Culturally Competent Practice”**

Presented by Allison Gunnink, MBA, MT-BC and Yusra Al-Shawaf, LCSW

CMTE Co-Sponsor: Joliet Area Community Hospice

**Where:** Joliet Area Community Hospice, 250 Water Stone Cir. Joliet, IL, 60431

**When:** Saturday, May 18, 2019 from 10am-4pm

**Who:** Open to all MT-BCs, music therapy interns & students

Note: Joliet Area Community Hospice is offering CEUs for this event for social workers/counselors. IAMT and CBMT are not responsible for the social workers/counselors CEUs.

**Description:** Given the increasingly multi-cultural society, practitioners come across challenges in cross-cultural interactions. In order to have the emotional capacity to engage with a diverse population, practitioners must engage in self-care. This includes having a self-awareness of one's professional and personal wellness. This course will explore areas of professional and personal growth, and develop a self-care plan. Subsequently, participants will gain an understanding of cultural competence, and ways to identify and address barriers to culturally competent care.

#### **Educational Objectives (CBMT Domains):**

Participants will:

1. Assess areas for professional and personal growth related to wellness. (IV.A.1.)
2. Identify and plan practical strategies for self-care. (IV.A.1.)
3. Participants will have a working definition for culture and cultural competence. (I.D.9.)
4. Participants will gain skills for practical use in their interactions with individuals of various cultures. (IV.B.4.)
5. Participants will understand how privilege and power dynamics create barriers for practitioners. (I.C.4.)

#### **CMTE Information:**

There are no prerequisites to attend this 5-hour CMTE event. “Utilizing Self-Care as a Basis for Culturally Competent Practice” is approved by the Certification Board of Music Therapists for 5 CMTE (Continuing Music Therapy Education) credits. The CBMT Approved Provider, Illinois Association for Music Therapy, P-044 maintains responsibility for program quality and adherence to CBMT policies and criteria.

**Course Schedule:**

|                 |  |
|-----------------|--|
| 8:45-9:30am     | IAMT State Board Meeting   |
| 9:30-10:00am    | Registration Opens   |
| 10:00am-10:45am | Session 1: Assess personal and professional wellness and areas for growth. |
| 10:45am-11:30am | Session 2: Self-Care: Identify and develop practical strategies.           |
| 11:30am-12:30pm | Lunch break  |
| 12:30pm-1:30pm  | Session 3: Defining cultural competence and a model for delivering care.   |
| 1:30pm-1:40pm   | Break  |
| 1:40pm-2:30pm   | Session 4: Practical tools for cross-cultural interactions.                |
| 2:30pm-2:40pm   | Break  |
| 2:40pm-4:00pm   | Session 5: Barriers to cultural competence: Power and Privilege.           |

**Yusra Al-Shawaf** is a licensed clinical social worker in the state of Illinois. After obtaining her bachelor's degree in psychology from the University of Illinois and her master's degree in social work from Columbia University, she began her work in the hospice care and bereavement fields. This medical social work experience has given her a more acute awareness for how individuals cope with loss and major life transitions. Experiences Yusra had as a social work student have influenced a keen desire to broaden her understanding of the human experience and how social structures influence how people live, in order for her to become a better and more effective clinician. Yusra is currently working in private practice in Naperville, IL, where she sees a variety of clients as both individuals and couples.

**Allison Gunnink** is a lifelong resident of the Joliet, IL area, to which she and her family have strong community ties. She received her undergraduate degree in Music Therapy from Western Illinois University in 2010, her board certification shortly thereafter, and a Master of Business Administration degree from the University of St. Francis in 2013. Her primary focus has been hospice care, in which she has obtained the Hospice & Palliative Care Music Therapy certificate, but she has also trained for NICU music therapy and has managed a broad team of supportive care providers in an administrative role. Allison is passionate about self-care and work/life balance, a topic on which she has co-presented at the AMTA Conference in 2015.

Outside work, Allison is active in many volunteer organizations, including the Illinois Association for Music Therapy, the Illinois Music Therapy Recognition Task Force, the American Cancer Society, the American Heart Association, The Glen Marcum Foundation and numerous local charities. She and her husband reside in Shorewood, IL, with two spoiled cats.

**Cost:**

|                        | Pre-Reg CMTE | Pre-Reg NO CMTE | On-Site CMTE | On-Site NO CMTE |
|------------------------|--------------|-----------------|--------------|-----------------|
| IAMT Member            | \$65         | \$50            | \$75         | \$60            |
| Non-Member             | \$80         | \$65            | \$90         | \$75            |
| Student/Intern Members | N/A          | \$15            | N/A          | \$15            |

**Pre-Registration deadline to lock in pre-reg rates ends on April 20<sup>th</sup>.**

**Refund Policy:** Cancellations received in writing and prior to April 20, 2019 will receive a full refund. Cancellations received in writing between April 21<sup>st</sup> and May 18<sup>th</sup> are subject to a refund of the cost paid minus \$5.00 for processing. Refunds will be processed and sent after the event on May 18, 2019.

**Lunch**

Lunch will be provided from Jimmy John's and is included in your registration price. Please indicate if you have any additional health information (i.e. allergies, gluten-free, vegetarian, etc.) we need to know. An alternate lunch option can be available for those with strict health or dietary needs. Lunch will include sandwiches, condiments, cookies, chips and drinks..

**Driving Directions:**

From West -

- I-80 East to Houbolt Rd. (Empress Drive) Exit.
- Go North (past Joliet Junior College) to light at Mc Donough Street.
- Turn left (West) and follow to Water Stone Circle.
- Turn Right into Joliet Area Community Hospice.

From East -

- I-80 West to Houbolt Rd. (Empress Drive) Exit.
- Go North (past Joliet Junior College) to light at Mc Donough Street.
- Turn left (West) and follow to Water Stone Circle.
- Turn Right into Joliet Area Community Hospice.

From North -

- I-55 South to Route 52 (Jefferson St.) exit. Turn left (east).
- Go over the overpass; turn right onto McDonald Dr. (At the McDonald's).
- Follow McDonald Dr. South to McDonough St. (Stop Sign). Turn left (East).
- Turn left onto Water Stone Circle (First drive). Follow to Joliet Area Community Hospice.

From South -

- I-55 North to Route 52 (Jefferson St.) exit. Turn right (East)
- Turn right onto McDonald Dr. (At the McDonald's).
- Follow McDonald Dr. South to McDonough St. (Stop Sign). Turn left (East).
- Turn left onto Water Stone Circle (First drive). Follow to Joliet Area Community Hospice.



## Illinois Association for Music Therapy

Spring 2019 CMTE

Pre-Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Select One:**

- IAMT Member (CMTE)- \$65
- IAMT Member (No CMTE)- \$50
- Non-IAMT Member (CMTE)- \$75
- Non-IAMT Member (No CMTE)- \$60
- Student/Intern Member- \$15

**Dietary Needs/Considerations (if applicable):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Waiver: (Please read and sign)** I agree and acknowledge that I am undertaking such participation in these “meeting/conference” events and activities as my own free and intentional act and I am fully aware that physical injury might occur as a result of my participation in this event. I do hereby assume responsibility for my own well-being. I agree not to allow any other individual to participate in my place. I have read and reviewed the refund policy as previously stated.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return with payment and postmarked by April 20<sup>th</sup> to Alyssa Ott at 4524 Wolcott Ave, Apt 1, Chicago, IL 60640.

You may also register online at [www.musictherapyillinois.org](http://www.musictherapyillinois.org).