



## **Asynchronous 2023 IAMT CMTE:**

### **Vocal Health for Music Therapists**

Presented by Alyssa Stone, MT-BC & Emily Padilla, MA, MT-BC

**What:** Vocal care and vocal health are two critical pillars to a music therapist's career, but many are not sure how to engage in this practice effectively. Through this continuing education opportunity, participants will explore a variety of strategies for daily vocal care as well as the research to best support vocal health. Participants will leave with simple exercises to help warm them up for sessions, cool them down, regain vocal strength and stamina, and even tools to use when there is no voice to be had, but the session must go on!

**Where:** Asynchronous online course

**When:** Available January 1<sup>st</sup>, 2023 through December 31<sup>st</sup>, 2023. Three-hour time investment. Take the course when it is convenient for you!

**Who:** Open to all MT-BC's (members and non-IAMT members), interns, & students.

#### **CMTE Information**

There are no prerequisites for this 3-hour CMTE.

"Vocal Health for Music Therapists" is approved by the Certification Board of Music Therapists for 3 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:***

##### **Hour 1 – 00:00 – 00:59**

###### **Introduction**

- To CMTE presenters
- The vocal mechanism
- Vocal Health Research
- RPRAF

Break 1:00 – 1:15

Hour 2 – 1:15 – 2:05

###### **Vocal Exercises**

- Respiration
  - Breathing exercises

- Phonation
  - Straw phonation
  - Phonation mechanics and clinical applications
- Resonation
  - Soft palette exploration
  - What's in my mouth?
- Articulation and Fluency

Break 2:05-2:15

Hour 3 – 2:15 – 3:00

**Take it With You**

- Mind, Body, Voice
- Daily warm up guide
- Cool down – it's important!
- FAQs
- Where to learn more

***Presenter Bios:***

**Alyssa Stone, MT-BC:** Alyssa is a Board Certified, Neurologic Music Therapist, music educator and yoga instructor. She is the owner of a private music therapy practice in the suburbs of Chicago, Dynamic Lynks. Alyssa received her undergraduate degrees in music therapy, music education, and psychology from the University of Miami. She is currently completing her master's in music therapy at Colorado State University. Outside of music therapy, research, and graduate school, Alyssa performs regularly with her a cappella group, The Uptones. Alyssa has been a musical theater nerd and power belter from a young age. Vocal health has been critical to her work as a music therapist and delivering high quality services that are both effective and aesthetically pleasing to her clients.

**Emily Padilla, MA, MT-BC:** Emily is a Board-Certified Music Therapist. Emily received her bachelor of music degree from Millikin University and her master's in music therapy from Saint Mary of the Woods College. In addition to her work as a music therapist, Emily performs regularly with The Collective, an alt rock party dance cover band. Emily's undergraduate focus in musical theater led her to pursue vocal health and the importance of learning strategies for vocal care daily.

COURSE OBJECTIVES	CBMT BOARD CERTIFICATION DOMAINS
Participants will learn new strategies for practicing vocal care	V. A. 3 - Participate in continuing education
Participants will engage in a variety of vocal exercises and experiences to improve their overall musicianship skills	V. A. 6 - Expand musicianship, leadership skills, and therapeutic effectiveness

Participants will learn the power of the vocal mechanism as it relates to themselves and clients	I. 2. - Recognize the potential harm of music experiences and use them with care.
Participants will explore strategies for practicing daily vocal wellness and self-expression	III. A. 2. b - ability to use music independently for self-care.

**Cost:**

	Registration w CMTE	Registration No CMTE
State Member	\$50	\$35
Non-Member	\$65	\$50
Students/intern	N/A	\$10

**Refund Policy:** Refunds are not available for asynchronous courses. As access of course information is immediately available once purchased, any purchase of this course is final.