



**ALVERNO COLLEGE**  
ESTABLISHED 1887

proudly presents:

# Trauma Informed Music Therapy: Responding with Resilience

**Instructor:**

**Jennifer M. Sokira, MMT, LCAT, MT-BC**

**Saturday, March 10 & Sunday, March 11, 2018**

**8:00 a.m. - 4:15 p.m.**

**Location: Alverno College • 3400 S. 43rd St. • Milwaukee, WI  
Alphonsa Hall 200 (Choir Room)**

**\$200 Earlybird registration fee (MT-BC's - 16 CMTE's)  
(received through February 23, 2018)**

**\$230 Standard registration fee  
(received February 24 - March 5, 2018)**

**\*no on-site registrations accepted\***

**\$50 registration fee for interns (no credit)**

**Music Therapy students may register for 1 credit hour through the Alverno Registrar**

**\*no on-site registrations accepted\***

## **16 CMTE credits for Board Certified Music Therapists**

**Trauma Informed Music Therapy: Responding with Resilience** is approved by the Certification Board for Music Therapists (CBMT) for 16 Continuing Music Therapy Education credits. The Great Lakes Region of The American Music Therapy Association, #P-021 maintains responsibility for program quality and adherence to CBMT Policies and Criteria.

**NO PREREQUISITES REQUIRED FOR MT-BC'S OR STUDENTS.**

## Course Description

This course will provide participants with an overview of trauma and how it impacts clients. Based in the modern understanding that trauma is a whole-body experience, participants will increase their understanding of the neurobiological processes that take place, as well as explore how music therapy can address a variety of trauma symptoms. Participants will be encouraged to reflect on their own experiences and considerations for self-care and vicarious resilience will be discussed.

## Learner Objectives:

**Participants who take this course will: (Numbers in parentheses correspond to the CBMT Board Certification Domains as shown in the Approved Provider manual.)**

1. Demonstrate understanding of the importance of self-awareness, vicarious trauma, resiliency and self-care as it relates to providing trauma-informed music therapy. (IV A 1, 2, 3, 4; IV B3)
2. Recognize and define trauma's effect on clients and communities. (I B4 a-1, 9, 13, C4)
3. Demonstrate understanding of ethical and procedural considerations as they relate to providing music therapy to individuals and communities who have experienced trauma. (II-B1-3; IV B4)
4. Develop trauma-informed music therapy interventions for treatment of clinical and community needs. (I-D1, 3, 4, 9, 10; II A 1 a-h, 2 c, o, t, u, ao, 5j, z)

## Weekend Schedule:

### **Saturday March 10, 2018 - 7:30 a.m. Registration & Breakfast**

8:00 – 8:15 am	Housekeeping, CMTE instructions, Overview of Weekend Schedule
8:15 – 10:30 am	Participant Self-Reflection Trauma Defined The Neurobiology of Trauma Trauma is in the Body
10:30 – 10:40 am	Break – refreshments provided
10:45 – 12:00 pm	ACES Developmental Trauma PTSD and Symptoms
12:00 – 1:00 pm	Lunch on your own
1:00 – 2:30 pm	Trauma Informed Music Therapy Levels of Practice MT Interventions: Grounding Experiential 1 Processing
2:30 – 2:40 pm	Break – refreshments provided

2:45 – 4:15 pm      Trauma Informed Music Therapy Continued  
MT Interventions: Atunement  
Experiential 2  
Processing  
Day 1 Wrap up and Q+A

**Sunday March 11, 2018 - 7:30 a.m. Registration & Breakfast**

8:00 – 8:15 am      Questions, Overview of today

8:15 – 10:30 am     Participant Self-Reflection  
Community / Existential Trauma  
Ethics of Trauma Response  
Experiential 3: Ethical Dilemmas  
Processing

10:30 – 10:40 am    Break – refreshments provided

10:45 – 12:00 pm    MT Treatment Planning  
Role of MT on the Treatment Team  
Experiential 4  
Processing

12:00 – 1:00 pm     Lunch on your own

1 – 2:30 pm          Self Care and Vicarious Resilience

2:30 – 2:40 pm      Break – refreshments provided

2:45 – 4:15 pm      Building Resources and Creating Connections  
Learning and Future Planning  
Q+A

# Trauma Informed Music Therapy: Responding with Resilience

Online registration now available at:

<https://www.alverno.edu/ecommerce/ieo/workshops/musictherapy/index.php>

Name \_\_\_\_\_ Credentials \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

I am applying for: (circle one)      16 CMTE's      no credit (interns)

Fee: \$200 (received until February 23, 2018)

\$230      (received February 24 - March 5, 2018)  
\*no on-site registration accepted\*

\$50      (interns only - no credit)  
\*no on-site registration accepted\*

\*Undergraduate Music Therapy students may register for 1 credit through the Alverno Registrar\*  
Registrar.Alverno@alverno.edu

Payment Method:    Check

Credit Card:            PLEASE REGISTER ONLINE AT THE LINK PROVIDED ABOVE

Make checks payable to *Alverno College*; payment must accompany registration.  
Alverno College Institute for Educational Outreach  
P.O. Box 343922  
Milwaukee, WI 53234-3922

Registrations with credit card payment must be paid online.

### **Cancellation and refund policy:**

Conference fees will be refunded minus a \$25 processing charge for participant-canceled programs ONLY when the written request is received by the Institute for Educational Outreach office within 5 working days before the event. No refunds will be granted less than 5 working days prior to the workshop date. Due to contractual agreements, there are no exceptions to this policy.

**If you need to cancel your registration, send your request in writing  
no later than March 5, 2018 to:**

Alverno College Institute for Educational Outreach  
P.O. Box 343922  
Milwaukee, WI 53234-3922  
or e-mail: [institute@alverno.edu](mailto:institute@alverno.edu)

### **About Jennifer Sokira, MMT, LCAT, MT-BC**

Jennifer Sokira, MMT, LCAT, MT-BC is a Board Certified Music Therapist with over 15 years of experience and she is currently the music therapist at the Resiliency Center of Newtown. She has extensive experience working with clients who have experienced violent community trauma, as well as grief/end of life needs as well as developmental needs.

As music therapist at the Resiliency Center of Newtown Jennifer provides trauma-informed music therapy to children and adults who were impacted by the 12/14/12 tragedy at Sandy Hook School. In addition to her role as a therapist she assists with developing and implementing the center's supportive and therapeutic programming.

Jennifer is also the founder and Executive Director of Connecticut Music Therapy Services, LLC which she established in 2005 and which has grown to a 10 person agency that provides quality music therapy services to children and adults with developmental health, brain health and wellness needs as well as consultation to individuals, schools and agencies.

She is currently an advanced trainee in the Bonny Method of Guided Imagery in Music as well as a Level 2 trainee in Brainspotting. She has authored two chapters and a published research study is a regular presenter locally, regionally and nationally on topics including trauma-informed care, ethics, and on various topics in music therapy business including practice building and marketing. She is Past-President of the New England Region of the American Music Therapy Association, and is also an appointed member of the AMTA Ethics Board.

## Other Information

### **When you arrive at the college:**

Park in the lot at the corner of 39th St. and Morgan Ave. Enter Alphonsa Hall (entrance is south most door facing the east) and follow the signs to the second level. AL 200 is located up the short stairway to the right (accessible elevator also available). Please see the Campus Map below, as there has been updating to the campus in the past year.

### **Food & Beverage**

Breakfast will be provided, in addition to morning and afternoon snacks. Lunch is on your own.

The Commons will be open for lunch both days of the seminar.

A variety of fast food restaurants are also located on and around South 27th Street.

### **Questions?**

For questions regarding Alverno College, please contact the Institute for Educational Outreach:

[institute@alverno.edu](mailto:institute@alverno.edu)

414/382-6087

For questions regarding CMTE's or other music therapy related concerns,  
please contact Nancy Dexter - Schabow at:

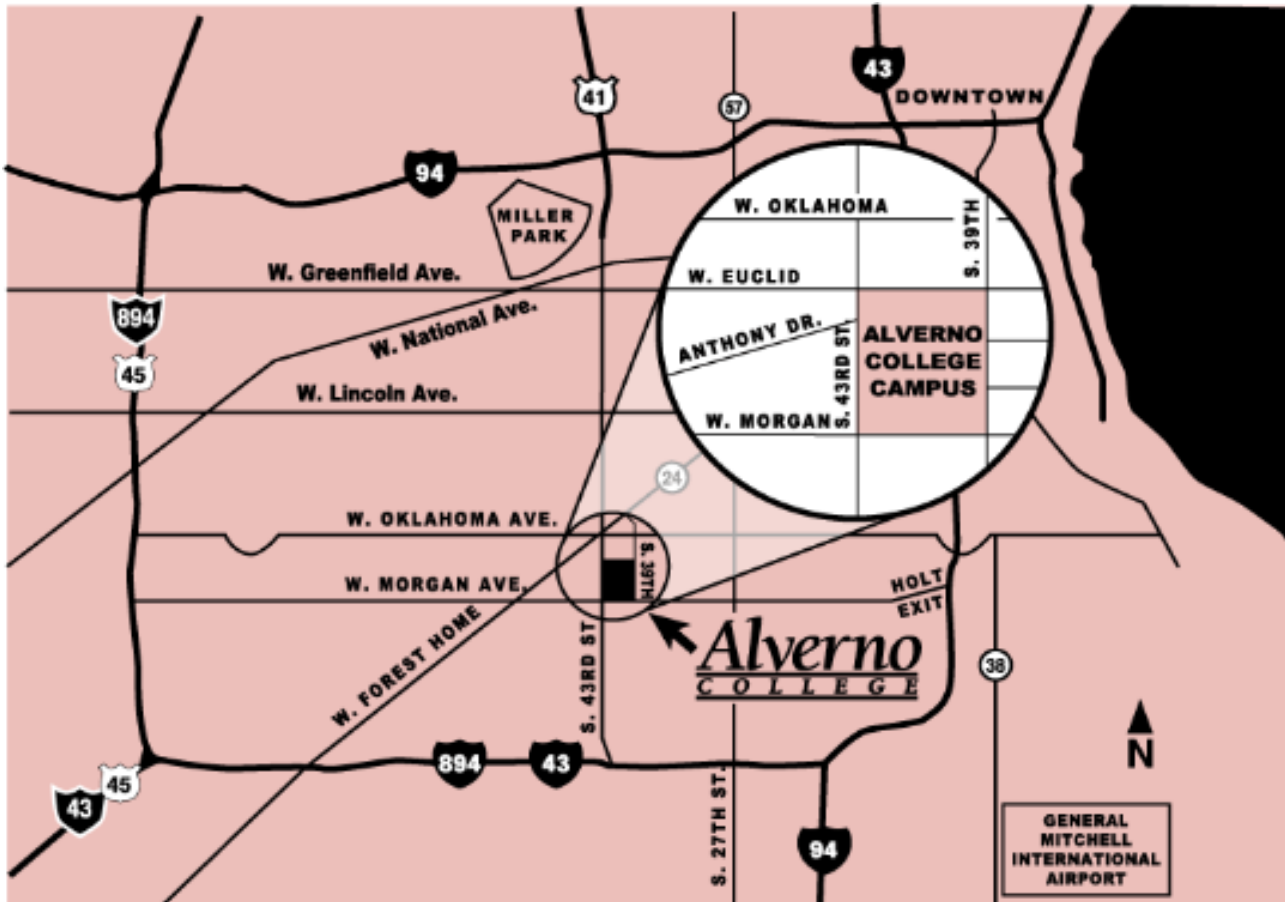
[Nancy.Dexter-Schabow@alverno.edu](mailto:Nancy.Dexter-Schabow@alverno.edu)

414/651-0011

## Map and Directions

Alverno's campus, just 15 minutes from downtown Milwaukee and General Mitchell International Airport, is easily accessible.

Address: 3400 S. 43rd Street, Milwaukee, WI 53234-3922



\*From Chicago:

Take I-94 north to Milwaukee. Take the Howard/Holt Avenue exit. Exit on Holt and go west (left). Holt becomes Morgan Avenue. Continue going west to 43rd Street (2.5 miles). Turn right on 43rd Street. The main entrance to campus will be on your right.

From Green Bay:

Take I-43 south to Milwaukee. Proceed to I-94 toward Chicago. Exit on Holt Avenue, go west. Holt becomes Morgan Avenue. Continue going west to 43rd Street (2.5 miles). Turn right on 43rd Street. The main entrance to campus will be on your right.

From Madison:

Take I-94 east to Milwaukee to Miller Park Way (south). Miller Park Way becomes 43rd Street. Continue south on 43rd Street past Oklahoma Avenue. The main entrance to the college will be on your left.

From Mitchell International Airport:

Take the Downtown Milwaukee exit and go north on I-94. Take the Howard/Holt Avenue exit. Exit on Holt and go west (left). Holt becomes Morgan Avenue. Continue west to 43rd Street (2.5 miles). Turn right on 43rd Street. The main entrance to campus will be on your right.

# ALVERNO COLLEGE MAP

FALL 2014



- 1 Austin Hall (AU)
- 2 Reiman Plaza
- 3 Sister Joel Read Center (RC)
- 4 Founders Hall (FO)
- 5 Pitman Theatre
- 6 Athletic & Fitness Center (AF)  
*Reiman Gymnasium*
- 7 Alphonsa Hall (AL)  
*Lampe Recital Hall*
- 8 Alexia Hall (AX)  
*Under Construction - Opening 2015*
- 9 Christopher Hall (CH)  
*Wehr Auditorium*
- 10 Athletic Fields
- 11 Alumnae Courtyard
- 12 Power House
- 13 Corona Hall (CO)
- 14 Clare Hall (CL)
- 15 Elizabeth Hall (EL)  
*Alverno Early Learning Center*

**PARKING LOTS**

- A Parking Ramp
- B Handicapped Parking
- C Public Parking
- D Permit Parking
- E Public Parking
- F Public Parking
- G Permit Parking
- H Public Parking
- I Public Parking



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