



Music Therapy Association of Minnesota CMTE

Overview of Psychological First Aid (PFA) and the Role of Music Therapy in the PFA Context

Please join the Music Therapy Association of Minnesota at 9:00 a.m. (8:30 registration) on Saturday, March 27, 2010 at Augsburg College for a continuing music therapy education course (CMTE) on the topic of psychological first aid. This CMTE will provide an introduction to Psychological First Aid (PFA) and will cover all core elements of the PFA certification course. Integrated into the CMTE, participants will discuss case examples of adaptive music therapy techniques and how they address components of PFA.

PFA is an evidence-informed modular approach for assisting people in the immediate aftermath of disaster and terrorism: to reduce initial distress, and to foster short and long-term adaptive functioning. It is for use by disaster responders including first responders, incident command systems, primary and emergency health care providers, school crisis response teams, faith-based organizations, disaster relief organizations, Community Emergency Response Teams (CERT), Medical Reserve Corps, and the Citizens Corps in diverse settings.

PFA's principle actions are to establish safety and security, connect to restorative resources, reduce stress-related reactions, foster adaptive short- and long-term coping, and enhance natural resilience (rather than preventing long-term pathology). This CMTE will discuss, in detail, core actions associated with these principles and will integrate, where possible, music therapy adapted techniques and interventions.

Objectives:

At the end of this CMTE training workshop, participants will be able to:

- Identify the basic objectives and components of Psychological First Aid.
- Appreciate the importance of providing Psychological First Aid in the aftermath of disaster or a trauma event.
- Understand how music therapy interventions may be adapted in the context of Psychological First Aid.

This opportunity is open to professionals, music therapy interns, and students. Participants who successfully complete the course will be provided a PFA training certificate as well as receive CMTE credits. Your course instructor is Barbara A. Else.

Over of Psychological First Aid (PFA) and the Role of Music Therapy in the PFA Context is approved by the Certification Board for Music Therapists (CBMT) for five Continuing Music Therapy Education Credits. Credits awarded by the CBMT are accepted by the National Board for Certified Counselors (NBCC). The Music Therapy Association of Minnesota, #P-052, maintains responsibility for program quality and adherence to CBMT policies and criteria.

Schedule of Events:

- 8:30 Registration and Refreshments
- 9:00 Opening and Welcome
- 9:15 Introduction to PFA
- 9:45 Core Actions 1-3
- 11:30 Lunch and Networking
- 12:15 Core Actions 4-6
- 1:45 Break
- 2:00 Core Actions 7-8
- 3:00 Review, Post-Test and Evaluations
- 4:00 MTAM Business Meeting