



## **Music Therapy & Dementia Essentials** ***Special Focus: Telehealth & Outdoor Services*** **with Tara Jenkins, MT-BC**

*"Tara has successfully distilled over a decade's worth of experience using music with those with dementia and their caregivers into a thorough but easy to follow course. Her approachable style and clinical expertise make her universally loved by her clients, in addition to being recognized for her work within the field of music therapy. She truly is an expert on the use of music therapy with those living with dementia and this course is perfect for beginners and seasoned professionals."*

*- Meredith Hamons, MT-BC*

*Founder and Clinical Director of North Austin Music Therapy*

*"Tara's time with the residents of our community is simply incredible. She enters a room, armed only with a music stand, her guitar and her voice, and the room COMES ALIVE. Anyone in our profession knows how challenging it can be to reach residents of a nursing home, in late stages of varying dementia's, but Tara does just that, REACHES them. Seeing the response she gets puts a smile in my heart every time."*

*- Brenda Norris ACC, CDP (Life Enrichment Director)*

**Description:** In this course participants will explore the essentials of music therapy and dementia and learn how to successfully and effectively strengthen therapeutic skills in this environment. The instructor will provide a brief overview of dementia as well as dementia specific resources, share how to become an expert in dementia care, demonstrate how to set yourself up for success in the clinical setting, and assist participants in developing strategies and techniques to create meaningful experiences with clients, professionals, and caregivers. Additionally, the instructor will share helpful tips, tools, and resources to support participants when providing group and individual telehealth and outdoor services for older adults.

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**Prerequisites:** Facebook profile is recommended, not required. The course forum is held in a Facebook group. In lieu of a Facebook profile, you are encouraged to interact with the instructor via email.

### **Board Certification Domains:**

**III. A.1.a.b:** Participants will identify three techniques to develop and strengthen rapport when working with older adults living with dementia during telehealth and/or outdoor services.

### **Instructor Qualifications:**

Tara Jenkins, MT-BC specializes in providing group and individual music therapy services for older adults and their caregivers. She is currently the Senior Staff Music Therapist at North Austin Music Therapy. She has spent the last 13 years working in the dementia field and during that time has held several different roles expanding her experience and receiving extensive training in Alzheimer's and dementia care. Tara is extremely passionate about providing quality services for those living with dementia and feels strongly about creating meaningful connections, no matter who she is working with. She frequently presents on the topic of music therapy and dementia for caregivers and professionals and in 2017 she co-authored the book "Music, Memory, and Meaning."

### **Live Course Format:**

#### **PART I (75 minutes total)**

#### **Section 1: Introduction and Outline (5 minutes)**

- a. Qualifications and experience
- b. Outline of Presentation



**Section 2: Be the Expert** (20 minutes)

- a. Overview of Dementia/Dementia Cheat Sheet
- b. Review Music Therapy and Dementia Specific Resources

**Section 3: How to Set Yourself Up for Success** (25 mins)

- a. Plan Ahead/Ideal World
  - a. Setup for in person, telehealth, and outdoor services
  - b. Distractions
  - c. What to do about serving food/drink
  - d. Staff assistance
  - e. Who to invite
- b. Starting Services/Reality
  - a. What to do if setup is not ideal
  - b. Limit distractions

**Section 4: Types of Telehealth and Outdoor Services** (20m)

- a. Types of Telehealth Sessions
  - a. Individual
  - b. Group
- b. Types of Outdoor Sessions
  - a. Individual
  - b. Group

**Wrap Up** (Last 5 minutes)

- a. Q&A

**PART II (75 minutes total)**

**Section 1: Best Practices** (35 minutes)

- a. Preserving Dignity
- b. Assessment in the Moment
- c. Join Their Reality
- d. Building Rapport



**Section 2: How to Pivot During the Pandemic and Beyond** (30 minutes)

- a. Tips and Strategies for Outdoor Group Services
- b. Tips and Strategies for Outdoor Individual Services
- c. What to Do When the Unexpected Happens Outside
- d. What's in Your Bag
- e. Tips and Strategies for Telehealth
- f. What to Do When the Unexpected Happens in Telehealth

**Wrap Up** (Last 10 minutes)

- a. Q&A

**Total time: 150 minutes**

**Number of CMTEs: 3    Price: \$85**

**Refund Policy:** Within 30 days of your first subscription payment or any single course purchase, if you are not 100% completely satisfied with our ever-expanding library of stellar video courses and interventions then we will gladly refund your money after a short exit interview. Subscription payments after 30 days are FINAL SALE ONLY. In other words, no refunds are available for subsequent subscription payments. Send an email to [info@musictherapyed.com](mailto:info@musictherapyed.com) for more information. Refund requests must be accompanied by a thorough explanation and completed course homework. Refunds are granted or denied on a case-by-case basis. No refunds are given after 30 days of purchase date.

**CBMT Relationship: Music Therapy & Dementia Essentials**

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