



Introduction to Trauma-Informed Care with Ethical Implications with Alicia Hrubrey, MT-BC

"The time I spent with Alicia provided benefits beyond my expectations. The information she presented about trauma and how it relates to students' behaviors was eye opening, and her real-life teaching strategies were tailored to fit my needs. I look forward to learning more from her in the future." // Michelle Brunkhorst

"This is the kind of professional development music teachers need and want so we can truly tap into the way that our special discipline can help all students learn, grow, create and feel safe. The highly enlightening, power packed presentation was streamlined to cater to our questions and requests, and I took away several ideas and strategies that I began to employ immediately in my teaching." // Heather Rotunno

Description: In this course participants will gain a foundational knowledge of trauma and trauma-informed care. Participants will explore what trauma is, how it affects the brain, learning, behavior, and relationships. Included will be discussion on how we as music therapists can create safe, supportive environments so that clients feel precious, powerful, and worthy. We will also explore the effect of secondary trauma on practitioners and examine how we can take care of ourselves in this difficult and uncertain time. Geared toward practitioners who work with children, adolescents, and young adults this 4-credit CMTE course will fulfill CBMT ethics requirements. Additionally, after the virtual presentation, Alicia will be offering 1-hour of office hours for participants to have individual questions answered.

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:

II. B. 4. I.: Participants will learn how to identify the impact of stressors related to present status, including trauma, on the client's therapeutic experience.

III. A. 2. c.: Participants will explore the ethical implications of providing individualized music therapy experiences that address client's abuse and trauma.

III. A. 5. W: Participants will develop action plans to achieve the therapeutic goal of identifying and responding to significant events as appropriate within their clinical practice.

Instructor Qualifications:

Alicia Bousner Hrubey is a board certified music therapist and the founder and Executive Director of In Harmony Therapeutic Services, a Cleveland, OH based not-for-profit which specializes in using the arts combined with trauma informed supports to help children learn, grow, create, and heal.

Alicia received a Bachelor of Arts degree in Psychology from the University of Mount Union in 2010 and a Master of Music degree in Vocal Performance from the Cleveland Institute of Music in 2012. Alicia has worked extensively in the special needs community. She has training in Applied Behavioral Analysis therapy and has worked for a variety of special needs organizations, primarily in providing music therapy to individuals living with autism spectrum disorder and other developmental disabilities.

As her clinical perspective grew, Alicia realized that music therapy could be beneficial for children and adolescents to process emotions, receive extra academic support, and perhaps help them heal from traumatic events. She now specializes in using music therapy with children and adolescents who have experienced trauma. She is currently working on research as the final step in obtaining a trauma-informed certification through Lesley University. In addition to trauma-informed supports, Alicia combines music therapy with Positive Behavior Intervention supports, restorative practices, and community building to promote social emotional learning and executive functioning in individuals and groups. She believes in a multimodal, individualized, whole-child approach of which the foundation is a strong therapeutic relationship. Alicia offers professional development and has presented both locally and regionally.



Live Course Format:

1. Introduction (10 min)

- a. Bio
- b. Expectation and intention setting
- c. Ethical implications of trauma-informed care

2. Trauma overview (25 min)

- a. Definition
- b. Examples
- c. ACE study

3. Trauma's effect on the brain (25 min)

- a. Neurobiology and development
 - Brain development (bottom up)
 - Midbrain
 - Prefrontal cortex

4. Impact of Trauma on Learning/Processing (25 min)

- a. 3 categories
 - Academic Performance
 - Behavior
 - Relationships
- b. Academic Performance
 - Foundations for learning
 - Executive Functioning
- c. Relationships
 - Adults (if children) and Peers
- d. Whole person approach
 - Cognitive
 - Relationships
 - Self-regulation
 - Health/well-being

5. Trauma Sensitive Supports in practice (40 min)

- a. Ethical implications in clinical practice
- b. Attributes
- c. Flexible framework
- d. Examining behavior in an intentional way
- e. Aspects



Safety and Predictability
Connectedness
Social Emotional Skill
Consequences

f. Personal Practice discussion

6. Balance (25 min)

a. Assertive

Restorative

b. Composure

c. Vicarious/Secondary Trauma

d. Self-Care

Understanding and recognizing your own trauma

What do you NEED?

Zoom Office Hour (50 mins)

Total time: 200 minutes

Number of CMTEs: 4 Price: \$95

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 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: *Introduction to Trauma-Informed Care with Ethical Implications with Alicia Hrubrey, MT-BC* is approved by the Certification Board for Music Therapists (CBMT) for 4 Continuing Music Therapy Education credits. MusicTherapyEd.Com, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.