

SWAMTA 2026 Conference Promotional Opportunity:
Pack Light, Sis: Sociocultural Reflexivity for Transgenerational Trauma and Bias
Conference "Collaboration is Key" to be held in Houston March 26 - 28, 2026

Date to be offered: March 26, 2026 (1-3 PM)

Format: Synchronous presentation

Date submitted to CBMT: 1/17/2026

Name of opportunity: Pack Light, Sis: Sociocultural Reflexivity for Transgenerational Trauma and Bias

Number of CMTEs offered: 2

Cost to participant: \$40

Schedule:

1:00 - 1:30 Introduction and Conceptual Framework
1:30 - 1:40 Break
1:40 - 2:45 Experiential Practice- Unpack & Pack Light
2:45 - 3:00 Conclusion & Call to Action

Prerequisites: None

Presenter:

Anysia Palmer, MMT, MT-BC, NMT, CTP

Presenter Qualifications:

Anysia Palmer is a dynamic, highly credentialed clinician and educator who brings a rich background in music and education to her practice. She holds a Master's degree in Music Therapy (MMT) from Loyola University New Orleans (2023) and is a Board Certified Music Therapist (MT-BC), a Neurologic Music Therapist (NMT), and a Certified Trauma Professional (CTP).

Anysia began her career in education, where she spent 13 years working as a classroom teacher, music specialist, trainer, and administrator. Following this, she took a "very big leap" into music therapy, committing to full-time study during the pandemic with the support of her loving family. Anysia is currently the Lead Music Therapist for Choice Hospice and maintains a private practice, Music Therapy in Color, in the greater Houston area, focusing specifically on trauma and identity exploration. Her dedication to the next generation of practitioners is

demonstrated by her roles as a Professor of Music Therapy at Sam Houston State University and a Professional Partner in the Performing Arts at Texas A&M University.

Her scholarly work is vital and highly specific, centering on Transgenerational Trauma (TgT) and the crucial need for anti-oppressive practices in music therapy. Her scholarly project, dramatically titled “Bag Lady, You Gon’ Hurt Your Back”: Understanding the potential impact of transgenerational trauma on the music therapists’ entry into the therapeutic relationship, uses the powerful metaphor of the “bag” and “baggage” to explore the impact of ancestral and personal lived experience—particularly for Black and Indigenous People of Color like herself—on professional practice. Her work advocates for critical self-reflection to mitigate harm and foster healing.

When she isn't dedicating her time to music therapy, Anyisia enjoys a busy home life with her dear husband, Aaron, enjoying the outdoors, crafting, and trying new things. Her family is completed by their three dogs: Bindi, Toviah, and Major Tom.

Abstract:

This continuing education experience explores the impact of transgenerational trauma (TgT) on music therapists' self-view and practice, centering BIPOC voices. It utilizes the Culturally Comprehensive Thinking Model to guide critical self-reflection. Therapists learn to “unpack” biases rooted in white supremacy and “pack light” by incorporating culturally comprehensive practices and resilience strategies to mitigate harm and maximize positive impact.

Learning Objectives:

Objective 1: Participants will recognize the potential for interpersonal and psychological harm perpetuated by unresolved biases, such as microaggressions or lack of awareness, in the therapeutic relationship. (BCD 1B)

Objective 2: Participants will recognize the manifestations of Transgenerational Trauma and its impact on their self-view, allowing them to better manage transference and countertransference in the therapeutic relationship. (BCD 3A-5)

Objective 3: Participants will integrate principles of Cultural Humility and utilize methods of sociocultural reflection (e.g., Reflexive Journal Writing, Artistic Cultural Reflexivity) into their ongoing professional development. (BCD 2B-4)

Objective 4: Upon completion, participants will be able to evaluate the influence of personal and professional assumptions and biases rooted in TgT and white supremacy on their music therapy practice. (BCD 5B-13)

Cancellation and Refund Policy:

Refunds requested on or before March 12, 2025 will be returned in full. After March 12, 2025, partial refunds or exceptions for hardship will be given at the discretion of the board.

Statement of Relationship:

“Pack Light, Sis: Sociocultural Reflexivity for Transgenerational Trauma and Bias” is approved by the Certification Board for Music Therapists (CBMT) for 2 Continuing Music Therapy Education credits. The Southwestern Region of the American Music Therapy Association, P-055 maintains responsibility for program quality and adherence to CBMT policies and criteria.