

NER CMTE #6 Promotional Materials:

Thursday, March 26th, 2026

2pm-5pm

Title: I'll Meet You in the Music: Expressive Elements in Clinical Improvisation

Presenters: Donna W. Polen, LCAT, MT-BC

CMTE Credits: 3

Opportunity Cost: \$65.00 (AMTA Member Pricing) or \$95.00 (Non-AMTA Member Pricing)

Presenter Qualifications:

Donna is a music-centered, humanistic MT with more than 40 years of diverse clinical experience. She's an author, educator, and supervisor. She currently serves as Faculty Supervisor & Internship Director at RMTS and as a Clinic Supervisor at Nazareth University.

Abstract: You and your client enter the music. What next? How do you meet them in the music? How can you work with music to communicate support, safety, and respect? Let's explore the intentional use of expressive elements and their value during clinical improvisation as a strategy for interpreting and responding to the efforts of another person within a therapeutic relationship.

Prerequisites: None.

Course Outline:

30 minutes

Introductions/check-in with participants and written pre-test (4 questions)

Open discussion on clinical intent of musicing within an improvisational framework and interpreting client responses (assessment)

30 minutes

Contextual definitions (Bruscia; Wigram; Maslow) followed by interactive brainstorming: Expressive Elements in Music

10 minutes

Break

70 minutes

Follow-up discussion of clinical intent expanded to include client safety, and opportunities for play (instructor demonstration followed by participant volunteers):

- 1-note improvisation (solo)
- 2-note improvisation (duet)

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Targeting specific expressive elements and practice strategies

10 minutes

break

30 minutes

Written post-test (4 questions); course evaluation and final thoughts

CBMT Objectives & Domains:

Participants will discuss and clarify the clinical intent for incorporating specific expressive elements of music during clinical assessment and improvisation experiences.

(Knowledge 2B5; Task 18)

Participants will select and explain at least six (6) expressive elements of music that can be used during clinical improvisation experiences as a strategy for interpreting and responding to the efforts of another person within a therapeutic relationship.

(Knowledge 3A10 & 3A11; Task 39)

Participants will identify and describe at least three (3) practice techniques for developing clinical improvisation skills focused on expressive elements of music.

(Knowledge 3A10 & 3A11; Task 39)

Cancellation and Refund Policy:

If you are unable to attend the CMTE workshop after registering, please request a refund via email to the Conference Chair at vicepresident@neramta.org no later than 9am on the day for which you would like a refund. In the request, please state your reasoning for needing a refund, and the team will review and respond to you within 24 hours of receiving the request. Refunds will be processed as quickly as possible. Registrants are responsible for processing fees associated with the platform except in case of hardship.