



# Cultivating Creative Resiliency

For Therapists Who Work With Children  
With Kate Shannon, LCAT, MT-BC



# WHY CREATIVE RESILIENCY?

As therapists, there is no better time to deepen our understanding of resiliency factors in children. The more resiliency factors a child has, the more likely they will thrive in the world, despite the challenges they may face.

Creative resiliency is a factor that we can easily support in children and it has **profound ripple effects**. Children are naturally creative, and unfortunately, this skill is too often lost as children move into adulthood.

The future of our world depends on a new generation of creative thinkers, adaptive minds, and connected relationships. Creative resiliency can build these skills to support the mental well-being of the **individual child as well as the larger community**.

## THIS COURSE

We will use experiential teaching so that you can first grow your own ability to **think creatively, expand your awareness, and shift your perspective**.

We will use theories from a variety of fields, including developmental psychology, resilience science, existential theory, Buddhist psychology, Relational-Cultural Theory, improvisational comedy, and others. Once grounded in these theories, we can then move forward to make actionable steps towards cultivating creativity in ourselves.

Most importantly, after we engage in experiential practices grounded in these theories, we will target the **applicability of these experiences into the child therapy room**.

At the end of this course, we will cover a list of resources and references for continued learning and inspiration.

Although this course will cover a variety of theories, experiences, and applications, it is by no means an extensive look into the world of creativity. **Creativity is a unique experience for each individual** and a highly abstract concept.

I encourage you to take on your creative journey as a never-ending endeavor to be enjoyed and experienced throughout life. **Don't stop here!**

Thank YOU for taking the time to immerse yourself in this content. Your creativity directly impacts your clients and that is **a fabulously powerful thing**.

*Kate*

# HOW TO:

[Click here for the link to the video content for this course.](#)

It might be helpful to bookmark the link above to the videos. I suggest printing out this workbook so you can interact with the visuals.

Links for the group consultation calls will be sent to you via e-mail. If you cannot attend live, you can watch the pre-recorded videos, which will be added to the video playlist above.

If you are a music therapist seeking credits, you must complete the course within 90 days of purchase.

## CERTIFICATE OF COMPLETION

Are you a music therapist?

Yes

No

1. Watch all course videos, complete your workbook, and attend office hours (live or pre-recorded - dates below).
2. [Complete the CBMT course evaluation here \(MANDATORY\)](#)
3. [Complete the course post-test here](#)
4. An e-mail with the certificate will be sent to you once you have passed the post-test!

1. Watch all course videos, complete your workbook, and attend office hours (live or pre-recorded - dates below).
2. [Complete the general course evaluation](#) (optional)
3. [Complete the course post-test here](#)
4. An e-mail with the certificate will be sent to you once you have passed the post-test!  
(This course is not currently pre-approved for credits through any other entity at this time. This is a general certificate of completion.)

Please feel free to reach out if you have any questions, concerns, or trouble with this process! We are happy to help!

Contact us at [creativetherapyumbrella@gmail.com](mailto:creativetherapyumbrella@gmail.com)

# COURSE INFORMATION

## Prerequisites:

None. This course is designed for all levels of therapists, including students, interns, entry-level professionals and seasoned professionals.

## Objectives:

- Participants will identify one experience to implement to support self-motivation (CBMT Domain II.A.2.x)
- Participants will name two creative client responses that can occur within the therapy session (CBMT II.A.2.aa)
- Participants will name one experiences that could support self-awareness and insight (CBMT II.A.2.ao)
- Participants will name two creative and flexible experiences to meet clients needs (CBMT II.A.5.z)

## Number of Credits:

This course is available for 5 credits through CBMT. At this time the course is not pre-approved for credits through any other entities. Music therapists completing this course for credits must complete the course within 90 days of purchase.

## Materials and Group Consultation Calls:

Video course, experiential workbook, access to Facebook group for support, and two group consultation calls (live or pre-recorded) on **Monday, August 3rd at 5 PM MST** and **Wednesday, August 12th at 7:00 PM MST**. Video calls will be uploaded to your video playlist after the dates.

## Opportunity Cost:

\$74

## Cancellation/Refund Policy:

100% refund within 30 days of purchase is you are not satisfied with the quality of the course. Refunds will only be given with proof of purchase and evaluation completion. No refunds can be given after 30 days of purchase or after CMTE credits have been granted. You can view our [full grievance policy here on our website.](#)

If you are unsatisfied, you are encouraged to reach out to communicate concerns, questions, or grievance so we can help! We love hearing from our community and want to find a way to support in the best way possible. Please reach out to Kate at [creativetherapyumbrella@gmail.com](mailto:creativetherapyumbrella@gmail.com) with any questions or concerns.

## Instructor Qualifications:

Kate is a Licensed Creative Arts Therapist, Board Certified Music Therapist, and is about to sit for her exam to become a Licensed Professional Counselor. She's spent her career supporting children with life-limiting medical diagnoses, mental health needs, and developmental differences through creative expression. Kate is passionate about the intersections between the creative arts modalities and helping therapists build creative resiliency in children.



# CONTENT

Introduction (1:03)  
Background Information (4:40)  
Resiliency & Importance (5:47)  
Scope of Practice (6:00)  
Helpful Tips (5:03)

## MAIN STEPS AND EXPERIENCES

### 1 Acceptance (2:46)

- A Process over Product (3:46) (2:00) (4:23)
- B Yes and.... (5:47) (1:04) (2:26)
- C Follow the Muse (6:55)
- D Clinical Example (4:53)
- E Clinical Example (3:23) Song (1:35)

### Space (2:01)

- A Boredom (8:04)
- B The Pause (4:43)
- C The "F" Words (7:37) (5:00)
- D Clinical Example (4:50)

### 3 Environment (1:17)

- A The Physical Space (4:01) (5:00)
- B Perspective (5:07)
- C You (5:11)
- D Clinical Example (7:02)

### Senses (0:56)

- A Get Playful (5:15) (5:00)
- B Flow (7:26)
- C Kinesthetics (6:12)
- D Clinical Example (5:37)

### 5 Arts (1:03)

- A Expansion (5:20)
- B Experimentation (3:51)
- C Reflection (2:44) + (5:00)
- D Clinical Example (4:00)

Scope (3:07)  
Client Preference (1:29)  
Group Consultation Calls (1:53)  
Wrap-Up (3:50)

Videos + Exercises:  
177.27 minutes

Consultation Call/Videos:  
100 minutes

TOTAL:  
277.27 minutes