



# The Umbrella Community

An online community to support your knowledge of child/teen mental health, counseling skills, trauma-informed care, and bridging music with creative arts



# THE UMBRELLA COMMUNITY

Have you felt like you need support with your child-specific verbal skills? Have you wondered about how to support the mental health of children and teens of all abilities? Have you ever wondered how to expand your music interventions & activities to include other creative arts?

Then the Umbrella Community is the space for you!

We are uniquely situated to support children in building their resiliency through creative expression, but only if we have the right tools in our bag. This community is a place to add your toolbox and build your confidence as a clinician who can support children of all abilities with their emotional well-being.

We cover child mental health, child counseling skills, infant/child development, trauma-informed care, and the creative arts within music. You get tons of knowledge plus ready-to-go intervention ideas, visual downloads, and more!

## In this community, you will get...

- A monthly email with intervention ideas, informational downloads, and implementation videos
- A monthly group consult call that you can attend live or watch later
- Opportunity for individual 30-minute consultations over the year
- Access to the Creative Therapy Umbrella Resource Library
- Private Facebook group access to support your connections with others and engage in discussions
- Steep discounts on courses, podcast bundles, consultation packages, and everything in our shop!

You'll save time because you'll have tons of resources at your fingertips. You'll save energy because the information is tailored just for you and it's all in one place.

You'll save money because you'll earn 15 CMTE credits for participating and get huge discounts on upcoming courses.

The best part? You'll GAIN a community to lean on, to learn from, and to grow with.

I can't wait to walk alongside you on your learning journey!

*Kate*

# HOW THIS WORKS:

This is easy peasy lemon-squeezy.

First, you'll be sent an email with your membership login and password. From here you will be able to access the "members only" area of the website where you will find resources, interventions, songs, visuals, videos, and all material ever created in Creative Therapy Umbrella.

Then, you will then receive access to the private Facebook group for community members only. This is a safe space for us to come together as clinicians and share ideas, learn from each other, and have fun!

You will be sent a zoom link for every 50-minute group consultation call directly to your email. These links will also be provided in the private Facebook group.

In order to receive the 15 CBMT credits, you will have to attend and/or watch the recorded group consultation calls (15 total). At the end of the year, you will get an e-mail with links to the evaluation and the post-test. Once you pass the post-test, you will be sent a pre-approved CBMT certificate!

Throughout the year, I will open up additional office hours for 30-minute private consultation calls to support you with your direct and individualized needs as a clinician.

## WHAT MEMBERS ARE SAYING:

*"This community has drastically impacted my clinical work for the better, allowing me to be more present, creative, and connected with clients. It is so great to bounce ideas off of each other in community calls and to learn how to be better clinicians."*

*"I love the variety. I gain so many outside the box ideas and tools, how to implement ideas, ... and support from members"*

# COMMUNITY COURSE INFORMATION

## Prerequisites:

None. This community course is designed for all levels of therapists, including students, interns, entry-level professionals and seasoned professionals looking to learn more about child developmental and mental health.

## Objectives:

- Participants will identify humanistic approaches and how they can be integrated into music therapy for children. (CBMT Domain III.A.3.e)
- Participants will identify five creative and flexible responses to clients behaviors, verbalizations, or actions. (CBMT Domain III.A.5.ee)
- Participants will identify five ways to bring in individualized preferences of a client to support musical and/or creative engagement. (CBMT Domain III.A.2.ff)
- Participants will identify five books/articles/research that supports the use of various approaches as it applies to support child mental health and wellness. (CBMT V.A.2.)

## Number of Credits:

This community course is available for 15 credits through CBMT. Partial credit cannot be offered. The 15 credits will be offered at the end of the year cycle once all group consultation calls have been recorded and completed.

## Materials:

Access to membership site that includes: songs, video tutorials, visuals, intervention ideas, and Informational downloads. Access to a private Facebook group for members only. Recorded versions of group consultation calls available on Facebook group.

## Opportunity Cost:

\$254 for one year, or \$22 per month for 12 months. Students and interns can receive a special discounted rate (please contact Kate at [Kate@creativetherapyumbrella.com](mailto:Kate@creativetherapyumbrella.com)).

## 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 [kate@creativetherapyumbrella.com](mailto:kate@creativetherapyumbrella.com) with any questions or concerns.

## Instructor Qualifications:

Kate is a Licensed Clinical Professional Counselor, Licensed Creative Arts Therapist, and Board Certified Music Therapist. She's spent her career supporting children with medical diagnoses, mental health needs, and developmental differences through creative expression. Kate is passionate about supporting music therapists with developing more knowledge of child development, child counseling skills, trauma-informed care, and building creative resiliency in children.



The Umbrella Community CMTE is approved by the Certification Board for Music Therapists (CBMT) for 15 credits. Creative Therapy Umbrella, LLC (P-197) maintains responsibility for program quality, and adherence to CBMT policies and criteria.

# SCHEDULE 2021-2022

Group Consultation calls will occur on every 3rd Monday at 9:00 PM EST for 50 minutes. Three additional calls are scheduled throughout the year (see below).

Themes will focus on learning new information, applying ideas to sessions, group practice, and idea discussion.

Links and recordings of group consultation calls will be sent via email and be available in a private Facebook group. Reminders for each group consultation and link will be sent out before each consult.

October 18th	New Member Welcome & Support
November 15th	Trauma Informed Approach
November 29th	Creativity Development
December 20th	Child Counseling Skills & Practice
January 17th	Relational Approach
January 31st	Adapting Interventions
February 21st	Open Consultation & Resource Share
March 21st	Adverse Childhood Experiences
April 18th	Childhood Anxiety & Depression
May 16th	Emotional Regulation
June 20th	Setting Limits & Boundaries
July 18th	Imposter Syndrome
August 15th	Nature-Based Therapies
August 29th	Narrative & Stories in Therapy
September 19th	Open Consultation & Skills Practice