

The Introvert's Guide to Thriving in an Extroverted Career

Rachel Rambach, MM, MT-BC

Course Description

Music therapy is a profession that requires a great deal of interpersonal communication. We serve as therapists to our clients, colleagues to fellow professionals, leaders to students and interns, and educators to our community. All of these relationships and opportunities for communication can become overwhelming for music therapists with introverted personalities. This course provides an arsenal of strategies to help introverts best harness their energy and avoid social burnout, both inside and outside of the clinic.

Learning Objectives

1. Participant will be able to develop a therapeutic relationship with clients in a fully present and authentic way. (BCD II.A.1.b)
2. Participant will be able to recognize and manage aspects of his/her own feelings and behaviors that may affect the therapeutic process. (BCD II.A.1.f)
3. Participant will be able to develop and maintain professional and effective working relationships with colleagues and community members. (BCD IV.B.8)
4. Participant will be able to serve as a confident ambassador and advocate for the profession of music therapy. (BCD IV.B.20)

Course Outline

I. Own Your Introversion (50 minutes)

In this section, participants will focus on understanding their personalities, and introverted tendencies better in order to help structure their professional lives in a way that best suits their strengths.

1. Overcome the Initial Fear
2. Know Thyself
3. Curate Your Specialties
4. Take Charge of Your Inner Voice

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II. Navigating the Social Waters (45 minutes)

In this section, participants will learn preparation strategies before engaging with others both clinically and socially (within the realm of the professional setting). They will also receive tips and tools for comfortable social interaction.

1. Do Your Homework in Advance
2. Rehearse Just the Right Amount
3. Harness the Power of the Written Word
4. Do Something Scary Every Day

III. Recovery and Self-Care for the Introvert (35 minutes)

In this section, participants will receive guidance for engaging in practices and activities to preserve their social energy and utilize the resources available to increase their level of ease in social environments.

1. Avoid the Path to Burnout
2. Recharge Your Social Batteries
3. Find the Extroverted Yin to Your Introverted Yang
4. Set Goals for Growth

Final Evaluation (20 minutes)

Instructor Qualifications

Rachel Rambach, MM, MT-BC is the introverted co-owner of Music Therapy Connections, a private practice and teaching studio in Springfield, Illinois. She also maintains Listen & Learn Music, a resource for music therapists containing 200+ original songs. Rachel has taught CMTE courses both in person (including at AMTA national conferences) and online at MusicTherapyEd.com.

Contact

rachel@listenlearnmusic.com
<https://listenlearnmusic.com/introvert>

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Participant Post-Test

1. Take one of the personality assessments listed in Section I, and share your results. Write a short paragraph describing the attributes of your type that best describe your personality, and how it affects your interpersonal relationships.
2. What are some ways you can communicate with colleagues and other professionals in a manner that feels both comfortable and effective?
3. List 3 self-care strategies you will implement for preserving your social energy, as well as 1 goal for growth in the area of social interaction.

Important Information

Prerequisites: None

Number of CMTE Credits: 3

Price: \$75

Refund Policy: If you are not satisfied with this course, you have 30 days to submit a written request for a refund, including an explanation for your dissatisfaction. The course creator reserves the right to approve or deny refund requests on a case-by-case basis.

The Introvert's Guide to Thriving in an Extroverted Career is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. Music Therapy Connections, #P-103, maintains responsibility for program quality and adherence to CBMT policies and criteria.