



## **ZERO TO FULL TIME: OLDER ADULTS with Meredith Hamons, MT-BC**

*“Meredith Hamons **will inspire your creativity and challenge you to engage musically** with seniors in your in sessions.  
–Jennifer D. Jones, PhD, MT-BC*

*“[Meredith] has... excellent session plans, ideas, and strategies for working with the older adult population. **I feel so much more confident in planning my sessions** and my time in the assisted living communities have truly become the highlight of my week!” –  
Kristen Van Dyke, MT-BC*

*“Meredith shares **well thought out and tested materials** in an engaging manner based upon her successful experiences in private practice. Having marketed her business and two books, **she has a diverse background from which to draw.**” -JoAnn Jordan, MT-BC*

**DESCRIPTION:** *Zero to Full Time: Older Adults* is designed to help both professionals and students create or expand their dream job practicing music therapy with older adults. Within this course, participants can expect to learn how to build and structure a program from the ground up, in addition to presenting business strategies and ways to overcome challenges unique to the older adult setting. *Zero to Full Time: Older Adults* includes step-by-step information on creating and executing a practical and effective marketing plan, including multiple real-life scenarios. It also covers ideas for structuring older adult music therapy sessions, keeping interventions fresh and engaging, and adapting materials to benefit diverse ability levels. Course participants will be challenged to take the first steps towards starting their own program through exercises that guide them through initial planning and marketing. By the end of this course, course participants will have a clear understanding of how to create, develop, and successfully market a music therapy program for older adults and be ready to immediately turn ideas and new knowledge into a thriving practice.



**PREREQUISITES:** Facebook profile is recommended, not required. The course forum is held in a Facebook group. Participants may submit insights via email in lieu of the Facebook forum.

**BOARD CERTIFICATION DOMAINS:**

**II.D.3:** Participants will learn how to effectively market and advocate for a music therapy program for older adults using a variety of strategies and techniques.

**II.D.11:** Participants will learn how to create engaging and therapeutically effective session plans for older adults.

**INSTRUCTOR QUALIFICATIONS:** Meredith Hamons, MT-BC is the founder and clinical director of North Austin Music Therapy. She is the author of *Musically Engaged Seniors* and co-author of *Music, Memory, and Meaning*.

**VIDEO COURSE FORMAT:**

Lesson One: (25 minutes)

1. Course Introduction
2. Business Basics
3. Establishing YOUR Vision
4. Develop a Vision for Your Program

Lesson Two: (29 minutes)

1. Preparing to Launch: Acquire Basic Supplies
2. Prepare Your Program Description
3. Make Marketing Materials

Lesson Three: (58 minutes)

1. How to Market
2. Before that First Call...
3. Marketing Storytime

Lesson Four: (42 minutes)

1. Developing a Musically Engaging Older Adult Music Therapy Program
2. Course Wrap-Up

**Total video time: 154 minutes**

**Number of CMTEs: 3**

**Price: \$95 (included in VIP)**



**Refund Policy:** Within 30 days of your first membership payment, if you are not 100% completely satisfied we will gladly refund your money - no questions asked. VIP Membership payments after 30 days are final sale only. Send an email to [Info@MusicTherapyEd.com](mailto:Info@MusicTherapyEd.com) for more information. By signing up for a VIP Membership plan, you understand that you may cancel your membership at any time through your MusicTherapyEd.com account under "Billing," or by sending an email to [Info@MusicTherapyEd.com](mailto:Info@MusicTherapyEd.com).

**CBMT Relationship:** *Zero to Full Time: Older Adults with Meredith Hamons, MT-BC* is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. MUSIC THERAPY ED, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.