

## African American Mental Health Training and Technical Assistance Program



# Emotional Reparations: Not-Your-Average Initiatives for Holistic Healing and Health within African American Communities



#### **Description:**

Participants will learn how culturally specific sonic therapy can help facilitate health and healing within the African-American community. Participants will also gain access to a practical resource of a culturally specific sonic healing album that can be used in service to African-American clients. Using embodied forms of knowledge ranging from interviews with African-American death doulas to sounds of the Pacific Ocean, this training explores how sound is a vehicle able to offer a transcendent and healing presence into the space of the listener.

**Target Audience:** Staff of Alameda County Behavioral Health, and Mental Health and SUD provider staff from *contracted* Community-Based Organizations (CBOs).

#### Measurable Learning Objectives:

- 1. Participants will be able to define the term music thanatology.
- 2. Participants will be able to identify at least one difference between music thanatology and music therapy as modes of healing.
- 3. Participants will be able to explain two ways to utilize sonic therapy in healing that is summarized in the framework of Dr. Emilie Towne's "Womanist Ethic of Care."
- 4. Participants will be able to use two practical tools from culturally specific sonic healing albums as a resource to develop a plan of care for their clients in the African-American community.

#### **About the Presenter:**

Nia Campinha-Bacote is passionate about connecting music, public health, and spiritual wellbeing to drive racial and social equity. She previously interned as a hospital chaplain at the Yale-New Haven Hospital, leading a spirituality group for patients in the psychiatric units and providing spiritual care for the Emergency Department and Intensive Care Units patients. She is also a certified Emotional Emancipation Circle Facilitator to hold space for evidence-informed, psychologically sound, culturally grounded, and community-defined self-help support groups for people of African ancestry. Nia received her Master of Divinity from Yale Divinity School and received certification from Yale's Institute of Sacred Music for her work in the field of music thanatology; in which she collaboratively worked to produce a Sonic Healing Album that melds the melodies and instrumentation of Afro-diasporic musicians in harmony with nature to offer a healing presence to listeners (Gileadalbum.com). Nia also holds a bachelor's in Health and Human Biology with a focus on Race and Ethnic Disparities in Health and Disease from Brown University.

### Nia Campinha-Bacote, M.Div.

Friday, Mar 25, 2022 9:00am - 12:30pm

3.0 Hours CE Credit

(One 15-min break will not be counted toward CE time awarded)

To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test

Register FREE via Eventbrite

#### REGISTER HERE

(Zoom Link will be sent after registration)

If you have a reasonable accommodation request, or grievance regarding an AATA training, please email at: customerservice@pathwaystowellness.net For assistance with registration & other inquiries: aata@pathwaystowellness.net https://aata.pathwaystowellness.net/



Continuing Education (CE) credit is only provided for County and ACBH contracted Provider staff. This course meets the qualifications for 3.0 hours of CE credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences; Alameda County Behavioral Health Care Services (ACBHCS) is approved by the California Assoc. of Marriage and Family Therapists to sponsor continuing education for the target audience of this training, Provider No 65749; for Addiction Professionals by the California Consortium of Addiction Programs & Professionals Education Institute (CCAAP\_EI), Provider No. 4C-04-604-0622; for RNs by the California Board of Registered Nurses, BRN Provider No. 12040; and for Psychologists as an approved provider by the California Psychological Assoc., Provider No. ALA006. ACBHCS maintains responsibility for this program/course and its content. Please note: to receive CE credit, it is the participant's responsibility to attend the full training, sign in and out, achieve a score of at least 70% on the post-test(s), and complete the evaluation. No partial credit can be given. CE Certificates will be emailed to qualifying participants within 30 days of the training.