

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 (Gilealbum.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

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(Zoom Link will be sent
after registration)

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