



# Finding Purposefulness in Aging: Using Musical Strategies for Fulfillment



## FEATURING:

- Strategies and tools to enhance your work with the aging population
- Chris Millett, MM, MT-BC, Assistant Professor of Music Therapy at the University of Louisville

Tuesday, January 21, 2025

11:45 AM – 1:00 PM ET

**Live Stream Series**

**(Online Synchronous Training)**

**\$14.99 Early Bird Registration**

*After January 7th registration is \$19.99*



Please register online at  
[www.ceucreationsinc.com](http://www.ceucreationsinc.com)

## 1 CREDIT HOUR APPROVED FOR:

- **Social Workers**  
ASWB ACE – 1 CE Credit  
New York State Education Department's State Board for Social Work – 1 Contact Hour
- **Case Managers**  
CCMC – 1 Contact Hour
- **Nurses**  
California Board of Registered Nursing – 1 Contact Hour
- **Counselors**  
NBCC ACEP – 1 Contact Hour  
New York State Education Department's State Board for Mental Health Practitioners – 1 Contact Hour

*Attendance or applied credit certificate available for other credentials*

**Please make sure to check with your own state board to ensure transferability of CE credit.**

## PRESENTED BY:



**Chris Millett,  
MM, MT-BC**

Chris Millett, MM, MT-BC, is an Assistant Professor of Music Therapy at the University of Louisville. As a music therapy clinician and educator, Chris identifies from a Community Music Therapy (CoMT) - eclectic theoretical orientation. After nearly a decade, his clinical experience includes a wide range of populations including adolescents in group residential care, pediatric and adult medical populations, addiction recovery, senior living and memory care, exceptional education communities, neurodivergent populations, and more. As clinical and administrative coordinator of a non-profit community music therapy clinic, Chris also has experience in securing grant and philanthropy funding to serve marginalized communities.

Chris has a wide range of music therapy, music technology, and audio engineering experience and enjoys regularly teaching on those topics at regional, online-based, and national conferences. Of primary teaching interest to Chris is the use of electric and acoustic guitar in therapy, expanding music therapists' music tech literacy (e.g. effects pedals, audio engineering, synthesizers, etc.), and increasing clinical musicianship. Outside of direct clinical work, Chris hosts the podcast / media series *Make More Music* on podcast platforms and YouTube. He has collaborated with many top electric guitar effects companies including Chase Bliss, JHS Pedals, Wampler Pedals, Caulfield Cables, Yamaha, Jamstik, Pedaltrain, Truetone, Strymon Engineering, and more.

*Thank you to the generous support of our sponsors!*

*For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations at [support@ceucreationsinc.com](mailto:support@ceucreationsinc.com).*

Copyright 2024 – CEU Creations | [www.ceucreationsinc.com](http://www.ceucreationsinc.com)



# Finding Purposefulness in Aging: Using Musical Strategies for Fulfillment



## AGENDA

<b>11:45 AM - 12:00 PM (EST):</b>	Log In and Virtual Networking
<b>12:00 PM - 1:00 PM (EST):</b>	Presentation
<b>1:00 PM (EST):</b>	Closing/Evaluation

As our communities recover from the challenges brought on by the global pandemic, many older adults are rethinking the concepts of aging, well-being, and purposefulness. This one-hour training session will focus on how helping professionals can support seniors in finding meaning, fulfillment, and dignity in their later years. Chris Millett, MM, MT-BC, will provide evidence-based practices and innovative strategies for improving the health and well-being of aging clients by fostering a sense of purpose. You will leave equipped with tools to help your clients explore purposefulness in their lives, improving both emotional and physical outcomes.

## BY THE END OF THIS SESSION, THE PARTICIPANT WILL BE ABLE TO:

1. Summarize the concept of purposefulness as it relates to the aging process.
2. Recognize the importance of connectedness and fulfillment in supporting emotional and physical health in older adults.
3. Identify strategies and resources to help seniors explore purpose through creative arts, social engagement, and meaningful activities.

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is not required. You will receive an email approximately 24 hours prior to the start of the event with a link to the webinar.

**In order to receive credit, you must log in on time, attend the entire presentation, and complete an evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.**


Target audience: Social workers, case managers, counselors, discharge planners, nurses and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: [11/22/24-11/22/27]. Social workers completing this course receive 1 General continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 contact hour.

**NURSES:** 1 Contact Hour - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**COUNSELORS:** 1 Contact Hour

 CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 contact hour.

**All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.**

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via email at [support@ceucorationsinc.com](mailto:support@ceucorationsinc.com)