

Training Invitation: Music Therapy & Integrated Trauma Tools

Hala Hamdan, MA (Music Therapy), is a Palestinian music therapist, trauma specialist, and CBT practitioner with more than 15 years of clinical experience. She has worked extensively with children and adults from war-affected areas supporting those coping with complex trauma and serious illness. She provides training and supervision for therapists and educators working in conflict-affected contexts.

This training is delivered in Arabic.

For Therapists, Social Workers, and Mental Health Providers in Gaza & the West Bank

You are invited to join a specialized training designed to support your work with children and adults living under ongoing trauma.

In contexts where stress is continuous and resources are limited, traditional talk-based therapy is often not enough. This training offers practical, body-based, and creative tools that can be used immediately in your clinical and community work.

The training is offered free of charge, with no time limit, and is available in both individual and group formats.

What This Training Offers

- Music Therapy: rhythm, sound, improvisation, and songwriting
- CBT-informed techniques adapted for trauma
- Mindfulness practices using breath and sound
- Movement and arts-based approaches

All tools are accessible, adaptable, and require no musical background.

What You Will Gain

- Practical regulation tools
- Ways to work with non-verbal clients
- Group and individual techniques
- Support for therapist resilience

Format

- Flexible duration (no time limit)
- Individual or group training options
- Online sessions
- Experiential learning
- Group supervision