Investing in our careers through self-care!

6 CMTES ~ Subtopics:

1) Music and Relaxation/Meditation Techniques
2) Massage Therapy (Chair Massages included!!)
3) Essential Oils and self-care
4) Ergonomics and our work
5) Wellness Drum Circle

Presented by:
Brenna Beecroft MT-BC, WMTR;
Elizabeth Pupeter MT-BC, WMTR;
Gypsi Kernats LMT, ADMT; Carina Zinda;
Ryan Toshner CK-FMS, RKC/SFG II,
And WCMT Business Meeting
Sponsored by WCMT in cooperation with GLR-AMTA

Saturday February 22, 2014

Hosted by:
Village at Manor Park 3023 S. 84th Street, West Allis, WI 53227

WISCONSIN CHAPTER FOR MUSIC THERAPY

Description: This is a workshop that is intended to focus on self-care for the music therapist. For those already in the field and for the up and coming graduates who will be entering into this field, there is so much to learn about self-care and protecting our most important instrument for our jobs – our bodies!!

6 CMTEs

Registration deadline is Saturday, February 15, 2014

Schedule: **Saturday, February 22nd**

8:30am Registration
9-11:30 CMTE
11:30-12:00 Lunch
12:00-1:00pm WCMT Business Mtg
1:00-3:30 pm CMTE

Educational Objectives:

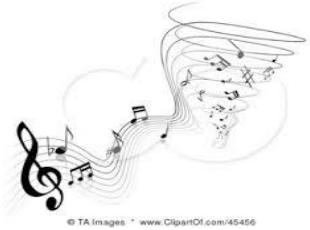
1) Describe what self-care means to the music therapy professional.
2) Participants will learn the following as part of an evidence-based approach to relaxation:
   a. Why managing your own stress is so important
   b. The significance of good breathing habits and how to re-train yourself to breath properly
   c. How to select music appropriate for relaxation
   d. Three different music-facilitated relaxation techniques
   e. What other health benefits are derived from relaxation practices.
3) Learn a holistic approach to wellness through the powerful healing properties of essential oils for both physical & mental health.
4) Identify proper posture and learn corrective and strengthening exercises to best care for body.
5) Participants will engage in collaborative work with colleagues.
6) Participants will experience treatment interventions that will expand their musical skills, offer professional growth, and broaden treatment implications to use when conducting music therapy sessions

Cancellation/Refund Policy: 100% of the registration fee will be refunded if you cancel up to 4 days before the event. After that date, a 75% refund will be given.

Meal: A continental breakfast will be served in the morning and lunch will be provided as well – this is included in the cost of registration.

On-line registration & PayPal payment available at
www.musictherapywisconsin.org

Presenters: **Brenna Beecroft MT-BC, WMTR**
Elizabeth Pupeter MT-BC, WMTR
Gypsi Kernats LMT, ADMT,
Ryan Toshner CK-FMS, RKC/SFG II,
Carina Zinda



"Investing in our Careers through Self-Care" is approved by the CBMT for 6 CMTEs. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC). The GLR-AMTA, #P-021 maintains responsibility for program quality and adherence to CBMT Policies and Criteria.

Registration deadline is Saturday, February 15

(Mail check by Thursday, February 13th)

Mail Registration:

Name: _____

Address: _____

_____

Phone: _____ Email: _____

(please check the box that applies)

☐ WCMT Professional Member Early Bird (by Feb 1)	$70.00
☐ WCMT Prof. Member after Feb 1 by Feb 15	$80.00
☐ Professional Non-member (Includes Membership fee)	$95.00
☐ Other State Professional Member Early Bird (Feb 1)	$70.00
☐ After February 1, prior to February 15	$80.00
☐ WCMT Student Member	$25.00
☐ Student Non-member	$35.00

If you wish to include payment for your WCMT Membership, a membership form can be downloaded from:
www.musictherapywisconsin.org

☐ Add membership

☐ Professional	$25.00
☐ Retired Professional	$10.00
☐ Affiliate Organization	$30.00
☐ Associate	$20.00
☐ Student/Intern	$10.00
☐ WI New Resident	FREE

Total amount enclosed: _____

Make Check Payable to:
Wisconsin Chapter for Music Therapy

Mail check by Thursday, February 13th to:

Sara Devine MT-BC, LCSW
WCMT Continuing Education Chair
511 E Marquette Street
Appleton WI 54911

For directions to Village at Manor Park, please see the website:
www.musictherapywisconsin.org