



# WBMT *Retreats*

From Fear to Fearless: A Journey to Your Truth

A Self-Awareness Retreat

THURSDAY, AUGUST 10– SUNDAY, AUGUST 13, 2023

Retreat begins at 12:00 pm Thursday and concludes at 2:00 pm Sunday

Location: Amethyst Retreat Center 44 Buffalo Creek Road Duncannon, PA 17020

Cost: \$850 (flexible payment options available)

30 CMTES, including 3 ethics credits, lodging and meals for three nights and four days.

## REGISTER HERE!

Following registration, a \$200 deposit will be required to secure your spot.

The remaining balance is due by July 4th.

If you must cancel your reservation prior to July 4th, you will be refunded your deposit. If cancelling between July 5th and August 4th, you will be refunded 50% of your total paid registration costs. There will be no refund provided if cancellation occurs on or after August 5th.

The most convenient airport to use is Harrisburg International Airport (HIA), a 25-minute trip by car to the retreat center. Philadelphia (PHL) or Baltimore (BWI), although further away (both are just about a 2 hour car ride to the retreat center), you may find more options for flights as well as being less costly.

### Summary of Retreat Schedule

Thursday 12:00p– 9:00p

Examination of assumptions, values, attachments, and beliefs

Friday 8:00a-7:00p

Taking a Personal Inventory/The Ethics of Knowing Your Truth

Saturday 8:00a-9:00p

Letting go to create space for new thoughts and opportunities.

Sunday 8:00a-2:00p

Into Action for "Your Truth" and Closure

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### PURPOSE

***This retreat is an opportunity*** to take a deep dive into your assumptions, values, beliefs and attachments and how they affect your personal and professional lives. Through use of music listening, improvisation, songwriting and multi-modal creation, participants will examine parts of themselves in relation to their current and future truths, be given the tools and opportunity to let go of unuseful baggage, and recognize and celebrate assets.

### COME AND EXPERIENCE

**Amethyst Retreat Center**, an inspiring environment dedicated to discovering innovative and meaningful ways of living, learning and healing. More than a beautiful, peaceful sanctuary, it is a center for an evolving culture of wellness. In this south central Pennsylvania location you will find 144 acres of pristine land adorned with the natural beauty of old growth forest, natural wetlands, and grasslands which display an ecosystem thriving with flora and fauna.

### FACILITATOR AND INSTRUCTOR

**Gretchen Patti, MS, FAMI, MT-BC** will lead participants in this intimate and thought provoking event. Gretchen holds a B.S. in Music Therapy from Elizabethtown College and is a board certified music therapist. She received her M.S. in Healthcare Administration with a concentration in Psychology from St. Joseph's University in Philadelphia, PA. Gretchen is a Fellow in the Association for Music and Imagery. Gretchen has over 30 years of experience serving individuals and groups with intellectual disabilities, trauma, substance abuse issues, and adults with dementia diagnoses. She has been facilitating self-awareness retreats for over 20 years. Gretchen currently maintains a private practice in the Bonny Method of Guided Imagery and Music and provides individual and group music therapy. Gretchen's passion is using music to help others to achieve their goals and dreams for their life.

### OBJECTIVES

- Identify areas of assumption, belief, values, resentment, character flaws and assets that affect your personal and professional growth.
- Identify how this affects your truth about yourself and others.
- Establish an action item to address at least 2 of the areas.
- Engage in musical interventions to examine the Core Values and 5 Principles of the AMTA Code of Ethics
- Identify feelings surrounding letting go of an assumption, belief, character flaw or resentment.
- Create a visual representation of integration of awareness gained/action items chosen.
- Participate in the soul healing ceremony to celebrate an asset.