

THURSDAY,  
OCTOBER 10—  
SUNDAY,  
OCTOBER 13,  
2024



# STRIVING FOR EXCELLENCE

FINDING AND KEEPING YOUR BALANCE THROUGH SELF AWARENESS

30 CMTEs, including all creation materials and takeaways, lodging, and healthy, catered meals for three nights and four days.

REGISTER BY JULY 5TH AND SAVE

\$100!

Arrive TH at 12:00p  
Depart SUN at 11:00a  
44 Buffalo Creek Road  
Duncannon, PA 17020

Maximum Participants- 10

Cost: On or before July 5-\$900  
On or after July 6- \$1,000

Pay \$250 deposit at time of registration and select your **monthly payments** option.

**REGISTER HERE!**

Following registration, a \$250 deposit will be required to secure your spot. The remaining balance is due by October 6.

If you must cancel your reservation and would like a full refund of your deposit, you must notify WBMT Retreats on or before June 8th. If cancelling June 9th – Aug 1st, you will be refunded 50% of your total paid registration costs. There will be no refund provided if cancellation occurs on or after August 1st.

**Summary of Retreat Schedule**

Thursday, October 10 2024 1:00p - 9:00p  
Friday, October 11 2024 9:00a-8:00p  
Saturday, October 12 2024 8:00a-7:00p  
Sunday, October 13, 2024 8:00a-1:00p

There are no prerequisites for this learning opportunity. This event is not exclusive to board-certified music therapists.

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**PURPOSE** WBMT believes to fully develop as a therapist, it is essential to investigate all that you are and hope to become. Because this work can be intense and requires a great amount of trust, enrollment is kept to 10 participants or less. The environment is kept safe, structured, intimate, nurturing, and away from everyday pressures and concerns. This retreat is part of an ongoing self-awareness journey. And as we know - we never stop learning and growing. An experience of this type has the power to jump start a stalled journey, catapult a stuck journey, validate the present or open a wonderful new area to explore!

**Personally:** Participants have the opportunity to investigate and confront themselves and each other on various issues. As a group, we become a holding space for others to do their work. Participants are witnesses to each others' process. What a privilege and honor that is!!!

**Professionally:** As therapists, participants are able to experience first hand the apprehension, mistrust and frustration of being asked to share parts of themselves that are less comfortable to share. Addressing personal issues is key to investigating how you run your sessions. It has everything to do with the music you choose, the instruments you use, the topics you address and the clients you accept.

**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 23 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:**

1. Create a definition of Striving for Excellence
2. Examine the Core Values and 5 Principles of the AMTA Code of Ethics focusing on Principle #5 - Strive for Excellence. Establish a goal and 2 objectives related to Principle #5.
3. Identify at least 1 area to improve therapeutic effectiveness with a difficult client relationship. Establish an action plan for improving therapeutic effectiveness with a difficult client relationship.
4. Create a definition of what self care means to you. Establish a plan for daily self-care that will take less than 10 minutes/day. Establish a plan for weekly self-care that will take more than 10 minutes /week.
5. Establish one goal to improve an area of time management.
6. Create a visual representation of integration of awareness gained/action items chosen focusing on balance in your life.



# WBMT *Retreats*

## STRIVING FOR EXCELLENCE-FINDING AND KEEPING YOUR BALANCE THROUGH SELF AWARENESS DETAILED SCHEDULE

**Thursday, October 12, 2024 6 Credits - 1:00p - 8:00p**

1:00 - 1:50 - Logistics, Group Contract - Main Room  
2:00- 4:50 - Music Communication  
5:00-6:00 - **Dinner**  
6:00-7:50 - **Self-Care** *Striving for Excellence*

**Friday, October 13, 2024 - 10 Credits (5 in Ethics) - 8:00a-8:30p**

**8:00-8:30 - Breakfast**  
8:30-11:20 - Ethics– Core Values, Principles  
**11:30-12:20 - Lunch**  
12:30-1:20 - The AMTA Code of Ethics - Principle #5 - **Balancing** While *Striving for Excellence*  
2:30-5:20 - **Self-Care** - Artist's Date  
**5:30-6:20 - Dinner**  
6:30 - 8:20p

**Saturday, October 14, 2024 - 11 Credits - 8:00a-9:00p**

**8:00-8:30 - Breakfast**  
8:30-11:20 - **Time Management** - What's important, Ideas and Strategies, Changes-**Finding and keeping**  
**Your Balance**  
11:30-12:20 - **Self-Care** Improvisation  
**12:30-1:00 - Lunch**  
1:00– 3:50 **Striving for Excellence** - Dealing with difficult clients/relationships  
**4:00-4:50 - Dinner**  
5:00 - 6:50 - **Silence/Space/Rests** Creating and Keeping **Silence/Space**  
7:00-8:50 - **Balance** Creations

**Sunday, October 15, 2024 - 3 Credits - 7:30a-11:00a**

7:30 - 8:00 - **Breakfast**  
8:00 -8:50 - **Balance** Creations  
9:00 -9:50 - Sharing Creations and Action Plans  
10:00-10:50 - **Closure**