

WBMT Retreats



A Self-Awareness Retreat for the Music Therapist

THURSDAY, AUGUST 12—SUNDAY, AUGUST 15

Time: Retreat begins at 12:30 pm Thursday and concludes at 5:00 pm Sunday

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

Maximum Participants-8

Cost: \$550 (flexible payment options available)

33 CMTEs, including 3 ethics credits, lodging, and meals for three nights and four days.

To register for this event, visit:

[https://forms.gle/](https://forms.gle/D7Z2rxYVa7bZE4pu8)

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Following registration, a \$150 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.

Summary of Retreat Schedule

Thursday 12:30pm– 9:10pm

Retreat Begins, Music Communication, Chants

Friday 8am-9pm:

Survival Archetypes, Soul Healing

Saturday 8am-6pm:

Condemnation Before Education

Sunday 8am-5pm:

Integration and Re-entry, Retreat Ends

Detailed Schedule on Reverse

DESCRIPTION: 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 will experience exactly what is asked of our clients on a daily basis in music therapy sessions. 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 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:

1. Gain a basic understanding of the use of chants for personal and professional use.
2. Write and share with the group, an affirmation chant for self.
3. Set a reasonable goal for using your affirmation chant in the next 6 months.
4. Write and share with the group a chant that could be used in your music therapy work.
5. Identify and examine a judgement/assumption you are carrying.
6. Develop an action item you can use to be aware of when the judgement/assumption is surfacing.
7. Gain a basic understanding of the survival archetypes and identify how, at least, one affects your music therapy work. Develop an action item to confront that archetype in the next 6 months.
8. Identify feelings surrounding world, national, local and personal events during the past year.
9. Participate in the Soul Healing Ceremony.
10. Create a visual representation of integration of awareness gained/action items chosen. Share awareness with the group.

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Thursday, August 12, 2021 -Music Communication and Chants

12:30-1:20 -Orientation
1:30-2:20 - Group Contract
2:30-3:20 - Music Communication - 1,2,3
3:30-4:20 - Music Communication - 4,5,6
4:30-5:20 - Music Communication - 7,8,9
5:30-6:20 - Music Communication - 10 and discussion
6:30-7:30 - Dinner
7:30-9:10 - Affirmation Chants

Friday, August 13, 2021 - Survival Archetypes and Soul Healing

7:00-8:00 - Breakfast
8:00a-8:50 -Meditation and Yoga
9:00-9:50 - Introduction to Archetypes
10:00-11:40 - Child Archetypes
12:00-1:00 - Lunch
1:00-1:50 - Victim Archetype
2:00-2:50 - Saboteur Archetype
3:00-3:50 - Prostitute Archetype
4:00-4:50 - Process Archetypes
5:00-6:00 - Dinner
6:30p-9:00 - Soul Healing

Saturday, August 14, 2021 - Condemnation before Education

7:00-8:00 - Breakfast
8:00-8:50 - Meditation and Yoga
9:00-9:50 - An introduction “Condemnation before Education” and the applicable parts of the AMTA Code of Ethics
10:00-10:50 - 1st examination of judgement and ethical con
11:00-11:50 - 2nd examination of a judgement and ethical considerations
12:00-1:00 - Lunch
1:00-1:50 - 3rd examination of a judgement
2:00-2:50 - 4th examination of a judgement
3:00-3:50- Processing
4:00-5:40 - Cleansing your part in the condemnation
6:00-7:00 - Dinner

Sunday, August 15, 2021 - Integration

7:00-8:00- Breakfast
8:00-8:50 - Meditation and Yoga
9:00-9:50 - Integration/Action items
10:00-11:50 - Creation of integration collages’
12:00-12:45 - Lunch
12:45-2:40 - Processing and Sharing
2:45-3:35 - Closure and Re-entry
3:35-5:00 - Evaluations and Clean-up