

Dates: 09/10/20-09/13/20

Time: Retreat begins at 5 pm Thursday
and concludes at 4 pm Sunday

Location: Sylvania, Pennsylvania

Maximum Participants-8

Cost: \$50

(36 CMTEs, (pending CBMT approval) lodging and meals for three nights and three days)

To register for this event, visit:

[https://tinyurl.com/](https://tinyurl.com/SelfAwarenessRetreat2020)

SelfAwarenessRetreat2020

Registration and payment deadline September 4

Cancellations and 50% refund will be accepted and provided if received in writing by August 31st. There will be no refund provided if cancellation occurs after August 31st

Summary of Retreat Schedule

Thursday 5 pm: Retreat Begins, True Confessions of a Music Therapist, Setting Intentions

Friday 8am-10pm: The Great Round, MARI, and Music Communication

Saturday 9am-9:30pm: Chanting, Survival Archetypes, Soul Healing

Sunday 9am-4pm: Career Walk with Four Agreements, Mandala and MARI Group Processing, Integration and Re-entry, Retreat Ends

Detailed Schedule on Reverse

Hosted by: W B Music Therapy

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Come to Armenia Mountain for a Self-Awareness Retreat

DESCRIPTION: To fully develop as a therapist, it is essential to investigate all that you are and hope to become. During this retreat, participants will become active participants in their journey as individuals and as working professionals. You will stay among the beautiful woods and mountain while in the comforts of a private home. Meals and Lodging will be provided for three nights and three days.

Learn and experience through mandala study, survival archetypes, chanting, journaling, processing within a safe and supportive group, and more, all in the beautiful hills of Bradford County.

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: During this CMTE event, participants will:

- Identify an intention for your self-awareness weekend, share at least one insight and one area to continue to explore with the group. IV.A.1
- Gain a functional understanding of the Stages of the Great Round and identify one way you would use music from each stage and mandalas in your music therapy work. I.B.13(a) (b)
- Gain a basic understanding of the survival archetypes and identify how, at least one, affects your music therapy work. IV.A.5
- Identify feelings surrounding world, national, local, and personal events during the pandemic and social unrest. Participate in Soul Healing ceremony. IV.A.4

PREREQUISITES: Participants must be a practicing music therapist and have at least six months of professional practice as a music therapist. Following registration, participants will receive and should complete worksheets based on the work of Dr. Ken Bruscia. In addition, participants will be lent the book *The Four Agreements* by Don Miguel Ruiz to read prior to the retreat.

Thursday, September 10th

5:00p –7:00p Unpack, dinner, orientation
7:00p-8:00p Group Contract
8:00p-10:00p True Confessions and Intentions
10:00a-12:00a Fire and Connection

Friday, September 11th

7:00a-8:00a - Breakfast, showers
8:00a- 10:00a - Intro, uses, Stage 0, 1, and 2
10:00a-10:15a - Break
10:15a-12:15p - Stages 3, 4, 5, and 6
12:15p-1:15p - Break/Lunch
1:15p-3:00p - Stages 7, 8, and 9
3:00p-3:15p - Break
3:15p-5:15p Stages 10, 11, and 12, Axis and quadrants
5:15p-5:30p - Break
5:30p-6:15p - MARI and mandala assignments
6:15p-7:15p - Break/Dinner/Ungame #1
7:15p-10:00p - Music Communication

Saturday, September 12th

7:00a-9:00a - breakfast, showers, meditations, mandala/journal time, Ungame #2
9:00a-10:30a -Chants
10:30a-10:45a - Break
10:45a-12:45p - Survival Archetypes I- Intro and the Children
12:45p-2:15p - Lunch, mandala/MARI/journal time, walks, Ungame #3
2:15p-4:00p - Survival Archetypes II - The Victim and the Saboteur
4:00p-4:30p - Break
4:30p- 6:15p Survival Archetypes-III - The Prostitute and processing
6:15p-7:30p - Dinner - Ungame #4
7:30p-9:30p - Soul Healing/Improvisation at the fire, Mandala/MARI/journal time

Sunday, September 13th

7:00a-9:00a - Breakfast, meditations, mandala/MARI/journal time, Ungame #5
9:00a-11:00a - Career Walk with 4 Agreements
11:15a-11:30a - Break
11:30a-1:30p - Sharing of Mandala/MARI experiences
1:30p-2:00p - Lunch, Ungame #6
2:00p-4:00p - Integration, closing and re-entry