



Through the Lens of a Circle

THE USE OF MANDALAS AND MUSIC FOR SELF-AWARENESS

Maximum Participants-8

Cost: \$1,200

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

REGISTRATION OPENS MARCH 1

Following registration, a \$250 deposit will be required to secure your spot. The remaining balance is due by one week prior to retreat date.

If you must cancel your reservation and would like a full refund of your deposit, you must notify WBMT Retreats 15 days or more from retreat date. If cancelling in 14 and more than 8 days, you will be refunded 50% of your total paid registration costs. There will be no refund provided if cancellation occurs 7 days or less from retreat date. Partial CMTE credits are not granted for this opportunity.

There are no prerequisites for this learning opportunity.

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THURS. 8/13-SUN 8/16

OR

THURS. 10/8-SUN 10/11

Arrive TH at 11:00A

Depart SUN at 12:00P

AMETHYST RETREAT CENTER

This intimate 3 ½ day retreat focuses on personal and professional self-awareness growth using the exploration and creation (the lens) of mandalas (the circle).

Through the use of a variety of art mediums to create mandalas, participation in peer and clinical supervision, songwriting, musical improvisation, and responsive music listening, retreatants will investigate their thoughts and feelings in context with their creative expressions. Participants will also explore ethical considerations related to the importance of continual self-awareness and create action plans for their personal and professional development.

OBJECTIVES:

Participants will be able to list the effects of 3 musical elements or musical experiences that may be contraindicated or harmful to clients. (Knowledge 3A-11, Task 39)

Participants will choose a minimum of 2 created mandalas for which they will seek and receive peer and clinical supervision, and identify at least 1 area of self-awareness growth for which they will create a 6 month action plan.

(Knowledge 5-A5, 5B-2, Tasks 54,55, 65, 66)

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 24 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.

Summary of Retreat Schedule

Thursday 11:30a - 9:45p

Friday 8:00a-9:30p

Saturday 7:30a-9:00p

Sunday 7:00a-11:30a

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WBMT *Retreats*

Through the Lens of a Circle Schedule Summary

Thursday (1 meal)

11:30a - 9:45p Introduction to the Great Round, mandala theory and uses, Instruction of Stages 1 through 7, Mandala Assignments/MARI Card introduction/ Journaling, Mandala time

Friday (3 meals)

8:00a - 9:30p Instruction of Stages 1 through 12, Mandala/MARI time, Music Improvisation

Saturday (3 meals)

7:30a - 9:00p Ethics, Mandala time, Clinical Supervision, Labyrinth Walk, Action Plans

Sunday - (1 meal)

7:00a - 11:30a Integration through Creation/Sharing Action Plans and Creations/ Closure

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