

MTAM 2020 Spring Conference Registration Form

**You Can't Pour From an Empty Cup: Sustainable Self-Care
Strategies for the Real World**

Presented by:
Jennifer Hicks, MT-BC, E-RYT

Distance Learning via Zoom
3-50 minute online workshops

May 16, 2020 9:00 am – 9:50 am

June 13, 2020 9:00 am – 9:50 am

July 18, 2020 9:00 am – 9:50 am

These sessions will be recorded and available for further access until August 15.

Number of CMTE Credits: 3

(this fulfills 0 credits in ethics)

Name _____ CBMT # _____ (for music therapists)

Address _____

Home/Cell Phone _____

E-mail address _____

Early Bird Conference Registration if postmarked by **Saturday, May 2, 2020** (please check one)

_____ \$35.00 MTAM 2020 Professional Member

_____ \$0 MTAM 2020 Student Member **Free for student members!**

_____ \$40.00 Non-Member

Conference Registration (please check one) if postmarked after **Saturday, May 2, 2020** (please check one)

_____ \$40.00 MTAM 2020 Professional Member

_____ \$0 MTAM 2020 Student Member **Free for student members!**

_____ \$45.00 Non-Member

MTAM 2020 membership may be paid now (please check one)

_____ \$25.00 MTAM 2018 Professional Membership

_____ \$12.00 MTAM 2018 Student Membership

Special Needs: _____ Check here if a disability requires accommodation for you to fully participate.

Please register online www.musictherapymn.com (See website for registration instructions) OR print this form and send along with a check payable to MTAM to the treasurer:

Melody Schuldt

5213 145th Street W

Apple Valley, MN 55124

Please arrive early to allow time for check-in.

For questions regarding the conference, please contact Amber Stefan at astefan.mtbc@gmail.com

Cancellation and Refund Policy:

Refunds for cancellations are made available by written request only and must be mailed to Amber Stefan
Full refunds cannot be made.

50% of fees will be refunded if request is postmarked by **Friday May 15.**

No refunds will be made after **Friday, May 15.**

Refunds will be processed within 45 days of the conference.

“You Can’t Pour From an Empty Cup: Sustainable Self Care Strategies for the Real World” is approved by the Certification Board for Music Therapists (CBMT) for three (3) continuing music therapy education credits. The Music Therapy Association of Minnesota (MTAM), provider #P-052, maintains responsibility for program quality and adherence to CBMT policies and criteria.

Description:

While researchers and clinicians alike agree that self-care is vital for music therapy professionals and students, making it a priority in our daily personal and professional lives is most certainly easier said than done, particularly during this challenging and uncertain time. This workshop will provide opportunities for participants to explore and integrate a variety of self-care strategies identified in the research, built around the following three areas:

1. Physiological Self-Care Practices
2. Music/Music Therapy Practices
3. Personal and Professional Sources of Support

Finally, participants will be encouraged to be proactive about their self-care and will be invited to identify at least one self-care SMART goal in each area that they will incorporate into their daily lives, using the knowledge gained throughout this time together. Follow-up on this goal will be offered.

You Can't Pour From an Empty Cup: Sustainable Self-Care Strategies for the Real World

Conference begins promptly at 9 am

Agenda:

May 16, 2020 9:00 am – 9:50 am

Building a Strong Foundation of Physiological Self-Care

Guided Body Scan

Overview of self-care (self-care wheel) and “small sips” philosophy

Research highlights on the importance of physiological self-care practices

Strategies for physiological self-care practices at home and work

Stretching

Breath work

Guided breath work and relaxation

June 13, 2020 9:00 am – 9:50 am

Making Music for ME

Meditative listening

Review of self-care and “small sips” philosophy

Research highlights on using music/music therapy for our own self care

Playlist creation

Improvisation – body percussion, found object, vocal, etc.

Guided relaxation and sensory imagery

July 18, 2020 9:00 am – 9:50 am.

Getting Off Your Island

Meditation on support

Review of self-care and “small sips” philosophy

Research highlights on the importance of personal and professional sources of support

Review of physical self-care practices to support ourselves

Exploration of mindfulness practices to support ourselves, including self-compassion, positive self-talk, gratitude, and heart salutations

Exploration of ways to support each other, including supported tree

Creation of follow-up support teams

Learner objectives:

Participants will identify one self-care SMART goal related to that session's focus that they will incorporate into their daily personal and/or professional lives.	Board Certification Domains IV.A 1.
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Presenter Bios:

Jennifer Hicks, MT-BC, E-RYT: Jennifer Hicks (she/her/hers) is a board-certified music therapist, a licensed music educator, and experienced registered yoga teacher, and the owner of Joyful Noises, LLC, where her mission is to utilize music therapy and mindfulness principles to inspire and empower others to experience and create joy in their lives, regardless of circumstances, age or ability level. Jennifer directs and American Music Therapy Association (AMTA) national roster internship site and is currently the Co-Chair for the AMTA Commission on the Education and Clinical Training of 21st Century Music Therapists and Co-Chair of the AMTA Membership Committee. She is a frequent presenter on the state, regional and national level.