



WBMT

Retreats

Mandala Creation and The Great Round:

A Self-Awareness Retreat for the Music Therapist

THURSDAY, AUGUST 11 – SUNDAY, AUGUST 14, 2022

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

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

Maximum Participants- 10

Cost: \$750 (flexible payment options available)

37 CMTEs, including lodging and meals for three nights and four days.

REGISTER HERE!

Following registration, a \$200 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 12:00p– 9:00p

Retreat Begins, Great Round and Stages Introduction, Mandala Assignments

Friday 7:30a-7:30p

Mandala Stages and Mandala Assignments

Saturday 7:30a-8p

Mandala Assignments, Individual Great Round

Sunday 7:30a-5:30p

Individual Great Round, Closing Evaluations

Detailed Schedule on Reverse

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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. We work under the premise that you can never take a client anywhere you have not been willing to go yourself. 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 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:

- *Gain a functional understanding of the Stages of the Great Round
- *Using individual/personal Great Rounds, gain a recognition of one's professional and personal biases, feelings and behaviors that affect the therapeutic process.
- *Using created mandalas, improvised music and personal Great Rounds, examine areas for professional growth and establish a plan of action worksheet to achieve growth in at least one area.
- *Provide and accept comments to/from colleagues during examination of each personal Great Round.
- *Create a mandala of the following:
 - A bias, feeling or behavior that affects the therapeutic process
 - Professional effectiveness and competence
 - A physical or mental health struggle
 - An area where you need professional growth
 - Healing
 - Using 1 color only - must be the same medium
 - Using black or blue paper
 - Using mixed media - You as a whole being
- *Create a personal Great Round in order to gain insight into areas of professional effectiveness/competence as well as areas of need.

Thursday, August 11, 2022

12:00p - Arrivals

12:30p-1:20p -Orientation and Group Contract

1:30p-2:20p -Introduction to the Great Round, mandala theory and uses

2:30p-3:20p - Stage 0 and 1

3:30p-4:20p - Stage 2 and 3

4:30p-5:20p - Stage 4 and 5 -

5:30p-6:20p -Stage 6 and 7 -

(Break as needed after each 50 minutes)

6:30p-7:15p - Dinner

7:15p -8:50p - Mandala Assignments/MARI Card introduction/Journaling, action plan, and analysis worksheets/ Mandala time

Friday, August 12, 2022

7:30a - 8:10a - Breakfast

8:10a -9:00a - Morning Meditation or Yoga 50 min.

9:00a-9:10a - Break

9:10a -10:50a -Stage 8 and 9 - 100 min

11:00a-12:50a -Stages 10, 11, and 12 - 100 min.

1:00p-1:45p -Lunch - Walk to Grotto

In the Grotto:

2:00p-2:50p - Axis and quadrants

3:00p - 3:50p -Western Color Theory

4:00p-4:50p - Example Analysis

4:50p-5:00p - Break

5:00p -6:00p Mandala/MARI time

6:00p-6:45p - Dinner

6:45p-7:35: -Mandala/MARI time

7:35p-Free time, campfire, music making

Saturday, August 13, 2022

7:30 - 8:15 - Breakfast

8:15a -9:50a - Walking the Labyrinth

9:50a-11:30a - Mandala/MARI time

11:30 - 12:20 - Analysis Example

12:20p-1:00p - Lunch

1:00p - 1:50p - Individual Great Rounds Introduction/Using mandalas for self-awareness, healing and personal growth

2:00-2:50 -Individual Great Round - #1

3:00-3:50 - Individual Great Round - #2

4:00 - 4:50 - Individual Great Round - #3

5:00-5:50 - Individual Great Round - #4

6:00p -6:45p - Dinner

7:00-7:50 - Improvisation at the campfire - examples of the stages through improvisation and music making

Sunday, August 14, 2022

7:30a - 8:15a - Breakfast

8:15a -9:05a - Individual Great Round - #5

9:15a-10:05- Individual Great Round - #6

10:15a-11:05a --Individual Great Round - #7

11:15a-12:05p -Individual Great Round - #8

12:15p-1:00p - Lunch

1:00p-1:50p - Individual Great Round - #9

2:00p-2:50p - Individual Great Round - #10.

3:00p-3:50p - Sharing of action plan for use of mandalas

4:00p-4:50 - Questions, Resources, Closing

4:50-5:30 - Evaluations, Departures

12:00-12:45 - Lunch

12:45-2:40 - Processing and Sharing

2:45-3:35 - Closure and Re-entry

3:35-5:30 - Evaluations and Clean-up