



Music Therapy Workshops



Trainer

Prof. Benedikte B. Scheiby

New York University, USA

- ♪ Director of The Institute for Analytical Music Therapy, NY
- ♪ Director of Intern Training and Supervision, Senior Clinician at Institute for Music and Neurologic Function, NY
- ♪ Over 30 years of clinical experience and training

Workshop (1)

**3-day Workshop on
Analytical Music Therapy**

& Mindfulness Based Stress Reduction:

Use of live & recorded music in your practice as a health professional

8 – 10 Jan 2015 (Thurs - Sat)

Workshop (2)

**2-day Workshop on
Music Psychotherapy:**

Recovery from medical and psychological trauma

12 & 13 Jan 2015 (Mon - Tue)

Date: Workshop (1) – 8, 9, 10 January 2015 (Thu-Sat)

Workshop (2) – 12 & 13 January 2015 (Mon & Tue)

Time: 9:30am – 5:30pm (registration starts at 9:10am)

Venue: United Centre of Emotional Health and Positive Living

2/F, Block A, Lee Kee Building, 55 Ngan Tau Kok Road, Kln, Hong Kong

Fee:

Item	Date	Amount
Workshop (1) – Day 1 only	8 Jan 2015 (Thu)	HK\$1,100
Workshop (1) – All 3-day	8-10 Jan 2015 (Thu – Sat)	HK\$3,300
Workshop (2) – All 2-day	12-13 Jan 2015 (Mon & Tue)	HK\$2,200
Workshop (1) & (2) – All 5-day	8-10 & 12-13 Jan 2015 (Thu – Tue, except Sun)	HK\$5,000

Limited Seats



[Workshop \(1\)](#)

**Three-day Workshop
on**

**Analytical Music Therapy
& Mindfulness Based Stress Reduction:
Use of live & recorded music in your practice as a health professional**

Trainer

Professor Benedikte B. Scheiby
New York University, USA

8 – 10 Jan 2015 (Thursday, Friday & Saturday)

at United Centre of Emotional Health & Positive Living, Kowloon Bay

Music assisted Mindfulness Based Stress Reduction (MBSR) offers a well-established model for providing a brief, cost-effective program that can be implemented easily in hospitals and health care clinics.

In light of the significant stress reported by health care professionals, and the deleterious consequences of this stress on their lives, it seems important to begin to seriously explore more effective means of supporting them. Further, given that job burnout and distress have been significantly associated with decreased patient satisfaction (Garman, Corrigan, & Morris, 2002) and suboptimal self-reported patient care (Shanafelt et al., 2002), incorporating music assisted MBSR interventions for health care professionals also has the potential to enhance patient care. It is hoped that this type of work will contribute to changes in the field of medicine, leading to enhanced care for health professionals and ultimately for the patients they serve.

This 3-day workshop, led by *Prof. Benedikte Scheiby*, a MBSR trained Analytical Music Therapist, will offer participants to practice and learn about music psychotherapy interventions that can reinforce the MBSR approach.

Key learning areas:

- (1) Live instruments as well as recorded music will be used by trainer and participants.
- (2) Music assisted guided meditations, music assisted relaxations and music assisted gentle yoga will be introduced as practices that can be used by participants as well as clients with psychological or physical challenges.
- (3) This model is based upon research in the areas of music, neuroscience and Mindfulness, observation and analysis of music psychotherapy sessions, as well as extensive clinical experience which demonstrates its effectiveness.

Day 1 (Introduction to AMT, MBSR & Neuroscience):

Day one will begin with an introduction to the areas of interest: Analytical Music Therapy (AMT), Mindfulness Based Stress Reduction (MBSR) and Neuroscience. This will be through self-experiential exercises, theory application and presentations of clinical materials. We will learn what mindful music therapeutic presence means and practice exercises that will foster a mindful approach to effective therapy. We will also learn to prepare the ground to allow an optimal environment for music therapeutic presence to emerge.

How can live improvised music help yourself and the client to listen to your inner reality and to your clients? We will practice a variety of interventions that can tune yourself as an instrument. The music making is based on a non-judgmental practice, deep listening, beginners mind, acceptance, trust, being present and acceptance of being in the unknown.

The use of art materials and body expression will be an integral part of the workshop as processing tools of musical experiences. Music therapists' inward information is experienced in images, emotions, bodily sensations, intuitions, inner voices, ideas about techniques or interventions informed by countertransference/transference dynamics and are experienced as corresponding to what is important for the client's process. Research has shown the effectiveness of therapists using the self in this way during facilitation of the therapeutic process.

Day 2 (Movement to Music):

Day two will start with movement to music. This will be both recorded music with instructions for light yoga, and also movement to improvised music. We will then learn how we can use dreams processed in music and movement as material for working through challenges, connecting to resources, connecting to unconscious material, using music as transportation tool, and using live music to gain insight. We will do some exercises that will help the participants to develop music therapeutic presence based upon inwardly attending to how experiences resonates in the therapist's body, and extending and making contact with the client as a person from his/her experiential sense of the moment. A good amount of self-care will be included in these exercises.

Day 3 (Supervision Practices in AMT & MBSR):

Day three will be devoted to supervision practices in AMT and MBSR. The participants are encouraged to bring in cases, situations, scenarios, struggles from their work situation, and we will be practice a variety of models of creative arts therapies supervision. This to facilitate inspiration and training in creative psychotherapy supervision methods. Some videotaped training materials will be presented in order to demonstrate a variety of aspects of creative supervision models. A model of interdisciplinary peer supervision group will also be presented as an encouragement for participants to continue the learning after the end of the workshop. Making therapeutic use of new technology (i-pad/ Cell phone/ i-pod) will be presented.

A list of references and helpful teaching materials will be handed out as part of the workshop. The participants are encouraged to bring in and use any type of instrument they may own or play. There will be a certain amount of instruments and art materials available.

The training workshop is relevant for psychotherapists, counselors, psychologists, creative arts therapists, social workers and healthcare workers in general. No one needs to have any musical training or knowledge on beforehand.

Workshop (2)

Two-day Workshop on Music Psychotherapy: Recovery from medical and psychological trauma

Trainer

Professor Benedikte B. Scheiby
New York University, USA

12 & 13 Jan 2015 (Monday & Tuesday)

at United Centre of Emotional Health & Positive Living, Kowloon Bay

Participants will learn **Music Psychotherapy Interventions** and its application to clinical work, brain imaging tools and self-experiential exercises.

Day 1 (Theory and Practice of Music Psychotherapy):

Day one will begin with the theoretical and practical nature of and processes of non-verbal music psychotherapeutic work with clients with medical and/or psychological trauma. Videotaped material will demonstrate techniques and interventions commonly used in this type of trauma informed music therapy work. Music assisted breathing techniques will be demonstrated, in order to give the participants some tools that they can use in their daily clinical work. Music is a perfect medium to use as a healing tool as it is nonverbal. Many traumatic events have been of nonverbal nature or the client may not have been able to verbalize during the traumatizing process. We will be using live as well as composed music to address challenges and release resources in a variety of ways. We will also be learning to listen deeply, and be comfortable about pauses and moving very slowly in the processes that are related to trauma. The participants will get an opportunity to experience some self-experiential music assisted tools that can be helpful for themselves as well as their clients. We will be practicing being nonjudgmental towards ourselves and others when we are expressing ourselves in music. Some of the musical experiences will be processed in art or movement.

Day 2 (Trauma Management):

Day two, apart from continuing the processes from yesterday about learning about techniques to access the resources of the unconscious, we will work with dreams and music assisted guided imagery techniques. Techniques to reinforce trauma management through music assisted breathing techniques will be taught. Psychodynamic concepts such as music informed countertransference/transference will be addressed as well. This day will also be shown how one can work on increase of self-empathy and decrease of anxiety through live or recorded music at the same time as recording brain activity through the use of a portable brain scanner. Knowledge about how music affects the different parts of the brain will be addressed.

A list of references and helpful teaching materials will be handed out as part of the workshop. The participants are encouraged to bring in and use any type of instrument they may own or play. There will be a certain amount of instruments and art materials available.

The training workshop is relevant for psychotherapists, counselors, psychologists, creative arts therapists, social workers and healthcare workers in general. No one needs to have any musical training or knowledge on beforehand.

About the Trainer:

Benedikte B. Scheiby, MA, MEd, CMT, DPMT, LCAT, MBSR
Professor
New York University, USA

Benedikte B. Scheiby, MA, MEd, CMT, DPMT, LCAT, MBSR, is an adjunct professor at graduate Master Program in Music Therapy at New York University, NY, Director of The Institute for Analytical Music Therapy, NY, and Director of Intern Training and Supervision, Senior Clinician at Institute for Music and Neurologic Function, NY and has 34 years of clinical experience and training. She has conducted evidence based research in the area of music psychotherapy and pain, and is the author of numerous publications on music psychotherapy and medical/psychological trauma including author of "Analytical group music therapy (AMT): A non-prescriptive, evidence-based approach to pain management with adult clients in recovery from medical trauma." , author of "Analytical Music Therapy and integrative medicine: The impact of medical trauma on the psyche." and author of Insight acquired through analytical music therapy (AMT) supervision.", a book, CD's and training videos. She has co-produced a wellness CD in Cantonese and makes use of portable technology as part of the creative arts therapies process and has published a compendium of applications that can be helpful for creative arts therapists. She has presented numerous workshops nationally and internationally (USA, Europe, Asia, Middle East and Latin America) and provided intensive academic graduate and postgraduate professional training since 1980.



