

A decorative border surrounds the text, featuring colorful handprints in shades of blue, orange, red, and green, along with stylized leaves and circular shapes in yellow, pink, and light blue.

AZMTA HOSTS A

Fall Symposium

COMPASSION FATIGUE & MINDFUL SELF-CARE

A full-day event beginning with a presentation on self-care and compassion fatigue prevention for music therapists followed by an afternoon of self-care activities

September 28

9am-4pm

8222 S 48th St Suite 105, Phoenix, AZ 85044

SCHEDULE

Registration	8:30
Lecture	9:00
Break	10:30
Lecture	10:45
Evaluation	11:45
Lunch	12:00
Self-care activities	1:00
End	4:00

COST (includes lunch)

EARLYBIRD (BEFORE 9.15.19)

AZMTA member price \$65

Non-member \$75

Student \$20

AZMTA student member FREE!

AFTER 9.15.19

AZMTA member price \$80

Non-member \$90

Student \$20

AZMTA student member FREE!

Register at:

<http://azmta.org/events/>

Presenter

Denise Beagley, M.Sc.

*Manager of Clinical Initiatives & Training
Center for Applied Behavioral Health Policy
Arizona State University*

ABOUT THE CMTE

Compassion Fatigue and Mindful Self-Care

Compassion Fatigue is a state characterized by a gradual lessening of compassion over time. It is common among individuals that work directly with trauma victims such as nurses, psychologists, and first responders. However, sufferers can exhibit several symptoms including hopelessness, a decrease in experiences of pleasure, constant stress and anxiety, sleeplessness or nightmares, and a pervasive negative attitude. We find in the behavioral health arena it has a significant presence and can lead to negative outcomes for the helpers. Self-Care is all about learning how to take care of yourself and identify those issues that trigger you to act in a negative manner. This is where the real work begins.

CMTE OBJECTIVES

Lecture (3 hours)

Recognize signs and the physical symptoms associated with compassion fatigue (IV.B.7)

List self-care tips for helpers (IV.A.1)

Recognize and manage aspects of one's own feelings and behaviors that affect the therapeutic process. (II.A.1.f)

Self-Care Experiential (3 hours)

Practice music-assisted relaxation techniques (II.A.5.j)

Integrate movement and music (II.A.5.q)

Learn ways to encourage clients to use music independently for self-care (II.A.2.f)

Statement of Collaboration with Higher Octave Healing

Compassion Fatigue and Mindful Self-Care (CBMT) for 6 Continuing Music Therapy Education credits.). Higher Octave Healing, Inc., [P-119] maintains responsibility for program quality and adherence to CBMT policies and criteria.

Grievance Policy: Participants in CMTE courses provided by Higher Octave Healing, Inc., have the right to file a grievance regarding any aspect of the CMTE course. Grievances may be related to promotional materials; learning objectives; prerequisites; presenter credentials; topic; CMTE credits offered in the course; schedule and format of the course; deadlines for submission; cancellation; refund policy; and fees. Participants must file their grievance with the Continuing Education Director via email or postal mail within thirty (30) days of the end of the CMTE course. The Continuing Education Director will respond within thirty (30) days of the receipt of the grievance. The Continuing Education Director can be found on the website (www.higheroctavehealing.org). Each grievance must include: Title of CMTE, presenter, date, and details of the grievance.

Appeal: A participant may file an appeal by sending a written (email or mail) grievance appeal including specific reasons for appeal and a copy of the previous grievance filing and response. The Continuing Education Director will consult with the Board of Directors and respond within thirty (30) days. If the grievance is still unresolved, the participant has a right to have the Certification Board for Music Therapist's (CBMT) Continuing Education Committee address the issue. The CBMT's Continuing Education Committee should only be consulted after the participant has exhausted the grievance and appeal process with Higher Octave Healing, Inc. All Policies available on our website:

www.higheroctavehealing.org