Workshop Series by Ms. Benedikte Scheiby

Workshop 2:

Use of Music for Emotional Healing, Relaxation and Wellness (Extra Day!!!)

Workshop Details

Date : 20 January, 2012 (Friday)
Time : 9:00 am – 5:00 pm
Venue : 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.
Fee : HK$1,200
Target : Mental health professionals/health care professionals/social worker/psychologist/ counselor/music therapists/music therapy students/creative art therapies therapists/university students

Description

There are many ways to use music for emotional healing, relaxation and wellness. This workshop will offer a music psychotherapeutic approach to the use of improvised music called Analytical Music Therapy. This approach, which has been in practice for 39 years and developed by the British music therapist Professor Mary Priestley, is designed for the purpose of using live music made by the participants to promote emotional health and growth, exploring one's resources and challenges in relation to one's emotions, integrating one's emotional, intellectual, physical and spiritual potential for self healing.

Participants do not need to have any musical training or skills on beforehand. A variety of musical meditation exercises, music assisted breathing techniques, musical relaxation and stress management methods and music assisted movement will be demonstrated through hands-on experiences. An approach to active music making will be taught that is based upon non-judgmental thinking, compassion and mindfulness for oneself and others. Specific easily playable instruments will be available for all participants. Vocal expression will also be encouraged. If the participants are playing a special instrument already, they are encouraged to bring it with. The focus will be on the process and listening to one's own inner music and to others' music in a therapeutic way, and bringing to consciousness what is just below the surface. Deep listening, expression skills and resonance will be practiced, and we will make use of the ability of music to facilitate flow, insight, motivation, consciousness, peace and natural organic process.
Objectives:

On completion of workshop the participants will be able to:

1. understand Analytical Music Therapy approach to music assisted breathing techniques, musical meditation and music assisted stress management
2. use live improvised music for emotional healing process
3. cultivate a compassionate relationship between music, body, mind and spirit through creative musical expression and music assisted movement.

Suggested Outline:

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| AM   | - Introduction to Analytical Music Therapy approach  
      | - Music-assisted Breathing Techniques, Musical Meditation Techniques  
      | and Stress Management Techniques |
| PM   | - Self Experiential Session: Work on Emotional Healing  
      | - Music-assisted Yoga  
      | - Feedback - ideas how to implement the learned materials in one’s life |

Workshop 1:

Music Psychotherapy with the Elders - Facilitating Wellness and Healing in Body, Mind & Spirit

(Have a few places left!!!)

Workshop Details

Date : 12-13 January, 2012 (Thursday-Friday)
Time : 9:00 am – 5:00 pm
Venue : 2/F., 5 Sassoon Road, Pokfulam, Hong Kong.
Fee : HK$2,400
Target : Mental health professionals/health care professionals/social worker/psychologist/  
counselor/music therapists/music therapy students/creative art therapies therapists
Description

A therapeutic approach to work with the Elders in wellness and in a medical context can pose many challenges for the professional. Making music and/or listening to live music on both the part of the practitioner and the client can when used with skills and care facilitate a positive change on body, mind and spirit. We will explore active music making on easy playable high quality instruments in a therapeutic context, and experience how easy the process can flow, how easy it is to establish contact to one’s inner Self and process, to others and to the community.

The participants do not need to have any prior musical skills and will through self experiential work expand their ability to apply live music to improve clients’ ability to resource, express, socialize, cope, listen deeply, finding meaning, hope and life quality. The participants will experience how they can use themselves as tuned instruments, resonators, containers, and empathy. Questions like the role of the instruments, the role of the music psychotherapist/mental health professionals/facilitators, psychodynamic phenomena in music, how to bridge between verbal and nonverbal communication, the use of musical parameters, interventions in and outside the music will be dealt with in practice and theory. Music assisted breathing, pain management, stress management, affirmations and meditations will be taught.

Objectives

On completion of workshop the participants will be able to:

1. Design an approach to working with the Elders of one’s choice that is based upon active music making and listening
2. Use music psychotherapeutic interventions as work tools with the Elders for wellness and healing.
3. Describe and use music psychotherapeutic facilitation/supervision approaches.

Outline

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About the Trainer

Benedikte B. Scheiby, MA, MMEd, DPMT, CMT, LCAT

is a registered and board certified music therapist as well as a licensed clinical music psychotherapist and certified body psychotherapist in the United States who currently works as an adjunct professor at the Masters Music Therapy Program at New York University as well as she is the Director of Music Therapy Training and Supervision, and the Senior Clinician Music Psychotherapist at Institute for Music and Neurologic Function (IMNF) in the Bronx at a short and long term rehabilitation facility and skilled nursing home as well as she is the Director of the Postgraduate Institute for Analytical Music Therapy in New York. As a music psychotherapist for 30 years, Benedikte has worked with many populations including adults, children, couples, the Elders both in the context of wellness, psychiatry and in a medical paradigm.

Benedikte is an experienced workshop holder, lecturer, musician and educator and has been giving numerous workshops and lectures in USA, Canada, Europe, Asia, and South America. Benedikte has published 28 peer reviewed articles, several book chapters and one book, offered in English, Danish, German, Portuguese, Polish, Japanese and Korean. The literature covers music therapy training, education, research and methods. She has also produced several CD’s and DVD’s for clinical music therapy purposes and wellness in general. She has been in private practice in Analytical Music Therapy for 30 years and has a private practice on Manhattan, New York, where she works with clients interested in personal growth, wellness, psychological and physical challenges like anxiety, depression, addiction, attachment challenges, social skills, eating disorders, emotional challenges, medical challenges, spiritual challenges etc. She also provides supervision for expressive arts therapists and music psychotherapists. She has been supervised by one of the most innovative and creative arts therapist and psychoanalyst Professor Arthur Robbins for 19 years at a weekly basis. She has undergone a music therapeutic analysis, a body psychotherapeutic analysis and a verbal psychoanalysis

**Workshop Fee:**

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<th>Workshop 1</th>
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<td>HK$2,400</td>
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For details and registration, please visit our website: [http://cbh.hku.hk/](http://cbh.hku.hk/)

Enquiry: 2831 5163 (Amy Choi)
Registration Form

Please return the completed form with cheque payable to "The University of Hong Kong" by mail, or in person to the following address:

Centre on Behavioral Health
The University of Hong Kong
2/F., 5 Sassoon Road, Hong Kong.
Tel: 2831 5163  Fax: 2816 6710

Workshop 1: Music Psychotherapy with the Elders/12-13 January, 2012 (Thu-Fri)
Workshop 2: Use of Music for Emotional Healing, Relaxation and Wellness /20 January, 2012 (Fri)
Workshop 3: Use of Music in Group Therapy/17-18 January, 2012 (Tue & Wed)

❑ Workshop 1: HK$2,400  ❑ Workshop 2: HK$1,200
❑ Workshop 1 + 2: HK$3,200

Title:*  ❑ Professor  ❑ Dr.  ❑ Mr.  ❑ Mrs.  ❑ Ms.

First Name: ________________________________________________________________

Last Name: ________________________________________________________________

Correspondence Address: ____________________________________________________

__________________________________________________________________________

Tel: __________________________ Fax: __________________________

Email: ________________________________________________________________

Organization: ______________________________________________________________

Position: ________________________________________________________________

I know this programme from: __________________________________________________

I would like to learn the following from this course:

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________

Date: __________________________ Signature: __________________________

*Please tick as appropriate  *Fee paid is not refundable