FALL 2009 VMTA BUSINESS MEETING & CMTE

All professional and student music therapists from Virginia are invited to attend the Virginia Music Therapy Association Fall Meeting and CMTE on **Saturday, October 17, 2009**. The meeting will be held in **Crozet, Virginia**. VMTA is pleased to offer a **5-credit CMTE** titled, **"Meditation and Music: Partners for Mindfulness Practice"** presented by **Erin Johnson, LPC, FAMI and Cara Maranucci, LPC, FAMI**. The day's schedule is as follows:

9:00 a.m. – 9:30 a.m.	Registration
9:30 a.m. – 10:30 a.m.	Business Meeting
10:30 a.m. – 10:45 a.m.	Break and Door Prize(s)
10:45 a.m. – 12:00 p.m.	CMTE
12:00 p.m. – 1:00 p.m.	Lunch (on your own)
1:00 p.m. – 3:00 p.m.	CMTE
3:00 p.m. – 3:15 p.m.	Break
3:15 p.m. – 4:10 p.m.	CMTE
4:10 p.m. – 4:20 p.m.	Post test

<u>Summary:</u>
Experience how mindfulness meditation and music can be integrated to enhance a client's capacity for self-awareness, as well as provide a supportive container for the working through of strong emotions. Participants will be invited to experience meditation and music for mental clarity, body awareness, forgiveness, and lovingkindness.

<u>Workshop Objectives:</u> The participants will develop competencies in the following areas:

- To learn and experience several meditation practices that can be used to enhance the client's capacity for self-awareness and intentional action.
- To learn and experience various ways that music and sound can be utilized to enhance meditation practice and to reduce stress.
- To understand the application of this method with individuals and groups.

CBMT Scope of Practice Areas: II.E-7, III.A 1 (b.4-5, e.1), 8-9

<u>Workshop Presenter:</u> Erin Johnson, LPC, FAMI is a counselor and creativity coach specializing in stress reduction and accessing creativity. Cara Marinucci, LPC, FAMI is a counselor specializing in healing and wellness for individuals and groups.

<u>Lunch:</u> Lunch will be on your own. There are a variety of restaurants in the area.

<u>Cost:</u> This workshop is *free* to all VMTA members; **$15** for non-members.

<u>Cancellation/Refund Policy:</u> A refund will be given for cancellations requested 7 days prior to the event. No refund will be given after this date or for no-shows. If the workshop is cancelled by the presenter or by VMTA, a full refund will be given to all pre-paid registrants.

<u>Continuing Education Credits Available:</u> **"Meditation and Music: Partners for Mindfulness Practice"** is approved by the Certification Board for Music Therapists (CBMT) for 5 Continuing Music Therapy Education credits. The Mid-Atlantic Region of the American Music Therapy Association, P-065 maintains responsibility for program quality and adherence to CMBT policies and criteria. Credits awarded by CBMT are accepted by the National Board for Certified Counselors (NBCC).