



1 Day Workshop

This one day workshop provides a practical introduction to the use of music and rhythm in therapy for clients across the life span.

When: 25 July OR
28 November, 2019

Time: 9.00am - 4.00pm

Where: Burwood RSL,
96 Shaftesbury Rd, Burwood NSW

Cost: \$330 (inc GST, all materials, lunch, m/a tea)
\$300 (Early bird paid 2 months prior)
\$230 (Student price)
\$200 (Student early bird paid 2 months prior)



Trainer
Dr Kirstin
Robertson-Gillam
Registered Music Therapist

About the Workshop

Music in therapy gives clients of all ages opportunities for non-verbal expression using sound and symbols in the form of songs, rhythm, music making and movement. These methods are especially useful when verbal expression is difficult or inaccessible due to developmental issues, physical or psychological trauma.

Music evokes memory and emotion, brings meaning to everyday life, and motivates us to reach beyond perceived limits. It awakens many senses at once and stimulates all brain structures. The use of music methods in therapy can aid expression and resolution of difficult issues. This one-day workshop will outline the underlying theories and evidence supporting music methods for counselling and give you skills practice.

Through case study illustrations and practical exercises, this workshop will introduce you to a range of uses for music with children and adults in counselling and group work. You will have the chance to participate in a range of music-based activities. This workshop is aimed at enhancing your existing practices.

You will have the opportunity to:

- See music influence emotional responses and psychological states
- Learn how to adapt and apply music material therapeutically
- Consider how to use music material for self-development and care
- Learn to integrate music material with other creative modalities
- Practice with a range of musical methods
- Reflect on the appropriateness of different methods with different ages