

Advanced professional training program

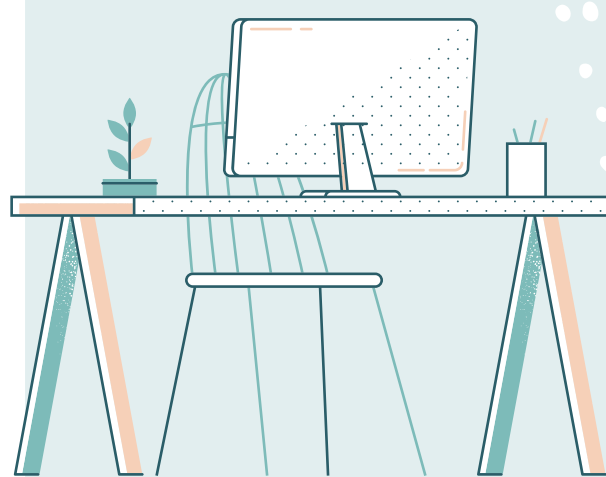


What is Music Breathing?

Music Breathing (MB) is a method where Music listening in mindful awareness of the Breathing is used to manage stress and anxiety as well as developmental crises and resilience in adverse situations. Music Breathing is conducted in stages of Discovery Breathing, Silent Breathing and Music Breathing. The individuals' body image of Breathing is explored via a drawing on paper and then processed verbally.

Who can attend?

The program is suitable for all professionals from the fields of health/mental health care with experience and/or interest in working with resilience, stress, anxiety disorders, and trauma”



Who is this helpful for?

The Music Breathing method is applicable in cases of crisis, stress, mental/psychological trauma management, in health, psycho-educational / psychosocial settings, for creative personal development, and as a means of self-care for health professionals. The scope has been expanded to also include affordance of resources and resilience which are emerging topics in times of Covid over the world.



Certification

The program is offered as an independent professional training course leading to **“Advanced Certificate in Music Breathing”**.

The course belongs to the broader range of the “Music and Imagery” methods as described by the European Association for Music and Imagery (The “Spectrum” of GIM practice, EAMI Training Standards, 2019).

This training is offered exclusively by **IMAGEing Training Institute** supported and organized by Abundant Wellness Co. Ltd.

Endorsed EAMI training program



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Introduction to Music Breathing

Learning Objectives:

- To learn about images, state of consciousness, state of arousal and stress
- To identify memories, representation and symbol
- To recognize inner resources, mental time travel and resilience
- To differentiate BMGIM and its adaptation

Music Breathing: Basic Seminar

Learning Objectives:

- To learn basic Music Breathing theory, including background of the method, basic concepts, neuropsychology of meditation, indications, components of sessions, stages of MB treatment
- To practice in dyads
- To identify repertoire and principles of music choice.

Music Breathing: Intermediate group seminar

Learning Objectives:

- To discuss on implementation of the various components of Music Breathing: Discovery, Silent and Music Breathing.
- To participate in group supervision of clinical cases.
- To discuss music choice

Music Breathing: Consolidation seminar

Learning Objectives:

- To expand and increase the use of more challenging music repertoire and advanced techniques
- To apply the skills in a selection of appropriate clinical populations, working with spiritual issues and promotion of health and resilience in healthy populations.

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Trainer information:

Dr. Dag Körlin
Psychiatri, FAMI

Dag Körlin is a Swedish Psychiatrist, certified Psychotherapist, Supervisor and Primary Trainer of the GIM method, Director of “IMAGEing: European GIM and Music Breathing Trainings”. Dag has specialized in adapting GIM for Complex Trauma (PTSD) and other stress-related disorders and has published many journal articles and book chapters in this field. He has also developed the Breath Grounding and Modulation (“Music Breathing”) method, used as an effective adaptation of GIM for clients with complex trauma, dissociation, and other stress related disorders. He has competence in the evaluation and management of Spiritual issues, problems and emergencies. As well as researching and writing on GIM, he lectures, teaches and is a Consultant in Outpatient Psychiatry.

Assistant: Angela Shum
RN, MT-BC, MTA, FAMI

Angela Shum has been a RN & Music therapist in Canada, USA and Hong Kong. She is also a FAMI, with specific training in Focused Music Imagery and FOAT trainer. She has been educating nursing students about music and Imagery in various institutions locally.

Program Requirement

1. Attend all seminars.
2. Two personal GIM sessions before the Basic seminar training (with designated GIM therapist).
3. Two tutorial individual Silent and Music Breathing supervisions after 1st seminar and before taking clients.
4. Present six case reports for supervision
5. Submit six reading reports selected from a mandatory reading list.
6. A music report, where the student presents six new pieces for Music Breathing.

For further information, please email abundantwellness2018@gmail.com or Click www.abundantwellness.com.hk

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Tentative Training Schedule: Dates and Times

i) Jul 15-16, 2022

3-6pm , 7-10 pm (Hong Kong Time Zone)

Introduction to Music breathing

ii) Oct 22-23, 2022

3-6pm , 7-10 pm (Hong Kong Time Zone)

Introduction to Music breathing

Dec 9-10 (2 days), 2022

3-6pm , 7-10 pm (Hong Kong Time Zone)

Music Breathing Basic seminar

Apr (3 hours), 2023

7-10 pm (Hong Kong Time Zone)

Music Breathing Intermediate Group Seminar

July (2 days), 2023

3-6pm , 7-10 pm (Hong Kong Time Zone)

Music Breathing Consolidation seminar

Requirement materials for the virtual course:

- computer with web camera
- Zoom platform, blue tooth
- headphones with built-in microphones and speakers
- A3 size paper with a circle drawn in the centre
- Oil pastels (25 colours or more)

Tuition cost

Introduction to Music breathing (MB)

Fee: HK\$3600

i) After JUL 4: HK\$ 3800

ii)After OCT 11:HK\$ 3800

MB Basic seminar

MB Intermediate Group Seminar

MB Consolidation seminar

Three courses: HK\$8200

Total: HK \$12000

(waived \$200 if pre-paid introduction to MB course)

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