



Fall 2023 IAMT CMTE:

Choosing Happiness: Reframing the concept of self-care

Presented by **Jennifer Rook, MT-BC, LCPC**

This presentation will provide a model for promoting personal wellness that will also be useful for clinicians to introduce to their clients. Participants will explore the concepts of self-care, work-life integration, privilege, and perceived barriers to achieving wellness. The speaker will share research and literature from the field of neuropsychology providing evidence on the benefits of meditation and mindfulness. Participants will learn new routines and exercises to promote their personal wellness and practice these during the presentation.

Location: Thrive Counseling Center 120 South Marion St. Oak Park, IL 60302

Date: Sunday, September 10th, 2023

CMTE Information

There are no prerequisites to attend this 3-hour CMTE event.

“Choosing Happiness: Reframing the concept of self-care” is approved by the Certification Board of Music Therapists for 3 CMTE (Continuing Music Therapy Education) credits. The CBMT Approved Provider, Illinois Association for Music Therapy, P-044 maintains responsibility for program quality and adherence to CBMT policies and criteria.

CEU Information

Thrive Counseling Center will provide continuing education hours to Professional Counselors and Social Workers.

Thrive Counseling Center is a Social Work and Professional Counselor/Clinical Counselor Continuing Education Sponsor registered with the Illinois Department of Professional Regulation. Certificates for 2.0 hours of Continuing Education will be issued.

License#159-000391(Social Work)

LICENSE #197-000045 (Counselor)

Schedule

- 9:00-9:30 Opening exercise, introduction, agenda
- 9:30-10:15 Defining wellness and self-care
- 10:15-10:30 BREAK
- 10:30-11:00 Happiness and privilege, introduce GRACE
- 11:00-11:45 GRACE method and exercises
- 11:45-12:00 Closing and Resources

Presenter Bio:

Jennifer Rook is a Board-Certified Music Therapist and Licensed Clinical Professional Counselor with advanced training in Neurologic Music Therapy. She is a certified yoga instructor who has studied various meditation practices. Jennifer currently serves as the President/Executive Director at Thrive Counseling Center and is the past CEO of Institute for Therapy through the Arts. Jennifer has more than 15 years of clinical experience and continues to grow her knowledge in neuropsychology, more recently exploring how happiness is achieved. She is a passionate advocate for mental health and wellness presenting on more than 30 different topics at professional conferences, college courses and special events, including two keynote presentations.

COURSE OBJECTIVES	CBMT BOARD CERTIFICATION DOMAINS
<i>Participants will assess their own wellness and gain insight into aspects of their life that may need attention.</i>	<i>V.B.12: Monitor own mental and physical health, and seek support as needed to ensure professional effectiveness and competence</i>
<i>Participants will understand the neurological underpinnings of happiness and stress and the how the nervous systems elicits these emotions.</i>	<i>V.A.2: Integrate current research and literature in music therapy and related disciplines</i>
<i>Participants will learn a holistic approach for assessing the wellbeing of their clients.</i>	<i>II.B.7: Select musical and/or non-musical assessment tools and procedures to reflect purpose of assessment.</i>

Cost:

State Member CMTE (w/ lunch)	\$65
Non-Member CMTE (w/lunch)	\$80
Students/intern (w/lunch)	\$15
SW/Counselor CEU (no lunch)	\$45

Refund Policy: Cancellations received in writing at least 7 days prior to the event will receive a full refund. Cancellations received in writing within the week prior to the event are subject to a refund of the cost paid minus \$5.00 for processing. Refunds will be processed and sent after the date of the event.