**Australian Music Therapy Association Professional Development Seminar Workshop 2012**

**Practical Body-mind Resources for Self-care**

Based on Somatic Education and Body Psychotherapy, this experiential workshop will offer you tools to observe and work with unnoticed postural and psychological patterns which could make you more prone to work-related fatigue, pain, injury, countertransference and burnout.

*Please note: self-work can bring up difficult personal issues and needs to be done in the context of self-care and ideally peer support or psychotherapy. If you need to follow up with me on aspects of today’s workshop, I can be contacted at* <roseyfaire@ozemail.com.au>

***A Day in the Life of a Music Therapist…***

***and how Somatic Education and Body Psychotherapy***

***can help with Self Care…***

***…Physically…***

\**Lifting and carrying instruments*

Q. Where are your hip joints? We’ll work with the concept of ***“body mapping”*** and how our ideas about body organization might be wrong and contribute to poor body use.

\**Singing*

Q. What do you do to yourself when you sing? Alexander discovered his technique by working in fine detail with his own voice problem.

\**Playing instruments*

This particularly involves how we use our arms and hands and the extra tension and mismapping that contribute to strain and fatigue.

\**General fatigue-producing body postures*

We’ll try on some very common body postures for sitting, standing and walking – do you recognize any? Then we’ll do a quick tour of some of the ways in which Somatic Education methods can help your brain change itself.

***…Psychologically…***

One way to approach self-work is to use this **“cycle of body-mind processes”**:

\**Do you tend to lose touch with yourself in focusing on the client(s)?*

This is about **Centering** skills – how we can continue to listen to our inner senses and feelings while in contact with our environment and other people.

*Do you find it difficult to focus on more than one client at a time?*

At school we are encouraged to **Take In** through our senses by *concentrating*, sometimes only on one sensory modality at a time; but if we get too good at that we lose our *open focus attention*, which comes in handy when working with groups.

*\*Do you take care of everyone else’s needs before your own?*

**Taking in** has another component: taking in **nourishment** in all its forms (sensory, emotional, spiritual, intellectual, social). What are your self-care needs and do you have a self-care plan using lots of different resources to nourish yourself? Is there guilt involved in setting aside some time for you?

\**Is it difficult for you to say “no” to clients or staff?*

The physical stability of **Grounding** (finding our bony self-support and fluid flexibility), also has a psychological spinoff. Can we find the middle ground between being a push-over and being rigid?

\**Are some clients’ sounds/expressions of emotion outside your own comfort zone? Do you find yourself wanting to make them feel something else for your own sake?*

The Laban Effort-shape cube is a revealing yet fun way to map the kinds of **Expression** that we tend to dislike in ourselves and others, while exploring ways to extend into our expressive growing edges.

\**Do you find yourself empathizing too much with clients? Or over-mothering them? Or do you cut off from them emotionally to avoid this?*

Making **Contact** with others brings up issues around our boundaries – if they are too porous, or too opaque. How do we find a balance? Answers lie in our own relational histories. I thoroughly recommend Robin Grille’s book *Parenting for a Peaceful World* for those who wish to delve more deeply into this area.

Presenter: Dr Rosemary Faire trained in the fields of Somatic Education and Body-oriented Psychotherapy before becoming a Music/Expressive Arts Therapist. She is currently developing an Edublogs site called Embodied Learning to house teaching resources in these fields.