

# Conscious Self-Care

## On-line videos approved for Contact Hours and CEUs

### Live Event & Webinar Replay Videos

Expand Perceptions of Self-Care

### Objectives

- Identify the difference between sympathetic resonance, forced resonance and entrainment
- Determine how your energetic presence affects those around you
- Evaluate simple self-care options, breathing techniques, and more
- Explore music as a self-care option, experience the difference between familiar vs. unfamiliar music and when to choose each type

### CEs Approved for Therapeutic Massage & Bodyworkers

The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) has approved this self-care home study course for 2 CEs through the Approved Provider, Amy Camie. CE Provider number 100032 with an expiration date of January 30, 2023.

#### Cost

\$30 through Paypal  
Certificates of Completion available



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#### Planning Committee

Amy Camie, BA, CCM  
Patricia A Dulle BSN, RN-BC, OCN, CHTP  
Susan Signorino, LMSW, CMC

#### Instructor

Amy Came, Certified Clinical Musician

[www.ConsciousSelf-Care.com](http://www.ConsciousSelf-Care.com)