

# 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

### CPUs & CEUs Approved for Therapeutic Musicians

The following National Standards Board for Therapeutic Musicians (NSBTM) Accredited Programs have approved this course for 2 Continuing Professional Units and Continuing Education Units:

Bedside Harp, Accredited since 2017 (CPU)

Clinical Musician Certification Program (Offered by Harp for Healing, LLC), Accredited since 2008 (CEU)

International Harp Therapy Program, Accredited since 2008 (CEU)

Music for Healing and Transition Program, Accredited since 2008 (CEU)

### 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)