



### **ABOUT THIS ON-LINE VIDEO COURSE**

*Conscious Self-Care* introduces participants to an expanded understanding of resonance and how their energetic presence affects those around them. With this expanded perception they gain a deeper understanding as to why it's important to take care of themselves, what simple intentional choices they can make throughout their day, and be empowered with new ways to recognize old patterns of behavior in order to make different choices. The ultimate goal of *Conscious Self-Care* is to inspire compassionate change, creating harmonious and thriving environments.

### **OBJECTIVES**

1. Identify the difference between sympathetic resonance, forced resonance, and entrainment
2. Determine how one's energetic presence affects those around them
3. Define "Conscious Self-Care" as any intentional choice that supports one's physical, emotional, mental, spiritual, and/or creative well-being.
4. Evaluate different conscious self-care options such as breathing and simple meditation techniques, music, and essential oils that fit into one's daily routine
5. Integrate the use of daily conscious self-care options in one's personal and professional lives

### **AGENDA**

- \* Introduction and demonstration of resonance, sympathetic resonance, forced resonance and entrainment
- \* Relating the understanding of vibrational resonance to personal energy and importance of conscious self-care
- \* Introduction of simple self-care choices, easy meditation techniques, healing artwork in work/home spaces, high-quality essential oils - emphasizing as you take care of yourself, you're better able to care of others
- \* Music as another self-care option, experience the difference between familiar vs. unfamiliar music and when to choose each type, and discerning the difference between music therapy and therapeutic music

**PRESENTER:** Amy Camie, CCM - Certified Clinical Musician, Prof. Harpist, & Conscious Self-Care Advocate

**Planning Committee Members:** Amy Camie, CCM and Patricia A Dulle BSN, RN-BC, OCN, CHTP

### **APPROVED FOR CONTACT HOURS, CEs, CEUs and CPUs**

Greater Kansas City Chapter of the American Society for Pain Management Nursing is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 2.7 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number: LT0279-0412 GKCC304.

The State Committee for Social Workers has approved this course for 2 contact hours for Social Workers through the organization Care Choice Care Management, Chesterfield, Missouri.

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.

This program is cosponsored with The Center for Human Potential of America, Inc. The Center for Human Potential of America, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Human Potential of America, Inc. maintains responsibility for this program and its content. This program is approved for 2 CEs.

The National Standards Board for Therapeutic Musicians (NSBTM) Accredited Programs have approved this course for 2 CPUs and CEUs.

This course is available to view anytime for \$30. *Certificates of Completion* are available.

**For more information and to Register:** [www.ConsciousSelf-CareCourse.com](http://www.ConsciousSelf-CareCourse.com)