



WISCONSIN
CHAPTER FOR
MUSIC THERAPY

2019 Fall Music Therapist Retreat

Friday, October 4, 2019 – Sunday, October 6, 2019

3 CMTE Credits

Wisconsin Lion's Camp
3834 County Rd A
Rosholt, WI 54473

*****Registration Due Friday, September 13, 2019*****

Please join your fellow Wisconsin music therapists for a relaxing weekend at the beautiful Wisconsin Lion's Camp. Take time to reconnect with music therapists from our state as you relax and unwind, all while enjoy the natural wonders of the outdoors.

Highlights for the Weekend:

- Opening evening social
- Bonfire and drum circle
- Two continuing education courses on self-care and vocal health
- Chair massages from a licensed massage therapist
- Opportunities to relax and unwind in nature
- Fall WCMT business meeting

Weekend Schedule At a Glance:

Friday, October 4:

5:30pm-6:30pm Registration and arrival

6:30pm Opening reception with appetizers and evening activities

Saturday, October 5:

Breakfast

10:00am-12:00pm CMTE Part 1 with Jennifer Hicks

Lunch

Afternoon Recreational Time; Chair Massages

4:00pm-5:00pm CMTE Part 2 with Becky Engen

Dinner

Evening WCMT Business Meeting, evening activities

Sunday, October 6:

Breakfast

Morning Morning activities

11:00am Retreat ends

Included In the Cost of Your Registration:

- 3 CMTE Credits
- Lodging for two nights
- All meals and snacks
- All weekend activities

Meals:

All meals, beverages, and snacks are included with your registration and will be served by the Wisconsin Lion's Camp food service. Meals provided include: Saturday breakfast, Saturday lunch, Saturday dinner, Sunday breakfast. Please include on your registration if you have any dietary restrictions.

Lodging:

Lodging for Friday and Saturday night is included with your registration. Lodging at the Lion's Camp will be in cabins. Each sleeping area is complete with a microwave and hotel refrigerator, as well as accessible bathrooms. The cabins are winterized and offer air conditioning for the warmer months. ***Bedding is NOT provided; please bring your own sleeping bag, pillow, fitted sheet, and blankets.***

Additional Items of Note:

- Attire for the weekend is casual – jeans and camp attire are perfectly acceptable. Be sure to pack layers as it will likely cool down in the evening.
- There is only one registration option for the entire weekend. If you are unable to come for the entire weekend, you may still join us for Saturday, however, you will be required to pay the same registration fee.
- Please be respectful of your fellow campers while at the Lion's Camp. As we are a small organization, there will be other groups using the grounds while we are there.
- Although snacks are provided, you are welcome to bring your own snacks and/or water.
- While alcohol is allowed on the camp, we ask that if you choose to bring your own adult beverages along, they be consumed responsibly.

Participation Agreement and Hold Harmless Form:

Due to the nature of the camp experience, and to protect all parties involved in the rental of the Wisconsin Lions Camp, each participant must have a signed hold harmless and participation agreement. Each person must sign the individual hold harmless participation agreement, found on page 10 of this registration brochure. If you are registering for the retreat by mail, please mail the agreement form with your registration. If you are registering online, you will electronically sign the form, which will be submitted with the rest of your online registration.

Cancellation/Refund Policy:

100% of the registration fee will be refunded if you cancel up to 7 days before the event. After that date, a 75% refund will be given.

Arriving at the Lions Camp:

Please see page 11 of this registration brochure for a map of the Lion's Camp. Parking will be in the shaded areas as designated on the map. As the retreat approaches, you will receive an email with information on which cabin to register at when you arrive.

*We look forward to seeing you in Rosholt!
- The Retreat Planning Committee*

CMTE Information:

Sustainable Self-Care Strategies for the Real World: Filling Your Cup and Finding (and Keeping) Your Voice

Presented by:

Jennifer Hicks, MT-BC, E-RYT

and

Becky Engen, PhD, MT-BC

3 CMTE Credits

Saturday, October 5, 2018

10:00am – 12:00pm with Jennifer Hicks

and

4:00pm – 5:00pm with Becky Engen

Sponsored by WCMT

In cooperation with GLR-AMTA

Course Description:

While researchers and clinicians alike agree that self-care is vital for music therapists, making it a priority in our daily lives is most certainly easier said than done! This workshop will review past research and writings from music therapists on burn-out as well as ways to prevent and reduce its negative effects. Participants will also be challenged to consider and become more aware of their own voices, how they are useful, both personally and professionally, and what we do to possibly harm or care for these priceless instruments. Participants will then have the opportunity to explore a variety of self-care strategies and healthful vocal exercises. Finally, they will each choose at least one of these strategies that they will turn into a SMART goal to integrate into their daily lives.

About This Course:

Sustainable Self-Care Strategies for the Real World: Filling Your Cup and Finding (and Keeping) Your Voice is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. The Great Lakes Region of the American Music Therapy Association, #P-021, maintains responsibility for program quality and adherence to CBMT policies and criteria.

Learner Objectives:

- Participants will identify at least one common theme from past research (as well as from their past lived experience) on the importance of self-care for music therapists.
- Participants will practice a variety of self-care strategies and healthful vocal exercises.
- Participants will identify one self-care SMART goal that they will incorporate into their daily lives.

Course Schedules:

With Jennifer Hicks:

10:00-10:10am	Welcome/Experiential Mindfulness Exercise
10:10-10:20am	Musical Introductions/Goals & Objectives
10:20-10:30am	Large Group Sharing ~ Current Level of Burn-Out & Self-Care Practices
10:30-10:45am	Presentation of Material ~ Research on Self-Care and Burn-Out for Music Therapists
10:45-10:50am	Presentation of Material ~ You Can't Pour From an Empty Cup
10:50-11:00am	Break
11:00-11:40am	Presentation of Material/Experiential Exercises ~ Self-Care Strategies
11:40-11:50am	Setting & Sharing of SMART Goals
11:50am-12:00pm	Break & Course Evaluations

With Becky Engen

4:00-4:05pm	Introductions and Warm-Up
4:05-4:15pm	Examine It ~ Self-Assessment Re: Health, Habits, and Pitch
4:15-4:30pm	Experience It ~ Sound Exploration/Toning & Observation Sharing
4:30-4:45pm	Explore It ~ How We Use Our Voices & Preservation/Recovery
4:45-4:50 pm	Question and Answer
4:50-5:00pm	Break & Course Evaluations

About our Presenters:



Jennifer Hicks is a board-certified music therapist (MT-BC), a licensed music educator, an experienced registered yoga teacher (E-RYT), and the owner of Joyful Noises LLC, where her mission is to utilize music therapy and mindfulness principles to inspire and empower others to experience and create joy in their lives, regardless of circumstances, age, or ability level. She specializes in working with groups of adults with mental health and substance use disorders.

Jennifer also directs an American Music Therapy Association (AMTA) national roster internship site that combines her private practice with Lindsay Markworth's Twin Cities Music Therapy Services, LLC. In addition, Jennifer is Co-Chair for the AMTA Commission on the Education and Training of 21st Century Music Therapists and Co-Chair for the AMTA Membership Committee as well as Local Committee Co-Chair for the AMTA National Conference.

Dr. Becky Engen is the Director of Graduate Music Therapy at Alverno College. Developing online programming to meet the needs of clinicians drew her back to the Midwest after nearly two decades in the SER-AMTA. She has a passion for vocal health whether student pedagogy, clinician longevity, or clinical expression. Her research and writings in this area include most recently, the publication of a co-authored book, *Functional Voice Skills for Music Therapists*.



2019 Fall Music Therapist Retreat

Registration Form:

**On-line Registration & PayPal Payment Available at:
www.musictherapywisconsin.org**

**Mail Registration - Please complete the form below:
(The deadline for postmarked registration is September 13th)**

Name: _____

Street Address: _____

City, State, Zip: _____

Email: _____ **Phone:** _____

Please list any dietary restrictions: _____

**Per the Wisconsin Lion's Camp, please provide the following information
in the event of an emergency:**

Emergency Contact (Name/Relation/Phone):

Allergies:

**Health conditions requiring treatment, restrictions or other accommodations while
on site:**

Please check the box that applies:

- | | | |
|--------------------------|------------------------------------|-------|
| <input type="checkbox"/> | Music Therapy Professional (MT-BC) | \$150 |
| <input type="checkbox"/> | Student Music Therapist | \$50 |

On Saturday, a wood sign making project will be offered. Please indicate yes or no if you are interested in this so we have enough supplies:

- YES, I would like to make a wood sign
- NO, I am not interested in making a wood sign

Please include in your mail registration:

- Your registration form (pages 6-7)
- Signed Individual Hold Harmless and Participation Agreement (page 10)
- Registration payment

Make Check Payable to:

Wisconsin Chapter for Music Therapy

Postmark Registration by Wednesday, September 11, 2019:

Rachel Miller, MT-BC, WCMT Continuing Education Chair
PO Box 44062
West Allis, WI 53214

Wisconsin Lions Camp

Facility Use Rules and Procedures

It is the responsibility of the group leader to share these rules with all participants.

1. The Contact Person mentioned on the agreement for use or other designated representative will arrive 30 minutes before the anticipated group arrival and will schedule an orientation with Camp Staff regarding these policies as soon as the group has arrived. The Contact Person is responsible to ensure that all Facility Rules and Procedures are enforced. All participants are asked to check in upon arrival at the pre-arranged location.
2. No driving or parking is permitted on Camp except in the designated parking lots. Please check with camp personnel about driving on camp for unloading purposes as needed.
3. The Wisconsin Lions Camp asks that visitors adhere to the following guidelines:
 1. The possession and use of illegal drugs is not permitted. Smoking is discouraged and is not permitted in any of the buildings or forested areas. Please smoke only in designated area at the main gate and dispose of all cigarette butts properly.
 2. No ATVs or other motorized vehicles, fireworks, pets, power tools, roller blades, scooters, skateboards or snowboards are permitted. Personal sports equipment can be brought to use, but the Wisconsin Lions Camp is not responsible for any loss or damage of the equipment.
 3. Campfires must be approved in advance by camp personnel and are permitted only in designated fire pits. Please consult camp personnel for more information.
 4. The Wisconsin Lions Camp bans all firearms, weapons and ammunition while on the camp property.
 5. Only service animals are allowed on the camp property. No other pets are allowed.
4. While alcohol is allowed on camp property, we ask that it be kept and consumed only in areas designated by Wisconsin Lions Camp Staff. Any illegal use or groups that are not drinking responsibly will be asked to leave the camp premises. We ask that groups planning to bring alcohol to camp please notify the Wisconsin Lions Camp Staff ahead of time.
5. Only prearranged buildings, facilities and equipment are available for user groups; other facilities and equipment may not be used unless authorized by Wisconsin Lions Camp Staff. Entry into Dining Hall food preparation areas is prohibited. Usage of all challenge courses and aquatic program areas are restricted. User groups that have made arrangements in advance to have a Wisconsin Lions Camp Facilitator or Lifeguard present may utilize these areas. ***Lifejackets (PFDs) must be worn by ALL persons for boating activities.*** Safety rules and procedures for each area to be used will be reviewed upon the group's arrival.
6. It is the recommendation of the Wisconsin Lions Camp that the Group Leader gather the following information on each participant.
 1. Names and addresses of all participants.
 2. A listing of any persons with known allergies, health conditions requiring treatment, restrictions or other accommodations while on site.
 3. Emergency contact names and phone numbers.
 4. Signed permission to seek emergency treatment. (For those participants not supervised on the Wisconsin Lions Camp site by his or her guardian.)

7. Although the camp program personnel are certified in CPR and First Aid, user groups are **strongly advised** to bring a group member with these certifications who will be on-site during the length of their program.
 - **User groups are responsible to provide their own First Aid care, supplies and equipment.** The Wisconsin Lions Camp does not provide medical supplies or equipment. Medications must be locked up. Camp staff can provide a lock for a deposit fee if needed and all wardrobes can be locked.
 - User groups must provide their own arrangements for emergency transportation. Calling 9-1-1 activates the EMS system in Portage County with First Responders arriving within 5 minutes and an ambulance staffed with paramedics arrives within 20 minutes.
8. For groups with youth under 18 years old, a ratio of at least one adult to eight youth must be maintained. **Youth and persons with special needs must be supervised at all times.**
9. User groups must notify camp personnel when emergency situations occur, such as serious injury, lost or missing participants, fire, etc. User groups will be notified and instructed by camp personnel to respond appropriately to reasonably foreseeable emergencies, severe weather and natural disasters.
10. Telephones are available for your use for both outgoing and incoming calls. Emergency camp personnel numbers are listed by each phone and a Wisconsin Lions Camp staff member will be available during the course of your stay. Groups should direct emergency incoming calls to the Camp Office at (715) 677 – 4969. Outgoing long-distance calls need to be made with a calling card, credit card or by calling collect.
11. Upon completion of your camp session, all facilities and equipment used by your group are to be left in the same condition as they were upon your arrival. Please return all equipment back to its proper place after use. User groups who damage the facilities or who require additional clean-up will be charged accordingly. **Please do not use tape or tacks on cabin doors, walls or floors.** Poster putty is available from the office for your use if you wish to hang items.
12. All Wisconsin fishing rules and regulations apply while fishing on Lions Lake. Use of minnows is strictly prohibited in Lions Lake; other live bait is acceptable. We strongly encourage catch-and-release.
13. The Wisconsin Lions Camp reserves the right to terminate any activity, behavior or program and eject any person from the facility that is deemed potentially harmful to the participants, facilities or image of the Wisconsin Lions Camp.
14. The Wisconsin Lions Camp screens our paid and volunteer seasonal employees annually using the following:
 1. A voluntary disclosure statement
 2. Criminal background check
 3. Check of the National Sex Offender Public Registry
 4. Personal interviews
 5. Reference checks of at least two references

We also screen our full-time and part-time year round staff on a regularly scheduled basis. We strongly recommend our user groups to have a screening policy in place for any staff they may bring. We also recommend that any staffing provided by user groups are a minimum of 16 years old and two years older than the minors they are supervising, and at least 18 years old for supervising persons with special needs.

Wisconsin Lions Camp Individual Hold Harmless and Participation Agreement

I have read and understand the *facility use rules* of the Wisconsin Lions Camp as indicated on the Facility Rules and Procedures handout presented to me. I agree to abide by the facility use rules as indicated while in attendance at the Wisconsin Lions Camp.

I fully understand that after reasonable precautions are taken, there are certain hazards connected with camping. I release, absolve, indemnify and hold harmless the Wisconsin Lions Foundation, Inc., and its Directors, Agents and Employees from liability connected with any claimed injury or death due to accidents or situations otherwise occurring to me in the use of any natural areas or man-made facilities of the Wisconsin Lions Camp or for any other reason.

I also grant permission to use photographs of me in any publication or publicity authorized by the Wisconsin Lions Foundation.

Signature

Date

Witness Signature

Date

Wisconsin Lions Camp



☆ Fire Pit	A Foundation Offices (Eyeglass Recycling)	1 Hemlocks & Foresters
L Smoking Area	B Recreation Shelter	2 Oakes & Pines
	C Trading Post	3 Maples & Birches
	D Crafts	4 Tamaracks & Elms
	E Pinewood Lodge - Voyagers & Trappers, Ravens & Explorers, Spruces & Cedars	5 Aspens & Willows
	F Dining Hall	6 Trailblazers & Pioneers
	G Memorial Building	7 Lakewoods & Hodags
	H History Cabin	8 Pathfinders & Traders
	I Health Lodge	9 Lumberjacks & Frontiers