



## Stop Burnout Before It's Too Late by Janice Lindstrom, MA, MT-BC

*"I was unsure as to whether I really wanted to do a self-examination of things that are easier ignored than dealt with. Despite what I originally thought, **I enjoyed the worksheets and self-examination** that went with them. It really helped to clarify what has been floating around in my head for way too long. Janice was so open in describing her own experiences and has graciously offered to be a source of accountability and support as we take our own journeys."*

*~Cindy Long, MT-BC | Reading, PA*

*"**Would I recommend this course? Absolutely!** I love how it broke down the wellness areas and self care strategies. It made you think in terms that were very useful and practical. After this course, I foresee being more organized both at home and at work in order to alleviate stressful situations that may lead to burnout. **I now have a more concise, written plan for dealing with matters** and tasks which can contribute to burnout for me." *~Danielle Saunders, MT-BC**

*"It's great to be aware of the warning signs of burnout, and to have strategies to cope before it gets out of hand. Also reassuring to hear that others have been through it! I liked the wellness aspects of the course. **I also love being able to take such great courses from home at my own convenience!**"*

*~Bethany Barbaro, MT-BC*

*"I am in the midst of my own struggle with burnout, so **I knew this was the first course I needed to take from MTEd.** I loved that Janice shared her personal insights and stories. This not only made the material relevant, but it also helped me see how to apply what I was learning to my own life. Would I recommend? Yes! It contained so much great information on the subjects of self-care and stress, as well as many great tips for taking care of myself." *~Stacey Castor, MT-BC**



*"This course helped me become more aware of the stress and feelings of burnout in my life. It has helped me identify/create doable action steps to start making a change for the better. **I foresee a more organized confident self**, working joyfully at home and at work by utilizing the self-care steps and wellness plan."*

*~Christine Galuzny, MT-BC*

### **Learning Objectives**

1. Participants will identify 3 burnout recovery strategies (IV. A. 5.)
2. Participants will identify 6 dimensions of wellness (IV. A. 2.)
3. Participants will identify 3 self-care strategies and create an implementation plan (IV. A. 1.)

**Prerequisites:** none

**Instructor Qualifications:** Janice Lindstrom, MA, MT-BC is Past President of the Southwestern Region of the American Music Therapy Association. She has also served as President, Secretary, Continuing Education Director, Assembly Delegate Representative, and Vice President of SWAMTA and serves on the Continuing Education Committee for the Certification Board for Music Therapy. She has provided music therapy in rehabilitation hospitals, pediatric, geriatric, and psychiatric settings, school districts, home health, wellness, and private practice. She received her Bachelor of Music in Music Therapy from Sam Houston State University (1995), and a Master of Arts in Music Therapy from Texas Woman's University (2001). She maintains a private practice working primarily with children and adults who have developmental disabilities in Dallas, TX, supervises music therapy students as the Clinical Training Supervisor at Southern Methodist University, and is host and producer of The Music Therapy Show. She also provides materials and information for parents of children with Autism at [HeartBeatMusicTherapy.net](http://HeartBeatMusicTherapy.net).

### **Video Course Format:**

*Chapter 1: 70 minutes* – Burnout (Causes, Symptoms and Warning Signs, Prevention, Recovery)

*Chapter 2: 50 minutes* – Wellness (Physical, Emotional, Social, Spiritual, Intellectual, Vocational, Environmental, Cultural)

*Chapter 3: 30 minutes* – Self Care (Home, Business, Personal)

*Final Evaluation: 30 minutes*



**Number of CMTEs: 3**

**Price: \$75**

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Refund requests must be accompanied by a thorough explanation and completed course homework. Refunds are granted or denied on a case-by-case basis. No refunds are given after 30 days of purchase date.

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