



## Self-Care for Healthcare Professionals with Ami Kunimura, MA, MT-BC

*"I started working with Ami after realizing I was experiencing burnout from work, personal circumstances, some stressful upcoming major events, and not having a good strategy of sustaining self-care that I needed. **Ami helped me to challenge my previous ways of thinking**, create daily routines, and use meditation coping strategies that started changing my life immediately. **She was easy to talk to**, confide in, and willing to work with me at the pace I needed. Making positive and meaningful changes required a lot of personal work, and Ami was the guidance and support that I needed." - L.B., Music Therapist*

*"**Ami has been instrumental in explaining and advocating about the importance of self-care.** She has presented several times regarding this issue and has much to offer to the discussion. **Leading by example, she has encouraged people to recognize their self-care practices** as well as find renewed interest in maintaining and advancing these practices." - Lauren Stoner, MA, MT-BC*

### **Description:**

This 3-hour CMTE course is designed to provide healthcare professionals with essential information on burnout and self-care along with practical and sustainable self-care solutions. Self-care is a fundamental practice for healthcare professionals in order to maintain quality client care, ethical professional behavior, authentic working relationships, and career longevity.

An overview of professional burnout is provided to help professionals understand the risk factors, warning signs, symptoms, and consequences of burnout, as well as different conditions that can lead to burnout such as compassion fatigue, secondary traumatic stress, vicarious traumatization, and empathetic distress.

In this course we will be looking at self-care as multidimensional practice that considers your professional life, personal life, and your individual preferences. We will discuss professional self-care and how to care for yourself at work as well as personal self-care practices for a lifestyle that fosters balance, compassion, and well-being.



This course will support your efforts in caring for yourself as you care for others in order for you to be a more effective, balanced and healthy clinician.

**Board Certification Domains:**

1. Participants will recognize and work on managing aspects of one's own feelings and behaviors that affect the therapeutic process and personal well-being. (II.A.1.f)
2. Participants will identify three ways to establish healthy therapeutic boundaries for professional self-care. (II.A.1.c)
3. Participants will assess areas of professional growth and development and set self-care goals. (IV.A.1)
4. Participants will identify three ways self-care is essential for clinical competence and maintaining effective working relationships (IV.B.8)

**Prerequisites:** Facebook profile is recommended, not required. The course forum is held in a Facebook group. In lieu of a Facebook profile, you are encouraged to interact with the instructor via email.

**Instructor Qualifications:**

Ami Kunimura, MA, MT-BC is a board-certified music therapist, self-care coach, speaker, and author. For more information, visit [amikunimura.com](http://amikunimura.com).

**Video Course Format:**

- Chapter 1: The Importance of Self-Care (19 minutes)
  - Chapter 2: An Overview of Burnout (23 minutes)
  - Chapter 3: Professional Self-Care (28 minutes)
  - Chapter 4: Personal Self-Care (24 minutes)
  - Chapter 5: Sustainable Self-Care and Wellness (24 minutes)
- Total Instruction Time: 118 minutes

Homework: 35 minutes

Total Course Time: 151 minutes

**Number of CMTEs: 3 Price: \$85**



**Typical Access Period:** 2 months

**Refund Policy:** Within 30 days of your first VIP payment or any single course purchase, if you are not 100% completely satisfied with our ever-expanding library of stellar video courses, then we will gladly refund your money after a short exit interview. VIP subscription payments after 30 days are FINAL SALE ONLY. In other words, no refunds are available for subsequent subscription payments. Send an email to [info@musictheraped.com](mailto:info@musictheraped.com) for more information.

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.

By signing up for a VIP subscription plan, you understand that you may cancel your subscription at any time by sending an email to [info@musictheraped.com](mailto:info@musictheraped.com).

**CBMT Relationship:** *Self Care for Healthcare Professionals* is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits (CMTEs). Sound Health Music, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.