

Music Breathing Training (for Health Professionals without any GIM training)

Music Breathing (MB) is a method where Music listening in mindful awareness of the Breathing is used to manage stress and anxiety as well as developmental crises and resilience in adverse situations. Music Breathing is conducted in stages of Discovery Breathing, Silent Breathing and Music Breathing. The individuals' body image of Breathing is explored via a drawing on paper and then processed verbally.

Tentative training schedule

Jul 15-16, 2022 Introduction to Music breathing

Nov (2 days), 2022 Music Breathing Basic seminar

Mar (2 days), 2023 Music Breathing Intermediate Group Seminar

June (2 days), 2023 Music Breathing Consolidation seminar

The training consists of Intro, Basic, Intermediate and Consolidation seminars. The Basic two-days seminar will teach basic theory and include practice in dyad break out rooms. Those who conclude the Basic seminar will work with Music Breathing under supervision. A basic selected repertoire of music pieces will be presented to be used for initial supervised practice sessions. This repertoire will be gradually expanded during supervisions as the student acquires clinical skills. There is an intermediate group seminar for case presentations, group supervision and clinical discussion. The full training is concluded with a Consolidation seminar after 9-12 months and will contain an increased and more challenging music repertoire, advanced techniques, selection of appropriate clinical populations, working with spiritual issues and promotion of health and resilience in healthy populations.

Requirements for completing Music Breathing training:

1. Attend all seminars.
2. **Two personal GIM** sessions before the Basic seminar training (with designated GIM therapist).
3. **Two tutorial** individual Silent and Music Breathing supervisions after 1st seminar and before taking clients.
4. Present **six case reports** for supervision
5. Submit **six reading reports** selected from a mandatory reading list.
6. A **music report**, where the student presents six new pieces for Music Breathing.

Personal info of the trainer



Dag Körlin is a Swedish Psychiatrist, certified Psychotherapist, Supervisor and Primary Trainer of the GIM method, Director of “IMAGEing: European GIM and Music Breathing Trainings”. Dag has specialized in adapting GIM for Complex Trauma (PTSD) and other stress-related disorders and has published many journal articles and book chapters in this field. He has also developed the Breath Grounding and Modulation (“Music Breathing”) method, used as an effective adaptation of GIM for clients with complex trauma, dissociation, and other stress related disorders. He has competence in the evaluation and management of Spiritual issues, problems and emergencies. As well as researching and writing on GIM, he lectures, teaches and is a Consultant in Outpatient Psychiatry.

Assistant:



Angela Shum has been a RN & Music therapist in Canada, USA and Hong Kong. She is also a FAMI, with specific training in Focused Music Imagery and FOAT trainer. She has been educating nursing students about music and Imagery in various institutions locally.

Requirement materials for the virtual course:

computer with web camera; Zoom platform, blue tooth; headphones with built-in microphones and speakers; A3 size paper with a circle drawn in the centre; Oil pastels (25 colors or more)

All candidates applying for MB training should also send the following information together with the application form.

- Education, credentials, clinical experience
- Personal statement about the reason for being interested in this MB training, your relationship with music, and where are you going to apply this technique.

Application form

Part A – Personal details

*中文姓名：	*Name (in English):
*Occupation/job position:	*Specialty:
Company/Institution:	
Mailing Address:	
Tel No. (Office)	*Mobile number
* e-mail address	Others:
Course name and dates: Introduction to Music Breathing (Jul15-16)	
*Necessary information to be filled.	

Part B- Detail of Payment: To “*Abundant Wellness Co. Ltd.*”

- Total Amount: \$3600 HK\$3800 (After Jul 4)
- By Cheque Cheque No: _____ Name of bank: _____
- By ATM Hang Seng Bank, Account number: **390 774065 883**
- By FPS FPS ID: **390 774065 883** or use abundantwellness2018@gmail.com

Part C – Other Information

1. Titled the **Crossed Cheque “Abundant Wellness Co. Ltd.”** & post it together **with this Application Form** at 2102 Workingfield Commercial building, 408-412 Jaffe Road, Hong Kong
2. What’s apps **the ATM Receipt AND this Application Form** to 9016-3631 or send to abundantwellness2018@gmail.com
3. DEADLINE for regular registration fee is **Jul 4, 2022**. After that, the fee will be HK\$3800.
4. Successful enrolled applicants will be notified of the application result by 10 days before the date of the course. Spaces are limited. Max: 20 people

For enquiries, please contact Abundant Wellness. Ms. Shum

Tel: (852) 9016-3631 Email: abundantwellness2018@gmail.com

Notes for Enrollment 1/ Registration fee \$200 is not refundable unless the enrolled course is full or cancelled. 2/ Payment must be received by us on or before the deadline. 3/ The Organizers reserve the right to make alteration regarding seminar schedule, venue and content if necessary. 4/ The personal data provided on the Application Form is used for purposes related to the processing of registration and delivery of information. 5/You have the right to access and correct personal data according to section 18 and 22 of the Personal Data (Privacy) Ordinance. Enquiries or correction should be assessed through Abundant Wellness Co. Ltd.