

# Advanced professional training program



Sonora

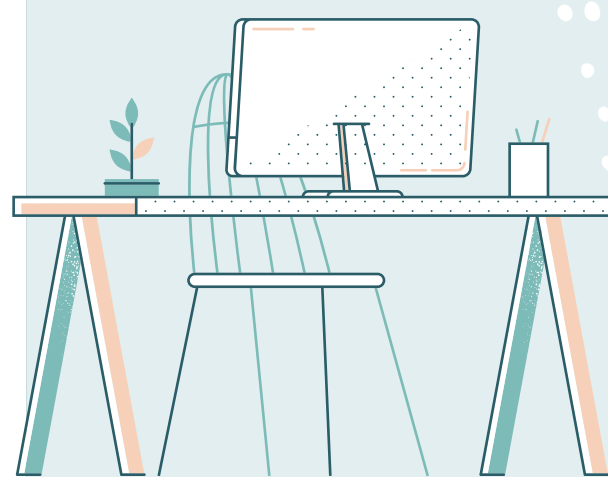
ORGANISATION FOR MUSIC THERAPY AND RESEARCH

## What is Music Breathing?

Music Breathing (MB) is an advanced technique designed by **Dag Körlin, a Swedish psychiatrist-psychologist** and GIM trainer, originally created to facilitate work with trauma, stress disorders, but it has now expanded to strengthen resilience and well-being. The emphasis is on the awareness and modulation of the breathing that is used to regulate arousal evoked by selective music listening in an expanded state of consciousness.

## Who can attend?

The programme is suitable for all professionals from the fields of health/mental health care with experience and/or interest in working within a wide range between well-being, emotional regulation and resilience in stress situations, anxiety disorders, and psychological trauma.



## Who is this helpful for?

The Music Breathing method is applicable in cases of crisis, stress, mental/psychological trauma management, in health, psycho-educational / psychosocial settings, for creative personal development, and as a means of self-care for health professionals. The scope has been expanded to also include affordance of resources and resilience which are emerging topics in times of Covid over the world.



## Certification

The program is offered as an independent professional training course leading to **“Advanced Certificate in Music Breathing”**. The course belongs to the broader range of the “Music and Imagery” methods as described by the European Association for Music and Imagery (The “Spectrum” of GIM practice, EAMI Training Standards, 2019). This training is offered by **Sonora Organization for Music therapy & Research** supported and organized by Abundant Wellness Co. Ltd. **Endorsed EAMI training program**



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## **Trainer information: Dr. Evangelia Papanikolaou Music Therapist, FAMI, EAMI**

Dr. Evangelia Papanikolaou is a Greece music therapist, supervisor and Primary Trainer of the GIM, MI, MB trainer. She is the Scientific Director of “Sonora” organization for Music therapy and research.

Evi has worked closely with Dr. Dag Körlin, the founder of Music Breathing for many years before his decease in July 2023. She is taking over the MB Training coordinator role and continue to promote MB training to music therapists and other health care professionals using her expertise in MB practices.

## **Assistant: Angela Shum RN, MT-BC, MTA, FAMI**

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. Angela is a FOAT trainer. She has been educating nursing students about music and Imagery in various institutions locally.

## **Training Description**

The training is a combination of theory and experiential work. It consists of preparation material in pdf form, 3 training days, 1 follow-up music presentation day, and a series of group supervisions.

## **General Program Info**

- Background in music studies is not a prerequisite but a good relationship/affinity to music is desired
- All requirements can be fulfilled online and is expected to be completed within 6-9 months
- The training will be offered in English

For further information, please email [abundantwellness2018@gmail.com](mailto:abundantwellness2018@gmail.com) or Click [www.abundantwellness.com.hk](http://www.abundantwellness.com.hk)

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## Program Requirement

1. Attendance in the 3-day training seminar
2. Attendance in the 1-day follow-up training day (music day)
3. Give at least 5 MB sessions to clients and participate to 5 group supervisions
4. Theory reading, including preparation material
5. Development of a personal “music library” with pieces selected for MB use
6. Participants without prior experience in the Guided Imagery and Music (GIM) method are advised to receive a short series of 3 GIM sessions from an accredited (EAMI or FAMI) therapist

## 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 colours or more)

## Tuition cost

3 training days + 1 followup music day = HK\$6000

5 group supervisions in small groups: HK\$2600 (paid separately following the main training seminar).

If you sign up with another person, you can both enjoy 10 % off together before April 19. Early registration is advised as there are limited seats for this training.

Late registrations accepted only upon request.

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