



The CPD Standards Office
CPD PROVIDER: 22642
2024-2026
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Emotional Attunement Through Music Therapy™

CPD Accredited Training (12-hours/9am – 4pm)
Saturday 8th and Sunday 9th December 2024
Village Hotel Ashton-Under-Lyne (OL7 OLY)

Are you a

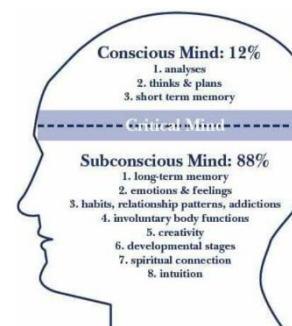
- Ω **Mental Health and Well-being practitioner?**
- Ω **Holistic or creative therapist?**
- Ω practitioner who is looking to expand their offer by using **music as a therapeutic offer**.
- Ω person who works with **teenagers** with social, emotional, mental health and wellbeing problems?

This is the course for you!

What is Emotional Attunement Through Music Therapy (EATMT)?

EATMT uses **songs** to allow clients to **connect** with their **unconscious** minds when going through difficulties. It is important because it allows them to **access deeper insights, resources, and solutions** that may not be readily available to their conscious mind. The unconscious mind holds a **wealth of information**, experiences, and patterns that can offer a fresh **perspective** and **new ways of approaching challenges**. By tapping into the unconscious mind through their **song choices**, clients can gain a deeper **understanding** of their **emotions, beliefs, and motivations**, which can help them to **navigate** difficult situations with **greater clarity** and **resilience**.

Additionally, connecting the client with their unconscious mind can promote **self-awareness, personal growth**, and the development of **intuition**, enabling them to make more **informed decisions** and find **creative solutions** to problems.



Theory of Mind by Dr. Kappas
(simplified)

How does Emotional Attunement Through Music Therapy work?



Emotional Attunement Through Music Therapy uses a **simple process** to

- Ω **consciously connect** to the **unconscious mind** through **songs**.
- Ω **identify** and connect with the **metaphors** within **song lyrics** and **video** images.
- Ω bring into **conscious awareness** key messages from the unconscious.
- Ω discuss **key messages**, identify how to **take action** and **move forward**.

Certification

A certification of attendance will be awarded on the day. A Practitioner Certificate is subject to the **submission of 3 client sessions**, either video recorded or written case studies.

Booking details:

Trainer: Shazia Sarwar-Azim FCCT, NPQH, AST, B'ED Hons

(Masters in NLP, Advanced IEMT, EMDR, Drawing and Talking, Integrative Sand Tray,)

Course Fee: £395 until January 2025, then £449.00.

Contact Shazia – info@emotionaltherapistcoach.co.uk or call 07946405204 for a **booking form**.

Limit: Only 6 places available

Please

- **bring lunch**, there is a restaurant on site.
- note **tea and coffee** facilities with **snacks** will be **provided during breaks**
- **bring an electronic device (laptop/tablet)**, so that you can watch and analyse songs.
- speak to me (**Shazia**) if you need any **additional requirements** before the course starts, so that reasonable adjustments can be made!

I look forward to seeing you on the training day!