



THE SELF-CARE INSTITUTE PRESENTS

RESILIENCE OVER BURNOUT: A Self-Care Program

with Ami Kunimura, MA, MT-BC

31 CMTE CREDITS

Course Description:

Resilience Over Burnout: A Self-Care Program is an in-depth, self-paced, and online CMTE course. This program aims to provide:

- A comprehensive and research-based self-care education
- A deep exploration into your self-care needs, obstacles, behavior, and mindset
- Sustainable measures for burnout prevention, burnout recovery, and stress management to improve work/life integration

Three parts to this program:

(1) Eight online training modules: Each module consists of six recorded video lessons, self-reflection exercises, a self-care assignment, and a guided meditation. See page two for more details.

(2) Office hour calls: Four group coaching calls will be scheduled once a month for 90-minutes. Office hour calls will provide an opportunity for support, questions, and connection. Attendance is not required and calls will be recorded for those who cannot make it live and questions may be submitted in advance.

(3) A meditation library with guided meditations that are incorporated into the program that you can listen to anytime.

This program comes with lifetime access so you may go through the modules at a pace that works for you. There are no deadlines so you don't have to worry about being behind.

A certificate of completion will be given upon completion of the program by submitting a confirmation of completed coursework, evaluation summary form, and a one page description of your learning experience.

Learning Objectives:

1. Participants will assess areas for professional growth and development and set individualized goals that support professional and personal progress. (IV.A.1)
2. Participants will recognize and manage aspects of one's own feelings and behaviors that affect the therapeutic process and personal well-being. (II.A.1.f)
3. Participants will practice establishing and communicating healthy boundaries as a self-care practice. (II.A.1.c)
4. Participants will learn burnout prevention and stress management practices to support clinical competence and maintain effective and professional working relationships. (IV.B.8)

Program Outline:

MODULE 1: Self-Care Starts Now

(Lessons- 47 min total / Independent study- 75 min)

- 1.1: Introduction
- 1.2: Orientation to the Program
- 1.3: How to Get the Most Out of the Program
- 1.4: A Safe Space for Self-Care
- 1.5: My Story and Your Story
- 1.6: Your Ideal lifestyle

MODULE 2: Building a Foundation for Self-Care

(Lessons- 64 min total / Independent study- 75 min)

- 2.1 Your Foundation for Self-Care
- 2.2 What is Self-Care and Why it is Essential
- 2.3 What is Not Self-care / Beware of Pseudo Self-Care
- 2.4 Obstacles to Self-Care
- 2.5 Your Self-Care Support Team
- 2.6 Start Your Day Right
Body, Mind and Heart Check In Meditation

MODULE 3: Exploring Your Experience of Burnout and Stress

(Lessons- 57 min total / Independent study- 75 min)

- 3.1 Intro to Module 3
- 3.2 What is Burnout?
- 3.3 Risk Factors, Warning Signs,
and Symptoms of Burnout
- 3.4 Conditions that Can Lead to Burnout
- 3.5 What Needs to Change?
- 3.6 Your Evening Self-Care Practices

MODULE 4: Exploring and Redefining Your Self-Care Values

(Lessons- 56 min total / Independent study- 75 min)

- 4.1 Intro to Module 4
- 4.2 Exploring the Origin of Your Self-Care Values
- 4.3 Exploring Your Current Self-Care Values
- 4.4 Guilt and Self-Care
- 4.5 Redefining Your Self-Care Values
- 4.6 Your Parameters for Success
Loving Kindness Meditation

MODULE 5: Self-Care at Work

(Lessons- 81 min total / Independent study- 75 min)

- 5.1 Intro to Module 5
- 5.2 Managing Your Workload and Professional Role
- 5.3 Your Self at Work
- 5.4 Caring for Your Work Environment
- 5.5 Compassion at Work
- 5.6 Vicarious Resilience
Grounding Meditation

MODULE 6: Self-Care at Home

(Lessons- 79 min total / Independent study- 75 min)

- 6.1 Intro to Module 6
- 6.2 Self-Care for Your Body
- 6.3 Self-Care for Your Mind, Emotions, and Spirit
- 6.4 Self-Care for Your Time and Space
- 6.5 Self-Care and Relationships
- 6.6 Self-Compassion
Stress Relief Breathing Meditation

MODULE 7: Restorative Self-Care

(Lessons- 95 min total / Independent study- 75 min)

- 7.1 Intro to Module 7
- 7.2 Energy Management
- 7.3 Forgiveness
- 7.4 Acceptance and Letting Go
- 7.5 Meditation
- 7.6 Gratitude
Water and Light Relaxation Meditation

MODULE 8: Self-care as a Lifestyle

(Lessons- 103 min total / Independent study- 75 min)

- 8.1 Intro to Module 8
- 8.2 Self-Care Habits
- 8.3 Willpower and Grit
- 8.4 Sustaining Self-Care: Consistency and Accountability
- 8.5 A New Approach to Work/Life Balance
- 8.6 Conclusion: Fulfillment and Harmony in Life and Work

About the Instructor:

Ami Kunimura, MA, MT-BC is the founder of the Self-Care Institute and has been a board-certified music therapist since 2006. Ami provides therapeutic support for professionals around the world who are experiencing burnout and has presented on self-care and professional burnout at international events and conferences. Ami has also taught as a lecturer at UCLA and as graduate adjunct faculty at Saint Mary-of-the-Woods College. Ami is currently pursuing a PhD in Mind-Body Medicine at Saybrook University.



Prerequisites: None required

Number of CMTE (continuing education) credits offered: 31 Credits

Tuition: \$597

You may pay in full or a payment plan of 7 payments of \$97 is available.

Cancellation and refund policy: A full refund will be given to any participant who purchased the program, completed the program and assignments, and was not satisfied with the experience. To request a refund, email your purchase receipt, reason for refund, and completed course materials to support@selfcareinstitute.com. Requests must be sent within 120 days of purchase to qualify for a refund. Partial refunds or partial CMTE credit cannot be granted.

Statement of relationship to CBMT: Resilience Over Burnout: A Self-Care Program is approved by the Certification Board for Music Therapists (CBMT) for 31 credits. The Self-Care Institute, #P-160, maintains responsibility for program quality and adherence to CBMT policies and criteria.

Visit www.selfcareinstitute.com/program for more info

Email ami@selfcareinstitute.com with any questions



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