

The Intersections of Burnout, Self-Care, and Social Justice

Presented by Ami Kunimura, Ph.D., MT-BC
4 CMTE Credits



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This course offers both synchronous and asynchronous options:

1. Live virtual presentation date and time:
Wed., October 25, 2023, from 1 pm - 4 pm PST / 4 pm - 7 pm EST on Zoom
2. If you can't make it live, this course will be recorded and can be viewed on your own time. Everyone who registers will receive access for one year to the recording and course materials.

Course Description:

Burnout, self-care, and social justice are multidimensional topics with multiple intersections. This presentation will first provide an overview of current research on two types of burnout: occupational burnout and activist burnout. Occupational burnout will be explored in relation to race and sociocultural identity. Activist burnout will be explored in relation to its impact on social justice movements.

This presentation will also explore the role of self-care in addressing burnout and social justice. New perspectives will be offered with a holistic and inclusive approach to self-care as an ethical responsibility and an inherent human right. Experiential practices will also be offered to support participants' exploration of these complex topics with compassion, courage, and resilience.

Prerequisites: None

Number of CMTE credits offered: 4 (fulfills 3 ethics credits for music therapists)

Tuition: \$75 (includes access to the course recording and materials for one year)

Learning Objectives:

1. Participants will gain knowledge that supports an ethical and culturally sensitive approach to self-care that respects dignity and human rights (V.B.2)
2. Participants will explore areas for professional and personal growth by increasing awareness of occupational and activist burnout (V.A.1)
3. Participants will participate in continuing education that supports an awareness of social justice issues in relation to burnout and self-care (V.A.3)
4. Participants will examine one's own assumptions, values, and biases regarding burnout, self-care, and social justice (V.B.11)

Schedule: (200 Minutes total)

Course introduction (15 min)

Course overview and practices for getting started

Part One: Burnout & Social Justice (70 min)

The intersection of occupational burnout and social justice

The intersection of activist burnout and social justice

Systemic and social issues related to burnout

Discussion and reflection (10 min break)

Part Two: Self-Care & Social Justice (70 min)

Historical roots of self-care and social justice activism

A holistic and inclusive understanding of self-care

Self-care as an ethical imperative and human right

Self-care practices for preventing occupational and activist burnout

Summary & Conclusion (15 min)

Courage, resilience, and compassion

Suggestions for personal reflection exercises

Post-presentation reflection and evaluation (30 min)

Independent reflection

Course evaluation

About the Instructor: Ami Kunimura, Ph.D., 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 worldwide who are experiencing burnout and has presented on self-care and professional burnout at international events and conferences. As a music therapist, Ami specializes in mental health, trauma, and addictions treatment. Ami has also taught as a lecturer at UCLA and as adjunct graduate faculty at Saint Mary-of-the-Woods College. Ami holds a Ph.D. in Mind-Body Medicine and M.A. in Music Therapy.

Evaluation: Upon completion of the workshop, participants will complete the opportunity evaluation form to receive a certificate of completion. Certificates will be emailed within two weeks of completing the evaluation.

Cancellation and refund policy: A full refund will be given to any participant who completed the course and assignments and was not satisfied with the experience. To request a refund, email your receipt, reason for refund, and completed course materials to support@selfcareinstitute.com. Requests must be sent within 45 days of purchase. Partial refunds or partial CMTE credit cannot be granted.

Statement of relationship to CBMT: *The Intersections of Burnout, Self-Care, and Social Justice* is approved by the Certification Board of Music Therapists (CBMT) for 4 CMTE credits. The Self-Care Institute, #P-160 maintains responsibility for program quality and adherence to CBMT policies and criteria.

Enrollment and course information can be found here:

<https://www.selfcareinstitute.com/courses/>

Contact ami@selfcareinstitute.com with any questions



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