



# Through the Lens of a Circle

THE USE OF MANDALAS AND MUSIC  
FOR SELF-AWARENESS

Maximum Participants-8

Cost: \$ 1,200

Pay \$250 deposit at time of registration and select your  
monthly payment option.

REGISTER HERE!

Following registration, a \$250 deposit will be required to  
secure your spot. The remaining balance is due by  
March 12.

If you must cancel your reservation and would like a full  
refund of your deposit, you must notify WBMT Re-  
treats on or before Feb 20. If cancelling Feb 21-Mar 6,  
you will be refunded 50% of your total paid registration  
costs. There will be no refund provided if cancellation  
occurs on or after March 7. Partial CMTE credits are  
not granted for this opportunity.

There are no prerequisites for this learning  
opportunity.

Melanie A. Walborn  
Continuing Education Director  
7728 Green Hill Road  
Harrisburg, PA 17112  
(Administrative Address Only)  
717-468-1684  
melaniewalborn@wbmusicthera.py.com



33 CMTEs, including 3 ethics credits, all creation materials and  
takeaways, lodging, and healthy meals for three nights and four days.

THURSDAY, MARCH 12-  
SUNDAY, MARCH 15

Arrive TH at 11:30A

Depart SUN at 12:00P

LEWES, DELAWARE

This intimate 3 ½ day retreat fo-  
cuses on personal and profession-  
al self-awareness growth using the  
exploration and creation (the  
lens) of mandalas (the circle).

Through the use of a variety of art  
mediums to create mandalas, par-  
ticipation in peer and clinical su-  
pervision, songwriting, musical  
improvisation, and responsive mu-  
sic listening, retreatants will inves-  
tigate their thoughts and feelings  
in context with their creative ex-  
pressions. Participants will also  
explore ethical considerations re-  
lated to the importance of contin-  
ual self-awareness and create ac-  
tion plans for their personal and  
professional development.

### OBJECTIVES:

Participants will be able to list the  
effects of 3 musical elements or  
musical experiences that may be  
contraindicated or harmful to cli-  
ents. (Knowledge 3A-11, Task 39)

Participants will choose a mini-  
mum of 2 created mandalas for  
which they will seek and receive  
peer and clinical supervision, and  
identify at least 1 area of self-  
awareness growth for which they  
will create a 6 month action plan.

(Knowledge 5-A5, 5B-2, Tasks  
54,55, 65, 66)

### FACILITATOR AND

**INSTRUCTOR:** Gretchen Patti,  
MS, FAMI, MT-BC will lead partici-  
pants in this intimate and thought  
provoking event. Gretchen holds  
a B.S. in Music Therapy from Eliza-  
bethtown College and is a board  
certified music therapist. She re-  
ceived her M.S. in Healthcare Ad-  
ministration with a concentration  
in Psychology from St. Joseph's  
University in Philadelphia, PA.  
Gretchen is a Fellow in the Asso-  
ciation for Music and Imagery.  
Gretchen has over 30 years of  
experience serving individuals and  
groups with intellectual disabilities,  
trauma, substance abuse issues,  
and adults with dementia diagno-  
ses. She has been facilitating self-  
awareness retreats for over 24  
years. Gretchen currently main-  
tains a private practice in the Bon-  
ny Method of Guided Imagery and  
Music and provides individual and  
group music therapy. Gretchen's  
passion is using music to help oth-  
ers to achieve their goals and  
dreams for their life.

### Summary of Retreat Schedule

Thursday, March 12 11:30a - 9:45p

Friday, March 13 8:00a-9:30p

Saturday, March 14 7:30a-9:00p

Sunday, March 15 7:00a-11:30a

[wbmusictherapy.com](http://wbmusictherapy.com)



# WBMT *Retreats*

## Through the Lens of a Circle Schedule Summary

Thursday (1 meal)

11:30a - 9:45p Introduction to the Great Round, mandala theory and uses, Instruction of Stages 1 through 7, Mandala Assignments/MARI Card introduction/Journaling, Mandala time

Friday (3 meals)

8:00a - 9:30p Instruction of Stages 1 through 12, Mandala/MARI time, Music Improvisation

Saturday (3 meals)

7:30a - 9:00p Ethics, Mandala time, Clinical Supervision, Labyrinth Walk, Action Plans

Sunday - (1 meal)

7:00a - 11:30a Integration through Creation/Sharing Action Plans and Creations/Closure