

Workshop Outline

Holding, playing and exploring: Music and action based strategies for self-reflection and supervision Claire Molyneux NZ RMTh

Description of workshop

The concept of holding is central to my work as a music therapist and supervisor. Starting from an exploration of this concept, we will discuss what is needed to create a safe trusting space in which therapists can share, discuss, analyse and reflect on clinical work. This workshop will offer practical ideas and techniques for exploring clinical work and other issues that impact on this. Music-based and action-based strategies will be explored with the aim of adding to participants' kete of resources to be used for self-reflection and in supervision settings.

The workshop will be experiential and participants are encouraged to bring clinical material to work with. With this in mind, confidentiality is of utmost importance to enable participants to feel safe to engage fully in this workshop. Confidentiality in this context means that all personal information, about clients and about ourselves, is held in the workshop space and is not shared outside.

Participants

This workshop is suitable for all music therapists. A minimum of seven participants is required for the workshop to run with a maximum group size of 15.

Date and time

Sunday 21 August 2016, 9.30am – 3.30pm. Bring your own lunch.

Venue

More than 7 participants – Auckland, venue to be confirmed
Seven (7) participants – Titirangi, Auckland

Cost

\$125 per participant. To register, please email info@musictherapy.org.nz with your name and phone number.

About the presenter

Claire Molyneux, NZ RMTh, MA (Music Therapy), PGCertHealSc (Clinical Supervision), BA (Hons).

Currently working in private practice and for Hospice West Auckland, Claire has worked as a music therapist with children, young people, families and adults in a variety of settings in England and New Zealand for more than 20 years. Prior to establishing her private practice, Claire was Head of Clinical Services at the Raukauri Music Therapy Centre, Auckland (2005 – 2014). Claire is an experienced supervisor with a particular interest in ways in which music and arts-based techniques can enhance supervision.