



BEEN THERE. DONE THAT.  
NOW WHAT?  
FINDING CAREER RENEWAL  
THROUGH CREATIVITY

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MW Region Conference – April 5, 2019



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# Learner Objectives

- Identify current challenges in professional development (CBMT Domain IV.A.5)
- Develop implementation strategies for self-care and self-awareness in role as music therapist
- Develop professional plan for continued growth and job satisfaction (CBMT Domain IV.B.14)
  
- First Half of the Code: \_\_\_\_

# JUST OUTSIDE THE BOX



Juggling work life balance needs.

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The reasons  
behind this  
presentation

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Interests in:

- Attrition
- Personal experience
- Supervision

# Resources:

- Morrow, S. (2016). Time for a career pivot? Start here. *Real Simple*, March 2016, 124.
- Brown, B. (2010). *The gifts of imperfection: Let go of who you think you're supposed to be and embrace who you are: Your guide to a wholehearted life*. Center City, MN: Hazelden.

- Psychology Today - <http://www.psychologytoday.com/blog/in-therapy/200811/therapist-burnout?page=2>
- North American Dance Therapy Association - <http://www.nadt.org/membership/selfcare-for-therapists.html>
- Seven Mistakes - <http://www.psychologytoday.com/blog/in-therapy/201207/seven-mistakes-therapists-make>
- Compassion Fatigue Self-test: <http://www.compassionfatigue.org/pages/selftest.html>
- Vision Board : <https://www.wikihow.com/Make-a-Vision-Board>



# WHAT'S GOING ON WITH YOUR SITUATION?

Compassion fatigue, secondary trauma, burnout, other?

# Secondary Trauma and Compassion Fatigue

## Secondary Trauma

- Issues that clients bring are similar to our own issues
- We over identify with what a client is going through because it seems personal to us
- May manifest in dread, over-emotional or under-emotional responses to what clients say or do

## Compassion Fatigue

- Being tired of being a helper
- Helping others feels like a drain on our energy, our health, and our relationships

<http://www.nadt.org/membership/selfcare-for-therapists.html>

<http://www.compassionfatigue.org/>



# Burnout

- Different from secondary trauma and compassion fatigue – Burnout is related to a job situation
- Sometimes it is difficult to know that you are moving towards burnout.



# Burnout Feelings

- Feeling alone
- Feeling confused about what you are supposed to be doing
- Not wanting to go to work on a recurring basis
- Avoiding certain people
- Not knowing what to do with a specific client
- Recurring illnesses – may also be your body's process of gaining immunity in your workplace
- Doing the same things in sessions over and over again - Feeling stuck in a rut

# But, Don't Despair!

- These feelings happen in the life of every professional at one time or another.
- Try to identify what is happening in your life that is causing the feelings.
- If you can, fix situations that you can fix. If you cannot fix them, then go to a place where you are away from the situations.
- Talk to other people – You are NEVER alone.

Where to  
go from  
here?

- Once you know what's going on, you can start to make the changes that lead to the life you want



**know  
your-  
self.**



# VISIONS AND CREATIVITY AND CHANGES

Oh, my!!

# Design Theory

- References

- <https://www.slideshare.net/Leursism/design-theory-lecture01>

- The imaginative jump from present facts to future possibilities



Imagine  
Possibilities

Moving into  
thinking of  
what could  
be  
possible...



IMAGINE WHAT  
COULD BE...



# Project - Dreaming

- Fold paper into thirds
- Left third – what is the path that you're on right now – if nothing changes, where will you be in 5-10 years?
- Right third – Money and circumstances are **NO** object. Where will you be in 5-10 years without any boundaries or restrictions placed on you?
- Center third – combine the two – put the practical with the fanciful

# Project – Mini Vision Sheet

- Start with index card – write down 3-5 goals. Make some personal and some professional.
- Think about these questions:
  - What, in your view, is a good life?
  - What makes a life valuable or worth living?
  - When you are on your deathbed, what will you have hoped to have accomplished?

Choose a theme and start choosing your vision sheet materials

- Start with blank piece of paper – choose the paper you are most drawn to. Gather 3-5 pieces of smaller paper and markers or colored pencils.
- Choose one word to illustrate your wants/hopes/plans for yourself.
- Either write the word on one of the smaller pieces of paper or use the stencils to make the word – this is your focus.
- Use the other pieces of paper to write down your goals, or draw pictures that will symbolize the goals or the processes that you will need to take to get there.

- Vision boards are made to change and adapt. This is just a little bit of information about what is possible. When you do a bigger board, use illustrations, pieces of magazines, different letters, and bits and pieces of textured materials to make the board something unique to you.
- Your board will look different from everyone else's board – THAT IS EXPECTED!!!



**THE KEY?**

**FIND A  
BALANCE  
AND START**

**FOLLOW YOUR  
WISHING  
HEART.**

**Lisa Loeb**

**FOLLOW WHAT  
YOU LOVE  
AND IT WILL TAKE YOU WHERE YOU  
WANT TO GO.**

**Natalie Goldberg**

# Move forward with small steps

- What can you do to move towards your goal today?
- What can you do to move towards your goal in the next month?
  - Year?
  - Decade?

# Cultivate mentors

- Collect people who can help you with different parts of your goal
  - Who has the experience that you want?
  - Who can help you find your way?
  - Who can tell you when you're off-base?
  - Who can you trust?

# Share your experience

1

Be a mentor to  
others

2

Write about it

3

Share what you  
know





VISIONS CHANGE,  
AND THAT'S OKAY.



YOU ARE  
NEVER  
STUCK IN  
ONE  
PLACE



IF WE HAVE TIME...

If not, watch the Pixar short, *Inner Workings*



# COMMENTS?

Thank you.

Second half of the code: \_\_\_\_

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