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Tajuk : Acmi Holds Music Therapy Workshop.

Acmi holds music therapy workshop

KUCHING: A Music Therapy Workshop was recently organised by the Association Counselling Malaysia International (Acmi) in collaboration with the state government and Universiti Malaysia Sarawak (Unimas) Faculty of Cognitive Sciences and Human Development Counselling Department.

Held for the first time, the workshop was facilitated by Maryville University and Institute of Creative and Arts Therapies, Santa Fe, New Mexico, USA director Professor Emeritus Dr Joseph Moreno.

According to a press statement, the workshop exposed participants comprising counsellors, social workers, doctors, nurses, school teachers and individuals in applying art therapy techniques which focused on music, dance, drawing and psychodrama with clients.

It is believed that these changes affect clients positively in every aspect such as psychological, physical, cognitive, and other social functions.



ONE FOR THE ALBUM: Participants from the Music Therapy Workshop in a photo call with Moreno (seated centre).

Music therapy helps clients as an alternative to be aware of self and others, to overcome psychological and behavioural symptoms, reduce stress, and traumatic experiences.

Not only that, clients feel fulfilled through music therapy and the therapy is also applicable in various settings such as schools, rehabilitation centres, hospitals, private houses, and also in any

community centres.

According to Acmi Sarawak zone chairperson Amalia Madihie, there will be more counselling professional development by the association in Sarawak.

"We hope to invite more counselling experts around the globe to Sarawak so that local counsellors will get more exposure in improving their

counselling skills as well as develop their networks worldwide," she said.

She also invited all Sarawakian counsellors to join Acmi.

More information on the association can be obtained from www.perkamainternational.com.my.

Alternatively, those who are interested can contact her via mamalia@fcs.unimas.my