



# Music Medicine Boot Camp™ Self-Study Course

Instructor: Judith Pinkerton, MT-BC/L  
Licensed Board-Certified Music Therapist

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<b>Date/Time:</b>	Purchase online and immediately download the 2-Hour Audio + 32pp Workbook. Complete at your leisure.
<b>Cost:</b>	\$49.95
<b>Where:</b>	<a href="http://MentalFitness.Music4Life.us/downloads/music-medicine-boot-camp">MentalFitness.Music4Life.us/downloads/music-medicine-boot-camp</a>
<b>Pre-requisite:</b>	none

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The Music Medicine Boot Camp™ educates the participant about a music medicine treatment method based upon different theoretical orientations. This treatment method expands the two categories of “stimulative” and “sedative” music into a three-part system re-categorizing the music library beyond genre and artist into Unsettled, Soothed and Energized categories. Upon completion of this course, the participant will be able to broaden music applications using a prescriptive Mood Sequence Formula™ for personal development and client applications.

The workbook’s four sections are: Choose healing music; Discover what your music choices say about your health; Create essential healing playlists for the best diet; and Create Mood Sequence Formulas™ for personal development.

#### CMTE Objectives:

1. Name three types of responses to music that influence client pain levels and informs clinical practice. (BCD II.A.2.af; II.A.4.a-h-i)
2. Identify psychodynamic and neuroscience theoretical orientations which serve as the underpinnings of Mood Sequence Formulas™. (BCD II.A.3.e-f; IV.A.2)
3. Describe ten music elements which influence client and personal responses to music preferences, and may affect the therapeutic process. (BCD 1.B.13.d; II.A.1.f; II.A.5.a-b-g-h-r-v)
4. Specify one Mood Sequence Formula that influences treatment outcomes mitigating unsettledness with increased awareness about mood categorization for different music styles. (BCD 1.B.13.c; II.A.2.g-h-i-ag-ao-bb-bd; II.A.5.j-ac; IV.B.3)

Total Time to complete this self-study course: 150 minutes (includes 30-minutes to complete workbook and post-test).

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*"Music 4 Life® Music Medicine has helped me understand my clients' listening habits (and my own) better. I feel I can better serve them and help myself with this knowledge."* – Becky Wellman, PhD, MT-BC/L

**Music 4 Life, Inc. Mission Statement:** Committed to excellence as a leading provider of self-discovery music wellness strategies building healthy lifestyles. Specific to Continuing Music Therapy Education (CMTE), Music 4 Life® empowers music therapists to realize their potential as confident therapists by developing music listening habits intuitive to personal and client needs, expanding music across cultures and generations, and providing an organized, adaptive music classification system within a new three-part research-based paradigm.

**Instructor:** Judith Pinkerton, MT-BC/L, is the originator and master trainer of the Music 4 Life® Music Medicine Boot Camp™ (accredited by the Nevada State Board of Nursing since 1990) with over twenty-five years experience developing the protocol with research-based clinical studies supporting standardized and customized music medicine CDs.

Music Medicine Boot Camp™ is approved by the Certification Board for Music Therapists (CBMT) for 3.0 CMTEs Continuing Music Therapy Education credits. Music 4 Life, Inc., Provider #151, maintains responsibility for program quality and adherence to CBMT policies and criteria.

**Cancellation and Refund Policy:** Once the Music Medicine Boot Camp is purchased, it must be immediately downloaded. No refunds are permitted once the purchase is processed. Partial CMTE credit cannot be granted.

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