



## Music Medicine Self-Care in Session Plans

***Discover music therapy session plans supporting self-care!***

Please join us for a special workshop learning how to administer self-care during music therapy sessions. Discover how the Music 4 Life® Music Medicine Protocol works effectively within sessions. Facilitated by Judith Pinkerton at three SUD-Substance Use Disorder residential treatment centers, she treats more than 150 patients weekly documenting over 200 interactions.

This is how Judith does it. Learn about:

- Flexible, spontaneous mindfulness
- 3 letters creating session plans
- Static improvisation
- All music genres U.S.E.d
- Music Life Skills
- The Chronic Unsettled Comfort Zone™



**Judith Pinkerton**

**LPMT, MT-BC**

**Workshop Facilitator**

**Author:**

*Music Medicine Protocol*

**Music Therapist:**

*American Addiction Centers*

**TEDxUNLV Speaker:**

*"Music Powers Potential"*

**Aflac ACM Lifting Lives Honor**

Total CMTEs: 7.5 (4.5 + 3.0)

**Prerequisite: Music Medicine Boot Camp™ - earn 3.0 CMTEs**

Email [discount@music4life.us](mailto:discount@music4life.us) to access download link with discount code!

**Sat., June 23, 2018**

**1:00 pm - 5:00 pm**

4.5 CMTEs for music therapists

**\$85**—Early Registration: \$65 by 5/25/18

More information and registration:

<https://tinyurl.com/MusicMedicine623>

**Workshop Location:**

**MusicWorx, Inc.**

10455 Sorrento Valley Road, #202  
San Diego, CA 92121



Tel 858.457.2201

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