



Course Objectives

During this four-day retreat, participants will be able to:



- Identify and assess PTSD symptoms
- Tailor music therapy experiences involving songwriting and coping skills
- Facilitate music therapy retreats
- Document and evaluate data for continued research

Cost & Prerequisites

The cost of the program is **\$840**

The cost for AMTA members is **\$700**

The program is open to board certified music therapists and music therapy students. No prerequisites required. Video links will be provided to participants prior to the retreat to gain basic neuroscience knowledge.

Cost includes breakfast and lunch daily and one dinner. A list of area lodging options will be made available per retreat. Handouts will be provided as well as access to an online library of information.

For more information and to register, visit:
www.musictherapyoftherockies.org

Locations

CMTE retreats are located in various cities, including: Nashville, Cleveland, Atlanta, and Dickson, MD. Listing of affordable lodging is available.

Music Therapy of the Rockies offers full refunds (minus \$100 non-refundable) for any cancellations at least 14 days before the course date. Any cancellations less than 14 days before the course are not refundable.

Music and the PTSD Brain in Military Veterans

About Us

The CMTE Program at Music Therapy of the Rockies consists of four-day retreats: two days of training followed by two days of work with veterans or other at-risk populations. The purpose of Music Therapy of the Rockies is three-fold: to successfully address a wide range of mental health issues associated with trauma, stress, and isolation, to reverse current suicide, addiction, and other negative trends, and to reduce the psychological stigma of seeking and utilizing appropriate and effective mental health treatment options.



Course Instructor



Mack Bailey (MT-BC) is an award-winning singer songwriter. After completing his Master's in Music Therapy, Mack became board certified in the field. Mack's personal story, along with his passion for communication and expression and his skills in songwriting, offer an insight for clients to develop coping techniques and learn new skills through music therapy.

Contact Information

P.O. Box 3536 Aspen, CO 81612
 970.456.6014 • www.musictherapyoftherockies.org
info@musictherapyoftherockies.org

Upcoming Retreat
October 17-20, 2019
Madison Fields • Dickerson, MD
 register at: www.musictherapyoftherockies.org

Music Therapy of the Rockies is a 501(c)3 nonprofit whose goal is to address the needs of veterans with PTSD, research music therapy techniques, and expand training opportunities to music therapists.

Course Schedule

Day 1 Training Schedule (8:30 am - 4:00 pm)

- 8:30 am Light breakfast and introductions
- 9:00 am Working with veterans and on-the-spot assessment
- 10:45 am Effects of PTSD and music on the brain
- 12:00 pm Lunch
- 1:00 pm Addressing needs of clients diagnosed with PTSD and/or TBI
- 1:45 pm Mindfulness techniques
- 2:30 pm Using the guitar and other instruments to address symptoms of PTSD and/or TBI

Day 2 Training Schedule (8:30 am - 7:00 pm)

- 8:30 am Light breakfast
- 9:00 am Addressing symptoms of PTSD and/or TBI with songwriting (experiential with breaks)
- 12:00 pm Lunch
- 1:00 pm Program management and toolkit
- 2:30 pm Evaluation and documentation
- 3:00 pm Closing discussion: organization, observation, and documentation during the 2-day retreat with veterans
- 5:30 pm Opening BBQ for veterans and families

Days 3 & 4 Retreat (8:30 am - 4:30 pm + concert)

Participants will experience an actual music therapy retreat for veterans observing group music therapy sessions, one-on-one songwriting sessions, facilitating a retreat, the process of pairing veterans and songwriters, and performance of the songs written. Further observations of veterans and their families and support systems are presented.

CMTE Credits = 28

Music Therapy of the Rockies is an approved provider of the Certification Board for Music Therapists (CBMT) for 28 credits. Music Therapy of the Rockies maintains responsibility for program quality and adherence to CBMT policies and criteria.