

# MUSIC AND THE PTSD BRAIN



## ABOUT THE COURSE

**Music Therapy of the Rockies** is proud to offer this unique four-day CMTE experience with two days of training immediately followed by two days of hands-on, experiential work with clients diagnosed with PTSD.

MT-BCs will earn **28 CMTE credits** while being involved in this life-changing retreat. Course objectives include:

- Identify and assess PTSD symptoms
- Identify music therapy experiences involving songwriting and coping skills
- Acquire skills needed to facilitate music therapy retreats
- Document and evaluate data for continued research

## COST & PREREQUISITES

The program is open to board certified music therapists and music therapy students. No prerequisites required. Handouts will be provided as well as access to an online library of information. Cost includes breakfast and lunch daily, plus day-two dinner. A list of area lodging options will be made available per retreat.

- **MT-BCs:** \$750 for four days
- **Students:** \$250 for four days

## 2024 DATES

- 04.11-14: San Antonio, TX
- 05.02-05: Holly Springs, NC
- 05.19-22: Franklin, TN
- 05.23-26: Franklin, TN
- 05.30-06.02: Springfield, MO
- 10.06-09: Franklin, TN
- 10.10-13: Franklin, TN



For more information and to register:  
[www.musictherapyoftherockies.org](http://www.musictherapyoftherockies.org)

*Music Therapy of the Rockies is an approved provider of the Certification Board for Music Therapists (CBMT); provider #P-186. MTR maintains responsibility for program quality and adherence to CBMT policies and criteria. 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 but may be used toward a future date.*

## COURSE SCHEDULE

### Day 1:

08:30am: Light breakfast & Introductions  
09:00am: Coursework  
12:00pm: Lunch  
01:00pm: Coursework  
04:00pm: Dismissal

### Day 2:

08:30am: Light breakfast  
09:00am: Coursework  
12:00pm: Lunch  
01:00pm: Coursework  
03:00pm: Wrapping Coursework  
05:00pm: Client retreat begins with Dinner

### Days 3 & 4 - Client Retreat

08:30am: Light breakfast  
09:00am: Group Therapy  
12:00pm: Lunch  
01:00pm: Songwriting Breakout Sessions  
04:00pm: Day 3 Dismissal  
04:30pm: Day 4 Closing Concert

## MACK BAILEY

MT-BC, Founder of  
Music Therapy of the Rockies



Mack Bailey, MT-BC, is an award-winning singer-songwriter and founder of Music Therapy of the Rockies. Mack has personally utilized songwriting to process trauma, and is passionate about helping his clients do the same. Mack leads this course with authenticity, teaching other music therapists how to apply his unique framework in their own practice, creating a ripple effect of healing throughout the country.

P.O. Box 3536 Aspen, CO 81612  
970.456.6014 |  
[info@musictherapyoftherockies.org](mailto:info@musictherapyoftherockies.org)