



Customized Music Medicine Pill™

The Process with Music 4 Life® Music Therapist

Session 1 – up to 5 hours (\$100/hour paid with cc at end of session)

Be prepared to send completed pdfs at the beginning of the session of these three assessments and MEE Study authorization which music therapist emails to you the day before the appointment: Client Inventory, Emotional Inventory “EI” and Music Inventory. They will take 20-40 minutes to complete. We review your completed assessments to completely identify these two crucial areas required for the process to work effectively: 1) the problems (including problem moods on the EI), and 2) the goals are appropriate for this process.

- Psycho-education will be required to understand the process if you have not completed the accredited Music Medicine Boot Camp (\$99) at MusicMedicineAcademy.com.
- Music Medicine Pill transfer is discussed to pre-determine which technology to provide for easy access. Options include: google drive for download of MP3 playlist, or iPod upload (no data/music on it).
- The MEE Study authorization grants authority to Music 4 Life music therapists to use their Music Medicine libraries to create music therapy individualized programs.
- The listening assessment identifies a “balanced music diet.” Music Medicine selections (noting crucial edits) for the U.S.E. playlists (up to 16 selections) which target your pre-identified problematic and desired moods, the Mood Sequence Formula™ and final Music Medicine Pill™ playlist. This session requires you have high quality speakers to hear the music. You will respond after each selection how it makes you feel according to the Music Medicine Protocol’s three U.S.E. – Unsettled.Soothed.Energized -- mood categories.

Between Sessions 1 & 2, Music Therapist produces the Music Medicine Pill, purchasing music or accessing Music Medicine Library, editing music required by Session 2 notes, and following neuroscience, music therapy and psychology protocols to embed the Mood Sequence Formula for final construction of the Music Medicine Pill, then uploaded for your access through pre-identified technology. Music Therapist produces the Music Medicine Pill booklet that supports your daily listening regimen process and documentation for up to two weeks or more, dependent upon compliance.

Session 2 – up to 2 hours (up to \$200 plus previous production hours for playlist and booklet up to 2 hours / \$200, totaling up to 4 hours / \$400 paid with cc at end of session)

The booklet is reviewed with you to implement documentation, followed by the first listening to the Music Medicine Pill monitored by the music therapist to ensure an effective process. Immediate access thereafter with daily listening regimen is confirmed. For the next 7 listenings, you notate specific data in the booklet to report outcomes.

Session 3 – up to 2 hours (up to \$200 paid with cc at end of session)

Be prepared to send completed EI assessment pdf at the beginning of the session. Music therapist evaluates progress. Music listening experiences and regimen are reviewed to adjust any problematic areas.

Session 4 – up to 2 hours (up to \$200 paid with cc at end of session)

Be prepared to transmit the three completed assessment pdfs (the same assessments completed for Session 1) at the beginning of the session. Progress is reviewed to continue the daily regimen with support and/or adjustments, or recommended maintenance schedule that transitions you to discharge with commitment to follow up periodically as part of the MEE Study protocol.