



## Music Medicine Specialist

### Certification Training

This certification training (“MMS” credential) integrates music therapy informed strategies into self-care and professional practice. Developed through evidence-based clinical work of music therapists, dozens of musical artists are featured, representing more than a dozen different music genres. Personal response analyses, research, group ideas, and mood formulas for emotion regulation and resilience utilize prescriptive playlists and teach effective communication with others about music choices, referencing five populations: employees, adolescents, elderly and recovery.

#### Candidates for this training

- Educators
- Life Coaches
- Health Coaches
- Athletic Trainers
- Nursing Assistants
- Performance Coaches
- Peer Support Specialists
- Human Resource Professionals

#### 18.0 hours - Syllabus Modules

1. Music to Heal (aka Is Your Music Toxic?) (.5 hours)
2. Danger Zones (1.0 hours)
3. Music Medicine Boot Camp (4.0 hours)
4. Music Medicine Pill DIY (6.0 hours over 2 weeks)
5. Client Populations (2.0 hours)
6. Group Plans and Resources (2.0 hours)
7. Outreach (1.5 hours)
8. Quizzes, Pre-Post Tests and Evaluation (1.0 hours)

#### Resources

- *Music, Health, and Well-being: A Review*
- Music4Life Specialist manual
- Music4Life Self-Assessments – brief online and two in-depth tool kits with ebooks + playlists
- Personalized Music Medicine Pill consultation with a music therapist
- "Music's Power to Heal" and "Brace for Impact" eBooks
- 10 Survival and Performance Packs (for self-care, recovery and dementia/Alzheimer's) with eBooklets + playlists
- "Power Up 365" daily texting program totaling 365 empowering quotes, beautiful graphics and supportive Music Medicine links
- Music Medicine protocols with psycho-education addressing cultures, genres and generations
- Applying Mood Sequence Formulas with HIPPA-compliance
- 3 case reports (cancer, addiction, veteran) + printable journal article
- 3 podcasts covering topics: music toxicity, impact of music on the brain, performance regulation with music
- "FAVES" group session plan and template

#### MMS Certification Continuing Education

- Monthly Subscription to [MusicMedicineClub.com](http://MusicMedicineClub.com) (\$10/month)
- Submit quarterly attendance reports

**Enroll at [MusicMedicineAcademy.com](http://MusicMedicineAcademy.com) ~ \$749 ~ 18.0 hours**

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