Mood Exercise Regimen®

the customized Music4Life® Music Medicine method

In order to receive maximum benefit of this customized home listening program aka Mood Exercise Regimen®, this approach requires a minimum of four sessions requiring the music therapist's involvement up to thirteen hours over five weeks.

Typical performance goals from more than 100 case reports: reduce stress, frustration, tiredness, insomnia, anxiety, anger, grief, depression, irritability, worry, and enhanced engagement with life, improved ability to focus, communicate, relax, with increased happiness, improved physical fitness and job performance. One survey of addiction recovery patients (n=603) reported 94% improved Emotional Intelligence after one-time listening to one 30-minute Music Medicine Pill® (aka Mood Exercise Regimen®).

Session #1 Review 3 completed assessments to pre-qualify, sign agreement to enter MEE Study (previous IRB approval), complete exploratory treatment session to determine Music Medicine playlists, Mood Sequence Formula™, and listening regimen: 2 to 5 hours

Playlist & Booklet production: 1 to 2 hours

Session #2 1st Listening to Mood Exercise Regimen®: 1 to 2 hours

Session #3 Mid-way evaluation after 7 listenings: 1 to 2 hours

Session #4 Final evaluation after a minimum of 14 consecutive listenings: 1 to 2 hours

Total Time Billed: 6 to 13 hours over 3 to 5 weeks

NOTE: It is possible to meet some or all therapeutic goals (identified within Client Inventory) within the two week daily listening regimen. Any post-production adjustments to the Mood Exercise Regimen® and/or additional sessions may be billed as additional hours.

Sessions are online through a HIPPA compliant platform. Visit Music Telemedicine to schedule a free 15-minute consultation with Judith Pinkerton, LPMT, MT-BC, Founder/CEO of Music4Life®, or another Music4Life® music therapist.

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