Music therapy offers a two-part paradigm of "stimulative" and "sedative" music. The Music 4 Life® Music Medicine protocol expands into a three-part paradigm with research foundations: entrainment, iso-principle, vectoring, and Sentic Cycles. These foundations and music therapy research studies support the efficacy of Mood Sequence Formulas™ to heal trauma and diminish anxiety, anger, depression and grief by evoking catharses dealing with repressed and problematic moods. Energy levels achieve deeper relaxation and heightened positive moods. Rather than remain in the past (memory associations) or future (desired mood states), the entrainment mechanism integrates music from all genres into applied wellness strategies for short and long-term health, relationships, and peak performance.

**Objectives**

1. Identify three theories of music therapy, four states of consciousness, and three types of responses to music.
2. Name three musical qualities which affect mind-body health.
3. List three healing playlists and four benefits of a Mood Sequence Formula™.

"Choosing Healing Music" reviews music therapy theories’ effects on mind-body stress and well-being. Music's effects will be demonstrated on states of consciousness and types of responses that influence outcomes. The USE MEE™ Model construct will be explained to understand influences on mind-body health outcomes related to psychalgia and psychasthenia pains.

"Music's Health Story About You" explores the soul of music that triggers stress or enhances well-being. Three of ten music elements will demonstrate the importance of musical qualities in determining individual responses to music preferences affecting mind-body health. Self-diagnosis of problematic moods is possible when attention to preferred music encompasses a health analysis of ten music elements.

"Essential Healing Playlists" embraces all genres as potentially healing, and categorizes music into unique playlists for healing benefit. References to research studies provide the framework for understanding the progression from undesirable mood states (i.e. anger, grief, depression, anxiety) to desirable mood states (i.e. peaceful, relaxed, optimistic, happy). This progression of mood states results in identified benefits.

"Daily Activity Formulas" are explored to understand applications of Mood Sequence Formulas™ with appropriate treatment goals and an experiential opportunity. Typical client outcomes will increase understanding of music’s adjunctive treatment in the field of energy psychology.

Complete Post-test.
Presenters


Citations


Integrate Entrainment into Mind-Body Applications of Music to Heal Trauma

Presenters:
Judith Pinkerton, MT-BC/L
Amy Frost, MBA, MA

Post-Test Evaluation

1. My definition of healing music is __________________________________________________________
   ______________________________________________________________________________________

2. What are the three foundational music therapy theories of Mood Sequence Formulas™?
   ______________________________________________________________________________________
   ______________________________________________________________________________________

3. What are the four states of consciousness? _________________________________________________
   ______________________________________________________________________________________

4. What are the three types of responses to music? ____________________________________________
   ______________________________________________________________________________________

5. Name three musical qualities which affect mind-body health. _______________________________
   ______________________________________________________________________________________

6. What are the three healing playlists of a Mood Sequence Formula™?
   ______________________________________________________________________________________
   ______________________________________________________________________________________

7. What are the four benefits of a Mood Sequence Formula™?
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________