

MUSIC AND THE PTSD BRAIN



ABOUT THE COURSE

Music Therapy Retreats is proud to offer this unique four-day CMTE experience including two days of training immediately followed by two days of observing a songwriting retreat experience for 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 therapeutic & professional songwriting techniques 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 dinner on day two. A list of area lodging options will be made available per retreat. *Please note: credit card payment is accepted with an added processing fee.*

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

2025 DATES

- **4.24-27** Nashville, TN **
- **5.29-6.1** Holly Springs, NC *
- **7.17-20** Carbondale, CO *
- **8.21-24** North Andover, MA *
- **10.5-8** Nashville, TN *
- **10.9-12** Nashville, TN **

***Veteran retreats**

****Thistle Farms retreats**



Music Therapy Retreats

For more information and to register:

www.musictherapyretreats.org

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: Sessions w/ Professional Songwriters
04:00pm: Day 3 Dismissal
04:30pm: Day 4 Closing Concert

MACK BAILEY

MT-BC, Founder of Music Therapy Retreats



Mack Bailey, MT-BC, is an award-winning singer-songwriter and founder of Music Therapy Retreats. 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.

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Music Therapy Retreats 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.