

## Music for Wellness & Self-Care with Christine Stevens, MSW, MT-BC

"I really enjoyed the **concrete research findings**, and the specific how-to details and exercises to start one off on this wellness track. I would recommend this course to others, especially those with little experience in this area. **I was very moved by Christine's stories** of her amazing work in Iraq and with other immigrant populations here, along with the whole concept of **music as the diplomacy of the future!** Thank you very much!

~Lynne Ellis

"**This was a very motivating and inspiring course.** After taking the course, I will now look differently at how people respond to all aspects of music. I will also continue to explore music and wellness and work on incorporating it into both my personal life as well as my practice. **Christine has a wealth of knowledge and has a wonderful way of sharing what she knows.**" ~Katherine Mekis, MYC Teacher, Med, MT-BC | Kanata, ON, Canada

"Not only does the course share wonderful techniques and philosophies, but it is **evidenced based!** I really enjoyed listening to the live calls, and **appreciated being presented with solid evidence!** After this course, I plan to take additional time to give the gift of music to myself, rekindling my passion for music." ~Pamela Wyatt, MT-BC

"After taking this course, I'm inspired to promote wellness by utilizing these techniques for myself and in the community. Presently, I'm exploring my work-related options and Christine provided incredible tools, marketing techniques and possibilities. **I LOVED the entire format. Christine is brilliant, eloquent, warm, incredibly talented and inspiring.** The playlists were exquisite. I'm a bit overwhelmed with all of the tools provided, but that's a good thing. **I LOVED this course. Thanks to Christine Stevens for sharing her expertise/inspiration and to you Kat for providing this opportunity to learn from home.**" ~Pam Axler, MT-BC

**Description:** This online course features scientifically based practices for accessing and attuning to music for spirituality, health, wellness, and personal growth. It is designed for music therapists interested in extending self-care. Scientific evidence now shows that music used for stress reduction, even with non-musician subjects, actually reversed the genes activated by stress, and de-activated the brain areas related to self-monitoring, and over-thinking. This and other studies begin to build a case for a model of music for wellness. Evidence shows that it's not so much what music does for us; but more what music un-does that creates a scientific model for music and wellness.

This course is comprised of a process involving all four elements of music; rhythm, melody, harmony, and silence.

Next, the model of music and wellness is presented in a didactic format; that emphasizes both music listening and music making as tools for programs that emphasize wellness, stress-reduction, personal growth, spirituality and health.

The course moves into a didactic presentation that presents the research and evidence-base of key principles in this integrative model of music and wellness. This includes the work of neurologist C.J.

Limb, using fMRI studies with jazz improvisers and the work of Dr. Barry Bittman, neurologist studying genomic levels of stress reduction through music. A hand out supports this information.

### **Board Certification Domains:**

1. Participants will apply ability to create music making and listening experiences for the goals of wellness and stress-reduction. (BCD I. D. 10.)
2. Participants will identify key research studies and outcomes that support the use of music for stress- reduction and wellness. (BCD I. D. 2. A.)
3. Participants will identify key correlations of each element of music; rhythm, melody, harmony, and silence and their application for body, heart, soul, mind, and spirit. (BCD II. A. 5. a.)
4. Participants will apply knowledge of how music can be used to reduce stress, strengthen immune system functioning, and lead to greater health and well-being. (BCD II. A. 2. bd.)

**Prerequisites:** Music Medicine book (recommended, not required). Facebook profile is recommended, not required. The course forum is held in a Facebook group.

**Instructor Qualifications:** Christine Stevens, MSW, MT-BC, is the author of Music Medicine, The Healing Drum Kit and The Art and Heart of Drum Circles. She is the founder of UpBeat Drum Circles.

**Format:**

Part I: Music Medicine Model for Wellness & Rhythm For The Body (20 minutes)

Part II: Ocean of Sound & Rhythm for the Body (23 minutes)

Part III: Melody of the Heart & Harmony for the Soul (31 minutes)

Part IV: Silence for the Mind & Inner Music (23 minutes)

Part V: Orchestrating Change & Marketing / Implementation (27 minutes)

Post Test and Evaluation (10 minutes)

**Number of CMTEs:** 3

**Price:** \$85

**Refund Policy:** Within 30 days of your first VIP payment or any single course purchase, if you are not 100% completely satisfied with our ever-expanding library of stellar video courses, then we will gladly refund your money after a short exit interview. VIP subscription payments after 30 days are FINAL SALE ONLY. In other words, no refunds are available for subsequent subscription payments. Send an email to [info@musictherapyed.com](mailto:info@musictherapyed.com) for more information.

Refund requests must be accompanied by a thorough explanation and completed course homework. Refunds are granted or denied on a case-by-case basis. No refunds are given after 30 days of purchase date.

By signing up for a VIP subscription plan, you understand that you may cancel your subscription at any time by sending an email to [info@musictherapyed.com](mailto:info@musictherapyed.com).

**CBMT Relationship:** Music for Wellness & Self-Care is approved by the Certification Board for Music Therapists (CBMT) for 3 Continuing Music Therapy Education credits. Sound Health Music, Approved Provider #P-110, maintains responsibility for program quality and adherence to CBMT policies and criteria.