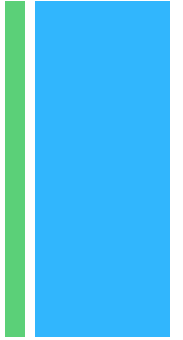




# What is Music Therapy?

Katie Myers, M.M., MT-BC

# + What is Music Therapy?



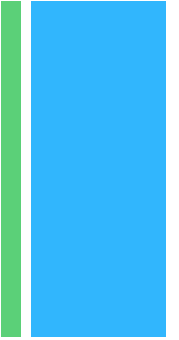
**“Music therapy** is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

*- American Music Therapy*

*Association, n.d.*

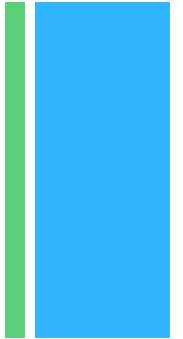
# + What Does That Mean?

- “Music Therapy is the clinical and **evidence-based** use of music interventions to accomplish **individualized goals** within a therapeutic relationship by a **credentialed professional** who has completed an approved music therapy program.”



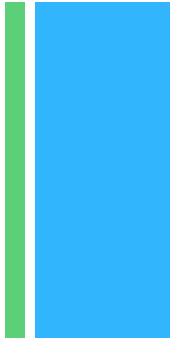
# + The Facts

- Established healthcare profession
- Uses music within a therapeutic relationship
- Addresses physical, emotional, cognitive, and social needs
- Client abilities strengthened and transferred to other areas of lives
- Provides avenues for communication
- Research supports effectiveness in overall physical rehabilitation, facilitating movement, increasing motivation to engage in treatment, providing emotional support, and an outlet for expression of feelings



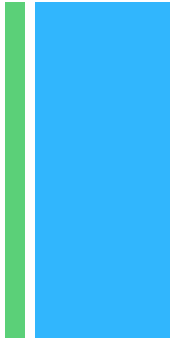


# True or False?!



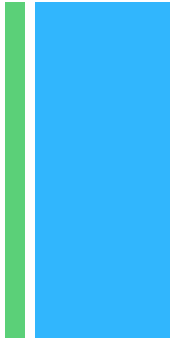
- Working on non-musical goals
- Working with Gabby Giffords to regain speech after surviving a bullet wound to the brain
- Working with older adults to lessen effects of dementia
- Work with hospitalized patients to reduce pain
- Working with children with autism to improve communication
- Working with premature infants to improve sleep patterns and increase weight gain
- Someone with Alzheimer's listening to an iPod
- Musicians on Call
- Celebrities performing at a hospital
- Nurses playing background music for patients
- Artists in residence
- Arts educators
- High school student playing guitar in a nursing home
- Choir singing on a pediatric floor of the hospital

# + What is NOT Music Therapy?



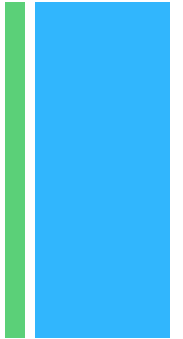
- Arts in Healthcare (AIH-C)
- Therapeutic Music (CHTP, CCM, CMP)
- Music Thanatology
- Sound Healing
- Sound Therapy
- Drum Therapy

# + Origins of Music Therapy



- Music has been used for healing purposes since the time of Aristotle and Plato.
- Music Therapy in the late 1700's through 1900's
- Modern Music Therapy profession in US: post WWII
  - First University-Based Degree Program: 1944
  - Professionally organized in 1950
  - Currently over 5000 MT-BC's in the US

# + Music Therapy Education and Training

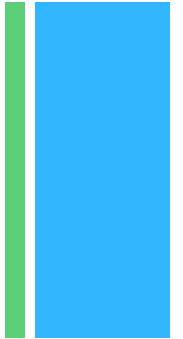


- Abnormal psych
- Psychology
- Human development and anatomy
- Clinical practice/methods – therapy
- Music and behavior/cognition
- Music Therapy Methods
- Ethics and Research
- Music Cores – theory, composition, history, applied lessons, ensembles, conducting, functional guitar, piano, and voice
- Population studies
- General core classes



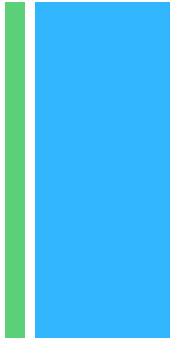


# Graduate Studies in Music Therapy



- Mental health sciences
- Human development/behavior
- Multiculturalism
- Creative arts therapies
- Research and Ethics
- Neuroscience
- Education

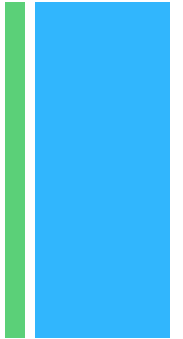
# + Music Therapy Education



## Undergraduate and Graduate:

- Practical applications of music therapy – on site training.
- Clinical appraisal & assessment
- Treatment planning
- Evaluation/documentation of clinical changes
- Major instrument; proficiency in functional use of piano, guitar, and voice

# + Credentialing



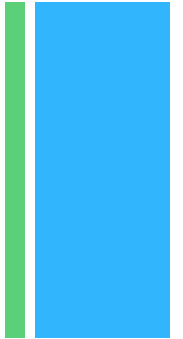
## Board Certification:

- Academic coursework + 1200 clinical work
- Board certification exam
- Credentials of: MT – BC
  - Music Therapist – Board Certified
- Ongoing education and credential maintenance
- Individual state licensure efforts



# Where Do Music Therapists Work?

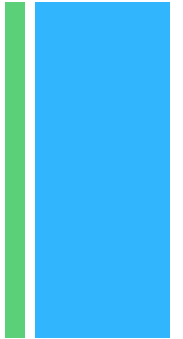
- Hospitals
- Schools
- Nursing Homes, Senior Care Facilities
- Psychiatric Facilities
- Community Mental Health Agencies
- Rehabilitation Centers
- Day Care Facilities
- Private Practice
- Outpatient clinics
- Agencies serving persons with developmental disabilities
- Drug and Alcohol programs
- Halfway houses





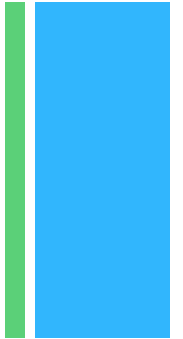
# Who Can Receive Music Therapy?

- Children
- Adolescents
- Adults
- Elderly
- Mental health
- Developmental and learning disabilities
- Alzheimer's disease and other aging related conditions
- substance abuse problems
- Brain injuries
- Physical disabilities
- Acute and chronic pain, including mothers in labor.



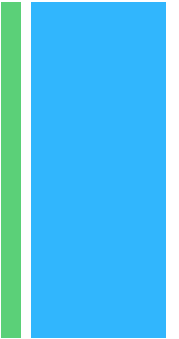
# + Implementing Music Therapy

- MT assesses patient's functional levels
- Incorporates individual's specific needs and preferences into goals and objectives
- Engage patients in music experiences that ensure trust and encourage participation
- Continue treatment regimens with music experiences that promote functional changes
- MT supports transfer of learned skills into daily life
- Outcomes are documented and referrals to other professionals are made when necessary



# + Implementing Music Therapy

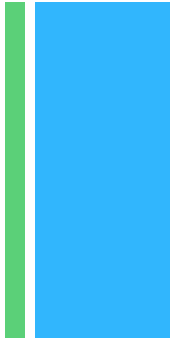
- Targeted goals and objectives vary by individual
- One or more areas can be targeted within one session
- Domains of functioning addressed:
  - Affective
  - Cognitive
  - Communication
  - Physiological
  - Social





# Qualities of Music

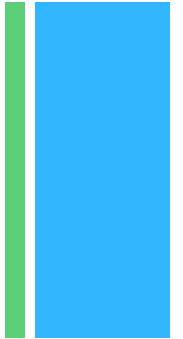
- Provides sensory stimulation that evokes and regulates motor responses
- Enhances emotional responses that are integral to learning and change
- Facilitates social interaction essential to building relationships
- Provides opportunities for communication of feelings, needs, and desires
- Provides an enjoyable and nonthreatening means of rehabilitation and recovery
- Evokes associations that contribute to an increase in well-being, life quality, and standard of living
- Provides diversion from inactivity, discomfort, and daily routine to facilitate treatment adherence
- Is flexible and can be adjusted to meet the needs of varying physical, communication, cognitive, social-emotional, and behavioral functioning levels
- Is structured and occurs through time, which provides a framework for restoring and maintaining function
- Provides stimulation that holds attention and concentration, facilitating learning across all domains
- Is measurable and can be documented, assessed, analyzed, and validated to track progress in treatment



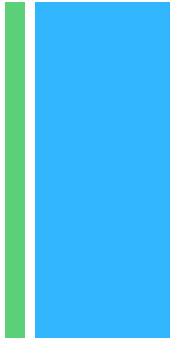


# + Why Music Therapy?

- Music is a core function in our brain
- Our bodies entrain to rhythm
- We have physiologic responses to music
- Children, even infants, readily respond to music
- Music taps into our emotions
- Music helps improve our attention skills
- Music uses shared neural circuits as speech
- Music enhances learning
- Music taps into our memories
- Music is a social experience
- Music is predictable, structured, and organized—and our brain likes it!
- Music is non-invasive, safe and motivating.

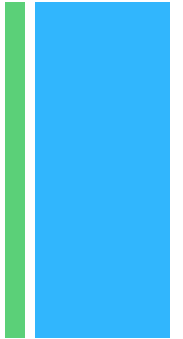


# + Why Music Therapy?



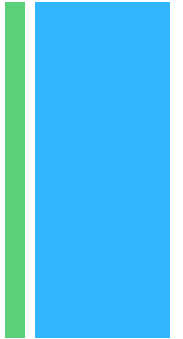
- <http://abcnews.go.com/WNT/video/person-week-celebrating-music-therapists-29455541>

# + Favorite Resources



- TED Talk: [https://www.youtube.com/watch?v=z\\_H3MVZPtAA](https://www.youtube.com/watch?v=z_H3MVZPtAA)
- A Career in Music Therapy:  
<https://www.youtube.com/watch?v=736ubPebPzY>

# + References



- American Music Therapy Association:  
<http://www.musictherapy.org>
- Belasco, L. (2015). Introduction to Music Therapy. – Powerpoint presentation given at Georgetown School of Medicine.