

QUOTES ABOUT MUSIC THERAPY...

I regard music therapy as a tool of great power in many neurological disorders — Parkinson's and Alzheimer's — because of its unique ability to organize or reorganize cerebral function when it has been damaged.

— Oliver Sacks, MD

Professor of Neurology, Albert Einstein College of Medicine, New York: Author of "The Man Who Mistook His Wife for a Hat" and "Awakenings"

Music has the power to move a person between different realities: from a broken body into a soaring spirit, from a broken heart into the connection of shared love, from death into the memory and movement of life.

— Dr. Deforia Lane, Music Therapist
Author of "Music Brings My Heart Back Home"

Simply put, music can heal people.

— Senator Harry Reid (D-NV)



HOW CAN I LOCATE A MUSIC THERAPIST?

The American Music Therapy Association (AMTA) provides referrals of qualified music therapists to the general public. Referral lists include contact information for qualified Professional Members of AMTA and can be customized to your local area. To request a list, please email findMT@musictherapy.org or contact the AMTA national office (see below). Please include the city, state and zip code of the area in which you are seeking services, as well as the address where you would like the list sent.

Job opportunities: A listing of openings for qualified music therapists is available free of charge to AMTA Members. Employers are invited to post openings for music therapists in the Professional Opportunities Listing on the AMTA web site at no charge.



AMERICAN MUSIC THERAPY ASSOCIATION

8455 Colesville Road, Suite 1000
Silver Spring, MD 20910

phone 301.589.3300

fax 301.589.5175

email info@musictherapy.org

www.musictherapy.org

MUSIC THERAPY MAKES A DIFFERENCE



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.

WWW.MUSICTHERAPY.ORG

HOW DO MUSIC THERAPISTS MAKE A DIFFERENCE?

Labor & Delivery—Pairing customized music with relaxation & active listening training to support the birthing process.

Premature Infants—Creating a calming environment to improve feeding behavior & weight gain.

Neurological Disorders & Brain Injury—Implementing prescribed protocols to activate responses in support of cognitive, motor, communication & social objectives.

Chronic Illness & Oncology—Providing music & coping techniques for pain management & stress reduction.

Mental Health—Designing non-threatening music interventions for the exploration & processing of therapeutic issues.

Medical & Surgical Procedures—Reducing anxiety & decreasing pain to improve treatment response.

Healthy Aging & Optimum Performance—Guiding experiential music programs based on theories of personal growth, awareness, & learning.

Developmental Disabilities & Autism Spectrum—Structuring music strategies that teach cognitive, motor, social, communication, & daily living skills.

Substance Abuse & Addictive Disorders—Facilitating movement from denial to determination in recovery via self-expression techniques.

Physical Disabilities & Sensory Impairments—Incorporating music making into rehabilitative treatment allowing frustration to yield to fulfillment.

Alzheimer's Disease & Dementia—Accessing the individual's past to trigger short & long term memory, decrease agitation & enhance reality orientation.



Hospice & Bereavement—Shaping music experiences to guide the individual and/or loved ones in life's processes.

WHAT CAN YOU EXPECT FROM A MUSIC THERAPIST?

Education: Completion of an approved music therapy degree program from over 70 undergraduate or graduate colleges and universities. Minimum degree requirement is a bachelor's degree and successful completion of a supervised internship. Approximately 40% of qualified music therapists hold advanced degrees.



Credential: Board-Certified Music Therapist (MT-BC). The credential requires a national examination and ongoing continuing professional education. For information about the MT-BC credential, contact The Certification Board for Music Therapists 800.765.2268 or www.cbmt.org.

Musical Skills: Accomplished in piano, voice, and guitar. Knowledgeable in composition, music theory and history. Skilled in improvising, arranging, and conducting. Flexible with a wide range of musical styles.

Clinical Skills: Knowledge of a variety of populations, unique needs and problems. Trained in assessment, treatment planning, and evaluation. Familiar with major theories and models of therapy and wellness. Committed to recognized professional ethics and standards of practice.

WHAT DO MUSIC THERAPISTS DO?

Assessment: Obtain quantitative and qualitative information relevant to client needs.

Treatment Planning: Develop music therapy strategies to address short and long-term goals and objectives.

Implementation: Provide evidence-based music therapy strategies and interventions to address identified goals and objectives.

Evaluation and Documentation: Collect, compile, and document data relevant to client responses and progress, utilizing the findings to make decisions about music therapy services.

WHERE DO MUSIC THERAPISTS WORK?

- Mental health clinics
- Rehabilitation facilities
- Outpatient clinics
- Wellness programs
- Schools
- Nursing homes
- Senior centers
- Private practice
- Group homes
- Day care treatment centers
- Medical & psychiatric hospitals
- Substance abuse programs
- Hospice & bereavement programs
- Correctional & forensic facilities



MUSIC THERAPY