

**Music Therapy 101**  
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**Overview**

- Definition of Music Therapy
- How MT Differs
- The Music Therapy Process
- Preparing Our Students For MT
- Live Geriatric MT Experiences
- Q & A




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**Music CAN BE Therapeutic....**



**..... but is it Music Therapy?**

**Not all music is MT**


*Just as Physical Therapy differs from regular exercise....*



*Music Therapy differs from other uses of music.*

*The more music, the better!*

**Not all music is MT**



*Non-interactive music – is not MT!*

- Listening to favorite music on IPOD speakers
- Nurses playing background music

*The more music, the better!*

**Not all music is MT**



*Recreational Musicians, Performers – is not MT!*

- A piano playing in a hospital lobby
- A guitarist playing in a nursing home
- A choir singing in a pediatric unit

*The more music, the better!*

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**In a nutshell...  
 Music Therapy is:**

**The use of music to achieve non-musical goals in partnership with a professional MT**

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**Definition of Music Therapy**


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

*American Music Therapy Association  
[www.musictherapy.org](http://www.musictherapy.org)*

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**Music Therapy uses .....**

- An individualized, goal-oriented, systematic approach that occurs over time



**MUSIC THERAPY TREATS WHOLE PERSON**



- PHYSICAL
- COGNITIVE
- COMMUNICATIVE
- SOCIAL
- EMOTIONAL

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**MT USES A PROCESS**


ACCESS CLIENT  
↓  
DESIGN PLANS  
↓  
EVALUATE RESULTS

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**MUSIC THERAPY VS. RECREATIONAL MUSIC**


<p><b>FOCUS:</b></p> <ul style="list-style-type: none"> <li>• Obtain highest level of life functioning</li> <li>• Treatment Plan</li> <li>• Evaluations</li> <li>• Results are quantified</li> <li>• Interactive relationship</li> </ul>	<p><b>FOCUS:</b></p> <ul style="list-style-type: none"> <li>• Musical</li> <li>• Enjoyment</li> <li>• Relaxation</li> <li>• Performance/Listening</li> <li>• Educational</li> <li>• One Time Experience</li> </ul>
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**GOALS**



- Work with hospitalized patients to reduce pain and anxiety
- Work with older adults in nursing homes to improved socialization
- Work with children who have autism to improve social skills
- Work with people with Parkinson's or stroke to improve motor function
- Work with children with Down's to teach academic concepts

**Using Song Writing**




**MT's USE MUSIC INTERVENTIONS....**

- SINGING/PLAYING
- MUSIC & MOVEMENT
- IMPROVISATION
- DRUMMING
- WRITING SONGS
- LYRIC ANALYSIS

**TO ACHIEVE NON-MUSIC GOALS**



**GERIATRIC Music Therapy Interventions**

- Music-based Reminiscence
- Movement and Music
- Drum Improvisation
- Song Parodies
- Relaxation
- Life Review
- Music assisted, supportive counseling
- Live Music Making
  - Instrumental and Vocal Groups




### MOVEMENT TO MUSIC GOALS

- ✓ Wellness/Flexibility
- ✓ Range of Motion
- ✓ Crossing Midline
- ✓ Staying Alert
- ✓ Following Cues
- ✓ Socialization
- ✓ Belonging to a group



### Music Therapy is adaptive and flexible.

JOYFUL, JOYFUL, WE ADORE THEE  
(G5)

JOY - FUL, JOY - FUL, WE A-DORE THEE

SOD OF GLO - RY, LORD OF LOVE

HEARTS UN - FOLD LIKE FLOW'RS BE-FORE THEE


PRAIS - ING THEE, THEIR SEN A - BOVE.

MEET THE CLOUDS OF SUN AND SAD - NESS,

MOVE THE DARK OR DOUBT A - WAY;

SIL - VER OF IM - MOR - TAL GLAD - NESS

FILL US WITH THE LIGHT OF DAY.



### Populations Served by MTs

- Children/Adults with Intellectual Disabilities
- Individuals with Autism and ASD Disorders
- Children/Adults with Physical Disabilities
- Geriatrics
- Behavioral-Emotional Disorders
- Neurologic Rehabilitation
- Medical
- Hospice

### Where do music therapists work?

- Medical/Psychiatric hospitals & outpatient clinics
- Nursing homes and Senior centers
- Hospice programs
- Rehabilitative facilities
- Schools
- Agencies serving persons with developmental disabilities
- Community mental health centers
- Drug and alcohol programs
- Correctional and behavioral facilities
- Private practice

### MUSIC ED or MT?

**Music Education = Musical Product**

**Music Therapy = Therapeutic Process**

### IS MT FOR ME?

AMTA recommends.....



- Volunteering or summer work at:
  - Nursing homes
  - Camps for children with disabilities
  - Settings which serve the needs of people with disabilities.

### PERSONAL QUALIFICATIONS

- ✓ A genuine interest in people of all ages/abilities/ethnicities
- ✓ A desire to help others empower themselves
- ✓ Empathy/Patience
- ✓ Creativity/Imagination
- ✓ Openness to new ideas
- ✓ Understanding of oneself and how to care of yourself



### Board Certification Process

Undergraduate/graduate degree or certificate in Music Therapy from approved program

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Music  
Music Therapy Theory  
Clinical Practice  
Behavioral and Social sciences  
Liberal Arts and Sciences


### Bachelor's Degree Requirements

- Requires audition
- 70 colleges/universities with AMTA – approved programs.
- 4-year degree
- Includes clinical training and internship after the completion of all coursework.
- Masters and Equivalency Programs

**MT COURSEWORK**

**Musical Foundations (45%)**


- ✓ Music Theory
- ✓ Composition and Arranging
- ✓ Music History and Literature
- ✓ Applied Music Major
- ✓ Ensembles
- ✓ Conducting
- ✓ Functional Piano, Guitar, and Voice



**MT COURSEWORK**

**Music Therapy (15%)**

- ✓ Foundations and Principles
- ✓ Assessment and Evaluation
- ✓ Methods and Techniques
- ✓ Psychology of Music
- ✓ Music Therapy Research
- ✓ Influence of Music on Behavior
- ✓ Music Therapy with Various Populations
- ✓ Pre-Internship and Internship Courses




**MT COURSEWORK**

**General Education (20-25%)**

- ✓ English, Math, Social Sciences, Arts,
- ✓ Humanities, Physical Sciences, etc.

**Electives (5%)**



**Board Certification Process**

Internship of at least 900 hours

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Pass CBMT Board Certification exam

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Complete 100 Hours of continuing education credits every 5 years

**Music therapy interns can provide music therapy under supervision.**



**Board Certification Exam**



- Administered by CBMT, an independent accrediting agency
- MT-BC therapists must demonstrate knowledge, skills and abilities to practice at the current level of the profession

**BUT CAN I GET A JOB?**

- Job availability is regional, constantly changing
- Some areas are saturated, some are full of openings
- 100% IF WILLING TO RELOCATE
- Eastern Mennonite University reported 100% work, 96% full time; 4% part time
- Indeed.com – Music Therapy listings

**HOW TO PREPARE STUDENTS?**



**KEYBOARD SKILLS**



**LEAD SHEETS, IMPROVISATION, TRANSPOSITION, ACCOMPANYING EXPANSIVE REPERTOIRE, POPULAR, COUNTRY, JAZZ, BROADWAY, ETC.**

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**VOCAL & GUITAR SKILLS**



**EAR-TRAINING, HEARING CHORD CHANGES, SINGING**

**RHYTHMIC TRAINING**

"Everything in the universe has a rhythm, everything dances." Maya Angelou



**Thank-you  
For Attending!**



**For More Information visit:  
[www.musictherapy.com](http://www.musictherapy.com)**