

## ABOUT MUSIC THERAPY & MUSIC THERAPY TRAINING

**M**usic therapy is a healthcare profession that uses music to help individuals of all ages improve physical, cognitive, emotional, and social functioning. Music therapists work with children and adults with developmental disabilities, medical illnesses, physical disabilities, psychiatric disorders, or neurological impairments, among others.

**"I** felt very confident that the skills I learned with my coursework and internship prepared me to be a professional music therapist."

**"M**y school prepared me well, and my internship experience provided variety, challenge, and growth... exactly what I needed as a developing therapist."

**"M**y internship experience was great. I was supported by my supervisor and challenged to develop the skills I need to be a professional music therapist."

**"I** am grateful I chose a career as rewarding as music therapy. I love what I do each day!"



## WHERE DO MUSIC THERAPISTS WORK?

**M**usic therapists are employed in many settings including general and psychiatric hospitals, physical rehabilitation centers, nursing



homes, mental health agencies, public and private schools, substance abuse programs, forensic facilities, hospice

programs, day care facilities, etc. Typically, full-time therapists work a standard 40-hour work-week. Some prefer part-time work and choose to develop contracts with specific agencies, providing music therapy services for an hourly or contractual fee. A growing number of clinicians choose private practice in music therapy to benefit from opportunities provided through self-employment.



## AMERICAN MUSIC THERAPY ASSOCIATION

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# A CAREER IN MUSIC THERAPY



A cutting edge career in music and healthcare offering rewarding employment opportunities.

MAKE A DIFFERENCE IN  
SOMEONE'S LIFE...

BECOME A  
MUSIC THERAPIST

[WWW.MUSICTHERAPY.ORG](http://WWW.MUSICTHERAPY.ORG)

## MUSIC THERAPY CURRICULUM AND REQUIREMENTS

Those who wish to become music therapists must earn a bachelor's degree or higher in music therapy from an American Music Therapy Association (AMTA) approved program. The curriculum includes coursework in music, music therapy, biology, psychology, social and behavioral sciences, and general studies. Clinical skills are developed through 1200 hours of required fieldwork, including an internship in healthcare and/or education facilities. These experiences allow students to learn how to assess the needs of clients, develop and implement treatment plans, and evaluate and document clinical changes.

**Credential:** Once coursework and clinical training are completed, one is eligible to take the national examination administered by the Certification Board for Music Therapists (CBMT), an independent, non-profit certifying agency fully accredited by the National Commission for Certifying Agencies. After successful completion of the examination, graduates are issued the credential necessary for professional practice, Music Therapist-Board Certified (MT-BC). To maintain this credential, music therapists must demonstrate continued competence by completing 100 recertification credits or retaking and passing the CBMT examination within each five-year recertification cycle.



## ADVANCED DEGREES IN MUSIC THERAPY

Graduate programs in music therapy offer the opportunity to gain in-depth knowledge and competence in clinical skills and research.



Doctoral degrees or doctoral study in music therapy, are offered by selected universities which include advanced coursework in music therapy in combination with doctoral study in related areas.

## DEGREE EQUIVALENT TRAINING IN MUSIC THERAPY

A Degree Equivalency Program is offered by many AMTA-approved degree programs for individuals with bachelors degrees in related fields. Under this program, the student completes only the coursework necessary for equivalent music therapy training without necessarily earning a second baccalaureate degree. Some schools may require that the student's initial degree be in music.



## PERSONAL QUALITIES OF A MUSIC THERAPIST

Personal qualifications include an interest in people and a desire to help others empower themselves. Those who are considering music therapy as a career must be accomplished musicians. A music therapist must be versatile and able to adjust to changing circumstances. Music therapists should demonstrate care and concern and be able to offer emotional support for clients and families. Patience, empathy, imagination, tact, openness to new ideas, a sense of humor and creativity are important qualities for professionals in this profession. Music therapists must express themselves well in speech and in writing. In addition, they must be able to work well with other health care providers.



# MUSIC THERAPY