

Clinical Music Therapy and the Music & MemorySM Program

The **Music & MemorySM** program and **Clinical Music Therapy** both serve persons who are elderly, frail and those who have dementia. The **Music & MemorySM** program is designed to enhance life quality through music listening. **Clinical Music Therapy** is an individualized form of treatment to improve function. Though both involve music, there are some important distinctions between these two programs.

1. How is the music experienced?
 - **Music & MemorySM** provides a listening experience via headsets and iPods loaded with personalized playlists.
 - **Clinical Music Therapy** is facilitated by a board certified music therapist who uses a variety of music interventions including singing, dancing or moving to music, instrumental playing and music listening with discussion to facilitate outcomes that are measurable and contribute to the best physical, social, emotional, communication and/or cognitive functions possible. Education and training are necessary for music therapists to design appropriate interventions and to respond properly when any negative reactions occur to music
2. What training is required?
 - **Music & MemorySM** offers a series of three, 90-minute webinars.
 - Board Certification in **Clinical Music Therapy** requires persons to complete an approved bachelor's degree (or equivalency) in music therapy and at least 1200 hours of supervised clinical training. Board certified music therapists pass a national certification board exam to demonstrate at least entry-level competence in the field. The exam is offered by the Certification Board for Music Therapists (CBMT).
3. How are outcomes reached?
 - **Music & MemorySM** provides a personalized music listening experience that can stimulate memories, improve mood, decrease agitation and provide an enjoyable, fulfilling activity.
 - A **Clinical Music Therapist** assesses individual clients in order to develop specific personalized goals, which are used by the board certified music therapist to design and implement appropriate music interventions. Ongoing assessment is used for intervention adjustments. Important intervention outcomes include improved physical, cognitive, social/emotional, and/or communication functions which result in such behaviors as active engagement, increased social interactions, mood changes, arousal shifts, stress management, emotional intimacy with spouses and family, among others. Evidence-based outcomes are documented in the client's plan of care.
4. What are the advantages of each?
 - The advantages of the **Music & MemorySM** program are that music is accessible 24/7 and that a large number of people can be served in an affordable way.
 - The advantages of **Clinical Music Therapy** are that interventions are tailored to individuals to meet specific goals that can improve function. Credentialed music therapists can achieve desired outcomes that affect individuals' abilities to cope with their environments. Music therapists deliver music therapy as real people, interacting and adjusting the treatment in real time.

Music & MemorySM and **Music Therapy** are complementary. Music therapy provides opportunities to improve functional outcomes (not everyone needs this level of care); but most people need music to be healthy and happy. Both **Music Therapy** and **Music & MemorySM** serve to maximize the amazing power of music to reach deeply into the lives, minds and hearts of those who often cannot be reached in any other way.