



# American Music Therapy Association, Inc.

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## MUSIC THERAPY AND THE MUSIC PRODUCTS INDUSTRY

### WHAT IS MUSIC THERAPY?

Music therapy is a well-established allied health profession similar to occupational and physical therapy. It consists of using music therapeutically to address physical, psychological, cognitive and/or social functioning. Because music therapy is a powerful and non-threatening medium, unique outcomes are possible. Music therapy is used with individuals with AIDS, physical disabilities, developmental disabilities, emotional problems, Alzheimer's disease, chronic pain, cancer, substance abuse problems and learning disabilities.

### WHAT IS AMTA?

The American Music Therapy Association (AMTA) represents over 5,000 music therapists, corporate members, and related associations worldwide. AMTA's roots date back to organizations founded in 1950 and 1971. Those two organizations merged in 1998 to ensure the progressive development of the therapeutic use of music in rehabilitation, special education, and medical and community settings. AMTA is committed to the advancement of education, training, professional standards, and research in support of the music therapy profession. The mission of the organization is to advance public knowledge of music therapy benefits and increase access to quality music therapy services.

### WHAT DO MUSIC THERAPISTS DO?

Music therapists use music activities, both instrumental and vocal, which are designed to facilitate changes that are non-musical in nature. Music therapy programs are based on individual assessment, treatment planning and ongoing program evaluation. Frequently functioning as members of an interdisciplinary team, music therapists implement programs with groups or individuals that display a vast continuum of needs, from reduction of anxiety to deeper self-understanding.

### WHAT CAN ONE EXPECT FROM A MUSIC THERAPIST?

Music therapists work with the interdisciplinary team to assess emotional well being, physical health, social functioning, communication abilities, and cognitive skills through musical responses. When individualized music experiences are designed by the music therapist to fit functional abilities and needs, responses may be immediate and readily apparent. Participants without previous musical training can benefit from music therapy.

### Music therapy provides:

- anxiety and stress reduction
- an outlet for expression of feelings
- an opportunity to maximize health and wellness
- non-pharmacological management of pain and discomfort
- structure which promotes physical rehabilitation
- sense of control over life through successful experiences
- positive changes in mood and emotional states
- memory recall which contributes to reminiscence and satisfaction with life
- opportunities to interact socially with others
- emotional intimacy when spouses and families share creative music experiences

## **WHO IS QUALIFIED AS A MUSIC THERAPIST?**

Graduates of colleges or universities from the more than 70 approved music therapy programs are eligible to take a certification examination in music therapy. Those graduates who complete an approved internship and who pass the exam earn the credential, MT-BC (Music Therapist-Board Certified), thereby demonstrating entry level skills in the profession.

The MT-BC credential is issued by the Certification Board for Music Therapists (CBMT), an independent, non-profit corporation fully accredited by the National Commission for Certifying Agencies. CBMT programs meet or exceed the same standards licensing boards adhere to in test development and administration. The MT-BC credential is maintained through certification reexamination every five years or upon successful completion and documentation of 100 Continuing Music Therapy Education Units.

As a result of unification of the former National Association for Music Therapy (NAMT) and the former American Association for Music Therapy (AAMT), the National Music Therapy Registry, (NMTR) was created as a separate entity to maintain a list of other qualified music therapists (RMT, CMT, ACMT) until the year 2020. Any individual who does not have proper training and credentials is not qualified to provide music therapy services.

Further information regarding board certification may be obtained by contacting the CBMT at 1-800-765-CBMT. Information on the registry may be obtained by contacting NMTR at 1-301-562-9330.

## **WHERE DO MUSIC THERAPISTS WORK?**

Music therapists offer services in music stores, psychiatric treatment centers, out patient clinics, community mental health centers, drug and alcohol programs, rehabilitation facilities, half way houses, medical hospitals, senior centers, schools and other facilities. Some therapists are self-employed and require a fee for services.

## **HOW CAN MUSIC THERAPY AND THE MUSIC PRODUCTS INDUSTRY FORM PARTNERSHIPS?**

One principle that underlies music therapy practice is that music is healthy for people, and that music is a powerful treatment tool that can improve the quality of life for persons with disabilities. Partnerships between the music therapy community and the music products industry will inevitably expand the market for music products for disabled and elderly persons, as well as create greater public understanding of the role music can play in wellness and preventive health care.

An example of a successful partnership is the award winning NAMM funded documentary, *Music Therapy & Medicine: Partnerships in Care*. This first-ever documentary was made possible by a NAMM matching grant, resulting from the contributions of music retailers and manufacturers, and music therapists.

### **Some areas for future partnerships:**

- Promotion of the positive aspects of music and music-making
- Research on the role music can play in wellness and preventive health care
- Efforts to increase the number of music-making consumers across all segments of society
- Promotion of the societal benefits of music in therapy and education
- Efforts to put music therapy research into practice
- Expansion of the market for traditional, new, and modified music products

## **IS THERE RESEARCH TO SUPPORT MUSIC THERAPY?**

AMTA has promoted a vast amount of research exploring the benefits of music as treatment through publication of the *Journal of Music Therapy*, *Music Therapy Perspectives*, *Music Therapy*, and other resources. Technical assistance provided by AMTA has led to numerous studies being funded. Research data and clinical experiences attest to the viability of music therapy even in those who are resistive to other treatment approaches.

## **HAS CONGRESS RECOGNIZED MUSIC THERAPY?**

In 1991 the Senate Special Committee on Aging held a hearing on the therapeutic benefits of music for elderly persons. Witnesses included Mickey Hart, Theodore Bikel, elderly consumers, doctors and researchers. The *Music Therapy for Older Americans Act* was introduced as a result of this historic hearing. Major provisions from that act have been enacted as part of the Older Americans Act of 1992. In addition, music therapy is included as a related service under the Individuals with Disabilities Education Act.

Music therapy is also recognized as a viable treatment modality by the Health Care Financing Administration (HCFA), the U.S. Department of Education, the Joint Commission on the Accreditation of Health Care Organizations (JCAHO), the Rehabilitation Accreditation Commission (CARF), and the National Rehabilitation Caucus (NRC).

## **WHY MUSIC THERAPY?**

The wife of a man with severe dementia said, "When I was encouraged by a music therapist to sing to my husband, who had been lost in the fog of Alzheimer's disease for so many years, he looked at me and seemed to recognize me. On the last day of his life, he opened his eyes and looked into mine when I sang his favorite hymn. I'll always treasure that last moment we shared together. Music therapy gave me that memory, the gift I will never forget."

Dr. Oliver Sacks, author of *Awakenings* at the hearing before the Senate Special Committee on Aging entitled, "Forever Young: Music and Aging," stated:

"The power of music is very remarkable... One sees Parkinsonian patients unable to walk, but able to dance perfectly well or patients almost unable to talk, who are able to sing perfectly well... I think that music therapy and music therapists are crucial and indispensable in institutions for elderly people and among neurologically disabled patients."

## **HOW CAN YOU FIND A MUSIC THERAPIST?**

AMERICAN MUSIC THERAPY ASSOCIATION

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**SUPPORT MUSIC THERAPY  
BY BECOMING A MEMBER OF AMTA  
AND/OR MAKING A DONATION!**

# MUSIC THERAPY IN THE NEWS

Through the efforts of AMTA members and national office, music therapy continues to receive major exposure in the media. Highlights include the June 14<sup>th</sup> edition of **CBS News 48 Hours**, that showcased the work of Hope Young and Amy Thompson, and the February 13<sup>th</sup> edition of the **New York Times**, which featured Louise Dimiceli-Mitran. The following is a list of some of our recent successes:

Corridan, K.P. (2001, May). What is music therapy? Child, 18.

Thomas, D. (2001, April 2). Healing harmony: Therapists use music as medicine. Omaha World-Harold, pp.25-26.

Davis, K. (2001, April). There is something in the music that seems to have tangible therapeutic benefits for patients with a variety of ailments, from AIDS to Alzheimers. The Rotarian, pp. 30-34.

Berlinger, N. T. (2001, February 13). Music as medicine and minstrel as therapist. The New York Times, D 8.

Husband, K. (2001, January/February) Sound Advise: Mood music: how music affects the way we feel. Today's Health and Wellness, pp.24-25.

20 ways to better health in minutes. (2001, January). Better Homes and Gardens, pp.126-132.

Hodge, M. (2001, January). Our 2001 sunny day award winners! Sesame Street Parents, 25.

Sabol-Grinberg, Jennifer (2000, October). The healing hand. Counseling Today, pp. 10-11.

CNN.com (2000, December 8). Musician drums up support for music therapy. [WWW document]. URL <http://www.cnn.com/2000/SHOWBIZ/Music/12/08/wb.healing/index.html>

Moran, W. R. (2000, December 6). Composer prescribes musical healing. [WWW document]. URL <http://www.usatoday.com/life/health/doctor/lhdoc000.htm>

Winer, L. (2000, November 13) The sound of healing. [WWW document]. URL [http://my.webmd.com/living\\_better\\_content/alt/article/1668.50856](http://my.webmd.com/living_better_content/alt/article/1668.50856)

Sberna, B. (2000, November 12). Music therapy bring harmony and healing. The Cleveland Plain Dealer, D 25.

Davis, J. (2000, November 6). More hospitals healing with help of music therapy. [WWW document]. URL <http://my.webmd.com/content/article/1728.63245>

Bassett, J. (2000, October 30). All that jazz. Advance for Physical Therapists & PT Assistants, pp. 10-13.