

## **Music Therapy**

source: [www.musictherapy.org](http://www.musictherapy.org)

Music therapy is a well-established allied health profession similar to speech, 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. Reference the many populations assisted with music therapy under [clients](#) (link to client page).

In music therapy, each individual is provided support and encouragement in the acquisition of new skills and abilities. Because music touches each person in so many different ways, participation in music therapy offers opportunities for learning, creativity and expression that may be significantly different from more traditional educational/therapeutic approaches.

### **Music Therapy (“MT”) vs. Music Education (“ME”): Program Differences**

MT is process-oriented, utilizing assessment, treatment and evaluation targeting therapeutic, non-musical goals, benefiting individuals with or without musical training. ME is product-oriented, teaching techniques to those with musical talent that result in greater skill level targeting the end-product: performance.

When a student with an IEP (Individualized Education Program for special education students) is placed into ME -- a music classroom -- as an avenue for mainstreaming, the music educator must understand the dynamics of how the process works and what services may be available to the child in order to ensure a successful placement. A music therapist can assist the music educator in defining and developing the pre-requisite musical, behavioral, and social skills necessary for the child to be successful in the music classroom.

### **How MT Works**

Music therapists do use music activities, both instrumental and vocal, which are designed to facilitate changes which 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.

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.

### **Work Settings**

Music therapists are employed globally at early intervention centers, Head Start programs, day care centers, preschools through high schools, day treatment centers, hospitals, hospices, clinics, rehabilitation centers, substance abuse facilities, mental

health centers, group homes, sheltered workshops, long-term care facilities, correctional institutions, private homes, camps, community schools of the arts, music retailers, wellness centers, holistic treatment centers, and in private practice.

**Music Therapy provides:**

1. anxiety and stress reduction
2. an outlet for expression of feelings
3. non-pharmacological management of pain and discomfort
4. structure which promotes physical rehabilitation
5. increased awareness of self and environment
6. sense of control over life through successful experiences
7. positive changes in mood and emotional states
8. memory recall which contributes to reminiscence and satisfaction with life
9. opportunities to interact socially with others
10. emotional intimacy when spouses and families share creative music experiences

For Music Therapist National Certification vs. State Licensure, visit <http://www.cbmt.org>.

For more information about the alternative route for music therapy board certification, contact the [CBMT - Certification Board for Music Therapists](#).

**CCTA Clientele**

Established in 1990, CCTA is the only non-profit, creative arts therapy agency in Nevada. Contracting with a variety of facilities and private clientele CCTA serves populations experiencing abuse, Alzheimer's/ dementia, autism, behavioral disorders, chronic pain, early childhood development, dual diagnoses, emotional disturbances, head injuries, learning disabilities, medical/surgical conditions, mental health issues, multiple disabilities, neurologic impairments, Parkinson's, physical disabilities, post traumatic stress disorder, stroke, substance abuse, and terminal illness.

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