

Music- THERAPY for life!

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www.MusicTherapyAssociates.com

WHO ARE YOU?

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Music Therapy is....

According to the American Music Therapy Association:

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

According to Kathy at Music Therapy Associates:

The use of a specifically designed musical interventions and the relationship between the client and therapist to achieve goals that are not necessarily music related

History of Music Therapy


Music has been shown to have a positive effect on both physical and mental health since ancient times

Following WWI, individuals reported that soldiers would respond to music when other types of therapies were unsuccessful

History continued....

The National Association of Music
Therapy was founded in 1950

American Association for Music
Therapy was founded in 1975



The American Music Therapy
Association was founded in 1998

There are about 5,000 music therapists in the USA

Qualifications

In order to become a certified music therapist you must...

- Obtain a Bachelor's degree or Master's degree
- Complete a 6 month internship
- Pass the Certified-Board Exam
- Complete at least 100 re-certification credits each year.

What do music therapists do?

Design effective musical interventions that address group/individual goals by using...

- Singing
- Song Writing
- Movement
- Lyric analysis
- Listening
- Instrument playing

Areas of functioning addressed

- Communication
- Cognition
- Motor
- Socialization
- Emotion

Others: decrease anxiety, pain—lesser meds, self-expression, physical rehabilitation, positive mood changing, FUN!

Who do we work with?

All ages and abilities from infants to older adults!

Individuals diagnosed with...

1. Mental health needs
2. Developmental/learning disabilities
3. Dementia and other aging related conditions
4. Substance abuse conditions
5. Brain injuries
6. Physical disabilities
7. acute/chronic pain

How can music therapy help?

Can be used to...

Improve:

1. Coordination
2. Eye contact
3. On task behavior

Increase:

1. Verbal Communication
2. Problem Solving Skills
3. Body Awareness

Decrease:

1. Hyperactivity
2. stress/anxiety
3. behavior

Provide:

1. Recreation
2. Empowerment
3. FUN!

What Do Clients Do?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

What materials and supplies do we use?

Common musical instruments:

1.

2.

3.

4.

Uncommon musical instruments:

1.

2.

3.

4.

5.

6.

*Experiential Drumming
Activity*

*Experiential Singing
Activity*

Resources

www.Musictherapy.org

www.CBMT.org

www.MusicTherapyAssociates.com

References

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Questions?

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