# **Music- THERAPY for life!**

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# www.MusicTherapyAssociates.com



### **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.

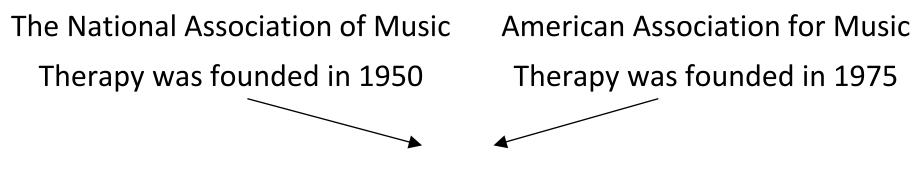
According to Kathy at Music Therapy Associates:

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 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?

1.

2.

3.

4.

5.

6.

Common musical instruments:

 1.

 2.

 3.

 4.

Uncommon musical instruments:

# Experiential Drumming Activity

# Experiential Singing Activity



## www.Musictherapy.org

## www.CBMT.org

www.MusicTherapyAssociates.com

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