




## Therapeutic Music Services At-A-Glance

### An Overview of Music Therapy and Therapeutic Music

Over time, the number of practitioners using music in therapeutic ways has grown and the ways of offering music have expanded. This document provides a brief side-by-side summary of key elements of music therapy and therapeutic music. Common to both of these practices is the use of music by practitioners trained in their field to benefit the clients served.

Therapeutic Music Profession or Modality →  Information Element ↓	Music Therapy  AMERICAN <b>MUSIC            THERAPY</b> ASSOCIATION	Therapeutic Musicians  National <b>Standards            Board for            Therapeutic Musicians</b>	Music-Thanatology  and The Chalice of Repose Project®, Inc., The Voice of Music-Thanatology™
Description	<p>Music therapy means the clinical and evidence based use of music interventions to accomplish individualized goals within a therapeutic relationship. Music therapists develop an individualized music therapy treatment plan for the client that identifies the goals, objectives, and potential strategies of the music therapy services appropriate for the client using music therapy interventions. These interventions may include music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, music performance, learning through music, and movement to music.</p>	<p>Therapeutic music is an art based on the science of sound. It is live acoustic music specifically tailored to the patient's immediate needs. A therapeutic musician is a graduate of an accredited training program who uses the inherent healing elements of live music and sound to enhance the environment for patients in healthcare settings in order to facilitate the healing process.</p> <p>Therapeutic music is music that helps the process of healing and supports movement towards health. The World Health Organization defines health as: "...a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." Therapeutic music supports health and the process of healing primarily through the principles of resonance and entrainment, in which the</p>	<p>Music-thanatology is a professional field within the broader sub-specialty of palliative care. It is a musical/clinical modality that unites music and medicine in end of life care. The music-thanatologist utilizes harp and voice at the bedside to serve the physical, emotional and spiritual needs of the dying and their loved ones with prescriptive music. Prescriptive music is live music that responds to the physiological needs of the patient moment by moment.</p>

<p>Theoretical Framework</p> <p>Client Assessment Process</p> <p>Treatment Planning</p> <p>Documentation</p> <p>Reassessment Process</p>	<p>Varied &amp; multiple theoretical frameworks employed (e.g., cognitive, humanistic, behavioral, psychodynamic, etc.)</p> <p>✓ Formalized and Standardized</p> <p>✓</p> <p>✓</p> <p>✓</p>	<p>individual is supported by the elements of music: rhythm, harmony, melody and tonal color.</p> <p>The Therapeutic Musician is also trained in transpersonal modalities that enhance focused presence and intentionality.</p> <p>✓ Formalized &amp; Non-standardized</p> <p>No</p> <p>Yes</p> <p>Yes</p> <p>Subjective and objective assessment used. Observational assessment is an ongoing process: before, during and after therapeutic music is played.</p>	<p>Music-thanatology is a contemporary field rooted in ancient contemplative and spiritual traditions.</p> <p>✓ Formalized &amp; Non-standardized</p> <p>-</p> <p>-</p> <p>Observational assessment is an ongoing process: before, during and after therapeutic music is played.</p>
<p>Practice Setting(s)</p>	<p>Varied settings including: psychiatric and medical hospitals, rehabilitative facilities, outpatient clinics, day care treatment centers, Veterans facilities, agencies serving developmentally disabled persons, community mental health centers, drug and alcohol programs, senior centers, nursing homes, hospice programs, wellness centers, correctional facilities, halfway houses, schools, military bases, and private practice</p>	<p>Including, but not limited to, hospital units, home and in-patient hospice, skilled nursing homes as well as other settings where music can be delivered directly to individual patients. Other settings might include: massage, Reiki, dental and chiropractic practices, etc.</p>	<p>At bedside in homes, hospitals and/or hospice facilities.</p>
<p>Population(s) Served</p>	<p>Neonatal (NICU) services, special education &amp; early intervention, physical or sensory impairment, mental health &amp; psychiatric, developmental disabilities, autism spectrum disorders, well adults &amp; wellness, medical inpatient, dementia &amp; Alzheimer's, neurologic disorder,</p>	<p>Any person, of any age, who might benefit from therapeutic music. This includes patients, families and the care-team.</p>	<p>Any person with a terminal diagnosis or actively dying.</p>

	rehabilitation & habilitation services, hospice and palliative care.		
Professional Organization	American Music Therapy Association (AMTA), a 501(c)(3). Website: <a href="http://www.musictherapy.org">www.musictherapy.org</a>	The National Standards Board for Therapeutic Musicians (NSBTM) <a href="http://www.nsbtm.org">www.nsbtm.org</a>	The Music-Thanatology Association International (MTAI) stands as an independent professional organization and certifying body for music-thanatology worldwide.  The American Academy of Music-Thanatology Professionals maintain recognition of Chalice of Repose Project® trained music-thanatologists.
Year Founded	Originally founded in 1950, AMTA represents the union of the National Association for Music Therapy and the American Association for Music Therapy.	The profession of therapeutic music began in 1994 when two training programs were founded. The NSBTM was established in 2004.	MTAI incorporated in 2003. Music-thanatology, as a profession in the U.S., was founded by Therese Schroeder-Sheker in 1973 along with her Chalice of Repose Project®, a 501(c)(3) nonprofit.
Professional Journal(s)	<i>Journal of Music Therapy</i> <i>Music Therapy Perspectives</i> Peer reviewed journals published in partnership with Oxford University Press	<i>The Harp Therapy Journal</i> , <i>The Music Practitioner</i> and other program releases	<i>Journal of the MTAI</i> launched in 2009. Articles typically appear in journals such as the <i>American Journal of Hospice &amp; Palliative Medicine</i> and <i>Spirituality and Health International</i>
Who is qualified to practice?	Persons who complete a bachelor's degree or higher in music therapy, or its equivalent, from a program approved by the American Music Therapy Association within an accredited college or university including a minimum of 1,200 hours of clinical training, are eligible to sit for the national board certification examination offered by the Certification Board for Music Therapists.	A person who has completed and been certified by an NSBTM-accredited certification program. The NSBTM sets Standards for the profession, and accredits training programs that meet the professional standards.	Certification is granted by MTAI based on demonstration of the professional standards for competency. Training programs are at Lane Community College, Portland, OR and through the Chalice of Repose Project®.
Requirements for program admission	Meet college admission requirements plus audition on primary instrument	Normally 18 years or older; however programs may accept younger students on a provisional basis in preparation for beginning their internship at 18. Appropriate references required.	Demonstration of proficiency on an instrument, preferably harp. Basic understanding of music theory, including reading and notating music. Program application and interview process.

Undergraduate degree Education (cont'd.)	<p>Min. Credit Hrs. Requirement: 120 credit  Typical Credit Hrs: 130  *Liberal Studies: 36  *Core Courses: 89  *Behavioral/NatScience: 18  *Oral Skills &amp; Electives</p> <p>~72 entry-level degree programs in U.S.  Note: Equivalency programs available for persons with other related degree(s)</p> <p>Graduate degrees in Music Therapy also available as options.</p>	<p>Not applicable.  Trainees entering an NSBTM accredited certification program may come with degree(s), experience and other related skills and training.</p>	<p>Not applicable.  However, trainees may come with experience and education in many possible disciplines.</p>
Non-degree training program and certification	<p>Examples of Advanced Specializations/Certificates:  *NICU MT – Neonatal Intensive Care Unit Music Therapist  *NMT – Neurologic Music Therapist, and Fellowship Awarded  *FAMI – Fellow of the Association for Music and Imagery  HPMT – Hospice &amp; Palliative Care Music Therapist  NRMT - Nordoff-Robbins Music Therapist</p>	<p>Each accredited training program uses a different certification:  *CCM - Certified Clinical Musician for the Clinical Musician Certification Program,  *CMP - Certified Music Practitioner for the Music for Healing and Transition Program,  *CTHP - Certified Harp Therapy Practitioner the International Harp Therapy Program  *CHM - Certified Healing Musician for the International Healing Musician’s Program (accredited in 2008 and closed in 2011).</p>	<p>The two training programs vary slightly but generally include a two year non-degree program. Online and onsite training components used. Degree or equivalent prerequisite for some training programs.  *CMP - Contemplative Musicianship Program  *MTH –Music-Thanatologist  *CM-TH – Certified Music-Thanatologist</p>
(Classroom training hrs:	5,850 – 5,940 hrs	80 hours or equivalent	600 hrs
Clinical Practicum, Fieldwork, and Internship hrs:	<p>Music therapy candidates must successfully complete a minimum of 1,200 hours of clinical training, with at least 180 hours in pre-internship experiences and at least 900 hours in internship experiences, provided that the internship is approved by an academic institution, the American Music Therapy Association, or both.</p>	<p>Minimum 100 to 125 hours in hospital and hospice environments. This includes a minimum of 45 hours of direct individual bedside musical delivery and a minimum of 100 patient sessions. Qualifying music time excludes patient, staff &amp; family consultation or meetings, documentation, or between-patient time in the facility.</p>	<p>300 hrs  Includes 50 supervised vigils.</p>

Graduate degree programs? Master's Doctoral	✓ ✓ ✓	- - -	- <b>Planned/Proposed</b> -
Code of Ethics?	✓	✓	✓
Standards of Practice?	✓	✓	✓
Credentialing and Designation	Music Therapist, Board Certified (MT-BC) The Certification Board for Music Therapists (CBMT), an independent, non-profit certifying agency, is the only organization to certify music therapists to practice music therapy in the U.S. Since 1986 it has been fully accredited by the National Commission for Certifying Agencies (NCCA). CBMT administers credentialing and the Board examination. Website: <a href="http://www.cbmt.org">www.cbmt.org</a>	- NSBTM accredits training programs that certify practitioners upon successful completion.	- Training programs award certifications endorsed by MTAI, noted above in program certifications.
Continuing Professional Education	✓ 100 hours of continuing music therapy education, including a minimum of 3 hours of Ethics Training every five years, or certificants must retake and pass the CBMT examination during the fourth year of their five-year recertification cycle.	✓ 40 hours every four years	- Planned as part of American Academy of Music-Thanatology Professionals and The Chalice of Repose Project®
Quality Assurance	Music therapists participate in quality assurance reviews of clinical programs within their facilities. In addition, AMTA provides several mechanisms for monitoring the quality of music therapy programs which include: Standards of Clinical Practice, a Code of Ethics, a system for Peer Review, a Judicial Review Board, and an Ethics Board. Board certified music therapists must also abide by the Code of Professional Practice established by CBMT and work within the <i>Scope of Music Therapy Practice</i> established by AMTA and CBMT.	Accreditation review conducted by NSBTM	-

Designations	*ACMT, CMT or RMT are listed on the National Music Therapy Registry (NMTR) and indicate international and former/older training designations. The MT-BC is officially recognized by AMTA and the NMTR designations expire in 2020.	See above	See above
Licensure	Licensure in NV, ND, GA, and OR. Registry in WI and RI. State Certification in UT. MT-BC recognized as authoritative credential for the practice of music therapy in many states' regulations.	No state licensure	No state licensure
Service reimbursement	Variable by type of third party payer. Includes some state Medicaid Waivers; select Medicare Prospective Payment Systems; private insurance and Worker's Compensation coverage on case-by-case basis; special education; state and county healthcare programs, grants; and facility per diem funding. ✓	No insurance or Medicaid/Medicare reimbursement. Funded privately, by grants and hospital or hospice foundations, etc. Also may be salaried and incorporated into a related position.	No insurance or Medicaid/Medicare reimbursement. Funded privately, by grants and hospital or hospice foundations, etc. Also may be salaried and incorporated into a related position
For more information	Contact the American Music Therapy Association at 301-589-3300 <a href="http://www.musictherapy.org">www.musictherapy.org</a> 8455 Colesville Rd., Ste 1000 Silver Spring, MD 20910	<a href="http://www.nsbtm.org">www.nsbtm.org</a>	<a href="http://www.chaliceofrepose.org">www.chaliceofrepose.org</a> <a href="http://www.mtai.org">www.mtai.org</a> <a href="http://lanecc.edu/ce/music/index.htm">http://lanecc.edu/ce/music/index.htm</a>