

## The NSBTM Mission

- To define a body of knowledge, and application of that knowledge, that represents competent practice for therapeutic musicians.
- To create and maintain educational standards for diploma programs and continuing education programs that offer training for therapeutic musicians.



Listening to music can reduce chronic pain by up to 21 percent and depression by up to 25 percent.

*-UK-based Journal of Advanced Nursing*

## A Therapeutic Musician



A therapeutic musician uses the inherent healing elements of live music and sound to enhance the environment for patients in healthcare settings, making it more conducive to the human healing process.

A therapeutic musician is not to be confused with a music therapist. The music therapist uses musical instruments and music making as therapeutic tools primarily to rehabilitate the normal functions of living and improve quality of life through studying and promoting measurable changes in behavior.



## Advancing the Profession of Live Bedside Therapeutic Music



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## Benefits of Therapeutic Music



Therapeutic musicians can change the vitality of the patient.

- Augment pain management of the terminally ill
- Relieve anxiety of the chronically ill
- Accelerate physical healing of post-surgery and injured patients
- Ease the delivery process of the birthing mother
- Facilitate the transition process of the dying
- Reduce stress and blood pressure of the chronically ill
- Relieve body and mental tension of pre-operative patients.

## NSBTM

The National Standards Board for Therapeutic Musicians (NSBTM) is a 501c3 Not-for-Profit educational organization devoted to maintaining professional levels of practicing ethics, and standards for certified therapeutic musicians through accredited certifying programs, and affiliate membership. Certifying programs and affiliate members support the mission and goals of the NSBTM.

### What The Experts Say

“Music” has always been one of the first things I look up in the index of any new neurology or physiology textbook....

- *Dr. Oliver Sacks,  
Musicophilia*

Half an hour of music produced the same effect as ten milligrams of valium.

- *Dr. Raymond Bahr,  
Baltimore St. Agnes Hospital*



Therapeutic musicians make a difference.

## The NSBTM Website NSBTM.ORG

- Latest research
- Promotional material
- The latest survey result
- Events
- Member directory
- Officials listing
- Membership opportunities
- FAQ's
- Publications
- Contact Information

### Articles & Research

NSBTM maintains a listing of articles and research which focus on the benefits of live music at the bedside of the ailing. Please see samples below.

- Emerson, Howard, CMP®, “The Effect of Therapeutic Music on Patients’ Perception and Manifestation of Pain, Anxiety, and Patient Satisfaction”
- Galante, Gloria CMP®, “Randomized Trial of Harp in In-Vitro Fertilization—Embryo Transfer” (IVF\_ET)
- Seng, Beverly, CMP®, “Music for Children with Autism and Other Disabilities”

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