

What is music therapy?

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. (*American Music Therapy Association definition, 2005*)

Who can benefit from music therapy?

Professional music therapists in Ohio are employed in a variety of healthcare and educational agencies, serving individuals of all ages with:

- Mental health needs
- Developmental and learning disabilities
- Alzheimer's disease and other aging related conditions
- Substance abuse problems
- Brain injuries
- Physical disabilities
- Acute and chronic pain

It is unnecessary for the client to have any musical ability or previous musical experience in order to benefit from music therapy.

Does research support music therapy?

A substantial body of literature exists to explore and support the benefits of music as therapy. The American Music Therapy Association promotes ongoing research through publications including the *Journal of Music Therapy* and *Music Therapy Perspectives*. This continued emphasis on research assists in furthering evidence-based music therapy practice.

For more information visit musictherapy.org

What do music therapists do?

Music therapists assess:

- Emotional well-being
- Physical health
- Communication abilities
- Cognitive skills
- Social functioning

Music therapists utilize a variety of music interventions including:

- Improvisation
- Music listening
- Songwriting
- Music and imagery
- Instrument playing
- Movement to music
- Singing

Music therapists design music therapy sessions for groups or individuals based on client needs and goals.

Who is qualified to practice music therapy?

- Completion of an approved college music therapy curricula
- Completion of clinical internship at an accredited health or educational facility
- Passing of the national board certification examination to obtain the MT-BC credential

For more information visit cbmt.org