

MUSIC THERAPY FREQUENTLY ASKED QUESTIONS



What is Music Therapy?

"Music therapy is a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains." -Canadian Association of Music Therapists (September 2020)

What is Neurologic Music Therapy?

Neurologic music therapy (NMT) is an evidence-based clinical treatment system that is driven by advances in neuroscience and the understanding of the perception, production, and performance of music and how music can influence and change non-musical brain and behavior function (<https://nmtacademy.co/supporting-research-by-technique/>). The NMT Academy training is endorsed by the World Federation of Neurorehabilitation (WFNR), the European Federation of Neurorehabilitation Societies (EFNS), and the International Society for Clinical Neuromusicology (CNM). The NMT Academy is approved by the U.S. Certification Board of Music Therapy (CBMT) as an advanced provider for Continuing Music Therapy Education credits.

-The Academy of Neurologic Music Therapy

What is the difference between Music Therapy and Adapted Music Lessons?

Adapted music lessons are when the primary goal *is learning an instrument*. The music lessons are adapted to the child's needs. The curriculum can be modified to the child's preferences, learning styles, and physical and cognitive abilities.

Music Therapy applies when the primary goal is *NOT learning an instrument*. The primary goal can be physical, communication, cognitive, or psychosocial, and music is used to enhance the goal.

Music Therapy can support individuals with cognitive (e.g., attention, executive function, memory) motor (motor development and rehabilitation), communication (e.g., developmental language, non-verbal or symbolic language) and psychosocial goals (e.g., self-esteem, depression, anxiety).

What happens during a music therapy session?

At the consultation session, we will have a chance to get to know each other and engage in music-making. We will then discuss what goals we would work towards in music therapy.

In the first couple of sessions, we will assess various areas (e.g., musical, cognitive, psychosocial, communication, motor, and sensory) to set a baseline for our progress. Throughout the treatment period, you will receive progress notes. This typically occurs every ten to twelve weeks. We will then complete a reassessment and you will receive a treatment summary on what we've worked on and any recommendations of what we can continue to accomplish.

Clients can play various instruments including piano, guitar, drums, ukulele, shakers, boomwhackers, xylophone, electronic instruments, percussion instruments, and singing and movement. Sessions may consist of songwriting, improvisation, instrument learning and playing, storytelling through music, sensory movement, music relaxation, music listening, and more. Instruments are adapted to meet the needs of the student using non-traditional playing methods and adaptive technology