



## FAQ's About Music Therapy

### What do music Therapists do?

Music Therapists assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses; design music sessions for individuals and groups based on client needs using music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, music performance, and learning through music; participate in interdisciplinary treatment planning, ongoing evaluation, and follow up.

### Where do Music Therapists work?

Music Therapists work in psychiatric hospitals, rehabilitation facilities, medical hospitals, outpatient clinics, day care treatment centers, agencies serving persons with developmental disabilities, community mental health centers, drug and alcohol programs, senior centers, nursing homes, hospice programs, correctional facilities, halfway houses, schools, and private practice.

### Who is qualified to practice Music Therapy?

Persons who complete one of the approved college Music Therapy curricula (including an internship) are then eligible to sit for the national examination offered by the [Certification Board for Music Therapists](#). Music Therapists who successfully complete the independently administered examination hold the Music Therapist-board certified credential (MT-BC)

### What are some misconceptions about Music Therapy?

That the client or patient has to have some particular music ability to benefit from Music Therapy – they do not. That there is one particular style of music that is more therapeutic than all the rest – this is not the case. All styles of music can be useful in effecting change in a client or patient's life. The individual's preferences, circumstances and need for treatment, and the client or patient's goals help to determine the types of music a Music Therapist may use.

### What attributes does one need to become a Music Therapist?

Personal qualifications include an interest in people and a desire to help others empower themselves. Those who are considering Music Therapy as a career must be accomplished musicians. A Music Therapist must be versatile and able to adjust to changing circumstances. Music Therapists should demonstrate care and concern and be able to offer emotional support for clients and families. Patience, empathy, imagination, tact, openness to new ideas, a sense of humor and creativity are important qualities for professionals in this profession. Music Therapists must express themselves well in speech and in writing. In addition, they must be able to work well with other health care providers.

### **From AMTA Music Therapy and Young Children Fact sheet:**

Music Therapy can greatly enhance the quality of life of the young child and his/her family. Music is often the first thing to which a child relates. It is a “universal language” that crosses all cultural lines. Music occurs naturally in our environment in many settings and is a socially appropriate activity and leisure skill. Music provides a predictable time-oriented and reality-oriented structure while offering opportunities for participation at one’s own level of functioning and ability. Not only may music activities be opportunities for a child to “shine,” but they may also be used to reinforce non-musical goals. Most people, especially children, enjoy music-therefore Music Therapy can be therapy that reinforces other therapies.

### **Music Therapy at The Yaffee Center**

Children at Yaffee receive group Music Therapy services twice a week for 30 minutes each. During these sessions, children engage in Music therapist led interventions such as singing, playing instruments, body percussion, sharing instruments, movement, sensory play (parachute/bubbles), and other music-based activities. The overarching goals for Music Therapy at Easterseals are communication/social skills, gross/fine motor, impulse control, following directions and emotional literacy.

If you have further questions, please don’t hesitate to contact me at:

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Helpful websites to find more info on MT: <http://www.musictherapy.org/>