

What is Music Therapy?

From the **American Music Therapy Association (AMTA)** www.musictherapy.org

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

Examples what credentialed music therapists do:

- Work with older adults to lessen the effects of dementia.
- Work with children and adults to reduce asthma episodes.
- Work with hospitalized patients to reduce pain.
- Work with children who have autism to improve communication capabilities.
- Work with premature infants to improve sleep patterns and increase weight gain.
- Work with people who have Parkinson's disease to improve motor function.

Who is a qualified Music Therapist?

- Music therapists must have a bachelor's degree or higher in music therapy from one of AMTA's 72 approved colleges and universities, including 1200 hours of clinical training.
- Music therapists must hold the MT-BC credential, issued through the **Certification Board for Music Therapists**, which protects the public by ensuring competent practice and requiring continuing education. Some states also require licensure for board-certified music therapists.
- Music Therapy is an evidence-based health profession with a strong research foundation.
- Music Therapy degrees require knowledge in psychology, medicine, and music.

What is the American Music Therapy Association (AMTA)?

AMTA's purpose is the progressive development of the therapeutic use of music in rehabilitation, special education, and community settings. Predecessors, unified in 1998, included the National Association for Music Therapy founded in 1950 and the American Association for Music Therapy founded in 1971. AMTA is committed to the advancement of education, training, professional standards, credentials, and research in support of the music therapy profession.

What is the Certification Board for Music Therapists (CBMT)?

CBMT is a separate, independent organization that certifies music therapists. CBMT administers a national music therapy certification examination which is officially recognized by the National Commission on Certifying Agencies. The examination measures the individual's skills, knowledge, and ability to engage in professional music therapy practice. Qualified individuals who pass the national music therapy certification examination earn the credential, music therapist, board certified, or MT-BC.

The National Music Therapy Registry (NMTR) serves qualified music therapy professionals with the following designations: RMT, CMT, ACMT. These individuals have met accepted educational and clinical training standards and are qualified to practice music therapy.

The Concordia College MS in Music Therapy

Power through Partnership:

Concordia College • Wartburg • Institute for Music and Neurologic Function • Dr. Concetta Tamaino

Concordia's proposed Master of Science in Music Therapy program is a partnership between Concordia College and Wartburg. The neighboring institutions, each a fixture in Lower Westchester for over 100 years, have a history of successful collaboration. Highly credentialed leadership combined with the unique strengths of both institutions have created an optimal opportunity to develop the first graduate program of its kind in Westchester County.

Excellence in special education and a mission to enrich lives through music

Concordia College has championed steady growth and diversification of its Division of Teacher Education to meet rising demand for specialized educators. In addition to undergraduate teaching degrees, the school offers a combined 5-year BA and MS in general and special education, and graduate degrees in special education, childhood education and international education. 2018 will see the launch of Concordia's highly innovative ImpactU, an immersive 2-year program where students with developmental disabilities integrate in all aspects of college life, earning a Certificate of Applied Learning and graduating with a resume of work experience.

Music is in the DNA of Concordia College, and campus choral groups and music clubs thrive here. The Sommer Center for Worship and The Performing Arts is an intimate space where music soars. In fact, the acoustics in Sommer Center are so exceptional that violist Lawrence Dutton of the world-renowned Emerson String Quartet was inspired to create the college's celebrated Hoch Chamber Series here, and he now performs at Sommer several times a year.

The college's own **Concordia Conservatory** is a preeminent center for music education in Westchester and Fairfield counties, with a distinguished faculty of working musicians serving students of all ages in the community, as well as undergraduates from the college. Special education at the Conservatory developed organically, as parents of children with various learning differences found a welcoming staff and faculty able and willing to meet their needs. A commitment to community outreach led to the development of successful creative aging initiatives with **Wartburg**, including a choral arts program where seniors learn singing techniques, practice challenging repertoire, and perform for their peers. The Conservatory's home in Stein Hall offers ample classroom and music studio space for the Music Therapy program.

Experts in senior care now incorporate recognized leaders in music therapy

Now in its 150th year, **Wartburg** wartburg.org has earned its reputation as a place where older adults are offered a full spectrum of care in a safe and welcoming environment. Wartburg's diverse and highly skilled staff of nearly 650 employees serves older adults and their families and caregivers in varying levels of secure residential care programs including independent living, assisted living with specialized dementia care and a nursing home. Adult day services, long-term home health care and health

and wellness outreach to seniors help Wartburg extend its impact deep into the community and provide essential services that enable hundreds of older adults to remain independent and age in place. Concordia recently partnered with Wartburg to develop SeniorU, an opportunity for retirees in Westchester to earn their college degrees.

Wartburg recently acquired the **Institute for Music and Neurologic Function (IMNF)** www.imnf.org. Leaders in music therapy, neuroscience, research and training, IMNF uses scientific exploration of music and the brain to establish new knowledge and develop more effective music therapy treatments to awaken, stimulate and heal through the extraordinary power of music. The Institute developed out of the many years of clinical work and research of renowned author and neurologist Oliver Sacks, MD and music therapist **Concetta M. Tomaino, DA, MT-BC**, who demonstrated that people with neurological problems could learn to move better, remember more, and even regain speech when music was used in specific ways. Currently, IMNF offers specialized programs for people with Parkinson's disease and aphasia at Wartburg's state of the art Rehabilitation Center, in addition to a weekly Healing Music program on the Wartburg campus for veterans with TBI and PTSD.

Highly credentialed leadership

Concordia College has contracted with **Dr. Concetta Tomaino** to develop the MS in Music Therapy. Dr. Tomaino is the Executive Director and co-founder of the Institute for Music and Neurologic Function, and was Senior Vice President for Music Therapy at CenterLight Health System (formerly Beth Abraham Family of Health Services), where she worked from 1980 to 2016. Dr. Tomaino is internationally known for her research in the clinical applications of music and neurologic rehabilitation. She lectures on music therapy throughout the world. Her work has been featured in national programs including 48 Hours and 60 Minutes; in international programs including the BBC; and in books on health and healing. The late Dr. Oliver Sacks dedicated his book *Musicophilia* to her. Dr. Tomaino is Past-President of the American Association for Music Therapy and Vice President and founding board member for the International Association for Music and Medicine. She received the Award of Accomplishment from Music Therapists for Peace at the United Nations. In 2014, she received the Lifetime Achievement Award from the American Association for Music Therapy. In 2011 she received the inaugural Burton Grebin Innovator of the Year Award from the NY Continuing Care Leadership Coalition (CCLC). She was honored with the 2010 Professional Practice Award from the American Association for Music Therapy and also as one of "Three Wise Women" by the National Organization of Italian American Women. In 2004 she received the Music has Power Award from the IMNF and the Zella Bronfman Butler Award which is given by the UJA-Federation of New York in partnership with the J.E. and Z.B. Butler Foundation to professionals in the UJA-Federation agency network for their outstanding work on behalf of individuals with physical, developmental, or learning disabilities. In 1999 she received a Touchstone Award from "Women in Music" for her visionary spirit. She is on the faculty of the Albert Einstein College of Medicine, and Lehman College, CUNY.

Also on the Music Therapy Program Development Committee:

Kathleen Suss, Executive Director of Concordia Conservatory, Concordia College New York
Dr. Jim Burkee, Executive Vice President and Professor of History, Concordia College New York
Shanley Rowe, Director of Online and Off-Campus Academic Programs, Concordia College New York
Heather McGinness, Vice President for Advancement, Concordia College New York

Overview and Classes

The Concordia College Master of Science in Music Therapy degree program prepares students as clinicians, scholars, and leaders in the profession of Music Therapy by providing theoretical foundations in conjunction with advanced practical and clinical training for meeting the challenging needs of clientele across the life span.

Advanced Music Therapy Theory

A comprehensive overview and in-depth exploration of music therapy theories and approaches in a variety of client-based settings will further foster acquisition of advanced practice skills. Practice synthesizing and translating research surrounding various music therapy approaches into evidence based clinical practice.

Music, Neurology, and Physiology

An overview of the theoretical foundations and latest research in music as it is related to neurology, neuropathology, and physiology. Explore the impact music has on the developing brain and throughout the lifespan. Principles of Neurological Music Therapy (NMT) will be reviewed for patients with neurological impairment and utilized in cognitive and physical rehabilitation. The course will include an overview of NMT and various NMT techniques. This course builds on advanced clinical practice skills in music therapy.

Advanced Music Therapy Clinical Improvisation

This course will focus on researching a model of improvisation in music therapy, strengthening and deepening the connection between students' musical skills and clinical application of improvisational methods in music therapy.

Music Psychotherapy

Models of music psychotherapy in a variety of clinical settings. Throughout the course, emphasis is on interpersonal music making, improvisation and use of songs (pre-composed and original) along with verbal processing techniques.

Advanced Practice in Music Therapy in Medicine

The course will explore the role of music-based applications and clinical music therapy services in the acute medical setting. With focus on interdisciplinary collaborations, assessment and planning in both pediatric and adult medicine.

Music Therapy in Aging and Geriatric Care

Methods and models of music therapy in well-aging as well as extended care. Focus will be on applications in variety of care settings, assisted living, memory care, skilled nursing and hospice.

Music Therapy in Child Development

An in-depth exploration of current models of music therapy and current neuroscience on music and child development with special attention given to sensory integration disorders, developmental delays and autism.

Music Therapy Clinical Practicum

Students will advance their clinical practice skills by gaining experience in community practice and practicum settings. The course will incorporate completing a thorough assessment, developing treatment plans and documenting therapeutic progress. Students will complete self-evaluations, reflect on clinical experiences, utilize evidence-based practice and complete a case study. Students will also engage in weekly group supervision and individual supervision through the practicum experience.

Music Therapy Clinical Practice I

A comprehensive overview and in-depth exploration of receptive and re-creative music therapy methods. Application of receptive and re-creative methods will be explored through review of research literature, readings, discussions, and experiential exercises. These methods will be explored for use in a variety of client-based settings and through experiential learning exercises, to further foster acquisition of advanced practice skills.

Music Therapy Clinical Practice II

A comprehensive overview and in-depth exploration of creative and improvisational music therapy methods for use in a variety of clinical settings. These methods will be explored through review of research literature, readings, discussions, and experiential exercises. Students will practice synthesizing and translating research surrounding various music therapy approaches into their own evidence based clinical practice.

Advanced Music Therapy Supervision and Professional Development

An exploration of music therapy supervision, consultation and professional development. The course includes an overview of various theories and models of music therapy supervision, with a focus on maintaining effective supervisory relationships and evaluating supervisees.

Clinical Music Therapy Internship

Culminating supervised clinical experience.

Music Therapy Graduate Seminar

Advanced topics in music therapy and emerging research and models of practice.

Thesis Seminar

Preparation and advisement on final thesis.

Thesis

Culminating research project on an advanced topic in music therapy.

Evidence for the Efficacy of Music Therapy

Through peer-reviewed journals both inside and outside of the profession, **AMTA** has promoted much research exploring the benefits of music therapy for various populations. Following are some research highlights, with citations and bibliographies available here:

<https://www.musictherapy.org/research/factsheets/>

Music Therapy and Alzheimer's Disease, Other Dementias:

- Music therapy reduces depression among older adults.
- Music experiences can be structured to enhance social/emotional skills, to assist in recall and language skills and to decrease problem behaviors.
- Music tasks can be used to assess cognitive ability in people with Alzheimer's Disease.
- Music is effective in decreasing the frequency of agitated and aggressive behaviors for individuals diagnosed with Alzheimer's Disease and related dementias.
- Individuals in the late stages of dementia respond to and interact with music.

Music Therapy and Autistic Spectrum Disorder

- Music therapy interventions are informed by research evidence and incorporate many of the identified ASD-specific evidence-based practices in each session.
- Music therapy services for young children with ASD are very effective for improving communication, interpersonal skills, personal responsibility, and play.
- Music therapy interventions may elicit joint attention; enhance auditory processing, other sensory-motor, perceptual/motor, or gross/fine motor skills; and help children identify and appropriately express emotions.
- Music therapy interventions based on family-centered practice may increase social engagement in the home environment and community.
- Music therapy interventions using musically adapted social stories may modify target behavior and teach new skills.

Music Therapy and Pain Management

- Music therapy reduces pain perception.
- Music therapy reduces physiological indicators of anxiety and reduces need for sedation and analgesia.
- Music therapy reduces cortisol in healthy adults.
- Music therapy reduces physiological and psychological indicators of distress in perioperative patients.
- Engaging in group music therapy and listening to music reduces anxiety associated with chemotherapy and radiotherapy; listening to music reduces nausea and emesis for patients receiving chemotherapy.
- Providers can teach patients with nonmalignant chronic pain how to use music to enhance the effects of analgesics, decrease pain, depression and disability, and promote feelings of power.

Music Therapy and Mental Health

- Music therapy significantly diminished patients' negative symptoms, increased their ability to converse with others, reduced their social isolation, and increased their level of interest in external events.
- Music has proven to be significantly effective in suppressing and combating the symptoms of psychosis.
- Depressed adolescents listening to music experienced a significant decrease in stress hormone (cortisol) levels, and most adolescents shifted toward left frontal EEG activation.
- Music therapy clients significantly improved on the Aggression/Hostility scale of Achenbach's Teacher's Report Form, suggesting that group music therapy can facilitate self-expression and

provide a channel for transforming frustration, anger, and aggression into the experience of creativity and self-mastery.

Additional Resources

The Journal of Music Therapy

A forum for authoritative articles of current music therapy research and theory, including book reviews and guest editorials.

<https://academic.oup.com/jmt>

Music Therapy Perspectives

Designed to appeal to a wide readership, both inside and outside the profession of music therapy. Articles focus on music therapy practice, as well as academics and administration.

<https://academic.oup.com/mtp>

Increasing Demand for the Profession

From the Bureau of Labor Statistics:

Employment of recreational therapists, including music therapists, is projected to grow 7 percent from 2016 to 2026.

<https://www.bls.gov/ooh/healthcare/recreational-therapists.htm>

From Careers in Psychology:

Although the job outlook for music therapists has been negative since 2004 (with an average decline of 1.61 percent per year), demand for music therapists is expected to go up, with an expected 5,870 new jobs by 2018.

<https://careersinpsychology.org/employment-outlook-guidance-musical-therapists/>

From a 2015 statistical profile of the AMTA membership:

- Average salaries increased in six of seven AMTA regions in the US, and also increased outside the US.
- An estimated 1.5 million people received music therapy services in 2014.
- Music therapists provided services in an estimated 33,330 facilities in 2014.
- 1,156 respondents reported having seen a total of 258,925 clients in 2014.
- Average salary reported for music therapists in 2014 was \$53,535 (an increase of \$3,000 from the previous year).
- 29% of survey responders reported reimbursement for services from government funding, Medicare, Medicaid, private insurance plans or Workers Compensation.

<http://www.musictherapy.org/assets/1/7/15WorkforceAnalysis.pdf>