

# MUSIC THERAPY



## What is Music Therapy?

“Music therapy is a research-based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing.

Music therapy is the intentional use of music by a university-trained professional who is registered with the Australian Music Therapy Association Inc.

Registered music therapists draw on an extensive body of research and are bound by a code of ethics that informs their practice.

Music therapists incorporate a range of music making methods within and through a therapeutic relationship. Music therapy is different from music education and entertainment as it focuses on health, functioning and wellbeing.

Music therapists are committed to supporting people of any age and ability regardless of musical skill, culture or background.”

- AUSTRALIAN MUSIC THERAPY ASSOCIATION (AMTA)

## Music Therapy Standards of Practice:

1. Referral
2. Assessment
3. Planning
4. Implementation
5. Evaluation
6. Documentation
7. Termination (Closure)

## Referral to Music Therapy

Music therapists apply targeted musical interventions (in individual or group sessions) to address a range of cognitive, physical, and socio-emotional goals determined through assessment.

Areas of care that can benefit from a referral to Music Therapy include:

- Palliative care
- Oncology
- Disability
- Autism spectrum disorder
- Special education
- Early childhood intervention
- Aged care
- Rehabilitation
- Mental health
- Neo-natal care
- Pediatrics

Music therapists strive to be adaptable by applying eclectic, research-based approaches and practices centered around the needs of the client, while working as part of an interdisciplinary team to devise the greatest level of care.

Engaging with music has been proven to activate areas of the brain responsible for memory, emotional response, physiological response, sensory relay, decision-making, social awareness, and reward.

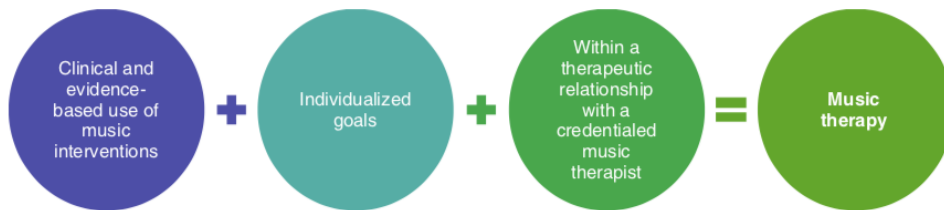


FIG. 1.1 Defining music therapy, according to the American Music Therapy Association.

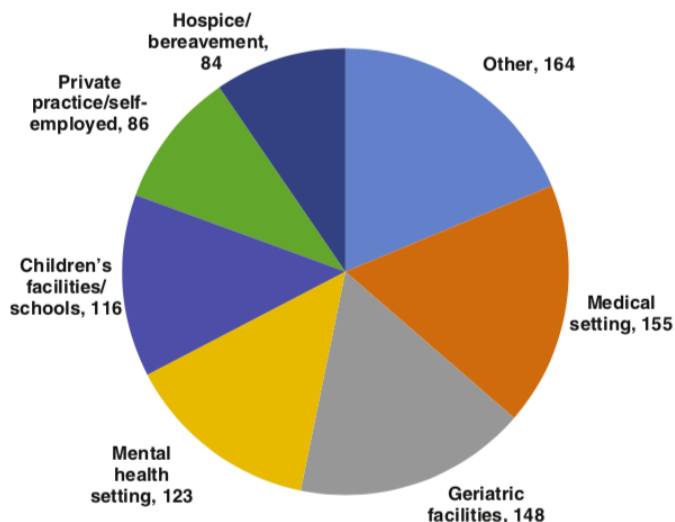
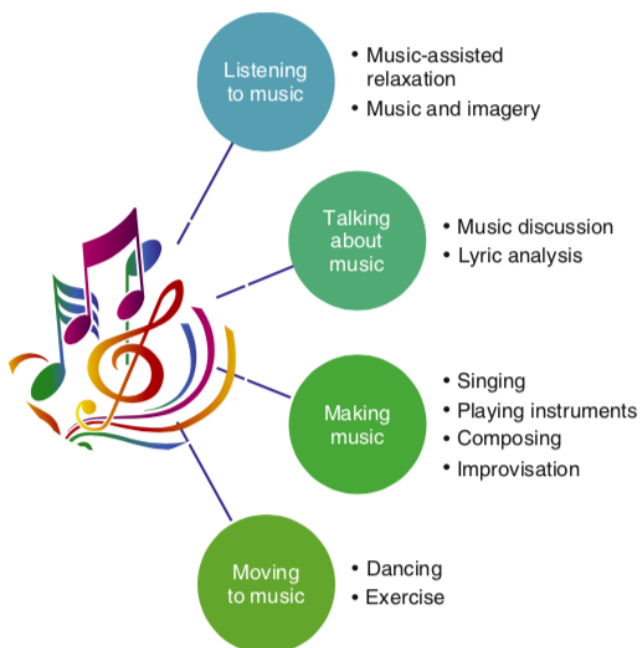


FIG. 1.4 Primary settings where music therapists work (excluding music therapists who work in colleges/universities), based on 2016 the American Music Therapy Association member survey and workforce analysis (AMTA, 2016c, p. 16).



## References

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