

OVERVIEW OF MUSIC MODALITIES

MUSIC MODALITY	PRACTICING TITLE CREDENTIALS	DEFINITION	ORGANIZATION INFORMATION
MUSIC THERAPY	Minimum: Bachelor Degree in Music Therapy with completion of a Clinical Training Internship. Masters and Doctoral Degrees are available for Music Therapy. Credential: Music Therapist-Board Certified (MT-BC)	Music Therapy is the specialized use of music in the service of individuals with needs in mental health, physical health, habilitation, rehabilitation or special education.	American Music Therapy Association (AMTA) 8455 Colesville Road, Suite 1000 Silver Spring, MD 20910 301-589-3300 fax 301-589-5175 www.musictherapy.org Certification Board for Music Therapists (CBMT) 506 E. Lancaster Ave. Suite 102 Downingtown, PA 19335 1-800-765-CBMT (2268) www.cbmt.org
MUSIC USES IN MEDICAL TREATMENT	entry-level degree and applicable credential(s) in the respective profession	Music uses in medical treatment refers to the application of music in the treatment and prevention of physical illness and disease.	No formal organization resource: Heal, M. & Wigram, T. (Eds.) (1993). <i>Music Therapy In Health and Education</i> . London: Jessica Kingsley Publisher.
MUSIC PRACTITIONERS	72 hours of class time 20 hours of clinical training Credential: Certified Music Practitioner (CMP)	Music Practitioner's recognize music with therapeutic enhancement to the healing process and the life/death transition.	Music for Healing and Transition Program (MHTP) 22 West End Rd. Hillsdale, NY 12529 mhttp@ben.net www.mhttp.org
HARP THERAPY	Harp Therapist Harp Practitioner	Harp Therapy is a general term used to describe the continuum of types of therapies in which the harp is used in institutional or clinical settings.	International Harp Therapy Program (IHTP) info@harptherapy.com www.harptherapy.com http://harprealm.com www.healingharp.com www.refalo.com/healingharp
MUSIC HEALERS SOUND HEALERS	No Formal Training Music Healer Sound Healer	Music/Sound Healing is the therapeutic and transformational uses of sound and music.	Sound Healers Association www.soundhealersassociation.org www.careofdying.org www.musichealer.org www.healingsounds.com www.healingmusician.com
CLINICAL MUSICIAN	Completion of Home Study Course Advanced Certified Clinical Musician	Clinical Musicians play healing music at the bedside of hospitalized patients.	The Clinical Musician's Home Study Course www.laurieriley.com/harpmed/level1.htm
MUSIC THANATOLOGY	Two year training program Certified Music-Thanatologist	Music Thanatology is a palliative medical modality employing prescriptive music to tend to the complex physical and spiritual needs of the dying.	www.music-thanatologyassociation.com

MUSIC THERAPY

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Music Therapy is the specialized use of music in the service of individuals with needs in mental health, physical health, habilitation, rehabilitation or special education.</p>	<p>Minimum: Bachelor Degree in Music Therapy with completion of a Clinical Training Internship.</p> <p>Masters and Doctoral Degrees are available for Music Therapy.</p> <ul style="list-style-type: none"> ▪ Curriculum includes music; music therapy; psychology; biological, social and behavioral sciences; disabilities; and general studies. Training consists of a variety of populations and musical skills and styles. <p>CREDENTIALS/TITLE: Music Therapist-Board Certified (MT-BC) Registered Music Therapist (RMT)</p>	<p>Music Therapy is the specialized use of music in the service of individuals with needs in mental health, physical health, habilitation, rehabilitation or special education. The purpose is to help individuals attain and maintain their maximum levels of functioning. Treatment is prescriptive and implemented both individually and in group settings. Assessment, treatment planning and documentation are required</p> <p>APPLICATIONS: Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses.</p> <p>Music therapy goes beyond creating healing sound. Music therapists use music and the process of making music, as a tool to encourage development in social, emotional, cognitive and perceptual-motor areas, and in rehabilitation, healing and wellness.</p> <p>TECHNIQUES: examples include: music improvisation, rhythmic music playing, sensory stimulation, songwriting, song analysis, music and movement, relaxation, stress management, music listening, singing, &/or playing</p>	<p>Music therapists work in the treatment process of short- and long-term goals with many populations.</p> <p>Music therapy interventions can be designed to promote wellness, manage stress, alleviate pain, express feelings, enhance memory and cognitive skills, improve physical coordination skills, improve communication, improve interpersonal skills, make positive changes in mood and emotional states, promote physical rehabilitation.</p> <p>Populations served by music therapists include:</p> <ul style="list-style-type: none"> Abused/Sexually Abused Alzheimer's/Dementia Autistic Behavioral Disorder Cancer/Oncology Chronic Pain Developmentally Disabled Dual Diagnosed Early Childhood Eating Disorders Elderly Persons Emotionally Disturbed Forensic Head Injured Hearing Impaired Learning Disabled Medical/Surgical Mental Health Multiply Disabled Neurologically Impaired Parkinsons Physically Disabled Post Traumatic Stress Disorder Rett Syndrome School Age Population/Schools Speech Impaired Stroke Substance Abuse Terminally Ill/Hospice/Palliative Care Visually Impaired Wellness

MUSIC USES IN MEDICAL TREATMENT

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Music uses in medical treatment refers to the application of music in the treatment and prevention of physical illness and disease.</p>	<ul style="list-style-type: none"> ▪ Minimum for professional practice is entry-level degree and applicable credential(s) in the respective profession. ▪ Training may be acquired through short seminars, workshops and continuing education courses on the uses of music in medical treatment. ▪ Information may also be obtained in professional journals and research publications. 	<p>In addition to music therapists, other professionals, such as occupational therapists, expressive arts therapists, therapeutic recreation specialists, physical therapists, social workers, marriage and family therapists, physicians, psychiatrists, psychologists, nurses, counselors, speech therapists, and educators, may use music interventions to assist individuals in reaching their goals.</p> <p>APPLICATIONS: Emergency, trauma, surgery, neonatal, neonatal intensive care, pediatric intensive care, pediatrics, physical rehabilitation, respiratory care, burn care, pain management, stress reduction, general hospital, intensive care, birthing centers, labor and delivery, perinatal, oncology, terminal illness.</p> <p>TECHNIQUES: music listening, music vibroacoustic therapy, toning, entrainment, music-elicited imagery, music and directed imagery, music and verbal assisted relaxation, music and biofeedback, active music playing and singing.</p>	<ul style="list-style-type: none"> ▪ Enhancement of immune functioning ▪ Increase functional activities for daily living (ADL) ▪ Elimination, reduction or distraction from stress, anxiety, pain, depression, and helplessness

Heal, M. & Wigram, T. (Eds.) (1993). *Music Therapy In Health and Education*. London: Jessica Kingsley Publisher.

MUSIC PRACTITIONERS

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Music Practitioner's recognize music with therapeutic enhancement to the healing process and the life/death transition.</p>	<p>The Music for Healing and Transition Program (MHTP) prepares musicians to serve the ill, dying and to all those who may benefit from music provided as a service to create a healing environment.</p> <ul style="list-style-type: none"> ▪ Completion of the Music for Healing and Transition Program (MHTP) ▪ 72 hours of class time, completed in 5 intensive weekend modules (credit for previous pertinent experience and for education may be granted) ▪ Accept students of all ages and skill levels, including beginner and professional musicians. As needed, music lessons, referrals and coaching are offered. ▪ Accepts many different musical instruments (including vocal music) ▪ 20 hours clinical experience (previous experience may be sufficient) <p>CREDENTIALS/TITLE: Music Practitioners are Board Certified by the Board of MHTP.</p> <p>They use CMP as their credential.</p>	<p>Done by a Board Certified Music Practitioner.</p> <p>APPLICATION: Hospice, home care setting, ED waiting rooms, hospital family waiting rooms (ie. surgery, ICU...), Patient care areas (intensive care, pre-op, post-op, neonatal, patient rooms, etc.), obstetrics/Birthing Centers, Nursing Homes, Clinics</p> <p>TECHNIQUE: Provide live, acoustic music as a service to create healing environments.</p>	<ul style="list-style-type: none"> ▪ Facilitate healing ▪ Reduce anxiety and fear ▪ Increase relaxation ▪ Bring joy or emotional release <p>CMP's do not make plan of care, or have goals other than to facilitate healing.</p>

MHTP
 22 West End Rd.
 Hillsdale, NY 12529
mhtp@ben.net
www.mhtp.org

HARP THERAPY

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Harp Therapy is a general term used to describe the continuum of types of therapies in which the harp is used in institutional or clinical settings.</p>	<p>Meet and adhere to the standards of the International Harp Therapy Program (IHTP) and participate in ongoing professional development at national symposiums sponsored through the IHTP.</p> <ul style="list-style-type: none"> ▪ Accomplished in harp repertoire and improvisation ▪ Practical knowledge of a wide range of study, which includes: interpersonal skills and special needs training (both acute and long term care) ▪ Successfully complete a closely supervised internship ▪ Committed to fostering trust, insuring confidentiality, respectfulness and sensitivity; <p>CREDENTIALS/TITLE: Harp Therapist Harp Practitioner</p>	<p>In addition to graduates of the IHTP, harpists who are licensed or trained in other therapeutic disciplines (example: physicians, psychologists, music therapists, nurses) use the harp in their practices.</p> <p>APPLICATIONS: Bedside, children and people with special needs, hospital or clinical setting (i.e. special needs, childbirth, intensive care, neonatal care, emergency care, surgery, children), corporate seminars, Alzheimer’s care, and hospice.</p> <p>TECHNIQUES: perform harp at bedside, harp instruction, provide soothing music, use harp in conjunction with other therapies such as vibroacoustic therapy, biofeedback/relaxation training, or in a rehabilitative setting.</p>	<p>Emotional, physical, mental or spiritual goals may include:</p> <ul style="list-style-type: none"> ▪ Emotional response ▪ Empowerment ▪ Relaxation ▪ Stress management ▪ Increased physical coordination ▪ Increased concentration ▪ Physiological changes (heart rate, oxygenation levels) ▪ Anxiety reduction ▪ Pain reduction ▪ Memory access ▪ Healing ▪ Enhanced quality of life ▪ Overcome physical, mental and/or emotional challenges ▪ Create sense of community in group setting ▪ Physical rehabilitation

www.harptherapy.com
<http://harprealm.com>

www.healingharp.com
www.refalo.com/healingharp

MUSIC HEALERS/SOUND HEALERS

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Music/Sound Healing is the therapeutic and transformational uses of sound and music.</p>	<p>No formal training required.</p> <p>CREDENTIALS/TITLE: Music Healer Sound Healer</p>	<p>APPLICATIONS: Paliative care, psychiatry, stroke patients, home bedside, pre-op, surgery, post-op, physicians office, chemotherapy, dialysis, and cardiology.</p> <p>TECHNIQUES: Toning, singing, breathing, storytelling, audience participation, meditation, cymatics.</p>	<ul style="list-style-type: none"> ▪ Reduce stress ▪ Elevate moods ▪ “Move through grief, fear and pain” ▪ Relaxation ▪ Stress management ▪ Increased physical coordination ▪ Increased concentration ▪ Physiological changes (heart rate, oxygenation levels) ▪ Anxiety reduction ▪ Pain reduction ▪ Memory access

www.soundhealersassociation.org

www.careofdying.org

www.musichealer.org

www.healingsounds.com

CLINICAL MUSICIANS

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Clinical musicians play healing music at an individual's bedside to enhance the healing process and the life/death transition.</p>	<p>Upon satisfactorily completing The Clinical Musician's Home Study Course the graduate is given the title Advanced Certified Clinical Musician. This home study course was developed by Laurie Riley, CMP, a prominent musician, trainer and pioneer in the bedside music movement.</p> <p>Home Study Course includes:</p> <ul style="list-style-type: none"> • Level One and Level Two currently exist, Level Three is being explored • Individuals or groups study books, listen to recorded directives and receive personal advising through email or in person • 40 hours of internship must be completed • Individuals learn to play healing music at the bedside in in-patient facilities. <p>CREDENTIALS/TITLE: Advanced Certified Clinical Musician</p>	<p>APPLICATION: Used with individuals in in-patient treatment facilities</p> <p>TECHNIQUE: Provide live, acoustic music (harp, keyboard, vocal) as a service to create healing environments.</p>	<ul style="list-style-type: none"> ▪ Facilitate healing ▪ Reduce anxiety and fear ▪ Increase relaxation ▪ Bring joy or emotional release <p>Clinical Musicians do not complete documentation.</p>

MUSIC THANATOLOGY

DEFINITION	EDUCATION AND TRAINING	MUSIC IMPLEMENTATION	GOALS/OUTCOMES
<p>Music Thanatology is a palliative medical modality employing prescriptive music to tend to the complex physical and spiritual needs of the dying.</p>	<p>Two year training program in the Chalice of Repose Project at the School of Music – Thanatology, Saint Patrick Hospital, Missoula, Montana.</p> <p>Training includes four semesters comprising over 900 contact hours in five areas</p> <ul style="list-style-type: none"> ▪ Academic including courses in Musical, Medical, Clinical, and Interior ▪ Participation in the pinning ceremony ▪ Completion of a year-long clinical internship ▪ Professional paper ▪ Comprehensive exams <p>CREDENTIALS/TITLE: Certified Music-Thanatologist</p>	<p>Prescriptive use of harp and voice to care for the spirit and the physical symptoms of those approaching death.</p> <p>APPLICATION: Palliative care.</p> <p>TECHNIQUE: Harp and voice provide musical comfort. Music vigil (a prescriptive music cycle at the patient’s bedside) delivered by one or two music thanatologists for the benefit of the patient and family.</p>	<ul style="list-style-type: none"> ▪ Provide music which is simply to be received allowing a person to move toward completion and unbind from anything that prevents, impedes or clouds a tranquil passage of life. ▪ Serve the needs of the dying and their loved ones. ▪ Alleviate symptoms of emotional, physical and spiritual pain. ▪ Soothe those present by conveying a sense of serenity and consolation. ▪ Offer a transformative and helpful presence during the experience of removing a patient from life support systems.

www.music-thanatologyassociation.com