




Therapeutic Music Services At-A-Glance

An Overview of Music Therapy, Therapeutic Bedside Music Programs, and Music Thanatology

Over time, the number of practitioners using music in therapeutic ways has grown. This document provides a brief side by side summary of key elements among three practices. Some of these practices are younger in terms of formalizing their work and training, compared to others. Some of these practices are narrow in scope representing more of a specific service modality while others represent a defined profession with considerably wider scope. Common to all of these practices is the use of music to benefit the clients served.

| Therapeutic Music Profession or Modality → Information Element ↓ | Music Therapy  AMERICAN MUSIC THERAPY ASSOCIATION | Music-Thanatology  and The Chalice of Repose Project®, Inc., The Voice of Music-Thanatology™ | Therapeutic Bedside Musician  National Standards Board for Therapeutic Musicians |
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| Short Description Theoretical Framework | Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. (AMTA, 2005) Varied & multiple theoretical frameworks employed (e.g., | Music-thanatology is a professional field within the broader sub-specialty of palliative care. It is a musical/clinical modality that unites music and medicine in end of life care. The music-thanatologist utilizes harp and voice at the bedside to serve the physical, emotional and spiritual needs of the dying and their loved ones with prescriptive music. Prescriptive music is live music that responds to the physiological needs of the patient moment by moment. Music-thanatology is a contemporary field rooted in ancient contemplative and spiritual traditions. It has | Therapeutic music is an art based on the science of sound. It is live acoustic music specifically tailored to the patient's immediate needs. A therapeutic musician uses the inherent healing elements of live music and sound to enhance the environment for patients in healthcare settings in order to facilitate the healing process. Therapeutic music is music that can or may restore health or help the process of healing. The World Health Organization defines health as: "...a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity." |

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| <p>Client Assessment Process Treatment Planning Documentation Re-assessment Process</p> | <p>cognitive, humanistic, behavioral, psychodynamic, etc.)</p> <p>✓ Formalized and Standardized</p> <p>✓</p> <p>✓</p> <p>✓</p> | <p>developed over the past three decades through the foundational work of Therese Schroeder-Sheker .</p> <p>✓ Formalized & Nonstandardized</p> <p>-</p> <p>No</p> <p>Observational assessment is an ongoing process: before, during and after therapeutic music is played.</p> | <p>Therapeutic music helps the process of healing through a mechanism known as entrainment, in which the individual responds to the vibratory elements of music – intention, rhythm, harmony, melody, tonal color – eventually resonating with them.</p> <p>The healing effects of therapeutic music include, but are not limited to: stabilizing physical-physiologic functions, reducing pain or anxiety, releasing emotions, and helping the process of dying.</p> <p>✓ Formalized & Nonstandardized</p> <p>-</p> <p>No</p> <p>Subjective and objective assessment used. Observational assessment is an ongoing process: before, during and after therapeutic music is played.</p> |
| <p>Practice Setting(s)</p> | <p>Varied settings including: psychiatric and medical hospitals, rehabilitative facilities, outpatient clinics, day care treatment centers, agencies serving developmentally disabled persons, community mental health centers, drug and alcohol programs, senior centers, nursing homes, hospice programs, wellness centers, correctional facilities, halfway houses, schools, and private practice</p> | <p>At bedside in homes, hospitals and/or hospice facilities.</p> | <p>Including, but not limited to, hospital units, home and in-patient hospice, skilled nursing homes as well as other settings where music can be delivered directly to individual patients. Other settings might include: massage, reiki, dental and chiropractic practices, etc..</p> |
| <p>Population(s) Served</p> | <p>neonatal (NICU) services, special education & early intervention, physical or sensory impairment, mental health & psychiatric, developmental disabilities, autism spectrum disorders,</p> | <p>Any person with a terminal diagnosis or actively dying.</p> | <p>Any person, of any age, who might benefit from therapeutic music. This includes patients, families and the care-team.</p> |

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| | well adults & wellness, medical inpatient, dementia & Alzheimer's, neurologic disorder, rehabilitation & habilitation services, hospice and palliative care | | |
| Professional Organization | American Music Therapy Association (AMTA), a 501(c)(3). Website: www.musictherapy.org | The Music-Thanatology Association International (MTAI) stands as an independent professional organization and certifying body for music-thanatology worldwide. The American Academy of Music-Thanatology Professionals maintains recognition of Chalice of Repose Project® trained music-thanatologists. | The National Standards Board for Therapeutic Musicians (NSBTM) www.therapeuticmusician.com |
| Year Founded | Founded in 1998 as a union of the National Association for Music Therapy (founded in 1950) and the American Association for Music therapy (founded in 1971). | MTAI incorporated in 2003. Music-thanatology, as a profession in the U.S., was founded by Therese Schroeder-Sheker in 1973 along with her Chalice of Repose Project®, a 501(c)(3) nonprofit. | 1994 |
| Professional Journal(s) | <i>Journal of Music Therapy</i> <i>Music Therapy Perspectives</i> Peer reviewed journals published by AMTA | <i>Journal of the MTAI</i> launched in 2009. Articles typically appear in journals such as the <i>American Journal of Hospice & Palliative Medicine</i> and <i>Spirituality and Health International</i> | <i>The Harp Therapy Journal</i> , <i>The Music Practitioner</i> and other program releases |
| Who is qualified to practice? | Persons who complete one of the approved college music therapy curricula (including an internship) are eligible to sit for the national examination offered by the Certification Board for Music Therapists. | Certification is granted by MTAI based on demonstration of the professional standards for competency. Training programs are at Lane Community College, Portland, OR and through the Chalice of Repose Project®. | A person who has completed a therapeutic musician training program curricula and independent study. The NSBTM has set Standards for the profession, and has currently accredited four training programs that meet the Professional Standards. |
| Requirements for program admission | Meet college admission requirements plus audition on primary instrument | Demonstration of proficiency on an instrument, preferably harp. Basic understanding of music theory, | 18 years or older (with rare exceptions), with appropriate references and required musical ability |

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| | | including reading and notating music. Program application and interview process. | |
| Undergraduate degree awarded | Min. Credit Hrs. Requirement: 120 credit Typical Credit Hrs: 130 *Liberal Studies: 36 *Core Courses: 89 *Behavioral/NatScience: 18 *Oral Skills & Electives ~72 entry level degree programs in U.S. Note: Equivalency programs available for persons with other related degree(s) Graduate degrees in Music Therapy also available as options. | Not applicable. However, trainees may come with experience and education in many possible disciplines. | Not applicable. However, trainees may come to an NSBTM approved training program with a degree(s), experience and other related skills and training. Seven accredited or affiliate programs exist with four approved non-degree training programs: <ul style="list-style-type: none"> • Clinical Musician Home Study Course • Music for Healing and Transition Program • International Harp Therapy Program • International Healing Musician's Program |
| Non-degree training program and certification | Examples of Specializations/Certificates: *NICU MT - Neonatal Intensive Care Music Therapist *NMT - Neurologic Music Therapist, and Fellowship Awarded *FAMI - Fellow of the Association for Music and Imagery | The two training programs vary slightly but generally include a two year non-degree program. Online and onsite training components used. *CMP - Contemplative Musicianship Program *MTH -Music-Thanatologist *CM-TH - Certified Music-Thanatologist | Each accredited training program uses a different certification: *CCM - Certified Clinical Musician for the Clinical Musician Home Study Course, *CMP - Certified Music Practitioner for the Music for Healing and Transition Program, *CTHP - Certified Harp Therapy Practitioner the International Harp Therapy Program *CHM - Certified Healing Musician for the International Healing Musician's Program. |
| Classroom training hrs: | 5,850 - 5,940 hrs | 600 hrs | 80 hours or equivalent |
| Clinical Practicum, | 1,200 hrs | 300 hrs Includes 50 supervised vigils. | Minimum 45 hours of direct individual |

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| Fieldwork, and Internship hrs: | Internship roster available at AMTA | | bedside musical delivery. Excludes patient, staff & family consultation or meetings, documentation, or between-patient time in the facility. |
| Graduate degree programs? Master's Doctoral | ✓ ✓ ✓ | - Planned/Proposed - | - - - |
| Code of Ethics? | ✓ | ✓ | ✓ |
| Standards of Practice? | ✓ | ✓ | ✓ |
| Credentialing and Designation | Music Therapist, Board Certified (MT-BC) The Certification Board for Music Therapists (CBMT), an independent organization, is the only organization to certify music therapists to practice music therapy in the U.S. Since 1986 it has been fully accredited by the National Commission for Certifying Agencies (NCCA). CBMT administers credentialing and the Board examination. Website: www.cbmt.org | - Training programs award certifications endorsed by MTAI, noted above in program certifications. | - NSBTM approves certifications, noted above in program certifications. |
| Continuing Professional Education | ✓ 100 contact hrs. for every 5 yr. Board Certification cycle | - Planned as part of American Academy of Music-Thanatology Professionals and The Chalice of Repose Project® | ✓ |
| Quality Assurance | Music therapists participate in quality assurance reviews of clinical programs within their facilities. In addition, AMTA provides several mechanisms for monitoring the quality of music therapy programs which include: Standards of Practice, a Code of Ethics, a system for Peer Review, a Judicial Review Board, and | - | Accreditation review conducted by NSBTM |

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| | an Ethics Board | | |
| Designations | *ACMT, CMT or RMT are listed on the National Music Therapy Registry (NMTR) and indicate international and former/older training designations. The MT-BC is officially recognized by AMTA and the NMTR will eventually be phased out. | - | See above |
| Licensure | Licensure in NV, ND, GA. MT-BC recognized as authoritative credential in many states. | No state licensure | No state licensure |
| Service reimbursement | Variable by type of third party payer. Includes some Medicaid waivers. Some specific benefits for services under Medicare/PPS. Also, agency or facility funded (VA, private, other) | No insurance or Medicaid/Medicare reimbursement. Funded privately, by grants and hospital or hospice foundations, etc. Also may be salaried and incorporated into a related position. | No insurance or Medicaid/Medicare reimbursement. Funded privately, by grants and hospital or hospice foundations, etc. Also may be salaried and incorporated into a related position. |
| For more information | Contact the American Music Therapy Association at 301-589-3300 www.musictherapy.org 8455 Colesville Rd., Ste 1000 Silver Spring, MD 20910 | www.chaliceofrepose.org www.mtai.org http://lanecc.edu/ce/music/index.htm | www.therapeuticmusician.com |

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