

# WHAT IS MUSIC THERAPY?

Music therapy is the clinical application of music, with therapeutic intention, used to address a variety of physical, mental, and developmental issues for people of all ages and ability levels

## MUSIC THERAPISTS CAN:



Stabilize the gait of someone with Parkinson's disease



Increase a premature infant's oxygen saturation in the NICU



Help a child with Autism sing "I love you" to their mother

## MUSIC THERAPIST TRAINING:



Required college coursework includes music therapy, anatomy, human development & psychology



1200 clinical training hours including a 6-month, full-time, internship



Pass a board certification exam by an independent accrediting agency

## WHAT MUSIC THERAPISTS DO



Songwriting  
Lyric Analysis  
Music & Movement



Use evidence-based research to create individualized treatment plans



Play instruments  
Therapeutic Singing  
Improvisation

## MUSIC THERAPISTS CAN:



Be part of the IEP team to help a child succeed academically



Help a wounded soldier, Army Captain Luis Avila regain his speech



Create a song of legacy as death approaches