

## MOVING MUSIC THERAPY FORWARD

Music therapy is a skilled healthcare profession. As such, music therapists in Pennsylvania, along with the American Music Therapy Association (AMTA) and the Certification Board for Music Therapists (CBMT), strongly recommend that music therapy be a licensed profession in Pennsylvania. Licensure is essential for ensuring the safety of Pennsylvania residents; increasing their access to music therapy services, and providing title protection to the profession. Board certified music therapists work within a scope of practice, adhere to a code of professional ethical conduct, and demonstrate current competency in the use of music therapy. In addition, board certified music therapists must meet extensive continuing education and recertification requirements every five years.

### PROFESSIONAL ORGANIZATIONS

American Music Therapy Association (AMTA)  
www.musictherapy.org

Certification Board for Music Therapists (CBMT)  
www.cbmt.org

### PENNSYLVANIA STATE TASK FORCE FOR OCCUPATIONAL REGULATION

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## MUSIC THERAPY IN PENNSYLVANIA

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.

(American Music Therapy Association)



# MUSIC THERAPY IN THE KEYSTONE STATE

## 9 UNIVERSITIES OFFERING MUSIC THERAPY DEGREES:

- ◇ DREXEL UNIVERSITY\*
  - ◇ DUQUESNE UNIVERSITY
  - ◇ ELIZABETHTOWN COLLEGE
  - ◇ IMMACULATA UNIVERSITY\*
  - ◇ MARYWOOD UNIVERSITY
  - ◇ MERCYHURST UNIVERSITY
  - ◇ SETON HILL UNIVERSITY
  - ◇ SLIPPERY ROCK UNIVERSITY\*
  - ◇ TEMPLE UNIVERSITY\*
- (\*denotes Master's and/or Doctoral Degree)

## EDUCATIONAL STANDARDS

- ◇ Minimum of a Bachelor's degree with 1200 hours of clinical work
- ◇ 6-month internship followed by national board-certification exam
- ◇ Coursework in psychology, anatomy, physiology, human development, and special needs
- ◇ Education in musicianship, songwriting, counseling, ethics, treatment planning, research methods, and inter-professional collaboration

Citations for all information presented in this brochure are available at [musictherapy.org](http://musictherapy.org)

## HELPING PENNSYLVANIANS

Some of those served across 48 counties include individuals with:

- ◇ Intellectual and developmental disabilities
- ◇ Mental health diagnoses
- ◇ Neurologic impairments
- ◇ Acute & chronic illnesses and/or pain
- ◇ Hearing, visual, and/or speech impairments
- ◇ Hospice and palliative care
- ◇ Parkinson's, Alzheimer's, and rehabilitation needs related to strokes

## MUSIC THERAPISTS BY THE NUMBERS

Over 500 nationally board certified music therapists (MT-BC) in Pennsylvania. (2017)

*It is estimated that approximately 49,000 Pennsylvanians receive music therapy each year.*

## MUSIC THERAPISTS BY THE LOCATION

Shaded regions indicate counties where PA residents are receiving music therapy



## CLINICAL APPLICATIONS

- ◇ Active music making provides a safe environment for mental health patients to release emotions and it has been shown to reduce muscle tension.
- ◇ Strategic implementation of rhythmic movement helps develop mobility, agility, balance, coordination, and can assist development of respiration patterns.
- ◇ Through individualized music interventions such as live music making, active music listening, singing, and songwriting, pain and agitation may decrease and improved moods are reported.
- ◇ Music therapy has shown to reduce length of hospital stay, improve quality of life, and decrease the needs for invasive procedures and/or use of PRN medications.

## COST-SAVING OUTCOMES

- ◇ Music therapy provided to premature infants has been shown to decrease respiration and heart rate. Research indicates a decrease in length of hospital stay.
- ◇ Music therapy is effective in decreasing frequency of agitated and aggressive behaviors for individuals diagnosed with Alzheimer's disease and related dementias. Evidence shows a decrease in the need to administer psychotropic medications.

## NATIONAL RECOGNITION

Below is a representative list of organizations that recognize music therapy

- ◇ U.S. Department of Health and Human Services
- ◇ Centers for Medicare and Medicaid Services
- ◇ MDS 3.0 assessment tool
- ◇ U.S Department of Education (IDEA)
- ◇ National Institute of Health
- ◇ U.S. Department of Veterans Affairs