A music therapist needs to be a proficient & flexible musician. T/F

true

Music therapy goals and interventions should reflect developmental age opposed to chronological age. T/F

true

Brainpower

Read More

What is required to become an accredited music therapist?

a. completion of a BA music therapy or MA in music therapy

b. Completion of 1000hr internship approved b the CAMT

c. Be an accomplished musician

d. All listed options

d. All listed options

other health care professionals can provide music therapy as long as...

a. They know what music therapy is

b. they have permission from the client

c. only an accredited music therapist can provide MT

d. they can play an instrument

c. only an accredited music therapist can provide MT

During the Baroque period, it was believed that certain personality characteristics were associated with certain styles of music. This theory is still followed today. T/F

false

What is the aim of MT?

To reach health care goals

MTs in Canada carry the title MTA (Music therapist accredited) if they are recognized by the CAMT. T/F

true

Classical music has the greatest impact on pain relief. T/F

false

Which of the following is a reason to refer somebody to MT?

a. to improve communication

b. to develop perfect pitch

c. to learn an instrument

d. to feel happy

a. to improve communication

another common answer: to facilitate self expression

Which of the following statements is true of preliterate cultures?

a. it was believed that music affects mental health & well-being.

b. music held no value in relation to health.

c. music was used as preventative medicine.

d. medicine was based on the 4 humors.

a. it was believed that music affects mental health & well-being.

Which of the following is NOT a MT intervention?

a. lyric analysis

b. composing

c. listening to an iPod alone

d. singing

c. listening to an iPod alone

Which organization regulates music therapy in Canada?

CAMT

MT was used in educational institutions in the USA as early as the 1830s. T/F

true

What can instrumental playing as a MT intervention do?

a. help a client to learn an instrument

b. help a client to learn musical concepts

c. improve range of motion, dexterity & muscle strength

d. instrumental playing is not a MT intervention

c. improve range of motion, dexterity & muscle strength

ALL MTs in Ontario, must also be recognized by the CRPO. T/F

false

According too Piaget, one of the following is not a primary stage of child development.

a. concrete operational

b. communication operations

c. formal operations

d. sensorimotor

b. communication operations

Music and speech use the same areas of the brain. This is why music can activate speech and communication. T/F

false

In the early 20th century, MT research could be found in scientific publications. T/F

true

Why is improvisation an effective intervention in MT?

a. offers a creative, nonverbal means of expressing thoughts & feelings.

b. there are no mistakes.

c. provides control.

d. all listed options.

d. all listed options.

Music entertainment differs from MT because...

a. entertainment is not therapeutic

b. entertainment is not a health care discipline

c. entertainment requires an audience relationship

d. all of the above

b. entertainment is not a health care discipline

Some MT approaches are psychoanalytically informed. T/F

true

What was the purpose of the study "MT in parkinsons"

a. to explore the efficacy of improvising on motor functions in patients with PD

b. to explore the efficacy of active MT on motor & emotional functions in patients with PD

c. to explore the efficacy of passive MT on motor & emotional functions in patients with PD

d. to explore the efficacy of listening to music on motor functions in patients with PD

b. to explore the efficacy of active MT on motor & emotional functions in patients with PD

A MT begins session with "Hello Song". He encourages self expression with improvisation & uses precomposed music to facilitate coordination of movement. Sometimes client changes words to song. Which approach describes MT's way of working most?

a. improvisation informed approach

b. psychodynamically informed approach

c. behaviour approach

d. eclectic approach

d. eclectic approach

What MT approach aims to replace irrational thinking?

a. eclectic

b. behavioural

c. psychodynamic

d. cognitive behavioural

d. cognitive behavioural

MT in a medical setting promotes "normalization" T/F

true

Parkinson's disease is a motor system disorder. T/F

true

NMT is an example of a biopsychosocial model. T/F

false

NMT would be an appropriate approach for a MT working with a client toward the following goal...

a. supporting social skills

b. processing bereavement

c. improving gait

d. managing depression

c. improving gait

Pain is best described as

a. a physical experience

b. an emotional experience

c. a subjective experience

d. a fight or flight experience

c. a subjective experience

(i think emotional was also correct, but on our quiz emotional was replaced with something else, so only subjective was correct)

It is effective for MTs to use a biopsychosocial approach to pain management because...

a. Music can address the physical, emotional & social aspects of pain.

b. Music can evoke relaxation, memories & movement.

c. Music can address the physical, emotional & mental aspects of pain.

d. MT is not an effective intervention for pain.

a. Music can address the physical, emotional & social aspects of pain.

"MT in parkinsons disease" had measurable results supporting MT. T/F

true

MTs trained to use NMT are most likely to work with clients who have the following diagnosis...

a. anxiety disorder

b. depression

c. traumatic brain injury

d. autism

c. traumatic brain injury

One of the following is a factor that heavily influences MT approaches.

a. changes to music industry

b. changes to education programs

c. societal changes

d. cultural differences

c. societal changes

NMT is a research based system of standardized clinical techniques for training in the following areas

a. sensorimotor, speech & language, and concrete operations

b. sensorimotor, speech & language, and cognition

c. sensorimotor, speech & language, and memory

d. sensorimotor, cognition and concrete operations

b. sensorimotor, speech & language, and cognition

Music can influence physical behaviour including autonomic activity. T/F

true

Using a metronome to deliver MT is common with which approach?

a. psychodyamic MT

b. neurologic MT

c. community MT

d. aesthetic MT

b. neurologic MT

It can be beneficial for MTs to collaborate with other professionals such as speech therapists or physiotherapists. T/F

true

MTs should not receive supervision or personal therapy as it may bring up issues that will negative impact their MT sessions with clients. T/F

false

What was/were the outcomes of the study "MT in parkinsons disease"?

a. MT demonstrated no improvement in HM

b. MT demonstrated no improvement to the UPDRS scores

c. MT demonstrated significant improvement in speech scores

d. MT demonstrated significant improvement to the UPDRS scores

d. MT demonstrated significant improvement to the UPDRS scores

^particularly in Bradykinesia

Also, improvement in happiness measure of MT group, & quality of life

NMT provides measurable outcomes. T/F

true

Which is the best description of health?

a. complete physical & mental well-being

b. complete physical, mental & social well-being

c. the absence of illness

d. the ability to contribute to the community

b. complete physical, mental & social well-being

Collecting data about physiological responses to MT interventions would most likely be

a. quantitative data

b. experiential data

c. unreliable data

d. qualitative data

a. quantitative data

in a MT session, a MT can support a client to self-express through improvising on the piano, even if a client doesn't have previous experience playing on the piano. T/F

true

When was the first link between music and health?

5000BC

What is the best definition of music therapy?

use of music by an accredited music therapist to obtain specific results

What is the purpose of MT assessment?

To determine health care goals and objectives of client

The Nordoff Robbins MT approach is best defined as

a. tapping into the clients innate musical ability

b. using "active" music to facilitate verbal processing

c. facilitate song writing & indexing the song writing process

d. facilitating education goals

a. tapping into the clients innate musical ability

(NR: Within every human there is an innate response to music)

people who employ this approach believe that everyone has an innate response to music, that there is a music child within everyone.

MT draws upon different music education approaches such as

a. dalcroze eurhythmics

b. nordoff-robbins

c. musical mnemonics

d. all of the above

a. dalcroze eurhythmics

MT provide therapy to

a. stroke victims

b. adults with mental health issues

c. kids with autism

d. ppl with dementia

e. all of the above

e. all of the above

Why is MT an effective healthcare tool?

It engages the whole brain

What is not an MT intervention

attending a rock concert to be social

Playing music requires

a. creativity

b. memory

c. emotional functions

d. all of the above

d. all of the above

Which music therapist incorporated aspects of "know thyself"

Freud

"Music is a creation of the individual, and therefore a person can see him/herself in the music he/she creates."

Music therapy sessions will typically start with a greeting song. T/F

true

Songwriting can leave a legacy and shared experience, and examine feelings about meaning of life and death. T/F

true

Singing improves oxygen intake and speech development. T/F

True

Which of the following is a MT intervention?

a. lyric analysis

b. composing

c. singing

d. all of the above

d. all of the above

For an individual to engage in creating music do they need to be musical?

No. No music background is necessary.

For song writing in MT, client does not need music training

Precomposed music is...

a. always beneficial

b. always popular music

c. can elicit memories

d. all of the above

c. can elicit memories

(not always beneficial or popular music)

Precomposed music predominantly used where?

in long term care facility. To help them cope with loss.

What is aesthetic music therapy?

music centred music therapy

When must you apply to CRPO

if you are an MT in Ontario that uses psychotherapy in their work

What approach focuses on the "music child"

Nordoff-Robbins

-active music therapy

-"index the session"

Community music therapist relate their work as primarily

a. Music centred

b. Analytic

c. Psychodynamic

d. Behavioural

a. music centred.

^^Also Humanistic\*

(Not trying to change any behaviours, trying to change social ideas.)

(this might be post-midterm content)

Behavioral music therapy is defined as....

using music to increase or modify behaviours

(not about mood)

One of the following is not a song writing technique

a. matching

b. fill in the blanks

c. use of themes

d. brainstorming

a. matching

ie. . fill in the blanks, use of themes & brainstorming ARE techniques!

Song parody can be effective as song writing technique because:

a. melody of the song may resonate with a client

b. song parody is not useful

c. everyone likes familiar songs

d. the song is more likely to be effective if written by a musician

a. melody of the song may resonate with a client

For an individual with an ABI, song writing can provide:

a. an opportunity for recognizing and externalizing emotions

b. song writing is not possible with individuals with acquired brain injury

c. an opportunity to recognize a new professional pathway

d. a useful although usually frustrating process

a. an opportunity for recognizing and externalizing emotions

(Therapists will never choose an intervention that frustrates the client)

Children with physical and developmental delays need to...

Experience success in order to develop. Music therapy allows clients to experience instant success.

Systemic and unique approach to method, procedure and technique based on certain principles is called.....

a. Evidence based practice

b. model

c. a treatment plan

d. song writing

b. model

Common themes in song writing for ppl with Acquired brain injury (ABI)

a. Every client is different - common themes are seldom observed

b. anger, isolation, body image

c. relationships

d. wanting to go home

b. anger, isolation, body image

songwriting is effective because

a. it provides an opportunity for self expression

b. can feel safe and external

c. can provide a tangible product

d. all the above

d. all the above

(can improve social, psychosocial and cognitive means)

Individuals with a physical and developmental delay need help to make meaningful contact with others. T/F

true

Music therapist may choose to work in only one model or approach. T/F

true

Music therapy has been regulated in Canada since....

1974

Music therapy aims to expose and strengthen abilities. T/F

true

Music therapy is still an emerging field and is only practiced in North America and Europe. T/F

False. It is practiced all over the world, Australia Africa

Who can make a music therapy referral

anyone

"A creative tool to explore the client's inner life so as to provide the way forward for growth and greater self-knowledge" is which approach to MT?

Psychodynamic

OR Analytic Music therapy? - could be both

If an individual with down syndrome is musical, this is a good reason to refer them to MT. T/F

false

(actual diagnoses doesn't matter)

illness is not a reason for referral, rather specific health care goal

What would not happen in a MT session?

a. Client asks for music therapist support in creating the melody of a composition

b. the MT changes clients song lyrics to make them more appealing

c. MT carefully selects pre-composed songs that will trigger positive memories from client

d. Client greets MT with a hello song

b. the MT changes clients song lyrics to make them more appealing

Does music need to be a part of every music therapy session?

No. Just need a therapeutic relationship to be developing between them, rapport building

What is the most important part of song writing as an intervention:

a. process

b. product

c. lyrics

d. the ending

a. process

Music exist on a physical level and can be measured. T/F

true

(measured in hertz)

As early as Plato, there has been documentation of connection between music therapy and health.

True. There is documentation earlier than that (pythagoreas) but question is still true

The process of developing client/therapist relationship measured by...

Qualitative data

When assessing outcomes in music therapy, the data collected will be quantitative. T/F

True

Music therapy build upon historical understanding of music and impact on mind and body. T/F

True

What feelings are not common in TBI (traumatic brain injury)?

a. independence

b. loneliness

c. helplessness

d. unhappiness

a. independence

Which model states that music is a creation of the individual so the person can see themselves in the music they create?

Free improvisation model

(modeled after Freud)

"MTs that use free improvisation believe that music is creation of a person, and that the person can see himself in his music"

An approach that speaks to culture and social change is...

community music therapy

NMT is research based system of

a. improvising techniques

b. standardized techniques

c. songwriting

d. music therapy techniques

b. standardized techniques

What are the 3 domains of NMT?

movement, speech, cognition

(sensorimotor, speech & language, and cognition)

Evidence based practice...

Collects direct evidence only

Pythagoreas' discovery of mathematical equations used to measure notes and sounds. T/F

True, hertz

Who is most likely to include music into their practice?

a. Freud

b. Jung

c. Gestalt

d. all of the above

Jung. often has dancing and singing and playing of instruments in his session

(gestalt is not a person it is a model)

(freud did not like music)

Mother child interactions help develop...

communication goals

A client would like to explore self expression and building self esteem, best intervention:

a. Improvisation

b. Lyric analysis

c. Listening to music

d. Using pre-composed music

a. Improvisation

When working with a child with disability, only emotional goal is to support goals of happiness.

False. People also need to express other emotions

9. If a music therapist was collecting data from his/her session to financially support music therapy at a facility, the following is aligned most with evidence based practice:

a. NMT

b. Analytical music therapy

c. Nordoff robbins

d. Behavioural music therapy

a. NMT

bc of the standardized interventions

Improvisation as a MT intervention is...

a. always beneficial

b. is always client led

c. is free and unpredictable

d. is seldom used

c. is free and unpredictable

(not always beneficial, could be teacher lead)

Dementia is best defined as...

declining language and memory

The iPod project is best described as

a) A music therapy intervention

b) An example of pre-composed music as a music therapy intervention

c) A way for Apple to give back to the community

d) An example of how meaningful music can have a positive cognitive impact

d) An example of how meaningful music can have a positive cognitive impact

Precomposed music as a music therapy intervention with clients in long term care:

a. Is always helpful

b. sense of familiarity and ability

c. used as entertainment

d. should be used with an iPod

b. sense of familiarity and ability

Pre-composed music can facilitate dialogue because

a) Music motivates people to speak with one another

b) Life events are often associated with pre-composed place of music

c) People like talking about music

d) All of the above

b) life events are often associated with a pre-composed piece of music

Pre-composed music can facilitate cognitive rehabilitation

a) Becomes music is healing

b) Because music can regenerate neurons

c) Music cannot facilitate cognitive rehabilitation

d) Because the ABA structure allows for repetition

d) Because the ABA structure allows for repetition

(idk what this means tbh)

Memory is impaired as a result of Alzheimer's disease, however,

a) Ability to learn to play an instrument remains intact

b) Ability to recall lyrics of a song often remains intact

c) Ability to recall the names of loved ones often remains intact

d) All of the above

B) ability to recall lyrics of a song often remains intact

(respond well to precomposed music)

In a music therapy session, it is typically better to use live music opposed to pre-recorded music for the following reason

a) People prefer live music

b) Live music can be flexible

c) Pre-recorded music can become overwhelming

d) Live music is more engaging

b) Live music can be flexible

(Live music allows musical changes in response to client)

13. Developmental theory perspective suggest the following:

a) All children learn music equally

b) There is a connection between early music ability and pre-verbal development

c) Children with a disability are more likely to respond to music in preverbal development than "normally" developing children

d) Sound dialogues between parents and infants do not contribute to the development of communication

b) There is a connection between early music ability and pre-verbal development

Research in Music and Medicine can only be conducted by a Music Therapist. T/F

false

Responses can be evoked in Music Therapy through creating small recognizable themes. T/F

true

An individual may be referred to group music therapy

a. To practice performance

b. To learn how to write a song

c. to facilitate social skills

d. because she/he likes being with people

c. to facilitate social skills

Songwriting in music therapy:

a. is aimed to address psychosocial, emotional and cognitive needs

b. Requires the client to have music training

c. Is aimed to support the client in being recognized in the music world

d. Is only beneficial for clients who are verbal

a. is aimed to address psychosocial, emotional and cognitive needs

(also communication needs)

Can a client benefit from music therapy if they don't play an instrument:

a. Yes not all interventions require an instrument

b. No, playing an instrument is integral to the success of the outcome

c. Yes, music therapy is defined as listening to relaxing music, not playing an instrument

d. No, a client needs to be proficient in an instrument and willing to play

a. Yes not all interventions require an instrument

Important for music therapist to understand a clients relationship with pre-composed music. T/F

true

In the context of Music therapy, what is true:

a. Music is a universal language

b. Music is a learned language

c. music is a universal phenomenon

d. music is a learned phenomenon

c. music is a universal phenomenon

How does music therapy aid children with physical and developmental disabilities

MT helps them to make meaningful contact with others

What is matching?

matching occurs when the music therapist responds to the client's music, using music

Why can it be a hinderance for clients of music therapy to be musicians?

they have a preconception to what good music sounds like

why are play rules used in music therapy during improvisation

some clients feel overwhelmed during improvisation and play rules an help them feel safe

What is the name of the process when a music therapist communicates with a client through musical play

Dialoging

When can improvisation can be dangerous when working with clients

Improvisation can facilitate from being dissociated from reality

what should a music therapist do when a client in improvising formlessly

The music therapist should use the grounding technique

What is toning in vocal psychotherapy?:

a. The continuous use of sustained vowel sounds for the purpose of restoring the body's balance

b. Vocal improvising between client and therapist

c. Humming a pre-composed piece of music

d. Using tone bars to create beautiful sounds

a. The continuous use of sustained vowel sounds for the purpose of restoring the body's balance

Music has played a role in medicine as early as 5000BC, as evidenced by writings about ancient Egypt. T/F

True

The Research "music therapy as an intervention for pain perception" is an example of the biopsychosocial model. T/F

true

4 primary stages of child development (by Jean Piaget)

1. sensorimotor (0-2 years)

2. pre operational (2-7 years)

3. concrete operational (7-11)

4. formal operational (11+)

Approaches developed within music education and pedagogy (3)

1. orff-schulwerk

2. dalcroze eurhythmics

3. Kodaly approach

Approaches developed within the field of MT (2)

1. Nordoff-Robbins

2. Bonny Method of GIM

Approaches based on psychological philosophies, theories, models (3)

1. behavioural approach to MT

2. cognitive-behavioural to MT

3. psychodynamic approach to MT

Approaches reflecting Biomedical models (2)

1. Neurological Music Therapy (NMT)

2. Eclectic or Integrative approach

Using meaningful pre-composed music to create a playlist for the iPod Project

a) Is always beneficial

b) Can evoke negative emotions and memories

c) Is a music therapy intervention

d) Always brings back positive memories

b) Can evoke negative emotions and memories

In the Wigram example discussed in class, Mrs. F was referred to music therapy for the following reason:

a) She has a personal connection to music

b) To increase range of upper limb movement

c) To facilitate self-identity

d) To enhance appetite

c) To facilitate self-identity

In the Wigram Example discussed in class, Mrs. F engaged in-group music therapy sessions. During the music therapy sessions, the following was true

a) Mrs. F become aggressive during the sessions

b) Mrs. F would not participate in sessions

c) Mrs. F contributed to song writing in the group

d) Mrs. F made meaningful interactions with group members

d) Mrs. F made meaningful interactions with group members

Memory loss is a normal part of aging. T/F

False

Interactional theory perspective suggests the following

a) Music education is essential to relationships

b) Music is the basis for development

c) Music interactions are the basis for all development

d) Relational interactions are the basis for all development

d) Relational interactions are the basis for all development

The following is NOT a response-evoking technique in music therapy

a) Imitation

b) Improving

c) Expectation

d) Pausing

b) Improving

Music in Medicine is defined by Bruscia as

a) The use of music to influence physical, mental, emotional states before or after medical treatment

b) The use of music to influence physical, mental, emotional states at any time

c) The use of music in a medical setting

The use of music by a doctor to influence physical, mental, emotional states

a) The use of music to influence physical, mental, emotional states before or after medical treatment

Exaggerated yawning can be used as a warm up in a vocal psychotherapy. T/F

True

Transference and Countertransference are prominent concepts in the NMT model. T/F

False

The Music Therapy and Pain perception research discussed in class and in the readings only collected quantitative data. T/F

False

It is possible to find MT research in a diversity of journals. T/F

true

The research "music therapy as an intervention in pain perception" is an example of a biopsychosocial model. T/F

True

Concepts from Freud and Jung are often used in lyric creation for the songwriting process. T/F

True

Sometimes 'playing rules' are suggested to facilitate an improvisation. T/F

True

Which of the following scenarios is an example of the GIM (guided imagery method) method?

a. Individual in palliative care reflecting on the images evoked from listening to a prerecorded piece of music

b. Using music to reinforce the idea of apologizing to help correct unwanted behaviour

a) An individual in palliative care reflecting on the images evoked from listening to a pre-recorded piece of music

NMT is defined as:

a. Research based system of improvising techniques

b. research based system of standardized techniques

c. research based system of songwriting

d. research based system of music therapy techniques

b. research based system of standardized techniques

It is difficult to control all the variables of a MT session for the purpose of attaining measurable outcomes. T/F

true

Which of the following is NOT true about pain perception:

a. pain is objective

b. pain is impacted based on your current state of mind

c. pain is an unpleasant sensory and emotional experience

d. all of the above are true

a. pain is objective

Dalcroze eurhythmics

Music education

-movement

-teaches rhythm, structure, expression

-"Feel" the music

orff-schulwerk

Music education

-"elemental music"

-holistic approach

-hear music first, then learn music notation

-voice & percussion

Kodaly

Music education

-music literacy should be taught early on

-start with singing

-developmental approach

GIM

- explore one's own inner world

- help clients to work on significant life issues (ex. disturbing old memories, losses, traumata, bothering health conditions, and relationship issues)

- While being guided, strong emotions are released

- client finds helpful resolutions.

Music therapy aims to achieve:

a) Health care goals

b) Great music

c) Music education

d) Relaxation

a) Health care goals

Music therapy interventions include:

a) Lyric analysis

b) Composing

c) Singing

d) All of the above

d) All of the above

An individual may be referred to group music therapy

a. To practice performance

b. To learn how to write a song

c. to facilitate social skills

d. because she/he likes being with people

c) To facilitate social skills

For the following reasons, it is important for a music therapist to be knowledgeable about child development:

a. Music therapists only work with children

b. Music therapists need to address the developmental age of the client

c. Music therapists need to address the chronological age of the client

d. Music therapy interventions need to be age appropriate

b. Music therapists need to address the developmental age of the client

9. Music therapists only work as part of a health care team. Not in private practice:

a. True

b. False

b. False

10. A reason to refer someone to music therapy is

a. to facilitate self expression

b. Parkinsons Disease

c. Aquired Brain Injury

d. To develop perfect pitch

a. to facilitate self expression

A music therapy assessment allows therapist to determine:

a. a treatment plan

b. if music therapy would be beneficial

c. goals and objectives

d. All the above

d. All of the above

Dementia is a result of the normal process of ageing:

a. True

b. False

b. False

Music therapist in Ontario need to determine if they use the act of psychotherapy in their work

a. they must apply to CRPO, only in Ontario, if they use psychotherapy

In the article Active Music therapy in Parkinsons disease, which of the following results are true:

a. improvement in happiness measure for the music therapy group

b. music therapy showed improvement in UPDRS particularly in bradykinesia

c. quality of life scores were not effected by either MT or PT

d. there was a significant effect on ADL after physical therapy

b. music therapy showed improvement in UPDRS particularly in bradykinesia

Music therapy interventions aim to expose and strengthen abilities:

a. true

b. false

a. true

35. Only health care professional can make referral to MT:

a. true

b. false

b. false

49. Using a metronome is common with:

a. NMT

b. Psychodynamic

c. Aesthetic

d. Community

a. NMT

55. Brainstorming is a songwriting technique in MT:

a. true

b. false

a. true

64. Vocal holding is a technique used in vocal psychotherapy:

a. true

b. false

a. true

78. One of the following is NOT a typical goal of a music therapy for a child with ASD

a. To improve communication through music

b. To improve musicianship and have a future in music

c. To improve social skills

d. All of the above

b. To improve musicianship and have a future in music

79. When clients are working towards recognizing and resolving issues within each of the dimension, only their music performance will be affected

a. True

b. False

b. False

80. The music performance personality profile in jampel's study was irrelevant to informing the 5 dimensions

a. True

b. False

b. False

81. Which tool was used in collaborative work: negotiation between MTs and the community musicians in the development of a south African community therapy project Oothuizan, H to determing the results of the paper

a. Visual analogue scale

b. Likert scale

c. Interviews

d. Video recordings

c. Interviews

82. Pallative care does not include

a. End of life care

b. Preventing pain and discomfort

c. Physician lead care

d. Patient guided care

c. Physician lead care

83. Pallative care addresses the same goals as biopsychosocial model

a. True

b. False

a. True

84. Which of the following was the motivation for the music for life project

a. To provide a positive alternative to gangsterism

b. To provide music lessons to the children in the community

c. To build a community partnership between the schools and the music centre

d. To provide positive male role models

a. To provide a positive alternative to gangsterism

85. Associations are formed between emotions and certain music, this contributes to our individual relationships with music

a. True

b. False

a. True

86. Jean was referred to music therapy for the following reason

a. To improve communication skills

b. To manage symptoms of depression

c. To manage her pain

d. To facilitate self-expression

c. to manage her pain

87. An example of community music therapy in the "collaborative work" paper is

a. The children with musicians and Music therapists to impact the community

b. Musicians and music therapies working together to impact the community

c. The children performing self-written songs in nearby communities

d. Musicians and music therapists working together

c. The children performing self-written songs in nearby communities

88. Music therapists can work with every culture

a. As long as they study the culture

b. Only if they share the same culture

c. As long as they learn the culture

d. Music therapists need to recognize if culture is a barrier to reaching health care goals

d. Music therapists need to recognize if culture is a barrier to reaching health care goals

89. The musicians in collaborative work: negotiations between music therapists and community musicians in the development of a south African community music therapy project Osthizan h et al were providing music therapy

a. True

b. False

b. False

91. Male role models are important in the Music for life project because

a. Children prefer to be with males

b. Many children did not have a positive role model in their lives

c. Male role models are not important

d. Culturally only men engaged in music

b. Many children did not have a positive role model in their lives

92. The results of the south African music therapy research determined that it would be a better use of resources if the music therapists and musicians ran separate groups

a. True

b. False

b. False

93. If a music therapist is referred to work with an individual in palliative care it would be unethical for the client to ask family members to be involved in any way in the clients music therapy process

a. True

b. False

b. False

94. How did the children benefit from the Music for Life program

a. Program provided children with cultural knowledge

b. Program provided children with positive male role models

c. The program provided children with healthy alternative to gangsterism

d. All of the options provided

d. All of the options provided

A MTs needs to be a proficient and flexible musician

a) True

b) False

a) true

MT goals and interventions should reflect developmental age opposed to chronological age

a) true

b) false

a) true

What is required to become an accredited MT?

a) Completion of a BA MT or MA in MT

b) Completion of a 1000hr internship approved by CAMT

c) Be an accomplished musician

d) All listed options

d) All listed options

Other healthcare professionals can approve MT as long as...

a) They know what MT is

b) They have permission from the client

c) Only an accredited MT can provide MT

d) They play an instrument

c) Only an accredited MT can provide MT

During the Baroque period, it was believed that certain personality characteristics were associated with certain styles of music. This theory is still followed today.

a) True

b) False

b) False

What is the aim of MT?

a) To provide music education

b) To assist with relaxation

c) To make great music

d) To reach health care goals

d) To reach health care goals

MTs in Canada carry the title MTA if they are recognized by CAMT

a) True

b) False

a) True

Classical music has the greatest impact on pain relief

a) True

b) False

b) False

Which of the following is a reason to refer somebody to MT?

a) To improve communication

b) To develop perfect pitch

c) To learn an instrument

d)To feel happy

a) To improve communication

Which of the following statements is true of preliterate cultures?

a) It was believed that music affects mental and physical well-being

b) Music held no value in relation to health

c) Music was used a preventative medicine

d) Medicine was based on the four humors

a) It was believed that music affects mental and physical well-being

Which of the following is NOT MT intervention?

a) Lyric analysis

b) Composing

c) Listening alone to your iPod

d) Singing

c) Listening alone to your iPod

Which organization regulates MT in Canada?

a) CAMT

b) CRPO

c) MTAO

d) CRMO

a) CAMT

MT was used in educational institutions in the USA as early as the 1830s

a) True

b) False

a) True

What can instrumental playing as a MT intervention do?

a) Help a client to learn an instrument

b) Help a client to learn musical concepts

c) Improve range of motion, dexterity, and muscle strength

d) Instrumental playing is not a MT intervention

c) Improve range of motion, dexterity, and muscle strength

All MTs in Ontario, must be recognized by the CRPO

a) True

b) False

b) False

According to Piaget, on the of the following is not a primary stage of child development

a) Concrete operational

b) Communication operations

c) Formal operations

d) Sensorimotor

b) Communication operations

Music and speech use the same areas of the brain. This is why music can activate speech and communication.

a) True

b) False

b) False

In the early 20th century, MT research could be found in scientific publications

a) True

b) False

a) True

Why is improvisation an effective intervention in MT?

a) Offers a creative nonverbal means of expressing thoughts and feelings

b) There are no mistakes

c) Provides control

d) All listed options

d) All listed options

Music entertainment differs from MT because...

a) Entertainment is not therapeutic

b) Entertainment is not a healthcare discipline

c) Entertainment requires an audience relationship

d) All of the above

b) Entertainment is not a healthcare discipline

Some MT approaches are psychoanalytically informed

a) True

b) False

a) True

MTs trained to used NMT are most likely to work with clients who have the following diagnosis

a) Anxiety disorder

b) Traumatic brain injury

c) Autism spectrum disorder

d) Depression

b) Traumatic brain injury

One of the following is a factor that heavily influences MT approaches

a) Change to music industry

b) Changes to education programs

c) Societal changes

d) Cultural differences

c) Societal changes

A MTs begins his session with a "hello song". Throughout the session, he is encouraging self expression through using improvisation and using pre-composed music to facilitate coordination of movement. Sometimes, the client changes the words to the song. The therapist supports this as part of the self-expression goals. Which approach describes the MTs way of working most?

a) Improvisation Informed Approach

b) Psychodynamically Informed Approach

c) Behavior Approach

d) Eclectic Approach

d) Eclectic Approach

MT in a medical setting promotes "normalization

a) True

b) False

a) True

It can be beneficial for MTs to collaborate with other professionals such as speech therapists or physiotherapists

a) True

b) False

a) True

"MT in Parkinson's disease: an integrative method for motor and emotional rehabilitation" had measurable results supporting MT

a) True

b) False

a) True

Music can influence physical behavior including autonomic activity

a) True

b) False

a) True

Parkinson's disease is a motor system disorder

a) True

b) False

a) True

What was/were the outcome(s) of the study "MT in Parkinson's disease: an integrative method for motor and emotional rehabilitation"?

a) MT demonstrated significant improvement in UPDRS scores

b) MT demonstrated no improvement in HM

c) MT demonstrated no improvement to the UPDRS scores

d) MT demonstrated significant improvement in speech scores

a) MT demonstrated significant improvement in UPDRS scores

What was the purpose of the study "MT in Parkinson's disease: an integrative method for motor and emotional rehabilitation"?

a) To explore the efficacy of improvising on motor functions in patients with PD

b) To explore the efficacy of passive MT on motor and emotional functions in patients with PD

c) To explore the efficacy of active MT on motor and emotional functions in patients with PD

d) To explore the efficacy of listening to music on motor functions in patients with PD

c) To explore the efficacy of active MT on motor and emotional functions in patients with PD

MTs should not receive supervision or personal therapy as it may bring up issues that will negatively impact their MT sessions with clients

a) True

b) False

b) False

Pain is best described as

a) A physical experience

b) An emotional experience

c) A fight or flight experience

d) A subjective experience

d) A subjective experience

NMT would be an appropriate approach for a MTs working with a client toward the following goal...

a) Managing depression

b) Processing bereavement

c) Supporting social skills

d) Improving gait

d) Improving gait

NMT is an example of biopsychosocial model

a) True

b) False

b) False

NMT provides measurable outcomes

a) True

b) False

a) True

It is effective for MTs to use a biopsychosocial approach to pain management because...

a) MT is not effective intervention for pain

b) Music can address the physical, emotional, and mental aspects of pain

c) Music can evoke relaxation, memories, and movement

d) Music can address the physical, emotional and social aspects of pain

d) Music can address the physical, emotional and social aspects of pain

NMT is a research-based system of standardized clinical techniques for training in the following areas

a) Sensorimotor, speech & language, and concrete operations

b) Sensorimotor, cognition, and concrete operations

c) Sensorimotor, speech & language, and cognition

d) Sensorimotor, speech & language, and memory

c) Sensorimotor, speech & language, and cognition

Which MT approach aims to replace irrational thinking?

a) Eclectic

b) Behavioural

c) Cognitive behavioural

d) Psychodynamic

c) Cognitive behavioural

Using a metronome to deliver a MT intervention is common with which approach?

a) Community MT

b) Aesthetic MT

c) Psychodynamic MT

d) Neurologic MT

d) Neurologic MT

Dementia is most closely defined as

a) A result of aging

b) Defined by the experience of confusion

c) All of the above

d) Declining language and memory

d) Declining language and memory

The iPod project is best described as

a) A music therapy intervention

b) An example of pre-composed music as a music therapy intervention

c) A way for Apple to give back to the community

d) An example of how meaningful music can have a positive cognitive impact

d) An example of how meaningful music can have a positive cognitive impact

Pre-composed music as a music therapy intervention with clients in a long term care facility is useful

a) To provide a sense of familiarity and ability

b) When used in collaboration with the iPod project

c) As a form of entertainment

d) At all times

a) To provide a sense of familiarity and ability

Pre-composed music can facilitate dialogue because

a) Music motivates people to speak with one another

b) Life events are often associated with pre-composed place of music

c) People like talking about music

d) All of the above

b) Life events are often associated with pre-composed place of music

Pre-composed music can facilitate cognitive rehabilitation

a) Becomes music is healing

b) Because music can regenerate neurons

c) Music cannot facilitate cognitive rehabilitation

d) Because the ABA structure allows for repetition

d) Because the ABA structure allows for repetition

Using meaningful pre-composed music to create a playlist for the iPod Project

a) Is always beneficial

b) Can evoke negative emotions and memories

c) Is a music therapy intervention

d) Always brings back positive memories

b) Can evoke negative emotions and memories

Memory is impaired as a result of Alzheimer's disease, however,

a) Ability to learn to play an instrument remains intact

b) Ability to recall lyrics of a song often remains intact

c) Ability to recall the names of loved ones often remains intact

d) All of the above

b) Ability to recall lyrics of a song often remains intact

Autism is best described as

a) A complex developmental disability

b) A result of poor parenting

c) An acquired brain injury

a) A complex developmental disability

In the Wigram example discussed in class, Mrs. F was referred to music therapy for the following reason:

a) She has a personal connection to music

b) To increase range of upper limb movement

c) To facilitate self-identity

d) To enhance appetite

c) To facilitate self-identity

In the Wigram Example discussed in class, Mrs. F engaged in-group music therapy sessions. During the music therapy sessions, the following was true

a) Mrs. F become aggressive during the sessions

b) Mrs. F would not participate in sessions

c) Mrs. F contributed to song writing in the group

d) Mrs. F made meaningful interactions with group members

d) Mrs. F made meaningful interactions with group members

Memory loss is a normal part of ageing

a) True

b) False

b) False

In a music therapy session, it is typically better to use live music opposed to pre-recorded music for the following reason

a) People prefer live music

b) Live music can be flexible

c) Pre-recorded music can become overwhelming

d) Live music is more engaging

b) Live music can be flexible

Developmental theory perspective suggest the following

a) All children learn music equally

b) There is a connection between early music ability and pre-verbal development

c) Children with a disability are more likely to respond to music in preverbal development than "normally" developing children

d) Sound dialogues between parents and infants do not contribute to the development of communication

b) There is a connection between early music ability and pre-verbal development

Interactional theory perspective suggests the following

a) Music education is essential to relationships

b) Music is the basis for development

c) Music interactions are the basis for all development

d) Relational interactions are the basis for all development

d) Relational interactions are the basis for all development

The following is NOT a response-evoking technique in music therapy

a) Imitation

b) Improvising

c) Expectation

d) Pausing

b) Improvising

Music in Medicine is defined by Bruscia as

a) The use of music to influence physical, mental, emotional states before or after medical treatment

b) The use of music to influence physical, mental, emotional states at any time

c) The use of music in a medical setting

d) The use of music by a doctor to influence physical, mental, emotional states

a) The use of music to influence physical, mental, emotional states before or after medical treatment

Classical music has the greatest impact on pain relief

a) True

b) False

b) False

Responses can be evoked in music therapy through creating small recognizable themes

a) True

b) False

a) True

Research in Music and Medicine can only be conducted by a music therapist

a) True

b) False

b) False

Music therapy aims to achieve

a) Great music

b) Health care goals

c) Music evaluation

d) relaxation

b) Health care goals

Music therapy interventions include

a) Lyric analysis

b) Composing

c) Singing

d) All of the above

d) All of the above

An individual may be referred to group music therapy

b) Not be concerned about their musical ability

Songwriting in MT

a) Is aimed to address psychological, emotional and cognitive needs

Musical entertainment differs from music therapy because

a) All of the above

For the following reason, it is important for a music therapist to be knowledgeable about child development

a) MTs need to address the developmental age of the child

Music therapists work as part of health care team not in private practice,

a) False

A reason to refer someone to music therapy is

a) To facilitate self-expression

MT can provide therapy to

a) All of the above

Other healthcare professionals can provide music therapy as long as they

a) They an accredited MT

MT in Ontario

a) False

Which characteristic described Nordoff-Robbins approach

a) Belief in music child

Within every human being there is ...... music child- this is part of the philosophy of which model

a) Nordoff Robbins

Behavioral MT is most closely defined as

a) using music to modify behaviours

One of the following is NOT a songwriting technique

a) matching

Song parody can be effective as a songwriting technique because

a) The melody of a son may resonate with a client's expression

For an individual with an acquired brain injury, songwriting can produce

a) An opportunity for recognizing and externalizing (Prof meant: means having the outside of one's self) emotions

Instrumental playing as a music therapy intervention is most likely for the following purpose

a) Improve range of motion, dexterity, and muscle strength

Which of the following scenarios is an example of the GIM (guided imagery method) method?

a) An individual in palliative care reflecting on the images evoked from listening to a pre-recorded piece of music

Improvisation as a music therapy option intervention

Is free and unpredictable

"A systematic and unique approach to method, procedure and technique, based on certain principles"

A model

Common themes in a song with clients with an acquired brain injury are

anger, isolation, body image

Songwriting is an effective intervention in MT because

All of the above

Which of the following is NOT true about pain perception?

Pain is objective

Music therapists may choose to work in one specific model/approach

True

In the article Active music in Parkinson's disease, which of the following results are true?

There was an improvement in the happiness measure for the MT group & MT showed improvements in UPDRS particularly in Bradykinesia

Music therapy has been a self-regulated profession in Canada since

1974

Music therapy interventions aim to expose and strengthen abilities

True

Music therapy is still an emerging field and currently only recognized and practiced in Europe and North America

False

Only a healthcare professional can make a referral to MT

False

"A creative tool to explore the client's inner life so as to provide the way forward for growth and greater self-knowledge" s which approach to MT?

psychodynamic

MT sessions often started with a "hello song"

True

If an individual with down's syndrome is very musical, this would be a good reason to refer this individual to MT

False

Which of the following is NOT something that would happen in MT?

Tefar (MT) changes Mohamed's (client) song lyrics to make them more appealing

Can a client benefit from MT if they don't want to play an instrument?

Yes, not all interventions require playing an instrument

What is the most important part of songwriting as an intervention in MT?

the process

Music exists on a physical level and can be measured

True

In order to practice psychotherapy in Ontario, a MT needs to be a member of the following

CRPO

Which approach is used to replace irrational thinking

cognitive behavioural

Music can influence physical behavior including autonomic activity

True

MT builds upon historical understanding of music and its impacts on the body and mind

True

Which of the following are feelings not common in traumatic brain injury

independence

'Music is a creation of the individual, and therefore a person can see him/herself in the music he/she creates'

Free improvisation model

Using a metronome to deliver a MT intervention is common with which approach

(answer: NMT is the only model that uses metronome)

It is important for MT to understand a client's relationship with pre-composed music

True

Neurologic MT is most closely defined as

research-based system of standardized techniques

Domains of neurologic MT include

Movement, speech, cognition

The purpose of the study "MT in PD an Integrative Method for motor and emotional rehab" was to

Explore the efficiency of active MT on motor and emotional functions on patients with PD

MT in PD paper

True

Brainstorming is a songwriting technique

True

It is difficult to control all the variables of a MT session for the purpose of attaining measurable outcomes

True

A client would like to explore self expression and build self esteem the most likely intervention that a MT suggests

using improvisation

When working with a child with a disability, the only emotional goals of the client are to support expressions of happiness

False

If MT was collecting data to provide a report for support or MT, the following model is the most aligned with evidence based practice

a) Neurologic music therapy

b) Nordoff Robbins

c) analytic music therapy

d) behavioural music therapy

a) Neurologic music therapy

In the context of MT, which statement is true

a) music is a universal language

b) music a learned language

c) music is a universal phenomenon

d) music is a learned phenomenon

c) music is a universal phenomenon

Exaggerated yawning can be used as a warm up in a vocal psychotherapy

True

Vocal holding is a technique used in vocal psychotherapy

True

What is meant by toning in vocal psychotherapy?

a) the conscious use of sustained vowel sounds for the purpose of restoring the body's balance

b) vocal improvising between client and therapist

c) humming a pre-composed piece of music

d) using tone bars to create beautiful sounds

a) the conscious use of sustained vowel sounds for the purpose of restoring the body's balance

Transference and Countertransference are prominent concepts in the NMT model

False

Pre-composed music as a music therapy intervention with clients in Long term care

a) provides a sense of familiarity and ability

b) is always helpful

c) is used as entertainment

d) should be used with an iPod

a) provides a sense of familiarity and ability

The Music Therapy and Pain perception research discussed in class and in the readings only collected quantitative data

False

Music has played a role in medicine as early as 5000 BC, as evidenced by writings about ancient Egypt

True

MT was used as early as the 1830s in educational facilities for people with disabilities

True

It is possible to find MT research in a diversity of journals

True

Concepts from Freud and Jung are often used in lyric creation for the songwriting process

True

The research "music therapy as an intervention in pain perception" is an example of a biopsychosocial model

True

Structure in Music therapy session is particularly important when working with an individual with Autism

a) True

b) False

a) True

Sometimes 'playing rules' are suggested to facilitate an improvisation

True

Which of the following is NOT one of the 5 dimensions as described by Jampel?

a) Connecting the performer with the audience

b) Connecting with the inner voice

c) Connecting the music to the audience

d) Connecting the music to the performer

c) Connecting the music to the audience

A music therapist may use a behavioral approach with a client diagnosed with Autism who has been referred to enhance social skills

True

Autism is best described as...

a) A complex developmental disability

b) A result of poor parenting

c) A result of an acquired brain injury

a) A complex developmental disability

The music therapy space for the Music Therapy Group looked like...

a) A performance space

b) A clinical space

c) A classroom

d) A typical music therapy space

a) A performance space

What is the best description for health?

a) A complete mental, physical, and social well being

b) Complete physical and mental well being

c) The absence of illness

d) The ability to contribute to the community

a) A complete mental, physical, and social well being

How did the 5 dimensions assist Trish in the case study?

a) Assisted Trish to become a better performer only

b) Assisted Trish to recognize her self worth

c) Assisted Trish in her guitar skills

d) Trish did not find the 5 dimensions helpful

b) Assisted Trish to recognize her self worth

An individual with autism could be referred to music therapy to facilitate speech and communication

True

What was the purpose of the "bubble space" exercise implemented in the special needs class?

a) To create a fun interactive environment

b) Children were motivated by using bubbles as part of a game

c) Children were able to practice recognizing personal space

d) The bubbles were used as musical instruments

c) Children were able to practice recognizing personal space

Autism presents itself the same in all people diagnosed with Autism

a) True

b) False

False

What is the purpose of the study... "In Five Dimensions, by Jampel, P.F"

a) To understand the dimensions of performance

b) To change the stigma associated with mental illness

c) To develop a language not only between therapists but with clients

d) To assist individuals with mental health with performance

c) To develop a language not only between therapists but with clients

The developmental deficits of child with autism are highlighted when engaging in music

True

False

False

Autism is one of the most common developmental disabilities in Canada

a) True

b) False

True

How did the children benefit from the Music for Life program?

a) The program provided the children with a healthy alternative to gangsterism

b) All of the options provided

c) The program provided the children with cultural knowledgeable

d) The program provided the children with positive male role models

b) All of the options provided

As per Performance in Music Therapy... Jampel P.F. projecting family dynamics into the music therapy performance group is an example of...

a) A family therapy

b) Song parody

c) Transference

d) A dysfunction in one of the dimensions

d) A dysfunction in one of the dimensions

Which music therapy approach/model/intervention is NOT likely to be implemented in palliative care?

a) NMT

b) Song Writing

c) GIM

d) Improvising

a) NMT

What tool was used in "Collaborative Work: Negotiations between Music Therapist and Community Musicians in the Development of a South African Community Music Therapy Project Oosthuzian, H et al" to determine the result(s) of the paper?

a) Video recordings

b) Visual analogue scale

c) Interviews

d) Likert scale

c) Interviews

The results of the South African music therapy research determined that it would be a better use of resources if music therapists and musicians ran separate groups.

a) True

b) False

b) False

The musicians in "Collaborative Work: Negotiations between Music Therapist and Community Musicians in the Development of a South African Community Music Therapy Project Oosthuzian, H et al" were providing music therapy

a) True

b) False

False

Palliative care addresses the same goals as a biopsychosocial model

a) True

b) False

a) True

Which of the following was the motivation for the Music for Life project?

a) To provide music lessons to the children in the community

b) To build a community partnership between the schools and the music center

c) To provide positive male role models

d) To provide a positive alternative to gangsterism

d) To provide a positive alternative to gangsterism

Community music therapy was one of the models used in the South African research discussed

a) True

b) False

a) True

Male role models are important in the Music for Life project because

a) Children prefer to be with males

b) Many children did not have a positive male role models in their lives

c) Male role models are not important

d) Culturally, only men engaged in music

b) Many children did not have a positive male role models in their lives

Music therapists can work with every culture

a) Music therapists need to recognize if culture is a barrier to reaching health care goals

b) Only if they share the same culture

c) As long as they study the culture

d) As long as they learn the language

a) Music therapists need to recognize if culture is a barrier to reaching health care goals

Palliative care does not include....

a) End of life care

b) Physician lead care

c) Preventing pain and discomfort

d) Patient guided care

b) Physician lead care

Palliative care is a reason to refer an individual to music therapy

a) True

b) False

b) False

Jean was referred to music therapy for the following reason...

a) To manage her pain

b) To improve communication skills

c) To manage symptoms of depression

d) To facilitate self-expression

a) To manage her pain

If a music therapist is referred to work with an individual in palliative care, it would be unethical for the client to ask family members to be involved in any way in the client's music therapy process.

a) True

b) False

b) False

An individual cannot be in palliative care for more than 6 months

a) True

b) False

b) False

There is a specific area of the brain that has been identified as responsible for processing music. If this area is damaged, an individual will not be able to engage in music

a) True

b) False

b) False

A journal dedicated to music therapy research was established in the states in

a) 1990s

b) 1940s

c) 1960s

d) 1980s

c) 1960s

Collecting data about physiological responses to music therapy interventions would most likely be

a) Experiential data

b) Quantitative data

c) Unreliable data

d) Qualitative data

b) Quantitative data

In a music therapy session, a music therapist can support a client to self-express though improvising on the piano, even if a client does not have previous experience playing on the piano

a) True

b) False

a) True

Music therapy in a medical setting promotes "normalization"

a) True

b) False

a) True

An example community music therapy in the "Collaborative Work..." paper is

a) The children performing self written songs in nearby communities

b) Musicians and music therapists working together

c) Musicians and music therapists working together

d) The children working with musicians and music therapists to impact the community

a) The children performing self written songs in nearby communities

Community music therapy was one of the models used in the South African research discussed

a) True

b) False

a) True

Which of the following scenarios is considered music therapy?

b) MTA facilitating song writing process with an adult with anxiety

Jean has dementia and arthritis. She is non-verbal. Her hands are continually in a fist position and require new dressings each week. Which goal would be the priority for the music therapist?

a) to manage her pain

a MT working in palliative care would typically NOT use the iso-principle as part of their work

a) True

b) False

b) False

the term music therapy is often used inaccruately as per the literature re: Music Therapy and Anxiety

a) True

b) False

a) True

while researching music and emotions, defining the term emotions is simple as studies show that most people refer to the term in the same way

a) True

b) False

b) False

Audioanalgesia refers to listening to music to manage pain perception

a) True

b) False

a) True

The Music Therapy performance group was created at the Baltic St Clinic because

d) issues between the group members were interfering with group practices and the music therapy sessions

Autism is one of the most common developmental disabilities in Canada

a) True

b) False

a) True

Entrainment is best described as following

d) to synchronize to the external environment

Being self-employed as a MT requires business skills as well as clinical skills

a) True

b) False

a) True

Although NMT is evidence based, it has been difficult to conduct research using NMT and have it published

a) True

b) False

b) False

What are the 3 key goal areas of NMT?

b) speech/language, sensorimotor, cognition

an MT is referred to work with an individual post-stroke to facilitate enhancing gait. The MT is trained in NMT. Which NMT technique is the MT most likely to use?

a) RAS

b) TIMP

c) MIT

d) None of the above

a) RAS

How many standardized techniques are defined within the model of NMT?

a) 3

b) 5

c) 10

d) 20

d) 20

Memory loss is a normal part of ageing

a) True

b) False

b) False

When was the link between music and health first documented?

500 BC

Which of the following is the best definition for music therapy in Canada?

Music therapy

is the use of music by an accredited music therapist to obtain specific results

What is the purpose of a music therapy assessment?

To determine goals and

objectives

Who do music therapists provide therapy to?

ALL OF THE ABOVE (stroke victims,

adults managing mental health, children with autism)

11. Why is music and effective tool in health care?

Music can engage the whole brain

Playing music requires the following...

Creativity, Memory, Emotional Functions

Music therapy goals and interventions should reflect developmental age not

chronological age.

a) True

b) False

a) True

A music therapist who incorporates the aspects of "know thy self" into their music

therapy sessions is drawing upon...

Freud

What can songwriting provide during palliative care?

A&C (songwriting can be a

vehicle for examining feelings about the meaning in life and death, songwriting

can leave a legacy and a shared experience with loved ones)

What can singing as a music therapy intervention improve?

A&B (oxygen intake,

speech development)

MT interventions include

ALL OF THE ABOVE; lyric analysis, singing, composing

Song writing in MT

client does not need music training

Songwriting addresses

psychological, emotional, cognitive needs

Precomposed music is mainly used in

LTC (to help cope with loss)

Aesthetic music therapy

not sitting there analyzing aesthetics with client, it's

music centred

MT in Ontario:

need to determine whether they use the act of psychotherapy (only

need to join CRPO if they are a psychotherapy)

Community music therapists

relate their work primarily to music centred

Behaviour MT

using music to enhance behaviours (increase or modify)

Song parody can be effective as a songwriting technique

melody can resonate with

client's expression

ABI clients use songwriting because

songwriting can help verbalize (internalize

and externalize) emotions, therapist will never choose an intervention that

frustrates the client

It is important with developmental disability to

need to experience success in order to develop

Common themes in ABI

Anger, isolation, body image

Songwriting effective intervention because

self-expression, safe, tangible product

(ALL OF THE ABOVE)

People with developmental delay need additional support to

Make meaningful contact

with others

Creative MT to expose growth and greater self-knowledge is which model

analytic

music therapy

Music a part of every session?

no, therapeutic relationship being developed

Music is a creation of an individual and see music in themselves

free improvisation

model (Alvin)

Music centred approach

aesthetic music therapy

Social change

Community music therapy (music centred)

MT assessments provide info

Physical psycholgocial, developmental milestones

(ALL OF THE ABOVE)

Not uncommon for him to use music in his work

Carl Jung

Mother baby interaction

facilitate communication goals

If MT was collecting data for financial support,

model aligned with EBP - NMT

Development theory perspective suggest the following

there is a connection between

early music ability and pre-verbal development

Interactional theory perspective suggests the following:

Relational interactions are the

basis for all development

Music in Medicine is defined by Bruscia as:

The use of music to influence physical,

mental, emotional states before, during or after medical treatment

When clients are working toward recognizing and resolving issues within each of the

dimensions, only their music performance will be effected.

a) True

b) False

b) False

Jampel's study follows which music therapy approaches?

a) community

b) aesthetic

c) psychodynamic

d) all of the above

ALL OF THE ABOVE

The music performance personality profile in Jampel's study was irrelevant to informing

the 5Ds:

a) True

b) False

b) False

The Music for Life program was successful because the children were excellent

musicians.

a) True

b) False

b) False

All music therapists can learn music from other cultures, therefore the music therapists

background is irrelevant.

a) True

b) False

b) False

All cultural music has positive connotations for clients.

a) True

b) False

b) False

The outcome of the Collaborative Work paper was

Music therapists & Musicians to

collaborate to fully meet the diverse cultural and emotional needs of children

involved with the Community Music Therapy Project.

It is not uncommon for a client to engage in music therapy for over 2 years when working

toward various mental health goals.

a) True

b) False

a) True

In the Wigram case study discussed in class, it was difficult to hear musically who was

the therapist and who was the client when listening to the improvisation from the final

session.

a) True

b) False

1. True

music therapy is a healthcare profession uninfluenced by political or government agendas.

A. True

B. False

B

Mart, a 40 year old woman diagnosed with depression begin to play creatively on the piano during a music therapy session. she explore the keyboard with different rhythms and dynamics, and is musically supported by the music therapist on a second piano. This is an example of which of the following:

a. exploratory music therapy

b. song writing

c. improving

d. analytic music therapy

C

Previous

Play

Next

Rewind 10 seconds

Move forward 10 seconds

Unmute

0:00

/

0:15

Full screen

Brainpower

Read More

the application of music therapy for managing an anxiety disorder would likely be the same as managing pre-operative anxiety.

A. True

B. False

B

The music therapy performance group was created at the baltic street clinic because...

a. the medical team recognized that performance created a needed revenue stream for the patients

b. issues between the group members were interfering with group practices and the music therapy sessions

c. the facility wanted to change the stigma around mental health

d. the clinic recognized the value of community music therapy

B

which music therapy approach/model/intervention is NOT likely to be implemented in palliative care?

a. GIM

b. improving

c. NMT

d. song writing

C

Autism is the best described as...

a. a complex development disability

b. a result of poor parenting

c. a result of an acquired brain injury

d. a childhood disability

A

warren lives at a long-term care facility and has Dementia. he has been referred to music therapy to help reduce his self-isolating behaviors. the music therapists is most likely to include which of the following as part of the treatment plan:

a. learning a new instrument

b. rhythmic auditory stimulation

c. lyric analysis

d. singing familiar and meaningful music

D

as per performance in music therapy...Jampel P.F, projecting family dynamics into the music therapy performance group is an example of...

a. family therapy

b. song parody

c. emotional growth

d. a dysfunction in one of the dimensions

D

which of the following scenarios is considered music therapy?

a. a doctor playing piano next to patient to provide comfort before going into surgery

b. MTA facilitating song writing process with an adult with anxiety

c. a nurse at a retirement home providing iPods to patients with Alzheimer's to evoke memories

d. none of the above are considered music therapy

B

It is only more recently, (since the regulation of music therapy in Canada - 1974), that music therapy is being used in mental health and prison settings.

A. True

B. False

B

It is not impossible to collect data about the physiological impact of music on humans because music is subjective and individual to each person.

A. True

B. False

B

a music therapist may use a behavioral approach with a client diagnosed with Autism who has been referred to enhance social skills.

A. True

B. False

A

Sarah has been experiencing performance anxiety. she has reached out to a music therapist for support. During the session, the therapist and Sarah determine together a play list of music. the therapist then guides Sarah through a listening exercise, followed by drawing pictures evoked by the experience. the images are used as a tool to verbally facilitate the experience. which approach/model is the music therapist using?

a. free improvisation

b. G.I.M

c. creative music therapy

d. all of the above

B

what is the purpose of the study "... in five dimensions, by Jampel, P.F

a. to assist individuals with mental health issues with performance

b. to understand the dimensions of performance

c. to change the stigma associated with mental illness

d. to develop a language not only between therapists but with clients

D

the earliest known reference to music therapy in the united states was an article called "remarkable cure of a fever by music: an attested fact" published in the new york weekly magazine

A. True

B. False

B

which of the following music therapy approach fits the following description best: does not occur behind closed doors, and rarely incorporates goals, objectives, and formal evaluation. this method is not founded upon psychological theory, but on systems theory.

a. NMT

b. GIM

c. community music therapy

d. nordoff-robbins

C

according to Jampel's article on the 5 dimensions, which od the following is true?

a. the 4th dimension is the feeling state of the performer

b. when one or more of the dimensions is disturbed, there is no difference to the performer's sense of satisfaction

c. the purpose of the music therapist is to identify areas of conflict within the dimensions that may inhibit the performer's sense of satisfaction and meaning

d. if left unresolved , dimension 1 will spill over to dimension 2, but not dimension3

C

the first article to address MT treatment for children with autism was published in the british journal of music therapy.

A. True

B. False

A

one of the following is a factor that heavily influence music therapy approaches.

a. changes to the music industry

b. changes to education programs

c. societal changes

d. cultural differences

C

which of the following is NOT used as a music therapy intervention?

a. lyric analysis

b. joining a choir

c. composing music

d. improvisation

B

music therapy in a medical setting promotes "normalization"

A. True

B. False

A

Autism is best described as

a. developmental delay specific to children

b. a result of poor parenting

c. a complex development disability

d. an acquired brain injury

C

it is not uncommon for a client to engage in music therapy for over 2 years.

A. True

B. False

A

which of the following would NOT be implemented as a music therapy intervention?

a. attending a rock concert to be social

b. singing a song to enhance breathing

c. listening to music to client memories

d. writing a song to explore emotions

A

NMT would be an appropriate approach for a music therapist working with a client toward the following goal...

a. improving gait

b. supporting social skills

c. processing bereavement

d. managing depression

A

classical music has the greatest impact on pain relief

A. True

B. False

B

in the article, collaborative work: negotiations between music therapists and community musicians in the development of a south african community music therapy project oosthuizan, H et al were providing music therapy, how did the children benefit from the music for life program?

a. the program provided the children with positive male role models

b. the program provided the children with cultural knowledge

c. the program provided the children with a healthy alternative to gangsterism

d. all of the above

D

The musicians in collaborative work: negotiations between music therapists and community musicians in the development of a south african community music therapy project oosthuizn, H et al were providing music therapy

A. True

B. False

B

which of the following statements are true?

a. in ancient Greece, music was regarded as a special force over thought, emotion and physical health

b. music was being used as therapy for people with disability in the USA in the 1800s

c. music therapy training programs began in the USA in the 1940s

d. all of the above

D

what is required to become an accredited music therapist?

a. 1. completion of a BA music therapy or MA in music therapy

b. 1. completion of 1 1000hr internship approved by the CAMT

c. 1. be an accomplished musician

d. all of the above

D

pain is best described as

a. a survival instinct

b. a physical experience

c. a subjective experience

d. a fight or flight experience

C

Maintaining mental health is important, even if you are not diagnosed with a mental illness.

A. True

B. False

A

which music therapy approach aims to replace irrational thinking?

a. cognitive behavioural

b. psychodynamic

c. eclectic

d. behavioural

A

what is required to become an accredited music therapist in Canada?

a. the completion of mandates of the CAMT

b. the CBMT exam

c. completion of a 1000hr internship approved by the CAMT

d. BA or MA in music therapy

A

in a music therapy session, it is typically better to use live music opposed to pre-recorded music for the following reason

a. live music can be flexible

b. pre-recorded music can become overwhelming

c. live music is more engaging

d. people prefer live music

A

using meaningful pre-composed music to create a playlist for the iPod project

a. is a music therapy intervention

b. is at risk of evoking negative emotions and memories

c. always brings back positive memories

d. is always beneficial

B

music therapy goals and interventions should reflect developmental age opposed to chronological age.

A. True

B. False

A

what was the outcome of the article, collaborative work...

a. music therapists and musicians provide very different services

b. music therapists and musicians do not understand the complexities of each others' work

c. music therapists & musicians need to collaborate to fully meet the diverse cultural and emotional needs of children involved with the community music therapy project

d.

C

A music therapist needs to be a proficient and flexible musician.

A. True

B. False

A

The music for life program in the article collaborative work...was successful because the children were excellent musicians.

A. True

B. False

B

which tool was used in collaborative work... to determine the results of the paper?

a. likert scale

b. word clouds

c. interviews

d. visual analogue scale

C

research in music and medicine can only be conducted by a music therapist

A. True

B. False

B

the music performance personality profile in Jampel's study was irrelevant to informing the 5 dimensions

A. True

B. False

B

A music therapist begins his session with a "hello song". throughout the session, he is encouraging self expression through using improvisation and using precomposed music to facilitate coordination of movement. sometimes, the client changes the words to the song. the therapist supports this as the self expression goals. which approach describes the music therapist's way of working most?

a. improvisation informed approach

b. eclectic approach

c. psychodynamically informed approach

d. behaviour approach

B

pre-composed music can facilitate cognitive rehabilitation

a. because the ABA structure allows for repetition

b. because music can regenerate neurons

c. music cannot facilitate cognitive rehabilitation

A

music therapists in Canada carry the title MTA if they are recognized by the CAMT

A. True

B. False

A

music therapy was used in educational institutions in the USA as early as the 1830s

A. True

B. False

A

NMT is a research based system of standardized clinical techniques for training in the following areas

a. sensorimotor, speech & language and cognition

b. sensorimotor, speech & language and memory

c. sensorimotor, speech & language and concrete operations

d. senssorimotor, cognition, and concrete operations

A

in the case study shared in the courseware reading about the 12 year old girl with a of the following is true:

a. the young girl(patient) did not want her songs to be recorded or shared

b. the young girl (patient) and the music therapist used Fill in the Blanks technique to a Spice Girls Songs

c. Mom joined the sessions because her daughter's (the patient's) speech was so difficult to understand

d. mom joined the sessions because her daughter(patient) was nervous about engaging in music therapy

C

Which organization regulates music therapy in Canada?

A. CAMT

B. CRPO

C. MTAO

D. CRMO

A

During the Baroque period, it was believed that music could be used as a remedy against despair and melancholy.

A. True

B. False

A

what is the intention of the study " in five dimension, by Jampel,P.F?

a. to develop a language not only between therapists but with clients

b. to change the stigma associated with mental illness

c. to understand the dimensions of performance

d. to assist individuals with mental health issues with performance

A

How did understanding the 5 dimensions assist Trish in the case study?

a. assisted Trish in her guitar skills

b. the process was not helpful to trish

c. assisted trish to recognize her self worth

d. assisted her performance only

C

pre-composed music can facilitate dialogue because

a. music motivates people to speak with one another

b. life events are often associated with a pre-composed piece of music

c. people like talking about music

d. all of the above

B

music entertainment differs from music therapy because...

a. entertainment is not therapeutic

b. entertainment is not a health care discipline

c. entertainment requires an audience realtionship

d. all of the above

B

Male role models are important in the Music for Life project because

a. children prefer to be with males

b. many children did not have a positive male role model in their lives

c. male role models are not important

d. culturally, only men engaged in music

B

a music therapist who incorporates the aspects of "know thy self" into their music therapy sessions is drawing upon...

a. Mozart

b. Gestalt

c. Freud

d. Jung

C

music therapy can be offered as group therapy and/or individual therapy

A. True

B. False

A

which of the following is true:

a. there is no evidence of musical instruments being a part of human society

b. the Pythian Games evolved into the Olympics. They were originally focused on music skills and poetry skills

c. Historically, music has held no value in relation to health

d. historically, only the societal elite were dancers and musicians

B

The iPod project is best described as...

a. a way for apple to give back to the community

b. an example of how meaningful music can have a positive cognitive impact

c. a music therapy intervention

d. an example of pre-composed music as a music therapy intervension

B

Which of the following is the best definition for music therapy in Canada?

a. music therapy is the use of beautiful music to assist people

b. music therapy is the use of music in any therapeutic form

c. music therapy is the use of music by an accredited music therapist to facilitate health care goals

d. music therapy is the use of music and musical elements to reach health care

C

A music therapist practicing psychotherapy in Quebec would need to be recognized by which organizations

A. CAMT and CRPO

B. CAMT

C. OMTA

D. None of the above

B

understanding the best approach to supporting individuals with ASD has been complicated by the fact that it was not differentiated from schizophrenia in the DSM until which year?

a. 1995

b. 2010

c. 1980

d. 1965

C

music assisted relaxation (MAR) is the best and most used intervention in palliative by music therapist

A. True

B. False

B

it is standard practice in most countries for parents to have access to music therapy support groups while their infant is in NICU.

A. True

B. False

B

In the article 'Individual Music Therapy for Mental Health Care for Clients with Low Motivation: Multicenter RCT, what was the primary outcome measure?

a) Motivation for change

b) Negative symptoms

c) Change in symptoms of depression

d) Change in anxiety

b) Negative symptoms

Music therapy research can only be found in music therapy journals.

True/False

False

Previous

Play

Next

Rewind 10 seconds

Move forward 10 seconds

Unmute

0:00

/

0:00

Full screen

Brainpower

Read More

Which of the following was NOT one of the goals of the Coffee House held at the adolescent mental health facility as per the article?

a) overcoming anxiety

b) acquiring proficiency in music skills

c) enhancing self-efficacy and confidence

d) engaging in risk-taking

b) acquiring proficiency in music skills

A music therapist should only use one improvisation technique during a single session, to ensure an effective therapeutic experience.

True/False

False

A music therapy assessment allows the therapist to determine which of the following?

a) a treatment plan

b) if music therapy would be beneficial

c) goals and objectives

d) all of the above

d) all of the above

Which of the following is a motor symptom of Parkinson's disease?

a) depression

b) loss of smell

c) cognitive decline

d) resting tremors

d) resting tremors

Which is the best description for Health?

a) complete physical and mental well-being

b) complete mental, physical and social well-being

c) the absence of illness

d) the ability to contribute to the community

Music has not been historically documented as a part of health and wellness. Music is currently accessed as a means of entertainment, which is in line with the historical use of music.

True/False

False

There have been various studies conducted about the use of music as an analgesic. Some of these studies showed that music may have helped increase one's pain threshold.

True/False

True

A group of musicians play classical music at a long term care home for relaxation. The residents find this experience very therapeutic. Some of the residents report a decrease in their anxiety levels. This is an example of music therapy.

True/False

False

Which of the following scenarios is considered music therapy?

a) a doctor playing piano next to a patient to provide comfort before going into surgery.

b) MTA facilitating song writing process with an adult with anxiety

c) a nurse at a retirement home providing iPods to patients with Alzheimer's to evoke memories

d) None of the above

b) MTA facilitating song writing process with an adult with anxiety

A music therapist uses an improvisation technique to help a client explore childhood events and connections that may allow the client to understand the motives behind their current behavioural patterns. What type of music therapy approach is being used?

a) Behavioural approach

b) cognitive behavioural model

c) psychodynamic approach

d) biomedical approach

c) psychodynamic approach

If an individual does not have any clinical diagnoses of a mental illness (e.g. depression, anxiety, schizophrenia etc.), they have good mental health.

True/Fasle

False

There is a specific area of the brain that has been identified as responsible for responding to music. If this area is damaged, an individual will not be able to engage in any way to music.

True/False

False

Community Music Therapy is different from other types of music therapy because there is an emphasis on taking into consideration the cultural, institutional and social contexts of the participants.

True/False

False

In a NICU setting, it is possible that the use of music can cause more harm than good.

True/False

True

In the article "Music Therapy in Parkinson's Disease, which of the following music therapy interventions were not commonly implemented when managing symptoms of Parkinson's Disease?

a) rhythm

b) melodic music

c) improvisation

d) singing

c) improvisation

Listening to white noise during surgery can have the same effect as listening to music. Research suggested they both equally reduce the need for sedation as they both act as a distractor.

True/False

False

Although the Canadian Music Therapy Association (now known as the Canadian Association of Music Therapists) was not formed until 1974, there were several conferences in which leaders in the field shared their music therapy techniques and programs.

True/False

True

There are multiple types of NICU-MT methodology documented in over 50 research articles. These articles are only found in music therapy journals.

True/False

False

A music therapist is using an improvisation technique with a client. The music created by the client is becoming chaotic. The music therapist starts to play a repetitive, predictable beat to centre the client's expression. This is an example of the improvising technique called\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

grounding

Wendy is a flexible musician that volunteers at the hospital. She often plays soft, gentle music to families in the waiting room. With her music playing abilities, Wendy is fully qualified to play her music in the NICU and is guaranteed to do no harm to the infants.

True/False

False

Community music therapy is best defined as people coming together to play music as a group within a community.

True/False

False

A music therapist may use a Behavioural approach with a client diagnosed with Autism who has been referred to enhance social skills.

True/False

True

Compared to other music therapy approaches, neurologic music therapy approaches offer a great deal of variability, in terms of how the sessions are implemented.

True/False

False

Which of the following is NOT one of the results from the article 'Individual Music Therapy for Mental Health Care for Clients with Low Motivation: Multicenter RCT?

a) those who participated in music therapy had the highest drop out rate

b) music therapy was effective for mental care patients with low motivation

c) the treatment as usual group had higher drop out rate

d) none of the above

a) those who participated in music therapy had the highest drop out rate

Provincial music therapy associations, such as the Music Therapy Association of Ontario (MTAO) regulate the profession of music therapy at a provincial level.

True/False

False

Palliative care is only for those who are expected to live for 6 months or less.

True/False

False

The most common symptom experienced by those in palliative care is \_\_\_\_\_\_\_\_\_\_

pain

It is not posisble to engage premature babies who are in neo natal care in music therapy because they cannot play instruments or engage in the music therapy interventions.

True/False

Flase

A music therapy technique that offers a creative, nonverbal means of expressing thoughts and feelings is know as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ This music therapy intervention allows the client to use musical sounds, timbres and mediums to express oneself.

improvisation

Due to the universality of music, music therapists can work with individuals from any culture without need for any concern.

a) This statement is false

b) this statement is true as long as both the client and music therapist speak the same language

c) this statement is true because music therapists are proficient musicians who can create and facilitate music from around the globe

d) this statement is true

a) This statement is false

Music Assisted Relaxation (MAR) is the best and most used intervention in palliative by music therapists.

True/False

False

If an individual is diagnosed with Parkinson's disease, their symptoms will remain relatively the same over time.

True/False

False

The application of music therapy for managing an anxiety disorder would likely be the same as managing pre-operative anxiety.

True/False

False

Music therapy in palliative care does not align with a biopsychosocial approach.

True/False

False

Palliative care does not include....

a) Patient lead care

b) physician lead care

c) end of life care

d) preventing pain and discomfort

b) physician lead care

In the Renaissance period, although the therapeutic impacts of music were being widely recognized, music was not yet incorporated into clinical medicine/practice.

True/False

False

An individual with Autism could be referred to music therapy to facilitate speech and communication.

True/False

True

Autism is best described as...

a) a result of an acquired brain injury

b) a childhood disability

c) a result of poor parenting

d) a complex developmental disability

d) a complex developmental disability

Music therapy can be offered as group therapy and/or individual therapy.

True/False

True

A music therapist practicing psychotherapy in Quebec would need to be recognized by which organizations(s).

a) CAMT and CRPO

b) CAMT

c) OMTA

d) None of the above

b) CAMT

In the Baroque period (1580-1750) music was linked to medical practise.

True/False

True

Classical music has the greatest impact on pain relief.

True/False

False

What is the aim of music therapy?

a) to provide music education

b) to assist with relaxation

c) to make great music

d) to reach health care goals

d) to reach health care goals

What is required to become an accredited music therapist in Canada?

a) the completion of mandates of the CAMT

b) the CBMT exam

c) BA or MA in music therapy

d) completion of a 1000hr internship approved by the CAMT

a) the completion of mandates of the CAMT

During the Baroque period, it was believed that music could be used as a remedy against despair and melancholy.

True/Flase

True

Which of the following is the best definition for music therapy in Canada?

a) music therapy is the use of music by an accredited music therapist to facilitate health care goals

b) music therapy is the use of music in any therapeutic form

c) music therapy is the use of music and musical elements to reach health care goals

d) music therapy is the use of beautiful music to assist people

a) music therapy is the use of music by an accredited music therapist to facilitate health care goals

A music therapist needs to be a proficient and flexible musician.

True/False

True

Which of the following would NOT be implemented as a music therapy intervention?

a) listening to music to elicit memories

b) attending a rock concert to be social

c) writing a song to explore emotions

d) singing a song to enhance breathing

b) attending a rock concert to be social

Music therapists in Canada carry the title MTA ( Music Therapist Accredited) if they are recognized by the CAMT.

True/False

True

Music can influence physical behaviour including autonomic activity.

True/False

True

Which music therapy approach aims to replace irrational thinking?

a) eclectic

b) cognitive behavioural

c) psychodynamic

d) behavioural

b) cognitive behavioural

NMT provides measurable outcomes

True/False

True

Pain is best described as

a) a fight or flight experience

b) a physical experience

c) a survival instinct

d) a subjective experience

d) a subjective experience

It can be beneficial for music therapists to collaborate with other professionals such as speech therapists or physiotherapists.

True/False

True

Nordoff-Robbins is a music centred approach.

True/False

True

Music therapists should not receive supervision or personal therapy as it may bring up issues that will negatively impact their music therapy sessions with clients.

True/False

False

Parkinson's disease is a motor system disorder

True/False

True

One of the following is a factor that heavily influences music therapy approaches.

a) changes to the music industry

b) changes to education programs

c) societal changes

d) cultural differences

c) societal changes

NMT is a research based system of standardized clinical techniques for training in the following areas

a) sensorimotor, cognition, and concrete operations

b) sensorimotor, speech and language, and concrete operations

c) sensorimotor, speech and language, and memory

d) sensorimotor, speech and language, and cognition

d) sensorimotor, speech and language, and cognition

NMT would be an appropriate approach for a music therapist working with a client toward the following goal.....

a) managing depression

b) supporting social skills

c) improving gait

d) processing bereavement

c) improving gait

Music therapists trained to used NMT are most likely to work with clients who have the following diagnosis...

a) traumatic brain injury

b) depression

c) autism spectrum disorder

d) anxiety disorder

a) traumatic brain injury

A music therapist begins his session with a "Hello Song". Throughout the session, he is encouraging self expression through using improvisation and using precomposed music to facilitate coordination of movement. Sometimes, the client changes the words to the song. The therapist supports this as part of the self expression goals. Which approach describes the music therapist's way of working most?

a) behavioural approach

b) eclectic approach

c) improvisation informed approach

d) psychodynamically informed approach

b) eclectic approach

NMT is an example of biopsychosocial model.

True/False

False

It is effective for music therapists to use a biopsychosocial approach to pain management because......

a) music can address the physical, emotional and social aspects of pain

b) music can address the physical, emotional and mental aspects of pain

c) music can evoke relaxation, memories and movement

d) music therapy is not an effective intervention for pain

a) music can address the physical, emotional and social aspects of pain

Music therapy in a medical setting promotes "normalization"

True/False

True

Clinical applications of NMT are subdivided into three domains of rehabilitation. They are:

a) Sensorimotor, speech and language, cognitive

b) walking, talking, memory

c) motor, speech, vision

d) none of the above

a) Sensorimotor, speech and language, cognitive

Some music therapy approaches refer to music "in" the therapy, and some approaches refer to music "as" therapy. There is no difference between these terms.

True/False

False

Which approach draws upon positive and negative reinforcement as a means to facilitate change?

a) behavioural approach

b) cognitive behavioural approach

c) pos/neg approach

d) nordoff-robbins approach

a) behavioural approach

Referring to music therapy interventions is the same as referring to music therapy approaches.

True/False

False

The music therapy manual provides clear direction to music therapists about which music therapy interventions are going to best facilitate specific health care goals.

True/False

False

Music therapists adopted the idea that certain music should be used to evoke certain moods and to influence ethos from the Greeks.

True/False

False

In the context of music therapy, which statement is most correct.

a) music is a universal phenomenon

b) music is a learned phenomenon

c) music is a universal language

d) music is a learned language

a) music is a universal phenomenon

What is the most important part of song writing as an intervention in music therapy?

a) the lyrics

b) the ending

c) the product

d) the process

d) the process

Song writing is the beast music therapy intervention to implement when working on symptoms related to Acquired Brain Injury.

True/False

False

As per the research discussed in your courseware, 'wanting to go home' is a common theme in songs written by people with an acquired brain injury.

True/False

False

Mrs. Kendall recently moved into a long term care facility. She is very confused in her new environment and refuses to participate in any activities. She previously played in a marching band. Which of the following would be an appropriate reason to refer Mrs. Kendall to music therapy?

a) Mrs. Kendall has been diagnosed with Dementia

b) Mrs. Kendall is displaying self-isolating behaviour

c) Mrs. Kendall played in a marching band

d) none of the above

b) Mrs. Kendall is displaying self-isolating behaviour

Which of the following best describes Dementia?

a) declining language and memory

b) a result of ageing

c) the experience of confusion

d) all of the above

a) declining language and memory

Memory loss is a normal part of aging.

True/False

False

Matching is a music therapy technique used by the music therapist when he wants to communicate to the client what they are expressing is being heard exactly as it is.

True/False

False

Music therapists working in a mental health setting, such as an inpatient mental health unit, will typically reference a music therapy manual to establish a music therapy treatment plan.

True/False

False

There are mental health resources/services offered by McMaster University to its students. These resources/services are covered by student tuitions.

True/False

False

The instructor of this course (2MT3), Rachel, is conducting research about music therapy as part of her PhD research. As described in the webinar, the music therapy sessions offered through the research is not an example of community music therapy because the participants are not preparing for public performances.

True/False

True

A common outcome of CMT, as per the case study about the Coffee House described by Elizabeth Mitchell, is increased agency (enhanced independence and ability to make choices).

True/False

True

Due to the participatory ethos of the Coffee House, in the case written by Elizabeth Mitchell; it is understood that everyone at the Coffee House will perform.

True/False

False

1. Which of the following is NOT an improvising technique

a) Mirroring

b) Playing Rules

c) Harmonics

d) Matching

C

2. Nordoff-Robbins is a music centered approach

a) True

b) False

A

Brainpower

Read More

3. Based on common themes found in self-written songs in a music therapy session, by client with a TBI, which of the following would likely be a line in a song.

a) Will they ever see me the same way again

b) I want to go home

c) Roses smell the sweetest in spring

d) When I grow up, I want to be famous

A

4. In a music therapy session, a music therapist can support a client to self-express through improvising on the piano, even if a client does not have previous experience playing on the piano.

a) True

b) False

A

5. The Nordoff Robbins Music Therapy Approach is best defined as:

a) Using "active" music to facilitate verbal processing

b) Facilitating song writing, and indexing the song writing process

c) Facilitating education goals (as Clive Robbins was a special education teacher)

d) Tapping into the client's innate musical ability

D

6. When creating a treatment plan, what must music therapist consider?

a) Chronological age

b) Developmental age

c) Background/culture

d) All of the above

D

7. Which statement best describes the philosophy of Analytically Oriented Music Therapy

a) Music is a tool to explore client's inner life, providing a way forward for growth & greater self knowledge

b) All people possess a "Music Child"

c) Analysis is key to self-understanding

d) Free association through music provides the opportunity for analysis

A

8. Which of the following is NOT a song writing technique

a) Self-direction

b) Fill in the blanks

c) Song Collage

d) Song Parody

A

9. What was the purpose of the Mom joining the music therapy session for the girl with TBI?

a) The young girl (patient) did not want her songs to be recorded or shared

b) Mom joined the sessions because her daughter (patient) was nervous about engaging in music therapy

c) The young girl (patient) and the music therapist used Fill in the Blanks technique to Spice Girl Songs

d) Mom joined the sessions because her daughter's (the patient's) speech was so difficult to understand

D

10. NMT provides measurable outcomes

a) True

b) False

A

11. During a music therapy session, the client is engaging in song writing as a means of self-expression. The client chooses a favourite song to be used as the melody for her song. The music therapist supports the client in creating the lyrics based on the collection of words produced from engaging in Therapeutic Lyric Creation. The song writing technique used is an example of which of the following:

a) Filling in the blanks

b) Improvising

c) Song Collage

d) Song Parody

D

12. GIM training is a part of most music therapy training programs.

a) True

b) False

B

13. It is effective for music therapists to use a biopsychosocial approach to pain management because...

a) Music can address the physical, emotional, and social aspects of pain

b) Music can address the physical, emotional, and mental aspects of pain

c) Music can evoke relaxation, memories, and movement

d) Music therapy is not an effective intervention for pain

A

14. A music therapist is working with a client. The music therapist encouraging self expression through using improvisation and using precomposed music to facilitate coordination of movement. Sometimes, the client changes the words to the song. The therapist supports this as part of the self expression goals. Which approach describes the music therapist's way of working most?

a) Improvisation Informed Approach

b) Psychodynamically Informed Approach

c) Behaviour Approach

d) Eclectic Approach

D

15. A music therapist is working with a client who has been referred to build coping mechanisms related to anxiety. Which approach is the music therapist most likely to draw up?

a) Cognitive Behavioural Music Therapy

b) NMT

c) Freud MT

d) Nordoff-Robbins

A

An individual with Autism could be referred to MT to facilitate speech & communication. T/F

True

Autism presents itself the same in all people diagnosed with Autism. T/F

False

Structure in a MT session is particularly important when working with an individual with Autism. T/F

True

Which of the following is NOT one of the 5 dimensions as described by Jampel?

A. Connecting the performer with the audience

B. Connecting with the inner voice

C. Connecting the music to the audience

D. Connecting the music to the performer

C. Connecting the music to the audience

A music therapist may use a behavioural approach with a client diagnosed with Autism who has been referred to enhance social skills. T/F

True

Autism is one of the most common developmental disabilities in Canada. T/F

True

As per Performance in MT:...... Jampel P.F, projecting family dynamics into the MT performance group is an example of

A. song parody

B. family therapy

C. a dysfunction in one of the dimensions

D. transference

C. a dysfunction in one of the dimensions

The developmental deficits of child with autism are highlighted when engaging in music. T/F

False

The MT space for the Music Therapy Performance Group looked like...

A. a performance space

B. a clinical space

C. a classroom

D. a typical MT space

A. a performance space

What was the purpose of the "bubble space" exercise implemented in the special needs class?

A. To create a fun interactive environment

B. Children were motivated by using bubbles as part of a game

C. Children were able to practice recognizing personal space

D. The bubbles were used as musical instruments

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The MT performance group was created at the Baltic Street Clinic because...

A. issues between group members were interfering with group practices and the MT sessions

B. the facility wanted to change the stigma around mental health

C. the medical team recognized that performance created a needed revenue stream for the patients

D. the clinic recognizes the value in community MT

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Autism is best described as

A. A complex developmental disability

B. A result of poor parenting

C. A result of an acquired brain injury

D. A childhood disability

A. A complex developmental disability

How did the 5 dimensions assist Trish in the case study?

A. Assisted Trish to become a better performer only

B. Assisted Trish to recognize her self worth

C. Assisted Trish in her guitar skills

D. Trish did not find the 5 dimensions helpful

B. Assisted Trish to recognize her self worth

What is the purpose of the study... "In Five Dimensions, by Jampel, P.F"

A. To understand the dimensions of performance

B. To change the stigma associated with mental illness

C. To develop a language not only between therapists but with clients

D. To assist individuals with mental health with performance

C. To develop a language not only between therapists but with clients

When clients are working toward recognizing and resolving issues within each of the dimensions, only their music performance will be affected. T/F

False

Jampel's study follows which music therapy approach(es):

A. Community Music Therapy

B. Aesthetic Music Therapy

C. Psychodynamic

D . All of the above

D . All of the above

The music performance personality profile in Jampel's study was irrelevant to informing the 5 dimensions:

A. True

B. False

B. False

The Music for Life program was successful because the children were excellent musicians

A. True

B. False

B. False

All music therapists can learn music from other cultures, therefore the music therapist's background is irrelevant:

A. True

B. False

B. False

All cultural music has positive connotations for clients

a. True

b. False

b. False

Maintaining mental health is important, even if you are not diagnosed with a mental illness

A. True

B. False

A. True

The outcome of the "collaborative work" paper was

A. Music therapists and musicians do not understand the complexities of each others' work

B. Music therapists and musicians need to collaborate to fully meet the diverse

cultural and emotional needs of children involved with the Community Music therapy Project

C. music therapists and musicians provide very different services

D. music therapists and musicians do not need to collaborate fully meet the diverse cultural and emotional needs of children involved with the community Music Therapy project

B. Music therapists and musicians need to collaborate to fully meet the diverse cultural and emotional needs of children involved with the Community Music therapy Project

It is not uncommon for a client to engage in music therapy for over 2 years when working toward various mental health goals.

A. True

B. False

A. True

In the Wigram case study discussed in class, it was difficult to hear musically who was the therapist and who was the client when listening to the improvisation from the final session

A. True

B. False

A. True

How did the children benefit from the Music for Life program?

a) The program provided the children with a healthy alternative to gangsterism

b) All of the options provided

c) The program provided the children with cultural knowledgeable

d) The program provided the children with positive male role models

b) All of the options provided

What tool was used in "Collaborative Work: Negotiations between Music Therapist and Community Musicians in the Development of a South African Community Music Therapy Project Oosthuzian, H et al" to determine the result(s) of the paper?

a) Video recordings

b) Visual analogue scale

c) Interviews

d) Likert scale

c) Interviews

Which music therapy approach/model/intervention is NOT likely to be implemented in palliative care?

a) NMT

b) Song Writing

c) GIM

d) Improvising

a) NMT

The musicians in "Collaborative Work: Negotiations between Music Therapist and Community Musicians in the Development of a South African Community Music Therapy Project Oosthuzian, H et al" were providing music therapy.

a) True

b) False

b) False

The results of the South African music therapy research determined that it would be a better use of resources if music therapists and musicians ran separate groups.

a) True

b) False

b) False

Palliative care addresses the same goals as a biopsychosocial model

a) True

b) False

True

Which of the following was the motivation for the Music for Life project?

a) To provide music lessons to the children in the community

b) To build a community partnership between the schools and the music center

c) To provide positive male role models

d) To provide a positive alternative to gangsterism

d) To provide a positive alternative to gangsterism

Community music therapy was one of the models used in the South African research discussed

a) True

b) False

True

Male role models are important in the Music for Life project because

a) Children prefer to be with males

b) Many children did not have a positive male role models in their lives

c) Male role models are not important

d) Culturally, only men engaged in music

b) Many children did not have a positive male role models in their lives

Palliative care does not include....

a) End of life care

b) Physician lead care

c) Preventing pain and discomfort

d) Patient guided care

b) Physician lead care

Music therapists can work with every culture

a) Music therapists need to recognize if culture is a barrier to reaching health care goals

b) Only if they share the same culture

c) As long as they study the culture

d) As long as they learn the language

a) Music therapists need to recognize if culture is a barrier to reaching health care goals

Jean was referred to music therapy for the following reason...

a) To manage her pain

b) To improve communication skills

c) To manage symptoms of depression

d) To facilitate self-expression

a) To manage her pain

If a music therapist is referred to work with an individual in palliative care, it would be unethical for the client to ask family members to be involved in any way in the client's music therapy process.

a) True

b) False

False

Palliative care is a reason to refer an individual to music therapy

a) True

b) False

False

An individual cannot be in palliative care for more than 6 months

a) True

b) False

False

There is a specific area of the brain that has been identified as responsible for processing music. If this area is damaged, an individual will not be able to engage in music

a) True

b) False

b) False

A journal dedicated to music therapy research was established in the states in

a) 1990s

b) 1940s

c) 1960s

d) 1980s

c) 1960s

An example of community music therapy in the "Collaborative Work..." paper is

a) The children performing self written songs in nearby communities

b) Musicians and music therapists working together

c) Musicians and music therapists working together

d) The children working with musicians and music therapists to impact the community

a) The children performing self written songs in nearby communities

One of the following is NOT a typical goal of MT for a child with ASD

a) to improve communication

b) to improve musicianship and have a future in music

c) to improve social skills

d) to lessen self-harming behaviours

b) to improve musicianship and have a future in music

Being self-employed as a music therapist requires business skills as well as clinical skills. T/F

True

Associations are formed between emotions and certain music, this contributes to our individual relationships with music. T/F

True

Audioanalgesia refers to listening to music to manage pain perception T/F

True

Individuals with ASD typically have...

a strong melodic memory

An individual with autism could be referred to music therapy to facilitate speech and communication T/F

true

What is the best description for Health

a. complete mental, physical and social well being

b. the absence of illness

c. the ability to contribute to the community

d. complete physical and mental well being

a. complete mental, physical and social well being

How did Trish benefit from engaging in Music Therapy Performance Group, as per Jampel's article?

A. assisted Trish to recognize her self worth

B. only Trish's musical skills were impacted

C. Trish did not find the group helpful

D. assisted Trish with her guitar skills

A. assisted Trish to recognize her self worth

What is the purpose of the study "5 Dimensions)

a) To change the stigma associated with mental illness

b) To develop a language not only between therapists but with clients

c) To assist individuals with mental health issues with performance

d) To understand the dimensions of performnace

b) To develop a language not only between therapists but with clients

How did understanding the 5 dimensions assist Trish?

a) recognize her self worth

b) Process was not helpful to Trish

c) assissted her performance only

d) assissted Trish in her guitar skills

a) recognize her self worth

Which of the following is NOT one of the 5 dimensions by Jampel?

a) Connecting with the inner voice.

b) Connecting the music to the performer

c) Connecting the music to the audience

d) Connecting the performer with the audience

c) Connecting the music to the audience

The MTPG was greated at the Baltic Street clinic for the following reason(s)

a) Issues btw group members were interfering with music group practicing.

b) The facility wanted to change the stigmas around mental health

c) The medical team recognized that performance created a needed revenue stream for the patients

d) The clinic recognizes the value in community music therapy

a) Issues btw group members were interfering with music group practicing.

When clients are working toward recognizing and resolving issues within each of the dimensions, only their music performances will be effected

T/F

False

Jampel's study follows which of the music therapy approaches?

a) Community MT

b) Aesthetic MT

c) Psychodynamic

d) All the above

d) All the above

What did the MT space for the MTPG look like?

a) A typical MT space

b) A performance space

c) A classroom

d) A clinical space

b) A performance space

What tool was used in Collaborative Work: Negotiations.... South African to determine the results?

a) Likert scale

b) Interviews

c) Visual analogue scale

d) Word Clouds

b) Interviews

The musicians in. South Africa study were providing music therapy. T/F

False

The music performance personality profile in Jampel's study was irrelevant to informing 5 dimensions. T/F

False

The Music for Life program was successful because children were excellent musicians T/F

False

How did the children benefit from Music for Life program?

a) program provided children with positive male role model.

b) program provided children with cultural knowledge

c) program provided children with a alternative to gangsterism

d) all the above

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Music therapists can work with every culture:

a) as long as they learn the language of the culture

b) only if they share the same culture

c) As long as they study the culture

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All Music therapists can learn music from other cultures, therefore music therapists background is irrelevant T/F

False

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False

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True

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It is not uncommon for a client to engage in MT for over 2 years when working toward various mental health goals T/F

True

In the Wigram case study discussed in class, it was difficult to hear musically who was the therapist and who was the client when listening to the improve from the final session. T/F

True

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a) True

b) False

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a) True

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c) to improve social skills

d) to lessen self-harming behaviours

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Being self-employed as a music therapist requires business skills as well as clinical skills.

a) True

b) False

True

Associations are formed between emotions and certain music, this contributes to our individual relationships with music.

a) True

b) False

True

Audioanalgesia refers to listening to music to manage pain perception

a) True

b) False

True

Individuals with ASD typically have...

a) Alot of trouble recognizing melody

b) A strong melodic memory

c) A fear of instruments because it's too loud

d) None of the above

a strong melodic memory

An individual with autism could be referred to music therapy to facilitate speech and communication

a) True

b) False

true

What is the best description for Health

a. complete mental, physical and social well being

b. the absence of illness

c. the ability to contribute to the community

d. complete physical and mental well being

a. complete mental, physical and social well being

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B. only Trish's musical skills were impacted

C. Trish did not find the group helpful

D. assisted Trish with her guitar skills

A. assisted Trish to recognize her self worth

What is the aim of music therapy?

Reaching health care goal.

What's the organization that regulates music therapy in Canada?

CAMT

Which of the following is a reason to refer somebody to music therapy?

To improve communication.

What's required to be an accredited music therapist?

BA music therapy/MA in music therapy, completion of 1000 hr in internship approved by the CAMT, be an accomplished musician

Which of the following is NOT a music therapy intervention?

Attending a rock concert to be social. Since this is not forming a connection.

Music has not been historically documented as a part of health and wellness. Music is currently assessed as a means of entertainment, which is line with the historical use of music.

False.

During the Baroque period, it was believed that music could be used as a remedy against despair and melancholy.

True.

Music therapist needs to be flexible and proficient. True or false.

True.

Classical Music has the greatest impact on pain relief. True or False.

False. Since there's no evidence supporting Mozart's effect.

During the Renaissance, music was often used in combination with medicine to treat medical conditions as well as a preventative measure against mental and physical disorders.

True.

Music therapists in Canada carry the title MTA (Music Therapist Accredited) if they are recognized by the CAMT.

True.

Music is a universal language. For this reason, an individual's cultural background is irrelevant when engaging in a Music Therapy Session.

False. Since culture does matter vs. music is a universal phenomenon (opposite to statement).

Music entertainment differs from music therapy because...

Since entertainment isn't a health care discipline.

A music therapist begins his session with a "Hello Song". Throughout the session, he's encouraging self expression through using improvisation and using precomposed music to facilitate coordination of movement. Sometimes, the client changes the words to the song. The therapist supports this as part of the self expression goals. Which approach describes the music therapist's way of working most?

Eclectic Approach

Which of the following is NOT a songwriting technique?

self-direction

In the case study shared in the courseware reading about the 12 year old girl with a TBI, which of the following is true:

Mom joined the sessions because her daughter's (the patient's) speech was so difficult to understand.

A music therapist is working with a client who has been referred to build coping mechanisms related to anxiety. Which approach is the music therapist most likely to draw upon?

Cognitive Behavioural Music Therapy

Which of the following is NOT an improvising technique.

harmonics

When creating a treatment plan, what must music therapists consider?

chronological age, developmental age, background/culture -> all of the above

GIM training is a part of most music therapy training programs. True or False.

False.

Based on common themes found in self-written songs in a music therapy session, by client with a TBI, which of the following would be a likely line in a song.

Will they every see me the same way again.

Which statement best describes the philosophy of Analytically Oriented Music Therapy.

Music is a tool to explore client's inner life, providing a way forward for growth & greater self knowledge.

The Nordoff Robbins Music Therapy Approach is best defined as...

Tapping into the client's innate music ability.

During a music therapy session, the client is engaging in song writing as a means of self-expression. The client chooses a favourite song to be used as the melody of her song. The music therapist supports the client in creating the lyrics based on the collection of words produced from engaging in Therapeutic Lyric Creation. The song writing technique used is an example of which of the following:

song parody

NMT provides measurable outcomes. True or False.

True.

It is effective for music therapists to use a biopsychosocial approach to pain management because.......

music can address the physical, emotional and social aspects of pain.

In a music therapy session, a music therapist can support a client to self-express through improvising on the piano, even if a client doesn't have previous experience playing on the piano. True or False.

True.

A music therapist is likely to start a music therapy session with a "hello" song or a "greeting song" for the following reason.

A "Hello" or "Greeting" song provides an indicator of the session starting and can prime for the health care goals.

In order for a client to engage in a music therapy he or she must....

identify a health care goal/have music training

In a long term care setting, the music therapist is MOST likely to do which of the following options;

facilitate group sessions

Which music therapy approach/model/intervention is NOT likely to be implemented in palliative care?

NMT

It can be beneficial for music therapists to collaborate with other professionals such as speech therapists/physiotherapists.

True.

Music therapists trained to use NMT are most likely to work with clients who have the following diagnosis...

Traumatic Brain Injury

Dementia is most closely defined as;

declining language and memory

Music can influence physical behaviour including autonomic activity

true.

NMT would be an appropriate approach for a music therapist working with a client toward the following goal...

improving gait

NMT provides measurable outcomes

true

is it possible to collect a client's physiological responses to music therapy?

true

there is a specific area of the brain that has been identified as responsible for responding to music. If this area is damaged, an individual will not be able to engage in any way to music.

false

Memory loss is a normal part of aging.

false

NMT is a research based system of standardized clinical techniques for training in the following areas

sensorimotor, speech & language and cognition

memory is impaired as a result of ALzheimer's disease, however, which of the following statement(s) are true.

ability to recall lyrics of a song often remains intact.

pre-composed music as a music therapy intervention with clients in a long term care facility is often used to meet the following goal;

empower client through accessing abilities

musicality and singing are usually tested by standardized assessments (such as the MMSE) as a feature of cognitive deterioration as it is known that these areas are often preserved despite dementia.

false

Structure in a MT session is particularly important when working with an individual with Austim. True or False.

True.

An individual with autism could be referred to MT to facilitate speech and communication. True or False.

True.

Audioanalgesia refers to listening to music to manage pain perception. True or False.

True.

Which is the best description for Health?

complete mental, physical and social well-being.

Autism is best described as...

a complex developmental disability

Which of the following is NOT one of the 5 dimensions as described by Jampel?

connecting the music to the audience

Autism presents itself the same in all people diagnosed with Autism. True or False.

False

The Music Therapy performance Group was created at the Baltic Street Clinic because...

Issues between the group members were interfering with group practises and the music therapy sessions

Autism is one of the most common development disabilities in Canada. True or False.

True.

What was the purpose of the "bubble space" exercise implemented in the special needs class?

children were able to practise recognizing their personal space

What is the purpose of the study "..... in Five dimensions, by Jampel, P.F?

to develop a language not only between therapists but with clients

How did Trish benefit from engaging in the MT performance group, as per Jampel's article?

assistance to Trish to recognize her self worth.

MT is not regulated, but the CAMT officially came together in 1975 to support one another.

False

MT is regulated in the following countries.

Canada, USA, England & Australia are a few examples

5 interventions & why would you use them?

Pre-composed music, improvised, song writing, listening to music, lyrical analysis - MT interventions that therapists could draw upon

ASD is a reason for referral to MT.

False - Reason for a referral is a health care goal - eg. to facilitates speech, self-confidence, to develop insight, range of emotions...

Free improvisation is a typical MT intervention for individuals with ASD.

False - Individuals with autism respond better when there's structure, such as some form.

Grounding is a song writing technique in MT which involves the music therapist supporting the clients with mental health goals to stay in the moment.

False - it's an improvising technique to hold the improvisation & not a song writing technique ; provided with drums

There's a large amount of supportive evidence for the use of listening to music in preoperative care. For this reason, pre composed music is seen as safe and without risks.

False - can act a negative trigger

A client is referred to MT to assist with building self-confidence. The client and the music therapist are sitting at the piano together. The goal is to improvise together freely, as a way to explore positive experiences from taking risks. The client looks overwhelmed looking at all the key on the piano. The music therapist is likely to suggest the following:

A. Playing Rules (eg. colour stickers on the key and what keys you will play, improvising technique - helps it make less overwhelming)

The use of life review (ie. song writing technique) in MT session is typically used in sessions with clients in.

palliative care

What is the Biopsychosocial approach? Example in MT?

MT - we are impacting the physiological aspect, psychological aspect, connecting with others

- pain

A music therapist is working with a client who is predominantly non-verbal. The goals ae being facilitated through the music making. This is typically an example of which model?

Nordoff Robbins - all about accessing the music child in the moment in the music

a MT need to be a proficient and flexible musician.

True

MT goals and interventions should reflect developmental age and not chronological age.

True

what is required to be an accredited MT?

1. B.A in MT or M.A in MT

2. Completion of 1000hr internship approved by CAMT

3. Be and accomplished musician

Other Healthcare professionals can provide MT as long as..

Only accredited MT can provide MT

During Baroque, it was believed that certain personalities were associated with certain music styles. Is this still followed today?

False

What is the aim of MT?

To reach health care goals

MTs in Canada carry the title of MTA (Music therapist accredited) if they are recognized by the CAMT

True

Classical music has the greatest effect on pain relief

False

which of the following is a reason to refer someone to MT?

1. to improve communication

2. to develop perfect pitch

3. to learn an instrument

4. to feel happy

1. to improve communication

what is true of preliterate cultures?

1. believed music affects physical and mental well-being

2. music held no value in relation to health

3. music was used as preventative medicine

4. medicine was based on 4 humours

1. believed music affects physical and mental well-being

which of the following is not a MT intervention?

1. lyric analysis

2. composing

3.listening alone to your ipod

4. singing

3. listening along t your iPod

which organization regulates MT in Canada?

CAMT

MT was used in educational institutions in the USA as early as 1830s?

True

what can instrumental playing as a MT intervention do?

improve range of motion, dexterity, and muscle strength

All MTs in Ontario must be recognized by CRPO

No; only if the MT wants to use psychotherapy

according to piaget, which of the following is not a primary stage of child development

1. concrete operational

2. communication operations

3. formal operations

4. sensorimotor

2. communication operations

music and speech use the same areas of the brain, thats why music can activate speech and communications

false

in the early 20th century, MT research could be found in scientific publications

true

why is improv an effective intervention in MT?

offers creative non verbal means of expression, no mistakes, provides control

music entertainment differs from MT because

entertainment is not a healthcare discipline

some MT approaches are psychoanalytically informed

true

MTs trained to use NMT are most likely to work with clients who have

traumatic brain injury

one of the following is a factor that heavily influences MT approaches

1. music industry changes

2. education program changes

3.societal changes

4. cultural differences

societal changes

. MTs begins his session with a "hello song". Throughout the session, he is encouraging self expression through using improvisation and using pre-composed music to facilitate coordination of movement. Sometimes, the client changes the words to the song. The therapist supports this as part of the self-expression goals. Which approach describes the MTs way of working most?

eclectic approach

MT in a medical setting promotes normalization

True

it can be beneficial for MTs to collaborate with other professionals such as speech therapists or physiotherapist

true

"MT in Parkinson's disease: an integrative method for motor and emotional rehabilitation" had measurable results supporting MT

True

music can influence physical behaviour including autonomic activity

true

parkinson's is a motor system disorder

true

What was/were the outcome(s) of the study "MT in Parkinson's disease: an integrative method for motor and emotional rehabilitation"?

MT demonstrated significant improvements in UPDRS Scores

What was the purpose of the study "MT in Parkinson's disease: an integrative method for motor and emotional rehabilitation"?

to explore the efficacy of ACTIVE MT on motor and emotional functions in patients with PD

MTs should not receive supervision or personal therapy as it may bring up issues that will negatively impact their MT session with clients

false

pain is best described as

a subjective experience

NMT would be the appropriate approach for MTs working with a client toward...

improving Gait

NMT is an example of biophysiosocial model

false

NMT provides measurable outcomes

true

biopsychosocial is effective for pain management

music can address physical, emotional, and social aspects of pain

NMT is research-based system of standardized clinical techniques for training in the following areas

sensorimotor, speech and language, and cognition

which MT approach aims to replace irrational thinking

cognitive behavioural

using a metronome to deliver the MT intervention is common with which technique?

neurologic MT

dementia is closely defined as

declining language and memory

the iPod project is best described as

an example of how meaningful music can have a positive cognitive impact

precomposed music as a MT intervention with clients in long term care facility is useful..

to provide a sense of familiarity and ability

pro-composed music can facilitate dialogue because

life events are often associated with precomposed piece of music

pre composed music can facilitate cognitive rehabilitation..

because the ABA structures allows for repetition

using meaningful precomposed music to create a playlist for the iPod project can

evoke negative emotions and memories

memory is impaired as a result of Alzheimer's , however

ability to recall lyrics of a song often remains intact

autism is best described

a complex developmental disability

In the Wigram example discussed in class, Mrs. F was referred to music therapy for the following reason:

to facilitate self identity

In the Wigram Example discussed in class, Mrs. F engaged in-group music therapy sessions. During the music therapy sessions, the following was true

mrs f made meaningful interactions with group members

memory loss is a normal part of aging

false

in a MT session, it is better to use live music opposed to pre recorded music for the following reasons

live music can be flexible

developmental theory perspective suggest the following

the is a connection between early music ability and pre-verbal development

interactional theory perspective suggests the following

relational interactions are the basis for all development

the following is not a response-evoking technique

improv-ing

music in medicine is defined by Bruscia as

the use of music to influence physical, mental, emotional states before or after medical treatments

classical music has the greatest impact on pain relief

false

responses can be evoked in music therapy through creating small recognizable themes

true

research in music and medicine can only be conducted by a MT

false

music therapy aims to achieve

health care goals

music therapy interventions include

lyric analisys, composing, singing

an individual may be referred to group MT to:

facilitate social skills

for an individual to engage in creating music in a MT environment

not be concerned about their music ability

songwriting in MT..

is aimed to address psychological emotional and cognitive needs

music therapists work as part of your healthcare team not in private practise

false

which characteristic describes the Nordoff-robbins approach

belief that music in innate in children

behavioural MT is most closely defined as

using music to modify behaviours

song parody can be effective as a songwriting technique because

melody of a song may resonate with a client's expression

for an individual with an ABI, songwriting can produce

an opportunity for recognizing and externalizing

example of the GIM method

an individual in palliative care selecting on the images invokes by listening to a pre-recorded piece of music

improvisation as a music therapy intervention is

free and unpredictable

common themes in a song with clients with ABI are

all of the above (idk man)

what is not true above pain perception

pain is objective

MTAs can choose to work in one specific model/approach

true

In the article Active music in Parkinson's disease, which of the following results are true?

There was an improvement in the happiness measure for the MT group & MT showed improvements in UPDRS particularly in Bradykinesia

MT has been regulated in canada since

1974

MT interventions aim to expose and strengthen abilities

true

MT is still an emerging field and currently only recognized and practised in europe and NA

false

only healthcare professionals can make a referral to a MT

false

"A creative tool to explore the client's inner life so as to provide the way forward for growth and greater self-knowledge" s which approach to MT?

psychodynamic

which approach is used to replace irrational thinking?

cognitive behavioural

which feelings are not common in traumatic brain injury

independence

A music therapist needs to be a proficient and flexible musician...t/f

true

during the baroque period, it was believed that certain personality characteristics were associated w certain styles of music. The theory is followed today... t/f

false

other health care professionals can provide MT as long as ...

only an accredited music therapist can provide MT

which organization regulates MT in canada?

CAMT

which of the following is a reason to refer someone to MT ?

to improve communication

why is improvisation an effective intervention in MT ?

provides control, offers a creative nonverbal means of expressing thoughts and feelings, there are no mistakes

all music therapists in Ontario must also be recognized by the CRPO..t/f

false

what can instrumental playing as a music therapy intervention do?

improve range of motion, dexterity, and muscle strength

mt goals and interventions should reflect developmental age as opposed to chronological age ... t/f

true

music entertainment differs from MT bc ...

entertainment is not a health care discipline

which of the following statements is true of prelit cultures?

it was believed that music affects mental and physical well being

in early 20th century, MT research could be found in scientific publications ... t/f

true

which is the aim of MT

to reach health care goals

MT was used in educational institutions in the USA as early as the 1830s... t/f

true

what is required oto become an accredited MT?

BA or MA, 1000hr internship approved by CAMT, accomplished musician

music therapists in Canada carry the title MTA (music therapist accredited) if they are recognized by the CAMT...t/f

true

classical music has the greatest impact on pain relief...t/f

false

music and speech use the same area of the brain, this is why music can activate speech and communication...t/f

false

Which of the following is not a MT intervention?

listening to ipod alone

NMT would be an appropriate approach for music therapists working w a client towards the following goal ...

improving gait

music can influence behaviour including autonomic activity...t/f

true

some music therapy approaches are psychoanalytically informed...t/f

true

it is effective for music therapists to use a biopsychosocial approach to pain management bc ...

music can address the physical emotional and social aspects of pain

MT in a medical setting promotes normalization...t/f

true

NMT provides measurable outcomes...t/f

true

what was the outcome to the study "MT in Parkionsons: an integrative method for motor and emotional rehab"

MT demonstrated significant improvement in UPDRS scores

music therapists trained to use MT are more likely to work w clients who have the following diagnosis

traumatic brain injury

NMT is an example of biopsychosocial model...t/f

false

one of the following is a factor that heavily influences MT approaches

societal changes

which MT approach aims to replace irrational thinking

cognitive behavioural

pain is best described as...

a subjective experience

music therapists should not receive supervision or personal therapy as it may bring up issues that will negatively impact their MT sessions w clients...t/f

false

NMT is a research based system of standardized clinical techniques for training in the following areas...

sensorimotor, speech and lang, cognition

using a metronome is common with which approach?

neurological MT

which of the following is not one of the 5 dimesnions described by Jampel?

connecting the music to the audience

what was the purpose of the "bubble space" exercise implemented in the special needs class?

children were able to recognize personal space

an individual w Autism could be referred to MT to facilitate speech and cummunication...t/f

true

Autism is one of the most common developmental disabilities in Canada...t/f

true

the developmental deficits of a child w Autism are highlighted when engaging in music...t/f

false

how did the 5 dimensions assist Trish in the case study?

assisted Trish to recognize her self-worth

what is the best description of health?

complete mental, physical, and social well being

as per 'perfromance in MT...' Jampel P.F, projecting family dynamics on the MT performance group is an example of...

a dysfunction in one of the dimensions

a music therapist may use a behavioural approach w a client diagnosed w autism who has been referred to enhance social skills...t/f

true

the MT performance group was created at the Baltic St clinic bc ...

issues w group members were interfering w group practices and the music therapy sessions

the music therapy space for the music therapy performance group looked like?

a performance space

what is the prupose of the study "...in 5 dimensions" by Jampel?

to develop a language not only between therapists but w clients

autism is best described as...

a complex developmental disability

structure in a music therapy session is a particularly important when working w an individual w autism...t/f

true

palliative care does not include ...

physician lead care

Jean was referred to MT for the following reason...

to manage her pain

how did the children benefit from the music for life program?

positive role models, cultural knowledge, healthy alternative to gangsterism

community MT was one of the models used in the South African research discussed...t/f

true

the results of the south african MT research determined that it would be a better use of resources if music therapists and musicians ran separate groups...t/f

false

palliative caer is a reason to refer an individual to MT...t/f

false

an individual cannot be in palliative care for more than 6 months...t/f

false

music therapists can work w every culture...

they need to recognize if culture is a barrier to reaching health care goals

palliative care can address the same goals as the biopsychosocial model...t/f

true

which of the following was motivation for the music for life project

to provide positive alternative to gangsterism

in a music therapy session, a music therapist can support a client to self express through improvising on the piano, even if a client does not have previous experience playing a piano...t/f

true

collecting data about physiological responses to MT interventions would most likely be...

quantitative data

some MT approaches are psychoanalytically informed...t/f

true

neurological MT is most commonly defined as ...

research based system based on standardized techniques

when did the link btwn music and health occur

Pythagorus in 500BC

when was MT first recognized

after the first world war

what is the purpose of the music therapy assessment

to determine the health care goals and objectives of the client

which population of ppl use MT

children w autism, musicians, and adults w mental health issues

why is music an effective healthcare tool

is engages the whole brain

why can it be a hinderance for clients of MT to be musicians

they have a preconception of what good music sounds like

why is improvisation used as a treatment plan

the person can see themselves in the music they create

why is singing a music therapy intervention

increases oxygen intake and improves speech development

what is the conducting game

improvisation technique used in warm up during MT

why do music therapists use precomposed music w clients

bc it can elicit memories

what is dementia

decline in both language and memory

music therapists use precomposed music with which type of patients

dementia

when does a person need to become a registered psychotherapist

when they are using psychotherapy in their therapy sessions

which of the following is not a song writing technique used by music therapists

matching

when can song parody be used in MT

when the melody of the song resonates with the client

when can improvisation be dangerous

when it can facilitate dissociation from reality

an individual with an acquired brain injury uses song writing to

recognizing and externalizing emotions

what is the benefit of the ipod project

shows how meaningful music can have a positive cognitive impact

what are the benefits of MT in long term care

can provide a sense of familiarity

why is MT beneficial for children w special needs

it provides experiences of success in their development

why are play rules used in MT during improvisation

some clients feel overwhelmed and play rules help them feel safe

what are common themes expressed in songs written by patients w traumatic brain injury

anger, body image, and isolation

what is the name of the process when a music therapist communicates w a client through musical play

dialoging

what is matching

when a music therapist responds to the clients music with music

patiens w alzheimers respon well to precomposed music because

of their ability to recall lyrics from childhood songs

can a music therapist use different types of interventions with their client t/f

true

when did MT become a self regulated profession in Canada

1974

a music therapy usually starts off with a hello song t/f

true

what was the purpose of the Parkinson's and MT study

to explore the efficacy of active music therapy w Parkinsons' patients

what is community MT

its both music and humanistic centred

what is being measured by music entertainment on pst operative patients

pain intensity and emotional state

is the psychodynamic approach to MT an active form of MT

yes