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# Introduction to Music Therapy

MU 2MT3

Rachael Finnerty RP, MTA, MMT, MA

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# Want to connect?

- Please email me at [finnerr@mcmaster.ca](mailto:finnerr@mcmaster.ca) with questions or to book a time to meet. Feel free to come and chat with me before and/or after class.
- **Emails will be responded to 9-5 Monday - Friday**
- TA : TBA – A post on Avenue will be made

**Pertinent information is shared through Avenue  
Announcements,  
Please ensure you are set up for Avenue Alerts.**

# NOTETAKERS NEEDED

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# Today's Class

- Introduction
  - Course Outline
  - Contact Information
  - Quizzes
  - Your Grade
  - What is Music Therapy?
  - Overview of Music Therapy
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# Introduction

- Rachael Finnerty RP, MTA MMT MA ---- Not PhD – Yet 😊
- **Why take this course?**
- Personal pathway to music therapy and Clinical Experience
- Dalhousie Psych, MMT, Sunnybrook, Fermata, McMaster, OMTA
- ONmusictherapy (twitter)
- Ontario Music Therapy Academy (Facebook)
- @musictherapyacademy ( Insta )

[www.musictherapyacademy.com](http://www.musictherapyacademy.com)



# Course Outline

- ( on Avenue ) – Each Friday. Available 9am – 9pm
- Online quizzes 4% 15 Question 15minutes
- You may drop the lowest quiz grade, which may include a missed quiz or a low grade. This will account for ant technical issues etc.  
No exceptions - - - - No extensions

Quizzes are NOT open book – It is an offence to take pictures/copy testing material

# Your Grade

A+

- What do you want to achieve?
- Your best grade will be achieved if you Attend class & Read the courseware ( iClickers )
- **This slides are not meant to be study notes – they will not be enough to achieve the highest grade possible**
- Grades will not be changed / bumped up – If you are applying to grad school, you need to earn your grade.

# Overview





# What is Music therapy?



# Music Therapy?

- <https://onedrive.live.com/?authkey=%21AFfXKrQion3wRMY&cid=A0E0926083A2561D&id=A0E0926083A2561D%21114&parId=A0E0926083A2561D%21113&o=OneUp>

# Definition (CAMT)

- Music therapy is a discipline in which credentialed professionals (MTA\*) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.
- \*Music Therapist Accredited/Musicothérapeute accrédité
- Canadian Association of Music Therapists (CAMT) – June 2016

# Music Therapy in Canada

## Canadian Association of Music Therapists (CAMT)

- CAMT is a federally incorporated, self-regulated non-profit professional association.
- It aims to create strong certified music therapists (MTAs) and bring awareness about professional music therapy services throughout Canada.

[www.musictherapy.ca](http://www.musictherapy.ca) @camtamc (twitter)

# Provincial Music Therapy Associations in Canada

- Most provinces have a provincial body
- Provincial body provides support, they does not regulate the profession
- [www.musictherapyontario.com](http://www.musictherapyontario.com)



MUSIC THERAPY  
ASSOCIATION OF ONTARIO

# Music Therapy Training Programs

University-Bachelor or a Graduate Diploma  
(Master) in music therapy

- Acadia University - Nova Scotia (BMT)
- Canadian Mennonite University - Manitoba (BMT)
- Capilano University - British Columbia (BMT)
- Wilfrid Laurier University - Ontario (BMT & MMT)
- Concordia University – Québec (GD & MMT)

# Educational Preparations

- Education and training of a music therapist is **multidisciplinary**.
- Involves a thorough study of music
- Encompasses subjects such as physiology, anatomy, biology, psychology, counseling, anthropology and movement.
- The student must complete a 1000hr supervised internship, providing the student with an opportunity to gain practical experience and refine his/her clinical skills.

# Requirements to become MTA cont'd

- Supervision is an important part of the internship process and continued professional development
- Certification Board of Music Therapists (CBMT) Examination
- Continuing Education-MTA must maintain their credential through CAMT continuing education process ( 5 year cycle )



# What are the personal qualifications



# Personal Qualifications



## MUSICIAN

- excellent functional musical skills
- broad knowledge of different musical styles
- uses music flexibly, creatively and in an aesthetically satisfying manner



## THERAPIST

- good physical and emotional stability
- sincere interest in helping others
- patience, tact and understanding
- reliable, genuine and ethical
- clinical objectivity

# Some MTAs use the act of Psychotherapy

- The [Psychotherapy Act, 2007](#) was proclaimed by the Ontario government on April 1, 2015, bringing the College of Registered Psychotherapists of Ontario (CRPO) into full operation as a health regulatory college. CRPO regulates its members in the public interest under the [Psychotherapy Act, 2007](#) and the [Regulated Health Professions Act, 1991](#) (RHPA).
- Only members of CRPO can use the protected title “Registered Psychotherapist,” along with the professional designation, RP.

CRPO only applies to music therapists working in Ontario

# What does a session look like?

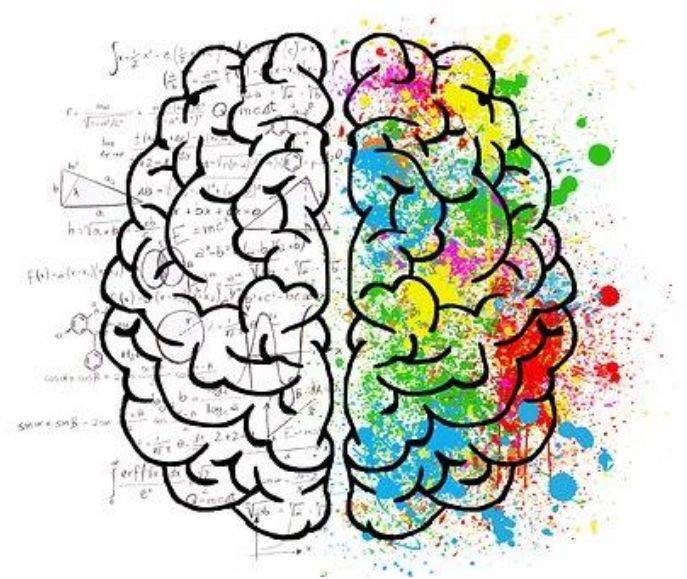
Hello / Greeting song \* Example

Music Therapy Interventions

Good Bye song

# Music Therapy Interventions

- Pre-composed music
- Listening
- Singing
- Improvisation
- Lyric Analysis
- Song writing



# Music Therapy in Action

- Video: Music Therapy at Boston Children's Hospital
- <https://www.youtube.com/watch?v=KNuT3x4KJsY>
- UCSF Children's Hospital
- <https://www.youtube.com/watch?v=xBylrJxX-VY>

# Precomposed Music

Through our lives we build a legacy of music marking integral time points. In this way, certain songs easily evoke strong memories, such that we may clearly see and feel these moments in time.

(Schneck & Berger, 2006).

- Music does not always evoke positive memories

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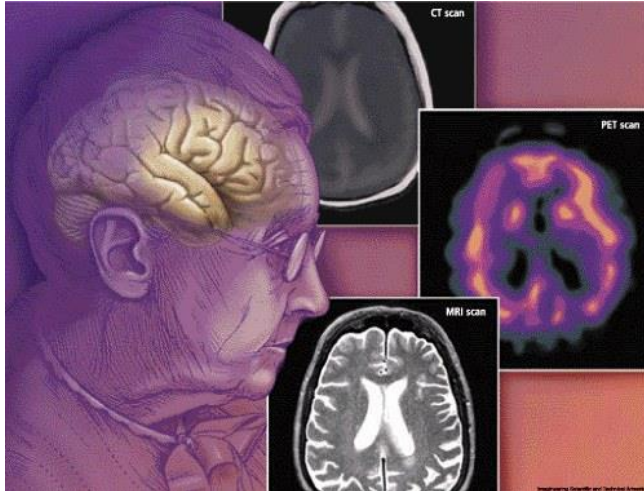
**CLOCKWORK  
ORANGE**

**DVD**  
VIDEO



# Listening

- **Listening** helps to develop cognitive skills such as attention and memory.
- Early to mid stage dementia, listening can provide a sense of the familiar, and increase orientation to reality.



# Singing

- **Singing:** assists in the development of articulation, rhythm, and breath control.
- In a group setting - can improve social skills and foster a greater awareness of others.
- For those with dementia, singing can encourage reminiscence and discussions of the past, while reducing anxiety and fear.



**For individuals who have difficulty speaking following a stroke, ABI, cognitive decline, music may stimulate the language centers in the brain promoting the ability to sing.**

**(Interactive Example ).**

## Song Writing

every time I travelled through  
time I felt disoriented  
(like brains SCRAMBLED)  
I soon found I had to  
write songs...  
TO MAKE SENSE.

# Song Writing

- Facilitates the sharing of feelings, ideas and experiences.
- Hospitalized children, means of expressing and understanding fears.
- Terminal illness, vehicle for examining feelings about the meaning in life and death.
- Opportunity for creating a legacy or a shared experience with a caregiver, child or loved one, prior to death.
- All ages ( adolescents ); painful memories, trauma, abuse, and express feelings and thoughts that are normally socially unacceptable, while fostering a sense of identification with a particular group or institution.

# Example: Sunnybrook, Recording



# Fight Song – Lyric Analysis

- <https://www.youtube.com/watch?v=O9pJ5tmO9AU>

# Improvising

Offers a creative, nonverbal means of expressing thoughts and feelings.  
Is non-judgmental, easily approached, and requires no previous musical training.

Where words fail or emotions are too hard to express, music can fill the void.

Where trust and interaction with others has been comprised due to abuse or neglect, improvisation provides a safe opportunity for restoration of meaningful interpersonal contact.

- Where learning ability is limited, the opportunity to try different instruments,
- musical sounds, timbres and mediums may provide an opportunity for mastery of a new skill and increase life satisfaction.



# Why Music?

- Music is a universal phenomenon. People of all ages and **cultural** backgrounds can listen, perform, create and enjoy it.
- Music is a flexible therapeutic medium because it has many different styles and a variety of ways in which one can be involved (i.e. composing, performing, listening).



# Music as a Tool

- Used within music therapy in order to achieve a variety of health goals.
- Encompasses mood, emotions, acts as a distraction, evokes memories when used either passively or in an actively meaningful manner.
- Music has also been found to alter mood and elicit relaxation responses.

# What is NOT Music Therapy?

- × The client or patient does not need to have a musical background.
- × Music therapy is not entertainment and does not refer to playing live or recorded music or engaging in musical activities for leisure/as a hobby.
- × Music therapy does not refer to musical lessons to hone one's skill on an instrument or voice.
- × Music therapy is not special music education in which specific techniques and activities are used to teach special learners about music.

# What is the process to receive music therapy?

- Referral
- Assessment
- Goals
- Treatment plan (interventions)
- Reports & re-assessments

# Referral Process

- Anyone can make a referral
- Reasons for referral
- All ages and diagnosis
- No experience with music or an instrument needed
- No “music” prescription
- Examples for referral.....

# Assessment

- 1 day
- 6 weeks
- On going
- To determine treatment plan (goals)

# Goals

- Based on observations/assessments
- Example: Client will increase vocabulary to include social interactions such as hello / good-bye.
- Example: Client will increase attention span to 5minutes per intervention.

# Treatment Plan (Interventions)

- Pre-composed music
- Singing
- Listening (including client recordings)
- Instrumental playing ( including rhythm based )
- Improvising
- Composing
- Lyric analysis



# With Whom Does a MTA Work?



# With Whom Does a MTA work?

All Ages & Diagnosis – Music Transcends Beyond the Diagnosis

- ABI, Pain, Autism, Geriatric care, Cancer, Neonatal care, Mental Health difficulties, Palliative care, Teens at risk, Personal growth, Substance Abuse

# Where do MTAs work?



# Where do MTAs work?

- Medical hospitals
- Clinics
- Group homes
- Centers for persons with developmental disabilities
- Prisons
- Schools
- Mental health facilities
- Private Practice

If you are wondering if you need the  
courseware, the answer is **YES**

# Questions

Feel free to connect after class with any questions.

*That's all Folks!*

Thank You Kashyap Patel for re-organizing  
the design and layout of most of these slides