

Question 1 (1 point) ✓ *Saved*

The creation of new music is the main intervention used in GIM.

- ☐ True
- ☒ False

Question 2 (1 point) ✓ *Saved*

Which improvising technique is best described by this definition: The music therapist creating stability in the musical improvisation to act as an 'anchor' to the client's music.

- ☐ Stabilizing
- ☐ Supporting
- ☒ Grounding
- ☐ Rhythmic centring

Question 3 (1 point) ✓ *Saved*

Which of the following is NOT an improvising technique.

- ☒ Brain storming
- ☐ Matching
- ☐ Mirroring
- ☐ Playing Rules

Question 4 (1 point) ✓ *Saved*

A client would like to explore self-expression and building self-esteem. Which of the following is the most likely intervention that a music therapist would suggest?

- ☐ listening to music
- ☐ lyric analysis
- ☒ improvisation
- ☐ pre-composed music

Question 5 (1 point) ✓ *Saved*

Every music therapy intervention has a specific age and diagnosis that they are most beneficial.

- ☐ True
- ☒ False

Question 6 (1 point) ✓ *Saved*

The Nordoff-Robbins Music Therapy approach requires the client to engage in listening to pre-recorded music.

- ☐ True
- ☒ False

Question 7 (1 point) ✓ *Saved*

In current music therapy practice, there is considerable variety in how various therapy approaches are named, with some terms being essentially activity descriptions and some being borrowed from other fields. This lack of standardization can make communication among professionals difficult. Therefore, standardization can provide an important foundation for establishing treatment goals and intervention protocols that can be more consistently recognized by other health professionals and insurance companies. Which music therapy approach implements standardized techniques?

- ☐ CMT
- ☐ Resource-Oriented
- ☒ NMT
- ☐ GIM

Question 8 (1 point) ✓ *Saved*

A music therapist is working with a client who has been referred to build coping mechanisms, related to anxiety. The music therapist provides opportunities to engage in the music to gain new experiences, which shift the client's lens of perspective. Which approach is the music therapist most likely drawing upon?

- ☒ Cognitive Behavioural Music Therapy
- ☐ Freud MT
- ☐ Nordoff-Robbins
- ☐ NMT

Question 9 (1 point) ✓ *Saved*

Techniques such as rewards and consequences can be integrated into music therapy sessions. Music therapists may use musical rewards such as choosing a favourite instrument to play to reinforce appropriate behaviour. Or the consequence of not being able to play a favourite music game, until a certain task is complete. Such techniques are an example of which music therapy approach?

- ☐ CBT Approach
- ☐ Reward Approach
- ☐ Psychodynamic Approach
- ☒ Behavioural Approach

Question 10 (1 point) ✓ *Saved*

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?

- ☐ Cognitive behavioural model
- ☒ Psychodynamic approach
- ☐ Behavioural approach
- ☐ None of the above

Question 11 (1 point) ✓ *Saved*

The use of music for wellness was first introduced during the renaissance.

☐ True

☒ False

Question 12 (1 point) ✓ *Saved*

Published articles and books about the effects of music on the human body were not published until the 1950's. It was these written works which helped propel the formation of music therapy as a profession.

☐ True

☒ False

Question 13 (1 point) ✓ *Saved*

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

☒ to provide a sense of familiarity and ability

☐ when used in collaboration with the iPod project

☐ at all times

☐ as a form of entertainment

Question 14 (1 point) ✓ *Saved*

Which of the following is a songwriting technique.

☐ Self-Direction

☐ GIM

☐ Writing Rules

☒ Fill in the blanks

Question 15 (1 point) ✓ *Saved*

Which of the following is true about this course?

- ☐ There are two small assignments worth 5% each
- ☐ Quizzes are open book
- ☒ You can meet with your TA to review completed quizzes
- ☐ The readings are not necessary

Question 16 (1 point) ✓ *Saved*

In this course, if you miss a quiz, it will be graded 0 - unless you submit an MSAF and coordinate with your TA to complete the quiz.

- ☒ True
- ☐ False

Question 17 (1 point) ✓ *Saved*

There are not any Music Therapy programs in Canada that offer a Master degree in Music Therapy. There are only undergraduate degrees in Music Therapy in Canada.

- ☐ True
- ☒ False

Question 18 (1 point) ✓ *Saved*

Which of the following statement(s) are true?

- ☐ Precomposed music always evokes positive memories
- ☐ Improvising is the most effective music therapy intervention
- ☒ A client does not need any background in music to participate in music therapy.
- ☐ All of the above

Question 19 (1 point) ✓ *Saved*

Which of the following is true.....

- ☐ A music therapist in Ontario, using the act of Psychotherapy must be recognized by the CAMT & CRPO
- ☐ A music therapist in Canada must meet the mandates of the CAMT
- ☐ Music therapists can work with all age groups and diagnoses.
- ☒ All of the above

Question 20 (1 point) ✓ *Saved*

It is very important that the client follows the playing rules that were set out for an improvisation.

- ☐ True
- ☒ False