



HARMONY GARDEN

MUSIC THERAPY

MUSIC THERAPY VS. MUSIC VOLUNTEERS

Volunteers who provide live music, are a valuable addition to the volunteer services that a company can provide. Board Certified Music Therapists (MT-BC) differ from volunteers who provide music in a number of ways, including:

- Music Therapy (MT) is a prescribed clinician treatment option
- Music Therapists hold at least a bachelor's degree in music therapy
- Music Therapists have clinical, psychological and some medical training
- Music Therapy students must complete a six-month clinical internship before graduation
- Music Therapists must sit for and pass the national Board Certification exam to practice music therapy
- Music Therapists base their service off an individual's treatment goals and objectives, when possible
- Music Therapists are trained and qualified to assess the individual's physical, emotional, and spiritual state, and introduce music therapy interventions to match those states
- Music Therapists are trained to facilitate the following clinical MT intervention:
 - Procedural support music therapy (individual or group)
 - MTRT (Music Therapy Relaxation Techniques)
 - Lyric Analysis
 - Progressive muscle relaxation
 - Instrumental and vocal improvisation
 - Songwriting
 - Song parody
 - Composition
 - Music Listening
 - Adaptive lessons and/or helping recover previous musical training
 - Songs as a life review stimulus
 - Sing and play along
 - Making recordings with individuals/groups