



**Music Therapy** means the clinical and evidence-based use of music interventions to accomplish individualized goals for people of all ages and ability levels within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

With **over 70 years of clinical history in the U.S.**, Music Therapy is listed in:

- The United States Code as a disease prevention and health promotion service and as a supportive service under the Older Americans Act.
- The United States Code as a complementary and integrative health treatment to be considered for addressing veterans' mental health issues.

**Music Therapy is an established health profession** in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapists use both instrumental and vocal music strategies to facilitate changes that are non-musical in nature. After assessment of the strengths and needs of each client, qualified music therapists provide indicated treatment and participate as members of the interdisciplinary team to support a vast continuum of outcomes.

**Research in music therapy supports the effectiveness of interventions** in many areas such as overall physical rehabilitation and facilitating movement, increasing motivation to become engaged in treatment, providing emotional support for clients and their families, and creating an outlet for expression of feelings. Music therapists are employed in many different settings including general hospitals, schools, mental health agencies, rehabilitation centers, nursing homes, forensic settings, and private practice.

The National Institutes of Health and the John F. Kennedy Center for the Performing Arts **Sound Health Initiative**, a partnership in association with the National Endowment for the Arts, aims to:

- expand current knowledge and understanding of how listening, performing, or creating music involves intricate circuitry in the brain that could be harnessed for health and wellness applications in daily life,
- explore ways to enhance the potential for music as therapy for neurological disorders,
- identify future opportunities for research, and
- create public awareness about how the brain functions and interacts with music.

### **Music Therapy Education and Clinical Training**

- Bachelor's degree or higher in music therapy
- Minimum of 1200 hours of supervised clinical training
- Pass a national exam administered by the Certification Board for Music Therapists to obtain the MT-BC credential
- Complete 100 hours of continuing education every five years to maintain the MT-BC



## Music Therapy Research Outcomes Clinical Examples

### Premature Infants

Improves feeding behavior and weight gain  
Decreases respiration and heart rate

Decreases length of stay  
Increases relaxation of parent and child

### Neurological Disorders and Brain Injury

Enhances motor, cognitive, verbal, and/or social/emotional functioning  
Improves gait speed, symmetry, and muscle activation in persons with neurologic disorders  
such as Parkinson's disease, stroke, and cerebral palsy  
Improves treatment compliance and mood

### Chronic Illness and Oncology

Reduces anxiety and decreases pain  
Enhances immune functioning

Elevates mood and enhances quality of life  
Reduces nausea

### Mental Health

Reduces muscle tension  
Provides successful and safe emotional release

Increases verbalization  
Improves group cohesiveness

### Medical and Surgical Procedures

Reduces stress, lowers blood pressure, and improves respiration  
Improves pain management and mood  
Decreases length of hospitalization  
Reduces need for sedation for pediatric patients receiving EEGs, CT scans and other procedures

### Developmental Disabilities and Autism Spectrum

Enhances auditory processing  
Improves verbal skills

Enhances sensory-motor skills  
Provides positive behavior direction

### Substance Abuse and Addictive Disorders

Improves self-esteem  
Decreases anxiety and agitation

Increases motivation  
Enhances interpersonal relationships

### Alzheimer's Disease and Dementia

Reduces depression  
Decreases agitated and aggressive behaviors

Improves attention, memory and motor skills  
Increases socialization

### Hospice and Bereavement

Improves quality of life  
Provides opportunity to interact with family

Offers pain management  
Promotes relaxation



## Music Therapy State Recognition: National Overview

The American Music Therapy Association (AMTA) and the Certification Board for Music Therapists (CBMT) collaborate on the State Recognition Operational Plan, a joint national initiative to achieve official state recognition of the music therapy profession and the MT-BC credential required for competent practice.

### Current Recognition

<b>California</b>	Title protection est. in 2019. Practitioners must hold the MT-BC credential.
<b>Connecticut</b>	Licensure est. in 2023. Managed by the Department of Public Health. <a href="https://portal.ct.gov/DPH/Practitioner-Licensing--Investigations/Music-Therapit/Licensing-Requirements">https://portal.ct.gov/DPH/Practitioner-Licensing--Investigations/Music-Therapit/Licensing-Requirements</a>
<b>Georgia</b>	License est. in 2012. Managed by the Secretary of State through an Advisory Council. <a href="https://sos.ga.gov/georgia-board-music-therapy">https://sos.ga.gov/georgia-board-music-therapy</a>
<b>Illinois</b>	License est. in 2022. Managed by the Department of Financial and Professional Regulation through a Music Therapy Advisory Board.
<b>Iowa</b>	Title protection est. in 2021. Practitioners must hold the MT-BC credential.
<b>Maryland</b>	License est. in 2021. Managed by the State Board of Audiologists, Hearing Aid Dispensers, Speech-Language-Pathologists, and Music Therapists <a href="https://health.maryland.gov/boardsahs/Pages/licensing.aspx">https://health.maryland.gov/boardsahs/Pages/licensing.aspx</a>
<b>Nevada</b>	License est. in 2011. Managed by the State Board of Health using a Music Therapy Advisory Group. <a href="https://dph.nv.gov/Reg/MusicTherapist/MusicTherapists_-_Home/">https://dph.nv.gov/Reg/MusicTherapist/MusicTherapists_-_Home/</a>
<b>New Jersey</b>	License est. in 2020. Managed by the State Board of Creative Arts and Activities Therapies.
<b>North Dakota</b>	License est. in 2011. Managed by the Board of Integrative Health. <a href="https://www.ndbihc.org/">https://www.ndbihc.org/</a>
<b>Ohio</b>	License est. in 2023. Overseen by the Counselor, Social Worker, and Marriage and Family Therapist Board through a Music Therapist Professional Standards Committee.
<b>Oklahoma</b>	License est. in 2016. Managed by the State Board of Medical Licensure and Supervision. <a href="https://www.okmedicalboard.org/music_therapists">https://www.okmedicalboard.org/music_therapists</a>
<b>Oregon</b>	License est. in 2015. Managed by the Health Licensing Office. <a href="http://www.oregon.gov/OHA/PH/HLO/Pages/Board-Music-Therapy-Program.aspx">http://www.oregon.gov/OHA/PH/HLO/Pages/Board-Music-Therapy-Program.aspx</a>
<b>Rhode Island</b>	Registry est. in 2015. Managed by the Department of Health. <a href="http://health.ri.gov/licenses/detail.php?id=287">http://health.ri.gov/licenses/detail.php?id=287</a>
<b>Utah</b>	State certification est. in 2014. Managed by the Division of Occupational and Professional Licensing. <a href="https://dopl.utah.gov/music/">https://dopl.utah.gov/music/</a>
<b>Virginia</b>	License est. in 2020. Managed by the Board of Social Work.
<b>Washington</b>	License est. in 2023. Overseen by the Department of Health through a Music Therapy Advisory Committee.
<b>Wisconsin</b>	Registry est. in 1998. <a href="https://dsps.wi.gov/Pages/Professions/MusicTherapist/Default.aspx">https://dsps.wi.gov/Pages/Professions/MusicTherapist/Default.aspx</a>



## **AMTA and CBMT State Recognition Operational Plan**

### **Desired Outcomes**

Outcome 1: To establish a state-based public protection program to ensure that “music therapy” is provided by individuals who meet established training qualifications

Outcome 2: To improve consumer access to music therapy services

Inclusion within state health and education regulations can have a positive impact on employment opportunities and funding options, while meeting requirements of treatment facilities and accrediting organizations.

### **2024 Legislative Activity**

The following states have introduced or are planning to introduce legislation to recognize music therapy education, clinical training, and credentialing qualifications:

**Indiana, Kansas, Kentucky, Michigan, Mississippi, New Hampshire, New York, North Carolina, Pennsylvania, Tennessee, Wisconsin**

*For more information, please visit [www.musictherapy.org](http://www.musictherapy.org) and [www.cbmt.org](http://www.cbmt.org)*