



## Frequently Asked Questions:

### What is Music Therapy?

Music therapy is the skilful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.

### What does Music Therapy do for people?

Music therapists can assist an individual's emotional well-being, physical health, social functioning, communication abilities, and cognitive skills. Based on the results of a music therapy assessment and the client's needs, the therapist designs goals and objectives for individuals or groups. Interventions might include music improvisation, receptive music listening, song writing, recording, lyric discussion, music and imagery, music and movement, music performance, and learning and being creative through music. Music therapists also participate in interdisciplinary treatment planning, ongoing progress and evaluation reporting, and follow-up processes.

### Who benefits from Music Therapy?

Infants, children, adolescents, adults, and older adults can all benefit from music therapy. Common client populations include those with mental health needs, developmental and learning disabilities, dementia and aging-related conditions, substance abuse, brain injuries, physical disabilities, and acute and chronic pain.

### Who is qualified to practice Music Therapy?

A person who has completed university degree consisting of coursework, supervised clinical fieldwork placements and academic study in the areas of music theory, aural skills, history and music performance as well as music therapy research, techniques, philosophies, and psychology. Once graduated, the therapist must complete a 1000-hour supervised clinical internship. As an intern, you are to develop competency in your knowledge and skills in music therapy. By the end of the internship the intern is to take full responsibilities as a professional music therapist and submit a written portfolio of their philosophy, experiences, and a case study. The accreditation review board must grant the intern successful and the title, MTA [music therapist accredited.] The music therapist obtains accreditation through a governing body such as the Australian Music Therapy association and is bound by their code of practises.



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### What is the difference between a Music Therapist & a Music Teacher?

In brief, a music therapist focuses on the development of non-musical skills. Musical activities are designed to promote specific cognitive, motor, perceptual, communicative and behavioural goals. Musical “talent”, “aptitude” and/or “ability” are not prerequisites for being successful in music therapy. A music teacher helps a student to attain musical skills with an emphasis on developing performance abilities.

*Please refer to our website for a detailed description or download the form  
“What to Expect from Music Therapy”  
This can be found via the forms link in the footer section of our website.*

### What kind of musical instruments does a therapist use?

Sound Escape Music Therapy uses the guitar, flute, keyboard, microphone/amp, speakers, and the voice within the music therapy practice. Recording devices such as audio recorders or loopers are used to develop new music from sessions. The therapist also uses a variety of percussive, wind and rhythmic instruments that are easily accessible for non-musicians. Pre-recorded music is used within certain interventions.

### Who supplies the musical instruments in music therapy sessions?

In most cases, our music therapist brings all musical equipment that is required for a therapy session. The music therapist may also use instruments provided by the facility or individual that they are working with.

### Does a music therapy client have to be able to read music, sing, or play an instrument?

Since most music therapy interventions pertain to non-musical goals, a client does not need any musical skills and/or training. If a client is interested in working toward specific musical goals, Sound Escape Music Therapy is equipped to provide adaptive music lessons.

### How quickly does music therapy produce results?

Immediate and quite apparent responses often result from individualised music therapy experiences. However, every client is unique. The music therapist establishes goals for the clients and maintains documentation to track progress and adapt future sessions to work toward current short- and long-term goals.



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### Where do the music therapy sessions take place?

Our therapist is mobile and comes to your residence, facility, school or a preferred meeting place arranged by you. Our therapist will work with you to arrange suitable locations, times & days for the music therapy session to take place. Our therapist sometimes will work from an arranged venue for special occasions and may have a client attend at that location.

### Can I use funding to pay for my music therapy?

It depends on what type of funding you have. If you are an NDIS participant or receiving Helping Children with Autism (HCWA) funding, you are eligible to use funds for music therapy. This is because music therapy falls under an approved therapeutic support category. Other funding providers may approve music therapy sessions but you will have to contact them directly for more detailed information.

