



Sunflower Music

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What is music therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. - American Music Therapy Association (AMTA)

What do music therapists do?

Music therapists assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses; design music sessions for individuals and groups based on client needs using music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, music performance, and learning through music; participate in interdisciplinary treatment planning, ongoing evaluation, and follow up. - AMTA

Where do music therapists work?

Music therapists work in psychiatric hospitals, rehabilitative facilities, medical hospitals, outpatient clinics, day care treatment centers, agencies serving persons with developmental disabilities, community mental health centers, drug and alcohol programs, senior centers, nursing homes, hospice programs, correctional facilities, halfway houses, schools, and private practice. - AMTA

How do I become a music therapist?

Music therapists complete a bachelor's degree or higher from an AMTA approved college or university program, including a 6-month internship. Music therapists must hold the MT-BC credential, issued through the Certification Board for Music Therapists, first obtained by passing a certification exam and then maintained through continuing education credits.

Music therapy in the schools:

Music therapy is a related service under the Individuals with Disabilities Education Act, or IDEA. "Related services are developmental, corrective, and supportive services required to assist a child, who has been identified as a child with an exceptionality, to benefit from special education services. Generally, when needed, related services are provided in addition to special education instruction." - Kansas Special Education Process Handbook

A request for a formal music therapy assessment may be requested by the parents of the student or by the existing educational team, including teachers, therapists, and school psychologist. The Special Education Music Therapy Assessment Process (SEMTAP) is a criterion-referenced test to show how a student performs specific IEP skills with and without the context of music therapy strategies. The SEMTAP includes a review of current documentation, the distribution to and review of questionnaires from the student's teacher(s) and parents, observation at school, and music therapy assessment session(s).

A student will qualify for music therapy services if the structure and strategies of music therapy appear to significantly assist him performing IEP related tasks. Service may be denied if it does not have a significant impact on the student's ability to process on IEP goals and objectives. The student may respond positively to music, but demonstrate no measurable improvement in his or her skill level related to IEP goals. - Special Education Music Therapy Assessment Process Handbook, Prelude Music Therapy

For more information, visit www.musictherapy.org.