



Music Therapy Associations:

Canadian Association for Music Therapy

www.musictherapy.ca

Atlantic Association for Music Therapy

www.atlanticmusictherapy.ca

Music Therapy World

www.musictherapyworld.com

The American Association of Music Therapy

www.musictherapy.org

Resources:

Institute for Music and Neurologic Function

www.bethabe.org/Resource_Center97.html

The Nordic Journal of Music Therapy

www.njmt.no/

Voices (A World Forum for Music Therapy)

www.voices.no

For further information,
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www.soundconnectionsmt.ca

Common Questions About Music Therapy . . .

What is a typical music therapy session like?

Music therapists serve a wide variety of people with many different types of needs, so each session is unique to each client. The treatment plan is based on music selected by the client. Individual sessions range from 30 minutes to 1 hour.

Who can benefit from music therapy?

All ages of people, from infants to elderly benefit from Music Therapy. This specialized therapy assists people with a wide spectrum of challenges at any stage of life.

Is Music Therapy just for individuals?

The benefits reach groups as well as individuals. Stress in the workplace, team building, and group social skills are a very important part of our service.

Do I have to know how to play an instrument?

No knowledge or past experience is required by the client. A Music Therapist meets the individual through music in many forms.



What is a Music Therapist?



Music Therapy is the skillful use of music and musical elements by an accredited Music Therapist to promote, restore, and maintain mental, physical, emotional and spiritual health. Music therapists seek to promote wellness for all persons. Music has non-verbal, creative, structural and emotive qualities. These elements are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication and self-development.

(Canadian Association of Music Therapy 1994)