

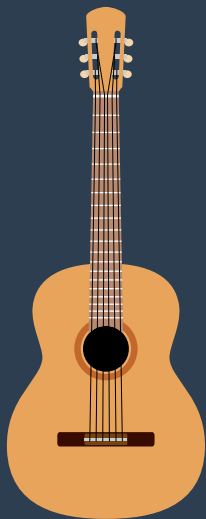
National Activity Professionals Week

Innovate, Inspire, Involve

**Let's Learn
about
Music Therapy!**



What Is Music Therapy?



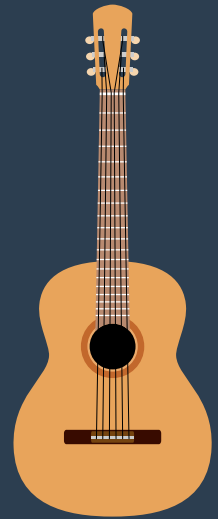
According to the American Music Therapy Association, "Music Therapy is the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can address a variety of healthcare & educational goals."(2005)



Bridgetown
Music Therapy

Music Matters!

While the practice of music therapy is specific and limited to its formal definition, we can still recognize the value and benefits of music in many different forms. Whether you utilize the services of a board-certified music therapist or not, we all need to remember that music is powerful and makes a difference in the lives of the individuals we serve!



What Music Therapy Is



EVIDENCE-BASED



GOAL-ORIENTED



USES CLIENT-PREFERRED MUSIC



IMPLEMENTED IN A VARIETY OF SETTINGS



PROVIDED BY A CREDENTIALLED PROFESSIONAL MUSIC THERAPIST

DID YOU KNOW?

There are currently 10,000 Board-Certified Music Therapists in the U.S.



What Music Therapy Is NOT



LISTENING TO MUSIC ON SPOTIFY OR YOUTUBE



VOLUNTEER MUSICIANS



OTHER MUSIC OR SOUND-BASED PROFESSIONALS



LISTENING TO LIVE MUSIC SUCH AS ENTERTAINMENT OR PERFORMER



MUSIC EDUCATION SUCH AS LEARNING TO PLAY AN INSTRUMENT

**Music can function therapeutically
in a myriad of ways!**

It can be called...

- ✓ **MUSIC ENTERTAINMENT**
- ✓ **MUSIC APPRECIATION**
- ✓ **MUSIC EDUCATION**
- ✓ **MUSIC ENRICHMENT**
- ✓ **MUSIC LISTENING**
- ✓ **THERAPEUTIC MUSIC**



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