

Music Therapy as a Career
Nicki S. Cohen
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Clinic Objective: This clinic will introduce participants to the profession of music therapy. Topics will include qualifications, educational and clinical training, clinical settings, and career opportunities. The clinic will include videotaped examples.

- I. Definition of Music Therapy: Music Therapy is an allied health profession in which music is used within a therapeutic relationship to address physical, psychological, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the music therapist provides the indicated treatment through creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, the clients' abilities are strengthened and transferred to other areas of their lives (AMTA, 2001).

- II. Frequently Asked Questions
 - a. What do music therapists do?
 - b. Who can benefit from music therapy?
 - c. Where do music therapists work?
 - d. What is the history of the music therapy profession?
 - e. What are some misconceptions about music therapy?
 - f. What is a typical music therapy session like?
 - g. Is there research to support the effectiveness of music therapy?
 - h. What are the opportunities for employment?
 - i. What is the future of music therapy?

- III. Qualifications
 - a. Competency-Based Curriculum: Undergraduate and Graduate Degree Opportunities
 - b. The Education of a Music Therapist
 - i. Courses: Music, psychology, hard and soft sciences, music therapy core courses, field work
 - ii. 6 month internship following academic coursework
 - c. Personal Qualifications

- IV. Professional Organizations
 - a. American Music Therapy Association
(website: www.musictherapy.org)
 - i. Publications
 1. *Journal of Music Therapy*: research
 2. *Music Therapy Perspectives*: clinical applications
 3. *Music Therapy Matters*: newsletter
 - ii. Conferences: National and Regional
 - b. Certification Board for Music Therapists: national credentialing organization (board certification exam)
 - c. National Association of Schools of Music: accrediting body for music therapy academic programs

- V. Examples
 - a. Music Therapists in Action: videotape
 - b. Music Therapy in the Medical Setting: videotape

For further information, please contact:

Nicki S. Cohen, Ph.D., MT-BC, FAMI
Associate Professor, Music Therapy and Voice
Department of Music and Drama
Texas Woman's University
Denton, TX 76204
Phone: (940) 898-2523
Email: ncohen@twu.edu