

The RMT is...

- ... registered with the Australian Music Therapy Association Inc (AMTA Inc) and bound by the Code of Ethics and Standards of Practice of AMTA Inc
- ... a proficient musician with a broad knowledge of therapeutic models of intervention, music and highly developed practical music skills
- ... a qualified therapist whose training has included the theoretical and practical applications of music therapy in addition to six months clinical training in a variety of settings. RMTs have successfully completed music therapy training courses accredited by the AMTA Inc
- ... an independent practitioner or a member of a multi-disciplinary team
- ... employed as a regular practitioner on a full-time, part-time or sessional basis or as a consultant within various areas of healthcare and education

The Australian Journal of Music Therapy

- ... is an annually produced, fully refereed journal. It reflects current research and debate in the profession



Australian Music Therapy Association Inc.

- ... was established in 1975 as a national association
- ... is represented locally through state branches and interest groups throughout Australia
- ... provides support and professional development for RMTs
- ... offers associate membership to anyone with an interest in music therapy. Associate membership provides discounted access to workshops, conferences and publications, including state branch newsletters, *Pulse* and *The Australian Journal of Music Therapy*
- ... undertakes regular accreditation of university-based music therapy courses
- ... administers a programme of continuing professional development for RMTs

Music Therapy Education

- ... AMTA Inc accredits courses at the following institutions:
 - The University of Melbourne
 - The University of Queensland
 - University of Technology Sydney
 - The University of Western Sydney
- ... for information about courses, please contact the appropriate education institution

Where can I find a registered music therapist?

To find an RMT, please contact:
Australian Music Therapy Association Inc
MBE 148/45 Glenferrie Road, Malvern, Vic 3144
info@austmta.org.au
or look it up on the website at www.austmta.org.au



MUSIC THERAPY

A Sound Practice



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MUSIC THERAPY

... is an allied health profession practised throughout Australia and in more than 40 countries around the world

... is the planned and creative use of music to attain and maintain health and well being. People of any age or ability may benefit from a music therapy programme regardless of musical skill or background

... focuses on meeting therapeutic aims, which distinguishes it from musical entertainment or music education

... allows an individual's abilities to be strengthened and new skills to be transferred to other areas of a person's life

REASONS FOR REFERRAL

... include physical, psychological, emotional, cognitive and social needs that may be addressed within a therapeutic relationship

MUSIC THERAPY PROGRAMMES

... address a variety of objectives, including socialisation, communication (verbal/non verbal), relaxation, stimulation, pain or stress management, emotional expression or coping, self-expression, self-esteem, motivation, independence, and physical, motor and cognitive skills

... involve a range of musical applications including: improvisation, instrument playing, singing/vocalising, composition, song/lyric writing, music and movement, listening, performance and music imagery

... may also address the needs of family, carers and/or friends of the primary care recipient

... are facilitated by the music therapist who draws from a variety of therapeutic processes which reflect their knowledge and experience in areas including psychology, physiology, social/behavioural sciences and human development

... operate in a variety of community and private settings, including early intervention, special education community-based programmes, correctional facilities, medical facilities, drug and alcohol services, mental health, rehabilitation, hospice, aged care/long term care facilities, and private practice

MUSIC THERAPY RESEARCH

... demonstrates the effectiveness of music therapy programmes in many areas including:

- Effect on mood and affect
- Emotional support for clients and their families
- Psychosocial growth
- Physiological responses (eg heart rate, respiration)
- Neurophysiological functioning
- Pain perception
- Physical rehabilitation
- Speech, language and communication
- Movement

WHAT DOES THE REGISTERED MUSIC THERAPIST (RMT) DO?

The RMT...

... assesses individuals and groups to identify abilities and needs

... works closely with family and other health professionals to establish a comprehensive understanding of the client

... develops goals for the music therapy programme which are specific to the client

... designs a range of music experiences which have the potential to meet the needs of the client

... selects, implements and modifies (where necessary) appropriate therapeutic processes, musical experiences and activities in order to meet the evolving needs of the client

... evaluates the programme to ensure effective outcomes