



Australian Music Therapy Association

What is Music Therapy?

Music therapy is a research - based practice and profession in which music is used to actively support people as they strive to improve their health, functioning and wellbeing. It is the intentional use of music by a university trained professional who is registered with the Australian Music Therapy Association (AMTA) Inc.

Registered Music Therapists (RMTs) draw on an extensive body of research and are bound by a code of ethics that informs their practice.

Music therapists incorporate a range of music making methods within and through a therapeutic relationship. They are employed in a variety of sectors including health, community, aged care, disability, early childhood, and private practice. Music therapy is different from music education and entertainment as it focuses on health, functioning and wellbeing.

How Can I Find a Music Therapist?

On the AMTA website you will see a 'Find a Music Therapist' function. Search for a therapist via location or area of practice and expertise. The website also lists music therapists who are NDIS providers.

RMTs Change Lives

View examples of music therapy work via our short animated videos at rmtschangelives.com.au




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