



WHO IS A MUSIC THERAPIST?

- A credentialed professional (MT-BC, awarded by the national Board Certification for Music Therapy after successful completion of the board exam)
- Has completed a 4+ year bachelor's degree in Music Therapy and 1200 hours of clinical training
- May also obtain special certifications for specific populations, such as NICU-MT for evidence-based clinical practice with premature infants

MEDICAL PROFESSIONALS: HOW TO MAKE A REFERRAL

If you think Music Therapy may be appropriate for your patient, make a referral through Impact (AdHoc Charting), and we will see your patient for assessment as soon as possible.

Physicians may also order music therapy by searching for “music” in the order search window and selecting “music therapy” and indicate a reason for the referral. Feel free to use the “Special Instructions” field to tailor the request or enter information that would be helpful to the MT-BC.

All patients must have an order or referral.

UAB MUSIC THERAPY

205.934.4981

uabmedicine.org/musictherapy



Visit the
American Music Therapy Association

at www.musictherapy.org

for more information.

UAB MUSIC THERAPY: The Basics



UAB MEDICINE

MUSIC THERAPY AND MEDICINE

Through a planned and systematic research-based use of patient-preferred live music and music activities, the music therapist provides opportunities for:

- Anxiety and stress reduction
 - Improved respiration
 - Lowered blood pressure
 - Reduced heart rate
 - Relaxed muscle tension
- Non-pharmacological management of pain and discomfort
- Positive changes in mood and/or emotional states for patients experiencing depression
- Increasing patient engagement and interaction
- Neurologic stimulation

In addition, music therapy may allow for:

- Emotional support for families and caregivers
- Relaxation for the entire family
- Meaningful time spent together in a positive, creative way

MUSIC THERAPY ACTIVITIES

- Active music listening
- Song-writing/creating
- Participating in singing or instrument playing
- Moving to music
- Guided imagery/relaxation techniques
- Exploring lyrics

MUSIC THERAPY IN REHABILITATION

- Increase gross and fine motor functions
- Recover verbal and language skills
- Improve cognitive functions such as memory and attention

MUSIC THERAPY IN NEONATOLOGY

- Improve vital signs
- Normalize environment
- Decrease distress behaviors
- Increase opportunities for auditory processing, neurological growth, and development
- Increase opportunities for language input
- Increase sensory, motor, and social responses
- Provide auditory respite from noise-induced stress
- Provide emotional support and facilitate bonding with caregivers



MUSIC THERAPY IN PSYCHIATRY

- Explore personal feelings and therapeutic issues such as self-esteem or personal insight
- Make positive changes in mood and emotional states
- Have a sense of control over life through successful experiences
- Enhance awareness of self and environment
- Provide an outlet for self-expression
- Develop coping and relaxation skills
- Support healthy feelings and thoughts
- Interact socially with others
- Improve concentration and attention span
- Resolve conflicts leading to stronger family and peer relationships