

Cerebral Palsy, Down Syndrome, Speech/Language Disorders, Sensory Integration Deficits, etc.) adolescents, adults and elderly people with Cancer, brain injuries, pain, physical disabilities, Alzheimer's disease, Parkinson's disease, stroke and mental health problems can be benefited by music therapy. The list is not exhaustive.

What are the Career Possibilities?

Music therapists have many career options. They may be employed as a private practitioner or clinician in a hospital, a consultant or an administrator in non-governmental organizations, a supervisor, or a teaching professional in colleges and training centres. Each option involves different places of employment and different qualification requirements.

Credibility of Music Therapy

The credibility of Music Therapy is no longer in question as it is a developed profession, a separate discipline and an insurance reimbursable profession in the West. It is a government approved profession in several countries in the world with several govt. accredited academic programmes running on the subject. There is a World organization for music therapy and many professional peer-reviewed journals.

Professional Organizations for Music Therapy

- ❖ World Federation of Music Therapy
- ❖ International Association for Music and Medicine
- ❖ American Association of Music Therapy

International peer reviewed Journals for Music Therapy

Music Therapy Today, Music and Medicine, Journal of Music Therapy, Music Therapy Perspectives, Nordic Journal of Music Therapy, British Journal of Music Therapy and Australian Journal of Music Therapy.



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About CSMT

Chennai School of Music Therapy in collaboration with **IMC University of Applied Sciences, Krems, Austria** is a Corporate entity committed to taking Music Therapy practice, education and research to modern health care delivery system. Providing through professional training, consultancy services and clinical care, the



school aims to advocate music therapy as an allied health care profession. The School is committed to introducing music therapy education and research to Universities and Consultancy and Clinical Services to hospitals, clinics and other Non Governmental Organisations and Special schools providing health care services. The Corporate entity provides state of the art training programmes with distinguished visiting/guest/on line faculty both national and international assisting the Programme Director. The courses are developed by Chennai School of Music Therapy in collaborations with IMC University of Applied Sciences, Krems, Austria to impart music therapy learning programmes with interactive platforms. Further, keen on identifying cultural sensitivities, the School of higher learning focuses on integrating western music therapy and the more cultural, traditional and spiritual Indian music healing traditions to suit local needs.

What is Music Therapy?

Music therapy is the professional use of music and its elements as an intervention in medical, educational, and everyday environments with individuals, groups, families, or communities who seek to optimize their quality of life and improve their physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing. Research, practice, education, and clinical training in music therapy are based on professional standards according to cultural, social, and political contexts. Source: WFMT

Misconceptions about Music Therapy

Listening to pre recorded music over head phones and using background music is not all that is music therapy. Music Therapists also do not release CDs and Audio Cassettes for specific benefits as a common prescription. General Public must be aware of such commercialization of this professional discipline. Use of Traditional music Healing systems may be integrated into Music Therapy practice, research and education but are not termed as Music Therapy.

Where do Music Therapists Work?

Music therapists work in schools for special children, psychiatric hospitals, rehabilitative centers, medical hospitals, outpatient clinics, day care treatment centers, Non Governmental Organisations serving developmentally disabled persons, community mental health centers, drug and alcohol de-addiction centres, home for senior citizens, nursing homes, hospices, cancer hospitals, Juvenile homes and private practice.

Who is a Music Therapist and who is not?

Musicians are not music therapists; however, it is a prerequisite for a music therapist to be musically skilled. Musicians have to be trained to use music and its elements professionally within a therapeutic relationship, conduct a clinical assessment by recording the client's initial observations within a musical setting, design therapeutic interventions that will target the specific needs of the individual or group through treatment planning and evaluation. Musically skilled individuals have to take up professional music therapy course to work as a music therapist.

Who can integrate Music Therapy in their Works?

Any one working in health care delivery system and special education settings like Psychologists, Doctors, Occupational Therapists, Physiotherapists, Complementary and Alternative Therapists and special educators can integrate professional music therapy services in their works. **Any graduate interested in Music Therapy can also take up the programme.**

What do Music Therapists do?

Music therapists assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses; design music sessions for individuals and groups based on client needs using music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, music performance, and learning through music; participate in interdisciplinary treatment planning, ongoing evaluation, and follow up. Source: AMTA.

Who can benefit by Music Therapy?

Children with Special Needs (PDD, Autism, Developmental Disorders,