

Meta-idea
SOUND/MUSIC IS GOOD FOR YOU

Recreational music

Music Therapy

Music education

Music-based activity therapy

Music healing

Sound healing

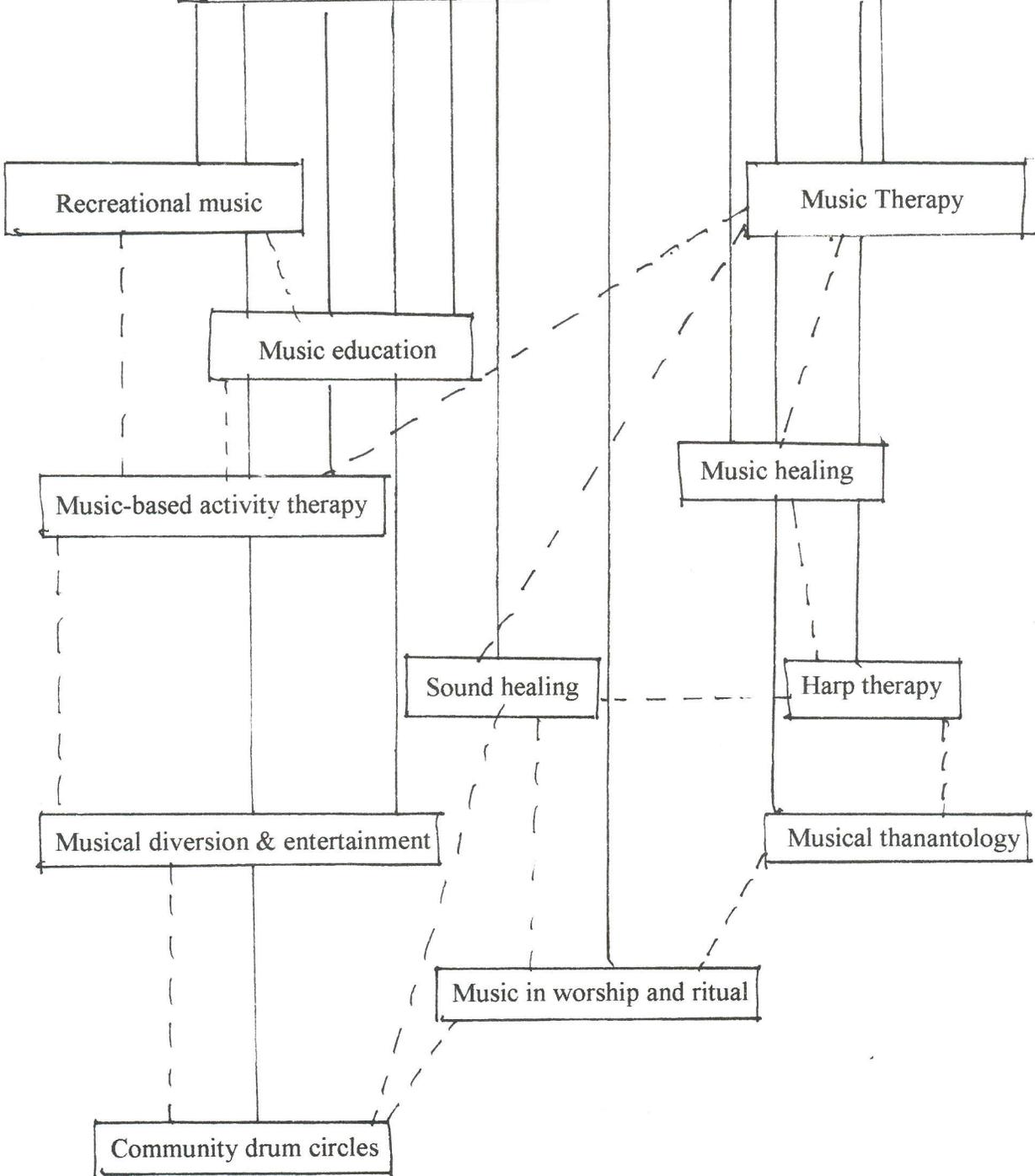
Harp therapy

Musical diversion & entertainment

Musical thanatology

Music in worship and ritual

Community drum circles



Working Definitions

Music Therapy

Music therapy is a systematic process of intervention wherein the therapist helps the client to achieve non-musical goals and objectives that will lead them to a great state of health, using musical experiences and the relationships that develop through them as dynamic forces of change. Music therapy is purposeful, organized, and regular. It is not a series of random, unplanned experiences that turn out to be helpful or beneficial to a person. Music therapy consists of three phases: assessment, treatment, and evaluation. Assessment is the process by which the therapist studies the client and his/her condition, formulates goals, and develops a treatment plan. Treatment is the process by which the therapist employs various music therapy methods and techniques of intervention to induce change in the client or problem. Evaluation is the process by which the therapist determines whether the client or problem has in fact changed as a result of treatment (Bruscia, 1989, p. 47-48). A Music Therapist is a credentialed health care professional who holds a minimum of a Bachelor's degree (in music therapy or its equivalent) and has taken and passed the Certification Board for Music Therapists Exam. Music therapy is a process that takes place over time. It is not an isolated therapeutic intervention or a single musical experience leading to a spontaneous or sudden cure.

Sound Healing

Sound healing is the use of vibrational frequencies or sound forms to heal mind, body and spirit, to impact the human energy system, to induce self-healing, and to promote wellness. Sounds employed are often not "musical."

Music Healing

Music healing is the use of musical experiences to heal mind, body and spirit, to induce self-healing, and to promote wellness. Active and receptive musical experiences are used in music healing. Active techniques include singing, improvising, playing instruments, while receptive techniques include listening, entraining, imaging, relaxing. This involves the use of music **as** therapy rather than **in** therapy. The client-music relationship takes precedence over the client-healer relationship.

Musical Thanatology

Use of musical performance to support and enhance the transition of death.

Harp Therapy

Practitioners use the small harp as a bedside instrument with the intention of supporting the recipient's goal of healing. This goal may be emotional, physical, mental, or spiritual

in nature. The soothing sounds of the harp not only can enhance the quality of life, but create the possibility of interactive work in which the recipient might play the harp.
(From IHTP brochure)

Recreational Music

Music activities are provided for entertainment purposes, to enhance the overall quality of life, and to help develop pleasurable leisure time activities.

Factors to Consider in Defining Practice

Areas of Practice

What clients do you serve?

What healing/therapy model do you function from? (medical, psychoanalytic, behavioral, etc.)

Where do you work?

Levels of Practice (auxiliary, augmentative, intensive, primary)

Content of healing (makes a physical change or impact)

Context of healing (internal and external environment conducive to healing)

What process is involved in working with patients?

What music is used? Is there specificity of music to achieve a certain result?

How is music use? (active, receptive?)

What musical responses do you expect?

Extent of other interactions (verbal exchange, physical interaction, etc.)

Task Specificity

What distinguishes you from other disciplines?

What do you do that no other discipline can do?

How do you uniquely contribute to patient care/treatment?

Why are you doing what you do? (goals)

Who Can Practice your Discipline

Can harp therapy be done by anyone with harp skills?

How is the specialty distinguished?

Bruscia, K. (1989). *Defining music therapy, 1st ed.* Phoenixville, PA: Barcelona Publishers.

Bruscia K. (1998). *Defining music therapy, 2nd ed.* Phoenixville, PA: Barcelona Publishers.