



Music Therapy and Rehabilitation

Emily Wangen MT-BC/L
Music Therapist – Owner/Director
Anna J Mitchell MT-BC/L
Music Therapist - Assistant Director

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Overview

- Comprehend and take away a basic definition of music therapy in rehabilitative care
- Acquire information regarding research based therapy practices in music therapy and neuro-rehab settings
- How Music Therapy in Motion can benefit individuals who have had a Brain Injury or Stroke.

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Music Therapy in Motion, LLC

- Music Therapy in Motion (MTIM) provides Music Therapy (MT) services across 15 counties in ND and MN in the Red River Valley.
- Established in 2006
- Necessity in ND and seen as new concept at the time
- Two clinic locations; Fargo Moorhead and Grand Forks
Team of 6 Board Certified and Licensed Music Therapists bring over 43 years of experience to communities, partnerships and clients across ND and MN
- Our team has specialized training in Neurologic Music Therapy, behavioral health, trauma informed care, addiction, and Neonatal Music Therapy.

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What is Music Therapy?

“Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

American Music Therapy Association

<http://www.musictherapy.org>

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Qualifications to be a Board Certified and Licensed Music Therapist: MT-BC/L

- Board Certified by the National Certification Board of Music Therapists (CBMT).
 - completed a 4-year accredited music therapy program
 - completed a 1020 hour national roster internship
 - passed the national exam for music therapy.
- ND passed state licensure in Music Therapy in 2012.
 - Licensed with the North Dakota Board of Integrative Health Care to practice in the state of ND.

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Where is Music Therapy Used?

- Rehabilitation Facilities
- Psychiatry
- Outpatient Therapy
- Hospitals - Inpatient, outpatient and Partial hospital programs
- Private Practice - Clinic and Home Visits
- Schools
- Day Habilitation Programs
- Residential Placements
- Skilled Nursing Facilities
- Memory Care
- Hospice
- Wellness Centers

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What Does a Music Therapist Do?

- Assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses
- Design music sessions or interventions for individuals and groups based on client needs and preferences
- Participate in interdisciplinary treatment planning, ongoing evaluation, and follow up

(AMTA Website)

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What Does a Music Therapist Do?

- Assessment
- Treatment planning
- 1:1 Sessions
- Group Sessions
- Adaptive Lessons
- Recreational/Community Drumming Groups
- Provide services to patients and families
- Interdisciplinary collaboration
- Ongoing treatment and planning
- Advocacy

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What to expect from a Music Therapist?

- Compliance with the expectations and requirements inherent in the medical model of treatment.
- Professionally trained music therapists design and utilize individualized music experiences to assess, treat, and evaluate patients.
- Benefits are described in medical, and not musical, terms.

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Why Music Therapy?

- Music has a profound impact on the brain and can stimulate all areas of the brain
- Multi-sensory experience in music directly affects our physical, emotional, tactile responses and increases brain neuroplasticity
- Great addition to multidisciplinary team and can both co-treat with therapy staff or treat in individual settings
- Can aid patients and staff within the treatment plan of therapy

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Why Music Therapy?

- Neurologic Music Therapy techniques can utilize music with gait training at the gait training center in co-treatment or 1:1 settings.
- Music has the unique ability to connect patients, family, staff and entire treatment team.
- Help get motivated with use of music to engage pts physically, socially, and emotionally.

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Community Partnerships

- In addition to working within our clinics, we have over 40 community partnerships in the Fargo Moorhead and Grand Forks areas.
- Local partnerships include recovery centers, mental health facilities, schools, hospitals, rehabilitation centers, hospices, senior living communities, memory care settings, juvenile centers, day habilitation centers, child care centers, group homes, and adult day programs.

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Research and Music Therapy in Rehabilitation

- Research results and clinical experiences attest to the viability of music therapy even in those patients resistant to other treatment approaches.
- Music is a form of sensory stimulation, which provokes responses due to the familiarity, predictability, and feelings of security associated with it.
- Extensive research demonstrating effectiveness of music therapy with
 - TBI, concussion/disorders of consciousness, stroke, Parkinson's disease, spinal cord injuries, pain management, gait/balance, overall patient wellbeing

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Research and Music Therapy in Rehabilitation

- Magee WL, Clark I, Tamplin J, Bradt J. Music interventions for acquired brain injury. Cochrane Database of Systematic Reviews 2017, Issue 1. Art. No.: CD006787. DOI: 10.1002/14651858.CD006787.pub3.
- Lim, H. A., PhD, MT-BC, NMT fellow, Miller, K., MM, MT-BC, NMT Fellow, & Fabian, C., MOT, OTR. (2011). The Effects of Therapeutic Instrumental Music Performance on Endurance Level, Self-Perceived Fatigue Level, and Self-Perceived Exertion of Inpatients in Physical Rehabilitation. *Journal of Music Therapy*, 48(2), 124-148.
- Magee, W. L., BMus, PhD, ARCM, SRAsT(M), & Davidson, J. W., BA, PGCE, MA, PhD. (2002). The Effect of Music Therapy on Mood States in Neurological Patients: A Pilot Study. *Journal of Music Therapy*, XXXIX(1), 20-29.

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Target Music Therapy Goals in Rehabilitation

- Movement
 - Strength and endurance
 - Coordination
 - Range of motion
 - Balance and posture
 - Dexterity
- Speech and Language
 - Dysarthria and dysphonia
 - Fluency and articulation
 - Intelligibility
 - Respiratory strength
- Cognition
 - Memory and attention
 - Auditory perception

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Neurologic Music Therapy (NMT)

- The therapeutic use of music applied to sensory, speech and language, cognitive, and motor dysfunctions after a neurologic event or diagnosis.
- The therapy is based on neuroscience research on how music is processed and perceived in the brain, and how we can use that as a tool in neurorehabilitation to improve non-musical goals.
- Interventions are based on the scientific knowledge of music perception and production and the effects of this treatment on nonmusical brain and behavior functions.

(Brain Injury Association of America Website)

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Neurologic Music Therapy Techniques

- Sensorimotor:
 - Rhythmic Auditory Stimulation
 - Pattern Sensory Enhancement
 - Therapeutic Instrument Playing
- Speech:
 - Melodic Intonation Therapy
 - Musical Speech Stimulation
 - Oral Motor Respiratory Exercise - Vocal Intonation Therapy
 - Therapeutic Singing
- Cognitive:
 - Musical Attention Control Training
 - Musical Mnemonics Training
 - Music Psychosocial Training and Counseling

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Is Music Therapy a Reimbursable Service?

- **Medicare**

- Since 1994, music therapy has been identified as a reimbursable service under benefits for Partial Hospitalization Programs (PHP).
- Falling under the heading of Activity Therapy, the interventions cannot be purely recreational or diversionary in nature and must be individualized and based on goals specified in the treatment plan.
- The current HCPCS Code for PHP is G0176.
- The music therapy must be considered an *active treatment*

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Is Music Therapy Reimbursable?

- **Medicaid**

- There are currently a few states that allow payment for music therapy services through use of Medicaid Home and Community Based Care waivers with certain client groups.
- In some situations, although music therapy may not be specifically listed within regulatory language, it may also be included in
 - community support
 - rehabilitation,
 - habilitation services.

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Summary

- Who are we? Music Therapy in Motion, LLC
- What is Music Therapy
- Where is music therapy utilized?
- What does a music therapist do?
- Music Therapy in Motion and Cobalt Rehabilitation
- Music therapy research
- Neurologic Music Therapy
- Music therapy reimbursement
- **Questions?**

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Thank You!

Music Therapy in Motion, LLC
6046 14th St. S. Fargo, ND 58102

Email: Emily@musictherapyinmotion.com
Anna@musictherapyinmotion.com

Web: musictherapyinmotion.com

Phone: 218.791.0908

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