

In Summary, This Means:

It's okay if you or your child is not playing, or is playing 'incorrectly'. The music therapist is usually looking for something else that doesn't require good technique or assessing your or your child's ability to play. The therapist will help play technique if required.

It's okay if you or your child is not showing 'good' or 'acceptable' behaviour. The role of the music therapist is to meet you or your child's mood and work within an environment that is safe to address the goals. If you or your child is exhibiting behaviours that may be perceived as 'negative', they might not be feeling safe or in control. It is up to the therapist to adjust their behaviour to help you or your child want to exhibit feelings of safety, not the other way around.



How to Support the Process

Following the below recommendations will help the participant get the most out of their music therapy program:

- Support the participant to **attend** the session **independently**, unless invited in by the therapist or participant for collaborative work or feelings of safety
- **Follow** the music therapist's **lead** and any **instructions** when in a session
- Refrain from correcting **behaviour** or **musical technique**
- Be open to receiving **information**, **resources**, **suggestions**, and **recommendations** from the therapist

Contact us for more **information** about music therapy and the **services** we offer at Central Queensland Music Therapy:

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Find us on **Social Media**



Central Queensland MUSIC THERAPY

What is Music Therapy?

How can participants and families get the most out of music therapy sessions?



What is Music Therapy?

Music therapy is a **research-based, allied health profession** that uses music and other therapeutic resources to actively support people as they aim to improve their health, functioning, and well-being. It can help people of all ages to manage their physical and mental health, and enhance their quality of life.

You don't need to be musical to take part in or benefit from music therapy. Qualified music therapists plan and provide musical and non-musical experiences for their participants. Each session is **tailored** to the **needs** and **goals** of the participant.



What is a Music Therapist?

A **Registered Music Therapist (RMT)**:

- Has completed a Masters of Music Therapy degree
- Is registered with the Australian Music Therapy Association (AMTA)
- Abides by the AMTA's Code of Ethics
- Completes ongoing professional development

RMTs, unlike music teachers or performers, use **music** to address participants' **developmental, social, emotional, physical, and physiological** goals.

They occasionally address **musical goals**, like learning to play an instrument, when the benefits would be useful to **improve a non-musical aspect** of someone's health, functioning, and well-being.

They also **collaborate** with individuals and families to achieve their goals by activating and changing neurological pathways. Human brains are activated in **multiple areas** across **both sides of the brain** when exposed to **music**.

What does a Music Therapy Session Look Like?

The music therapy session can look **structured, playful, calm**, or even **chaotic**! It depends on the participant, the program, the mood of the participant on the day, and other factors.

The music therapy space is **not a classroom**, and the therapist is **not a teacher**. Children and adults come to music therapy to address goals around a developmental delay, behavioural issues, emotional regulation, trauma, mental health, etc. The therapist needs to be able to see how these areas of need present in **real life**, to help **support growth and change**.

This can be hard for parents and carers who are used to their child being expected to pay attention, sit still, etc. It can also be confronting and confusing for adults who are used to certain social expectations in terms of communication and emotional regulation.

