

Music and Health Modalities Chart

Modality	Definition	Required Training	Professional Designation	Populations Served	Client-Utilized Music Techniques	Governing Association
Music Therapy (United States)	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.	College degree in Music Therapy; Supervised Internship of 1040 hours; Board Certification Examination; 100 hours of MT-specific continuing ed every 5 years	MT-BC (Board Certified Music Therapist)	Military, Memory Loss and Dementia, Autism Spectrum Disorders, Developmental Disabilities, Pain Management, Correctional and Forensic Settings, Special Education, Medical Settings, Early Intervention, Psychiatric Populations, Crisis and Trauma, Neo-Natal Infants, Hospice, Palliative Care	Songwriting, Improvisation, Recorded and Live Music Listening, Movement, Lyric Analysis, Music-Based Discussion, Drumming, Singing, Instrumental Performance, Guided Imagery	American Music Therapy Association, Certification Board for Music Therapists
Musicians on Call	Brings live and recorded music to the bedsides of patients in healthcare facilities.	Volunteers are of professional caliber and are bound by Musician on Call policies and guidelines	None, musicians are volunteers	Hospital Patients	Live and Recorded Music Listening	Musicians on Call Non-Profit Organization
Music Thanatology	A musical/clinical modality that unites music and medicine in end of life care. The music-thanatologist utilizes harp and voice at the bedside to lovingly serve the physical, emotional and spiritual needs of the dying and their loved ones with prescriptive music	Sacred Flight provides a two-year, non-degree training program including 600 contact hours; 300 hour clinical internship	CM-Th (Certified Music Thanatologist)	Palliative Care, Hospice, End-of-Life	Live Music Listening	Music-Thanatology Association International
Music and Memory Program	MUSIC & MEMORY SM is a non-profit organization that brings personalized music into the lives of the elderly or infirm through digital music technology, vastly improving quality of life.	Certified facilities must complete a series of three 90-minute webinars	Facilities can be listed as Music and Memory Certified	Older Adults, Memory Loss, Dementia	Recorded Music Listening	MUSIC & MEMORY SM organization
Sound Healing	The educated and conscious use of the energy of sound to reach identified goals and promote wellness in the human system including the expansion of consciousness. Sound Healing is founded on the premise that all matter is vibrating at specific frequencies.	Certificate or associate degree program (198 hours) offered through Globe Institute of Sound and Consciousness	No specific designation found in search	Learning disabilities, Auditory Tonal Processing Difficulties, Medical Uses, Corporate Clients for Stress Reduction	Live or Recorded Music Listening, Vibro-acoustic Qualities of Sound	Sound Healers Association, World Sound Healing Association, Globe Institute of Sound and Consciousness

Therapeutic Music	Therapeutic music is live acoustic music, played or sung, and specifically tailored to the patient's immediate need. It is an art based on the science of sound.	Completion of curriculum (either classroom taught, online, or independent self-study); Demonstration of musical proficiency; 45 hours of hospice/hospital internship playing at bedside	Depends on specific certification program	Persons experiencing life's transitions, such as birthing and dying, and those experiencing terminal illness, injury, chronic illness and/or disease. Facility staff and family members accompanying the patient also benefit from the music.	Live Music Listening	National Standards Board for Therapeutic Musicians (which also accredits other certification programs such as the Clinical Musician Certification Program and Certified Music Practitioners)
Music Practitioner	Provides live therapeutic music, which creates healing environments for the ill and/or dying and all who may benefit.	Completion of 5 educational Modules with a total of 80 hours of study; 45 hours of clinical experience; 40 CEUs every 4 years	CMP (Certified Music Practitioner)	The critically, chronically, and temporarily ill, elderly, children, birthing mothers, the dying, and any others who may benefit.	Live Music Listening	Music for Healing and Transition Program, Inc.
Clinical Musician	Therapeutic music is an art based on the science of sound. It is live acoustic music, played or sung, specifically tailored to the patient's immediate need, which brings music's intrinsic healing value to the bedside of the ailing.	Completion of 2-part independent study course; 45 hour clinical internship; (Can be certified in as few as 4-6 months)	CCM (Certified Clinical Musician)	None specifically listed at HarpForHealing.com	Live Music Listening	Clinical Musician Certification Program
Harp Therapy	Use [of] the small harp as a bedside instrument with the intention of supporting the recipient's goal of healing [with] the possibility of interactive work in which the recipient might play the harp	Completion of 2 levels of online training (~15 hrs/month) and participation in conference calls; clinical internship	CTHP (Certified Therapeutic Harp Practitioners)	People of all ages and circumstances benefit from the Therapeutic Harp	Live Music Listening, Possible Instrumental Performance	Harp Therapy International
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