

Music Therapy
Accessible &
Adaptable to All

Presented by:

Amy Formella, MS, MT-BC
Samantha Sivertsen, MMT, MT-BC

WHAT is Music Therapy

Definition of Music Therapy:

Music therapy is defined as the clinical and evidence-based use of music interventions to accomplish individualized goals for people of all ages and ability levels within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music therapy interventions can address a variety of healthcare goals:

Manage Stress

Alleviate Pain

Express Feelings

Enhance Memory

Improve Communication

Promote Physical Rehabilitation

Promote Wellness

and more

What is a Music Therapist

A music therapist is an individual who has completed the education and clinical training requirements established by the American Music Therapy Association (AMTA) and who holds current board certification from The Certification Board for Music Therapists (CBMT).

Music Therapy Clinical Process

- Prior to providing services, MT-BCs complete an Assessment after receiving a Referral.
- Music therapists work with the multidisciplinary team.
- Treatment Plans
 - Long-Term Goals
 - Short-Term Goals

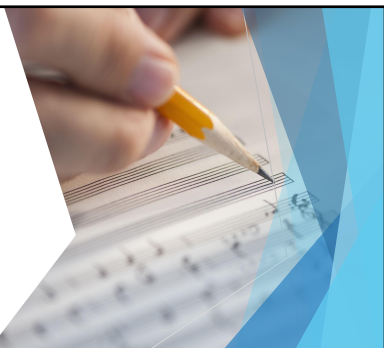
How Music Therapy Works

- Music therapy provides in-person support for patients by meeting the needs of the individual through live music interactions.
- An important piece of the music therapy process is continual evaluation of the patient to see how well goals are being met.



Music Therapy Interventions

- Instrumental Music Making - using traditional or non-traditional instruments to create sound
- Improvisation - creating impromptu, spontaneous melody, harmony, or accompaniment
- Structured - recreating pre-composed music from notation, lyric sheets, or verbal facilitation
- Vocal Music Making - intonation, articulation, singing, breathing, and respiratory exercises
- Songwriting - creating and producing lyrical and/or instrumental content within a structured format



Music Therapy and Dementia Care

- Memory disorders with which board-certified music therapists (MT-BCs) work include, but are not limited to:
 - Alzheimer's disease
 - Vascular dementia
 - Dementia with Lewy bodies
 - Huntington's
 - Frontotemporal dementia
 - Dementia caused by injury
 - Mild cognitive impairment

Music Therapy in Adults Living with Dementia is...

- A holistic approach that relies on individual strengths and needs, positively impacts mood, behavior, cognition and mobility.
- A multi-modal means of expression, both verbal and nonverbal.
- Sensory stimulation, personally engaging, validating and comforting.
- A source of meaningful experiences between the caregiver and their loved one

Music Therapy in Hospice care

- Meet the psychosocial and physical needs of hospice patients.
- Comfort and expression with patients as well as their caregivers.
- Assist in decreasing pain and discomfort through individualized interventions.
- Facilitate family communication, relationship completion, and social interaction through creative means.
- Provide alternative opportunities for processing emotions related to death and dying or bereavement.
- Facilitate avenues for spiritual expression and support.

Hospice Music Therapy

- Music-listening
- Lyric analysis
- Musical re-creation
- Music assisted relaxation
- Music assisted reminiscence/life review
- Sensory stimulation through music
- Legacy work

Music Therapy with Military populations

- Strengthening interpersonal skills
- Building and utilizing regulation, resilience, and coping skills
- Increasing self-awareness and self-expression
- Improving/maintaining cognition, communication, and physicality
- Developing/utilizing non-pharmacological pain management skills
- Developing/enhancing individual and community musical leisure pursuits
- Trauma informed treatment

Adaptive equipment for Music Therapy

- Hearing assistive devices
 - Pocket talkers
 - Bluetooth headphones
 - Visual response devices to sound
 - Equipment that produces vibration
 - Subpac physical audio system

Music Therapy is a treatment ordered by a physician

- Doctor's order
- Assessment
- Treatment plan
- Focus Care Plans
- Progress notes
- Quarterly evaluations
- Discharge

How to establish reimbursement for Music Therapy on the MDS

- Care Plan: MUSIC Therapy restorative communication: Know that I have difficulty communicating my needs with others, please provide me with music therapy services 90 minutes per week.
- Goal: RESTORATIVE
- FOCUS: Impaired Communication: I have impaired communication skills related to my dementia

Music Therapy is billable or reimbursable

- ▶ Minimum Data Set restorative plans
- ▶ CPT Codes
- ▶ Medicaid

Other types of Music Therapy
reimbursement:
CPT codes or Medicaid

CPT Codes:

CPT 97530 for music, art or dance therapy

CPT 96156-97533 Health Behavior Assessment
and Intervention

Medicaid

- Medicaid Waivers:
- Wisconsin: Music therapy is a covered service within the Brain Injury Waiver (BIW) and the Children's Long-Term Support Waiver.

Music Therapy Summary

- Music Therapy is a reimbursable service that helps people of all ages; children, adolescents or adults, and from all health needs. It may benefit many different aspects of one's well-being, including:
 - Mental.
 - Emotional.
 - Physical.
 - Social.
 - Cognitive.

Music Therapy Organizations

- American Music Therapy Association
- Great Lakes Region for Music Therapy
- Wisconsin Chapter for Music Therapy

References

- ▶ American Music Therapy Association (AMTA). (n.d.). *Welcome to the American Music Therapy Association*. Retrieved from <https://www.musictherapy.org>
- ▶ Certification Board for Music Therapists (CBMT). (n.d.). *Welcome to CBMT*. Retrieved from <https://www.cbmt.org>
