

# Music Therapy in Texas: A Fact Sheet

Serving Individuals with Disabilities, Illnesses, and Special Needs

## 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 definition, 2011)

## Music Therapy in Texas

- As of February 2014 there are **415** nationally Board-Certified Music Therapists (MT-BC) in Texas.
- It is estimated that **41,354 Texas residents** received music therapy services in 2010. Unfortunately, many more people who could possibly benefit from music therapy services have no access due to a lack of state recognition of our clinical training and board certification.
- In Texas, music therapists currently serve clients in public schools, residential care facilities, adult and pediatric hospitals, hospices, behavioral and mental health facilities, nursing homes/ assisted living facilities, group homes, early intervention programs and private practice.

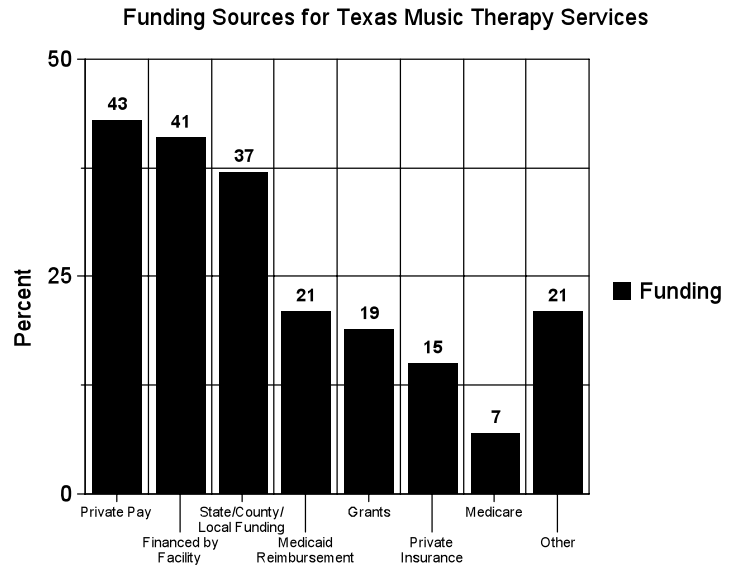
## Populations Served by Texas Music Therapists

Abused/Sexually Abused	Mental Health/Psychiatric
Alzheimer's/Dementia	Multiply Disabled
At-Risk Youth	Music Therapy College Students
Autism Spectrum Disorders	Neurologically Impaired
Behavioral Disorders	Parkinson's
Bereavement	Physically Disabled
Developmentally Disabled	Post Traumatic Stress Disorder
Early Childhood	School Aged Population
Eating Disorders	Speech Impaired
Elderly Persons	Substance Abuse
Emotionally Disturbed	Terminally Ill
Hearing Impaired	Visually Impaired
Learning Disabled	Wellness/Personal Growth
Medical (Burns, Cancer, Chronic Pain, Comatose, Head Injured, Stroke)	

- College and Universities that offer nationally-approved Bachelors level music therapy training programs:

Sam Houston State University\*  
 Southern Methodist University  
 Texas Woman’s University\*  
 University of the Incarnate Word  
 West Texas A&M University

\*denotes graduate degree program in Music Therapy



- There are 15 National Roster Clinical Internship sites available in Texas. Music therapy students must complete an internship to finish their degrees.

## State Recognition of Music Therapy

Music Therapy is a skilled profession. Therefore, qualified music therapists in Texas, along with the American Music Therapy Association (AMTA) and the Certification Board for Music Therapists (CBMT), strongly recommend that **“music therapy” become a protected title through a state license or registry.** This is essential for ensuring the **safety of our citizens and for increasing their access to services provided by qualified practitioners.** Board certified music therapists work within a scope of practice and demonstrate current competency in the profession. In addition, they must meet extensive continuing education and recertification requirements every five years. The credential to be recognized is the **Music Therapist-Board Certified (MT-BC)** credential administered by CBMT.

**American Music Therapy Association (AMTA)**

[www.musictherapy.org](http://www.musictherapy.org)

**Certification Board for Music Therapists (CBMT)**

[www.cbmt.org](http://www.cbmt.org)

**Southwestern Region of the American Music Therapy Association (SWAMTA)**

[www.swamta.com](http://www.swamta.com)

## **Cost Effectiveness of Music Therapy in Research**

### **1. Walworth, D.D. (2005). Procedural-support music therapy in the healthcare setting: a cost effectiveness analysis. *Journal of Pediatric Nursing*, 20(4), 276-84.**

- The application of music therapy had 100% success rate of elimination the need for sedation for pediatric patients receiving EEG, and 80.7% success rate for pediatric CT scan without sedation, and a 94.1% success rate for all of the procedures.
- The cost analysis resulted in that the total per patient with music therapy was \$13.21 and \$87.45 for patients without music therapy, which results in a net savings of \$74.24 (85%).
- The project resulted in saving 184 RN-hours for other duties, which addresses the concern of a nationwide shortage of RNs.

### **2. Romo, R. & Gifford, L. (2007). A Cost-benefit analysis of music therapy in a home hospice. *Nursing Economics*, 25(6), 353-358.**

- The total cost per patient in music therapy was \$10,659 and \$13,643 for a standard care patient, resulting in a cost savings of \$2,984. The music therapy program cost \$3,615, yielding a cost benefit ratio of 0.83. When using the cost per patient day, the cost benefit is 0.95.
- The hospice administrator viewed using an MT-BC as a strong point and critical to the program's success, a view supported in the literature.
- Evidence exists that MT may improve risk management for the hospice. Agitation and restlessness are leading causes of patient falls and staff injuries (Sung & Chang, 2005; van Doorn et al., 2003); consequently, one can argue that MT may reduce the number of falls and injuries.
- 79% of respondents agreed or strongly agreed that the MT program increased their job satisfaction, and 80% of the respondents felt that knowing that hospice paid for the MT program increased their commitment to the agency.

### **3. Standley, J.& Walworth, D.D. (2005). Cost/Benefit Analysis of the Total Program, in J. Standley (Ed.), *Medical Music Therapy*, 33-40. AMTA.**

- For the total expenditure in \$57,600, the Florida State University affiliated music therapy/Arts in Medicine protocol in the Tallahassee Memorial Hospital reveal a total outlay for two partners of \$17,247, or 70.1% of total savings.

## **Texas Music Therapy State Task Force**

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