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State Board of Professional Counselors and Therapists - Maryland Music Therapists Act – HB1102

- This act would create a state licensure system through a Music Therapist Advisory Committee within the State Board of Professional Counselors and Therapists
- There are currently 144 board-certified music therapists serving Marylanders with a wide variety of physical and mental health needs including depression, autism spectrum disorder, cancer, stroke, and dementia
- Music therapists are board-certified at a national level, but licensure at the state level would provide a state-recognized credential that is often needed for special education, Medicaid waiver funding, and private insurance regulations in order to support and reimburse services
- State licensure would also give an added recognition for employers, clients, and others looking for music therapy services to ensure that those identifying themselves as music therapists are held to minimum standards of education and training
- 12 other states have enacted laws creating state-level licensure for music therapists
- Licensure requirements in this bill are in line with national board certification standards and other state licensure requirements
- The goal of this bill is to expand access to evidence-based music therapy services for people in Maryland by providing state level recognition of this service

Why is music therapy licensure needed?

- Providing official state recognition – special education, Medicaid waiver funding, and private insurance regulations often require official state recognition of a credential in order to support and reimburse services
- Ensuring those practicing music therapy are held to minimum standards of education and training – individuals presenting themselves as music therapists are trained personnel held to high standards of ethical and professional practice and demonstrate competency in evidence-based practices through board certification and continuing education, differentiating music therapists from other music practitioners in healthcare

What are the licensure requirements?

- Hold a bachelor's degree or higher in music therapy or its equivalent
- Have successfully completed at least 1200 hours of clinical training
- Pass the examination for board certification offered by the Certification Board for Music Therapists
- Pass background check
- Pay fee to be set out by the board
- For licensure renewal must complete 40 continuing education hours every 2 years

Are these requirements sufficient?

- These requirements are in line with current national standards of music therapy practice and other state-level licensure legislation
- Unlike other practices, such as art therapy which requires a master's level degree, it is not within the scope of music therapy currently or in this bill to assess or diagnose a disorder. Instead music therapy services are informed by an individual's diagnosis, history, and current needs

Does this infringe on other therapists or providers (Speech & Language Pathologist concerns)?

- This bill does not intend to expand the scope of practice for music therapists and specific language has been added to this bill to address this concern e.g. "Practice of music therapy' does not include the screening, diagnosis, or assessment of any physical, mental, or communication disorder"
- This bill does not intend to replace services provided by any other provider, but focuses only on recognizing music therapists for the work they are providing within their scope of practice
- Music therapists often work with other providers to best meet the needs of the individual clients
- Communication skills are a common and appropriate goal for music therapists. There is evidence that music therapy is effective in improving communication outcomes including for individuals with autism spectrum disorder and stroke
 - One more prominent example of this is Gabby Giffords receiving music therapy after a traumatic brain injury related to a shooting in 2011¹

Who is music therapy effective for?

- Reduces depressive symptoms and anxiety and helps to improve functioning for people with **depression**.²
- Increases social interaction, communication skills, initiating behavior, and social-emotional reciprocity among people with **autism spectrum disorder**.³
- Improves mental state, social function, and quality of life of people with **schizophrenia** or schizophrenia-like disorders.⁴
- Reduces depressive symptoms and anxiety and improves emotional well-being and quality of life for people with **dementia**.⁵
- Decreases anxiety, pain, and fatigue and improves quality of life for people with **cancer**.⁶
- Improves gate, timing of upper extremity function, communication, and quality of life after **stroke**.⁷
- Decreases anxiety, respiratory rate, systolic blood pressure, and use of sedatives and analgesics among **mechanically ventilated patients**.⁸

¹ https://abcnews.go.com/Health/w_MindBodyNews/gabby-giffords-finding-voice-music-therapy/story?id=14903987

² Aalbers S, Fusar-Poli L, Freeman RE, Spreen M, Ket JCF, Vink AC, Maratos A, Crawford M, Chen X, Gold C. Music therapy for depression. Cochrane Database of Systematic Reviews 2017, Issue 11. Art. No.: CD004517. DOI: 10.1002/14651858.CD004517.pub3

³ Geretsegger M, Elefant C, Mössler KA, Gold C. Music therapy for people with autism spectrum disorder. Cochrane Database of Systematic Reviews 2014, Issue 6. Art. No.: CD004381. DOI: 10.1002/14651858.CD004381.pub3

⁴ Geretsegger M, Mössler KA, Bieleninik Ł, Chen X, Haldal T, Gold C. Music therapy for people with schizophrenia and schizophrenia-like disorders. Cochrane Database of Systematic Reviews 2017, Issue 5. Art. No.: CD004025. DOI: 10.1002/14651858.CD004025.pub4

⁵ van der Steen JT, Smaling HJA, van der Wouden JC, Bruinsma MS, Scholten RJP, Vink AC. Music-based therapeutic interventions for people with dementia. Cochrane Database of Systematic Reviews 2018, Issue 7. Art. No.: CD003477. DOI: 10.1002/14651858.CD003477.pub4

⁶ Bradt J, Dileo C, Magill L, Teague A. Music interventions for improving psychological and physical outcomes in cancer patients. Cochrane Database of Systematic Reviews 2016, Issue 8. Art. No.: CD006911. DOI: 10.1002/14651858.CD006911.pub3

⁷ 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

⁸ Bradt J, Dileo C. Music interventions for mechanically ventilated patients. Cochrane Database of Systematic Reviews 2014, Issue 12. Art. No.: CD006902. DOI: 10.1002/14651858.CD006902.pub3