



## ***Music Therapy and Music Lessons: What is the Difference?***

Music therapy and music lessons may look similar because both include active involvement in music-making but the goals when working with a music therapist and a music teacher are different.

### **The five key differences between therapy and lessons:**

1. Music therapists work with individuals towards specific clinical goals to facilitate a change. The change could be related to physical, communicative, social, emotional and/or spiritual needs.
2. Music therapists accept a person's musical abilities as they are, and do not expect them to advance in their musical skillset throughout the course of treatment.
3. Music therapists help clients to develop resources and skills that can be used outside of the music setting.
4. In music therapy, the process of creating and experiencing music is beneficial and there is no expectation for performance or sharing the music that is created with others.
5. A music teacher's main purpose is to teach about music e.g. style, technique, repertoire. The focus of music lessons is on the student's learning, understanding and refinement of musical skills. There is also the option to perform and share with others (along with nurturing a love of music of course!)

### **Who are music teachers?**

Beyond the Studio music teachers are university prepared musicians and may have credentials with the Royal Conservatory of Music. Teachers with a Bachelor of Music are performers with high proficiency on at least one instrument or voice and have a wide understanding of music history, theory and ensemble playing (symphony, band, choir, accompanying). Beyond the Studio teachers have experience teaching children and share the organization's philosophy of nurturing a lifelong love of music.

### **Who are music therapists?**

A music therapist is a certified MTA (Music Therapist Accredited). This means that they are university trained and experienced in recognizing that each person has different strengths, learning needs, and learning styles. A certified MTA has completed a certification board exam in addition to a 1000 hour clinical internship. Music therapists work to improve many domains, including academic, motor, emotional, communication and social skills. To find out more go to [www.musictherapy.ca](http://www.musictherapy.ca)

If you would like to discuss music therapy for you or a loved one, please contact Adrienne Pringle at [beyondthestudiomusic@gmail.com](mailto:beyondthestudiomusic@gmail.com) or visit our website at [www.beyondthestudio.ca](http://www.beyondthestudio.ca)