

Neurologic Music Therapy

Music Therapy is the evidence-based approach to rehabilitation that harnesses the controlled use of music to achieve functional therapeutic goals. **Neurologic Music Therapy (NMT)** is a specialized discipline within Music Therapy, defined as “the therapeutic application of music to cognitive, affective, sensory, language, and motor dysfunctions due to disease or injury to the human nervous system.”¹ NMT training is endorsed by the World Federation of Neuro-rehabilitation (WFNR) and the European Federation of Neuro-rehabilitation Societies (EFNS).

NMT is based on neuro-scientific models of rehabilitation and music perception. It uses standardized music-based interventions to achieve functional goals in areas of **cognition, speech and language, and sensorimotor skills**. NMT can be effective for addressing the impacts of trauma, and the losses associated with a neurological illness or injury. NMT can be helpful for people at all levels of functioning, and all points in the life span. Improved outcomes have been documented even in patients with prolonged disorders of consciousness (PDOC).

Engagement in music activates nearly every region of the brain making NMT a highly effective way to engage **neuroplasticity**. This is the ability of the brain to create new neural networks and strengthen existing networks that are damaged by injury, weakened by disease, or effected by traumatic experience. **No previous experience in music is required to benefit from music therapy.**

Music Therapy Toronto: What We Do

Music Therapy Toronto specializes in neuro-rehabilitation through Neurologic Music Therapy, as well as music based psychotherapy and adapted music education for a variety of clinical issues and populations.

Client Populations

- Brain Injury
- Stroke
- PTSD
- Parkinson’s Disease
- Dementia
- Cerebral Palsy
- Autism
- Neuro-degenerative diseases

Interdisciplinary Team

Music Therapists work as members of the interdisciplinary healthcare team. Music therapy can be a highly effective way of achieving therapeutic goals set in rehabilitation care plans.

Therapy sessions may be covered by extended health benefit plans and by OCF-18’s in treatment plans related to motor vehicle accidents.

¹Thaut MH, Hoemberg V. (Eds). Handbook of Neurologic Music Therapy, 2014

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