

Malaysian Society For Music In Medicine (MSMM)

(Pertubuhan Muzik Dalam Perubatan Malaysia) PPM-006-10-03042013

马来西亚音乐医学协会

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FAQs on Music Therapy

1. What is music therapy?

Music therapy is the professional use of music and its elements as an intervention in medical, educational, and everyday environments with individuals, groups, families, or communities who seek to optimize their quality of life and improve their physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing. Research, practice, education, and clinical training in music therapy are based on professional standards according to cultural, social, and political contexts.

2. Where do music therapists work?

These are some of the workplaces for a music therapist: Psychiatric and medical hospitals, rehabilitative facilities, outpatient clinics, day care centers, special schools, agencies serving people with developmental disabilities, Community Mental Health Care Centers, drug and alcohol programs, correctional facilities, nursing homes, senior centers, hospice programs.

3. Do music therapists teach musical skills?

Music therapy is not a substitute for music lessons. However, clients will often acquire certain musical skills in the course of a music therapy program, such as sensitivity to pitch, rhythmic control, awareness of form, manipulative control etc.

4. Who can benefit from music therapy?

Children, adolescents, adults, and the elderly with mental health needs, developmental and learning disabilities, Alzheimer's disease and other aging related conditions, substance abuse problems, brain injuries, physical disabilities, and acute and chronic pain, including mothers in labor.

5. What are some misconceptions about music therapy?

- That the client or patient has to have some particular music ability to benefit from music therapy -- they do not
- That there is one particular style of music that is more therapeutic than all the rest -- this is not the case. All styles of music can be useful in effecting change in a client or patient's life. The individual's preferences, circumstances and need for treatment, and the client or patient's goals help to determine the types of music a music therapist may use.

6. What do music therapists do?

Music therapists assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses; design music sessions for individuals and groups based on client needs using music improvisation, receptive music listening, song writing, lyric discussion, music and imagery, music performance, and learning through music; participate in interdisciplinary treatment planning, ongoing evaluation, and follow up.

7. How many music therapists are there in Malaysia?

At present, there are 5 who are practicing as music therapist in Malaysia.

8. Who are they and what population do they work with?

Here's a list of the music therapists in Malaysia:

Name: Cheryl Mow

Email: cheryl@musictherapymalaysia.com

Target population: Children with special needs

Location of practice: Petaling Jaya

Name: Gurpreet Kaur Kalsi

Email: preet_kaur_kalsi@yahoo.com

Target population: Early intervention; terminal illnesses / end of life

Location of practice: Kota Kinabalu, Sabah

Name: Lim Kar Gee

Email: eegrak@hotmail.com

Target population: Adults with depression, psychological challenges or emotional challenges; palliative care; stress management; personal growth

Location of practice: Klang Valley

Name: Sherrene Teh

Email: sherrene.musictherapy@gmail.com

Target population: Children with special needs; adolescence and young ppl; mental health

Location of practice: Klang, Shah Alam, Damansara, PJ

Name: Shoba Ramanathan

Email: sr151071@gmail.com

Target population: Children with a variety of special needs (except for the visual and hearing impaired)

Location of practice: Mont Kiara, KL

9. How can I get in touch with the Music Therapists in Malaysia?

You could contact the music therapist via the email listed above. Alternatively, check out 'Music Therapy in Malaysia' on Facebook – you could drop a message there.

References

- World Federation of Music Therapy (WFMT): <http://www.musictherapyworld.net/WFMT/Home.html>
- American Music Therapy Association (AMTA): <http://www.musictherapy.org>
- Australian Music Therapy Association (AMTA): <http://www.austmta.org.au>
- British Association for Music Therapy (BAMT): <http://www.bamt.org>