



## **MALAYSIAN MUSIC THERAPY ASSOCIATION (MMTA) STANDARDS OF PRACTICE**

### **Definition of Music Therapy and Music Therapist**

Music therapy is the clinical, reflexive, and research-based use of music interventions by a credentialed/licensed music therapist to realise individualized goals through musical and professional therapeutic relationships.

A music therapist is an individual who has completed the education and clinical training requirements established by their respective countries and have earned and are maintaining the appropriate certification or licensure from their respective countries from which they trained. MMTA currently recognizes education, clinical training programs, certifications, and licensure from countries that are full organizational members of WFMT.

### **Reason for Endorsement**

MMTA recognizes that there is potential for harm when using music in a therapeutic context. Therefore, MMTA endorses individuals who have completed the necessary education and clinical training requirements, as well as received and maintain their respective certification/licensure. This endorsement is to uphold the standards and competency of music therapy practice in Malaysia, and for the welfare and safety of music therapy clients.

### **Who is endorsed by MMTA to practice/teach/research music therapy?**

- Due to the lack of local education, training, and certification/licensure programs, MMTA recognizes and endorses music therapists who have completed their education and clinical training, as well as received and maintain their respective certification/licensure.
- What licensure/certificates we accept (qualifications):
  - o Music Therapist-Board Certified (United States of America)
  - o Registered Music Therapist (Australia)
  - o Health and Care Professionals Council United Kingdom Registered - Arts Therapist
  - o Music Therapist Accredited (Canada)
- For music therapists that are trained in countries that currently do not have any licensure or certification, the music therapist seeking endorsement will have to contact the MMTA board. This process of endorsement will be carried out on a case-by-case basis. Factors that will be considered include, but not limited to: coursework (based on official academic transcripts), documented supervised clinical hours, and evidence of clinical musicianship (via video, live-demonstration, and/or interview process).
- Those endorsed by MMTA are bound by the code of ethics and standards of practice of MMTA and the code of ethics and standards of practice from their respective certification/licensure.

- We require music therapists who are endorsed by MMTA to meet the continuing education requirements and maintenance of their respective certification/licensure
- We require music therapists that are practicing clinically who want to be endorsed by MMTA to demonstrate proof of liability/malpractice insurance that covers the music therapy practice and/or the music therapist.
- We require music therapists that are doing research in Malaysia to demonstrate proof of approval by an institutional review board (IRB), also known as an independent ethics committee (IEC), ethical review board (ERB), or research ethics board (REB).

### **Who is MMTA?**

The Malaysian Music Therapy Association (MMTA) is the official resource and main body governing all matters relating to music therapy in Malaysia. This includes fostering awareness of music therapy, raising the profile of music therapy, interpreting and advocating for services of the profession to other professional disciplines, and serving as a regulatory body for music therapists in Malaysia including their rights, qualification, certification and professional development.

The purpose of the MMTA is to periodically update, maintain professional standards, and advance the use of music and music therapy in all its related settings in Malaysia by:

- establishing, implementing, and improving standards of practice and ethical conduct for music therapists;
- establishing, reviewing, and improving standards for the education and training of music therapists;
- defining, enforcing, and regulating the accreditation for music therapists;
- training, developing, and promoting research in music therapy;
- collaborating with other allied health professions and related professionals both locally and internationally;
- representing the field of music therapy in Malaysia at national, regional, and international levels;
- advocating for the discipline of music therapy to be established with the Ministry of Health in Malaysia.

### **Standards of Practice**

MMTA recognizes music therapy as a professional and regulated service. Typical procedures involved in music therapy include:

- Referrals
- Assessment
- Planning
- Implementation
- Documentation
- Evaluation

- Termination

MMTA recognizes that the significance and sequence of the aforementioned procedures may be adapted according to the client/s; facility; the philosophical orientation of the music therapist, and other influences as appropriate.

### **Referral**

Music therapists receive referrals from:

- Other music therapists
- Members of the healthcare team
- Education (typical and special needs) team
- Parents, guardians or primary carers
- Self-referrals
- Peer referrals
- Community service agencies (NGOs, community associations, etc.)

### **Assessment**

Music therapists assess clients in order to determine his/her/their strengths and needs. These assessments may include standardized tools, facility required tools, or self-created tools. The following areas may be assessed, depending on the needs of the client:

- Social/emotional
- Psychological
- Cognitive
- Communication
- Physical
- Educational
- Spiritual
- Creative/musical

Additional information that may be included in the assessment process, such as: medical history, interviews, school reports, cultural background, religious background, and other assessment tools as appropriate to the client's needs.

Information gathered through the assessment process will be used to determine the goals and objectives for music therapy services. These goals and objectives can be developed in collaboration with the music therapy client. The music therapist may collaborate in joint assessment(s) with other health/education service providers.

Should music therapy be assessed not to benefit the client at that time, the music therapist is ethically bound to refer the client to another health/education service provider.

## **Planning**

The music therapist designs music therapy services/interventions/program for the individual client or group based on the assessment and goals and objectives. These plans can be designed in collaboration with client(s) and/or stakeholders in the client's well-being.

As music therapy is a live and dynamic process, the goals and objectives may evolve through the music therapy process, which may be informed by the changing needs of the client, and the dynamic nature of therapy. In cases of single-music therapy sessions, planning of goals and objectives will be determined by client(s) case history and/or other relevant supporting information/team/family members. The music therapy services/interventions/program has to be culturally reflexive, taking cross-cultural elements into consideration.

## **Implementation**

Music therapists provide music therapy services based on the goals, objectives, and plan that have been determined.

Music therapists use a range of music and music-making techniques, including but not limited to: improvisation, structured musical activities, music listening, creation and composition of material, and music technology where therapeutically appropriate for the client.

Music therapists use music therapy methods/interventions in which they have been adequately trained, and provides music therapy experiences at their best abilities as a musician.

Music therapists develop ethical, therapeutic relationships with their client(s) based on the music therapists' training and philosophical orientation.

Music therapists use clinically appropriate musical instruments of highest possible quality in order to facilitate quality music therapy services/interventions/program. Music therapists also consider the cultural history and significance of musical instruments when implementing music therapy services/interventions/program.

Music therapists create/select and maintain a safe environment with respect to health, safety and infection control, that is most conducive the the music therapy process.

Music therapists abide by the professional rules of confidentiality when discussing clients and/or documenting progress.

## **Evaluation**

Music therapists periodically evaluate the client(s)' response in music therapy, factoring the music therapy methods/interventions being used and the responses of the client(s).

Music therapists may use evaluation tools such as questionnaires, self-reports, checklists, rating scales, clinical notes or other appropriate methods of tracking client(s) response.

## **Documentation**

Music therapists document information about the client's source of referral, assessment procedures and outcomes, goals and objectives for the services/interventions/program, client responses, and other evaluation information.

Music therapists use language that is professional, objective, culturally reflexive, and conveys respect for the dignity of all persons.

Music therapists store this documentation in a systematic manner in a safe and secure location.

Documentation may be shared with relevant parties with informed consent of the client.

## **Termination**

Music therapists work towards termination with a client when:

- The goals of music therapy have been reached
- The client is no longer gaining benefits from music therapy services/interventions/program
- The client is in the process of being discharged from the facility/program

Music therapists plan and prepare the client for the termination of music therapy services, considering the therapeutic relationship with the client and the therapeutic needs of the client.

Music therapists document the termination of therapy and submit or store the documents with the appropriate parties as required.

## **Clinical Training**

MMTA is committed towards upholding the standards of music therapy practice in Malaysia and its partnering countries through quality education and clinical training programs.

Students who are interested in obtaining supervised, clinical training in Malaysia must demonstrate proof of enrollment in a music therapy program recognized by the university's respective country.

ONLY music therapists endorsed by MMTA are approved to provide clinical training to music therapy students.

Music therapists endorsed by MMTA may provide clinical training to non-music therapy students. However, these training experiences will NOT be endorsed by MMTA as provision of music therapy services and/or music therapy training.

## **Grievances**

Currently, MMTA does not have sufficient resources to establish a separate ethics board to handle grievances. In order to safeguard music therapy clients and the public from harm, as well

as to ensure the integrity of the MMTA endorsement, MMTA may revoke or take action with regards to the endorsed music therapist in case of breach of standards of practice.

If you have any grievances or concerns regarding a music therapy practitioner/presenter/researcher, regardless of endorsement status, please contact MMTA at: [malysiammta@gmail.com](mailto:malysiammta@gmail.com)