

## **Recommended Competency Areas**

### **A. Music Competencies**

#### **1.0 Music History**

- Demonstrate knowledge of artistic, educational and social functions of music throughout various cultures and historical periods
- Demonstrate knowledge of musical styles, forms and techniques throughout various cultures and historical periods

#### **2.0 Music Theory**

- Demonstrate knowledge of melodic, harmonic, rhythmic and formal elements of music
- Transcribe melodic, harmonic and rhythmic passages

#### **3.0 Music Performance Skills**

##### **3.1 Primary Instrument**

- Perform repertoire at an advanced proficiency level
- Perform solo and in small/large ensembles
- Demonstrate musicianship, technical proficiency and interpretive understanding
- Improvise in a variety of musical styles

##### **3.2 Keyboard Skills**

- Accompany self, individual or group with a moderate level of proficiency
- Play chord progressions in a variety of keys
- Sight read compositions reflecting a variety of musical styles
- Play repertoire encompassing a variety of styles with and without printed music
- Harmonize and transpose compositions
- Improvise accompaniment to compositions reflecting a variety of musical styles

##### **3.3 Guitar Skills**

- Accompany self, individual or group with a moderate level of proficiency
- Play chord progressions in a variety of keys
- Sight read compositions reflecting a variety of musical styles
- Play repertoire encompassing a variety of styles with and without printed music
- Harmonize and transpose compositions
- Improvise accompaniment to compositions reflecting a variety of musical styles
- Utilize a variety of strumming and finger picking techniques

##### **3.4 Percussion Skills**

- Accompany self, individual or group with a moderate level of proficiency
- Play various time signatures and tempi
- Sight read compositions reflecting a variety of musical styles
- Play repertoire encompassing a variety of styles with and without printed music
- Improvise accompaniment to compositions reflecting a variety of musical styles

##### **3.5 Vocal Skills**

- Sing in tune, in a variety of keys and with adequate volume
- Sight sing compositions reflecting a variety of musical styles
- Sing repertoire encompassing a variety of styles with and without printed music
- Harmonize and transpose compositions
- Improvise accompaniment to compositions reflecting a variety of musical styles

##### **3.6 Songwriting**

- Compose songs with varying degrees of complexity
- Compose instrumental accompaniment
- Compose lyrical accompaniment

##### **3.7 Arranging & Conducting**

- Arrange musical compositions for various instruments

- Arrange and adapt musical compositions for appropriate skill level of client(s)
- Sight read repertoire with a moderate level of proficiency
- Conduct with a moderate level of proficiency

### 3.8 General Knowledge

- Demonstrate knowledge of various musical styles and genres
- Demonstrate knowledge of technology, media and instruments used in the practice of music therapy
- Demonstrate knowledge of care and maintenance of various instruments

## **B. Clinical Competencies**

### **1.0 Foundations of Development**

- Demonstrate knowledge of biology and physiology
- Demonstrate knowledge of developmental psychology
- Demonstrate knowledge of psychopathology
- Demonstrate knowledge of psychology of music

### **2.0 Theories in Therapy**

#### 2.1 Therapeutic Principles

- Demonstrate knowledge of major accepted theories and techniques of therapy

#### 2.2 Therapeutic Relationship

- Demonstrate knowledge and recognition of the impact of transference and countertransference in the therapeutic relationship
- Ability to establish and maintain relationships with clients that are conducive to therapy
- Ability to appropriately use self-disclosure, authenticity, empathy and reflection to effect therapeutic outcome

#### 2.3 Group Process

- Demonstrate knowledge and application of group process theory
- Demonstrate knowledge and application of methods of group therapy
- Ability to use the dynamics and processes of groups to achieve therapeutic goals

### **3.0 Research**

- Demonstrate knowledge of research methodology and design
- Demonstrate knowledge of research in music therapy
- Ability to interpret information in professional research literature and determine if the conclusions are supported by the results
- Ability to perform data base literature searches and apply research findings to clinical practice, if necessary

### **4.0 Diversity and Multi-Cultural Issues**

- Demonstrate knowledge of various social and cultural paradigms
- Demonstrate knowledge of various social and cultural influences on concepts of health and development
- Demonstrate knowledge of informed and respectful approaches to cross-cultural therapeutic interaction

### **5.0 Interdisciplinary Interaction**

- Demonstrate knowledge of other disciplines involved in client treatment
- Ability to develop working relationship with other disciplines involved in client treatment
- Identify and define the role of music therapy in client treatment
- Ability to collaborate and coordinate with others involved in client care in planning and implementing interdisciplinary client treatment

## **C. Music Therapy Competencies**

### **1.0 Music Therapy Theory**

#### 1.1 Principles

- Demonstrate knowledge of the purpose behind the use of music therapy for various populations
- Demonstrate knowledge of music therapy literature and resources

#### 1.2 Methods

- Demonstrate knowledge and application of a variety of music therapy techniques.
- Demonstrate knowledge and application of a variety of music therapy materials and equipment

### **2.0 Music Therapy Clinical Skills**

#### 2.1 Assessment

- Determine method(s) for assessing the client through music and other relevant means, with an emphasis on establishing strengths and challenges
- Determine method(s) for assessing the client's musical preferences and functioning
- Determine the client's therapeutic needs through ongoing analysis of music therapy sessions and other relevant assessment data (i.e.: from treatment team, etc.)
- Document (written or verbal) assessment and communicate findings with appropriate parties (parent/guardian, treatment team, etc.)

#### 2.2 Planning

- Identify client(s) music therapy treatment needs
- Determine goals/objectives for client(s) based upon assessment
- Determine estimated frequency and duration of treatment; set meeting time for sessions
- Select music, music instruments/equipment and music therapy theory/methods/techniques based upon the needs and goals/objectives of the client(s)
- Arrange the therapeutic setting to facilitate client involvement

#### 2.3 Implementation

- Recognize significant events within the therapeutic interaction
- Provide verbal and non-verbal cues for interaction
- Develop experiences within a session around client(s) needs and goals
- Implement therapeutic interventions according to the treatment plan

#### 2.4 Termination

- Establish need to terminate treatment with client(s)
- Develop termination plan with client if possible
- Inform/assist client with termination from therapy
- Develop closure of therapy by established time of termination

#### 2.5 Evaluation

- Recognize patterns and changes in client(s) within the music therapy treatment setting and modify treatment plan accordingly
- Review treatment plan periodically and establish appropriate timelines to evaluate effects of therapy
- Develop method(s) for evaluating client progress

#### 2.6 Documentation

- Develop progress notes that comply to legal, organizational and regulatory standards
- Document all clinical data
- Document client(s) progress and change throughout therapy objectively
- Communicate with family and/or other team members regarding client(s) progress

#### 2.7 Management

- Demonstrate knowledge and performance of administrative duties required of clinicians such as scheduling, budget planning, program development, and record keeping.
- Demonstrate knowledge of organizational structures in clinical settings
- Demonstrate knowledge of marketing, establishing and maintaining a private practice

## **D. Professional Practice Competencies**

### **1.0 Standards and Ethics**

- Demonstrate knowledge and application of the ethical standards set forth in the Canadian Association for Music Therapy's professional Code of Ethics
- Knowledge of ethical decision making, consultation in ethical decision making and ethical issues common to the practice of music therapy
- Maintain professional standards of clinical practice
- Maintain professional and organizational policies and procedures
- Respect regulations regarding clients' rights
- Maintain appropriate client relationships and professional boundaries

### **2.0 Professional Conduct**

- Demonstrate punctuality, dependability and commitment
- Accept constructive criticism and feedback
- Offer criticism and feedback constructively
- Attempt to resolve conflicts constructively
- Demonstrate self-awareness and knowledge of strengths and weaknesses

### **3.0 Supervision**

- Participate in ongoing clinical supervision
- Discuss client related issues that arise during the course of clinical practice
- Discuss therapist related issues specific to delivering therapeutic services
- Assist and provide guidance to other students and/or therapists

### **4.0 Advocacy**

- Represent the field of music therapy in a positive and progressive manner
- Provide professional education opportunities for colleagues, community agencies and the general public
- Participate in orientation of new staff, students and volunteers
- Identify the need for music therapy within professional, organizational and community services, and support the development of music therapy services
- Participate in professional and organizational events