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## **Personal Listening Devices and Health**

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Activity and interest has been generated in the public eye about the use of personal listening devices for overall health and wellness. Many CAMT members have commented, blogged, asked questions, and raised concerns.

### **The CAMT offers the following support:**

1. Listening to music on personal listening devices is not music therapy. However, working with an MTA ([Music Therapist Accredited](#)) to generate purposeful playlists and identify the best music resources and tools is one example of music therapy.
2. There is a noticeable increase in the use of music as a functional tool in health care and education contexts - often by someone who is not an Accredited Music Therapist (MTA). We would like to ensure that everyone knows about our professional expertise in the use of music to promote health and well-being in an ethical, effective, and informed way. MTAs use music and the relationships formed through music to promote positive change.
3. When can/should an MTA be contacted:
  - To consult on existing music programs.
  - To educate staff and family about the safe and effective use of music.
  - To provide direct individual or group music therapy services.
  - If an individual experiences any distress during or after a music listening experience.

### **Additional resources for MTAs:**

1. The CAMT has a formal partnership with the Canadian Music Therapy Trust Fund ([CMTTF](#)). CMTTF's Documentary "The Gift of Music" is considered by CAMT to be an accurate representation of music therapy practices that occur in healthcare, education, and community contexts.
2. The CAMT Office is Available to support its members and to assist the public in accessing the services of a certified MTA.