

## **Music Therapy**

A therapeutic intervention that utilizes music as the primary modality of active treatment. Music Therapy focuses on individualized therapy goals and uses music within a therapeutic context to address physical, emotional, cognitive, communication, and socialization needs of the Covered Individual/Family Member. Music Therapists use both instrumental and vocal music strategies to facilitate desired outcomes. Music Therapy is based on knowledge of music theory and practice, human development, and psychological theory and is designed to effect positive changes in an individual's emotional well-being, cognition, physical functioning, and behavior.

Music Therapy:

- Must be delivered consistent with professional standards of practice
- Can be provided in the Covered Individual/Family's home, Provider office, or other community location
- Requires face-to-face contact with the Covered Individual/Family Member to conduct assessments or provide therapy
- Addresses identified individual needs as determined by assessment and in conjunction with the Child and Family Team
- Is provided as a 1:1 service, unless specifically authorized by the Care Coordinator as a group service
- Does not include time waiting to provide services.
- Does not include the travel time of the Service Provider to-and-from the location of service, unless the Covered Individual/Family Member is present in the Provider's vehicle
- Does not include supervision of services or tasks outside the scope of professional certification
- Cannot exceed more than four consecutive hours per billable event, unless pre-authorized by the Care Coordinator.

Unit of Service: 15 minutes

Credentialing Requirement: Registered as a Music Therapist Board Certified (MT-BC), Registered Music Therapist (RMT), Certified Music Therapist (CMT), or Advanced Certified Music Therapist (ACMT) by the American Music Therapy Association.