

February 26, 2020

Education, Health and Environmental Affairs Committee

SB 766- Board of Professional Counselors and Therapists- Music Therapists Act

Testimony: Tatyana Martin, MT-BC

Chairman Pinsky and members of the Education, Health and Environmental Affairs Committee, my name is Tatyana Martin and I am a Board Certified Music Therapist. I currently work at the Clifton T. Perkins Hospital Center and serve as the Co-Chair of the Maryland Music Therapy State Task Force for Occupational Regulation. Thank you for this opportunity to speak on SB 766.

In the United States, the music therapy profession has over 70 years of clinical history. Music Therapy started in Veterans' Administration (VA) following World Wars I and II, where musicians offered interventions to soldiers diagnosed with Post-Traumatic Stress Disorder. In 1950 our national association was founded, and is responsible for maintaining standards for education, clinical training, practice, professional competencies, and a Code of Ethics.

Board certified music therapists are highly skilled musician who are trained in how to use live and recorded music to analyze and respond to client's non-verbal, verbal, emotional and physiological responses. Our curriculum consists of 4 years of coursework and 1,200 supervised clinical hours. Music therapists take national board certification exam administered by the Certification Board for Music Therapists. This gives the credential "MT-BC" Music Therapist Board Certified. To maintain this credential and comply with CBMT Code of Professional Practice, 100 hours of continuing education is completed every five years. All music therapy degree programs must be approved by the American Music Therapy Association and are accredited by the National Association of Schools of Music. As stated in our Scope of Practice, we do not diagnose, nor conduct assessments of disorders or conditions.

Music Therapy is recognized on a federal level as a related service under the Individuals with Disabilities Education Act (IDEA); U.S. General Services Administration (GSA) schedule; The Public Health and Welfare- Older Americans Act; The Centers for Medicare and Medicaid Services (CMS)-Medicare reimbursement in Partial Hospitalization Programs (PHP) and on the Minimum Data Set; and music therapists can apply for the National Provider Identifier system established as a HIPAA requirement.

At Clifton T. Perkins I work in maximum, medium, and minimum security, providing music therapy groups and individual sessions. Music therapy is vital to treatment. Many of our patients have difficulty processing and safely expressing emotions. It is challenging for patients to come to terms with their mental illness and work through their legal issues. However, music therapy effectively addresses difficult emotions, coping skills, interpersonal relationships, and developing insight. Interventions include songwriting, improvisation, singing/rapping, lyric analysis, and music relaxation. Music making offers the chance to reclaim and reconstruct their self-worth. It is challenging to be honest with oneself when experiencing complex trauma, depression, anxiety, and thought disorders. Due to music's non-threatening nature, it allows patients to connect deeply within the therapeutic relationship. Music therapist contribute important clinical information to treatment teams, medical records, and evaluators.

State licensure will protect consumers and creates access to services to vulnerable Marylanders. Acknowledging that other professions may have questions and concerns, please note that we have been working with our opposition since 2017 on a state and national level. Within our collaborative approach, we have reached bill language compromises in other states where legislation has been past, and this language is included in our bill.

Music moves and connects people together, because you feel it. Thank you for your consideration.