



The Academy of Neurologic Music Therapy

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The R.F. Unkefer Academy of Neurologic Music Therapy:

Mission and Standards of Affiliation and Practice (May 11, 2018)

ACADEMY MISSION: to disseminate, advance, and protect the practice of Neurologic Music Therapy (NMT) worldwide.

ACADEMY VISION: to promulgate NMT as the gold standard in music therapy practice and to increase availability of this gold standard in the healthcare arena.

ACADEMY PURPOSE: The Academy of Neurologic Music Therapy was established in 2002 to advance the professional education and understanding of the scientific, evidence-based practice of Neurologic Music Therapy, and to facilitate the coordinated and cooperative efforts of Neurologic Music Therapists throughout the world. The Academy facilitates endeavors in the areas of continuing education, student training, research, information sharing, and reimbursement. The Academy is overseen by a Board of Directors and maintains an Advisory Council, Research Council, and International Liaison Council to advise on all matters related to the professional and scientific development of NMT. With the exception of the Research Council, the composition of the councils will be a majority of NMT clinicians.

Board of Directors Purpose: The Board is responsible for overseeing all activities of the Corporation including overall policy and direction. The Board delegates responsibility of day to day operations to the program director and the councils in order

- Protect the integrity of the NMT model
- Facilitate development and promulgation of the NMT model
- Promote responsible and ethical practice by Academy Affiliates
- Ensure availability of best-practice treatment for those seeking therapy

Advisory Council Purpose: To provide objective input and recommendations to the NMT Academy related to actions that impact the future direction and growth of NMT. To advise in order to:

- Protect the integrity of the NMT model
- Facilitate development and promulgation of the NMT model



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- Promote responsible and ethical practice by Academy Affiliates
- Ensure availability of best-practice treatment for those seeking therapy

Research Council Purpose: To provide guidance, advocacy, and support for research related to NMT in order to continue building the scientific foundations for the clinical practice of NMT.

International Council Purpose: To act as a liaison between the Academy and the many places in the world where NMT is practiced, taught, and researched. They will advise by providing:

- Direct updates of the status, developments, and needs from the different countries where NMT is being practiced.

Introduction: The Academy for Neurologic Music Therapy is a 501 (c) 3 organization whose mission is to disseminate, advance, and protect the practice of NMT worldwide. To this end, the Academy disseminates information about the evidence-based practice of NMT and provides opportunities for continuing education in NMT that ensure the best practice in the field. Individuals who successfully complete institutes and fellowships provided through the Academy become affiliates of the Academy and are placed on a registry that is available to the public for purposes of identifying professionals who are committed to maintaining the highest standards of practice in NMT. The registry is international in scope, not only including clinicians and academicians in music therapy, but also other practitioners who have successfully completed NMT institutes or fellowships and are committed to promulgating best practice in NMT. The ultimate goal of the Academy is to maintain the integrity of best practice in NMT, and thus protect consumers of NMT and the public in general.

Affiliation Standards: In that the primary function of the NMT Academy is to disseminate, advance, and protect the evidence-based practice of Neurologic Music Therapy, maintaining affiliation status with the Academy is both a privilege and a responsibility. Initial acceptance into the Academy does not guarantee or insure ongoing Academy affiliation. Affiliates are expected to maintain appropriate professional and ethical standards of integrity and support in relation to other Academy members. Those Affiliates who do not uphold these standards or who are found not to be properly representing themselves or the practice of NMT will be removed from the NMT registry. Additionally, as ongoing continuing education is a primary necessity to this evidence-based practice, those Affiliates who do not continue their education through the fellowship process or through other available NMT training mechanisms within the defined time frames will be removed from the registry.



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Affiliation Status: The Academy maintains four Affiliate standings that define representation, responsibility, and the ability to effectively advance the practice of NMT.

AFFILIATION CATEGORIES

NMT:

1) The affiliation of NMT is available to those who meet the following requirements:

- Hold the MT-BC credential or in the case of those practicing outside the U.S., hold an appropriate music therapy certification or credential from another country.
- Have successfully completed a current NMT Institute Training within the last 3 years.
- Properly represent the practice of NMT by operating within their scope of understanding.
- Seek support through the Academy as needed in order to protect the NMT treatment model.

2) The NMT is not a certification or credential: NMT is a designation earned by the completion of the NMT Institute Training and maintained by following the standards for Academy affiliation.

3) The NMT is encouraged to use the letters NMT after his/her name and on all paperwork.

Short Ex: Johanna Doe, MT-BC, NMT

Long Ex: Johanna Doe, MT-BC, NMT

Music Therapist-Board Certified

Neurologic Music Therapist

4) The NMT may represent him/herself as an NMT for three years with the expectation of participating in a fellowship or retaking another form of institute training no later than within the fourth year.



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5) Should the NMT not complete the additional training requirements, nor contact the Academy within six months after the year in which the affiliation is complete, the NMT will no longer be affiliated with the Academy and will be removed from the Academy Affiliate Roster.

6) If the NMT is unable to complete the Fellowship training for some reason, the NMT should contact the Academy Director no later than two months after the third year.

- Exceptions may be granted through written request detailing
 1. Reason for the request
 2. Plan for follow through inclusive of a specific timeline.
- Exceptions are granted at the discretion of the NMT Board of Directors or persons designated by the Board.
 - Exceptions will be made in writing to the Academy Affiliate.
 - Exceptions will detail action to be taken and deadline for completion.
 - If deadline is not met, the Affiliate will be notified in writing that he/she has been removed from the Academy Roster.

7) The NMT practitioner is expected to practice within his/her scope of understanding and to seek support from other NMTs, and NMT Fellows if available, in order to develop a deeper understanding of the use of the specific NMT techniques within clinical practice and to minimize erroneous representation of NMT.

8) The NMT is to ensure that he/she does not represent him/herself as a teacher/trainer of NMT and is to direct all persons interested in receiving formalized NMT training to the NMT Academy.

9) The NMT is responsible for notifying the Academy when any of his/her contact information changes so that the registry can be updated in a timely manner in order to allow for:

- Continued updates from the Academy (research, job listings, professional events) .
- The public to identify trained practitioners in his/her area.



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10) Should affiliation status lapse, for whatever professional or personal reasons, but not after intentionally misrepresenting affiliate status for professional gains, the lapsed Affiliate can rejoin the Academy by participating in the Fellowship without retaking the Institute.

NMT Fellow:

1) The affiliation of NMT Fellow is available to those who meet the following requirements:

- Hold the MT-BC credential or in the case of those practicing outside the U.S., hold an appropriate music therapy certification or credential from another country.
- Have successfully completed a current NMT Fellowship Training within the last 5 years.
- Properly represent the practice of NMT by operating within their scope of understanding.
- Seek support through the Academy as needed in order to protect the NMT treatment model.

2) The NMT Fellow status is an advanced training designation and not a music therapy credential.

3) The NMT Fellow is encouraged to use the NMT Fellow status after his/her name and on all paperwork.

Short Ex: Johanna Doe, MT-BC, NMT Fellow

Long Ex: Johanna Doe, MT-BC, NMT Fellow

Music Therapist-Board Certified

Neurologic Music Therapist, Fellow

4) The NMT Fellow may represent him/herself as an NMT Fellow for five years with the expectation of participating in a Fellowship or retaking another form of Institute training no later than within the sixth year.



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5) Should the NMT Fellow not complete the additional training requirements, nor contact the Academy within six months after the year in which the affiliation is complete, the NMT Fellow will no longer be affiliated with the Academy and will be removed from the Academy Affiliate Roster.

6) If the NMT Fellow is unable to complete the Fellowship training for some reason, he/she should contact the Academy Director no later than two months after the fifth year.

- Exceptions may be granted through written request detailing
 1. Reason for the request
 2. Plan for follow through inclusive of a specific timeline.
- Exceptions are granted at the discretion of the NMT Board of Directors or persons designated by the Board.
 - Exceptions will be made in writing to the Academy Affiliate.
 - Exceptions will detail action to be taken and deadline for completion.
 - If deadline is not met, the Affiliate will be notified in writing that he/she has been removed from the Academy Affiliate Roster.

7) The NMT Fellow is expected to practice within his/her scope of understanding and to seek support from other NMTs and NMT Fellows, if available, in order to develop a deeper understanding of the use of the specific NMT techniques within clinical practice and to minimize erroneous representation of NMT.

8) The NMT Fellow is encouraged to provide workplace and community presentations to educate others on the effectiveness of NMT techniques.

9) The NMT Fellow is encouraged to provide public and professional presentations to music therapists and other professionals in order to further disseminate information regarding the evidence-based application of specific NMT techniques.

10) The NMT Fellow is to ensure that he/she does not represent him/herself as a teacher/trainer of NMT and is to direct all persons interested in receiving formalized NMT training to the NMT Academy.



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11) The NMT Fellow is responsible for notifying the Academy when any of his/her contact information changes so that the registry can be updated in a timely manner in order to allow for:

- Continued updates from the Academy (research, job listings, professional events).
- The public to identify trained practitioners in his/her area.

12) Should affiliation status lapse, for whatever professional or personal reasons, but not after intentionally misrepresenting affiliate status for professional gains, the lapsed Affiliate can rejoin the academy by participating in the Fellowship without retaking the Institute.

Affiliated Professional:

1) The Affiliated Professional is available to those who meet the following requirements:

- Hold a certification or credential in another profession dedicated to treating persons with neurologic impairments.
- Have successfully completed an NMT Institute Training.
- Properly represent the practice of NMT by operating within his/her own profession's Scope of Practice while promulgating NMT as an evidence-based treatment model.
- Seek support through the Academy as needed in order to protect the NMT treatment model.

2) The Affiliated Professional

- Cannot carry the professional designation of NMT.
- Is not a professional music therapist after training.
- Is encouraged to integrate the materials and principles of NMT into his/her practice.

3) The Affiliated Professional is expected to practice within his/her scope of understanding and to seek support from NMTs, and NMT Fellows if available, in order to develop a deeper understanding of NMT paradigm and its application within clinical practice and to minimize erroneous representation of NMT.



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4) The Affiliated Professional is to ensure that he/she does not represent him/herself as a teacher/trainer of NMT and is to direct all persons interested in receiving formalized NMT training to the NMT Academy.

5) The Affiliated Professional is responsible for notifying the Academy when any of his/her contact information changes so that the roster can be updated in a timely manner in order to allow for:

- Continued updates from the Academy (research, job listings, professional events).
- The public to identify trained practitioners in his/her area.

6) Should affiliation status lapse, for whatever professional or personal reasons, but not after intentionally misrepresenting affiliate status for professional gains, the lapsed Affiliate can rejoin the academy by participating in the Fellowship without retaking the Institute.

Other Affiliations:

Short Course Participants:

- Professional who only participated in short course training will be listed in a separate roster category. Short Course Participants are not expected to be able to apply the principles and materials of the full scope of NMT techniques to their practice, only select techniques most relevant to their professional training.

Student Affiliate:

- 1) The Student Affiliate status is available to those who meet the following requirements:
 - Are currently enrolled in an academic music therapy or other academic therapy/rehabilitation degree program.
 - Have successfully completed an NMT Institute Training.
 - Properly represent the practice of NMT.
 - Seek support through the Academy as needed in order to protect the NMT treatment model.
- 2) Music therapy students cannot carry the NMT designation or practice NMT until they have attained MT-BC status or the appropriate certification or credential in music therapy in another country.



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- 3) The three year duration for fellowship participation begins at date of professional credential receipt.
- 4) Students from other professions cannot integrate principles and materials from NMT until they have been credentialed or certified within their respective professions.
- 5) Students will be listed in the Academy Affiliate Roster as Student Affiliates until the Academy is notified that the Affiliate has achieved professional status.

University Affiliation: The Academy is committed to promoting the development and implementation of student training models to facilitate the education and understanding of the NMT treatment model at the university student level. The Academy will establish a consortium of universities that are actively incorporating student training of the NMT model within their regular music therapy curriculum.

Universities who seek Academy affiliation must meet the following requirements:

- Have at least one current Fellow on the faculty in a full-time position.
- Have a substantial portion of their teaching methods dedicated to all NMT techniques as evidenced by course syllabi and other curricular materials.

PROCEDURES

Affiliate Professional Development: In order to support the professional growth of all Academy affiliates, the Academy maintains a variety of training and continuing education opportunities to promote best practice.

- **The International Neurologic Music Therapy Training Institute:** While this intensive training was created to introduce basic introductory knowledge about Neurologic Music Therapy, all of the content may be difficult for some to absorb within the four day training period. Therefore, anyone who has completed this initial training and remains in good standing in the Academy is welcome to retake the training at any time for a discounted fee.

Upon completion of this course, participants will be able to:

- 1) Demonstrate a basic definition and introductory knowledge about NMT, including the taxonomy of techniques used in NMT.



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- 2) Demonstrate an increased knowledge of current research supporting NMT techniques.
 - 3) Demonstrate a working knowledge of the Transformational Design Model; a model to assist in treatment selection based on functional goals.
 - 4) Identify current clinical assessments that can be used by NMT's for treatment evaluation.
 - 5) Answer basic neuroanatomy and pathology questions related to a variety of neurologic disorders.
- **Neurologic Music Therapy Fellowship Training:** The NMT Fellowship is for MT-BC's (or the equivalent) who have already completed the Neurologic Music Therapy Training Institute. Once the initial Neurologic Music Therapy training is completed, NMTs are required to attend the Advanced Fellowship Training within three years of their initial training in order to maintain their NMT affiliation. The Fellowship Training will recertify the NMT for five years.

The Fellowship begins with a review of current research and then gives professionals the opportunity to show client video and get faculty and peer comments. Participants are evaluated by their peers and will pass with a 70% majority vote. The small group setting of the Advanced Fellowship allows for discussion and deeper learning of the Neurologic Music Therapy techniques.

Upon completion of this course, participants will demonstrate:

- 1) Knowledge of a basic definition and advanced knowledge about the implementation of NMT, including the taxonomy of techniques used in NMT through verbal and video demonstration.
- 2) An increased knowledge of current research supporting NMT techniques as evidenced by clinical choices based on current best practice.
- 3) Through live video, a working knowledge of the Transformational Design Model; a model to assist in treatment selection based on functional goals.
- 4) Understanding of current clinical assessments available for treatment evaluation.
- 5) Ability to answer basic neuroanatomy and pathology questions related to a variety of neurologic disorders.



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- **Clinical Practice Workshops** –This intensive three day workshop will provide an opportunity for Neurologic Music Therapists to review and practice all of the Neurologic Music Therapy techniques under the supervision of the Academy teaching faculty. Live demonstrations, breakout clinical practice sessions, mock scenarios, and standardized assessment practice will be used to increase participant knowledge and clinical competence in NMT.

This training is open to all students and professionals who have completed the Training Institute for Neurologic Music Therapy through the Academy for Neurologic Music Therapy

Upon completion of this course, participants will be able to:

- 1) Demonstrate an advanced knowledge of NMT, including all of the taxonomy of techniques used in NMT.
 - 2) Demonstrate an increased knowledge of current research supporting NMT techniques.
 - 3) Demonstrate a working knowledge of the Transformational Design Model; a model to assist in treatment selection based on functional goals.
 - 4) Identify and perform current clinical assessments that can be used by NMT's for treatment evaluation.
- **Online Technique Review Modules** –Coming Soon!

Local Support Group Listing- <https://nmtacademy.co/local-support-chapters/>

The NMT chapter support groups are designed to provide Affiliates of the Academy an opportunity to meet in person or virtually with NMTs in their region. The goal is to hold a meeting three to four times a year. These meetings would serve as an opportunity to develop a deeper understanding of the specific NMT techniques within clinical practice and to minimize erroneous representation of NMT through video examples and clinical discussions. In addition to some formal agenda items, meetings will be spent networking, asking questions, discussing current literature, and connecting with fellow NMTs.

Distribution of Information from the Academy:



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- 1) Upon attendance of the initial Training Institute, participants receive a copy of the NMT Manual and/or access to the online manual for download.
- 2) Upon initial completion of requirements, Academy Affiliates will receive information regarding Affiliate expectations and a formal training certificate suitable for display.
- 3) Academy Affiliates will receive a copy of the Academy Affiliate Expectations.
- 4) Affiliates will receive periodic email updates.
- 5) Affiliates who allow their relationship with the Academy to go dormant will receive notification of action for remedy.
- 6) Should the Affiliate choose not to participate in continuing education within the given timeframe, the Affiliate will be removed from the roster.

Video Release:

- 1) Any and all video used for Fellowship or presentation purposes should have a signed release from the individual(s) and/ or family member(s) involved.
- 2) Any and all video used for training or educational presentation purposes should have a signed release from
 - a. The therapist providing treatment.
 - b. The individual(s) and/or family member(s) involved.

Addressing Misrepresentation: Misrepresentation of Academy status is of utmost importance as the uninformed use of NMT can cause harm and/or confuse those seeking treatment and damage the public's and medical community's understanding of the evidence-based practice of NMT. The Academy's goal, through Affiliate awareness, is to

- Decrease the unethical representation of NMT by those receiving initial training yet not participating in ongoing continuing education with the Academy.
- Decrease public misrepresentation of NMT by uninformed, untrained practitioners.
- Ultimately protect the public so that they can receive treatment and information from qualified practitioners practicing within the evidence-based model.



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Should any Affiliate of the Academy become aware that someone is representing him/herself as an NMT or NMT Fellow without maintaining the proper requirements, the Affiliate is advised to talk directly with the individual and to encourage him/her to contact the Academy. Should the individual not do so, or should it not be opportune to talk with the individual, the Affiliate is encouraged to contact the Academy directly. The Academy will determine next action.

Institute Assistant Faculty Requirements

- a. Participation at the request of the Academy Directors
 - i. All Assistant Faculty members are NMT Fellows in good standing
 - ii. Assistant Faculty can, at the Academy Directors' discretion, include guest lecturers and clinical practice assistants with specific expertise within the community where training is being held.
- b. Academy Assistant Faculty Members (guest lecturers, clinical practice assistants) are expected to have and maintain the highest level of Academy affiliation status as available for their given profession.

Procedures for Handling Accountability and Ethical Concerns

- a. Affiliation with the Academy is a privilege, and as such the relationship with the academy can be dissolved at any time should it be necessary to protect the representation and/or practice of NMT.
- b. Concerns regarding unethical practice or representation by an Affiliate can be brought to the NMT Board at any time by Affiliates of the Academy who are in good standing. Concerns are to be submitted in writing and sent to the chair of the NMT Board.
- c. After receiving written concerns, the board chair will disseminate information and/or request additional information as appropriate in order to adequately inform other members of the NMT board as to the issue at hand.
- d. The Board will investigate and take one of the following actions:
 - i. Determine information submitted is not adequate to take further action.
 - ii. Dissolve the Academy relationship based on information received.
 - iii. Provide an explanation and remediation plan for the affiliate.
 - 1. Affiliate will be given a determined number of days to complete the remediation plan.
 - 2. Once plan is adequately complete, the Affiliate will be in good standing with the Academy.
 - 3. If remediation is not completed by date requested, the Academy relationship will be dissolved and no further action will be taken.



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4. Depending on the concerns brought forth, the Affiliate may retake the NMT training in the future. However, a formal request with corresponding explanation as to remediation must be submitted prior to acceptance of registration. The request does not guarantee acceptance into the training nor ensure relationship with the Academy.

Promoting Awareness of the Trademarking of NMT interventions and the TDM:

- a) The following NMT Techniques and terms are trademarked:
 - R.F. Unkefer Academy of Neurologic Music Therapy
 - Neurologic Music Therapy (NMT)
 - Transformational Design Model (TDM)
 - Rhythmic Auditory Stimulation (RAS)
 - Patterned Sensory Enhancement (PSE)
 - Therapeutic Instrumental Music Performance (TIMP)
 - Rhythmic Speech Cuing (RSC)
 - Vocal Intonation Therapy (VIT)
 - Oral Motor and Respiratory Exercises (OMREX)
 - Developmental Speech and Language Training Through Music (DSLTM)
 - Musical Sensory Orientation Training (MSOT)
 - Musical Neglect Training (MNT)
 - Musical Executive Function Training (MEFT)
- b) Additionally, the remaining NMT techniques are intellectual property of the Academy.
 - Musical Echoic Memory (MEM)
 - Therapeutic Singing (TS)
 - Symbolic Communication Training through Music (SYCOM)
 - Associative Mood and Memory Training (AMMT)
 - Auditory Perception Training (APT)
 - Music in Psychosocial Training and Counseling (MPC)
 - Musical Speech Stimulation (MUSTIM)
 - Musical Attentional Control Training (MACT)
- c) Academy Affiliates should promote the awareness, as appropriate and deemed necessary, of the trademarking of the techniques in order to eliminate misuse of the techniques and thus, misrepresentation of NMT as a whole.
- d) Should an Affiliate become aware of a non-affiliate of the academy utilizing NMT techniques without proper training, this should be brought to the Academy immediately.



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Guidelines for practicing the NMT techniques under the supervision of an NMT Fellow:

- a) **University Practicum and Internships:** It is encouraged for students to be introduced to the NMT techniques in their university practicums and internships when appropriate under the supervision of an NMT Fellow. No student however, should practice NMT outside of supervision nor use the NMT designation without completing their Board Certification process through the CBMT (MT-BC or equivalent) and taking the NMT training through the Academy.
- b) **Hiring a non-NMT therapist in a NMT based practice:** All music therapists who have not taken the basic NMT training through the Academy, should not be called NMTs nor practice the NMT techniques until they have completed the training. Learning about the techniques in the clinic under direct supervision of an NMT Fellow is still encouraged.

Guidelines for Media:

With the increasing media interest in NMT, Affiliates may be contacted to participate in interviews, journal articles, and news clips. The Academy is excited and in full support of media coverage, however Affiliates are asked to please keep the following points in mind in order to maintain and build a consistent message about NMT to protect the integrity of the treatment model:

- Make sure the media representatives understand the difference between MT and NMT, and make sure the final product writes/speaks accordingly. Be compulsive about this, because they may not hear or understand the difference initially.
- In addition to explaining what NMT is, please be certain to explain where it comes from, how it was developed, and what training you need to practice NMT. Media may misinterpret the roots of NMT, presenting it as something the Affiliate created as his/her own personal specialty.
- While Affiliates may not be able to control all aspects of the final media piece, Affiliates should exercise diligence to ensure that they clearly articulate NMT as a research-based model keeping these facts in the forefront:
 - NMT was formally developed and introduced 1999 as the clinical translation of the research conducted at the Center for Biomedical Research in Music/Colorado State University and the Neurorehabilitation Institute at Duesseldorf University Medical School, by a group of 5 researchers and clinicians: Michael Thaut PhD, Gerald McIntosh MD, Volker Hoemberg MD, Corene Thaut PhD, Ruth Rice DPT. Based on feedback from fellowship training, 3 additional techniques were added to the original 17 techniques (DSL, SYCOM, MEM).



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Procedural FAQs

What if I cannot do my Fellowship training due to a death in my family, or for financial reasons?

The NMT should contact the Academy as soon as he/she knows that he/she will be unable to fulfill the training obligations so that an alternative plan can be put in place that maintains a positive relationship with the Academy.

Is the NMT another music therapy credential?

NMT is an advanced level training certificate provided to music therapists who hold either the MT-BC credential or a credential/certification from another country. The NMT is not a credential and should not be referred to as such.

How do I represent my training on my vitae?

The NMT Training and the NMT Fellowship should be identified on your vitae as continuing education.

How do I represent my certification on conference programs etc.?

In order to help others recognize the level of expertise you hold for speaking on a given topic, the NMT should utilize either the short or long form of representation i.e. NMT, NMT Fellow, Neurologic Music Therapist or Neurologic Music Therapist, Fellow.

Why can't I just continue to represent myself as an NMT without taking additional trainings as I have been practicing for years and doing many of the techniques?

Because NMT is an evidence-based practice, the NMT is obligated to continuing education related to the specific NMT techniques. Over the years, the techniques have changed and new techniques



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added based on new research and clinical practice updates that occur during Fellowship Training. The ongoing education of the clinician and educator are paramount for protecting the integrity of the NMT model.

Is NMT a protected practice model and are the NMT techniques trademarked?

The Academy for Neurologic Music Therapy is a 501 (c) 3 organization committed to disseminating, advancing, and protecting the practice of NMT worldwide. To this end, the Academy has registered trademarks for the following:

R.F. Unkefer Academy of Neurologic Music Therapy
Neurologic Music Therapy (NMT)
Transformational Design Model (TDM)
Rhythmic Auditory Stimulation (RAS)
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Musical Executive Function Training (MEFT)