

The Academy of
Neurologic Music Therapy
Spring 2020



www.nmtacademy.co

Welcome to the Second Edition of the NMT Academy Newsletter! This newsletter has been established to not only keep Affiliates up to date on NMT happenings, but also to inform those outside the Academy. **Please feel free to share this newsletter with your colleagues.**

Do you know an NMT who is not receiving this newsletter? Remind them to update their information [here](#).

From the Board of Directors

Dear Colleagues,

We hope the start into 2020 has been successful. The Academy has a very busy year ahead with 8 certificate institutes in 6 countries. There will also be a strong push to set up more fellowship opportunities. The fellowship is the key component in the NMT system to maintain and build our quality control as clinicians, teachers, and researchers.

NMT-related research is moving forward on all fronts. Our own research institute MAHRC at the University of Toronto operates 16 concurrent projects with a large group of national and international collaborators as well as 2 postdocs, 10 PhD and 3 Masters students. We just completed a major TIMP-Stroke study with 30 participants and have started a music-based training study for speech comprehension in CI users with a major audiology research center at one of the teaching hospitals of our university (Sunnybrook). The intervention protocols were developed by Kathrin Mertel NMT-F at the Cochlear Implant Research Centre at the University of Dresden/Germany. We are also continuing our research with Parkinson and dopamine release. All of our publications are posted as PDFs on the Academy Website. We want to give special attention to an NMT paper with MS patients, recently published by Federica Impellizzeri NMT and her group in Sicily.

A major grant allowed us to purchase our own state-of-the art 8 camera VICON NEXUS motion capture system and an integrated EEG-NIRS [Near Infrared Spectroscopy] system which will open new avenues of NMT-related research.

Recently I was invited by the Global Council on Brain Health convened by AARP and AGE UK to join a special panel of experts for a meeting devoted to music and the brain and developing a report for consumer recommendations. This was a great opportunity to present NMT and the research evidence underlying NMT at a very high visibility forum.

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Lastly, MAHRC has a completely redesigned website www.mahrc.music.utoronto.ca with lots of information on our people and research including [Facebook](#) and [Twitter](#) post, as an easy and fun way to keep up with our work.

Spread the word to your colleagues about NMT training and don't forget to join the fellowship circuit when you are due. Best wishes and thanks for your great work.

Michael Thaut, PhD
Board of Directors, The Academy of Neurologic Music Therapy
Professor of Music
Professor of Neuroscience and Rehabilitation Science
Collaborator Scientist CAMH Neuroimaging
Affiliate Scientist, Li Ka Shing Knowledge Institute at St. Michael Hospital
Director, Music and Health Research Collaboratory MaHRC
Director, Music and Health Sciences Graduate Programs
University of Toronto
CANADA RESEARCH CHAIR TIER I

A Note from the Academy regarding COVID-19

During these unprecedented times we know that you are working hard to stay safe and healthy, take care of your families, meet the needs of your clients, and find creative ways to stay connected. The Academy is working diligently to support you with resources to help you stay connected to colleagues, continue your growth as NMT clinicians, and provide the best possible care to your clients.

Below are resources and ways that you can stay connected:

- **Global Support Meetings:** Beginning April 1st, the Academy will begin offering weekly NMT Academy Global Support Meetings on Wednesdays between 12:15-1:00 (EST). Please join us for a message from the Academy director, a brief talk about an NMT affiliate requested topics, an opportunity to connect with colleagues, and a question/answer session. Watch for an email link to join the meeting or simply go to www.nmtacademy.co, and click on **Join NMT Support Meeting**.
- **Cancelled NMT Events:** All cancelled events, are in the process of being rescheduled in the same locations for similar dates in 2021.
- **Upcoming Events:** Please note that while we continue to plan for upcoming NMT events, the current pandemic conditions may require cancellation or postponement on short notice. We are actively monitoring the situation and will advise of changes as we are able.
- **Online Fellowships:** Due to the cancellation of many of the face to face Fellowship Trainings, the Academy is scheduling regular online Fellowships with small groups of 4-5 participants in order for affiliates to complete Fellowships and still receive live interaction and peer review. Please visit <https://nmtacademy.co/training-opportunities/nmt-fellowship-training/> to register for an upcoming date.

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Latest News from The Academy

The Academy wants to take a moment to provide an update on the Fellowship process. The NMT Fellowship is a peer review opportunity for MT-BC's (or the professional equivalent) who have already completed the initial NMT Training Institute. The NMT Fellowship is required within 3 years of your initial training and every five years after in order to maintain your NMT Academy Affiliation. During the Fellowship, NMT therapists and educators present 3 videos of their clinical and/or academic work to their NMT peers in order to receive constructive feedback. The Transformational Design Model is used as an objective process to guide the discussion and discern whether participants demonstrate an appropriate selection of treatment based on the understanding of the diagnostics, functional assessment, and functional goals of the clients.

For many of you, the NMT model guides your clinical work and teaching, and is often used in the title of your business or in your mission or philosophy statements to define what sets you or your practice apart. The NMT knowledge base continues to develop and evolve as we learn and understand more about music perception, cognition, and production and how engaging the brain in music can influence non-musical brain and behavior function. As stimulus specialists, it is essential to stay actively involved by doing Fellowship, participating in NMT support Chapters, and reading current literature in order to ensure that you can effectively practice at the highest level within the evidence-based model of Neurologic Music Therapy. Additionally, your clinical work brought through the fellowship process is an essential cog in the evidence-based treatment model. Sharing your clinical results during Fellowship fosters important discussion and drives clinical and research design.

It is often hard to find the time and financial resources to get to an NMT Fellowship, so we have tried to create a variety of opportunities and options. To find out more about what to prepare for Fellowship or upcoming Fellowship opportunities please visit <https://nmtacademy.co/training-opportunities/nmt-fellowship-training/>.



Upcoming Trainings

Institutes:

May 16-19, 2020

Toronto, ON

June 11-14, 2020

Roswell, GA

July 6-10, 2020

Montpellier, France

Aug 29-Sept 1, 2020

Boston, MA

Sept 20-23, 2020

Enschede, Netherlands

Oct 8-11, 2020

Beelitz, Germany

[Click Here for More Information about Trainings!](#)

Fellowships:

June 5-6, 2020

Toronto, ON

July 6, 2020

Montpellier, France

[Click Here for More Information about Fellowships!](#)

Please sign-up for the Online Fellowship!

Information for Online Fellowship Options available [here](#)

[Is your facility looking to host a training? Contact CoreneThaut at corene.thaut@nmtacademy.co](#)

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Industry Updates

One very exciting update for the NMT industry is that in 2019, Rhythmic Auditory Stimulation was written into the VA/DOD and the Canadian Stroke Association guidelines for stroke rehabilitation. This is groundbreaking for the field as guideline recommendations are an important step for an intervention to become standard of care.

Cheryl Jones presented on NMT at the Music Therapy Association of Ontario, St. Vincent's Hospital, Carleton University and a local high school in Ontario.

Brian Harris presented a two-hour educational course on RAS with three colleagues at the American Physical Therapy Association Combined Sections Meeting that had nearly 600 attendees.

Leticia Prieto Alvarez, MM, MA, MT-BC/NMT, LMHC received the 2019 Mass-ALA (Massachusetts Assisted Living Association) Excellence Award in Innovation.

Daniel Thomas BA, PGDip (MT), NMT submitted a poster on their NMT services in an acute stroke unit that won the UKABIF 2019 poster award, and went on to be featured at the UK Stroke Forum conference.

Kerry Devlin and colleagues at Johns Hopkins completed and published a review with colleagues at Johns Hopkins Peabody Institute on music-based interventions for movement disorders focusing on NMT.

The Oxford Handbook for NMT is now published in Japanese.

Please send us your NMT Updates so that we can include them in a future newsletter!

NMT Support Chapters

NMT Support Chapters...We hear you!

In order to help Academy Endorsed Support Chapters operate efficiently and effectively, we recently requested to hear from them directly. On behalf of the NMT Academy, we want to express our gratitude to you for taking the time to share your local and/or regional NMT support chapter feedback for 2019. We appreciate all of the suggestions and updates. Out of the feedback we received, most of the support chapters met at least one time throughout the year, and were either reviewing each other's films or studying research articles together. For those of you who may not be familiar with the Academy's Support Chapters, here is some background on them:

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The NMT Local Support Chapters 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 meeting 3-4 time/year 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, support chapters will spend time networking, asking questions, discussing current literature and connecting with fellow NMTs.

Local NMT Chapters

Are you looking for peer support? Please visit [NMT Local Support Chapters](#) to register, find, or learn more about local NMT Support Chapters.



In order to participate in a Chapter, you must have completed a current NMT institute training or fellowship within the last 5 years and be in good standing with the Academy.

Right now we have up to 15 regions throughout the world that are participating in these support chapters. There are now several new International support chapters starting up in Israel, the Philippines, and in the UK. There is also one online support chapter in operation in Germany.

You can find out more about Support Chapters near you by visiting the Academy website under the “For Affiliates” tab and [“Local Support Chapters”](#) for more information.

There has been a large request for more options to meet virtually and online, as many Affiliates are spread throughout the globe. The NMT Academy is exploring options for utilizing a system for all to access and/or to have leaders in our Academy continue to help Affiliates navigate and connect to the closest chapter.

Congratulations to all of those that have joined and to all that continue to participate in your local chapters. Thank you for helping to advance the work of the Academy and fine tuning your treatment skills. If you have any inquiries regarding the Support Chapters please reach out to supportchapter@nmtacademy.co

Council News

International Council Update: Click [HERE](#) to read about NMT Affiliates producing amazing results as they disseminate knowledge, advance the profession, and protect the practice of Neurologic Music Therapy around the globe.

The Academy is actively working to expand marketing efforts and spread awareness. In addition to the new logo, we have created new promotional items make available to Affiliates and to exhibit at a variety of venues throughout the year.

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Be sure to visit the website for the most current information and to update your [contact information](#). If the Academy does not have your current contact info, it will be difficult for us to support you.

Check out the **Affiliates Only** tab on the website. If you need the password, send a request to password@nmtacademy.com.

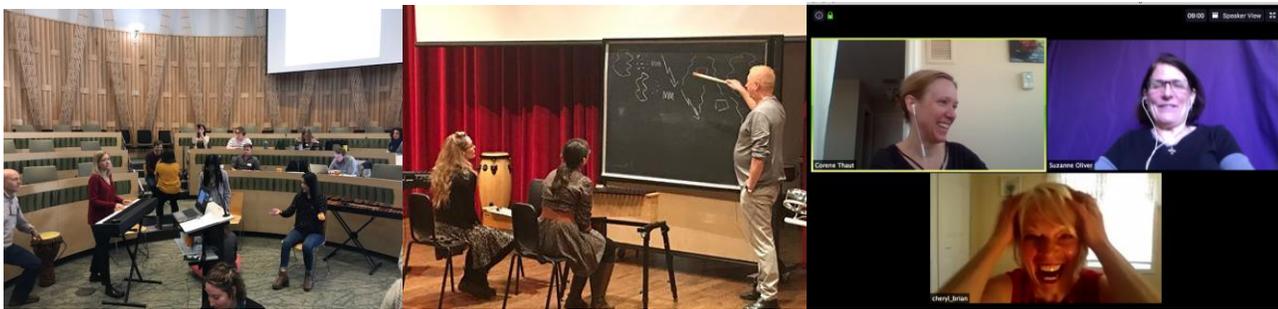
What's New in Research -Are You Looking for Cutting Edge Research to Inform Your Practice?

- [An integrative cognitive rehabilitation using neurologic music therapy in multiple sclerosis: A pilot study. Impellizzeri, et al., 2020](#)

[Click Here To Learn More about What's New in Research!](#)

[Also check out our new "Research By Technique" section here!](#)

Photo Gallery



NMT Training- Denver, Colorado / NMT Training - Toronto, ON / Academy Advisory Council Managing Covid-19



NMT Fellowship - Denver, Colorado / NMT Fellowship - Boston, MA / NMT Training-Boston, MA

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