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# NEUROLOGIC MUSIC THERAPY



## GOAL AREA: COGNITION

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### What is Neurologic Music Therapy?

Neurologic Music Therapy (NMT) is defined as the therapeutic application of music to cognitive, sensory, and motor dysfunctions due to neurologic disease of the human nervous system. NMT is based on a neuroscience model of music perception and production and the influence of music on function changes in nonmusical brain and behavioral functions.

NMT is recognized by the World Federation of Neurologic Rehabilitation, the European Federation of Neurorehabilitation Societies, and the International Society for Clinical Neuromusicology.

### NMT and Cognition Goals

NMT interventions are standardized and evidence-based and can be used to address a number of cognitive goals in the areas of attention, executive function, memory, psychosocial, and sensory integration. Clinical populations include acquired brain injury, Alzheimer's and dementia, Autism, brain tumor, cerebral palsy, stroke, Huntington's, Parkinson's and other neurological diseases (e.g. multiple sclerosis, muscular dystrophy).

### How does NMT help?

*Cognitive Processing.* Musical elements such as melody, rhythm, dynamics, and timbre are used to provide powerful and complex stimulation to the cognitive processes. NMT cognitive exercises simulate non-musical cognitive tasks within a musical structure.

### For More Information

To gain a more detailed understanding of NMT, access the latest research information, or to find an NMT in your area please visit <https://nmtacademy.co/>