

The Academy of Neurologic Music Therapy

January 2021

www.nmtacademy.co

Welcome to the January NMT Academy Bulletin! 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 the bulletin? Remind them to update their information [here](#).

From the Board of Directors

Dear Colleagues,

Welcome to 2021 which, we all hope, will bring relief to our personal and professional lives. Several surveys we have conducted at our research centre MAHRC at the University of Toronto, which are at various publication stages, show that NMT has been amazingly resilient in maintaining a strong clinical presence. I believe this is due to 2 key factors: the strong and dedicated efforts by all of you to become adaptive and creative in order to maintain services, and the structure of NMT techniques which can be translated well into TeleHealth delivery modalities.

The data we are seeing match well with the feedback we hear from the regular TeleHealth meetings hosted by the Academy. It clearly shows that clinicians who use primarily or exclusively NMT are more successful in maintaining their professional presence in TeleHealth, very similar to survey data of Pre-COVID clinical practice that have shown NMTs having the highest full-time employment percentages compared to traditional music therapy approaches.

Looking back, moving the NMT training institutes to an online platform last year has shown excellent success beyond our initial hopes. Since May, we have trained over 300 new NMT affiliates and NMT is now represented in 56 countries. We even had the opportunity to hold our first training with simultaneous translation in Portuguese. Even when it is safe to return to live formats, an online component will most likely be maintained as an important option for those who may not otherwise be able to attend.

[Visit nmtacademy.co](http://nmtacademy.co) for the most recent updates

Music Perception, Cognition, Production

Page 1 of 3

We can report important progress in music technology for clinical applications in a recent publication of the digital SONATA device (Sonification Arm Training Apparatus} which you can find attached. SONATA has also been shown to be very effective in a large TIMP stroke study recently completed at MAHRC as part of a dissertation. Papers are under review and in preparation.

Finally, just before the end of 2020, we received a \$1 Mill. Endowment for Music and Health Research from a music alumna at the University of Toronto. This is an incredible moment of support and recognition in perpetuity for the value of clinical music neuroscience research which is the foundation of Neurologic Music Therapy. As an NMT you are on the right side of history. For details on the endowment check our website at www.mahrc.music.utoronto.ca.

We have seen an increasingly strong turnout for Fellowships which is so important to maintain the vibrancy, quality control, and innovation of NMT at the highest levels. Please consult the website for upcoming monthly online Fellowship trainings.

Finally, the ultimate goal for 2021, which we can only accomplish together, is to make NMT a 'household name' around the globe with services available to all of those who can benefit!

Best wishes

Michael

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

Upcoming Important Dates

- Next Global Support Meetings: February 12th at 2pm!
- Next NMT Training: [February 4-7 in Pacific Time ONLINE](#)
- Next Fellowship Training: [ONLINE](#)
- Local Support Chapter Meetings: Ongoing, [click here](#) for more information about timing!

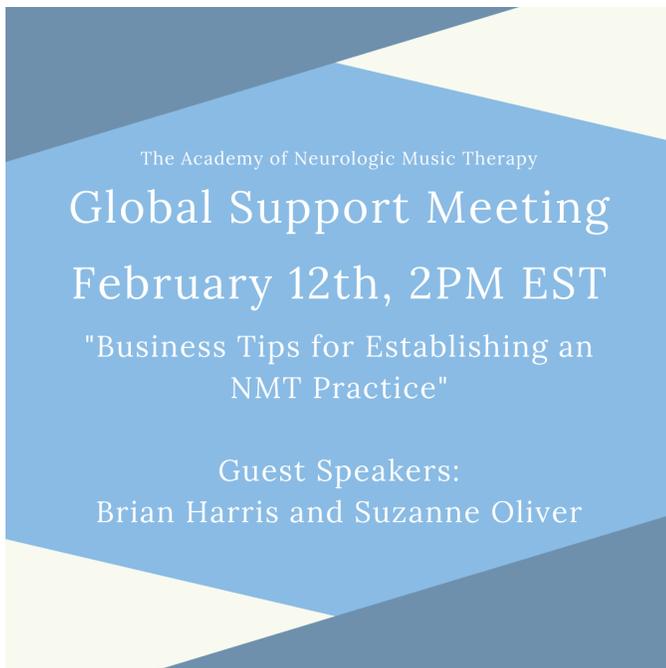
[Visit nmtacademy.co](http://nmtacademy.co) for the most recent updates

[Music Perception, Cognition, Production](#)

Page 2 of 3

Updates

- There will be an online training in the American West Coast Time Zone (PT) Feb 4-7, 2021
- There will be a training for Australia in April.
- The Toronto Training (online) has been confirmed for May 6-9
- The Montpellier, France Training will be July 6-9, 2021 with a Fellowship on July 5th.
- There has been confusion regarding the time of Global Support Meetings; they will always be in New York Eastern Standard Time (EST).



For the month of February, the West Coast NMT Training overlaps with the first Friday of the month. Therefore, the Global Support Meeting will be held on February 12th at 2pm EST. The topic will be "Business Tips for Establishing an NMT Practice" with guest speakers: Brian Harris and Suzanne Oliver!

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

- [Development and evaluation of a novel music-based therapeutic device for upper extremity movement training: A pre-clinical, single-arm trial](#)
- [Neural basis of long-term musical memory in cognitively impaired older persons](#)
- [Immediate effects of voice focus adjustments on hypernasal speakers' nasalance scores](#)
- [An integrative cognitive rehabilitation using neurologic music therapy in multiple sclerosis](#)

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

Visit nmtacademy.co for the most recent updates

Music Perception, Cognition, Production

Page 3 of 3