metric music therapy

Neurologic Music Therapy services for Southern California

Frequently Asked Questions: Stroke

What is Neurologic Music Therapy (NMT) and how is it different from conventional 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 non-musical brain and behavior functions.
NMT utilizes a research-based system of Standardized Clinical Techniques for movement, speech & language, and cognitive training.

(Thaut, 2005)

This scientifically supported use of Standardized Clinical Techniques is unique to NMT as well as the advanced neuroscience and research training required in order to obtain the credentials NMT.

How can NMT be of benefit for stroke?
Rhythm is processed in the brain sub cortically, meaning we don't have to think about it in order for our brains to perceive rhythmic information. Additionally, rhythm is an extremely efficient primer for our motor systems. What we call rhythmic entrainment (the integration of movement to a patterned, rhythmic auditory stimulus), occurs in all of us due to its biological foundations.
NMT benefits the needs following a stroke by addressing movement, cognitive, and speech needs. The research on stroke rehabilitation and NMT focuses on the use of rhythm to access areas of the brain not affected by stroke. In using these varied parts of the brain, rhythm promotes healthy neural pathways in order to improve non-musical goals like those below:
Movement: Improve ambulation, balance, coordination, improve upper extremity Range of Motion
Cognition: Improve memory, attention, executive skills (problem solving, decision making, sequencing)
Speech: Improve speech and language output due to apraxia, aphasia (Broca's + Wernicke's), dysarthria

How often should I expect to receive NMT treatment?
Speech/language, cognitive, and movement needs should ideally be addressed by NMT on a weekly basis. Home exercise and rhythm programs are available and are overseen by a board certified neurologic music therapist.

Is NMT treatment covered by insurance and/or Medicare?
While NMT is a newer field, there have been great strides in private insurance re-imbursement. Metric Music Therapy is able to provide clients with research information and invoices appropriate for private insurance re-imbursement in order for clients to independently seek out reimbursement. Upfront payment is required for all services.
Medicare does not accept NMT services at this time.
Please check with Metric Music Therapy for the most up-to-date information on reimbursement.

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Peggy Groves Schaefer MM, MT-BC, NMT-Fellow ◊ 16410 Whittier Blvd Whittier, CA 90603 ◊ 714-466-0117
peggy@metricmusictherapy.com ◊ www.metricmusictherapy.com