

AMERICAN **MUSIC**  
**THERAPY** ASSOC.  
**STUDENTS**



>

**Student Affairs  
Advisory Book  
(SAAB) Guidebook 2023**

# Glossary

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### History of AMTA

The first curriculum specifically designed to train music therapists was established in 1944 at Michigan State University. The need to provide standards for hospital musicians trained in clinical music therapy techniques led to the formation of The National Association for Music Therapy (NAMT) in 1950. In 1971, a second national organization for music therapy, the American Association for Music Therapy (AAMT) was established at New York University in New York City. The American Music Therapy Association (AMTA) was officially formed on January 1<sup>st</sup>, 1998 through the unification of NAMT and AAMT. The aim of having one professional association is to lead and represent music therapy with a unified strong voice into the future. In 2015, AMTA celebrated the 65<sup>th</sup> anniversary of music therapy in the USA. Today, AMTA represents music therapists, affiliated members, and related associates worldwide.



### History of AMTAS

In 1963, a group of music therapy students created their first student newsletter, "MT Student", as an attempt to connect students in the nation. In 1977, The National Association for Music Therapy Students was formed. The Student Affairs Advisory Board (SAAB) was created in 1982 to to advise the NAMTS officers. 1986 brought the first student session at the NAMT national conference, each region performing a "Students say music therapy is..." song. With the unification of NAMT and AAMT in 1998, the American Music Therapy Association Students (AMTAS) was formed. During its first year, AMTAS reinstated the President's Challenge to give back to new professionals and music therapy program directors, In 2016, AMTAS held its first National Passages Conference, and in 2017, AMTAS celebrated its 40<sup>th</sup> Anniversary with the creation of our current logo. Today, AMTAS continues to connect with students through the AMTAS blog, social media platforms, and online events.

**Definition**

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program (AMTA, 2005).

Music therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses.

**Music Therapists**

Music Therapists must have a bachelor's degree or higher in music therapy from one of AMTA's 89+ approved colleges and universities, including 1200 hours of clinical training.

They must also hold the MT-BC credential, issued through the Certification Board for Music Therapists (CBMT), which protects the public by ensuring competent practice and requiring continuing education. Some states also require licensure for board certified music therapists.

## Presidentials Address

Hello and welcome!

The American Music Therapy Association for Students (AMTAS) began with a group of students and a newsletter that was sent to connect with other music therapy schools in the nation. Today, we are proud to encompass 89 music therapy programs and a number of students that continue to inspire the growth of our community, education, and profession.

In June 2022, our professional organization, AMTA, announced the beginning of a restructuring period. Our MT community was in a period of "unknown", but our students continued to seek opportunities for growth and involvement. With their support and leadership, especially from our regional student representatives, we were able to hold our annual Passages Conference during the 2022 AMTA Virtual Symposium, host an MT population roundtable discussion, co-host our first Instagram live Q&A with a MT pediatric clinic, and continue to support our students through scholarships and our online presence/resources.

This year, 2023, our organization hopes to continue to work from this new foundation, restore previous functions/traditions, and more- this website is not only a resource for your growth and education, but also a bridge to connect other students, professionals, and areas of need in our MT field. I urge you to get involved and consider helping us by becoming:

- An active member of AMTAS by sharing your thoughts and ideas,
- An officer on the executive board at the university, regional, or national level,
- A student representative on a professional standing committee, or
- A fundraising organizer for AMTAS.

AMTAS continues to grow through the advocacy, networking, awareness, and community of our students and student professionals. What once started as a newsletter is now an organization that depends both on the initiatives of our students and the support of our professionals. On behalf of our 2023 AMTAS executive board, I thank you for entrusting us to be your voices and look forward to working with you in fostering our music therapy field.

- **Micah Castillo, MT-BC, NICU-MT**  
AMTAS President, 2023

### **Purpose of AMTA**

AMTA's mission is to advance public awareness of the benefits of music therapy and increase access to quality music therapy services in a rapidly changing world. In consideration of the diversity of music used in a variety of settings, AMTA unequivocally recommends the unique knowledge and skill of board certified music therapists.

### **Purpose of AMTAS**

AMTAS was created to provide valuable information about music therapy, including what music therapy is, how to get involved in music therapy, and how to navigate becoming a professional music therapist. We are able to do this through a collaboration with the American Music Therapy Association, working with them at the regional and national levels.

Governing Bodies	Regions
<p>A 15-member Board of Directors consisting of both elected and appointed officers governs AMTA. Other governing bodies include the Assembly of Delegates and Standing Committees. The Assembly of Delegates is made up of representatives from each of the association's seven regional chapters. Fifteen standing committees and three boards represent the following areas:</p> <p>Committees:</p> <ul style="list-style-type: none"> <li>● Academic Program Approval</li> <li>● International Relations</li> <li>● Interprofessional Collaborative Resources</li> <li>● Membership</li> <li>● Professional Advocacy</li> </ul>	<p>AMTA is made up of 7 different regions, each with different states to represent their region. These regions include::</p> <ol style="list-style-type: none"> <li>1. Great Lakes Region             <ol style="list-style-type: none"> <li>a. Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin</li> <li>b. <a href="http://www.glamta.org">www.glamta.org</a></li> <li>c. <a href="http://glramtas.weebly.com/">http://glramtas.weebly.com/</a></li> <li>d. <a href="https://www.instagram.com/glramtas/?hl=en">https://www.instagram.com/glramtas/?hl=en</a></li> <li>e. <a href="https://www.instagram.com/glramtas/?hl=en">https://www.instagram.com/glramtas/?hl=en</a></li> </ol> </li> <li>2. Southeastern Region             <ol style="list-style-type: none"> <li>a. Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, South Carolina, and Tennessee</li> <li>b. <a href="http://www.ser-amta.org">www.ser-amta.org</a></li> <li>c. <a href="https://seramtas.weebly.com/">https://seramtas.weebly.com/</a></li> <li>d. <a href="https://www.instagram.com/seramtas/">https://www.instagram.com/seramtas/</a></li> </ol> </li> <li>3. Mid-Atlantic Region</li> </ol>

- Workforce Development and Retention
- Clinical Practice Networking
- Association Internship Approval
- Continuing Education
- Diversity, Equity and Inclusion
- Government Relations
- Reimbursement
- Research
- Standards of Clinical Practice
- Technology

Boards:

- Ethics Board
- Judicial Review Board
- Student Affairs Advisory

- a. Delaware, District of Columbia, Maryland, New Jersey, New York, Pennsylvania, Virginia, and West Virginia
  - b. [www.mar-amta.org](http://www.mar-amta.org)
  - c. <https://maramts.weebly.com/>
  - d. [https://www.instagram.com/mar\\_amts/?hl=en](https://www.instagram.com/mar_amts/?hl=en)
4. Mid-Western Region
    - a. Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, and Wyoming
    - b. [www.mw-amta.org](http://www.mw-amta.org)
    - c. <https://mwrmtas.org/>
    - d. [https://www.instagram.com/\\_mwrmtas/](https://www.instagram.com/_mwrmtas/)
  5. New England Region
    - a. Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont
    - b. [www.musictherapynewengland.org](http://www.musictherapynewengland.org)
    - c. <https://www.neramts.org/>
    - d. <https://www.instagram.com/neramts/?hl=en>
  6. South Western Region
    - a. New Mexico, Oklahoma, Texas
    - b. [www.swamta.wildapricot.org](http://www.swamta.wildapricot.org)
    - c. <https://www.instagram.com/swamts/>
  7. Western Region
    - a. Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Utah, and Washinton
    - b. [www.wramta.org](http://www.wramta.org)
    - c. <https://www.instagram.com/swamts/>

Additionally, each region has its own representatives of professionals and students.





### **AMTA Conferences**

The AMTA hosts one National Conference in the fall and each AMTA region hosts a regional conference in the spring. At conferences, students can attend sessions and concerts, buy instruments and books, and connect with other therapists and students from their own region or across the nation. Students are also welcome to submit conference proposals or research posters to present during conference.

### **AMTA Symposium**

Due to financial barriers experienced post-pandemic in 2021, AMTA hosted the first “AMTA Symposium.” During symposium, students and professionals have the opportunity to virtually attend CMTE and educational sessions provided by AMTA U-Think. Symposium may be offered in place of National Conference, typically during the same timeframe (October/November).

### **Passages**

Passages are student-run conferences aimed at giving students, interns, and new professionals practical experience with presentations and research. AMTAS hosts Passages annually at the National Conference (or Symposium), which includes a keynote speech introducing the year’s theme and student presentations. . Many regions also hold their own annual passages conference. Contact your regional or national executive board for further information about the conference as well as submitting a presentation.



## International Music Therapy Conference

The World Federation of Music Therapy (WFMT) hosts an international music therapy conference every three years. Current information can be obtained at <https://www.wfmt.info/>. The European Confederation of Music Therapy (ECMT) hosts an international conference located in Europe every three years. More details are available at the international associations' website.

**International E-Journal:** Voices at [www.voices.no](http://www.voices.no)

## AMTA Publications

- The Journal of Music Therapy: A Quarterly Research-Oriented Journal  
<https://academic.oup.com/jmt>
- Music Therapy Perspectives: A semi-annual, practice-oriented journal  
<https://academic.oup.com/mtp>
- Music Therapy Matters: A quarterly online newsletter focusing on AMTA business and current happenings in the field.  
[https://www.musictherapy.org/research/h/pubs/#Music\\_Therapy\\_Matters](https://www.musictherapy.org/research/h/pubs/#Music_Therapy_Matters)
- Music Therapy E-news: An E-newsletter relevant to the profession of music therapy sent out frequently.  
<https://www.musictherapy.org/research/pubs/>
- AMTA-Pro: Podcasting platform from music therapists for music therapists.  
<https://amtapro.musictherapy.org/>
- AMTA - U: Online Symposium platform for CMTE and AMTAS Passages  
<https://amta-u.thinkific.com/>



## **Who is on the Student Affairs Advisory Board?**

The Student Affairs Advisory Board (SAAB) consists of 13 voting members:

- The AMTAS Executive Board (6)
- The President from each individual region (7)

The SAAB also includes the AMTAS Past-President and the Advisors of AMTAS and each region. Advisors are elected/appointed by the students of each region in accordance with its respective Bylaws.

### **Purpose of SAAB**

To examine issues that impact students and to provide a forum where they are able to bring up any concerns. The SAAB works closely with the AMTA Board of Directors.

### **AMTAS Membership**

AMTAS Membership is open to students who are declared music therapy majors enrolled at an AMTA approved school. As a due-paying Student Member of AMTA, membership includes access to the online publications of the *Journal of Music Therapy*, *Music Therapy Perspectives*, and other selected national and regional publications of the association. AMTA Membership is also required to serve on the AMTAS Executive Board.

All music therapy students, interns, and new professionals are invited to participate in all activities of the association, both on the national and regional levels. These activities may include network opportunities, educational events such as Passages, serving as a Student Representative of an AMTAS Committee, and being involved in the discussion and voting of current AMTAS business.

**Benefits of being an AMTAS member are manifold:**

- AMTAS keeps you informed

### **AMTAS Board of Directors**

The student association's Board of Directors consists of thirteen (13) voting members and one (1) non-voting member:

<ul style="list-style-type: none"> <li>• AMTAS keeps you connected</li> <li>• AMTAS saves you money</li> <li>• AMTAS offers leadership opportunities •</li> </ul> <p>Answers questions</p> <p><b>To become a member:</b></p> <p>Fill out an AMTA Membership Registration Form at <a href="http://www.musictherapy.org">www.musictherapy.org</a></p>	<ul style="list-style-type: none"> <li>• President</li> <li>• President-Elect</li> <li>• Vice President</li> <li>• Secretary</li> <li>• Treasurer</li> <li>• Parliamentarian</li> <li>• Seven (7) Student Representatives, one (1) from each AMTA region, and</li> <li>• The SAAB Advisor, without the right to vote</li> </ul> <p>Duties of each of the officers may be viewed in the AMTAS bylaws, available on the AMTAS website or by contacting the AMTAS Parliamentarian.</p>
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### **AMTAS National Executive Board:**

**President:** [president.amtas@gmail.com](mailto:president.amtas@gmail.com)

The President serves as Chief Executive Officer of AMTAS. The President's main responsibilities include overseeing scholarship submissions and acting as a liaison between various operations of the executive board.

**President-Elect:** [presidentelect.amtas@gmail.com](mailto:presidentelect.amtas@gmail.com)

The President-Elect's role is to assist the President as requested and study the duties of the President in anticipation of assuming the position. The President-Elect also acts as a correspondent with the Standing Committee Student Representatives.

**Vice President:** [vicepresident.amtas@gmail.com](mailto:vicepresident.amtas@gmail.com)

The Vice President's main responsibilities include updating the AMTAS website as well as communicating information such as scholarship opportunities, via social media. The VP maintains the AMTAS social media accounts and website.

**Parliamentarian:** [parliamentarian.amtas@gmail.com](mailto:parliamentarian.amtas@gmail.com)

The Parliamentarian's duties include ensuring all AMTAS meetings are conducted according to Robert's Rules of Order. The Parliamentarian also reviews the AMTAS Bylaws and presents recommended changes to be approved.

**Secretary:** [secretary.amtas@gmail.com](mailto:secretary.amtas@gmail.com)

The Secretary's main responsibility is to keep minutes for all AMTAS and SAAB meetings. In addition, the Secretary manages the AMTAS blog posts published on the AMTAS website.

**Treasurer:** [treasurer.amtas@gmail.com](mailto:treasurer.amtas@gmail.com)

The Treasurer is entrusted with the custody and supervision of the financial affairs of AMTAS. The Treasurer's duties include keeping track of creating the budget, overseeing fundraisers and scholarship opportunities, and helping rewrite financial policies and procedures.

**SAAB Advisor:** [advisor.amtas@gmail.com](mailto:advisor.amtas@gmail.com)

The role of the student advisor includes chairing the Student Affairs Advisory Board (SAAB). The purpose of SAAB is to provide a forum for bringing up student issues, ideas, and developments. This includes coordinating the AMTAS Executive Board as well as each region's student advisor and President.

### **AMTAS Bylaws**

AMTAS conducts annual business according to the organization's bylaws. AMTAS bylaws serve as the official regulatory document for the student organization. Bylaws are updated through annual membership ratification during the AMTAS Student Business Meetings. Bylaws can be found on the AMTAS website and in the AMTAS executive board archives.

### **AMTAS Scholarships**

See the scholarship page on <http://www.amtas.org/> for deadlines and more information or contact [treasurer.amtas@gmail.com](mailto:treasurer.amtas@gmail.com)

***AMTAS President's Challenge***

The AMTAS President's Challenge was started as a way for music therapy students to show support for the field and to thank the professionals who have shown support for the students throughout the years. The President's Challenge includes the AMTAS Executive Board challenging the AMTAS regional presidents to donate small items useful for music therapy clinical practice (examples might include: CD's, small musical instruments) to the AMTA Conference. The winner of the challenge is then awarded the materials collected as a resource for their clinical work.

***AMTAS Regional Support Fund***

AMTAS annually administers financial assistance through the Regional Support Fund to a regional student executive board. The regional executive board may request these funds for a variety of reasons, such as student or university scholarships/financial assistance, the regional project, and conference needs. Regions may request any amount of the support fund reward, but the actual amount will be determined by the AMTAS board.

***STARS Awards: Students Taking an Active Role Scholarships***

*Students Taking Active Role Scholarships (STARS) are awarded annually in the following amount.*

STARS Award – Undergraduate: \$220

STARS Award – Graduate and Equivalency: \$220

STARS AMTA Membership Scholarship: \$150

STARS Internship Allowance Scholarship: \$220

STARS CBMT Scholarship: \$325

The American Music Therapy Association for Students (AMTAS) is pleased to offer FIVE scholarships for AMTA student members. The STARS Awards will be awarded

to one undergraduate student and one graduate student. The STARS CBMT Scholarship will be awarded to an intern who will be transitioning to a professional and will cover the cost of sitting for the CBMT exam. The STARS AMTA Membership Scholarship will be awarded to an intern who will be transitioning to a professional to help cover the cost of their first AMTA Professional Membership. The STARS Internship Allowance Scholarship will be awarded to a current intern to help with expenses.

- STARS Award applications are due each year on September 15th.
- Applicants must have an interest in being involved in AMTAS at the university , state, regional, and/ or national levels.
- A letter of recommendation is required for each scholarship application.
- **Students may apply to multiple scholarships if qualified.**
- The STARS, President's Challenge, and Regional Support Fund are presented at the second Student General Business Meeting at the National Conference / Symposium.

### **Music Therapy Internship**

AMTAS provides resources for students as they navigate all aspects of their education journey. Below is an informal guide for internships and helpful tips. For additional information and questions about internship, email [president.amtas@gmail.com](mailto:president.amtas@gmail.com) or reach out to the AMTA Association Internship Approval Committee (AIAC).

#### **Internship Guide from Students, for Students**

- Begin looking through the AMTA internship directory available at your school or through the Internship Directory link on the AMTA website. You should also become familiar with your school's options for University Affiliated Internships. Contact your music therapy program director for more information regarding these. Start to research the internships that interest you the most. (Suggestion: Begin this step two years prior to when you anticipate being able to start your internship)
- Begin to contact internship sites for information and applications and start to organize all these materials. Each region's Clinical Training

Committee Representative can be contacted for information about any changes in internship sites, new internship sites, or for intern site evaluations from all current internship programs in their respective region. Making first contact with the internship director of a site you're interested in through phone or email can also be a great thing to do at this stage. (Suggestion: Begin this step a year and half prior to when you anticipate being able to start your internship)

- Begin the application process. Internship sites vary widely in terms of how much time in advance of an internship start date the deadline for applying is. Some can be as short as a couple months before the start date, while others are over a year prior to the start date.
- You may apply to no more than four National Roster Internships at one time but may apply to as many University Affiliated Internships as you wish. The application process can be quite lengthy and detailed, so allow sufficient time to prepare all materials professionally. Be sure to give ample time for reference letters to be prepared. Should you be turned down or you decide to withdraw your application from a national roster site, you may submit an application to another.
- Make certain that all of your necessary materials have been received. If an on-site interview is not required, arrange an appointment to visit the internship site and meet with the Internship Director if possible. The internship site visit is a very important part of the process, both for the prospective intern and the internship director. It can help determine if the internship experience will be a good fit.
- Once you have received an offer of an internship placement, you will accept or decline the offer in writing. After you have accepted an internship offer, CONGRATS! Be sure to follow up with your internship director.

### **Tips for Prospective Interns:**

- Visit internship sites and shadow the music therapists there if at all possible. Think about how the site meshes with your personal music therapy philosophy.
- Be professional in all communications with internship directors.

- Dress for success during your interview
- Start building your resume as early as possible. Volunteer and participate; these things set you apart from other candidates
- Start to think about your personal philosophy of music therapy and how it aligns with the philosophies of different sites and the music therapists working there.



### **Regional Participation**

#### **AMTAS Community**

Each regional student organization is categorized under AMTAS. All AMTA student members are dually registered with a regional student membership. AMTAS resources are open to all music therapy students. Organizational support will be given to all regional executive boards/students upon request. Upon request, AMTAS executive members will aid in regional operations such as student conference events and regional passages.

#### **SAAB Meeting**

The Annual Student Advisory Affairs meeting will take place during the National Conference. In the event that an in person conference is not offered, the SAAB Advisor will call a meeting to take place at another point in the year, most likely in a virtual format. Annual meetings are conducted formally using Robert's Rule of Order. Attending annual SAAB is a requirement for all Regional Presidents and



## Regional Student Advisors.

### Regional Projects / Reports

Regional projects are any event or project taken on by the regions that support music therapy advocacy or access to music therapy services in the community. They can include activities associated with regional student conferences, but can occur at any time during the year. Regional Executive Boards are encouraged to fundraise for these projects and may also apply for the AMTAS Regional Support Fund to assist with any project expenses. The 2022 Regional Support Recipients and their projects are described below:

#### AMTAS 2022 REGIONAL SUPPORT FUND RECIPIENTS

In 2022, AMTAS awarded 2 AMTA regions with the Regional Support Fund:



1. The Great Lakes Region (GLR-AMTAS) focused on rebuilding connections between students following the pandemic with their regional project "The Wellness Endeavor"- an initiative promoting financial, social, emotional, vocational, intellectual, and academic wellness. With the AMTAS Regional Support Fund, GLR-AMTAS was able to provide financial wellness with scholarships awarded to students and 1 university at the regional conference.



2. The Northeastern Region (NER-AMTAS) hosted an in-person, region-wide event titled "We're All in This Together!" with a goal of expanding their support for universities and student involvement across the region, as well as connect existing and new music therapy programs. The AMTAS Regional Support Fund assisted in providing resources for the full-day event.

Twice annually, AMTAS' Regional Presidents are required to submit an Officer Report to the AMTAS Advisor. These formal reports are written using a template provided by the AMTAS Board and requests information regarding updates to regional business, including regional project updates. These bi-annual reports can be found in the AMTAS Spring and Fall Report Blog Posts on the AMTAS Website: <http://www.amtas.org/blog> .