

# Health Career Observer



The Official Newsletter of the WNY R-AHEC

June, 2025

## Music Therapist

Music therapists use music to accomplish a non-musical and individualized goal in a wide variety of settings. They work in both individual and group settings to accomplish goals related to social skills, educational concepts, motor skills, speech skills, cognitive abilities and more based on the treatment plan or assessment of the individual or group. Music therapy may promote wellness by helping manage stress, alleviating pain, expressing feelings, enhancing memory, improving communication, promote physical rehabilitation and more. Music therapists work in psychiatric hospitals, rehabilitative facilities, medical hospitals, outpatient clinics, day care treatment centers, agencies serving persons with developmental disabilities, community mental health centers, drug and alcohol programs, senior centers, nursing homes, hospice programs, correctional facilities, halfway houses, schools, and private practice.



*"I love that my job is never dull and always fun I love that I get to use music to build connections to so many people."*  
-Alicia Hubbard, MT-BC

**Average Annual Pay: \$44,170 per year**

## How Do I Become a Music Therapist?

**PROJECTED JOB  
GROWTH RATE IS  
10% BY 2033**

A professional music therapist holds a bachelor's degree or higher in music therapy. Upon completion of the bachelor's degree, music therapists are eligible to sit for the national board certification exam to obtain the credential MT-BC (Music Therapist - Board Certified) which is necessary for professional practice. The credential MT-BC is granted by a separate, accredited organization, the Certification Board for Music Therapists (CBMT), to identify music therapists who have demonstrated the knowledge, skills and abilities necessary to practice at the current level of the profession.

## What Does a Music Therapist Do?



Design or provide music therapy experiences to address client needs, such as using music for self-care, adjusting to life changes, improving cognitive functioning, raising self-esteem, communicating, or controlling impulses.



Design music therapy experiences, using various musical elements to meet client's goals or objectives.



Sing or play musical instruments, such as keyboard, guitar, or percussion instruments.



Communicate with clients to build rapport, acknowledge their progress, or reflect upon their reactions to musical experiences.



Monitor and track patient progress, adjust plans as needed and communicate with other health care professionals.



Educate patients and families on therapy methods and goals



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## A Professional Account

Alicia Hubbard, Owner of Hooked on Music Therapy and Board Certified Music Therapist shares her insight into the field.

### What is the most rewarding part of your job?

*"The most rewarding part about my job is the people I get to meet. I truly work with some of the most amazing individuals and their families. In addition, the groups I work with are so much fun! I love that my job is never dull and always fun (well, except the paperwork, but that part is necessary!) I love that I get to use music to build connections to so many people. Music truly is a universal language that so many can connect to!"*

### What is the most challenging?

*"It's hard to really share something challenging about my job other than having to learn the business side of things when I decided to open my practice. However, when I was in school, the most challenging thing for me was learning piano, guitar and percussion instruments all at the same time. I didn't have a lot of music background previously and was a vocal primary. Trying to learn all of these things plus classes in psychology, anatomy as well as general classes (and being a member of the dance team) was certainly a lot! But, it's worth it. This job is rewarding in so many ways and seeing your clients succeed because of you...well, there is nothing like it!"*

### What do you wish you knew back in school that you know now?

*"Something I wish I knew then that I know now is more detailed information about music therapy in postpartum. That was a really cool topic to learn about following my own journey to motherhood. I loved how we delved into Autism and other developmental disabilities and Alzheimer's Disease (and other forms of Dementia), but there are so many more people who can benefit from music therapy. Obviously we can't learn it all, which is why we have to recertify every 5 years with 100 credit hours! Perfect reason to keep learning new information about the power of music."*

### Anything else you want to share?

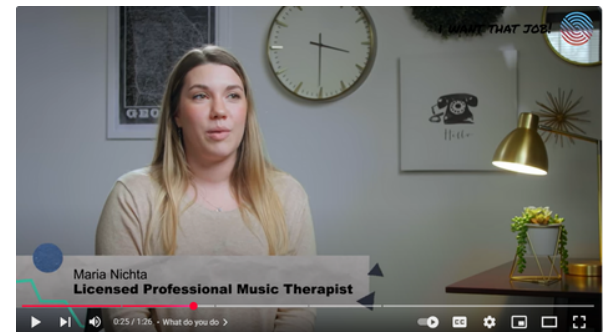
*"If you are interested in music therapy, please get out and observe a music therapist in action as well as learn some basics on our primary instruments (piano and guitar especially)! Music therapy is such a phenomenal and rewarding career for those willing to continue to educate about it and about the power of music. People are still learning that music therapy is an allied health profession and are still accepting it even though we all use music in some kind of therapeutic way without even realizing it! Music is amazing...don't ever forget that!"*

Visit Hooked on Music Therapy's website: [hookedonmusictherapy.com](https://hookedonmusictherapy.com)



Click on the image for information on Music Therapy

<https://www.youtube.com/watch?v=UjhgHEDG0NU>



Click on the image for a day in the life of a music therapist.

<https://www.youtube.com/watch?v=cNbdwQ3gOc0>



For more information visit the American Music Therapy Association  
<https://www.musictherapy.org/>



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**Genesee Valley BOCES**  
*Success Stories Written Here*

**SCHOOL OF PRACTICAL NURSING**  
Upcoming LPN Classes

- Batavia: APPLICATIONS EXTENDED TO JUNE 15, 2025. All test results and paperwork must be received by June 15, 2025. NEW class starts January of 2026. \*\*\*TEST NOW - SPOTS FILL FAST\*\*
- Mount Morris: Applications NOW being accepted for Fall 2025 class.

SCAN HERE FOR MORE INFORMATION

SCAN ME

Launch Your Nursing Journey—  
Success Stories Start at  
GENESEE VALLEY BOCES.

At GV BOCES, our LPN Program equips you with the skills, confidence, and experience to thrive in healthcare. Take the first step toward a rewarding career — your journey begins here!

The WNY R-AHEC  
**Health Career  
Resource Guide**

**MASH CAMP 2025**

Join us for this exciting camp at  
**St. James Hospital!**

Are you a student entering grades 9–11 with an interest in the medical field?

Join us for a one-day MASH Camp at St. James Hospital! Explore exciting healthcare careers, learn from real medical professionals, and get hands-on experience with skills like blood pressure monitoring, suturing, and more through interactive rotations and skill stations.

**No Cost! Limited spots available!**  
Don't miss this opportunity to discover your future in healthcare.

**APPLY NOW** »  
Apply by July 11th

**August 14, 2025**  
**9 AM - 3 PM**  
St. James Hospital  
7329 Seneca Rd N  
Hornell, NY 14843

Questions?  
(585) 786-6275  
info@r-ahec.org

**2025**  
**BEA SUMMER CAREER  
EXPLORATION CAMPS**

**REGISTRATION OPENS MARCH 25 AT 9 AM**

**Medical Camp**  
July 21 - July 23  
8:30 AM - 4:00 PM  
Various Locations  
**\$75/Camper\*\***

**https://www.beagenesee.com/2025-camp-registration**

\*\*Scholarships Available. Contact the BEA for more information.  
For students entering Grades 6-9 in Fall 2025.