



THE CERTIFICATION BOARD  
FOR MUSIC THERAPISTS

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## **How To Meet the New Ethics Requirement** **by Janice Lindstrom, MA, MT-BC** **CBMT Continuing Education Committee**

If a certificant chooses to recertify using the continuing education credit method, the new Recertification Guidelines outlined in the Fifth Edition of the Recertification Manual state: **To meet recertification requirements, certificants must obtain at least three (3) of the 100 recertification credits in ethical practice.** These credits are accrued under the Continuing Music Therapy Education category and are effective with recertification cycles that began in 2011 or later.

Continuing Music Therapy Education (CMTE) credits may be earned by attending a course that is a minimum of three continual, sustained contact with the teacher and materials of the class. This means that the course must last at least three hours, allowing for three 10-minute breaks during that time. Attendance at the event must be officially documented (usually with a sign in sheet or certificate). The presenter must be qualified to provide a high-quality educational experience. The learning objectives being addressed and met must directly relate to the current *CBMT Scope of Practice*.

Merriam-Webster's Collegiate Dictionary Deluxe Edition (2007) defines ethics as "the principles of governing an individual or group." The *CBMT Scope of Practice* outlines what Board Certified Music Therapists do in Assessment and Treatment Planning, Treatment Implementation and Termination, Ongoing Documentation and Evaluation of Treatment, and Professional Development and Responsibilities.

There are several ways to obtain the mandatory ethics credits for recertification:

1. Take a graduate course with content that relates to ethical considerations related to the *CBMT Scope of Practice*. For example, the New England College of Business offers an online Master of Science in Business Ethics and Compliance. Rush University offers a Masters degree in Health Care Ethics. Enrolling in a course from one of these programs would meet the ethics requirement, provided it relates to the *CBMT Scope of Practice*. Examples used here have not been evaluated for validity and content.
2. Attend an ethics course offered as a three-hour learning event from an Approved Provider. Check out the courses offered by the CBMT Approved Providers and attend one of their courses that offer a three (or more) credit ethics course.
3. Attend a course offered by a non-approved provider. The course must be of sufficient length (three hours minimum) and adhere to the *CBMT Scope of Practice*. For example, *athealth.com* offers a three-credit course called *Ethics: Spiritual Issues in Clinical Practice* and a six-credit course called *HIPAA Made Friendly: How to become Compliant*. There is no guarantee that a non-approved course submitted for credit will actually be approved. Such courses will be accepted if they are adequately documented and if they meet requirements for content area, contact hours, and other applicable continuing education criteria and guidelines. The certificant is responsible for justifying the significance and validity of the non-approved course in relation to the content areas of the examination and the recertification process. Examples used here have not been evaluated for validity and content.

4. Read three articles published in a refereed journal, music therapy or non-music therapy, as long as it relates to the profession and to the *CBMT Scope of Practice*. The articles must have been published within the certificant's five-year recertification cycle, and may not be part of a course of study or research project.
5. Attend three sessions related to ethics at a conference and document them using the Umbrella Groupings guidelines in the *Recertification Manual*. For example, at the 2011 AMTA conference, the following concurrent sessions might have been grouped under Ethics for seven credits: *Advocacy and Professional Ethics in Music Therapy* (60 minutes); *Fair Use of Musical Property: Copyright and Music Therapy* (60 minutes); *Music Therapy Ethics: Mandated Reporting* (60 minutes); *Ethics Board Presents: Private Practice & Subcontracting – Ethical Concerns & Issues* (90 minutes); *How to Put Your Thoughts into Practice and Ethically Grow Our Profession* (60 minutes); and *Values: The Soil From Which All Advocacy Grows. Do You Know Yours?* (60 minutes)
6. Use a standardized self-study course, such as *Introduction to Music Therapy Ethics* by Music Works Publications ([www.musicworkspublications.com](http://www.musicworkspublications.com)).
7. Create an individualized self-study program by selecting a qualified mentor to serve as your clinical supervisor, teacher, or guide in learning about ethics. To meet this requirement, one must follow the guidelines on pages 16- 17 and 52 of the *Recertification Manual*.

As illustrated in the examples above, there are many ways to fulfill the new ethics requirement. **If the certificant chooses the exam option instead, there is no additional ethics requirement because the exam represents the current *CBMT Scope of Practice* and thus meets the requirement.**

If you have questions regarding the new ethics requirement, please contact the CBMT office by phone at 800.765.2268 or by email at [info@cbmt.org](mailto:info@cbmt.org).