



World Federation of Music Therapy
Federación Mundial de Musicoterapia

WORLD MUSIC THERAPY WEEK TOOLKIT 2026

APRIL 10-15



Bringing music therapy associations
and individuals interested in
developing and promoting music
therapy globally together



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World Federation of Music Therapy

The World Federation of Music Therapy, Incorporated is a non-profit corporation organized under the laws of the state of North Carolina, USA. Its aim is to promote music therapy throughout the world.

The WFMT aims to act as the international umbrella organization for the profession of music therapy.





World Federation of Music Therapy

WFMT's 2025 Revised Vision, Mission and Values

Over the past year, the World Federation of Music Therapy (WFMT) has engaged in a collaborative process of reflection and renewal to revisit the core principles that guide our work.

Through dialogue with our global community, we have updated our Vision, Mission and Values to better reflect who we are today, what we stand for, and where we are heading as a federation. These renewed statements affirm our shared identity, our commitment to inclusion and global collaboration, and our dedication to supporting the evolving field of music therapy worldwide.



World Federation of Music Therapy

WFMT's 2025 Revised Vision, Mission and Values

Our Vision

The World Federation of Music Therapy envisions a world where music therapy is universally accessible, culturally integrated, and professionally recognised.

The Federation aspires to support and empower a united global community of music therapists, fostering collaboration, inclusivity, and innovation in practice, research, and education.



WFMT's 2025 Revised Vision, Mission and Values

Our Mission

WFMT is committed to advancing the global development, accessibility, and recognition of music therapy. It promotes scientific research, evidence-informed and innovative practices, and advocates for quality education and training.

WFMT offers platforms for cross-cultural learning and continued professional development, enabling stakeholders across the global music therapy community to exchange current research, practices, and knowledge.



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Our Values

- **Integrity and Trustworthiness** – as it is committed to fostering a culture of fairness, ensuring transparency, and upholding accountability in all its actions.
- **Ethical Responsibility** – as it is committed to upholding ethical conduct in all professional and human activities within music therapy, prioritizing the overall well-being and dignity of individuals across all communities.
- **Human Rights and Well-being** – as it affirms that safety, dignity, education and holistic well-being are universal human rights.
- **Inclusivity and Diversity** – as it embraces and respects cultural, regional and professional differences in music therapy practices worldwide and within the global music therapy communities.
- **Potential of Music** – as it recognizes music's ability to support therapeutic goals, enhance well-being and foster meaningful connection.



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Our Values

- **Knowledge Exchange and Professionalism** – as it advocates for competence in music therapy practice, education and research, and facilitates global knowledge exchange and continuous professional development.
- **Innovation and Adaptability** – as it supports and embraces the use of emerging technologies to enhance music therapy practice, education, and research in an evolving world.
- **Collaboration and Partnership** – as it fosters international connections and interdisciplinary collaborations to strengthen the global music therapy community.
- **Advocacy and Global Impact** – as it works to increase awareness and promote wider access to music therapy around the world.



World Federation of Music Therapy

What is Music Therapy?





Music therapy is the professional use of music and its elements as an intervention in medical, educational, and everyday environments with individuals, groups, families, or communities who seek to optimize their quality of life and improve their physical, social, communicative, emotional, intellectual, and spiritual health and well-being.



Research, practice, education, and clinical training in music therapy are based on professional standards according to cultural, social, and political contexts. ([WFMT, 2011](#)).



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"Music has a unique power to alter the brain in remarkable and complex ways and we humans are a musical species no less than a linguistic one"
– Oliver Sacks.



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WORLD MUSIC THERAPY WEEK
APRIL 10-15



World Federation of Music Therapy

World Music Therapy Week

APRIL 10-15

During World Music Therapy Week, music therapists and supporters are encouraged to engage in activities that increase awareness of and advocacy for music therapy.



World Music Therapy Week also serves to highlight the global connectedness of music therapy, which can be especially important for developing countries.

In 2023, the music therapy community changed the day to a week to be celebrated each year from 10 to 15 April.



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Music Therapy Photo Competition 2026

Each year, the global music therapy community is invited to submit photographs for the World Music Therapy Week Photo Competition, sponsored by the World Federation of Music Therapy.

The competition aims to generate and disseminate images that promote music therapy by increasing global awareness and understanding of the profession.

For 2026, the photo competition is aligned with the theme of the upcoming 18th World Congress of Music Therapy in Bologna, Italy.

THEME:

"Connecting Borders: creating networks and enhancing identities through Music Therapy"

Participants are invited to explore the theme through the following perspectives:

- Innovation and tradition in clinical practice
- Music therapy in a global and cultural context
- Networks, relationships, and multidisciplinary work
- Music therapy, identity, and relationships



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Competition Timeline

- —→ February 13, 2026 – Contest opens; photo submissions begin
- —→ March 15, 2026 – Submissions close at 11:59 PM EST
- —→ March 20, 2026 – Public voting opens via Google Form
- —→ April 3, 2026 – Voting closes at 11:59 PM EST
- —→ April 10, 2026 – Winners announced
- —→ From April 11, 2026 – Winning photographs shared across social media

Join us and
cast your vote at this link!



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18th

WCMT
WORLD CONGRESS
OF MUSIC THERAPY

From **Tuesday July 7**
to **Sunday July 12, 2026**
BOLOGNA (Italy)

Connecting Borders



Discover more!



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What are the benefits of the World Music Therapy Week toolkit?



**A collaborative tool
that aims to help the
global community**

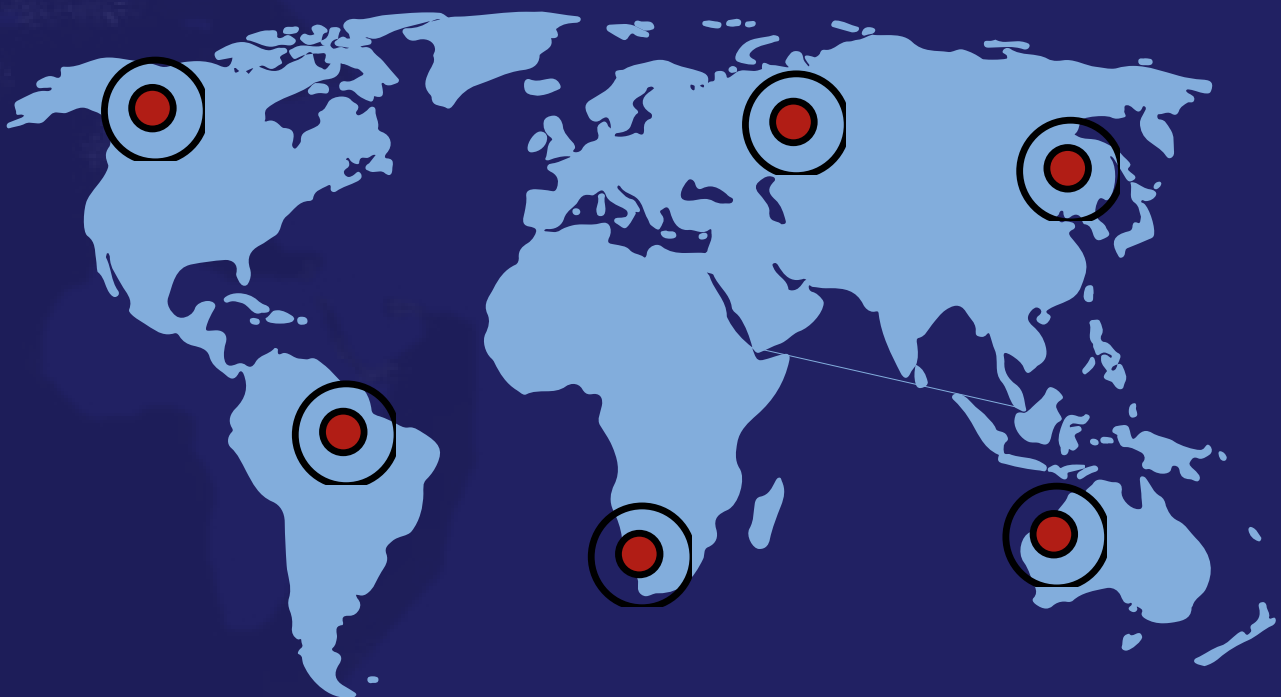


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World Music Therapy Week Toolkit

The World Music Therapy Week Toolkit is designed as a valuable resource to support professionals, communities, and individuals involved in music therapy.

It provides essential information and ready-to-use content to facilitate promotion, advocacy and awareness of music therapy worldwide.





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What does this toolkit offer me?

Campaign Branding and Visual Assets

- Ready-to-use social media graphics for Facebook, Instagram, LinkedIn and X (Twitter)



Educational Materials

- Printable posters and flyers for community centres, hospitals, clinics and schools
- Selected Literature around the theme of this year "Connecting Borders"
- Informational Content about Interdisciplinary Connections

Multilingual Resources

- Editable social media graphics and posters available via Canva templates for translation and regional adaptation

Digital Resources

- Informational video about World Music Therapy Week
- Suggested social media captions and hashtags



World Federation of Music Therapy

Ready-to-use tools



**Campaign Branding
and Visual Assets**



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World Music Therapy Week

APRIL 10-15

Join the
CELEBRATION!



Click here to see and share our video on
WMTWEEK with the wider community!

Reel and Portrait Version

Youtube and Wide Screen Version



World Federation of Music Therapy

Using WFMT Social Media Cards for World Music Therapy Week

The Public Relations Commission of the World Federation has created ready-to-use social media cards to help raise awareness during World Music Therapy Week (April 10–15).

Just click on your favorite social media card to download it and share it on your profiles—helping to spread awareness of music therapy in your community and beyond!



CLICK ON THE BUTTON TO TRANSLATE THE SLOGAN FOR YOUR COMMUNITY ON THE CANVA TEMPLATE

We encourage you to share them to help amplify World Music Therapy Week and inspire others about the potential of music therapy.



World Federation of Music Therapy

How to Use Printable Posters for World Music Therapy Week

We've designed printable posters to help raise awareness during World Music Therapy Week (April 10-15). These posters can be displayed in private practices, hospitals, schools, and anywhere you want to spark curiosity about music therapy.

Simply download the posters, print them, and display them in your community. Use them to engage people and share the transformative power of music therapy.



CLICK ON THE BUTTON TO TRANSLATE THE SLOGAN FOR YOUR COMMUNITY ON THE CANVA TEMPLATE

We encourage you to spread the word and inspire others to learn more about music therapy.



World Federation of Music Therapy

How to Use This Ready-to-Post Message

To help spread awareness during World Music Therapy Week 2026 (April 10–15), we've created a ready-to-use social media post for you!

Simply copy and paste the message, share it on your favourite platforms, and help celebrate music therapy worldwide.

Happy World Music Therapy Week 2026!

From April 10–15, we celebrate the potential of music therapy in bringing healing, connection and well-being to people around the world. Music therapy supports mental health, fosters meaningful relationships and creates positive change through sound and rhythm. Join us in raising awareness: share, engage and spread the message!

*#WorldMusicTherapyWeek #MusicTherapy
#WorldFederationofMusicTherapy #WFMT #GlobalMusicTherapy*

Feel free to add your own thoughts, tag colleagues, or include photos and stories to make it more personal. Let's make music therapy visible and inspire more people to learn about its impact!



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Interdisciplinary Connection in Music Therapy Practice

by WFMT
Assembly of Students' Delegates



Interdisciplinary Connection in Music Therapy Practice

INTRODUCTION

Music Therapy is – depending on the workfield it is used in – a real “all-rounder.” In our work facilities, music therapists can be placed within multidisciplinary teams consisting of other professionals (like medical staff, other therapists, and social workers) and also the caring relatives. Clearly, the interdisciplinary work looks different in every work field. Nevertheless, we would like to share insight on how our highly valuable music therapy practices work within different clinical contexts.

PHYSIOTHERAPY

We are often tempted to forget that well-being and rehabilitation is not only centered on our mental state. In some cases, for example after a neurologic condition or within childhood, the ability to move (again) properly can be a necessary goal in people’s therapeutic treatment. This is when active therapies come into place. Music Therapy offers a great add on to movement/physiotherapy.



When used intentionally, training with a musical stimulus may foster a greater outcome when it comes to (re)learning or strengthening specific movement patterns.

Our therapy room can also provide a place to explore already learned movements, such as through dancing, hitting a target or making sounds with our body like stomping on the beat.



Music Therapists may also make use of rhythmic entrainment, which is the ability of the human body to adapt to a musical stimulus naturally.

A great example for that is rhythmic gait training, where we can use instruments or metronomes as auditory cues to help with the timing and strength of a person's steps.

Last but not least, we should not forget the motivational aspect of moving to live or recorded music! It challenges our abilities and our executive functions in a joyful way which may enhance engagement in therapy.



SPEECH AND LANGUAGE THERAPY

Music therapy is often used alongside speech and language therapy because music and speech share many underlying processes, including auditory perception, breathing, voice control, rhythm, and the coordination of speech muscles.

Musical activities such as singing, chanting, and rhythmic speaking provide a clear structure that helps individuals organize their speech more effectively. Melody and rhythm can support smoother speech flow, clearer articulation, and better control of pitch and loudness, while also engaging multiple areas of the brain involved in communication. Music also supports memory, attention, and timing, making it especially useful for individuals who struggle with initiating speech or maintaining speech patterns. Through repetition and musical cues, clients can practice communication skills in a natural and meaningful way.

The combined use of music therapy and speech and language therapy is suitable for a wide range of populations, including individuals with acquired communication disorders after stroke or brain injury,



children with developmental speech and language difficulties, people with autism spectrum disorder, individuals with speech motor or voice disorders, and older adults with dementia.



In these groups, music therapy supports not only the physical aspects of speech, such as respiration, phonation, and articulation, but also social interaction, emotional expression, and confidence.

Collaboration between music therapists and speech-language pathologists therefore promotes a holistic approach that enhances both communication abilities and overall quality of life.

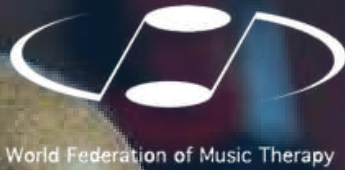


OCCUPATIONAL THERAPY



Individuals that receive occupational therapy need a holistic treatment in order to address the many factors that can affect their personal agency. Whether it is due to physical, developmental, emotional, or any other challenge, it can therefore be difficult to go through rehabilitation and growth. In this manner, music therapy can be paired with occupational therapy in various ways: music can be an incredible motivator that can allow individuals to engage in treatment more naturally and meaningfully.

Music therapists can help with regulation when working on more daunting tasks, and also reinforce an optimal level of arousal or stamina needed for any activity of daily living. Music therapists can help create musical mnemonics or write songs to prompt memory for daily routines, or use rhythm to provide movement cues.



Music therapists can also support the occupational therapist's specific goals. For instance, if the occupational therapist's goal is to improve an individual's pincer grasp, a music therapist can have them play a castanet with their target digits to their favorite song. Generally, music therapy can provide the means of a holistic setting to make treatment more accessible, achievable, and even more enjoyable.

DOCTORS

Within the medical team, music therapy compliments medical treatment by addressing functional, emotional, and psychosocial dimensions of health that are not always directly reachable through pharmacological or procedural interventions.



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Music therapy interventions can support medical goals such as pain management, anxiety reduction, emotional regulation, and stress reduction before, during, or after medical procedures. In various clinical settings – such as NICU, oncohematology, (neurologic) intensive care – music therapy may also contribute to the stabilization of vital signs and support recovery by promoting relaxation and adaptive coping skills.

Close collaboration with doctors allows music therapists to align interventions with diagnoses, treatment plans, and clinical priorities, while also sharing relevant observations regarding the patient's cognitive, emotional, or neurological responses.

This interdisciplinary exchange supports informed decision-making and contributes to a more comprehensive, patient-centered approach to care.





NURSES

At first glance, music and medicine appear worlds apart. Yet research and clinical practice reveal powerful ways they can complement and strengthen each other in patient treatment and rehabilitation within medical settings. Music therapy serves as a noninvasive tool that one can implement to improve holistic healing for both patients and professionals alike.

Nurses can also include music to their self-care routine to reduce burnout, to increase productivity and motivation, to improve stress management, or to use as mnemonic devices for protocols.

One can also integrate music into a simple care plan. One example of this could be a playlist curated by a music therapist based on the client's needs, such as to improve perception of pain, reduce anxiety, or stabilize vital signs. Utilizing music as a medium to strengthen rapport and communication with patients and other professionals in the field is deemed useful as well. Ultimately, adopting these techniques allows nurses to treat the person and provide humanized care, enhancing both self and patient satisfaction.



CARING RELATIVES

Music therapy can support individuals caring for relatives and family members by providing emotional support and reducing stress. It can strengthen communication and connection within families while offering grounding musical experiences through which individuals can express complex emotions.

In palliative, oncology, and dementia care settings, music therapists can serve as a bridge between caring relatives and the individual who is unwell, supporting connection, shared meaning, and presence, particularly when verbal communication is limited or in the later stages of illness.

Caregiving roles often involve feelings such as grief, guilt, and burnout, which may be difficult to articulate verbally. Music therapy provides a safe and supportive space to explore these emotions through music without relying solely on words. Methods such as songwriting, lyric analysis, and improvisation are commonly used to facilitate emotional expression and reflection on personal experiences.



MUSIC THERAPY AND COMMUNITY WORK

Social workers and community workers/leaders play an integral part in social cohesion and development. Where a social worker connects people to resources they need, community workers also share resources and facilitate community programs. Music therapy as a modality complements the goals a social worker or community worker might have. In most domains (physical, spiritual, social, cognitive, psychological etc.) music therapy offers experiences that work for different abilities, group sizes and desired goals in a format (music) that is familiar and accessible. This makes music therapy a strong ally for other therapies, social work and community work.



PSYCHOTHERAPY

In a multidisciplinary clinical context, the relationship between psychotherapy and music therapy acts as a profound and synergistic collaboration, where both practices converge toward the patient's biopsychosocial well-being.

While traditional psychotherapy privileges the spoken word and verbal narrative as the primary vehicles for healing and reframing, music therapy utilizes sound elements—such as rhythm, melody, and harmony—to access layers of the psyche that often remain unreachable through verbal language.

Music often acts as a bridge, lowering rational defenses and anxiety, which facilitates access to latent memories, traumas, or emotions that can subsequently be processed in greater depth during psychotherapy sessions.

Beyond facilitating expression, this partnership is fundamental for emotional and physiological regulation.



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In cases where the patient faces communication difficulties or peaks of stress that make dialogue unfeasible, music therapy interventions prepare the biological and affective ground, allowing the psychologist's cognitive work to find a more fertile field to thrive.

Therefore, music therapy serves not merely as a support activity, but as a true catalyst for the therapeutic process, offering the team valuable data on non-verbal behavior and providing the patient with a holistic care experience that unites feeling, expressing and understanding.



Selected Literature

***by Amanda Montera, WFMT Treasurer,
and Mitsi Akoyunoglou, Regional Liaison's for Europe***

As part of our World Music Therapy Week toolkit, we have included a selection of open access scientific articles that reflect the theme of this year's Congress, which we have also chosen to guide our celebrations: "Connecting Borders: creating networks and enhancing identities through Music Therapy."

These articles aim to provide evidence-based insights and foster understanding of how music therapy can build connections, support identity, and strengthen networks across diverse communities.



THEME 1: INNOVATION AND TRADITION IN CLINICAL PRACTICE

- Cephas, A. S., Sofield, S., & Millstein, A. (2022). ***Embracing Technological Possibilities in the Telehealth Delivery of Interactive Music Therapy.*** Nordic journal of music therapy, 31(3), 214–227.
<https://doi.org/10.1080/08098131.2022.2040579>
- Van Dijk, J., and M. van der Zwaag. ***"Music Technology Tools – A Therapist-In-A-Box."*** VOICES: A World Forum for Music Therapy, vol. 21, no. 2, 2021,
<https://doi.org/10.15845/voices.v21i2.3308>.
- Amy Clements-Cortés, Marija Pranjić, Eugenia Hernandez-Ruiz, Lisa Kelly, Melissa Brotons, Indra Selvarajah, Natasha Wandel, & Eunyoung Han (2026). ***Telehealth music therapy research, training and practice: A scoping review.*** The Arts in Psychotherapy, 98, 102432.
<https://doi.org/10.1016/j.aip.2026.102432>



THEME 2: MUSIC THERAPY IN A GLOBAL AND CULTURAL CONTEXT

- Marisca Lima J. (2025). Andean ***Music and its Relationship with the Community, Nature, and the Cosmos***, *Voices: A World Forum for Music Therapy*, 25(3)
<https://doi.org/10.15845/voices.v25i3.4566>
- Salgado-Vasco, A., & Cardozo-Ruiz, O. I. (2025). ***Community Music Therapy for Strengthening Social Cohesion in Socio-Environmental Conflicts***. *Voices: A World Forum for Music Therapy*, 25(3)
<https://doi.org/10.15845/voices.v25i3.4435>
- Crooke, A. H. D., Thompson, W. F., Fraser, T., & Davidson, J. (2023). ***Music, social cohesion, and intercultural understanding: A conceptual framework for intercultural music engagement***. *Musicae Scientiae*, 28(1), 18-38.
<https://doi.org/10.1177/10298649231157099>



THEME 3: NETWORKS, RELATIONSHIPS AND MULTIDISCIPLINARY WORK

- McCaffrey, T., Carr, C. E., Solli, H. P. P., Bent, C., Boyle, D., Dypvik, O. B., ... Vågan, T. (2024). ***The Alliance for Recovery Research in Music Therapy: Developing a Shared Research Agenda in Mental Health.*** *Voices: A World Forum for Music Therapy*, 24(2).
<https://doi.org/10.15845/voices.v24i2.3848>
- Sæle, E., & Gilbertson, S. (2024). ***Ethical reflections on social media use within music therapy: A conversational focus group study.*** *Nordic Journal of Music Therapy*, 33(5), 409–425.
<https://doi.org/10.1080/08098131.2024.2350939>



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THEME 4: MUSIC THERAPY, IDENTITY AND RELATIONSHIPS

- Jeanette Tamplin, Zara Thompson, Imogen N Clark, Kate Teggelove, Felicity A Baker, ***Remini-Sing RCT: Therapeutic Choir Participation for Community-Dwelling People with Dementia and Their Primary Caregivers***, Journal of Music Therapy, Volume 61, Issue 3, Fall 2024, Pages 263–287, <https://doi.org/10.1093/jmt/thae008>
- Tamar Hadar, Tal-Chen Rabinowitch, ***Tight or Loose? Reframing Musical Relationships Between Client and Therapist in Music Therapy***, Music Therapy Perspectives, Volume 43, Issue 2, Fall 2025, miaf018, <https://doi.org/10.1093/mtp/miaf018>
- Garcia, J. L., & Hadley, S. (Eds.). (2025). ***Music therapy and intersectionalities*** [Special issue]. Voices: A World Forum for Music Therapy, 25(3). <https://doi.org/10.15845/voices.v25i3.4528>



THEME 5: ETHICAL ASPECTS IN MUSIC THERAPY PRACTICE

- Tang, J. (2025). ***Ethical considerations for International Service-Learning in Music Therapy (ISL-MT)***. Approaches: An interdisciplinary journal of Music Therapy, 17(1), 9–25. <https://doi.org/10.56883/ajjmt.2025.612>
- Stegemann, T. & Weymann, E. (2025). ***Ethics Online Conversations: A new interactive approach to encourage and facilitate ethical discourse in music therapy***. Approaches: An interdisciplinary journal of Music Therapy, 17(1), 114–126. <https://doi.org/10.56883/ajjmt.2025.617>



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World Music Therapy Week Toolkit in the next years

The Toolkit will continue to evolve as a dynamic global resource. Future additions include:

- Dedicated pages for WFMT Members and Council Members
- Expanded campaign branding and visual assets
- Additional educational materials
- More multilingual resources
- Event planning tools and guides
- Enhanced digital and interactive resources



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World Music Therapy Week Toolkit Credits

This initiative is developed by the Public Relations Commission (2023–2026 term). This first year has been dedicated to shaping the toolkit into what we envision it to become, laying the groundwork for a resource that will evolve over time. We hope that each year it will grow, enriched with new sections and special features, making it an ever-expanding support for the global music therapy community.



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World Music Therapy Week Toolkit Credits

This Toolkit was created in collaboration with the ASD
Assembly of Student Delegates of the World
Federation of Music Therapy.



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SPECIAL CONTENT

Interdisciplinary Connection in Music Therapy Practice
by WFMT Assembly of Students' Delegate

Selected Literature

by Amanda Montera, WFMT Treasurer,
and Mitsi Akoyunoglou, Regional Liaison's for Europe

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A special thanks to all the WFMT Council members
for their valuable suggestions and insights.



Where can I find WFMT?

Visit www.wfmt.info to explore events, research and global initiatives.

Follow WFMT on social media!



Click the icons below to visit our official channels.



www.wfmt.info



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of the **EXPERIENCE!**

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Thanks!

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