



City of St. Charles  
I L L I N O I S

# Proclamation

## MUSIC THERAPY DAY

**WHEREAS,** 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; and

**WHEREAS,** Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings; and

**WHEREAS,** American Music Therapy Association's purpose is the progressive development of the therapeutic use of music in rehabilitation, special education, and community settings. AMTA is committed to the advancement of education, training, professional standards, credentials, and research in support of the music therapy profession, and

**WHEREAS,** Our objectives are to determine and utilize music therapy approaches that effectively aid in the restoration, maintenance, and improvement in mental and physical health. To that end, we believe in the dignity and worth of every person. We promote the use of music in therapy, establish and maintain high standards in public service, and require of ourselves the utmost in ethical conduct.

**NOW, THEREFORE,** I, Donald P. DeWitte, Mayor of the City of St. Charles, Illinois, do hereby proclaim **October 11, 2012** as "**Music Therapy Day**" in the City of St. Charles.

SEAL

  
Donald P. DeWitte, Mayor