Music Therapy consists of practices in which persons work together through music and relationship in order to promote human wellbeing in its numerous physical, emotional, social, and cultural forms, all guided by a qualified music therapist. Through planned musical experiences of all varieties (listening, performing, improvising, composing), spanning the full range of music styles and traditions, the process affords opportunities for addressing therapeutic goals rooted in a diversity of human needs. Music therapists work with individuals and groups in any context and in any set of life circumstances, throughout the human lifespan. The therapist may work as a member of a facility’s therapeutic team, as a private practitioner, or as a consultant, to assess needs, formulate therapy goals, and to develop music-based approaches for wellbeing, in collaboration with stakeholders. Music therapists work in medical, psychiatric, developmental, nursing, end-of-life, forensic, community-oriented, and other contexts of care. The Cali School of Music provides ongoing support and mentorship to our students in cultivating the knowledge, skills, and abilities necessary in order to enter the music therapy profession, and assists graduates of our programs in the process of identifying professional opportunities.

DAVID OTT LAB FOR MUSIC AND HEALTH
The newly redesigned David Ott Lab for Music and Health is an innovative space for research and education on the role of digital music technologies in the promotion of human wellbeing in its various forms. The Lab is equipped with current digital music technologies and serves as a resource for students, music therapists, and other members of the community to learn about the role of digital music in health-promoting practice and research.

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