

2MT3 MUSIC THERAPY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://2mt3musictherapy.examzify.com>



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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. In the Online Group Music Therapy Study (Finnerty et al., 2023), which general finding is reported?**
 - A. Cortisol levels decreased in the control group
 - B. The online program included only receptive interventions
 - C. No positive effects were observed in any group
 - D. Music therapy produced a greater reduction in stress and anxiety than the verbal group

- 2. Which of the following is an example of 'Treatment As Usual' in the context of music therapy research?**
 - A. Medication - antipsychotic, antidepressant, mood stabilizers, psychotropic drugs
 - B. Musical improvisation
 - C. Listening to music
 - D. Singing one's favourite songs

- 3. When should MT supervisors be consulted?**
 - A. Only during emergencies
 - B. For complex cases and training
 - C. When a client requests it
 - D. Never

- 4. The cause of ASD is clearly genetic.**
 - A. True
 - B. False
 - C. Not sure
 - D. Sometimes

- 5. Betty White is an example of an individual with early stage dementia who has been able to continue working despite her diagnosis.**
 - A. True
 - B. False
 - C. Not sure
 - D. Not applicable

- 6. In palliative care, the music therapist's goals are centered on death and dying.**
- A. True
 - B. False
 - C. Not sure
 - D. Sometimes true
- 7. Song-writing is used as a music therapy intervention in dementia care.**
- A. True
 - B. False
 - C. Not sure
 - D. Not applicable
- 8. What is typically included in an initial treatment plan in MT?**
- A. Only a list of songs to be used.
 - B. A complete billing plan.
 - C. An initial treatment plan outlining goals, objectives, and intervention strategies.
 - D. No plan is required; sessions are improvised.
- 9. Music therapy in palliative care addresses psychological, emotional, social, physical, and spiritual aspects.**
- A. No
 - B. Only physical
 - C. Only psychological
 - D. Yes
- 10. The material presents information that associates ASD with music therapy research by a specific early researcher.**
- A. True
 - B. False
 - C. Not specified
 - D. Unknown

Answers

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1. C
2. A
3. B
4. B
5. B
6. B
7. A
8. C
9. D
10. A

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Explanations

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1. In the Online Group Music Therapy Study (Finnerty et al., 2023), which general finding is reported?
- A. Cortisol levels decreased in the control group
 - B. The online program included only receptive interventions
 - C. No positive effects were observed in any group**
 - D. Music therapy produced a greater reduction in stress and anxiety than the verbal group

The main idea here is that the study's overall takeaway was that none of the groups showed positive effects. In a trial that compares a music therapy program, a verbal intervention, and a control, the general finding describes whether there are meaningful improvements in outcomes like stress or anxiety across any of the groups. If the report states no positive effects were observed in any group, it means the online music therapy, the verbal intervention, and the control did not produce statistically significant benefits within the study's framework (sample, duration, and measures). This could be due to factors like limited power from a small sample, variability in online engagement, or measures that didn't capture change. The other options imply specific improvements or design details that would contradict the idea of no positive effects across the board—for example, a cortisol drop only in the control, a program described as only receptive interventions, or music therapy outperforming the verbal group. Since the general finding is that no group showed positive effects, those scenarios don't align with the reported outcome.

2. Which of the following is an example of 'Treatment As Usual' in the context of music therapy research?

- A. Medication - antipsychotic, antidepressant, mood stabilizers, psychotropic drugs**
- B. Musical improvisation
- C. Listening to music
- D. Singing one's favourite songs

In research terms, Treatment As Usual means the standard care the patient would receive without the experimental intervention. In a music therapy study, this is the baseline medical and clinical care that typically includes medications prescribed by clinicians. That's why medication is the best example here—it's part of ordinary treatment for many conditions, not a new music-based intervention being tested. The other options—musical improvisation, listening to music, and singing favorite songs—represent active music therapy approaches that would be added to or tested against the usual care rather than serving as the usual care itself.

3. When should MT supervisors be consulted?

- A. Only during emergencies
- B. For complex cases and training**
- C. When a client requests it
- D. Never

Consulting a music therapy supervisor is a standard part of professional practice to support careful clinical reasoning and ongoing growth. The best time to seek supervision is when cases are complex or ambiguous, involve safety or ethical questions, or when you're trying to refine your skills and apply new approaches. In these situations, a supervisor can offer guidance on goal setting, treatment planning, progress interpretation, and how to respond to challenging client responses. This also serves as a learning opportunity, helping you reflect on what you're doing, receive feedback, and build competence over time. It's not limited to emergencies, nor is it something you should only do at a client's request. Emergencies require immediate action, but supervision remains valuable for debriefing and learning from those events. And client requests alone don't determine supervision needs. The emphasis is on using supervision to manage complex cases and to support professional development, which is why this option is the best fit.

4. The cause of ASD is clearly genetic.

- A. True
- B. False**
- C. Not sure
- D. Sometimes

Autism spectrum disorder results from a combination of factors, not a single genetic cause. Genetics contribute strongly—twin studies show high heritability and many genetic variants have been linked to autism—but no one gene explains autism across all individuals. Environmental and perinatal factors, along with interactions between genes and the environment, also influence risk. Because the cause is multifactorial and not solely genetic, the statement is not accurate.

5. Betty White is an example of an individual with early stage dementia who has been able to continue working despite her diagnosis.

- A. True
- B. False**
- C. Not sure
- D. Not applicable

Claims about a public figure's medical condition require verified information. Early stage dementia implies a diagnosable condition with documented evidence, yet there is no reliable public record confirming that Betty White had such a diagnosis. Without that medical documentation, the statement cannot be treated as fact, so it is not true. It's understandable to discuss whether someone with dementia can continue working, but this specific claim about this person isn't supported by credible evidence, which is why the best choice asserts false.

6. In palliative care, the music therapist's goals are centered on death and dying.

- A. True
- B. False**
- C. Not sure
- D. Sometimes true

The main idea is that in palliative care, the music therapist's work centers on comfort and quality of life, not on death and dying. Interventions aim to relieve physical symptoms like pain, breathlessness, and insomnia, while also supporting emotional well-being, reducing anxiety, and helping patients express feelings, memories, or hopes through music. This work often involves facilitating communication with family, supporting coping and meaning, and addressing spiritual or existential concerns, all to enhance the person's daily functioning and dignity. End-of-life discussions or preparations may occur, but they're part of a broader goal of comfort and quality of life, not the sole or central aim. Palliative care focuses on relief of suffering at any stage of serious illness, while hospice is specifically for those nearing end of life, still emphasizing comfort and quality of life. So the statement isn't accurate—the goals aren't centered on death and dying.

7. Song-writing is used as a music therapy intervention in dementia care.

- A. True**
- B. False
- C. Not sure
- D. Not applicable

Songwriting as an intervention in dementia care leverages the power of creating and performing songs to support expression, reminiscence, and social connection. In music therapy, therapists guide individuals or groups to craft lyrics and melodies that reflect personal stories, relationships, or daily life, then sing or share the results. This active, personalized process taps into preserved musical abilities and autobiographical memory, helping maintain identity, reduce anxiety, and boost engagement and mood. It can be adapted for different cognitive levels and settings, making it a versatile and common approach in dementia care. Therefore, the statement is true.

8. What is typically included in an initial treatment plan in MT?

- A. Only a list of songs to be used.
- B. A complete billing plan.
- C. An initial treatment plan outlining goals, objectives, and intervention strategies.**
- D. No plan is required; sessions are improvised.

A solid initial treatment plan in music therapy focuses on guiding the work with concrete, observable aims. It lays out clear goals (the broad outcomes you want to achieve with the client), specific objectives (the measurable steps or milestones that show progress toward those goals), and the intervention strategies (the music-based activities, techniques, and approaches you'll use to reach those objectives). This plan provides a roadmap for each session, helps set expectations with the client and any collaborators, and offers a basis for evaluating progress over time. It's more than just a repertoire list or administrative paperwork; it's the intentional framework that connects assessment, methods, and outcomes. The other options miss this essential alignment: choosing songs alone doesn't direct progress; a billing plan is administrative, not therapeutic guidance; and improvising without any plan misses the need for structured, measurable progress.

9. Music therapy in palliative care addresses psychological, emotional, social, physical, and spiritual aspects.

- A. No
- B. Only physical
- C. Only psychological

D. Yes

Music therapy in palliative care is about supporting the whole person, addressing psychological, emotional, social, physical, and spiritual needs together. Interventions like calming listening experiences, guided singing, instrument play, life-review, or songwriting can reduce anxiety and depression, improve mood, lessen social isolation, facilitate meaningful communication with loved ones and care teams, help manage physical symptoms such as pain and breathing, and connect with personal beliefs or sources of meaning. Because the approach intentionally targets multiple aspects of well-being, it is appropriate to say it addresses all those domains. Limiting it to just one area would miss the broad, person-centered purpose of palliative care, which aims to relieve suffering across the entire spectrum of a person's experience.

10. The material presents information that associates ASD with music therapy research by a specific early researcher.

- A. True**
- B. False
- C. Not specified
- D. Unknown

The situation tests whether the material explicitly links autism spectrum disorder with music therapy through a named early researcher. If the material mentions a specific early researcher and states that their music therapy work relates to ASD, that provides a clear, evidence-based connection, making the statement true. The value here is the explicit, anchored reference—a real person and their research—rather than a vague or implied idea. If the material lacked a named figure or any direct link, other options would be more appropriate. Since there is an explicit historical reference, the interpretation aligns with the statement.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://2mt3musictherapy.examzify.com>

We wish you the very best on your exam journey. You've got this!

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