The seeds for the development of the World Federation of Music Therapy were sown at the second World Congress of Music Therapy in Buenos Aires in 1976. A group of American, European, and South American music therapists met and started to develop unity and standards in the international arena of music therapy. In 1981, Dr. Barbara Hesser, who saw those seeds grow to some form of international association, organized an international congress in the United States. In March 1983, Jaques Jost and Henri Germany introduced the first official proposal for a World Federation of Music Therapy at the international music therapy congress in France.

At the 4th World Congress of Music Therapy in Paris in 1983, a group representing many nations tried to find a way forward. There was a great deal of enthusiasm, but no clear idea of what such an organization might do, and how it should be structured. Tony Wigram, Chairman of the Association of Professional Music Therapists in Great Britain proposed that those who had demonstrated the most interest should form a task force to define the aims and direction of a World Federation of Music Therapy. The internationally acclaimed Argentinean Psychiatrist and music therapist Dr. Rolando Benenzon was invited to chair this working group, which included Ruth Bright from Australia, Henri Germany from France, Heinrich Otto Moll from Germany and a music therapists from the UK. Barbara Hesser had already begun to edit and publish the International Newsletter and was invited to collaborate. In 1985 in Genoa at the 5th World Congress, this working group underwent a metamorphosis into a Committee with the first WFMT President Dr. Rolando Benenzon, Professor Giovanna Mutti from Italy as Secretary, Dr. Barbara Hesser from the USA, Clementina Nastari from Brazil, and Amelia Oldfield from England.

In Rio de Janeiro, Brazil were the 6th World Congress took place. Ms. Ruth Bright, the second WFMT President, Dr. Cheryl Dileo, Dr. Leslie Bunt, Dr. Denise Erdonmez, Dr. Lia Rejane from Brazil, Patxi Del Campo from Spain, and Dr. Joseph Moreno was elected. The Constitution, Bylaws and structure of Commissions have been established in 1993 at the 7th World Congress in Spain, and Dr. Cheryl Dileo took over as the third WFMT President, with a Council that included Dr. Tony Wigram from Denmark and Dr. Hans-Helmut Decker-Voigt from Germany, and others elected officers and commissioners from Brazil. The organization included officers and the following Commissions: Education, Research, Registration, Clinical Practice, and Government Accreditation. Within the framework of the Constitution, membership criteria were established for both music therapy associations and individuals. This Council formulated model guidelines for ethics, registration, and research. A newsletter had been published since 1990, and the World Federation took an active role in organizing the World Congress in Spain and the subsequent congress in Germany.
In 1996, at the 8th World Congress in Hamburg, Germany, Dr. Tony Wigram was elected as the WFMT President. The elected Council including Diego Shapira and Ms. Gabriela Wagner from Argentina, Dr. Denise Erdonmez from Australia, Mr. Gianluigi di Franco from Italy, Mr. Xhang Hong Yi from China, and Mr. Patxi del Campo from Spain. The Commissions have been considerably expanded to include experts from many regions of the world, and regional coordinators were invited to participate in the dissemination of information. Therefore, Dr. Varga from Hungary and Dr. Hinohara from Japan joined the Council as regional representatives.

At the 9th World Congress of Music Therapy in Washington D.C, in 1999, Dr. Denise Grocke was elected as WFMT President. The new Council included Ms. Gabriela Wagner, Argentina, Dr. Barbara Wheeler, USA, Dr. Lia Rejane, Brazil, Jane Edwards, Australia, and Lisa Summer, USA who was subsequently replaced by Dr. Suzanne Hanser, USA. This Council worked especially on documenting Music Therapy Education, Training, and Registration standards of WFMT Members.

In 2002, at the 10th World Congress for Music Therapy in Oxford, UK, Dr. Suzanne Hanser from the USA was elected as WFMT President. The Council included Dr. Cheryl Dileo from USA (WFMT Business Manager); Dr. Jayne Standley, USA (Secretary/Treasurer). Nigel Hartley, UK (Commission on Clinical Practice), Dr. Cornelia Izenberg-Grzeda, Canada (Commission on Education, Training & Accreditation), Dr. Jane Edwards, Ireland (Commission on Governmental Accreditation), Mr. Marcos Vidret, Argentina (Commission on Publication), Dr. David Aldridge, Germany (Commission on Research and Ethics), Dr. Jörg Fachner, Germany (Website Coordinator), and Ms. Susan Coull (Chair of the 11th World Congress in Brisbane, Australia).

At the 11th World Congress of Music Therapy in Brisbane, Australia in 2005, Ms. Gabriela Wagner from Argentina was elected as the WFMT President. The new Council included Dr. Susanne Hanser (Past President), Dr. Petra Kern, USA/Canada (Secretary/Treasurer), Dr. Cheryl Dileo, USA (WFMT Business Manger), Dr. Nobuko Saji, Japan (Commission on Clinical Practice), Dr. Sandi Curtis, Canada (Commission on Education, Training, and Registration) who resigned in 2006, therefore, Dr. Patricia Sabbatella, Spain was appointed by the Council in August 2007. Ms. Susan Coull, Australia (Commission on Governmental Accreditation), Ms. Mayra Hugo, Uruguay (Commission on Publication), Dr. David Aldridge, Germany (Commission on Research and Ethics), Ms. Lucanne Magill, USA (Commission on Global Crisis Interventions), Dr. Jörg Fachner, Germany (Website Coordinator), and President Wagner who also assumed the Chair of the 12th World Congress of Music Therapy to be held in Buenos Aires, Argentina in 2008.

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