



A Crash Course in Music Therapy Fundamentals—Syllabus

Month 1: Foundation of Music Therapy

Paper Name: Foundation of Music Therapy

Units:

- **Unit 1: Introduction to Music Therapy**

Explore the definitions, objectives, and basic concepts of music therapy. Learn about the roles and settings where music therapy is applied.

- **Unit 2: Historical Development and Key Figures in Music Therapy**

A comprehensive look at the history of music therapy, including key figures and their contributions to the field, with a focus on both global and Indian contexts.

- **Unit 3: Theoretical Frameworks in Music Therapy**

Examination of various theoretical models, including psychodynamic, behavioural, humanistic, existential, and bio-psycho-social-spiritual models that guide music therapy practice.

- **Unit 4: Misconceptions, Revision, and Assignment**

Address common misconceptions, and engage in revision and doubt-clearing sessions, with an assignment to assess understanding.



Month 2: Psychological Perspective in Music Therapy

Paper Name: Psychological Perspective in Music Therapy

Units:

- **Unit 1: Introduction to Psychology**
Overview of psychological concepts and their relevance to music therapy.
 - **Unit 2: Psychological Theories Relevant to Music Therapy**
Study psychological theories with examples applicable to music therapy, including learning theories and how they relate to music and emotions.
 - **Unit 3: Basics of Counseling in Music Therapy Perspective**
Understand the basics of counselling, its importance in music therapy, and the role it plays in therapeutic practice.
 - **Unit 4: Revision, Doubt Clearance, and Role Play Activity**
Consolidate learning through revision, engage in doubt-clearing sessions, and participate in role-play activities to apply psychological concepts in music therapy.
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Month 3: Music Therapy Methods and Techniques

Paper Name: Music Therapy Methods and Techniques

Units:

- **Unit 1: Experiential Sessions and Introduction to Methods**
Participate in experiential sessions and learn about different music therapy methods.
- **Unit 2: Techniques of Receptive, Improvisation Method**
Explore the two main methods of music therapy: receptive, improvisation, creating/composing, and recreating music.
- **Unit 3: Techniques of Creating and Composing, Recreating Method**
Explore the other two methods of music therapy: receptive, improvisation, creating/composing, and recreating music.
- **Unit 4: Neurologic Music Therapy (NMT)**
Study NMT techniques.
- **Unit 4: Creating a Therapeutic Environment through Music:**
Learn how to create a conducive therapeutic environment, considering different genres and cultural aspects. the application of world and Indian music, including time theory and rasa, in therapeutic contexts.

Exams: Assessment of theoretical and practical knowledge.

Assessment: assignment, role play, reflection reports, viva.



Advanced Music Therapy Practitioner Diploma

Course—Syllabus

Month 4: Physiological Perspective in Music Therapy

Paper Name: Physiological Perspective in Music Therapy

Units:

- **Unit 1: Understanding Physiology and Vitals**

Introduction to human physiology, focusing on vital signs and their relevance in music therapy.

- **Unit 2: Psychoneuroimmunology and Anatomy of the Ear**

Explore the connection between psychology, neurology, and immunology, and understand the anatomy of the ear.

- **Unit 3: Responses to Music and the Brain**

Study the brain's responses to music, including the autonomic nervous system's role.

- **Unit 4: Music Psychology and BRECVEMA Model**

Delve into music psychology, focusing on the BRECVEMA model to understand emotional responses to music.



Month 5: Application of Music Therapy in Different Populations

Paper Name: Application of Music Therapy in Different Populations

Units:

- **Unit 1: Music Therapy in Medical Settings**
Application of music therapy in various medical contexts, including hospitals, rehabilitation centres, and clinics.
 - **Unit 2: Music Therapy in Community Settings**
Explore the role of music therapy in community settings, including schools, and mental health centers.
 - **Unit 3: Tailoring Interventions for Specific Populations**
Learn how to adapt music therapy interventions to meet the needs of different populations, including children, adults, and the elderly.
 - **Unit 4: Case Studies and Practical Application**
Review case studies and participate in practical sessions to apply music therapy techniques in real-world settings.
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Month 6: Assessment and Documentation in Music Therapy

Paper Name: Assessment and Documentation in Music Therapy

Units:

- **Unit 1: Introduction to Assessment in Music Therapy**
Learn about various assessment tools and techniques used in music therapy practice.
- **Unit 2: Documentation Standards and Practices**
Study the importance of documentation, including how to maintain accurate and effective records in music therapy.
- **Unit 3: Developing Treatment Plans and Progress Notes**
Gain skills in developing treatment plans and writing progress notes based on assessments.
- **Unit 4: Review, Practicum, and Viva Preparation**
Engage in review sessions, and practical applications, and prepare for viva exams.

Exams: Final assessment including theory, practicum, and viva.

Assessment: assignment, role play, reflection reports, viva, and theory exam.
