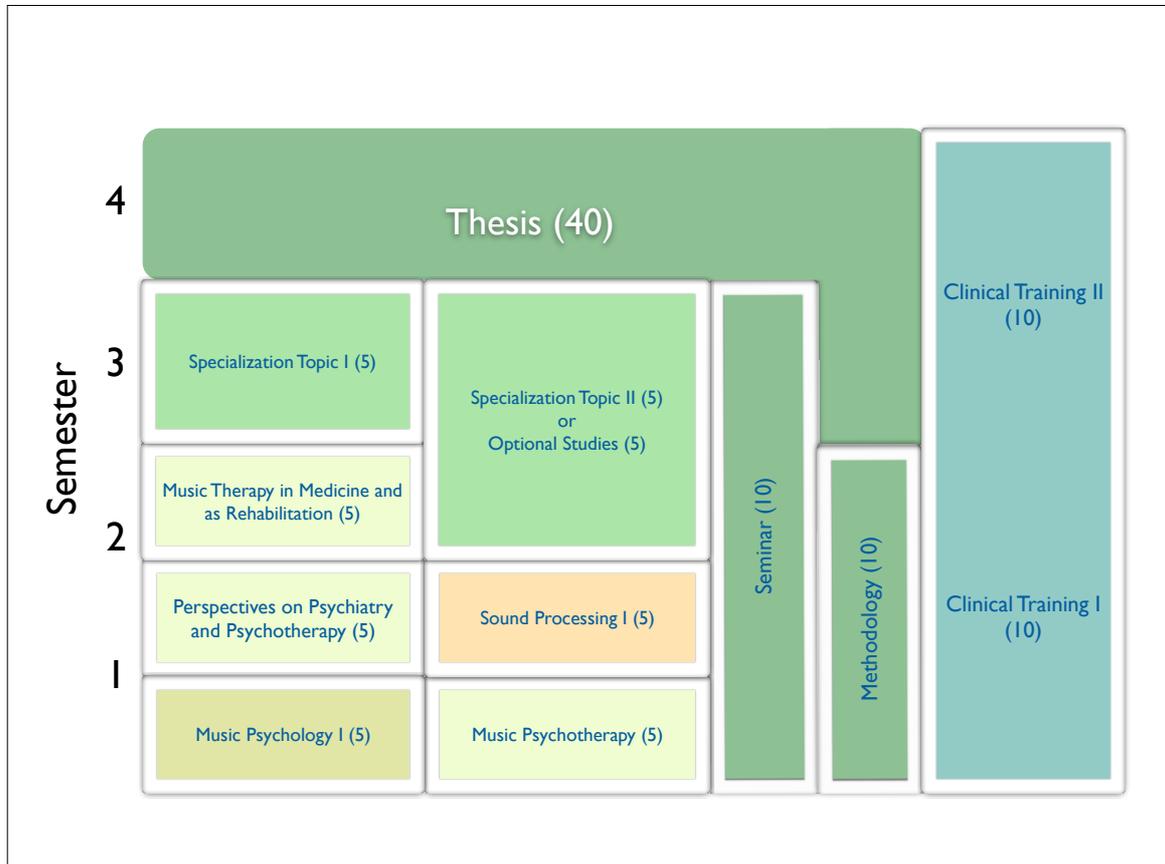


Music Therapy Master's Degree Programme

Curriculum 2012-2014



Description of the programme

Music Therapy Master's Degree Programme consists of 120 ECTS credits and requires two academic years of full-time study.

After completing the programme the student will be:

- able to understand the essence of music therapy and music psychotherapy from both theoretical and clinical points of views
- familiar with the key topics of contemporary research on music therapy and music psychology
- able to communicate and work in collaboration with interdisciplinary teams
- capable of designing, conducting, and reporting research relevant to the area of music therapy
- able to apply research findings in further development of music therapy as a profession and in interdisciplinary context
- acquainted with knowledge and skills needed for PhD studies

MTEM012 Music Psychotherapy (5 ects)

- Description:** After completing the course the student is able to:
- describe the theoretical foundation of psychodynamic music psychotherapy
 - understand and apply methods and techniques of psychodynamic music psychotherapy
 - understand the clinical settings of psychodynamic music psychotherapy
 - understand psychodynamic music psychotherapy as a process
 - understand psychodynamic music psychotherapy in focus of research activities
 - apply this knowledge to clinical assessment and evaluation in music psychotherapy

Learning methods: Introductions; demonstrations, workshops, reflective group work; assignment

Scheduling: 1st and 2nd semesters

Literature: K. E. Bruscia (ed.) (1998). *The Dynamics of Music Psychotherapy*. Gilsum: Barcelona Publishers.
S. Hadley (ed.) (2003). *Psychodynamic Music Therapy: Case Studies*. Gilsum: Barcelona Publishers.
T. Wigram & J. De Backer (eds.) (1999). *Clinical Applications of Music Therapy in Psychiatry*. London and Philadelphia: Jessica Kingsley Publishers.
Priestley, M. (1994). *Essays on Analytical Music Therapy*. Phoenixville: Barcelona Publishers.
T. Eschen (ed.) (2002). *Analytical Music Therapy*. London and Philadelphia: Jessica Kingsley Publishers.
Nygaard-Pedersen, I. (2007). *Counter transference in music therapy. A phenomenological study on counter-transference used as a clinical concept by music therapists working with musical improvisation in adult psychiatry*. Aalborg University.
Baxter, H., Berghofer, J., MacEvan, L., Nelson, J., Peters, K. & Roberts, P. (2007). *The Individualized Music Therapy Assessment Profile (IMTAP)*. London and Philadelphia: Jessica Kingsley Publishers.

MTEM020 Music therapy in Medicine and as Rehabilitation I (5 ects)

- Description:** After completing the course, the student is able to:
- understand possibilities of music therapy within medical contexts and as a form of rehabilitation with different target groups
 - describe central concepts on music induced brain activity and pathological brain functioning as related to musical experiences and performance
 - understand benefits of musical activities and sound vibration as part of treatment and rehabilitation

Learning methods: Introductions, lectures; literature; demonstrations; assignment

Scheduling: 2nd and 3rd semester

Literature: Dileo, C. & Bradt, J. (2005). *Medical Music Therapy: A Meta-Analysis & Agenda for Future Research*. Cherry Hill: Jeffrey Books.

Levitin, D. (2007). This Is Your Brain on Music: The Science of a Human Obsession. Atlantic Books.
Baumann, M., Hinkelman, A., Jochheim, M., Mainka, S., Straub, S., Unterharnscheidt, M. (2007): Indications for Music Therapy in Neurological Rehabilitation. Berlin: DGMT.
Aldridge, D. (ed.) (2005). Music Therapy and Neurological Rehabilitation: Performing Health. London and Philadelphia: Jessica Kingsley Publishers.
Additional literature: to be announced during lectures.

MTEM030 Perspectives on Psychiatry and Psychotherapy (5 ects)

Description: After completing the course the student is able to:

- describe central psychiatric disorders and their treatment practices
- describe theoretical backgrounds and clinical practices of the central psychotherapy orientations and approaches

Learning methods: Study group; book exam

Scheduling: 1st, 2nd and 3rd semesters

Literature: *Psychiatric Disorders: Classified in DSM-IV and ICD-10. Online resources.*
Gurman, A. & Messer, S. (eds.) (2003). Essential Psychotherapies: Theory and Practice. New York: Guilford Press.
Wampold, B. (2001). The Great Psychotherapy Debate: Models, Methods, and Findings. Mahwah: Lawrence Erlbaum Associates, Publishers.
Norcross, J. (2002). Psychotherapy Relationships that Work: Therapists' Contributions and Responsiveness to Patients. Oxford University Press

MMTS011 Music Psychology I (5 ects)

Description: After completing the course, the student is able to:

- describe psychological processes related to areas such as musical skill development, musical preferences, music and personality, music and movement, music and emotion, and the social psychology of music
- critically evaluate, compare, and summarize various theoretical propositions and empirical studies related to psychological and social aspects of musical behavior

Learning methods: Lectures; literature; exam/assignment

Scheduling: 1st semester

Literature: *S. Hallam, I. Cross & M. Thaut (eds.) (2009). Oxford Handbook of Music Psychology. OUP. New York.*
W. F. Thompson (2009). Music, thought, and feeling. Understanding the psychology of music. OUP: New York.

MMTS041 Sound Processing I (5 ects)

Description: After completing the course the student is able to:

- understand basic theoretical issues related to digital sound, including MIDI,

sequencer, notation, digital sound recording and editing, sound analysis, synthesis and manipulation

- apply this knowledge in various areas of sound processing
- create objects of digital music for artistic, educational or research purposes

Learning methods: Demonstrations; lab work

Scheduling: 1st semester

MTEM040 Clinical Training I (10 ects)

Description: After completing the course the student is able to:

- understand music psychotherapy clinical methods and techniques as based on self-experience
- understand the possibilities of music psychotherapy as a tool for self-knowledge and personal growth

Learning methods: Group work; exercises; demonstrations; learning diary

Scheduling: 1st, 2nd, 3rd and 4th semesters

Literature: *To be announced during the course.*

MTEM041 Clinical Training II (10 ects)

Description: After completing the course the student is able to:

- formulate the goals of a therapeutic process
- apply music therapy to clinical practice
- analyse and assess what is happening in the therapy and to document it
- utilise clinical supervision as a tool for professional growth and development

Learning methods: Internship; supervision in group; study group; learning diary

Scheduling: 2nd, 3rd and 4th semesters

Literature: *To be announced during the course.*

MMTS070 Research Methods (10 ects)

Description: After completing the course, the student is able to:

- list and describe relevant research strategies, data collection methods, and data analysis methods for conducting empirical research in the field of music, mind, and technology.
- critically evaluate the adequacy, reliability, and validity of various research methods in exploring different types of research questions
- apply appropriate methods in conducting small data collection and data analysis tasks

Learning methods: Lectures; literature; exercises; exam/ assignment

Scheduling: 1st and 2nd semesters

Literature: *Coolican, H. (2004). Research Methods and Statistics in Psychology (Fourth Edition). London, UK; Hodder & Stoughton. Additional literature: to be announced during lectures.*
Wheeler, B. (2005). Music Therapy Research, 2nd edition. Gilsum NH: Barcelona Publishers.

MTEM060 Seminar (10 ects)

Description: After completing the course the student is able to:

- understand the requirements for the planning, executing, and reporting of a scientific research project
- understand the basic principles of academic writing
- critically evaluate strengths and weaknesses of research projects
- communicate research findings both orally and in writing
- In order to pass the course, the student is required to complete his/her Master's Thesis plan

Learning methods: Lectures; seminar sessions; preparation of written reports; oral presentations

Scheduling: 1st, 2nd and 3rd semesters

Literature: *To be announced during the course.*

MTEM070 Thesis (40 ects)

Description: After completing the Master's thesis the student is able to:

- plan and execute a personal research project
- synthesize and critically evaluate pertinent literature
- report a research project
- critically evaluate the results

Learning methods: Independent research work under the supervision of a designated supervisor; group supervision sessions

Scheduling: 3rd and 4th semesters

MTEM080 Specialization Topic I (5 ects)

MTEM081 Specialization Topic II (5 ects)

Description: Studies for example on:

- Music, culture and cognition (10 ects); Music Perception I (5 ects); Sound Processing II (5 ects); Music Psychology II (5 ects); Developmental Psychology of Music (5 ects); or other equivalent course relevant to student's study plan

Scheduling: 1st, 2nd, 3rd and 4th semesters

Literature: *To be announced during the courses.*

MTEM090 Optional studies (5 ects)

- Conducting special project within the field of music therapy or developing the communication on music therapy (seminars, congresses, internet, social media, journals, magazines, newspapers, radio & TV etc.)

Scheduling: 1st, 2nd, 3rd and 4th semesters