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:

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:
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.

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:**

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
Department of Music, University of Jyväskylä

Scheduling: 1st and 2nd semesters


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
Department of Music, University of Jyväskylä

**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