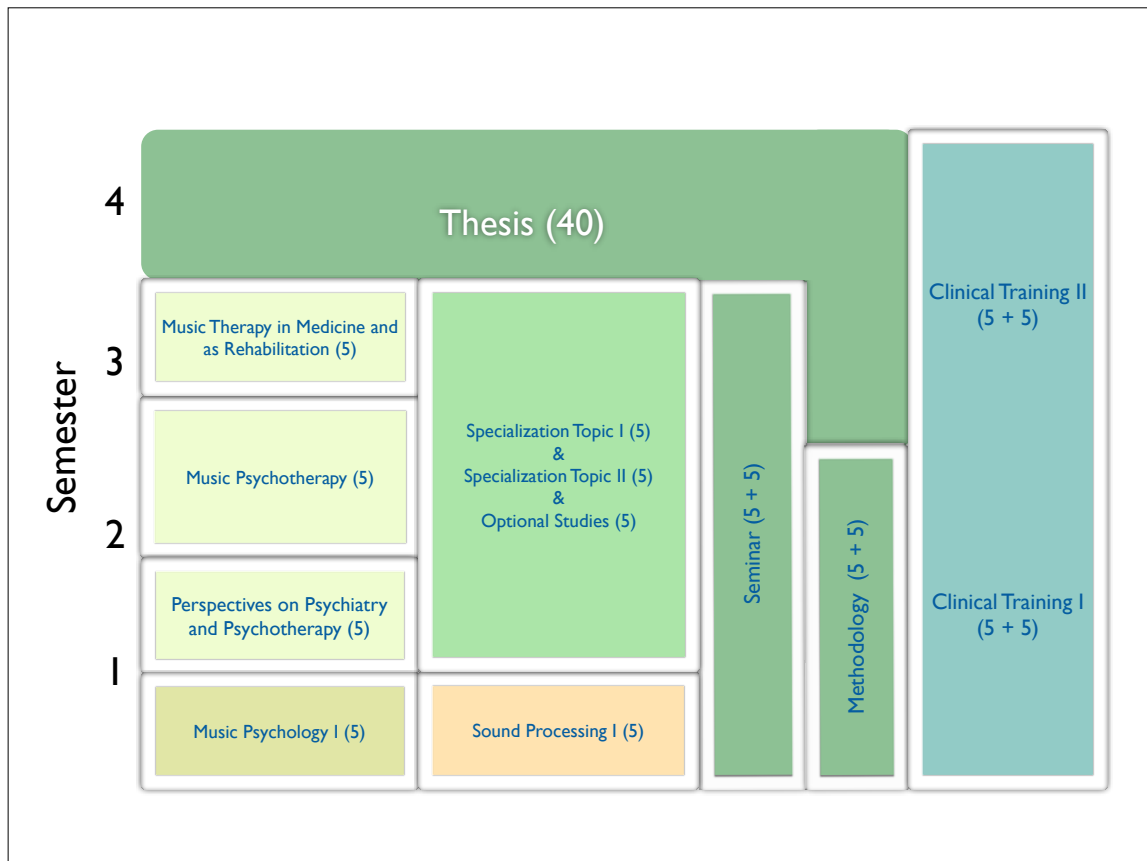


# Music Therapy Master's Degree Programme

*Curriculum 2014-2016*



## 1. PROGRAMME DESCRIPTION

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

After completing the Music Therapy Master's 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

## 2. STUDY UNITS

### MTEM012 Music Psychotherapy (5 ects)

**Learning outcomes:** 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, lectures, demonstrations, workshops, reflective group work; assignment

**Literature:** *K. E. Bruscia (ed.) (1998). The Dynamics of Music Psychotherapy. Gilsum: Barcelona Publishers.*

*J. de Backer & J. Sutton (Eds.) (2014). The Music in Music Therapy – Psychodynamic Music Therapy in Europe: Clinical, Theoretical and Research Approaches. London and Philadelphia: Jessica Kingsley 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.*

*Additional literature: to be announced during the course.*

**Scheduling:** 1<sup>st</sup> and 2<sup>nd</sup> semesters

**Assessment:** 0-5

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

**Learning outcomes:** 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; workshops; assignment

- Literature:** *Baumann, M., Hinkelman, A., Jochheim, M., Mainka, S., Straub, S., Unterharnscheidt, M. (2007): Indications for Music Therapy in Neurological Rehabilitation. Berlin: DGMT.*  
*Baker, F. & Tamplin, J. (2006). Music Therapy Methods in Neurorehabilitation. London and Philadelphia: Jessica Kingsley Publishers.*  
*Levitin, D. (2007). This Is Your Brain on Music: The Science of a Human Obsession. Atlantic Books.*  
*Aldridge, D. (ed.) (2005). Music Therapy and Neurological Rehabilitation: Performing Health. London and Philadelphia: Jessica Kingsley Publishers.*  
*Hargreaves D, Miell D, MacDonald R, (eds) (2012). Musical Creativity: Multidisciplinary Perspectives: Oxford University Press.*  
*Dileo, C. & Bradt, J. (2005). Medical Music Therapy: A Meta-Analysis & Agenda for Future Research. Cherry Hill: Jeffrey Books.*  
*Additional literature: to be announced during the course.*
- Scheduling:** 3<sup>rd</sup> semester  
**Assessment:** 0-5

### MTEM030 Perspectives on Psychiatry and Psychotherapy (5 ects)

- Learning outcomes:** 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:** Lectures; group work; study circle; book exam  
**Literature:** *Psychiatric Disorders: Classified in DSM-V 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.*  
*Additional literature: to be announced during the course.*
- Scheduling:** 1<sup>st</sup> and 2<sup>nd</sup> semesters  
**Assessment:** 0-5

### MMTS011 Music Psychology I (5 ects)

- Learning outcomes:** 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  
**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.*

*P. N Juslin & J. A. Sloboda (Eds.) (2001), Music and Emotion: Theory and Research. New York: Oxford University Press. / Juslin, P. N. & Sloboda, J. A. (Eds.) (2009). Handbook of Music and Emotion: Theory, Research, Applications. Oxford: OUP.*

*North, A. C. & Hargreaves, D. J. (Eds.) (1997). The Social Psychology of Music. London; O.U.P.*

**Scheduling:** 1<sup>st</sup> semester  
**Assessment:** 0-5

### MMTS041 Sound Processing I (5 ects)

**Learning outcomes:** 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
- use the facilities and infrastructure of Music Therapy Clinics for audio-visual production and data collection

**Learning methods:** Demonstrations; workshops; group work; lab work

**Scheduling:** 1<sup>st</sup> semester

**Literature:** *David Williams & Peter Webster, Experiencing Music Technology, 2<sup>nd</sup> Ed, 1999.*  
*Peter Manning, Electronic and Computer Music, Oxford University Press, 2004 (JYU Ebrary)*  
*Russ Haines, Digital Audio, 2001 (JYU Ebrary)*  
*Additional literature: to be announced during the course.*

**Assessment:** pass - fail

### MTEM042 (part 1) & MTEM043 (part 2) Clinical Training I (5 + 5 ects)

**Learning outcomes:** After completing the course the student is able to:

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

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

**Scheduling:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**Literature:** *Meadows A, (ed) (2011). Developments in Music Therapy Practice: Case Study Perspectives. Gilsum NH: Barcelona Publishers.*  
*Grocke, D. & Wigram, T. (2007). Receptive Methods in Music Therapy. London and Philadelphia: Jessica Kingsley Publishers.*  
*Additional literature: to be announced during the course.*

**Assessment:** pass - fail

**MTEM044 (part 1) & MTEM045 (part 2) Clinical Training II (5 + 5 ects)**

**Learning outcomes:** After completing the course the student is able to:

- formulate the goals of a therapeutic process
- apply music therapy methods and approaches 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:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**Literature:** *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.*  
*Additional literature: to be announced during the course.*

**Assessment:** pass - fail

**MMTS070 & MMTS071 Research Methods (5 + 5 ects)**

**Learning outcomes:** 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:** 1<sup>st</sup> and 2<sup>nd</sup> semesters

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

**Assessment:** 0-5

**MTEM060 Seminar (5 + 5 ects, consisting of Seminar, colloquium and Integrated Research communication, XNX009)**

**Learning outcomes:** 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/assignments; oral presentations  
**Scheduling:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters  
**Literature:** *To be announced during the course.*  
**Assessment:** 0-5

#### MTEM070 Thesis (40 ects)

**Learning outcomes:** 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:** 3<sup>rd</sup> and 4<sup>th</sup> semesters  
**Assessment:** 0-5

#### MTEM080 Specialization Topic I (5 ects)

#### MTEM081 Specialization Topic II (5 ects)

**Learning outcomes:** 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:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters  
**Literature:** *To be announced during the courses.*  
**Assessment:** 0-5

#### MTEM090 Optional studies (5 ects) - will be discussed and defined in the personal study plan

##### Description:

- 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.)
- Studies on other fields of therapy or rehabilitation.

**Scheduling:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**MTEM091 Clinical supervision (5 ects); optional**

- Description:** Optional studies on:
- Working as a tutor and peer-supervisor at the Music Therapy Clinic for Research and Training.
  - Attending to reflective discussion in group supervision for tutors.
- Scheduling:** 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**MTEM092 Practicum in music therapy training and education (5 ects); optional**

- Description:** Optional studies on:
- Planning and conducting lectures, demonstrations and/or workshops. Having a hands-on experience on working as a trainer.
  - Writing a reflective report on the experiences during the module or course.
- Scheduling:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**MTEM093 Advanced skills in the music therapy field (5 ects); optional**

- Description:** Optional studies on:
- Planning and conducting for example an event (i.e seminar and workshops), and sharing information on possibilities of music therapy. Learning professional communication and collaborative work with different parties.
  - Collecting feedback, developing practices, and writing a reflective report on the experiences.
- Scheduling:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**MTEM094 Developing music therapy practices (5 ects); optional**

- Description:** Optional studies on:
- Planning and conducting for example new collaboration with health care and social welfare units, third party associations or communities.
  - Learning professional communication and developing clinical practices of Music Therapy Clinic of JYU.
  - Collecting feedback, developing practices, and writing a reflective report on the experiences.
- Scheduling:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> semesters

**3. LANGUAGE REQUIREMENT**

The MT Programme includes one compulsory language course for all students, XENX009 Research Communication Skills (5 ECTS), which consists of writing skills and oral presentation skills and is integrated within the Seminar course.

In addition, students with native language other than Finnish are required to pass course level 2 in Finnish (i.e. courses XSU0005 Suomi 1 & XSU0006 Suomi 2). Further, it should be noted that Finnish students must fulfil the statutory requirements in Finnish and in Swedish if they wish to be qualified for civil servant (state) positions in Finland. These studies in Finnish and Swedish are in addition to the 120 ECTS MT studies.

#### **4. MATURITY EXAMINATION MUS0Y96 (1 ECTS)**

The maturity examination (in Finnish 'kypsyysnäyte' or 'maturiteetti') is a compulsory study attainment stipulated in the Degree Statute. According to the Statute, students have to complete a maturity examination in the field of their thesis. The maturity examination makes up part of the compulsory language and communication studies of the Programme. The maturity examination is an essay-type paper, which assesses both the student's mastery of the subject and his/her language ability. Further information on the maturity exam is available from:

<http://www.jyu.fi/hum/en/study/maturityexam>

#### **5. MINOR IN COGNITIVE NEUROSCIENCE**

The Centre for Interdisciplinary Brain Research (CIBR) offers a Minor degree to students interested in pursuing neuroscience studies. Students must complete 30 credits from the curriculum defined by the CIBR. Participation will be determined at the time when students devise a personal study plan in September 2014.