

MUSIC THERAPY CLINIC FOR RESEARCH AND TRAINING – INTERDISCIPLINARY MUSIC LABS
DEPARTMENT OF MUSIC, FACULTY OF HUMANITIES
UNIVERSITY OF JYVÄSKYLÄ, FINLAND

Master's Programme
in Music Therapy
Curriculum 2016-2018

GENERAL INFORMATION

Programme Description

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

The programme bridges the topics of clinical music therapy and therapeutic use of music, psychology, treatment and rehabilitation, cognitive science, and music technology into one unique and multidisciplinary programme. The aim of integrating such topics is to provide students a thorough learning experience of clinical possibilities of music therapeutic approaches and designing, executing and reporting empirical investigations within this multifaceted field.

We admit students with different backgrounds, which can range from several health care, rehabilitation and education related disciplines to humanistic studies. The students are selected based on the suitability of their background but also on their enthusiasm and interest in the course content, and their motivation to work within a multidisciplinary team with multicultural colleagues. Teaching in the programme leans mainly on principles of constructive learning and collaborative approaches are applied throughout the courses in the programme.

The programme courses are separated into four main areas: Core Courses+Thesis work, General/Common Courses, and elective studies based on Personal Study Plan. The orientation and emphasis in studies can be: *research, development, education, clinical, wellbeing, and technological*. Since variety of different musical activities are in an important role in the studies, students are encouraged to further develop their musical skills and competencies. Main purpose is to aim communicative flexibility in musical interaction, not virtuosity or performance skills as such.

Learning Outcomes

The learning outcomes of Master's Degree Programme in Music Therapy are:

- Expertise of the main areas of contemporary research and clinical practice of music therapy
- Competences in different approaches and methods of music therapy and applied technology
- Experience for carrying out academic projects in a multidisciplinary, and multicultural research team
- Development of critical thinking skills for reading and interpreting academic literature
- A general comprehension of standard quantitative and qualitative research methods, as well as specialized methods related to the topic of the research project
- Capacities in designing, executing and reporting empirical investigations, development work and projects within the field of music therapy
- Attaining a skill set and academic profile suitable for interdisciplinary PhD studies and for working as an expert.

Table 1 Students take courses from several unit sections. Breakdown of Unit Sections per credit. Students complete total of 120 ECTS.

Unit Section	Number ECTS
Music Therapy (core courses + thesis)	70
Music Psychology Training (general common courses with MMT)	15
Research Methods	10
Elective units based on PSP	10
Communication and Language Studies*	15
TOTAL CREDITS	120

*includes Integrated Research Communication and Suomi 1 & Suomi 2.

Native Finnish students substitute languages units with units on Academic Writing, or take additional Elective units.

CURRICULUM AT A GLANCE

Table 2 MT Programme Calendar

Semester 1	Semester 2	Semester 3	Semester 4
Approaches and Methods in MT (5)	Clinical Training (10)		
Music Psychology (5)	Self-experience (5)		Thesis (40)
Technologies in MT (5)	Music Psychotherapy (5)	MT in Medicine and as Rehab (5)	
Elective unit based on PSP (5)			
Seminar (5)			
Research Methods (10)			
Integrated Research Communication (4/5)		Elective unit based on PSP (5)	
Suomi 1 (5)	Suomi 2 (5)		
		Maturity Exam (1)	

MUSIC THERAPY UNITS (70 ECTS)

These courses are the default required courses for students enrolled in the MT programme.

MTEM031 Approaches and Methods in Music Therapy (5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • Understand the essence and rationale of active and receptive music therapy approaches, techniques and methods • Understand how active and receptive music therapy can be applied to meet the needs of different clinical and non-clinical populations • Name and describe the possibilities of music therapeutic approaches within different contexts.
Modes of study	Lectures; demonstrations; workshops; group work; private study
Completion modes	Written assignment
Learning Materials	<ul style="list-style-type: none"> • Wigram, T., Nygaard Pedersen, I., & Bonde, L. O. (2002). A comprehensive guide to music therapy. London and Philadelphia: JKP. • 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: JKP. • De Backer, J., & Sutton, J. (Eds.) (2014). The music in music therapy – psychodynamic music therapy in Europe: Clinical, theoretical and research approaches. London: JKP.
Scheduling	1st semester
Assessment	0-5

MTEM012 Music Psychotherapy (5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • 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 and its nature as a process • Understand psychodynamic music psychotherapy in focus of research activities • Apply this knowledge to clinical assessment and evaluation in music psychotherapy
Modes of study	<p>Introductions; lectures; demonstrations; workshops; reflective group work</p>
Completion modes	<p>Written assignment</p>
Learning Materials	<ul style="list-style-type: none"> • K. E. Bruscia (ed.) (1998). <i>The Dynamics of Music Psychotherapy</i>. Gilsum: Barcelona Publishers. • J. de Backer & J. Sutton (Eds.) (2014). <i>The Music in Music Therapy – Psychodynamic Music Therapy in Europe: Clinical, Theoretical and Research Approaches</i>. London and Philadelphia: Jessica Kingsley Publishers. • S. Hadley (ed.) (2003). <i>Psychodynamic Music Therapy: Case Studies</i>. Gilsum: Barcelona Publishers. • T. Wigram & J. De Backer (eds.) (1999). <i>Clinical Applications of Music Therapy in Psychiatry</i>. London and Philadelphia: Jessica Kingsley Publishers. • Priestley, M. (1994). <i>Essays on Analytical Music Therapy</i>. Phoenixville: Barcelona Publishers. • T. Eschen (ed.) (2002). <i>Analytical Music Therapy</i>. London and Philadelphia: Jessica Kingsley Publishers. • Nygaard-Pedersen, I. (2007). <i>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</i>. Aalborg University. • Additional literature: to be announced during the course.
Scheduling	<p>2nd semester</p>
Assessment	<p>0-5</p>

MTEM020 Music Therapy in Medicine and as Rehabilitation (5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • 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
Modes of study	Introductions; lectures; literature; demonstrations; workshops
Completion modes	Written assignment
Learning Materials	<ul style="list-style-type: none"> • Baumann, M., Hinkelmann, 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	3rd semester
Assessment	0-5

MTEM032 Music Therapy Self-experience (5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • 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
Modes of study	Group work
Completion modes	active participation; learning diary

MTEM032 Music Therapy Self-experience (5 ECTS)

Learning Materials	<ul style="list-style-type: none"> • to be announced during the course
Scheduling	2nd and 3rd semester
Assessment	pass - fail

MTEM044 & MTEM045 Clinical Training (5 + 5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • 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
Modes of study	Internship; supervision in group; study group
Completion modes	learning diary; self-reflection report; clinical report
Learning Materials	<ul style="list-style-type: none"> • Baxter, H., Berghofer, J., MacEvan, L., Nelson, J., Peters, K., & Roberts, P. (2007). <i>The Individualized Music Therapy Assessment Profile (IMTAP)</i>. London and Philadelphia: Jessica Kingsley Publishers • Rook, J., West, R., Wolfe, J., Ho, P., Dennis, A., Nakai-Hosoe, Y., & Peyton, K. (2014). <i>Music Therapy Social Skills Assessment and Documentation Manual (MTSSA)</i>. London and Philadelphia: JKP • Additional literature: to be announced during the course
Scheduling	2nd, 3rd and 4th semester
Assessment	0-5

MTEM070 Thesis (40 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • Plan and execute a personal research project • Synthesize and critically evaluate pertinent literature • Report a research project • Critically evaluate the results
Modes of study	Independent research work under the supervision of a designated supervisor; group supervision sessions

MTEM070 Thesis (40 ECTS)

Completion modes	project; concert
Learning Materials	<ul style="list-style-type: none">• Teacher generated materials
Scheduling	2nd, 3rd and 4th semester
Assessment	0-5

MUSIC PSYCHOLOGY TRAINING UNITS (15 ECTS)

These courses and units are shared with Masters Degree Programme in Music, Mind and Technology. As of March 15 2016, these units require new course codes starting with MPT.

MMTS011 Music Psychology (5 ECTS)	
Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • 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 summarise various theoretical propositions and empirical studies related to psychological and social aspects of musical behaviour.
Contents	<p>The course is a survey on the main sub-fields of music psychology research. The course features guest lectures given by several of the researchers within the Music Department. Thus, the course also introduces students to the department's research strategy.</p>
Modes of study	Lectures; literature
Completion modes	Learning diary; group work; exam
Learning Materials	<ul style="list-style-type: none"> • 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. • Teacher-generated materials
Scheduling	1st semester
Assessment	0-5

MTEM033 Technologies in Music Therapy (5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • 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 clinical music therapy • Create objects of digital music for therapeutical purposes • Use computer-assisted technology for clinical improvisation analysis • Use the facilities and infrastructure of Music Therapy Clinic for audio-visual production and data collection
Modes of study	Demonstrations; workshops; group work; lab work
Completion modes	assignments; project
Learning Materials	<ul style="list-style-type: none"> • Wendy L. Magee (Ed.) (2013). Music Technology in Therapeutic and Health Settings. London and Philadelphia: JKP (JYU Ebrary) • Manning, P. (2004). Electronic and Computer Music, Oxford University Press. (JYU Ebrary) • Wosch, T., & Wigram, T. (2007). Microanalysis in music therapy : Methods, techniques and applications for clinicians, researchers, educators and students (1st American pbk. ed.). London ; Philadelphia: JKP (JYU Ebrary) • Erkkilä, J., Ala-Ruona, E., & Lartillot, O. (2014). Technology and clinical improvisation : from production and playback to analysis and interpretation. In K. Stensæth (Ed.), Music, Health, Technology and Design (pp. 209-226). Series from the Centre for music and health, 8. Oslo: The Norwegian Academy of Music. • Teacher generated materials • Additional literature: to be announced during the course
Scheduling	1st semester
Assessment	0-5

MTEM060 Seminar (5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • Understand the requirements for the planning, executing, and reporting of a scientific research project • Comprehend the basic principles of academic writing • Critically evaluate strengths and weaknesses of research projects • Communicate research findings both orally and in writing
Contents	<p>Students choose a research topic for their thesis. In order to pass the course, the student is required to complete his/her Master's Thesis plan. The Seminar is composed of two separate modules worth 5 credits each: Seminar (MMTS060), and Integrated Research Communication (XENX009). The latter is offered by the Language Centre. The timeslot of the Seminar is also used for a tutorial on the Optima system, and also for Information Retrieval tutorials (given by the University Library).</p>
Modes of study	<p>Preparation of personal study plan; lectures; seminar sessions; preparation of written reports; oral presentations</p>
Completion modes	<p>idea paper; contrast paper; annotated bibliography; literature review; final research proposal</p>
Learning Materials	<ul style="list-style-type: none"> • Teacher-generated materials
Scheduling	<p>1st and 2nd semester</p>
Assessment	<p>0-5</p>

RESEARCH METHODS (10 ECTS)

MT students are required to complete 10 ECTS from Research Methods units. Students without any experience in research methods take KVVS003 Statistical Methods (5 ECTS), KVVS011 Research Methodology (5 ECTS) or equivalent. Students who enter the programme with basic research methods experience, take 10 credits of advanced research methods techniques as agreed upon in their Personal Study Plan.

If KVVS003 Statistical Methods and KVVS011 Research Methods courses are unavailable, the Music Department will provide the following research methods courses.

MMMTS070 Research Methods 1 & Research Methods 2 (5 + 5 ECTS)

Learning Outcomes	<p>After completing the course the student is able to:</p> <ul style="list-style-type: none"> • List and describe relevant research strategies, data collection methods, and data analysis methods for conducting empirical research in the field of music therapy and fields related • 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
Contents	<p>This course introduces students to research methods needed to complete the Masters thesis. Topics cover scientific thinking, introduction to experimental design, and qualitative methods. A separate module on statistics and qualitative methods (taught by the Department of Communications) will be integrated into the course</p>
Modes of study	Lectures; literature; exercises; exam
Completion modes	exercises; exam
Literature	<ul style="list-style-type: none"> • to be announced during the course
Scheduling	1st and 2nd semester
Assessment	0-5

UNITS BASED ON PERSONAL STUDY PLAN (10 ECTS)

Study units based on Personal Study Plan (previously known as Specialisation Topics) can be selected from several MT and MMT options or applicable studies offered by the Department of Music, other Departments of the University of Jyväskylä or other universities. Guided by the academic advisor, students select courses that are relevant to their thesis project. Students may join courses in other units (i.e. Music Education) as long as the courses complement rather repeat previous training. These courses can generally be taken during all semesters, depending on the need and the profile of a student. The selection of available study units can vary from year to year. Examples of such courses include:

- Perspectives on Psychiatry and Psychotherapy (MTEM030, 5 ECTS)
- Music Psychology Training Colloquium (MMTS063, 2 ECTS)
- Music, culture and cognition (MMTS043, 5 ECTS)
- Clinical supervision (MTEM091, 5 ECTS)
- Practicum in music therapy training and education (MTEM092)
- Advanced skills in the music therapy field (MTEM093)
- Developing music therapy practices (MTEM094)
- Music Information Retrieval (MMTS054, 5 ECTS)
- Research Project Assistant (MMTS055, 5 ECTS)
- Workshop on EEG Measurement and Analysis, (MMTS056, 3 ECTS)
- Contemporary Issues in Musicology (MUSS851, 3 ECTS)
- Neuroscience Tools (TILS810, 3 ECTS)
- or: Minor in Cognitive Neuroscience, if available (30 ECTS; students may replace research methodology credits with credits earned from Minor in Cognitive Neuroscience)

Learning outcomes: Vary.

Contents: Vary

Modes of study: Vary

Completion modes: Vary

Learning Materials: Vary

Scheduling: 1- 4 Semester

Assessment: 0-5 or pass-fail

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

MTEM030 Perspectives on Psychiatry and Psychotherapy (5 ECTS)

Modes of study	Lecture; literature; reading circle
Completion modes	group work; written assignment
Learning Materials	<ul style="list-style-type: none"> • 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	1st, 2nd and 3rd semester
Assessment	0-5

MTEM091 Clinical Supervision (5 ECTS)

Description	<p>Optional studies on:</p> <ul style="list-style-type: none"> • 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	2nd, 3rd and 4th semester
Assessment	pass - fail

MTEM092 Practicum in Music Therapy Training and Education (5 ECTS)

Description	<p>Optional studies on:</p> <ul style="list-style-type: none"> • 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	1st, 2nd, 3rd, 4th semester
Assessment	pass - fail

MTEM093 Advanced Skills in the Music Therapy Field (5 ECTS)

Description	<p>Optional studies on:</p> <ul style="list-style-type: none"> • 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	1st, 2nd, 3rd and 4th semester
Assessment	pass - fail

MTEM094 Developing Music Therapy Practices (5 ECTS)

Description	<p>Optional studies on:</p> <ul style="list-style-type: none"> • 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
Scheduling	1st, 2nd, 3rd and 4th semester
Assessment	pass - fail

GENERAL COURSES

LANGUAGE REQUIREMENTS (10 ECTS)

The MT Programme includes a 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 the first two course levels in Finnish (i.e. 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 integrated to the 120 ECTS MT studies.

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>

ADDITIONAL STUDY OPTIONS

MINOR IN COGNITIVE NEUROSCIENCE (30 ECTS)

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 2016.