



POSTGRADUATE DIPLOMA IN CLINICAL MUSIC THERAPY (PGD-CMT)

Objectives:

- To provide students with the knowledge, experience, skill and confidence to work as professional Music Therapists within a range of clinical settings.
- To give students a thorough grounding in several theoretical viewpoints relevant to the practice of Music Therapy.
- To give students an understanding of clients' therapeutic needs by means of clinical studies in related disciplines.
- To extend students' musical skills and facilitate an understanding of how these can be used to meet the therapeutic needs of clients.
- To provide students with appropriate clinical placements in accordance with India's standards of education and training, with adequate supervision within the programme,
- To develop students' capacity to provide Music Therapy service in institutional settings.
- To provide students with an environment that facilitates self-development appropriate to work as a therapist
- To develop students' abilities to reflect their role of Music Therapy practitioners.
- To provide students with an understanding of basic research and research methodologies of common relevance to the unique field of the Arts Therapies.
- To enable students to research their own practice and to relate this to the wider discipline of Music Therapy.

Learning Outcomes

Students who successfully complete this program will be able to:

Knowledge and Understanding-

- A1- Demonstrate their knowledge and understanding of Music Therapy needs in India
- A2 - Demonstrate their knowledge and understanding of several key theoretical approaches to Music Therapy (e.g. psychodynamic, humanistic, behavioral and ecological)
- A3 - Demonstrate understanding of current relevant governmental policies and guidance (e.g. in health, social care and education) including confidentiality and consent
- A4 - Demonstrate knowledge and understanding of relevant diagnoses and disabilities
- A5- Demonstrate knowledge and understanding of the work settings within which music therapists most commonly practice
- A6- Demonstrate knowledge and understanding of the application of theory to different client groups and work settings
- A7- Demonstrate knowledge and understanding of the way in which their music can be used to meet the therapeutic needs of clients
- A8- Demonstrate their knowledge and understanding of the effects of the environment and the role of the institution on a client's well-being

Ms. Lindsay McHale 

Ms. Ruth Oreschnick 

Dr. Margaret Lobo

Dr. Amruta Oak

Course Coordinator

Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - 

Dr. Jaya Rajagopalan

Ms. Sharmin Palsetia 

A9- Demonstrate an understanding of research methodologies and evidence based practice in the Arts Therapies, and have an understanding of those most appropriate to Music Therapy theory and practice.

A10- Demonstrate a comprehensive understanding of the need for self-knowledge, personal development and ongoing supervision for practicing therapists

A11- Demonstrate an understanding of the statutory requirements of the health profession within India and the maintenance of an ethical clinical practice

B. Cognitive Skills-

Students who successfully complete this program will be able to:

B1- Use a high level of observational and analytical skills

B2- Conceptualize and integrate theory and practice in a systematic and creative way, and begin to develop their own working style

B3 -Critically research, analyze and evaluate the theory and practice of Music Therapy

B4 -Critically evaluate and synthesize Music Therapy research findings and literature, and be able to gather appropriate information.

C. Practical Skills-

Students who successfully complete this program will be able to:

C1- Use a high level of observational skills

C2- Assess and make informed and professional judgments about client need and strengths, complex client issues, and use appropriate assessment, treatment techniques and strategies for meeting client needs

C3 -Use advanced expressive, technical and interactive elements of musical improvisation skills

C4- Develop a therapeutic relationship with clients

D. Key Skills-

Students who successfully complete this program will be able to:

D1- Present their work in a well structured and convincing way and with confidence, both orally and in writing

D2- Use a high level of initiative and work independently

D3 -Communicate appropriately with staff and clients within a team, and communicate information and ideas to specialist and non-specialist audiences.

D4 -Deal with complex issues both systematically and creatively

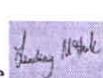
D5- Demonstrate self direction and originality in tackling and solving problems, and act autonomously in planning and implementing tasks at a professional level

D6 -Use critical reflection in their own clinical work, and appreciate their own limitations as a therapist and the need for appropriate levels of supervision

D7- Make a clear presentation of their findings in a seminar setting.

D8 -Undertake independent study into their clinical practice in order to make a proposal for, and carry out elements of, a research project.

Ms. Lindsay McHale



Ms. Ruth Oreschnick



Dr. Margaret Lobo

Dr. Amruta Oak



Course Coordinator

Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - V.V.Kulkarni

Dr. Jaya Rajagopalan

Ms. Sharmin Palsetia 

Term: I

Subject Code:

Units: 10

Unit 1: Clinical Music Therapy in Theory and Practice- I

2

- **Theoretical Foundations of Music Therapy**
 - a. Introduction to music therapy, the therapeutic framework and the therapeutic relationship
 - b. Theoretical approaches underpinning music therapy practice including psychodynamic principles
 - c. Contextualized psychology, with aspects incorporated from sociology, anthropology, medicine, musicology and education
 - d. Contextualized human development and the ways normal development can be disrupted
- **Clinical Contexts in Music Therapy**

Setting up Clinical work

 - a. Referral and assessment procedures
 - b. Starting work; the importance of the therapeutic framework, boundary issues and safe practice
 - c. Record Keeping, including the use of recording equipment
 - d. Data protection, Record Keeping and Report Writing

Understanding of music therapy practice in the following settings:

 - a. Special schools (Autism, PLMD and other conditions causing developmental delay)
 - b. Residential settings for older adults (Dementia)

Unit 2: Music Therapy Methods and Techniques- I

3

- **Music Therapy Methods**
 - a. Clinical Improvisation- Technical, Expressive and Interactional aspects
 - b. Introduction to supportive music therapy interventions
- **Music Skills and Techniques**
 - a. Proficient standard of instrumental and vocal competence- percussion, voice, guitar and piano
 - b. Practical peer skills sharing

Unit 3: Reflexive Learning- I

2

Ms. Lindsay McHale

Lindsay McHale

Ms. Ruth Oreschnick

Ruth Oreschnick

Dr. Margaret Lobo

Dr. Amruta Oak



Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - V.V. Kawadkar

Dr. Jaya Rajagopalan

Ms. Sharmin Palsetia J Palsetia

Course Coordinator

- **Literature and Media Discussion**
 - a. Critical evaluation of literature and media information
 - b. Discussion leadership skills
- **Group Reflection/Debate**
 - a. Active and intentional reflection skills
 - b. Understanding the self and self-in-relationship
 - c. Debates on emerging themes, questions, or challenges in the process of reflection

Unit 4: Experiential Learning- I

3

- **Clinical Placements**
 - a. Carrying out observations, setting up placements
 - b. Beginning 1:1 work with patients in a clinical setting
 - c. Role of guidance and support during the therapeutic process
- **Music Therapy Group**
 - a. Group music therapy
 - b. Exploring the responses to the feelings and emotions that may arise during the training

➤ Student Personal Therapy- I

All students are required to attend personal therapy sessions on a regular basis during their training with The Music Therapy Trust.



Ms. Lindsay McHale

Lindsay McHale

Ms. Ruth Oreschnick
Dr. Margaret Lobo
Dr. Amruta Oak

Ruth Oreschnick

Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - *V.V. Kawadekar*
Dr. Jaya Rajagopalan
Ms. Sharmin Palsetia *sharmin*

Course Coordinator

Term: II

Subject Code:

Units: 10

Unit 1: Clinical Music Therapy in Theory and Practice- II

2

- **Build on and contextualise core theoretical concepts**
 - a. An overview of the work of psychoanalysts: Winnicott, Stern and Rogers and how their work helps to further the understanding of the musical therapeutic process
 - b. An overview of the work of Lewin, Bion, Tuckman and Yalom on group dynamics and how these relate to the dynamics of group music therapy
- **Clinical Contexts in Music Therapy**
 - a. An understanding of Music Therapy in the following settings:
Psychiatric settings (Mental Health)
Hospitals (neuro-disability, neonatal care)
 - b. Evidence based practice

Unit 2: Music Therapy Methods and Techniques- II

3

- **Music Therapy Methods**
 - a. Clinical Improvisation- Supporting, developing and extending improvisational interactions
 - b. Interactive understanding of improvisation- Basis for development and exploration of therapeutic relationship.
- **Music Skills and Techniques**
 - a. Receptive methods, songwriting and use of familiar songs in music therapy
 - b. Skills in group work facilitation and teamwork

Unit 3: Reflexive Learning- II

2

- **Literature and Media Discussion**
 - a. Critical evaluation of literature and media information about topics relevant to music therapy
 - b. Art of critiquing literature
- **Group Reflection/Debate**
 - a. Active and intentional reflection skills on- opinions, experiences and

Ms. Lindsay McHale



Ms. Ruth Oreschnick
Dr. Margaret Lobo
Dr. Amruta Oak

Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - V.V.Kawadekar
Dr. Jaya Rajagopalan
Ms. Sharmin Palsetia



Course Coordinator

| | |
|--|--|
| <p>reflections on a proposed topic</p> <p>b. Debates on- Ideas in context – culture, interpretation and difference</p> | |
|--|--|

Unit 4: Experiential Learning- II

3

- **Clinical Placements**
 - a. Work with patients in a clinical setting
 - b. Role of guidance and support during the therapeutic process
 - c. Clinical notes of the work
- **Music Therapy Group**
 - a. Sessions on group music therapy
 - b. Exploring the responses to the feelings and emotions that may arise during the training

➤ **Student Personal Therapy- II**

All students are required to attend personal therapy sessions on a regular basis during their training with The Music Therapy Trust.



Ms. Lindsay McHale

Lindsay McHale

Ms. Ruth Oreschnick

Ruth Oreschnick

Dr. Margaret Lobo

Dr. Amruta Oak

Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - v.v.kulkarni

Dr. Jaya Rajagopalan

Ms. Sharmin Palsetia *Sharmin Palsetia*

Course Coordinator

Term: III

Subject Code:

Units: 10

Unit 1: Clinical Music Therapy in Theory and Practice- III

2

- **Build on and contextualise core theoretical concepts**
Understanding theoretical frameworks and concepts in relation to:
 - a. **Community settings**
 - b. **Health promotion**
 - c. The Nordoff-Robbins approach to music therapy (music-centered)
 - d. Music Therapy in India and the work of The World Federation of Music Therapy
- **Clinical Contexts in Music Therapy**
 - a. Community music therapy and health promotion
 - b. Diagnostic information evaluation - case study and academic reviews

Unit 2: Music Therapy Methods and Techniques- III

3

- **Music Therapy Methods**
 - a. Clinical Improvisation- emphasis on group work, leadership and facilitation skills.
 - b. Role plays from clinical work.
- **Music Skills and Techniques**
 - a. Group feedback sessions.

Unit 3: Reflexive Learning- III

2

- **Literature and Media Discussion**
 - a. Critical evaluation and discussions on the opinions, experiences and reflections on a proposed topic
- **Group Reflection/Debate**
 - a. Active and intentional reflection skills on- opinions, experiences and reflections on a proposed topic
 - b. Towards an indigenous Indian clinical music therapy profession

Ms. Lindsay McHale

Lindsay McHale

Ms. Ruth Oreschnick
Dr. Margaret Lobo
Dr. Amruta Oak

Ruth Oreschnick



Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - V.V.Kawadkar
Dr. Jaya Rajagopalan
Ms. Sharmin Palsetia *Abbedia*

Course Coordinator

| | |
|---|---|
| Unit 4: Experiential Learning- III | 3 |
| <ul style="list-style-type: none"> • Clinical Placements <ul style="list-style-type: none"> a. Work with patients in a clinical setting b. Role of guidance and support during the therapeutic process • Music Therapy Group <ul style="list-style-type: none"> a. Sessions on group music therapy b. Exploring the responses to the feelings and emotions that may arise during the training | |

➤ **Student Personal Therapy- III**

All students are required to attend personal therapy sessions on a regular basis during their training with The Music Therapy Trust.



Ms. Lindsay McHale

Ms. Ruth Oreschnick

Dr. Margaret Lobo

Dr. Amruta Oak

Ms. Anubha Doshi

Ms. Vaishnavi Kulkarni - v.v.kulkarni

Dr. Jaya Rajagopalan

Ms. Sharmin Palsetia

Shobha
Course Coordinator