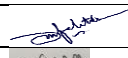

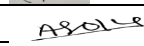




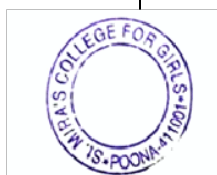
**St. Mira's College for Girls in Academic Collaboration with Ashwaas  
POSTGRADUATE DIPLOMA IN CLINICAL MUSIC THERAPY (PGD-CMT)  
SYLLABUS**

**Total number of hours- 1440hrs**

<b>Semester I (180 hours)</b>	<b>Subject Code: MCR/DCMT(21)043</b>	<b>Lectures: 106</b>
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<b>Clinical Music Therapy in Theory and Practice (CMT/TP)</b>
<b>Learning Outcomes</b>
<b>Students who successfully complete the program will be able to:</b>
<b>Theoretical Foundations</b>
<ul style="list-style-type: none"> <li>• Demonstrate their knowledge and understanding of Music Therapy</li> <li>• Demonstrate their knowledge and understanding of several key theoretical approaches to Music Therapy (e.g. psychodynamic, humanistic)</li> <li>• Demonstrate their knowledge and understanding of the core concepts relating to Music Therapy (e.g. holding, affect attunement)</li> <li>• Demonstrate an understanding of what is meant by the therapeutic relationship and therapeutic framework</li> <li>• Demonstrate an ability to integrate theory and practice in their placement settings and in discussion of their work in supervision</li> <li>• Critically research, analyze and evaluate the theory and practice of Music Therapy</li> </ul>

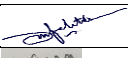



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- Critically evaluate and synthesize Music Therapy research findings and literature, and gather appropriate information to support their own findings resulting from their Music Therapy interventions
- Demonstrate an understanding of research methodologies and evidence-based practice in the Arts Therapies and have an understanding of those most appropriate to Music Therapy theory and practice.

### Clinical Contexts

- Use a high level observational and analytical skills
- Demonstrate knowledge and understanding of the work settings within which music therapists most commonly practice
- Demonstrate their knowledge and understanding of the effects of the environment and the role of the institution on a client's well-being
- Demonstrate knowledge and understanding of the different ways in which music is used as a therapeutic tool in a variety of settings
- Demonstrate knowledge and understanding of diagnoses, disabilities and treatment protocols within a variety of healthcare and educational settings
- Demonstrate understanding of current relevant governmental policies and guidance including health and safety and data protection policies
- Demonstrate an understanding of the statutory requirements of the health professions within India and the maintenance of an ethical clinical practice
- Assess and make informed and professional judgements about client need and strengths, complex client issues, and use appropriate assessment, treatment techniques and strategies for meeting client needs
- Know what is necessary to prepare for and carry out work as a trainee clinical Music Therapist in a safe and responsible manner

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## Clinical Music Therapy Methods and Techniques (CMT/MT)

### Learning Outcomes

#### Students who successfully complete this program will be able to:

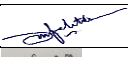




- Understand and employ the core improvisational techniques of mirroring, matching, reflecting and grounding
- Demonstrate knowledge and understanding of the way in which their music can be used to meet the therapeutic needs of clients
- Use advanced expressive, technical and interactive elements of musical improvisation skills
- Develop a therapeutic relationship with clients
- Carry out a variety of group therapeutic music interventions, including music and imagery, music and relaxation, group improvisation, songwriting and group singing/vocalizing
- Demonstrate knowledge and understanding of receptive methods in music therapy and when/how to employ them

## Reflexive and Experiential Learning (RL/EL)

### Learning Outcomes

#### Students who successfully complete this program will be able to:

- Demonstrate a comprehensive understanding of the need for self-knowledge, personal development and ongoing supervision for practising therapists
- Use critical reflection in their own clinical work, and appreciate their own limitations as a therapist and the need for appropriate levels of supervision

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### Tutorials and Instrumental Tuition (T/IT)

#### Learning Outcomes

#### Students who successfully complete this program will be able to:

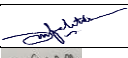


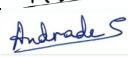

- Utilize tutorials in order to consolidate their learning and prepare for the written assignments
- Demonstrate the ability to work independently in planning and implementing tasks at a professional level
- Demonstrate basic playing skills on Ukulele and Keyboard or Guitar

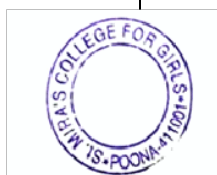
### Self-learning and key skills (SL/KS)

#### Learning Outcomes:

#### Students who successfully complete this program will be able to:

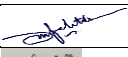




- Manage their time in such a way that they are able to complete the requirements of the course for the first semester
- Present their work in a well-structured and convincing way and with confidence, both orally and in writing
- Use a high level of initiative and work independently
- Communicate appropriately with staff and clients within a team and communicate information and ideas to specialist and non-specialist audiences.
- Demonstrate autonomy, flexibility and creativity in dealing with complex issues and

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solving problems

- Demonstrate the ability to work independently in planning and implementing tasks at a professional level
- Use critical reflection in their own clinical work, and appreciate their own limitations as a therapist and the need for appropriate levels of supervision and personal therapy
- Make a clear presentation of their findings in a seminar setting.
- Undertake independent study into their clinical practice in order to write a dissertation on their clinical work and present, and answer questions about, their work at an end of year Viva.

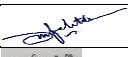


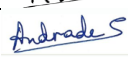

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## Program of study

<b>Semester 1</b>	<b>Subject Code: CMT/TP</b>	<b>Lectures: 70</b>
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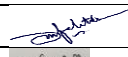

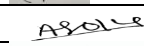
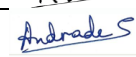

<b>Unit 1 Introduction to Music Therapy</b>	<b>16 hours</b>
<ul style="list-style-type: none"> <li>• Orientation to the course</li> <li>• Definitions of Music Therapy</li> <li>• Why Music Therapy?</li> <li>• The therapeutic relationship</li> <li>• The therapeutic framework</li> <li>• History of Music Therapy</li> <li>• ‘Tools of the trade’</li> <li>• Approaches in Music Therapy Practice and the settings they are suited to: Humanistic, Psychodynamic, Physiological, Developmental, Supportive</li> </ul>	2.5h  1.5h  1.5h  1.5h  1.5h  1.5h  3h  3h

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<b>Unit 2 Theoretical Foundations of Music Therapy</b>	<b>42 hours</b>
<ul style="list-style-type: none"> <li>Literature and media discussion</li> </ul>	15h
<ul style="list-style-type: none"> <li>Child development and attachment theory with specific reference to the work of developmental psychologists: Bowlby, Ainsworth, Erikson, Piaget, Stern, Malloch and Trevarthen</li> </ul>	6h
<ul style="list-style-type: none"> <li>An overview of the work of psychoanalysts: Freud, Winnicott, Klein and Rogers and how their work relates to music therapy</li> </ul>	6h
<ul style="list-style-type: none"> <li>Unconscious processes and core theoretical concepts in relation to music therapy</li> </ul>	6h
<ul style="list-style-type: none"> <li>Music Therapy as an evidence-based practice</li> </ul>	3h
<ul style="list-style-type: none"> <li>Academic writing, study and research skills</li> </ul>	3h
	9h

<b>Unit 3 Clinical Contexts in Music Therapy</b>	<b>45 hours</b>
<ul style="list-style-type: none"> <li>Observational skills (Mother/Infant observation)</li> </ul>	12h
<ul style="list-style-type: none"> <li>Setting up placements: Referral and initial assessment, assessment procedures and tools</li> </ul>	3h
<ul style="list-style-type: none"> <li>Starting clinical placements: The importance of the musical therapeutic framework, therapeutic relationship, boundary issues and safe practice</li> </ul>	6h
<ul style="list-style-type: none"> <li>Record keeping (including use of recording equipment), Report writing and data protection</li> </ul>	3h

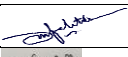



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<ul style="list-style-type: none"> <li>• Music Therapy in the following settings:  Schools, hospitals (oncology, palliative care, mental health, neurorehabilitation), residential homes</li> </ul>	9h
<ul style="list-style-type: none"> <li>• Clinical Studies - an overview of symptoms and treatment in healthcare settings in the following areas:  ASD, Oncology, Learning difficulties and Neurological disorders (Rett Syndrome, Cerebral Palsy, Muscular dystrophy, Multiple Sclerosis, Dementia, Epilepsy, Parkinson's disease)</li> </ul>	12h

<b>Semester 1</b>	<b>Subject Code: Add-on Modules</b>	<b>Lectures: 6</b>
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<b>Add-on Modules</b>	<b>30 hours</b>
Module 1: Ayurvedic Medicine Module leader - Dr. Neelesh Pramod Korde	15h
Module 2: Movement Therapy Module leader - Tripura Kashyap	15h
For learning outcomes see Course Handbook Appendix	

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<b>Semester 1</b>	<b>Subject Code: CMT/MT</b>	<b>Lectures: 22</b>
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<b>Unit 1 Standard Music Therapy Methods and Techniques</b>	<b>14h</b>
<ul style="list-style-type: none"> <li>• Imitating or Copying, Mirroring</li> <li>• Matching, Reflecting</li> <li>• Role Play</li> <li>• Accompanying (performance)</li> </ul>	3h 3h 3h 5h

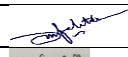

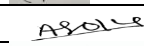


<b>Unit 2 Receptive Methods in Music Therapy</b>	<b>6h</b>
<ul style="list-style-type: none"> <li>• Directed Music Imaging</li> <li>• Relaxed Music Listening</li> </ul>	3h 3h

<b>Unit 3 Group Music Making</b>	<b>16.5h</b>
<ul style="list-style-type: none"> <li>• Group Therapeutic Music Activities</li> </ul>	16.5h

<b>Semester 1</b>	<b>Subject Code: RL/EL</b>	<b>Lectures: 23</b>
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<b>Unit 1 Reflexive Learning</b>	<b>15 hours</b>
<ul style="list-style-type: none"> <li>• Reflexive learning - group debate</li> <li>• Reflexive journals- group discussion</li> </ul>	15h

<b>Unit 2 Experiential Learning</b>	<b>23.5 hours</b>
<ul style="list-style-type: none"> <li>• Song-writing module</li> <li>• Presentation “The Music of My Life”</li> <li>• Vocal techniques</li> </ul>	9h 5.5h 9h

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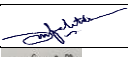






<b>Semester 1</b>	<b>Subject Code: T/IT</b>	<b>Tutorials:12 Lessons: 20</b>
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<b>Unit 1 Tutorials</b>	<b>12 hours</b>
1:1 Tutorials	12h

<b>Unit 2 Instrumental Tuition</b>	<b>20 hours</b>
Ukulele skills	10h
Guitar skills	10h

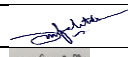

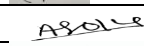
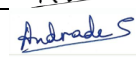

**TOTAL Hours for Academic Teaching: 240**

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Semester 1	Subject Code: SL/KS	
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Self-Learning	240 hours
• Personal Therapy	20h
• Reflexive Journal	15h
• Preparation for presentation: 'The Music of My Life'	15h
• Preparation for accompanying performance	10h
• Literature and media discussion preparation	22h
• Initial placement observations	24h
• Weekly preparation and follow-up for internship (networking, writing and responding to emails, setting up placement, visiting placements etc.)	24h
• Preparation for Music Therapy Presentation for placements	
• Study week	10h
• Add-on module reading/assessment	20h
• Assignment preparation (reading/research)	10h
• Writing assignment	15h
• Extra Tutorials	16h
• Guitar and Ukulele lessons and practice	4h
	40h

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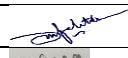

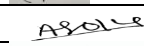
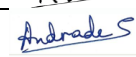

<b>Semester 2</b>	<b>Subject Code: CMT/TP</b>	<b>Lectures: 12</b>
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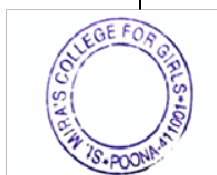
<b>Unit 2 Theoretical Foundations of Music Therapy</b>	<b>15h</b>
<ul style="list-style-type: none"> <li>Group dynamics in relation to music therapy, focusing on the work of Lewin, Bion, Tuckman and Yalom</li> <li>Music and the Brain (NMT)</li> <li>Research methods</li> </ul>	6h 3h 3h

<b>Unit 3: Clinical Contexts in Music Therapy</b>	<b>6h</b>
<ul style="list-style-type: none"> <li>Music Therapy in Community Settings</li> <li>Counselling Skills</li> </ul>	3h 3h

<b>Semester 2</b>	<b>Subject Code: Add-on Modules</b>	<b>Lectures: 10</b>
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<b>Add-on Modules</b>	<b>15 hours</b>
Module 3: Music and Imagery Module leader - Dr. Min Jeong-Bae  For learning outcomes see Course Handbook Appendix	15h

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VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	



<b>Semester 2</b>	<b>Subject Code: CMT/MT</b>	<b>Lectures: 6</b>
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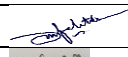

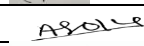
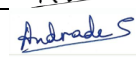

<b>Unit 1 Music Therapy Methods and Techniques</b>	<b>6 hours</b>
<ul style="list-style-type: none"> <li>• Grounding</li> <li>• Dialoguing</li> <li>• 1,2 and 3 note improvisations</li> </ul>	1.5h 1.5h 3h

<b>Unit 2 Receptive Methods in Music Therapy</b>	<b>3 hours</b>
<ul style="list-style-type: none"> <li>• Music Listening</li> <li>• Music and Silence</li> </ul>	1.5h 1.5h

<b>Semester 2</b>	<b>Subject Code: RL/EL</b>	<b>Lectures: 37</b>
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<b>Unit 1 Reflexive Learning</b>	<b>31h</b>
<ul style="list-style-type: none"> <li>• Reflexive discussion group/Reflexive Journals</li> <li>• Supervision group</li> </ul>	15h 16h

<b>Unit 2 Experiential Learning</b>	<b>24hours</b>
<ul style="list-style-type: none"> <li>• Solo Performance with instrument of choice</li> <li>• Free Improvisation Experiential Group</li> <li>• The Dalcroze Method</li> <li>• IRP technique (Edison)</li> </ul>	3h 16.5h 1.5h 3h

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<b>Semester 2</b>	<b>Subject Code: T/IT</b>	<b>Lectures: 20</b>
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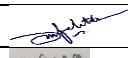

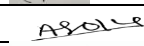


<b>Unit 1 Tutorials</b>	<b>12 hours</b>
1:1 Tutorials	12h

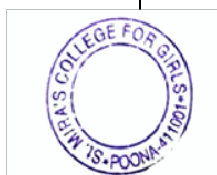
<b>Unit 2 Instrumental Tuition</b>	<b>20 hours</b>
Ukulele and Guitar	20h

**TOTAL hours for academic teaching: 132**

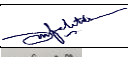




<b>Semester 2</b>	<b>Subject Code: SL/KS</b>	
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<b>Self-Learning</b>	<b>252 hours</b>
<ul style="list-style-type: none"> <li>• Personal Therapy</li> </ul>	20h
<ul style="list-style-type: none"> <li>• Reflexive Journal</li> </ul>	15h
<ul style="list-style-type: none"> <li>• Preparation for performance on solo instrument</li> </ul>	10h
<ul style="list-style-type: none"> <li>• Literature and media discussion preparation</li> </ul>	24h
<ul style="list-style-type: none"> <li>• Placement: communication with MDT and placement manager, preparing for sessions, maintenance of instruments, process notes, clinical notes etc.</li> </ul>	30h
<ul style="list-style-type: none"> <li>• Travel to and from placements</li> </ul>	26h
<ul style="list-style-type: none"> <li>• Preparation for Supervision</li> </ul>	24h
<ul style="list-style-type: none"> <li>• Study week</li> </ul>	20h
<ul style="list-style-type: none"> <li>• Assignment preparation</li> </ul>	20h

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• Writing assignment	20h
• Creating poster and leaflets, countdown charts and other resources needed for placements	15h
• Add-on module reading/assessment	15h
• Guitar/Ukulele practice	5h
• Extra tutorial	24h
	4h

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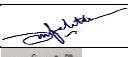




<b>Semester 3</b>	<b>Subject Code: CMT/TP</b>	<b>Lectures: 16</b>
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<b>Unit 2 Theoretical Foundations of Music Therapy</b>	<b>15h</b>
<ul style="list-style-type: none"> <li>• Psychodynamic theory in relation to music therapy</li> <li>• Research methods: writing a case study</li> <li>• Viva preparation and practice</li> </ul>	3h 3h 9h

<b>Unit 3: Clinical Contexts in Music Therapy</b>	<b>9h</b>
<ul style="list-style-type: none"> <li>• Music Therapy and Trauma</li> <li>• Music Therapy in neo-natal care</li> <li>• Music Therapy and Dementia</li> <li>• Music Therapy and PMLD</li> <li>• Endings</li> <li>• Report writing</li> </ul>	1.5h 1.5h 1.5h 1.5h 1.5h 1.5h

<b>Semester 3</b>	<b>Subject Code: Add-on Modules</b>	<b>Lectures: 3</b>
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<b>Add-on Modules</b>	<b>15 hours</b>
Module 4: Hindustani Music and The Art of Improvisation Module leader - Shri Himanshu Nanda For learning outcomes see Course Handbook Appendix	15h

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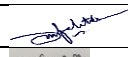

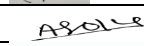
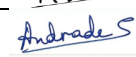

<b>Semester 3</b>	<b>Subject Code: CMT/MT</b>	<b>Lectures: 8</b>
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<b>Unit 1 Music Therapy Methods and Techniques</b>	<b>12 hours</b>
Advanced improvisational techniques <ul style="list-style-type: none"> <li>• Holding and Containing</li> <li>• 3 and 4 note improvisations</li> <li>• Basic chord sequences</li> <li>• Ragas based on pentatonic scale</li> <li>• Exam preparation: Revision and Role play</li> </ul>	1.5h 1.5h 3h 3h 3h

<b>Semester 3</b>	<b>Subject Code: RL/EL</b>	<b>Lectures: 31</b>
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<b>Unit 1 Reflexive Learning</b>	<b>25.5h</b>
<ul style="list-style-type: none"> <li>• Reflexive discussion group/Reflexive Journals</li> <li>• Supervision group</li> </ul>	9h 15h

<b>Unit 2 Experiential Learning</b>	<b>30.5hours</b>
<ul style="list-style-type: none"> <li>• Free Improvisation Experiential Group</li> <li>• Plan group music therapy session (in pairs)</li> <li>• Deliver group music therapy session</li> <li>• Narrative Therapy</li> <li>• Art Therapy</li> <li>• EFT and EMDR therapy</li> </ul>	16.5h 3h 5h 1.5h 3h 1.5h

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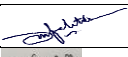






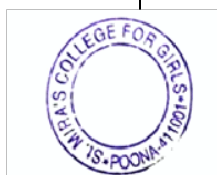
Semester 3	Subject Code: T/IT	Lectures: 20
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<b>Unit 1 Tutorials</b>	<b>6 hours</b>
1:1 Tutorials	6h

<b>Unit 2 Instrumental Tuition</b>	<b>20 hours</b>
Ukulele skills	10h
Guitar	10h

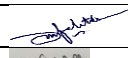

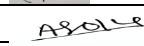
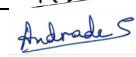

**TOTAL hours for academic teaching: 132**

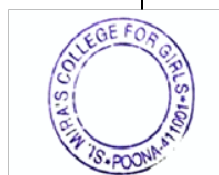
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<b>Semester 3</b>	<b>Subject Code: SL/KS</b>	
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<b>Self-Learning</b>	<b>252 hours</b>
• Reflexive Journal	20h
• Case study preparation	30h
• Writing case study	30h
• Preparation/revision for Viva	10h
• Preparation/revision for clinical improvisation exam	10h
• Literature and media discussion preparation	20h
• Placement: communication with MDT and placement manager, preparing for sessions, maintenance of instruments, process notes, clinical notes etc.	30h
• Travel to and from placements	
• Preparation for Supervision	26h
• Study week	18h
• Add-on module reading/assessment	20h
• Guitar/Ukulele practice	10h
• Extra tutorials	20h
	8h

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## PG Diploma in Music Therapy Streams and Units

Coursework is divided into four streams representing different elements of the training. Each stream is divided into units.

### Clinical Music Therapy in Theory and Practice (CMT/TP)

**Unit 1: Introduction to Music Therapy**

**Unit 2: Theoretical foundations of music therapy**

**Unit 3: Clinical contexts in music therapy**

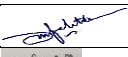




### Clinical Music Therapy Methods and Techniques (CMT/MT)

**Unit 1: Core clinical improvisation techniques**

**Unit 2: Advanced clinical improvisation techniques e.g. Transitions**

**Unit 3: Additional music therapy methods: Songwriting, Group therapeutic music activities, Neurologic Music Therapy and Receptive Methods**

**Unit 4: Group Improvisation**

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**Reflexive and Experiential Learning (RL/EL)**

**Unit 1: Supervision (group and individual)**

**Unit 2: Reflexive discussion group**

**Unit 3: Reflexive Journals**

**Unit 4: Music therapy placements**

**Unit 5: Personal therapy**

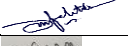



**Unit 6: Workshops (Vocal skills, Songwriting, MI, Creative movement and other arts therapies)**

**Unit 7: Musical improvisation group**

**Tutorials/Instrumental tuition (T/IT)**

**Unit 1: Tutorials**

**Unit 2: Instrumental tuition**

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