



Music as Therapy for Young Children with Disabilities

Distance Learning Programme

This programme offers theoretical and practical guidance on how to develop a therapeutic music programme to offer the children you work with.

- Access training designed by accredited international music therapists
 - Acquire a deep understanding of the child-centred approach that is integral to therapeutic practice
 - Strengthen your toolkit with new musical resources
 - Feel confident to put your learning into practice
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Join us for a creative learning journey which will deepen your understanding and develop your professional confidence as you progress through three stages over 12 months:

1.

**Theoretical Part
(Online Tutorials)**

2.

**Intensive Study
Training**

3.

**Practical Part
(Music Sessions)**

“ It was the most beautiful course I have ever attended, but also the most profound. It's quite simple, but not simplistic, and quite complicated but not impossible.

What is Music as Therapy?

Music as Therapy is the use of music and sound in a structured setting to promote the mental, physical, emotional and social well-being of an individual. Structured musical activities and improvisation using simple percussion instruments can be used to promote skills that children with disabilities may need help to develop, including:

- Attention and listening
- Communication skills
- Non-verbal expression
- Social understanding and confidence
- Turn-taking and leadership



It is not music education and while children may pick up basic musical skills, such as how to play a certain instrument, this is not the aim of the work.

Who is the programme for?

The Distance Learning Programme is for people looking to develop their skills to use music to address developmental, social and emotional needs. **Participants are not required to have existing musical skills.**

This course is relevant to anyone working with children who have a physical or learning disability, or social impairment (e.g. autism) under the age of 10 years. These might include:

- Autism Spectrum Condition
- Down's Syndrome
- Communication difficulties
- Hearing impairment
- Cerebral Palsy
- Developmental delay

NOTE: This programme will not train students to become music therapists.

Many of these children will have heightened emotional needs, given their disabilities. However, this programme will not equip students to work with children whose primary diagnosis is severe emotional or behavioural needs.

What does the programme cover?

The programme will cover the following areas of study:



- Child development
- Attachment theory and mother/infant interactions
- Child-centred play
- The use of music and sound to establish interpersonal connections with children with disabilities
- The use of active music-making to facilitate communication and emotional expression
- How to assess children, formulate goals and evaluate progress in the context of music sessions
- Musical Resources

The structure of the course

The course comprises of **96** hours of study, of which 40 hours of individual study for the Online Tutorials, 24 hours for the preparation of Written Assignments, 16 hours of face-to-face teaching by the tutors, as well as 16 hours for the 8 sessions of Therapeutic Work with Music with a group of 2-4 children with disabilities.

February - September

1.

**Theoretical Part
(Online Tutorials)**

“ The tutorials were full of theoretical information, and the examples given were helpful.

Over the first 8 months of the course, participants receive monthly Online Tutorials to help them develop a deeper understanding of the theory of music therapy. Each month participants are asked to complete a Written Assignment applying the content they were introduced to during the monthly tutorial.

September

2.

Intensive Study Training

“ The Intensive Study Weekend was one of the best courses I have attended recently. I received answers to all questions. I learned a lot of things that helped me in practice.

This entails two days of practical teaching, delivered by Music Therapists. The Intensive Study Training provides participants with the opportunity to meet in-person and explore the theory they have learnt through practical workshops. You will also be able to ask your tutors any questions.

October - December

3.

Practical Part (Music Sessions)

“ It was important for me that I could contact the supervisors at any time and ask for clarifications... I could understand what I did well and what I did not.

After the Intensive Study Training, participants are required to hold music sessions over 8 weeks for a small group of young children with physical or learning disabilities, or social impairments.

NOTE: Permission to undertake this Practical Assignment must be granted by the manager of the care setting in which the student works. Consent from parents/carers may also be needed, in line with local policies.

Whilst undertaking your practical work, you will be guided by online Supervision from a qualified Music Therapist through partnership with CoMusica Association. This is an opportunity to ask the Supervisor any questions on difficulties during the music sessions.



“ It was the most beautiful course I have ever attended, but also the most profound. It's quite simple, but not simplistic, and quite complicated, but not impossible. Being well dosed and very well organized, the course built me into a new paradigm, one that I will use not only in therapy, but also in my everyday life.

Distance Learning Programme graduate

How are skills and knowledge assessed?



Participants will be evaluated through Written Assignments and involvement in the Practical Part, including supervision. This evaluation is done by using a Competency Framework showing required skills.

The course is accredited by the professional body for Psychologists in Romania (The College for Romanian Psychologists).

The course is accredited with 50 credits by the College of Psychologists. People who qualified as psychologists or psychopedagogues can benefit from these training credits. The course is organized by Music as Therapy International (www.musicasterapy.org) in partnership with Asociația Sound Art E-motion, for practitioners in Therapeutic Work with Music and other arts (RF-II-BH-2011). <https://www.facebook.com/soundartemotion/>

How much is the course?

Course fee details are available on the course page on our website.

We want this course to be accessible to all people interested. If you are having difficulty paying your course fee, please contact us to discuss the possibility of a bursary.

This fee is non-refundable if the participant is unable to complete the course for any reason. Applicants are encouraged to ask their employers if they are able to help them meet the fees of the course. After all, your new skills will strengthen the work you do and the support offered to the children through their organisation.

If this is not sufficient, there are options to pay your fees in two instalments or to pay what you (or your setting) can afford and request a scholarship to meet the balance owed. You can explain your requirements when you complete your application.

The course fee is payable on acceptance of a course place and is non-refundable if the participant is unable to start or complete the course for any reason.

How can I apply?

Applications open each year in June and full application details are available on our website.

If you would like us to notify you when the next recruitment round opens, please sign up to the Waiting List on the course page on the our website.