

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.

Music as therapy 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.



Is this programme right for you?

The Distance Learning Programme/course is designed for professionals working with children with disabilities under 10 and doesn't require existing musical skills.

The programme teaches participants to use music to address developmental, social, and emotional needs such as:

- Autistic Spectrum Conditions
- ADHD or hyperactivity
- Neurodevelopmental disorders (including genetic syndromes, such as Down's Syndrome)
- Hearing or visual impairment
- Physical difficulties, such as Cerebral Palsy
- Communication difficulties or disorders
- Developmental delay

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

What does the programme cover?

The programme will cover the following areas of study:



- Child development
- Key therapeutic theoretical underpinnings such as early interaction, attachment theory, and mentalisation
- A child-centred approach to therapeutic music-making
- The use of music and sound to establish interpersonal connections with children with disabilities
- The use of active music-making to facilitate development and emotional self-expression

- Identifying therapeutic aims, planning and delivering music sessions
- Evaluating progress
- Musical Resources

How is the course structured?

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 Course Contributors
- 16 hours for the 8 therapeutic music-making sessions with a group of two to four children with disabilities.

1. Theoretical Part (Online Tutorials)

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 as therapy. Each month, participants are asked to complete a Written Assignment that applies the content introduced during the monthly Tutorial.

2. Intensive Study Training

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.

3. Practical Assignment (Music Sessions)

The Practical Assignment requires participants to lead 8 music sessions with a group of children with disabilities, guided by online Supervision from a qualified Music Therapist.

How are skills and knowledge assessed?

Participants will be evaluated through Written Assignments and involvement in the Practical Assignment, including supervision.

The course is organised by Music as Therapy International.



How much is the course?

Course fee details are available on our [website](#).

Applicants are encouraged to ask their employers if they are able to help them meet the fees of the course, since your new skills will strengthen your work and support for children in their organisation.

We want the course to be accessible to everyone. If you cannot meet full fees, financial support is available upon request:

- Paying your course fees in two payments.
- Paying what you (or your setting) can afford and requesting a scholarship for the balance

You can tell us your requirements within your application. Fees are payable on acceptance and non-refundable if you cannot start or complete the course.

How can I apply?

Applications open each year in August and full application details are available on our [website](#).



If you would like to be notified when the next recruitment round opens, please sign up to the [Waiting List on our website](#).

If you have any further questions about the programme before applying, please [get in touch](#).



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