

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 our therapeutic practice
- Strengthen your toolkit with new musical resources
- Feel confident to put your learning into practice

Join us for a comprehensive 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. Being well-balanced 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 day-to-day life.

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 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 Condition
- 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 programme 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.

February - September

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.

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

September

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.

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

October - December

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.

> “ 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.

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 in partnership with Asociația Sound Art E-motion, for practicians in Therapeutic Work with Music and other arts (RF-II-BH-2011) and CoMusica Association.

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

We are particularly committed to helping dedicated practitioners develop skills they will use in their work with children with disabilities on a day-to-day basis. We understand that public sector organisations face many financial constraints and that people on low incomes also have limited resources. So please email us to start a conversation about your financial needs and how we can help you. Alternatively, you can use the Application Form to indicate you would like to discuss the possibility of a bursary and we will be in touch.

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 December, and full application details are available on our website.

If you would like 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.

ASOCIAȚIA SOUND ART E-MOTION

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