

SYLLABUS

COURSE TITLE	An introduction to music therapy		
CREDITS	2		
LANGUAGE OF INSTRUCTION	English		
DEPARTMENT/FACULTY	Faculty of Education and Psychology		
LECTURER(S)	Dr hab. Krzysztof Stachyra		
COURSE OBJECTIVES			
Students who successfully complete this course will have a basic knowledge of and insight into:			
<ul style="list-style-type: none">• The student recognizes music therapy theoretical foundations, basic methods and techniques.• The student can implement developmental and therapeutic ideas of using music in real life situations; distinguish music therapy from other uses of music for wellbeing.• The student is aware of the level of their knowledge and skills in using music as a development and therapeutic tool, and he/she is open to work on self-development.			
PREREQUISITES	No		
COURSE ORGANISATION –LEARNING FORMAT AND NUMBER OF HOURS			
Total number of hours with an academic teacher: 20			
Total number of non-contact hours 20			
COURSE DESCRIPTION			
The course covers the knowledge in the area of music therapy theory and practice. Students will be able to get knowledge about using music and music activities and see it from a development and therapeutic perspective, watch and discuss videos from real music therapy sessions, and also to experience various forms of contact with music and how it influences on them (e.g. music listening, music playing, relaxation, imagery techniques, etc.). No musical skills are needed.			
METHODS OF INSTRUCTION	Presentation, observation, discussion, reading assignments, demonstrations		
REQUIREMENTS AND ASSESSMENTS	<ul style="list-style-type: none">* Attendance and active participation in classes* One practical presentation* Written or practical work		
GRADING SYSTEM	Success in this course depends on attending class regularly, actively participating in class, and taking thorough notes. Students will be able to present their ideas about using music interventions in educational settings and for the self-development (in practical way or paperwork)		
TOTAL STUDENT WORKLOAD NEEDED TO ACHIEVE EXPECTED LEARNING OUTCOMES EXPRESSED IN TIME AND ECTS CREDIT POINTS		Activity	
		Hours:	
		Lecture	
		10	
		Workshops	
		10	
		Preparation for	
		10	

	classes (Reading, homework etc.)	
	Preparing a presentation	10
	Total	40
	ECTS	2

STUDY MATERIALS

PRIMARY OR REQUIRED BOOKS/READINGS:

1. Bruscia K. (1998), *Defining Music Therapy*. Gilsum, Barcelona Publishers.
2. Wheeler B. (1983), *A psychotherapeutic classification of music therapy practices: A continuum of procedures*. „Music Therapy Perspectives” vol. 1, nr 2, s. 8-12
3. Wigram T., Pedersen I. N., Bonde L. O. (2002), *A Comprehensive Guide to Music Therapy. Theory, Clinical Practice, Research and Training*. Jessica Kingsley Publishers. London and Philadelphia.
4. Wheeler B., Shultis C.L., Polen D.W. (2005), *Clinical Training Guide for the Student Music Therapy*. Barcelona Publishers, Gilsum, NH

SUPPLEMENTAL OR OPTIONAL BOOKS/READINGS:

1. Grocke D., Wigram T. (2007), *Receptive methods in music therapy*. Jessica Kingsley Publishers, London – Philadelphia.