

Introduction to Medical Music Therapy

Course Director: Christina Stock, MA, MT-BC

Faculty Sponsor: Dr. Turya Nair, MD

Department: Family & Community Medicine

Student Liaison: Aaly Hussein

Requirements: 5 minimum participants for the course to be conducted, 10 maximum number of students per course

Rationale: Music Therapy as defined by the American Music Therapy Association is, “The clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.” Music therapy interventions can address a variety of healthcare & educational goals, and many can benefit from music therapy services. In this elective, students will be introduced to the history and medical application of music therapy, experience various music therapy interventions, and discuss how medical music therapists utilized individualized interventions to meet the biopsychosocial needs of various patient populations.

Students will prepare a creative work that reflects or supports their educational journey and will participate in an end-of-semester showcase.

Objectives: At the end of this course, students will be able to

1. Define music therapy and delineate between music therapy, music medicine, and environmental music programs.
Identify the potential role of music therapy within their overall therapeutic program.
2. Recognize how theoretical frameworks (behavioral, biopsychosocial, cognitive, holistic, humanistic/existential, neuroscience, psychodynamic) inform music therapy practice.
2. Identify appropriate referral criteria for music therapy based on population needs.
3. Recognize the potential harm of music experiences.
4. Advocate for music therapy services to meet population needs.

Format: There will be 12 1-hour classes, 12 total sessions.

Student Evaluation: Grades will be pass/fail. Attendance will be recorded and is required to receive credit for the course.

Course Evaluation: Grades will be pass/fail. To receive transcript acknowledgement, students must attend 10 of 12 participant hours and complete the online REDCap course evaluation form.

Schedule: Session order subject to change based on speaker availability

Session 1: Introduction - The History of Arts in Medicine

Session 2: What is Music Therapy?

Session 3: Creativity for Burnout Prevention

Session 4: Finding Your Voice – lessons from a vocalist

Session 5: Songwriting and Lyric Analysis

Session 6: Showcase Workshop

Session 7: Bonny Method in Music Therapy

Session 8: Neurologic Music Therapy Theory & Applications

Session 9: Oncology Music Therapy

Session 10: Music Therapy in Perinatal Care

Session 11: Music Therapy in Psychiatric Care

Session 12: Showcase Presentation