The Practical use of Music as Therapy for Children with Disabilities
A Distance Learning Programme

Who is this programme for?
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, and who is motivated to develop the skills to use music to address developmental, social and emotional needs. Students are not required to have existing musical skills.
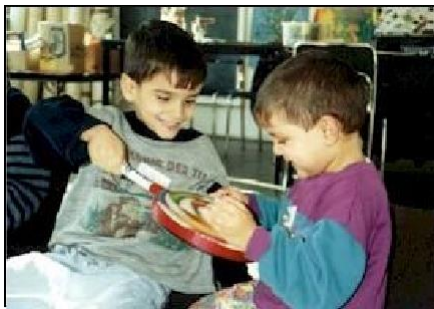This course will not train students to become music therapists.

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

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.

What does the programme cover?
This programme provides students with practical guidance in how to develop a therapeutic music programme they can offer to the children in their care.   Teaching 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

What does the programme entail?

This is a Distance Learning Programme which comprises:

- 8 online tutorials (distributed monthly)
- One written assignment each month, to consolidate learning from each tutorial, or demonstrate how it has been put it into practice.
- One Intensive Study Training (This will entail two days' practical teaching, delivered by a Music Therapist (dates and location tbc)
- 8-week Practical Assignment (dates tbc, but following completion of the tutorials and written assignments)
- Online supervision

What exactly is the Practical Assignment?

Over eight weeks students are required to hold music sessions for a small group of young children with physical or learning disabilities, or social impairments. These might include:

Autistic Spectrum Disorders	Hearing Impairment
Downs Syndrome	Visual Impairment
Developmental delay	Cerebral Palsy
Communication difficulties	Communication disorders

NOTE: 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.

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.

How are knowledge and skills assessed?

Completion of this course is divided into two sections - Theoretical and Practical Learning which each carry 50% of the marks.   Students are required to pass both components (pass rate 5=50%).

Evaluation is based on our Competency Framework which highlights skills required. Students will be given further information about the Grading Criteria and the Competency Framework in Tutorial 1.

How do I enrol?

Please email takojordania@musicastherapy.org to tell us you are interested to enrol. We will send you an application form, which you will need to complete and return to us.