UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Music therapy I

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

MUSIC THERAPY

3. Cycle

2nd

4. Course Unit

Music therapy I (O9101)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester

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8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	30,00
Tutorial Guidance:	20,00

9. ECTS Credits

7,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Provide students with basic and general knowledge of what music therapy is as a discipline, its theoretical and methodological principles and professional practice; provide students with theoretical principles from disciplines adjacent to music therapy which regulate the therapeutic use of music and inform the music therapist about normal and disturbed psychological functions; inform students about the pioneer models of music therapy and their clinical applications; provide students with an ove

15. Specific Objectives

1. Inform about the theoretical foundations and main models which founded music therapy
2. Inform about the main theoretical models of psychology and psychossocial intervention
3. Situate the practice of music therapy within the standards of onmodern science and internationally validated psychossocial intervention
4. Provide students with knowledge of scientific literature and academic writing in music therapy
5. To initiate students into the experiential practices of music therapy training

16. Skills to be acquired

1. Knowledge of music therapy as a discipline, its theories, methods and professional practices;
2. Literature search, review and analysis within the music therapy field;
3. Knowledge of general psychopathology applied to music therapy;
4. Self-awareness, expression, interpersonal relating and listening skills applied to music practice and therapaeutic intervention

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17. Teaching Methodology

Oral presentation of contents; Audio-visual content analysis; class discussion on theoretical and practical profession issues; music inter-relating practices; self-development and relating practices applied to the music domain;
journal writing and process report writing, as well as academic essay writing

18. Course Unit Program

1. Introduction, definitions and current framework of music therapy as a discipline in the context of the scientific community and the helping professions;
2. Brief historical review of the foundation and development of music therapy as a profession;
3. Brief introduction to the musicotherapeutic setting: logistic aspects and relational aspects;
4. The training of the music therapist: training path, personal transformation and musical growth necessary for the responsible practice of music therapy;
5. The theoretical models of health and psychology that underlie the practice of music therapy: organicist model, psychoanalytic model, humanistic-existential model, behavioral-cognitive model, systemic-ecological model;
6. Introduction to the psychology of music: sound stimulus processing and the music-brain relationship;
7. The pioneering models of music therapy: Nordoff-Robbins model, GIM model, behavioral music therapy, analytical music therapy and clinical use of musical pedagogies
8. Music production at the service of personal expression, well-being, functionality and human relationship dynamics.

19. Assessment Methods

1. Attendance and participation in class;
2. Attendance and participation in didactic activities and personal/musical development;
3. Practices of musical interaction among peers, training the empathic relationship and the transformation of musical practice into psychological and relational experience;
4. Written mid-term test and final exam;
5. Literature review essay

20. Didactic Resources

Classroom and its physical equipment;
Audio-visual equipment
Computer equipment for access to the intra and internet network
Bibliographic resources in paper and electronic format
Musical instruments and recording equipment

21. Sustainability Objectives

Good health and well-being
Quality education

22. Keywords

Music therapy, definition and fundamentals
Pioneering models of music therapy
Theoretical models o

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23. Main Bibliography

Author(s):	EDWARDS, Jane		
Title:	The Oxford handbook of music therapy		
Edition:	1ª	Year:	2017
Local:	Oxford, UK		
Publisher:	Oxford Library of Psychology		

Author(s):	Bunt, L., Hoskyns, S., & Swamy, S.		
Title:	The Handbook of Music Therapy		
Edition:	2ª	Year:	2024
Local:	London		
Publisher:	Routledge		

Author(s):	JACOBSEN, S., PEDERSEN; I.N. & BONDE, L. O.		
Title:	Comprehensive guide to music therapy		
Edition:	2ª	Year:	2019
Local:	London		
Publisher:	Jessica Kingsley Publishers		

24. Complementary Bibliography

Author(s):	BRUSCIA, Kenneth		
Title:	Defining music therapy		
Edition:	2ª	Year:	2014
Local:	Gilgum, EUA		
Publisher:	Barcelona Publishers		

Author(s):	Hanser, S.		
Title:	The new music therapist´s handbook		
Edition:	3ª	Year:	2018
Local:	Boston, USA		
Publisher:	Berklee Press		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'FUNDAMENTOS DA MUSICOTERAPIA': Academic Year 2025/2026
Autor / Author	Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
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