UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Applied Music therapy

Academic Year 2024/2025

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

MUSIC THERAPY

3. Cycle

2nd

4. Course Unit

Applied Music therapy (O9102)

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 SUSANA AURORA GUTIÉRREZ JIMÉNEZ

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

1. Promote knowledge and learning about the application of music therapy in different areas of intervention, identifying specific technical and methodological procedures.
2. Work on music therapist skills in the various aspects of their work: clinical, musical and personal.
3. Promote knowledge of the application of evaluation instruments and the preparation of evaluation reports in the different areas of intervention
4. Deepen the knowledge and use of specific techniques.

15. Specific Objectives

1. Acquisition of knowledge of systematization of the music therapist's work, including data collection methodologies, therapeutic planning and progress evaluation.
2. Learning the methodologies and technical procedures of music therapy applied to the different areas of application: Early Intervention, Education, Psychiatry, Inclusive Education, Geriatrics, Medicine, Hospital and Community.

16. Skills to be acquired

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1. Data collection skills, planning of therapeutic activities and evaluation of specific music therapy results
2. Observation, evaluation and diagnosis skills in music therapy setting, as well as writing music therapy reports in different fields of application (clinical, educational and community).
3.Skills in planning and managing Music Therapy sessions in different fields of application.
4.Experiential training and continuous development

17. Teaching Methodology

1. Theoretical-practical exposition of theoretical knowledge and specific methodologies of Music Therapy.
2. Presentation of audio and video material on clinical situations in music therapy.
3. Performing activities demonstrating the musical practices used in the specific settings in which Music Therapy is applied.
4. Carrying out role-play activities in Music Therapy sessions.

18. Course Unit Program

1.Introduction to the methodological procedures of applied music therapy.
2. Music therapist work contexts and the planning of the music therapy process;
3.The music therapy setting: space, procedures, materials and session management;
4.Introduction to active, receptive and integrative therapeutic techniques in music therapy.
5.Music Therapy Applied in Early Intervention.
6. Applied Music Therapy in a Hospital context.
7. Applied music therapy in transdisciplinary rehabilitation teams.
8. Applied Inclusive Educational Music Therapy.
9. Community and Social Music Therapy.

19. Assessment Methods

a) Attendance and participation in classes.
b) Individual work of Musical Sound Evaluation of the group sound product
c) Dynamic body-sound-musical group presentation applied in a context of music therapy intervention.
3) Exercises to apply music therapy techniques applied to specific contexts and populations.
4) Structured pair improvisation exercises in the classroom.

20. Didactic Resources

Bibliography of Music Therapy, Technical Models and Evaluations.
Musical instruments.
Audiovisual resources for playing audio and video excerpts.

21. Sustainability Objectives

This discipline will follow the UN Agenda 2030 sustainability objectives. With special emphasis on objective 4 Quality Education. Providing quality education for all is critical to creating a peaceful and prosperous world. Education gives people the knowledge and skills they need to stay healthy, get jobs and promote tolerance.

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22. Keywords

Applied Music Therapy;
Non-verbal music therapy model,
Community Music Therapy.

23. Main Bibliography

Author(s):	Yinger, Olivia Swedberg		
Title:	Music Therapy: Research and Evidence-Based Practice		
Edition:	1st	Year:	2018
Local:	University of Kentucky, Lexington, KY, USA		
Publisher:	Elsevier		

Author(s):	McFerran, K. & Grocke, D.		
Title:	Receptive Music Therapy, 2nd Edition Techniques, Clinical Applications and New Perspectives		
Edition:	2nd	Year:	2022
Local:	London		
Publisher:	Jessica Kingsley Publishers.		

Author(s):	Benenzon R		
Title:	Musicoterapia: De la teoría a la práctica		
Edition:	1st	Year:	2000
Local:	Barcelona		
Publisher:	Paidós		

24. Complementary Bibliography

Author(s):	Claire M. Weller & Felicity A. Baker		
Title:	The role of music therapy in physical rehabilitation: a systematic literature review,		
Edition:	20:1	Year:	2011
Local:	08098131.2010. 485785		
Publisher:	Nordic Journal of Music Therapy, 20:1, 43-61,		

Author(s):	Schapira, D., Ferrari, K., Sanchez, V. & Mayra, H.		
Title:	Musicoterapia Abordage Plurimodal. : .		
Edition:	1st	Year:	2007
Local:	Buenos Aires		
Publisher:	ADIM		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'MUSICOTERAPIA APLICADA': Academic Year 2024/2025
Autor / Author	Prof. Doutora SUSANA AURORA GUTIÉRREZ JIMÉNEZ
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