UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Culture and Repertoire in Music therapy

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

MUSIC THERAPY

3. Cycle

2nd

4. Course Unit

Culture and Repertoire in Music therapy (O9103)

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	20,00
Tutorial Guidance:	15,00

9. ECTS Credits

5,00

10. Scientific Area Coordinator

11. Regent

Prof. Doutor NUNO ALEXANDRE PINTO RIBEIRO DA COSTA

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Expose the future music therapist, from both a theoretical and practical perspective, to various musical genres and areas, stimulating their openness and understanding of music and its performance, so they can intervene in a multicultural and multi-age society. Develop and apply essential skills for composing, transcribing, arranging, and performing songs in different musical areas.

15. Specific Objectives

Study the framing of music within its historical, social, and cultural context. Engage with the music of various cultures, developing a comprehensive, theoretical, and practical understanding of these worlds. Learn fundamental repertoire for therapeutic application. Familiarize oneself with significant figures and works from each culture and musical system under study. Develop basic skills in composition, arrangement, and performance across different musical genres.

16. Skills to be acquired

Musical analysis skills.
Auditory, practical, and theoretical understanding of the most distinctive features of the studied music.
Musical adaptation to a therapeutic context: assimilation, transposition, improvisation, and composition.
Transcription skills and the ability to create a repertoire.

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17. Teaching Methodology

Oral presentation of the contents.
Presentation of relevant videos and recordings with commented analysis.
Conducting debates.
Presentation of works.
Instrumental practice of the covered materials.

18. Course Unit Program

1. Introduction to the study of music as a social and cultural phenomenon.
2. The role of music in the social fabric of cultures.
3. Understanding musical aesthetics as an analytical tool.
4. Study of various musical cultures, including those from Brazil and Latin America, Portugal, Spain, India and the Middle East, Africa, European Classical Music, and Anglo-Saxon Cultures (Pop, Rock, Punk, and Metal).
5. Principles of music theory and analysis: intervals, chords, tonal functions, transposition, and transcription.
6. Arrangement and small composition development.
7. Performance of musical repertoire.

19. Assessment Methods

Evaluation in accordance with the assessment regulations for Master's programs at the Universidade Lusíada de Lisboa.
Oral presentations in the classroom.
Musical performances in the classroom or recorded on video.
Submission of written assignments.

20. Didactic Resources

Various audio and video materials, presented in classes.
Recommended literature and other provided texts.
Musical instruments.
MuseScore or equivalent notation software.
Various music production software.

21. Sustainability Objectives

- Good Health and Well-Being
- Quality Education
- Gender Equality
- Decent Work and Economic Growth
- Reduced Inequalities
- Peace, Justice and Strong Institutions

22. Keywords

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Repertoire
Music
Culture
Performance
Analysis
Songwriting
Musical Genre

23. Main Bibliography

Author(s):	Kotarba, Joseph		
Title:	Music in the course of life		
Edition:	1ª	Year:	2022
Local:	Nova Iorque, NY, EUA		
Publisher:	Routledge		

Author(s):	Keys, Scarlet		
Title:	The craft of songwriting		
Edition:	1ª	Year:	2018
Local:	Boston, MA, EUA		
Publisher:	Berklee Press		

Author(s):	Lee, Colin A., Berends, Aimee, e Pun, Sara (Eds.)		
Title:	Composition and improvisation resources for music therapists		
Edition:	1ª	Year:	2015
Local:	Gilsum, NH, EUA		
Publisher:	Barcelona Publishers		

24. Complementary Bibliography

Author(s):	Radley, Roberta		
Title:	The real easy ear training book		
Edition:		Year:	2008
Local:	Petaluma, CA, EUA		
Publisher:	Sher Music Co.		

Author(s):	Wyatt, Keith & Schroeder, Carl & Elliott, Joe		
Title:	Ear training for the contemporary musician		
Edition:		Year:	2005
Local:	Milwaukee, WI, EUA		
Publisher:	Hal Leonard Corporation		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'CULTURA E REPERTÓRIO EM MUSICOTERAPIA': Academic Year 2025/2026
Autor / Author	Prof. Doutor NUNO ALEXANDRE PINTO RIBEIRO DA COSTA
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