UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Intervention Methodologies

Academic Year 2025/2026

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

MUSIC THERAPY

3. Cycle

2nd

4. Course Unit

Intervention Methodologies (O9106)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

2nd 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

1. Promover o conhecimento das metodologias da Musicoterapia, nas diversas áreas de aplicação;
2. Dar a conhecer o leque de patologias do adulto e da terceira idade com que os musicoterapeutas trabalham e as metodologias de intervenção mais adequadas para cada uma delas;
3. Promover o desenvolvimento pessoal, musical e clínico do formando.

15. Specific Objectives

1. Promote knowledge of the methods and techniques of Music Therapy, from the point of evaluation to the therapeutic intervention;
2. Expand the knowledge of the clinical work of Music Therapy with each target population;
3. Promote the understanding and approach skills of the future music therapist to the dynamics of the various types of users;
4. Develop interpersonal and group skills in the musical domain.

16. Skills to be acquired

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1. Literature search and review in Music Therapy;
2. Understanding of the various types of adult and elderly pathology and developing the relationship management skills for each of them;
3. Clinical observation, evaluation and "diagnosis" skills in Music Therapy;
4. Musical interaction and improvisation skilss within the therapeutic setting;
5. Self-analysis and relationship skills in therapeutic setting.

17. Teaching Methodology

1. Theoretical exposition classes and classroom discussion
2. Presentation of audio/video material about some music therapy sessions
3. Theoretical-practical classes of analysis of musical productions and diagnosis of disturbances.
4. reviewing textbooks and scientific journal articles in music therapy
5. Direct observation of clinical interventions of music therapy
6. Didactic practice of group musical experiences deisgned to promote the student's personal, relational and musical developme

18. Course Unit Program

1. Review of the areas of application and main methods of music therapy
2. The clinical method, original intervention paradigm
3. Introduction to general psychopathology; the normal and the pathological; phenomenological approach and evaluation of functions
4. The therapeutic relationship in music therapy: help, understanding, expertise, mobilization for change

19. Assessment Methods

1. Attendance and participation in classes and their activities
2. Reports of direct observation of sessions with reflection and articulation with the bibliography
3. Music performance, clinical relevance and relational approach in musical activities with a view to a therapeutic application
4. Participation in a didactic project of experiential music-based group dynamics and personal development

20. Didactic Resources

Laptop and video projector
Musical instruments, amplifiers and microphones
Specialized music therapy scientific journals
Specialty books
Audio and video playback systems

21. Sustainability Objectives

Good health and well-being

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22. Keywords

Music therapy
Intervention methods
Psychotherapy and social rehabilitation

23. Main Bibliography

Author(s):	Waldon, E., Jacobsen, S., & Gattino, G.		
Title:	Music therapy assessment: theory, research and application		
Edition:	1ª	Year:	2018
Local:	London, UK		
Publisher:	Jessica Kingsley Publishers		

Author(s):	Cohen, N.		
Title:	Advanced methods of music therapy practice		
Edition:	1ª	Year:	2017
Local:	Gilsum, EUA		
Publisher:	Jessica Kingsley Publishers		

Author(s):	Coombes, E., Gracida, S. & Maclean, E.		
Title:	Music therapy with displaced persons		
Edition:	1ª	Year:	2025
Local:	London, UK		
Publisher:	Jessica Kingsley Publishers		

24. Complementary Bibliography

Author(s):	Belgrave, Melita, & Kim, Seung-A		
Title:	Music therapy in a multicultural context		
Edition:	1	Year:	2020
Local:	London, UK		
Publisher:	Jessica Kingsley Publishers		

Author(s):	Beer, L., & Birnbaum, J.		
Title:	Trauma-informed music therapy: theory and practice		
Edition:	1ª	Year:	2022
Local:	New York		
Publisher:	Routledge		

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Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'METODOLOGIAS DE INTERVENÇÃO': Academic Year 2025/2026
Autor / Author	Prof. Doutora TERESA PAULA RODRIGUES DE OLIVEIRA LEITE MAURER
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Descritores / Descriptors	-
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