

Transilvania University of Brașov, Romania

Study program: Music Therapy

Faculty of Music

Study period: 2 years (master)

1st Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Introduction to Music Therapy	IEMEL_IF	4	1	1	-	-

Course description (Syllabus): General course objective: to establish links between modern medicine and the techniques used in music therapy; to share the scientific and cultural opinions in regard to certain historical periods of time and how they have influenced the therapeutic methods; to determine the role of music therapy in communication spectrum; to conceptualize the phrase "the power of the music"; to correctly determine the subject of study, the research field, the objectives involved in each of the chapters about medical traditions studied in this course: in Europe, India, Southeast Asia, Muslim and Jewish;

Specific objectives: to get the most out of the information contained in the course material; to correctly use notions from music and medicine presented in the course (from the point of view of music therapy); to use music as a complex psychotherapeutic method, both for inducing positive changes in human conduct and for the treatment of physical, mental or emotional disturbances; Exploring the practice of music therapy per studied epoch;

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Stylistic of the melodic art	IMR_IF	5	1	1	-	-

Course description (Syllabus): The course aims to develop the capacity of analyzing the melodic musical phenomenon in the context of stylistic eras, by knowing the musical styles, the languages that customize them, the genres, composers and representative creations of the 20th and 21st century. The course covers the following topics: Introductory aspects of modernity; The Musical Concepts, Masterpieces and Styles from 1890 to 1920, and 1920 to 1945; The Musical Concepts, Masterpieces and Styles from the second half of the 20th century; Music of the 21st Century.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Contemporary Music Education	SEM_IF	5	1	1	-	-

Course description (Syllabus): 1) The methods of musical notation learning in the active musical school of the 20th century. General presentation. 2) Methods of the active school in France and Switzerland. 3) Chevais's method of preparing the student for choral singing. 4) Modern Concepts in Music Education (Carl Orff, Kodály Zoltán Leonard Bernstein, Shinichi Suzuki); 5) The Kodály method. 6) Edlund method of atonal solfège. 7) The impact of education through technology in the development of the student. 8) Computer and music education.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Traditional/Jazz Vocal and Instrumental Creation and Improvisation	MFR_IF	4	1	-	1	-

Course description (Syllabus): 1. All music therapists require a set of essential skills in order to effectively lead group and individual composition and improvisation. These skills are based on both musical and non-musical knowledge. In other words, therapists must know certain theoretical aspects, but also how to apply these notions in active therapy.

It should be obvious that the first set of skills is related to composition, harmony, creativity, rhythm and the last one has to do with the actions therapists ideally take according to the skills they have acquired.

Clinical musical skills are used when melotherapists: (1) maintain a steady pulse as a way to provide needed constancy for the other clients, (2) generate varied rhythmic patterns to discourage unhealthy rigidity and encourage new musical dialogue, (3) modify dynamics in order to model freedom of expression of various feeling states, and (4) be able to perform an unmodified tremolo in order to suspend the improvisation while the clients switch instruments, reflect on what they have just played, or decide what to play next.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialized Practice in the Field of Work	PSMELO_IF	4	-	-	-	1

Course description (Syllabus): The practical activities of the first semester are: conducting self-knowledge activities; formation of positive and responsible attitudes towards own person, analyzing his personality, voice, breathing and analysis / self-analysis, according to certain criteria, of his own behavior.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Personal Development within the Paradigm of Creative Psychotherapies- Music Therapy	DPPPCM_IF	5	2	-	1	-

Course description (Syllabus): This course describes the approaches in creative psychotherapy (art therapy, drama therapy, music therapy, dance and movement therapy), the methods and techniques used in creative psychotherapy (art-therapeutic, psycho dramatic), the methods and techniques used in Gestalt therapy, the metaphor and the metaphoric scenario, the issues of personal development in melotherapy, the experiential training for personal optimization and development of melotherapists, the understanding the emotional experiences specific to melotherapy – theoretical framework, the emotion management within the Model of emotional intelligence skills (Mayer & Salovey), the use of emotion for overcoming resistance – personal efficacy and efficiency of the therapeutic intervention, the process of supervision and / or intervension of melotherapists – between obligation and need.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Elements of human anatomy and physiology	EHAP-IF	5	1	1	-	-

Course description (Syllabus): Human anatomy based on body structures (cells, organs, systems like nervous, digestive) psychology studies the mind, behaviour, mental process, body functions and mental states like mood, stress, etc, helps to create a holistic deep view of integrated physical and mental shape.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Active Music Therapy	MLA_IF	4	1	-	1	

Course description (Syllabus): This course proposes to cover the following topics: 1. Sound - a complex phenomenon. 2. Acoustic-musical organization of sound material, 3. Theory of musical intervals - classification criteria, 4. Rhythm and metrics, 5. Tone, circle of quintets, relations between tonalities, 6. Musical dynamics, 7. Elements of agogics

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialized Practice in the Field of Work	PSMELO-IF	4	-	-	-	1

Course description (Syllabus): The practical activities of the second semester aim to: perform some musical activities, in the role of observer; the proper use of various musical materials, in carrying out the activities; formation of positive

and responsible attitudes towards the future profession and analysis / self-analysis, according to certain criteria, of the own behavior and of the client.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Musical Education's Notion	RVID_IF	4	1	-	1	-

Course description (Syllabus): This course aims to cover the following topics: 1. Sound - a complex phenomenon. 2. Acoustic-musical organization of sound material, 3. Theory of musical intervals - classification criteria, 4. Rhythm and metrics, 5. Tone, circle of quintets, relations between tonalities, 6. Musical dynamics, 7. Elements of agogics

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Fundamental elements of musical language	PCSM_IF	4	1	-	1	-

Course description (Syllabus): General objective of the discipline: Training and education of future therapists; Following the issue of training and development of psycho-physical qualities and multilateral preparation for a correct analysis and therapeutic decision; Specific objectives: Improving and creative application of the acquired knowledge, in the theoretical-practical activity; Improving the expression and mastery of human communication; Training therapists with a broad and objective vision of shaping the human personality.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Traditional/Jazz Vocal and Pop Music	TICDM_IF	4	1	-	1	-

Course description (Syllabus): These skills are based on both musical and non-musical knowledge. In other words, therapists must know certain theoretical aspects, but also how to apply these notions in active therapy. It should be obvious that the first set of skills is related to composition, harmony, creativity, rhythm and the last one has to do with the actions therapists ideally take according to the skills they have acquired.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Traditional/Jazz Vocal and Instrumental Creation and Improvisation	MFR_IF	4	1	-	1	-

Course description (Syllabus): All music therapists require a set of essential skills in order to effectively lead group and individual composition and improvisation. These skills are based on both musical and non-musical knowledge. In other words, therapists must know certain theoretical aspects, but also how to apply these notions in active therapy. It should be obvious that the first set of skills is related to composition, harmony, creativity, rhythm and the last one has to do with the actions therapists ideally take according to the skills they have acquired.

Clinical musical skills are used when melotherapists: (1) maintain a steady pulse as a way to provide needed constancy for the other clients, (2) generate varied rhythmic patterns to discourage unhealthy rigidity and encourage new musical dialogue, (3) modify dynamics in order to model freedom of expression of various feeling states, and (4) be able to perform an unmodified tremolo in order to suspend the improvisation while the clients switch instruments, reflect on what they have just played, or decide what to play next.

2nd Year

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Professional Skills Training Focused on the Development of Emotional Intelligence	TAP-IF	4	1		2	

Course description (Syllabus): Issues of professional development in melotherapy: The development of emotional intelligence with implications in optimizing professional behaviour of melotherapists; Emotion regulation and building

alliance in melotherapy; The establishment of a professional relationship with the client in melotherapy; Difficulties in melotherapy; Communication in professional relationships and teamwork; Empathy in melotherapy – benefits and development strategies; The burnout syndrome in melotherapy; Group supervision and peer-group supervision – valuable resource for emotion regulation in therapeutic process.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Medical semiology/ Human Pathology	SIAM_IF	5	1	-	1	-

Course description (Syllabus): At present, the branch of medicine focused on observe and interpretate the signs of symptoms used in a wide range of scientific and medicinal applications, using also patient history anamnesis or physical for identify pathological issues manifestations or simply guide to diagnosis examinations. A art and at the same time the science for recognizing and understanding body signals for discovering illness through a methodical examination, forming the foundation of clinical reasoning.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Active Music Therapy	MLA_IF	5	-	-	2	

Course description (Syllabus): Having as specific objectives the knowledge of the main models and methods of active melotherapy, the distinction of different working methods in melotherapeutic practice, the comparison of active melotherapy techniques, the application of various active melotherapy techniques, the course aims to cover the following topics: International models of melotherapy - Behavior Music Therapy, Benazon Music Therapy, Bonny Method of Guided Imagery and Music, Analytic Music Therapy, Nordoff – Robbins Music Therapy.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Research methods in music therapy	PSPEC_IF	4	1	1	-	-

Course description (Syllabus): Music therapy is an evidence-based profession. Music therapy research aims to provide information about outcomes that support music therapy practice including contributing to theoretical perspectives that can explain why changes occur during treatment. Music therapy research has been conducted in a range of health, education, and community contexts throughout the world. Now many music therapy training programmes are led by people with practice experience along with research qualifications, and some universities offer music therapy doctoral pathways. This course covers: (1) traditions, (2) trends, and (3) contexts for music therapy research.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialized Practice in the Field of Work	PSPEC_IF	4	-	-	2	-

Course description (Syllabus): The practical activities of the third semester focus on: performing some musical activities, for ameliorative purpose; the proper use of various musical materials, in carrying out the activities; formation of positive and responsible attitudes towards the future profession and analysis / self-analysis, according to certain criteria, of own behavior and of the child.

The practical activities of the fourth semester focus on: conducting some musical activities, for ameliorative purpose; the proper use of various musical materials; formation of positive and responsible attitudes towards the future profession and analysis, according to certain criteria, of the client's behavior.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Music Therapy in Special Education	MES_IF	5	1	1		

Course description (Syllabus): The course aim is to make an easier approach of this interdisciplinary domain and to familiarize students with specific concepts of this area of knowledge, with specifics work techniques (active and

receptive music therapy) which can be used in educational or therapeutically activities with children / adults with special educational needs.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Ethics and Academic Integrity	EIA-IF	4	1	1	-	-

Course description (Syllabus): This course aims to provide the informations about Ethics and Academic Integrity. The topics this course propose are related to the notion of morality and its principles, the notion of ethics and its values in action, the idea of integrity. All of the above are debated in order to understand the application of the principles in the academic environment, especially in scientific research. Another important topic is the one regarding the phenomenon of plagiarism in scientific research.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialized Practice in the Field of Work	EMC_IF	4	-	-	2	-

Course description (Syllabus): The practical activities of the third semester focus on: performing some musical activities, for ameliorative purpose; the proper use of various musical materials, in carrying out the activities; formation of positive and responsible attitudes towards the future profession and analysis / self-analysis, according to certain criteria, of own behavior and of the child. The practical activities of the fourth semester focus on: conducting some musical activities, for ameliorative purpose; the proper use of various musical materials; formation of positive and responsible attitudes towards the future profession and analysis, according to certain criteria, of the client's behavior.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Computer Information Technology in Designing Teaching Music	TIC_IF	4	1	1	-	-

Course description (Syllabus): The general objective of the discipline: Initiation of students in the use of IT technology in the music field; preparing students for computerized graphics of a complex score based on presets and audio-video tutorials existing in the interactive presentation of the software.

Specific objectives: acquiring the ability to adapt computerized musical notation to their own professional needs, in accordance with the specificity of the instruments used in the musical experiments generating experience and in-depth knowledge of the musical sound phenomenon.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Traditional/Jazz Vocal and Instrumental Creation and Improvisation	TICDM_IF	4	1	-	1	-
Clinical melotherapy	MELOC_IF	4	1	-	1	-

Course description (Syllabus): Among skills-based competencies, therapists need both non-musical and musical skills to become effective leaders. Simply put, non-musical competencies include verbal skills and gestural actions (movements performed to communicate feelings or intentions), while musical skills involve the musical actions that therapists perform. The fundamental musical skills are what enable therapists to (a) maintain a steady pulse, (b) generate varied rhythmic patterns, (c) modify dynamics, and (d) be able to perform an unmodified tremolo, which have a special clinical purpose or require any kind of relationship with another beneficiary.

Music Therapy includes three strictly musical skills: Creation and improvisation on voice, percussion instruments, piano, guitar, violin, Orff set; Composition and development of original melodies, accompaniments and short pieces in a variety of moods, vocal and instrumental styles; Improvisation in small ensembles relates to clinical musical improvisation for clients or therapeutic processes, essential ingredients that define clinical musical improvisation and distinguish it from other forms of improvisation.