

Module Specification

Module Title: Contextual Studies 3: Introduction to Music Therapy

Module code:	X_SHR6E007C	NQF level:	6
Credit value:	20	Semester of study:	1 & 2
Module type:	Optional	Pre-requisites:	N/A
Available to:	All BA Music Programmes		

Module overview

This module will introduce students to the unique use of music as a powerful clinical tool in health and education settings. Students will learn how, through clinical music therapy techniques, music can be used to develop an individual's personal, emotional and social skills, emotional wellbeing and to improve quality of life. This module endeavours to explain the facts and subtleties that make this possible through music therapy and community music. Weekly lectures are designed to promote exploration of concepts and their applications, alongside discussion and debate of key characteristics of music therapy work.

Indicative topics that may be studied include:

- Who music therapy is accessible to
- Why music is used in therapy; how it works
- Where music therapy is used and when it might be appropriate
- The different music therapy approaches used in different settings
- How music therapy developed as a profession
- Developmental theory that underpins music therapy techniques
- Psychoanalytical theory that underpins music therapy techniques
- Therapeutic characteristics of community music projects

Examples of specific client groups considered and analysed include:

- Adults with learning disabilities
- Children with learning disabilities (including Autism)
- Adults with dementia
- Children who have experienced emotional abuse
- Children with behavioural difficulties
- Adults with mental health difficulties
- Children in palliative care

Aims

This module is designed for musicians who wish to explore the role of music therapy within the composition or performance and reception of music. Students will be introduced to recent research in the area of music therapy and will consider how theories may be implemented practically and measured in efficacy through a case study. Through scenario-based workshop activities, students will increase their awareness of how their own practice might be applied in this area of music making.

The module aims to:

1. Introduce the area of music therapy within therapeutic practice;
2. Introduce students to a growing body of research related to music therapy;
3. Encourage students to reflect on their own practice with reference to applications in the domain of music therapy.
4. Offer opportunities for the practical exploration of ideas and techniques.

Learning outcomes

On successful completion of this module, students will be able to:

1. Demonstrate awareness of the role that Music Therapy plays in the care/therapy sector.
2. Demonstrate current knowledge of Music Therapy through research and analysis.
3. Demonstrate understanding that specifically explores and contextualises one or more areas of Music Therapy, including exploration of a case study.

Learning and teaching methods

Weeks will alternate between a 1.5-hour lecture and seminar groups that can discuss and explore ideas in a practical workshop setting. Lectures and seminars will be delivered in person. The teaching will be in a space that allows for some practical work also, but other than being able to play an instrument or sing, students taking this module don't have to have any skills or particular abilities apart from a willingness to improvise.

Contact hours and directed study (over semesters 1 and 2)

Delivery type	Student hours
Indicative hours for learning and teaching activities	170
Indicative hours of directed study	30
Total hours (100hrs per 10 credits)	200

Opportunities for formative feedback

There are opportunities for students to receive formative feedback throughout the module. Formative feedback is designed to promote a progressive and natural approach to learning in order to improve skills, knowledge and understanding that are needed to undertake the module assessments.

Assessment Method

Description of assessment	Length/Duration	Weighting	Module LOs addressed
Hypothetical case study of music therapy	3000 words	100	1,2,3

Re-Assessment Method

Description of assessment	Length/Duration	Weighting	Module LOs addressed
Hypothetical case study of music therapy	3000 words	100	1,2,3

[Module resource lists are available via Key Links](#)