

Transilvania University of Braşov, 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
Music History Repertoire in the 20th Century	IMR_IF	4	1	1	-	-

Course description (Syllabus): The course aims to develop the capacity of analyzing the 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
Ethics and Academic Integrity	EIA-IF	5	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
Vocal Educational Repertoire and Instrumental Practice 1	RVPID_IF	5	2	1	-	-

Course description (Syllabus): 1. The premises of the "active musical school" of the 20th century: ideas, theoretical concepts, organization of the first modern European education system; 2. The didactic repertoire in the context of the

changes made by the active music school; 3. Classification on the quantitative and qualitative criterion of the sound and rhythmic systems, of the didactic musical repertoire used according to the age and the level of the musical aptitudes; 4. The issues of the correspondence between the ambitus of the musical pieces and the ones of the children's voices; 5. New resources in music education. The musical play as an ideal; 6. New strategies determined by the orientations of the experimental pedagogy in music, the social pedagogy and the organization of the group of students at the time of musical education, the culture pedagogy, consequences in the making of school programs; 7. The vocal-instrumental repertoire according to the modern methods of music education (Carl Orff, Kodály Zoltán, Shinichi Suzuki); 8. Features of the active school of the 20th century; 9. Features and personalities of new methods of music education from the 20th century; 10. The current reform of music education in Romania. Modern strategies of the 20th century: organization, music education curriculum, training of trainers; 11. The contribution of Romanian music teachers to the modernization of music education in Romania; 12. Multimedia applications used in music teaching. Computer in music education. 13. Piano repertoire adapted to the level of master students. (solo and 4 hands)

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	-	-	2	-

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	4	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-therapeutical, 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 intervision of melotherapists – between obligation and need.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Medical Acoustics	ML_AM	4	1	-	1	-

Course description (Syllabus): It introduces general notions of acoustics as the science that deals with "sound study" including production, transmission and the effects it can produce. Today's use the term "sound" involves not only the phenomena produced in the air responsible for producing audible sensation but also other phenomena if they are governed by similar principles. To better understand the spectrum of sounds (or in other words harmonic theory) it is advisable to look at several examples and to think about the qualities of sound: strength (or intensity), height (or frequency) and timbre (which is closely linked to harmonics) and other subtler parameters of sound. Principles and theories related to "Sound therapy" are introduced as a new therapy alternative that studies the effects of low frequency (and not only) sounds and vibrations on the health, joy, and balance of the listener (patient). The researchers study the effects related to frequency, sound, light, color. These things viewed as a whole or independently.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Musical Psychosomatics	PSIM_IF	4	1	-	1	

Course description (Syllabus): The course *Psychosomatic* follows to familiarize with notions and concepts that belong to the interdisciplinary field formed between Medicine and Psychology. This complex field will be approached, delimiting its content and sphere, will be presented concepts, characteristics, mechanisms, influences, effects of psychosomatics. It starts from the treatment of psychosomatics in the musical context, it is continued with the treatment of the sensations and emotions in the music world, then it is approached the personality in the musical context and it ends with the management of the sound, which surprises aspects related to relaxation, breathing, stress and anxiety.

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

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			course	seminar	laboratory	project
Specialized Practice in the Field of Work	PSMELO-IF	5	-	-	2	-

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
Contemporary music education	SEM_IF	4	2	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 Kodaly method. 6) Edlund method of atonal solfege. 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
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
Tradiional/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 melo therapists: (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	6	1		2	

Course description (Syllabus): Issues of professional development in melo therapy; The development of emotional intelligence with implications in optimizing professional behaviour of melo therapists; Emotion regulation and building alliance in melo therapy; The establishment of a professional relationship with the client in melo therapy; Difficulties in melo therapy; Communication in professional relationships and teamwork; Empathy in melo therapy – benefits and development strategies; The burnout syndrome in melo therapy; 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
Visual Instrumentation in Acoustics and Music Therapy	SIAM_IF	5	-	-	2	-

Course description (Syllabus): At present, computers (PCs) are used in a wide range of scientific and industrial applications, including: simple data recording, human-machine interface, experimental data processing and analysis, direct control. PC based systems use powerful, flexible and inexpensive software. If the student understands that a

measurement program is a measuring instrument that we control with a computer instead of a "set of buttons", this logically leads to the notion of Virtual Instrument (real instrument simulated / realized on the computer) and respectively Virtual Instrumentation. A virtual instrument is a program module that is graphically represented to look (resemble) like a real physical instrument and can be used in Acoustics and Instrumentation in Melotherapy. In this course, LabVIEW (Laboratory Virtual Instrument Engineering Workbench) is studied, users use virtual instruments as if they were real instruments and thus identify qualities related to sound, its properties and the effects that Melotherapy produces.

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

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	5	-	-	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
Mozart Effect	EFMZT_IF	5	2	1	-	-

Course description (Syllabus): The general objective of the course of study of the discipline is the development at the master's level of the competences of design, development and exploitation of a project in the field of Mozart's creation.

Specific objectives: it is anticipated that through the course of study of the master's degree they will be able to identify the relationship between the understanding of music therapy and the healing power of Mozart's music; to recognize the influence of Mozart's music on the intelligence, the body, the thinking, attention and creative spirit; to establish the connection between the influence of Mozart's music and the state of tranquility and the state of

relaxation; to compare the Mozart effect of yoga music and children's music; to apply the therapeutic principles in the elaborated therapeutic treatments.

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 specific 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
Stress Management in Musical Activity	MMAM_IF	6	1	2	-	-

Course description (Syllabus): The course *Stress management in musical activities* aims to sensitize the students with concepts from the sphere of stress. It starts from delimiting the concept, presenting the forms of stress, describing the mechanism of stress production, stress hormones, causes and effects of stress - in general and in particular, for the music world. The ways of managing individual and institutional stress are presented and analyzed, in the final part of the course.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Professional Ethics and Deontology in Music Therapy		5	1	1	-	-

Course description (Syllabus): This course describes the highest ideals for music therapists as an aspirational guide to professional conduct. It is equally intended to educate and guide music therapists in ethical practice, as well as inform those outside the profession. The objective of the course is to summarize music therapists values as professionals and to describe principles and standards for guiding the practice of music therapy in a responsible, fair, and accountable manner. Values like Kindness, Social Responsibility, Dignity and Respect, Equality, Accountability, Excellence, Integrity, and Courage are reflected in five ethical principles which include (1) respecting the dignity and rights of all, (2) acting with compassion, (3) being accountable, (4) demonstrating integrity and veracity, and (5) striving for excellence. These values and principles provide guidelines for ethical decision-making in the daily practice.

Course title	Code	No. of credits	Number of hours per week			
			course	seminar	laboratory	project
Specialized Practice in the Field of Work	EMC_IF	5	-	-	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
Elaboration of the Dissertation Paper *	ELABLD_IF	10	-	-	-	

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	-

Course description (Syllabus): 1 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.