

Introduction to Music Therapy
Fall edition: October 20 – October 22 2021
Spring edition: March 2 – March 4 2022

The Codarts' Music Therapy Master offers a 3 day introduction course in music therapy which will consist of experiential work and lectures on different approaches to music therapy.

For

This introduction is meant for musicians who are interested in expanding their horizon, and is open to anyone with an interest in music therapy and with a willingness to musically engage and explore. The introduction can be taken as continuous professional education (participants can have the introduction course accredited at the 'Register Vaktherapie') and is strongly advised for people seriously considering to apply for the Master in Music Therapy at Codarts. It is also open to everyone interested to learn more about music therapy.

Goal

The introduction provides professionals with the opportunity to experience music therapy, explore whether continuing into a Music Therapy master is desirable and whether a Master's in Music Therapy can enhance one's own profession. The participant acquires basic knowledge of music therapeutic methods and receives information about the current professional practice. The introduction provides a first impression of the content of the Master in Music Therapy offered at Codarts, which will start with a new cohort in September 2022. The highly skilled and experienced tutors in this introduction are members of our faculty.

Experiences

The introduction has been described by former participants as:

"It gives an excellent and complete insight of the profession by professionals"

"the Power of Music"

"A way to achieve a deeper and clear understanding of Music Therapy which helped to make my choice about starting this Master"

"Intensive, powerful, inspiring and reflective for one's personal life".

"The tutors are extremely experienced"

"I really like this experience. I not only learned more about music therapy, but I also learned more about myself and how to be in a group"

How to register

- To register for this introduction, you will need to fill out the online registration form.
- The fee is €200. For Codarts alumni the fee is €180. Lunch is not included. Payment instructions will be sent via e-mail once you have registered via the online application form.
- The maximum number of participants is 15. Final placement will be determined by the order in which registrations are received and will only be definitive once your payment has been received. Participants will be sent notice of received payment.
- After participation of the entire three days a certificate of participation will be handed out. Take note, that the certificate is not a qualification to practice, and does not guarantee acceptance into the master.

The programme

- Classes are from 10.00 - 17.00 hrs, with a lunch break from 13.00 - 14.00 hrs.
- The Introduction will take place at 'Kruisplein 26, 3012CC, Rotterdam', which is a 3 minute walk from Rotterdam Central Station.

Day 1: Introduction to Music Therapy

There will be an introduction about the Master Music Therapy Programme.

Basic music therapy theory and methods will be discussed and explored. Contemporary approaches and personal music preferences will be explored, discussed and linked to music therapy practice.

Day 2: Active and Receptive Music Therapy

First an active music therapy workshop on interactional play. Special focus will be on engagement skills and specific techniques in the application of improvisation in music therapy.

Also a workshop about key concepts of receptive music therapy. Experiential work will focus on music listening experiences to promote psychological insight, evoke imagery, alter mood, summon memories, assist learning and foster creativity.

Day 3: Improvisation in Music Therapy and Interactional Play

Further exploration of improvisation in music therapy with a focus upon the relationships between play and creativity and how these arise within music therapy, and our personal and professional identity in relation to the past 2 days and the music therapy profession.

There will be time for discussion and questions concerning the profession/practice and the Master programme.

Please bring your own instrument every day (if portable)!

Tutors involved either in October and/or March:

- Kathinka Poismans (Tutor Music Therapy theory, skills and methods / Research coach)
- Anke Coomans (Tutor Music Therapy theory, skills and methods)
- Meertine Laansma (Tutor Music Therapy theory, skills and methods / Clinical Music Therapist)
- Harry Kappen (Tutor Improvising in Music/Clinical Music Therapist)
- Carola van 't Hof (Programme leader Master Music Therapy/ Coordinator Fieldwork & Internship/Tutor Music Therapy theory, skills and methods/Clinical Music Therapist)

The Tutors are faculty members of the Codarts' Music Therapy Master Programme. For details on their biographies, please see our study guide: www.codarts.nl/study-guide-music-therapy/