

Surry Music Therapy Center (SMTC)

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Alan Wittenberg M.A., CMT

Certified Music Therapist / American Music Therapy Association (AMTA)



MUS 298: *Music as Therapy : Body, Mind and Spirit*

Instructor: Alan Wittenberg

Readings: Selected journal articles, web based materials and research.

Course Description:

How might a non-verbal autistic boy respond to you and how might you respond to him? How might an elderly woman with Alzheimer's disease respond to music when she doesn't recognize her own daughter? Is music the universal language?

This course will inform and engage students interested in the health professions, education, communication, psychology and counseling in the clinical, rehabilitative and developmental field of music therapy.

Music therapy will be illustrated as an integrative approach that targets goals and objectives central to infant mental health, early childhood development, elementary and special education, psychology and counseling as well as music therapy in relation to health related professions such as nursing and speech therapy. Conceptual and practical models of music therapy will be discussed and demonstrated. Music therapy as a creative, active treatment

modality that has the potential to stimulate and motivate a wide range of disabled populations will be highlighted by readings, discussion, experiential activities and video illustrations.

Expressive and receptive communication skills, preverbal, associative, and sensory integrative skills as well as the enhancement, retrieval, or acquisition of cognitive, communicative and interpersonal skills are some of the clinical and rehabilitative goal areas that will be emphasized and illustrated as shared / trans - disciplinary areas pertinent to health professions such as nursing, psychology and counseling, as well as childhood development, education, communication, music education and music therapy.

This course will make extensive use of video illustrations and in class experiential activities as well as an onsite observation and analysis of a live music therapy session.

Expected Student Outcomes:

1. Students will learn about music therapy from the inside out by participating in experiential activities, viewing case study video illustrations, reading assignments and reactionary papers.

2. Students will gain a broad background and overview of the clinical and rehabilitative field of music therapy.

3. Students will read about, analyze and discuss different clinical approaches within the field of music therapy and demonstrate an understanding of how these approaches integrate with and support allied health profession goals and objectives.

4. Students will learn about, demonstrate familiarity with historic and modern day music therapy resources, and demonstrate a basic yet broad base of knowledge and understanding of the modern day profession and academic field of music therapy.

5. Students will learn how music therapy as an interdisciplinary and trans - disciplinary approach can be creatively adapted and employed with various populations and pathologies as complimentary care.

6. Students will compile a list of music therapy activity resources that they may utilize and integrated with, counseling, education, nursing and other related medical and health professions in their future study and professional work.

Assignments and Grading:

Reading assignments and class participation; 30%

Reaction papers 40%

Final paper 30%