

MUSIC THERAPY



Music Therapy uses musical involvement to encourage and develop the physical and psychological skills necessary for well-being. The field of music therapy includes aspects of physiotherapy, psychotherapy, dance and play therapies, learning theories, and psychodrama, as well as music education, improvisation and music interpretation. Activities and programs are designed to activate the resources needed by each participant in order to overcome specific handicaps.

Music Therapists are employed in hospitals, day treatment facilities, community health centres, and special education programs for children or adults with psychiatric, physical or learning disorders. Music therapists may be part of a team or work independently. They are generally classified as adjunct therapists, and are placed in the wage bracket of a related service such as occupational therapist or child care worker.

In **Canada** the field of music therapy is only now getting established. Canadian music therapists have formed a professional association (CAMT, 6 Drayton Rd., Pointe Claire, Que.) and two Canadian training programs are being offered - in English at Capilano College, and in French at the University of Quebec. Previously, Canadians interested in this occupation received training in England or the U.S., where programs have been established for 15 years. In 1978 the CAMT set national standards for certification.

Capilano College is offering a 2 year training program in music therapy. Students must have a background of studies in music, psychology or education before they enter and may be required to supplement the music therapy course work in these areas to satisfy the requirements of the CAMT curriculum guide.

The core music therapy coursework includes:

- philosophy and role of therapeutic intervention

- music therapy goals, principles and activities

- requisite skills and techniques in performance, improvisation, interpretation; interpersonal communication, empathy training, leadership; program design, observation, recording and reporting

- diagnostic and drug terminology and implications - eg. symptoms, standard treatment

- exposure to other therapeutic treatment modes - physio and psychotherapy, play, art, dance, psychodrama

- typical and atypical life experiences of people with various disorders

- professional development - staff and administrative communication skills, basic research design

- supervised work in clinical settings

- discussion and psychodrama of practicum experiences

for further information, contact:

Ms. Nancy McMaster

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Music Therapy Instructors

Paul Avery, B.A., M.Ed., Registered Psychologist

Teaching and research in childcare, mental retardation and psychiatry; group dynamics leader

Barbara Beatty, B.Sc. (phys. ther.)

Physiotherapist; currently teaching physiotherapy at U.B.C and working for Metropolitan Home Care Services.

John Grayson, M.A. (Communications) in progress; A.R.C.T. (Toronto)

Studies examining role of music in communication.

Carolyn Kenny, B.A., M.A. in progress; R.M.T. from U.S.

Music therapist in psychiatry and special education; film, video, published research; jazz singer

Hans Krebs, Music Therapy Diploma, Academy of Music, Vienna

Music therapist, specialized in psychiatry and psychosomatic disorders; presently studying advanced counselling skills; pianist

Sandra Moe, M.A., Registered Psychologist

Has done research in treatment modalities, therapy with children and parents, counselling for women

Elizabeth Moffitt, B. Mus., Diploma, C.C.

Music therapist in psychiatry and geriatrics. Originally trained in music education and pre-school

Nancy McMaster, B.A., Teacher's Certificate, Nordoff/Robbins training.

Music therapist with children; film, video and published research; pianist

Marg Penn, B.A., M.A., Registered psychologist

Counsellor; presently on campus; previously in business and correctional counselling