This short summer course will provide students with an introduction to music therapy.

Over the two days the use of music therapy will be explored with theory and discussion. Students will also learn from audio and video case studies, as well as taking part in experiential improvisation and practical elements.

Students will finish the course with a greater understanding of music therapy, and an understanding of how music can impact on a range of client groups and change people’s lives for the better.

There is no other organisation in Scotland offering a summer school in Nordoff Robbins music therapy.

**WHO IS THE COURSE FOR?**

This course is for adults aged 18 and over. Some course material, for example, discussing client’s vulnerabilities, may be emotionally demanding.

This summer school may be of interest to healthcare professionals or anyone with an interest in music therapy.

At the end of the two days, students can expect to gain:

- a greater understanding of music therapy
- an understanding of the background of specific music therapy influences
- knowledge of music therapy in different settings (through case study)
- practical experience of using music as an improvisational tool

**ENTRY REQUIREMENTS**

No previous musical experience or knowledge of music therapy is required and anyone with a genuine interest in music therapy or who may be considering a career in this area is encouraged to join the course.

Please note that this course will not qualify students to practise as music therapists, nor would it guarantee acceptance onto accredited music therapy training. This is not a therapy group but a teaching course.

"I found the course provided a valuable insight into the work of a music therapist and how you go about it if you are working in the profession."

*Previous student of Mary Veal*
COURSE OUTLINE

This course will provide you with a general introduction to music therapy. It will detail how music as therapy has evolved and developed into what is practised today as music therapy.

You will benefit from learning about what music therapy is and why music is such an effective therapeutic medium.

On the first day of the course, you will explore the origins of therapeutic music making and how it began to evolve in the UK and across the globe. You will also consider what clinical areas music therapists can expect to work in and what client groups can benefit from a music therapy input.

Having looked at the profession more generally, the course will address music therapy as a clinical intervention. A short study will be provided of some theoretical influences that have guided music therapy thinking.

On each of the two days, practical exercises will be included to demonstrate and explore musical elements, including pulse, rhythm, melody and harmony. Practical techniques, such as meeting, supporting, matching and enhancing will also be included.

Students will learn from a combination of case presentations, presentations of relevant theory and practical sessions, looking at how music can be used as a main communicative tool. Audio and video examples will also be included, with extracts from real music therapy sessions.

On the second day of the course you will go further in your discussions and look at how music therapy has been influenced by writers and thinkers from other disciplines such as Maslow, Winnicott, Jung and Freud. You will also learn how to take your training further with other music therapy training courses in the UK.

Guided by the Course Leader you will examine a range of clinical areas through case studies including working with people with learning difficulties, mental health problems, autistic spectrum disorders and in palliative care.

COURSE LEADER

Mary Veal
Head Music Therapist, Nordoff-Robbins Music Therapy in Scotland

Mary Veal originally trained at the Royal Conservatoire of Scotland (formerly the Royal Scottish Academy of Music and Drama). She worked as a music teacher for the next 10 years, initially in mainstream secondary and latterly within special education. She retrained as a music therapist, completing the first year of the Nordoff-Robbins postgraduate training at Edinburgh University in 2003. Following her training, she returned to Dundee to set up and develop the music therapy service set with Dundee City Council’s education department.

In 2006, Mary joined the staff of Nordoff-Robbins Music Therapy in Scotland as Head of Region for the Glasgow base. Her clinical work now takes her back to the East with the development of services in Dundee, Angus and Perthshire. Mary’s clinical experience is wide-ranging, including work with both children and adults with a range of learning difficulties, communication disorders, social and emotional behavioural difficulties, and mental health problems. Outside her clinical work, she is active musically through conducting, directing and performing.

Mary will be supported by another tutor from Nordoff-Robbins Music Therapy in Scotland.

PREPARING FOR YOUR COURSE

Suggested reading:

There will be opportunities for practical music making, so it would be advisable to wear loose comfortable clothing.

BOOK YOUR PLACE

All short courses can be booked online at [www.rcs.ac.uk/shortcourses](http://www.rcs.ac.uk/shortcourses). Please select the course you wish to book and follow the instructions to confirm and pay for your course online.

If you wish to speak to a member of the Short Courses team, please get in touch at:
E: shortcourses@rcs.ac.uk
T: 0141 270 8213

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"I found the explanation of music therapy as a career very in depth and very helpful. Being able to see case studies and videos of sessions was also a great insight into what dealing with different individuals would be like and how they respond to different sounds and methods. Thank you for such a great course."

Previous student of Mary Veal