



PAPER OUTLINE

Paper Code and Title: NZSM 522 Music Therapy Methods
CRN: 14293 **Campus:** Mount Cook
Year: 2009 **Trimester:** 1
Points Value: 30 points

Pre-requisites (P) **Co-requisites (C)** **Restrictions (R)** **None**
(C) NZSM 520

Paper Co-ordinator: Daphne Rickson

Contact phone: 801-5799 x 6979 **Email** daphne.rickson@nzsm.ac.nz
Rm 1D 11, Conservatorium Building, NZSM, Mount Cook
Office located at: Campus, Massey University, PO Box 2332, Wellington.

Office hours: Office hours likely to be Tuesday afternoon (but best by appointment please).

Other staff member(s): To be announced

Contact phone: As above **Email** daphne.rickson@nzsm.ac.nz
Office(s) located at: 1D11 Address as above
Class times: Mondays 9am-12pm **Venue:** 1D 11
Mondays 1pm-3pm
Tuesdays 9am-12pm
(Wednesday/Thursday 3rd/4th June
9-4pm for Final Exams)

Workshops/ Rehearsals: n/a **Venue:** n/a
Tutorial (Research n/a **Venue:** n/a
Supervision) times:

PAPER PRESCRIPTION

Preparation and performance of appropriate repertoire with technical and musical mastery in situations relevant to Music Therapy. Improvisation styles, development of the voice for the music therapy context and receptive music therapy methods

LEARNING OUTCOMES

The student should be able to:

- Select, create and improvise performance material to advance therapeutic relationships
- Practise as competent, ethical and clinically safe student music therapist in a pre-practicum setting
- Develop clinical skills to work with clients of various age groups and needs areas to achieve therapeutic outcomes for individual and/ or groups either within a

multidisciplinary health/education team or in carrying out a particular music therapy programme

- Understand developmental, cognitive and psychodynamic theories in music therapy
- Apply insights and new learning to their own music therapy practice, and evaluate and reflect upon the process and effects.
- Perform music, and involve clients, in a variety of therapeutic situations at an appropriate standard on their chosen instrument and demonstrate competence on other instruments, including voice, keyboard, and guitar

EXPECTED WORKLOAD

A 30-pt paper should require at least 300 hours work (including class time). This means that in term time, the midterm break and study week you should be prepared to spend on average 18-20 hours per week on Music Therapy Methods work.

PAPER CONTENT

- Improvisation in dyads (un-tuned percussion, and using principal instrument), improvisation for movement, improvisation of soundscapes, group improvisation, piano/keyboard. and guitar skills
- Development of the voice for music therapy and the use of songs, vocal improvisation, song repertoire, song accompaniment, writing songs for children and adults, song reminiscence, group song writing, song lyrics and analysis
- Receptive music therapy methods; interviewing and counselling skills, relaxation methods, group music and imagery, introduction to the Bonny Method of Guided Imagery and Music
- Readings/discussion based on clinical music therapy texts
- Clinical music therapy competencies
- Examination of various roles and responsibilities of being a professional music therapist (e.g. receiving referrals, conducting assessments, planning and implementing treatment plans, and evaluating progress)

MATERIALS

Required Texts:

Gardstrom, S. C. (2007). Music Therapy Improvisation for Groups: Essential Leaderships Competencies. Gilsum, N.H., Barcelona.

Wheeler, B.L., Shultis, C.L., Polen, D.W. (2005) Clinical training guide for the student music therapist. Gilsum, N.H., Barcelona.

Wigram, T. (2004). Improvisation. Methods and Techniques for Music Therapy Clinicians, Educators and Students. London, Jessica Kingsley Publishers.

Required Texts for Music Therapy Principles (NZSM520) will also be referred to in Music Therapy Methods i.e.

Bunt, L. and S. Hoskyns, Eds. (2002). The Handbook of Music Therapy. Hove, East Sussex, Brunner-Routledge.

Wigram, T., Pederson, I.N. et al. (2002). A Comprehensive Guide to Music Therapy. London, Jessica Kingsley Publishers Ltd.

Recommended Texts:

Grocke, D., Wigram, T. (2007). *Receptive Methods in Music Therapy: Techniques and Clinical Applications for Clinicians, Researchers, Educators and Students*. London, Jessica Kingsley Publishers.

Other Materials Required for Class:

- Folder for Music Resources
- Notebook to use as a 'Reflective Diary'
- Manuscript Paper
- Readings will also be drawn from the professional music therapy and related literature including text and journals – students will be required to photocopy material from time to time.
- (If possible, please bring with you a facility for recording music, e.g. 'Ipod' plus microphone; minidisk, good quality Dictaphone etc.)

ASSESSMENT REQUIREMENTS

Assignments will include four clinical music therapy competency presentations increasing in complexity. Details of presentations and their relevant performance criteria will be distributed in advance. These total 50% of the final grade. Presentations will be internally examined and moderated.

The final summative assignment is a comprehensive pre-practicum demonstration/audition and interview. Details of relevant performance criteria will be distributed in advance. This audition/demonstration and interview will be internally and externally examined, and internally moderated. This assessment will total 50% of the final grade.

Deadlines for written work:

A written music therapy session outline of 500-1000 words relevant to requirements must be presented by 5pm the day prior to each assessment presentation.

Using their own improvisation diaries as a resource, students will be required to write a short paper (approximately 1000 words) describing their personal journey through the group improvisation process to be handed in at 5pm the day prior to their summative demonstration/audition and interview.

Written work must be handed in by the due dates. In fairness to other students, unless a medical certificate is produced, work handed in after 5pm on the due date will be subject to a 5% demerit on your grade, increasing by 5% each further working day it is overdue. Students who for exceptional reasons can justify an extension for the essay must apply to the Paper Co-Coordinator before the due date.

Writing Style:

An example of clinical recording methods will be provided and students are expected to present session outlines in the same style.

Bibliographic Style:

There are no formal academic assignments for this paper– see 'Writing Style' above.

Deposit and collection of written work

- A written music therapy session outline of 500-1000 relevant to requirements must be presented to the lecturer prior to each clinical music therapy competency presentation.
- Students must present a folder of music resources collected during the semester, and the paper describing their personal journey through the group improvisation process, to the music therapy lecturer one day prior to the pre-practicum demonstration/audition

- and interview. Full details will be provided at the beginning of the semester.
- Marked work can be collected from the Paper Co-ordinator in Rm 1D11.

Dates assignments are due

- The clinical music therapy assessment demonstrations will be held during class times on 16/17th March, 6/7th April, 4th/5th May, and 18/19th May 2009. Students will be advised of the time for their individual demonstration the week before, but must attend all sessions to work with and share peer's experiences.
- Music Therapy Methods folders and diaries due 2nd June 2009.
- The final summative comprehensive pre-practicum demonstration/audition and interviews will be held on 3rd and 4th June 2009. Students will be advised of the times for their individual demonstration and interview in the week beginning 23rd May 2009.

DEADLINES FOR WRITTEN WORK

Written work must be handed in by the due dates. In fairness to other students, unless a medical certificate is produced, work handed in after 5pm on the due date will be subject to a 5% demerit on your grade, increasing by 5% each further working day it is overdue. Students, who for exceptional reasons can justify an extension for the essay, must apply to the Paper Co-ordinator before the due date.

BIBLIOGRAPHIC STYLE

Assignments must be presented according to the guidelines set out in the **NZSM Guidelines for Academic Work**, which can be downloaded as a pdf file from the NZSM Website <http://www.nzsm.ac.nz/study/programmes.aspx>. A copy of these guidelines will also be made available as a pdf file on Blackboard.

NB: However, music therapy students generally present references in accordance with APA style and use Massey University 'Guide to the presentation of theses'; and this issue has been agreed with the NZSM academic committee. Please consult the programme leader if you have any uncertainty about this.

Five percent (5%) will be deducted for written work that does not conform.

MANDATORY PAPER REQUIREMENTS

As this paper is part of a programme designed for the clinical vocational training of music therapists, a professional attitude and high attendance is expected at all times. Nevertheless, attending at least 80% of your lectures and tutorials are a mandatory requirement for this paper. If for health reasons you are unable to complete all the work required for assessment purposes by the dates noted above, you may, on presentation of a medical certificate, have the date for submission extended by the Director of the New Zealand School of Music.

ACADEMIC INTEGRITY AND PLAGIARISM

Academic integrity means that university staff and students, in their teaching and learning are expected to treat others honestly, fairly and with respect at all times. It is not acceptable to mistreat academic, intellectual or creative work that has been done by other people by representing it as your own original work.

Academic integrity is important because it is the core value on which the University's learning, teaching and research activities are based. Victoria University's reputation for academic

integrity adds value to your qualification.

The University defines plagiarism as presenting someone else's work as if it were your own, whether you mean to or not. 'Someone else's work' means anything that is not your own idea. Even if it is presented in your own style, you must acknowledge your sources fully and appropriately. This includes:

- Material from books, journals or any other printed source
- The work of other students or staff
- Information from the internet
- Software programs and other electronic material
- Designs and ideas
- The organisation or structuring of any such material

Find out more about plagiarism, how to avoid it and penalties, on the NZSM website: <http://www.nzsm.ac.nz/about/statutes-policies.aspx#plagiarism>.

GENERAL NZSM POLICIES AND STATUTES

Students should familiarise themselves with the NZSM's policies and statutes, especially those regarding Personal Courses of Study, Academic Grievances, Staff and Student Conduct. Please see <http://www.nzsm.ac.nz/about/statutes-policies.aspx>.

For any statutes relating to the particular qualifications being studied; see either the *Massey University Calendar* or the *Victoria University Calendar*.

Information about Student Services, including Academic Mentoring for Maori and Pacific Students, and support for Students with Disabilities, is to be found in the *NZSM Student Handbook 2009* (available from the NZSM offices on each campus).

COMMUNICATION OF ADDITIONAL INFORMATION, OR INFORMATION ON CHANGES

Official notices issued after the course has commenced will be circulated to students in class and posted on the board outside the NZSM office on the Mt Cook campus, and on the noticeboard outside room 1D 11. Notices concerning a number of papers will also be posted on Blackboard. The Paper Co-ordinator will specify if Blackboard will be used.

EVENTS

Regular events are held during trimesters one and two at both the Kelburn and Mt Cook campuses. These events are for the benefit of all students, and include performances, masterclasses, special lectures and workshops given by staff, students and visiting artists.

All students are expected to obtain a copy of the current event brochure (published twice yearly) and keep time free to attend the weekly lunchtime concert on Friday (starting time 12 noon), along with other events as required.

Event manager Debbie Rawnsley. Phone: (04) 463-6050 Email: debbie.rawnsley@nzsm.ac.nz
website: <http://www.nzsm.ac.nz/events/>

HUMAN ETHICS POLICY

If you believe your paper may require Ethics Committee approval, please see the Human Ethics Policy at: <http://intranet.vuw.ac.nz/research-office> for details of the policy and the application form. Music Therapy students undertake applications for ethical approval for their research either with Local Health and Disability Ethics committees or with their supervisor's University of employment, which at present is Massey University. (See <http://research.massey.ac.nz/massey/research/ethics/>)

In other situations, the NZSM currently follows VUW's Ethics Policy.