

Pedagogic Worksheet and Contact Hours

A – UNIVERSITY DIPLOMA OF MUSIC THERAPY (1st LEVEL)

The University Diploma of Music Therapy (1st level) consists of 10 units:

- Psychology: U11 DMU5.
- Neurology, Psychiatry, Neuro-bio-psychology: U12 and U21 DMU5.
- Receptive Music Therapy, Psychoacoustics semiology, Voice Physiology, Theory and Research: U13 and U22 DMU5.
- Active Music Therapy / Internships: U14 and U23 DMU5.
- Introduction to clinical observation and non-verbal therapies: U24 DMU5.
- Musical Training: U15 and U25 DMU5.

Every unit (or Dumum) consists of different certificates.

To obtain the University Diploma of Music Therapy (1st level), the 10 units must be obtained.

Each unit is only valid 2 years.

B – UNIVERSITY DIPLOMA OF MUSIC THERAPIST (2nd LEVEL)

To apply to the University Diploma of Music Therapist (2nd level) the student must have passed the University Diploma of Music Therapy (1st level).

The University Diploma of Music Therapist (2nd level) is granted to the students who have validated:

- the U31 DMU5 unit:

Six-month internship as a music therapist in a professional environment.
Seminar for Analysis of the relationship.

- the U32 DMU5 unit:

Seminar for Animation in music therapy.
Seminar for Writing and bibliography methods.
Seminar for Clinical writing.
Psychology of the Development.
Neurophysiology of music.
Introduction to the implementation of a research protocol.

- the U33 DMU5 unit:

Writing and defense of a thesis (100 pages maximum) in front of a panel of specialists.
Master classes.

C – EXAMS AND KNOWLEDGE CONTROL

The examination tests are performed under the supervision of teachers of each discipline or an authorized person. The panel, chaired by the Director, meets to decide on the allocation of the different units.

The student passes a unit if the overall average in the scores of the different certificates is equal to or above 10/20. A mark under 6/20 at any certificate invalidates the whole unit and it must be taken again. When a unit is validated only by presence, 15/20 is granted to the student and ABS if the student failed. In this case, all the students who pass this unit get the same mark (15/20).

D – CONTACT HOURS

University Diploma of Music Therapy 1st level

		Model					
Code	Name of discipline	Contact Hours	Lectures	Seminar	Practical Work	Coefficient	
<i>First Year</i>							
U11 DMU5	Psychology	60		60		1	
U12 DMU5	Psychiatry-Neurology	60	60			1	
U13 DMU5	Receptive Music Therapy	50	24	26		1	
U14 DMU5	Active Music Therapy	147	25	100	22	1	
U15 DMU5	Musical Training	92	77	15		1	
<i>Second Year</i>							
U21 DMU5	Psychiatry-Neurology	60	60			1	
U22 DMU5	Receptive Music Therapy	46	24	22		1	
U23 DMU5	Active Music Therapy	244	39	100	105	1	
U24 DMU5	Conceptual approaches and practices of psychotherapies	26		26		1	
U25 DMU5	Musical Training	110	95	15		1	

University Diploma of Music Therapist 2nd level

		Model					
Code	Name of Discipline	Contact Hours	Lectures	Seminar	Practical Work	Coefficient	
U31 DMU5	Internship and analysis	336	11	20	305	1	
U32 DMU5	Seminars	144	91	52		1	
U33 DMU5	Thesis	25	25			1	

E –UNIVERSITY DIPLOMA OF MUSIC THERAPY (1st level) PROGRAMS

PSYCHOLOGY (U11 DMU5):

Certificate 1: Psychological development of the child and personality organization (30h):

- Freud and the psychoanalytic theories, infantile sexuality studies, stages.
- Winnicott: object and transitional space.

Certificate 2: Child pathology (30h):

- Psychomotor Child Development.
- Child Psycho-pathology.

❖ **Exam and knowledge testing:**

The U11 DMU5 unit will be validated for all those who have taken the courses and have passed the written tests:

Certificate 1: Child Development.

Certificate 2: Child Pathology.

PSYCHIATRY – NEUROLOGY (U12 DMU5 – U21 DMU5):

Certificate 1: Psychiatry – Neurology (60h, 30h per year):

- Physical examination in psychiatry.
- Medical semiology in neuro-psychiatry.
- Personality disorders.
- Mental confusion, agitation, anxiety.
- Schizophrenic syndromes.
- The depressive syndromes, manic syndromes, bipolar disorders.
- Dementia.
- Drug treatments.
- Psychological treatments.

Certificate 2: Neuro-bio-psychology (60h in all, 30h per year):

- Introduction to neuro-psychology, voluntary and involuntary motor skills, sensory information, psycho-pathology of motor skills and sensitivity, physiology of pain, vision.
- Alertness and sleep, epilepsy, learning and memory, hearing.

❖ **Exam and knowledge testing:**

Certificate 1: Psychiatry – Neurology

- Presence is compulsory.
- Exam at the end of each year: multiple choice and writing questions.

Certificate 2: Neuro-psycho-biology

- Presence is compulsory.
- Exam at the end of each year: multiple choice and writing questions.

RECEPTIVE MUSIC THERAPY (U13 DMU5 – U22 DMU5):

Certificate 1: Receptive Music Therapy (80h over two years)

- Generalities:
 - The main areas of therapeutic use of music.
 - Listening: subjectivity, memory, emotion.
 - Music and identity.
 - Language, communication, music.
 - Musical culture in Music Therapy.
 - Recording and editing techniques.
 - Literature search.

- The place of receptive music therapy in an institution.
- The prerequisites for medical care:
 - Clinical interview in Music Therapy.
 - The exam of music receptivity: its objectives, its limits, its practice.
- The receptive music therapy in open and closed group:
 - The different clinical strategies, the experience of the sessions, the therapist-patient-music relationship, choice of musical works, psycho-musicology recordings skills, clinical experience.
- Individual receptive music therapy session:
 - The different clinical strategies, the experience of the sessions, the therapist-patient-music relationship, choice of musical works, psycho-musicology recordings skills, clinical experience.
- Musical relaxation:
 - The different strategies clinically applied, editing skills in musical relaxation. Clinical experience, the experience of the sessions.
- Clinical Case Presentation in receptive music therapy.
- Theory and Clinical Research:
 - Cognitive functions and receptive music therapy.
 - Reading Seminars.

Certificate 2: Psycho-acoustic semiology (8h):

- Introduction to the sound phenomenon in its objective and object-like dimension: physical, acoustic, psycho-physiology and anatomical physiology approach of the musical object.

Certificate 3: Physiology of singing (8h):

- Functional anatomy, physiology, aesthetics.
- General principles of comprehensive teaching of singing.

❖ Exam and knowledge testing:

Certificate 1: Receptive Music Therapy:

- First year: Validated by presence, participation, the work done during the year and a written exam.
- Second year: Validated by presence, participation, the work done during the year and a written exam.

Certificate 2: Psycho-acoustic semiology:

- Validated by the compulsory presence and a written exam.

Certificate 3: Physiology of singing:

- Validated by the compulsory presence and a written exam.

ACTIVE MUSIC THERAPY (U14 DMU5 – U23 DMU5):

Certificate 1: Active Music Therapy (250h over 2 years)

- Generalities:
 - Imitation, playing, music in music therapy.
 - Movement, gesture, music in music therapy.
 - Child development, sound and music.

- Communication in active music therapy.
- Intermediary sound-object in active music therapy.
- Sound parameters and their therapeutic use.
- The acoustic instrument and therapist.
- The place of active music therapy in an institution.
- Clinical practice:
 - Prerequisites for medical care:*
 - The clinical interview
 - Musical psychology exam adapted to the different pathologies.
 - Development of a global and specific therapeutic project.
 - Methods in active music therapy.
 - Therapeutic strategies in active music therapy.
 - Active music therapy and animation practice:*
 - Group and individual active music therapy skills.
 - Improvisation in active music therapy.
 - Creativity within the practice of improvisation in active music therapy.
 - The instruments adapted to the different pathologies in active music therapy.
 - Body rhythmic work.
 - Personal experience in an active music therapy group.
 - The notion of creativity and sound creation, their musical evolution in music therapy.
 - Clinical observation in active music therapy:*
 - Clinical observation and musical settings.
 - Observation of videotaped music therapy sessions.
- Clinical Case Presentation in active music therapy.
- Theory and Clinical Research:
 - Cognitive functions and active music therapy.
 - Reading Seminars.

Certificate 2: Cycle of lectures and master classes (14h):

- As part of the educational program, master classes and lectures with renowned national and international professionals (music therapists, researchers...) are organized.

Certificate 3: Supervised internship (22h):

- This compulsory internship is done the first year. This is for the student a first contact with the institutional environment. Group Development of a musical project in connection with the therapist of the institution and in coordination with the healthcare team. The internship is supervised by the head teacher.

Certificate 4: Observation internship (105h):

- This second-year internship provides the basis for a methodology in the establishment of a professional activity in music therapy. It helps the student to develop his personal initiative, communication and observation. Its duration is 3 weeks, 35 hours per week. The student chooses his training course that must necessarily be validated by the Director of the Music Therapy program. The internship is supervised by the head teacher.

❖ **Exam and knowledge testing:**

Certificate 1: Active Music Therapy:

- First year: Validated by presence, participation, the work done during the year and a written exam.

- Second year: Written exam (2 exams):
A group animation in active music therapy (coefficient 4).
Clinical observation of a recorded active music therapy session (coefficient 2).

Certificate 2: Cycle of lectures and master classes:

- Validated by compulsory presence.

Certificate 3: Supervised internship:

- Validated by a written report and a supervision at the end of the internship.
- A group animation in active music therapy (coefficient 4).
- Clinical observation of a recorded active music therapy session (coefficient 2).

Certificate 4: Observation internship:

- Validated by a written report.

INTRODUCTION TO OBSERVATION, PSYCHOTHERAPIES, AND NON-VERBAL THERAPIES (U24 DMU5):

Certificate 1: Introduction to clinical observation of group phenomena (12h):

- Training in observation of communication phenomena and introduction to the analysis of group dynamics.

Certificate 2: Psychotherapies: Conceptual tracking (3h):

- Study of the main methods in their conceptual foundations used in psychotherapy, their historical context and their treatment practices with a focus on those who share a similar code of ethics on the ethical aspect and professional practice (therapeutic settings, confidentiality, supervision).
- Presentation of different structures and institutions for people with mental disorders, and introduction of the professionals working there.
- Psycho-analytic approach that underlie psycho-therapeutic techniques: the unconscious, transference and countertransference.

Certificate 3: Introduction to non-verbal psycho-therapy (5h):

- Introduction to non-verbal psycho-therapy on a theoretical approach with different relaxation techniques and more particularly the autogenous training of Schultz and the practical and clinical aspect of relaxation sessions using this technique.

Certificate 4: Improvisation and introduction to dance therapy (6h):

- Work in group fostering creativity and allowing an introduction to body therapies.

❖ Exam and knowledge testing:

Certificate 1: Validated by presence and a written exam.

Certificate 2, 3 and 4: Validated by compulsory presence.

MUSICAL TRAINING (U15 DMU5 – U25 DMU5):

Certificate 1: Musical training (over 2 years):

- Melodic-rhythmic memorising and reproduction.
- Body percussion.
- Melodic and harmonic dictation.
- Improvisation.

Certificate 2: Instrumental performance (classical, contemporary, jazz or traditional):

- Interpretation of a piece chosen by the professors of the Montpellier National Conservatory.
- Free choice of a piece in solo or ensemble.
- A deciphering of a piece or an improvisation.

Certificate 3: Choral singing (30h over 2 years):

- Choral repertoire going from the Middle Ages to Contemporary writing.

Certificate 4: Musical culture:

- Musical listening and musicological analysis.

Certificate 5: Instrument:

- Introduction to guitar accompaniment (15h).
- Percussion training (15h).

❖ **Exam and knowledge testing:**

Certificate 1, 2 and 4:

- Written exam.
- Oral exam.

Certificate 3 and 5: Musical interpretation:

- Validated by compulsory presence.

F – UNIVERSITY DIPLOMA OF MUSIC THERAPIST (2nd LEVEL) PROGRAM

INTERNSHIP AND SEMINAR ON THE ANALYSIS OF RELATIONSHIP (U31 DMU5):

Certificate 1: Practical internship (305h):

- The internship is mandatory, it allows the practice of music therapy and its adaptation in a workplace.
- Its duration is about 305h (spread over 6 months). The schedule is organized with the institution and is validated by the head teacher.
- The student chooses his training centre and it must be validated by the Director.
- ❖ Validated by compulsory presence.

Certificate 2: Personalized oversight of the practice (11h):

Certificate 3: Seminar on the analysis of relationship (20h):

- Oversight group focused on the analysis of situations experienced during the internship to allow everyone to better understand what is at stake in the therapeutic relationship. Participation in the seminar is mandatory.
- ❖ Validated by compulsory presence.

SEMINARS (U32 DMU5):

Certificate 1: Music therapy practice analysis (group seminar) (20 h):

- Development of an adapted treatment plan.
- Analysis and monitoring of various clinical strategies applied during the internship.
- ❖ Validated by compulsory presence.

Certificate 2: Bibliography and methodology of thesis writing (23h):

- Realisation of a bibliography using IT tools.
- Paper referencing rules.
- Paper reading and thesis writing.
- ❖ Validated by compulsory presence.

Certificate 3: Notetaking methodology in music therapy sessions (8h):

- Using sessions encountered by the students.
- ❖ Validated by compulsory presence.

Certificate 4: Cycle of lectures and master classes (32h):

- As part of the educational program, master classes and lectures with renowned national and international professionals (music therapists, researchers...) are organized.
- ❖ Validated by compulsory presence.

Certificate 5: Neurophysiology of music (25h):

- ❖ Validated by compulsory presence and writing exam.

Certificate 6: Developmental psychology (20h):

- ❖ Validated by compulsory presence and writing exam.

Certificate 7: Introduction to the establishment of a research protocol (16h):

- ❖ Validated by compulsory presence and writing exam.

WRITING AND DEFENSE OF THE THESIS IN MUSIC THERAPY (U33 DMU5):

Certificate 1: Audition and correction (25h):

- Thesis defense and correction by a panel of specialists.
- ❖ Validated by compulsory presence.

Certificate 2: Thesis:

- The thesis must present a critical review and a detailed clinical practice of music therapy at the institution where the student has been during the internship. It should also reflect the theoretical research made by the student on the subject and should open on a personal inquiry.
- The student will be guided in his research and writing in the thesis (80 effective pages minimum, 100 effective pages maximum) by a recognized thesis supervisor.
- The subject of the thesis must relate to the practice of music therapy and must first be accepted by the head of studies.
- The plan of the thesis and its bibliography must be subject to the agreement of the Director.
- The defense of the thesis will take place only after obtaining the U37 and U38Dumum.
- ❖ The panel is chaired by the Director of Education. The thesis is rated on a 20 grade scale and a distinction can be added. Please refer to the official grading system of the Paul-Valéry Montpellier 3 University (<http://goo.gl/B5BsXb>).

- ❖ The thesis testifies the quality of the work done by the student and the education he has received.