

Program and Module Rationale

1. Program rationale

This is a program tailor made for people who would like to learn the techniques of music in therapy and potentially use them in special education and rehabilitation facilities in Hong Kong. The knowledge and skills instructed are excellent for self-development and career advancement. Though the teaching material included primarily focuses on the use of music for children with special needs (CSN), the principles and techniques could be well adapted to other populations such as geriatrics, mentally ill as well as hospital patients.

Mr. Pang has put together therapeutic techniques, activity implementing skills and music repertoire that are fully localized. All of these have been truly adapted and clinically tested in local settings. In another word, the program would be intended for “plug and play” in educational and rehabilitation settings in Hong Kong. Owing to this fact, no foreign and local music therapy program could come near to its adaptability and practical value for the Cantonese population.

The captioned 音樂治療 consists of 94 hours of instruction and 14 hours on-site practicum work spreading over a 12-month period. Lectures and instructions would be conducted in Cantonese, and in a part-time evening basis with one meeting per week. We would adopt a **small-class instruction format with no more than 14 people per class** for most of the modules. The program would be well paced to ensure that instructional materials could be well simulated in time of graduation.

2. Module rationale

Module 1: Music Therapy & Children with Special Needs - Theory & Practice (2 hrs x 6 meetings = 12 hours)

This module and Module 3 are two basic modules that address the most essential knowledge in applying Behavioral Music Therapy to children with special needs. Module 1 is theory oriented, whereas, Module 3 focuses on behavioral management [Applied Behavioral Analysis (ABA)] techniques.

Module 2: Guitar (1.25 hour x 8 meetings = 10 hours)

Guitar is the most convenient and versatile instrument in music therapy especially in the use for CSN. It is preferred over the keyboard in Behavioral Music Therapy for children because of its portability. It is also one of the few instruments existed that can play melody and accompaniment at the same time. Upon completion of the module, attendants would be able to use the guitar in a basic and practical way including playing kid and pop song accompaniment.

Module 3: Music Therapy & Children with Special Needs - Practicum course (2 hrs x 6 meetings = 12 hours)

Module 4: Music Activity Repertoire and Accompaniment Skills (2 hours x 6 meetings = 12 hours)

Apart from presenting a wide array of music activities suitable for CSN in achieving various therapeutic objectives, this module also teaches techniques in conducting various music activities such as drumming, hand chime ensemble, tap bells, and group music making. It is designed to build song and activity repertoire as well as accompaniment techniques to be used in music therapy.

Module 5: Assessment and Case analysis (2.5 hours x 4 meetings = 10 hours)

Assessment is an essential skill in treatment to allow the documentation of progress. Case analysis is intended to sharpen awareness within a therapeutic process. It is important for the attendants to understand and articulate the process before therapeutic procedures could be established.

Module 6: Improvisation Skills, Djembe (African drum) and Percussions (2 hours x 5 meetings = 10 hours)

Improvisation skills can be taught systematically. Principles of clinical improvisation and basic improvisation techniques in vocal, rhythmic as well as keyboard would be covered. They are essential in music therapy practice. On the other hand, mastering the use of rhythm is also crucial in applying music in therapy because rhythm making regulates motor activity and enhances cognitive functions. Besides, African drumming and percussion playing are excellent media for rhythm execution and improvisation.

Module 7: Neurologic Music Therapy (NMT) (2.5 hours x 4 meetings = 10 hours)

NMT is an advance music therapy discipline with application for people with neurological impairments such as stroke, Parkinson's disease, Alzheimer's disease, cerebral palsy, autism and mental retardation. It is an evidence-based treatment system with standardized procedures for speech, motor, cognitive and psychosocial rehabilitation. This module contains song repertoire in working with geriatric population in Hong Kong

Module 8: On-site Practicum (14 hours)

On-site Practicum allows the attendants to practice what has been learned in real life therapeutic situation. Not only would they be allowed to work with CSN, the arranged site would provide a work environment that is common in Hong Kong.

Module 9: Practicum briefing and feedback sessions (15 hours)

The feedback sessions are on-going supervision of Module 8. It would ensure the quality of the practice and provide feedback to help solve problems encountered during practicum. Feedback and discussion would allow for learning from each other and, consequently, would enrich and consolidate the whole learning process.

Module X : Special Topics (3 hours) - This module contain two topics that pertain to two child issues namely

(1) Music Intervention for Dyslexia and (2) Music and Child-Parent Attachment.