



HEALING
Art Therapy Diploma

WP2.1 Definition and Selection of Courses to be designed/updated

Report on:

- ✓ Selected courses per institution

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ABBREVIATIONS AND ACRONYMS / GLOSSARY AND DEFINITIONS

EACEA	Education, Audiovisual and Culture Executive Agency
EC	European Commission
EU	European Union
GA	Grant Agreement
HEI	Higher Education Institution
ICT	Information and Communication Technologies
PC	Project Coordinator
WP	Work Package

1 INTRODUCTION

1.1 Aims and objectives of deliverable 1 of WP2

WP2 aims at developing innovative and multidisciplinary techniques that respond to the target group's educational needs, challenges, and required art therapy education skills. WP2 is at the core of the current project, which will lead to establishing a multidisciplinary diploma on Art therapy in the higher education institutions in Jordan and Tunisia.

To this aim, the first deliverable (D1) of the WP2 was to select and approve a list of courses suitable for all partners' institutions, which is as close as possible to students' requests and needs identified based on the surveys carried out in WP1.

Therefore, the first step of WP2.D1 consisted of an analysis of the outcomes of WP1 surveys. On this ground, the WP2 leader, Prof Mirabella of the University of Brescia, proposed a list of courses to all partners. The proposal's content has been discussed during several technical Committee meetings until it matched a balance between each Institution's needs and the key features for an innovative diploma in Art therapy.

In the following, it will be shortly described the steps of the procedure.

2 METHODOLOGY

2.1. Analyses of Survey results

The first survey was targeted at Deans or professors from the Jordanian and Tunisian partner universities, aimed to assess the current curricula and e-learning facilities. Aside from Jordan University of Science and Technology, the University of Gabès, and the University of Sfax, all other partner universities offer courses related to Art Therapy, with music, theatre, and art as the main forms of Art Therapy Education. Two universities offer psychology as part of Art Therapy Education and one university indicates Art Therapy as an integral part of Special Education at their institution. The overwhelming majority of respondents believe there is need for more Art Therapy courses at their university. Student also underlined the importance, novelty, and job market opportunity of this new field. All universities have some e-learning implementation at their Departments, with learning through online platforms and online face to face meetings are the most popular forms.

A preliminary assessment, only for students and teachers, regarded the familiarity with e-learning and an overview of the most frequently encountered advantages and disadvantages of these platforms. Results show that most students and teachers from Jordan and Tunisia have a good experience with e-learning. Learning through online platforms and online meetings is the most common form of e-learning. Interestingly

apps and gamification are the second most common form for students but are far less common for teachers, which prefer webinars. The most important benefit of e-learning for teachers and students is the fact that they can learn at their own chosen time, location, and pace.

Both, students and teachers from *Jordan* find more valuable the possibility to learn in and outside of the classroom. Differently arises in *Tunisia*, while students consider more important to choose their learning track, teachers are more interested in the possibilities to have students learning at their own pace.

The downsides of e-learning are that students require stronger self-discipline and at the same time they lack real-life social contact. Mostly students from *Jordan* acknowledge that learning from a screen can cause physical problems, this problem is not mentioned by teachers, possibly indicating that teachers might not be aware of the effects of studying from a screen.

The second survey had the aim of identifying which competencies teachers, students, and stakeholders (hospital staff, medical centers, art graduates, therapists, art therapists, etc.) already have and which competencies they still lack in Art Therapy. First, students were asked to which extent the list of topics or subjects were already present in their curriculum. In *Jordan*, **Practical skills and Practical** seem to be the most present topic, whereas mainly **Art history, Artistic abilities, Psychology, Therapeutic methodology,** and **Expression of emotions** are lacking. In *Tunisia*, **Expression of emotions through art** is most present, while **Therapy with art, Critical thinking, Art history,** and **Psychopathology** are less present. Second, students were asked to indicate to which extent they believe the specific subjects listed in the survey should be part of an Art Therapy program. In *Jordan*, students indicate **Psychology, Developing communication skills,** and **Critical thinking** should be included, while in *Tunisia*, students mainly indicate a need for **Psychology, Developing communication skills, Therapeutic methodology,** and **Therapy with different art forms**. Interestingly, 55% of students in *both countries* indicate that **Art history** is unnecessary or hardly necessary.

Next, the teaching staff of Jordanian and Tunisian universities assessed what courses are needed or not. Teachers in Jordan deemed **Therapy with art, Developing communication skills,** and **Ethics** as 'essential' or 'required', conversely **Art History, Psychopathology, Critical Thinking,** and **Artistic Abilities** take the lead for responses in 'unnecessary' and 'hardly necessary'. In Tunisia, teachers show a preference for **Practical skills, Artistic abilities,** and **Expression of emotions through art**. Like *Jordan*, nearly half of the teachers believe **Art History, Psychopathology,** and **Therapeutic Methodology** are unnecessary.

By combining the answers for 'required' and 'essential' of both, students and teachers, we get an overview of the courses that are viewed as important for a strong Art Therapy Program. The two groups have in general a similar idea on which courses are required. Except for **Art History**, which is viewed as less necessary by both groups, all other topics that are proposed are deemed as necessary by at least half of respondents, especially **Developing communication skills** and **Psychology** are topics with a high response rate. **Practical skills** and **Therapy with art** are next in importance for both target groups.

Lastly, stakeholders were asked to leave an opinion. Jordanian stakeholders are convinced of the added value of nearly all courses, with two exceptions: **Art History** and **Ethics**. The most required topics are **Psychology**, **Practical skills**, and **Therapeutic Methodology**. In Tunisia, stakeholders show a preference for the topics again for **Practical skills** and **Therapeutic Methodology**. Also, **Psychopathology** is deemed important. Instead, **Critical Thinking**, followed by **Art History** and **Ethics** is seen as less necessary.

Combining all three target groups shows that half or more than half don't believe Art History is required or essential for an Art Therapy Program. Instead, **Ethics**, **Critical Thinking**, and **Artistic abilities** are subjects that mainly *teachers* believe are required or essential.

Psychopathology and **Therapeutic Methodologies** are courses where *stakeholders* have a very pronounced preference. **Psychology** and **Developing communication skills**, stand out because they receive a high score from all three target groups.

Finally, as far as it concerns the proposed subjects inspired by existing art therapy programs at European partner universities, they were generally all well accepted by the three target groups.

Most Jordanian students believe that **Medical knowledge and skills**, **Practical skills and insights**, and **Psychology, psychiatry, and therapy** should be mandatory or optional. There is a clear preference for **Psychology and Art**, **Subjects about Art Therapy**, and **Psychology and Art** being optional rather than mandatory.

Similarly, for Tunisian students, **Psychology & Psychiatry & Therapy**, **Medical knowledge & skills**, and **Practical skills & insights** are courses to be mandatory or optional. Conversely, they also attach more importance to **Psychology & Art** than Jordanian students. **Subjects about Art therapy** and **Artistic skills** are viewed to be optional rather than mandatory.

The majority of teachers in Jordan believe all courses should be part of an Art Therapy Program, be it mandatory or optional, only the responses for **Artistic skills** show a preference to be optional. Tunisian teachers believe strongly that both, **Psychology & Art** and **Psychology & Psychiatry & Therapy** should be mandatory. Also, **Subjects about Art Therapy** and **Artistic skills** are perceived as preferentially mandatory.

In conclusion, Jordanian stakeholders mainly hold the view that **Medical knowledge and skills** and **Practical skills and insights** should be mandatory rather than optional. Contrary to the results for Jordan, stakeholders in Tunisia believe that **Artistic skills** and **subjects about Art Therapy** should be mandatory rather than optional. There are no courses that should be optional rather than mandatory, indicating that at least half of the stakeholders believe each course should be present.

ANNEXES

Annex I – Study Plan University of Sfax

HEALING Diploma Study plan

1	School	Higher Institute of Music of Sfax
2	Department	Music and musical sciences Sound engineering Psychiatry A
3	Program title (Arabic)	ماجستير مهني في العلاج بالموسيقى
4	Program title (English)	Professional master's in music therapy

1. Numbering System:

A- Department number

Number	Department
1	Music and musical sciences
2	Sound engineering
3	Psychiatry A

2. Rules & Conditions:

Students wishing to register must possess at least a Bachelor's degree in either artistic, socio-humanistic, or health fields (dance, acting, music, psychology, pedagogy, social work, education and rehabilitation, speech therapy, medicine, etc.).

Also, applicants must have an adequate degree of psychological maturity, including achieving and maintaining a proper and empathetic client relationship. They also need to exhibit creativity and the capability to improvise, a non-judgmental attitude, a tolerance for ambiguity, and they need to enjoy working with people with physical or mental disabilities. As applicants will work in teams with other professionals (e.g., psychiatrists, psychologists, teachers, and counsellors), they must possess interpersonal skills. Finally, as all the courses can be given via e-learning, we require a basic knowledge of Personal Computers and e-learning platforms (e.g., Zoom, Google Meets, Microsoft Teams).

3. Priorities for admission:

Applicants are selected based on past academic records. A selection committee can if needed interview potential students.

4. Additional requirements:

NA

5. Program Learning Outcomes:

The master's degree in music therapy has been designed to help participants to understand how diseases affect psychological well-being. The latter represents an essential pre-requisite to allow the art therapist to select the most appropriate art tool to help different patients to achieve insights, improve interpersonal skills, increase self-awareness, and boost self-esteem.

The degree will allow the participants to:

- Learn how music therapy can promote mental and emotional wellbeing through art making in clients with psychological discomforts and neurological diseases.
- Understand what the more appropriate music techniques are according to the client psychological state;
- Possess a basic knowledge for assessing the outcomes of the music therapy interventions, to decide whether to continue a given approach or to change it if ineffective.

6. Components of curriculum:

In the curriculum for the Art Therapy Diploma the student need to obtain at least 30 credit hours per semester.

1- Semester 1
a. Core Courses

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
UE1.1	Introduction to psychiatry: semiology, nosography (1)	3		3
UE1.2	Development theories (1)	2		2
UE1.3	Psychomotor development (1)	2		2
UE2.1	Receptive music therapy: musical listening & Active music therapy: sound communication (1)	1	1	2
UE2.2	Clinical improvisation & support (1)		2	2
UE2.3	Music, Neurosciences & Psychopathology (1)	2		2
UE3.1	Therapeutic terminology (1)	2		2
UE3.2	Integrationist linguistics (1)	2		2
UE3.3	Basis of Art therapy	3		3
UE4.1	Internship immersion in an institution (1)		4	4
UE4.2	Musical training and practice (1)		2	2
Total		17	9	26

b. Transversal Courses (Mandatory for any Master degree in the Tunisian System)

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
UE5.1	Human rights	1		1
UE5.2	Musicological English (1)	1		1
Total		2	0	2

c. Elective Courses

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
OP1.1	Mode & Singing (1)		1	1
OP1.2	Individual instrumental practice (1)		1	1
OP1.3	Sound and Mixing (live / concert / studio) (1)		1	1
OP1.4	Computer music (M. A. O) (1)		1	1
Total			4	4

2- Semester 2

a. Core Courses

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
UE1.1	Introduction to psychiatry: semiology, nosography (2)	3		3
UE1.2	Development theories (2)	2		2
UE1.3	Psychomotor development (2)	2		2
UE2.1	Receptive music therapy: musical listening & Active music therapy: sound communication (2)	1	1	2
UE2.2	Clinical improvisation & support (2)		2	2
UE2.3	Music, Neurosciences & Psychopathology (2)	2		2
UE3.1	Therapeutic terminology (2)	2		2
UE3.2	Integrationist linguistics (2)	2		2
UE3.4	Anthropology	3		3
UE4.1	Internship immersion in an institution (2)		4	4
UE4.2	Musical training and practice (2)		2	2
Total		17	9	26

b. Transversal Courses (Mandatory for any Master degree in the Tunisian System)

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
UE5.2	Musicological English (2)	1		1
UE5.3	Copyright	1		1
Total		2	0	2

c. Elective Courses

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
OP1.1	Mode & Singing (2)		1	1
OP1.2	Individual instrumental practice (2)		1	1
OP1.3	Sound and Mixing (live / concert / studio) (2)		1	1
OP1.4	Computer music (M. A. O) (2)		1	1
Total			4	4

3- Semester 3
a. Core Courses

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
UE1.1	Introduction to psychiatry: semiology, nosography (3)	3		3
UE1.2	Development theories (3)	2		2
UE1.3	Psychomotor development (3)	2		2
UE2.1	Receptive music therapy: musical listening & Active music therapy: sound communication (3)	1	1	2
UE2.2	Clinical improvisation & support (3)		2	2
UE2.3	Music, Neurosciences & Psychopathology (3)	2		2
UE3.1	Therapeutic terminology (3)	2		2
UE3.2	Integrationist linguistics (3)	2		2
UE3.5	Ethnomusicology	3		3
UE4.1	Internship immersion in an institution (3)		4	4
UE4.2	Musical training and practice (3)		2	2
Total		17	9	26

b. Transversal Courses (Mandatory for any Master degree in the Tunisian System)

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
UE5.4	Corporate Culture and Intellectual Property	1		1
UE5.5	Medical English	1		1
Total		2	0	2

c. Elective Courses

Course ID	Course Title	Credit hours		
		Theoretical	Practical	Total
OP1.1	Mode & Singing (3)		1	1
OP1.2	Individual instrumental practice (3)		1	1
OP1.3	Sound and Mixing (live / concert / studio) (3)		1	1
OP1.4	Computer music (M. A. O) (3)		1	1
Total			4	4

4- Semester 4 : Project (Tutored professional project)

<p>The project is focused on the practical outcomes of the internship experience. In particular, students must demonstrate to be able to identify clear treatment goals, to choose an approach, and develop a treatment program appropriate for the clients, and to use therapeutic strategies that involve music. Furthermore, students must continually assess whether the project is working and eventually adjust plans as needed. This project is supervised by a teacher habilitated to tutor the activities of the project</p>	30 Credit hours
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Program Courses Description:

Course ID: UE1.1	Course Name: Introduction to psychiatry: semiology, nosography	(9 Credit Hours)
Prerequisite: NA		
Course Description: At the end of the training, the student is expected to be able to exercise the role of the consultant in the specialty. He must demonstrate the knowledge, skills, and attitudes required for effective care and service toward patients in a diverse population, at all stages of life.		

Course number: UE1.2	Course Name: Development theories	(6 Credit Hours)
Prerequisite: NA		
Course Description: The objective of this course is to: - Define psychology, its goals, and its fields of intervention - Describe the major trends in psychology (foundations, concepts, emblematic figures, etc.) - Allow the student to recognize and master the different stages of development		

Course number: UE1.3	Course Name: Psychomotor development	(6 Credit Hours)
Prerequisite: NA		
Course Description: The objective of this course is to approach the concepts relating to the motor development of the child and the impact of this motor development on the cognitive aspects. These elements allow a fundamental motor education for healthy children.		

Course number: UE2.1	Course Name: Receptive music therapy: musical listening & Active music therapy: sound communication	(6 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course will focus on the main axes of the therapeutic use of music.</p> <ul style="list-style-type: none"> - Listening: subjectivity, memory, emotion - Music and identity - Language, communication, music - Musical culture in music therapy - Recording and editing techniques - Bibliographic research - The place of receptive music therapy in the institution <p>This course will also focus on the study of the different techniques of:</p> <ul style="list-style-type: none"> - Imitation, play, music in music therapy - Movement, gesture, music in music therapy - The development of the child, the sound, the musical - Communication in active music therapy - The sound intermediate object in active music therapy - The different sound parameters and their therapeutic use - The sound instrument and the therapist - The place of active music therapy in the institution 		

Course number: UE2.2	Course Name: Clinical improvisation & support	(6 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course will allow learners to master:</p> <ul style="list-style-type: none"> - The different active psychomusical techniques in groups and individually - Improvisation in active music therapy - Creativity in the practice of improvisation in active music therapy - Instruments adapted to different pathologies in active music therapy - The rhythmic bodywork, - Personal experience in active group music therapy, - The notion of creativity and sound creation, and their musical evolution in music therapy <p>In this course, students will also benefit from coaching and supervision of their attitudes, behavior and musical and therapeutic behavior in a Hospital and Association environment,.</p> <ul style="list-style-type: none"> - Professional identity, ethics & deontology: At the end of the course, the student will have retained and mastered the essential principles and rules of ethics and professional conduct. -The moral -The probability -The dedication -Independence - Confraternity and respect for teachers and the rights of patients; - The principles of negotiating fees (salaries) and other benefits due to him. - The principles of medical confidentiality. 		

Course number: UE2.3	Course Name: Music, Neurosciences & Psychopathology	(6 Credit Hours)
Prerequisite: NA		
Course Description: <p>The purpose of this course is to familiarize students with the knowledge resulting from research in neurosciences applicable to learning in music. This course specifically targets the acquisition of knowledge necessary for understanding the different learning mechanisms amongst students regarding neurological, biological, and environmental factors. At the end of this course, the student will be able to develop learning/therapy situations that consider the different profiles of the beneficiaries.</p>		

Course number: UE3.1	Course Name: Therapeutic terminology	(6 Credit Hours)
Prerequisite: NA		
Course Description: <p>This therapeutic terminology course provides knowledge of therapeutic terminology relevant to music therapy and other related therapeutic health and medical professions. It covers the medical language and terminology used by music therapists and health care professionals everywhere.</p>		

Course number: UE3.2	Course Name: Integrationist linguistics	6 Credit Hours)
Prerequisite: NA		
Course Description: <p>The course starts with the observation that 'real' societies are made up of living real people. Therefore, the subjects of aesthetic attitude must also be real, living people able to verbalize real and lively aesthetic experiences. It is for this reason that the discursive attitude culminates in the sociological approach to art. This is a prerequisite that, in itself, tilts linguistics towards an "integrationist" direction.</p>		

Course number: UE3.3	Course Name: Basis of Art therapy	(3 Credit Hours)
Prerequisite: NA		
Course Description: <p>The general objective of this course is to:</p> <ul style="list-style-type: none"> • Open up to students with artistic skills professional development and access to research in the field of art therapy. • Provide professionals using artistic mediations with a level of skills, theoretical development capabilities, and assessment tools; • Deepen a theoretical reflection on these professional practices; • Develop and develop methodologies, tools, and devices specific to art therapy adapted to audiences; • Develop research in this sector; • Participate in national and international development: participation of colleagues from the universities of Tunis - Sfax (musicology, theatre, visual arts), Paris Descartes, Nantes (theatre, dance, music therapy), Montpellier (theatre, music therapy), 		

Course number: UE3.4	Course Name: Anthropology	(3 Credit Hours)
Prerequisite: NA		
Course Description: <p>What makes anthropology unique is its commitment to examining claims about human 'nature' using a four-field approach. The four major subfields within anthropology are linguistic anthropology, socio-cultural anthropology (sometimes called ethnology), archaeology, and physical anthropology. This Anthropology course will introduce students to all aspects of humanity at all times. They will learn about human differences and conditions in all its biological, historical, cultural, and linguistic complications.</p>		

Course number: UE3.5	Course Name: Ethnomusicology	(3 Credit Hours)
Prerequisite: NA		
Course Description: This course offers a solid master's-level foundation in ethnomusicology. With a strong focus on theory, methodology, and current debates in the discipline, together with appropriate research techniques and presentational styles, it offers excellent preparation for doctoral study and also for applied work		

Course number: UE4.1	Course Name: Internship immersion in an institution	(12 Credit Hours)
Prerequisite: NA		
Course Description: The main aim of this internship immersion is the transmission of clinical concepts and institutional music-therapeutic practices, the study of institutional analysis, and the study of the psychopathology related to these practices.		

Course number: UE4.2	Course Name: Musical training and practice	(6 Credit Hours)
Prerequisite: NA		
Course Description: This course will help students: <ul style="list-style-type: none"> - Master the techniques of reading by identifying the different melodic intervals and rhythmic cells. - Understand and apply the principles of "tonality", "modulation", and "neighboring tones". - Active listening and an analytical mind in the design of the exercise. - Concentration and memorization of the different melodic intervals. - Reflexes in identifying rhythmic structures and major and minor tones. - The integration by the ear of the sequence of the whole exercise and the passage between each measure. - To make the student able to conceive the melodic intervals and the movements of the notes naturally. 		

Course number: UE5.1	Course Name: Human rights	(1 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>An important outcome of human rights education is empowerment, a process through which people and communities increase the control of their own lives and the decisions that affect them. The ultimate goal of human rights education is people working together to bring about human rights, justice, and dignity for all.</p> <p>Studying human rights can lead our students to enhance their knowledge and understanding of human rights. Foster attitudes of tolerance, respect, solidarity, and responsibility. Develop awareness of how human rights can be translated into social and political reality. Develop skills for protecting human rights.</p>		

Course number: UE5.2	Course Name: Musicological English	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This English for specific purpose course will cover a wide spectrum of the different musical instrument classification systems and will provide, as well, an introduction to the numerous musical genres and styles all over the world and their respective history and characteristics. All through this course students will learn about the different jargon related to Arabic and Western musical instruments and styles and will develop their reading writing, listening, and speaking skills while dealing with different readings, interactive exercises, and audio-visual documents.</p>		

Course number: UE5.3	Course Name: Copyright	(1 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>In this course, students will learn the basis for copyright including what is and is not covered by copyright law. This course will help clarify what rights artists have as creators as well as what the public is free to take from their work. Students will also learn what to do if someone copies their work and what to do if they are accused of copying someone else. Finally, the course will discuss how technology has changed copyright for the better (and worse) and how copyright laws may change in the coming years.</p>		

Course number: UE5.4	Course Name: Corporate Culture and Intellectual Property	(1 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>The objective of the program in intellectual property law and corporate cultural is to offer academic education and practical training that correspond to the needs of all professional fields of intellectual property. The program covers the legal mechanisms governing the protection of creative works, their valorization, and their defense in case of the infringement of the intellectual property rights that protect them. The aim is to provide students with general legal knowledge that will enable them to grasp the positive law of intellectual property and its future evolution. Students will be able to respond to the needs of various organizations, institutions, and businesses.</p>		

Course number: UE5.5	Course Name: Medical English	(1 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course will explore how music therapy uses music, introducing students to the unique use of music as a powerful clinical tool in health and education settings. Students will learn about the different ways music can be used to develop an individual's personal, emotional, and social skills, emotional wellbeing, and to improve quality of life. All through this course students will learn about the different vocabulary related to music therapy work and will develop their reading writing, listening, and speaking skills while dealing with different readings, interactive exercises and audio-visual documents.</p>		

Course number: OP1.1	Course Name: Mode & Singing	(3 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims to master the musical modes and their melodic, intervallic and rhythmic specificities and to practice singing techniques using examples of oriental and Tunisian musical heritage</p>		

Course number: OP1.2	Course Name: Individual instrumental practice	(3 Credit Hours)
Prerequisite: NA		
Course Description: At the end of this course, students will master the instrumental techniques of different western and eastern melodic and rhythmic instruments.		

Course number: OP1.3	Course Name: Sound and Mixing (live / concert / studio)	(3 Credit Hours)
Prerequisite: NA		
Course Description: The Sound and Mixing course will provide a general idea about the distribution of sound in an open and closed space using electroacoustic means, namely the sound system of live shows and recording studios. The objective of this course is to enable students to make good use of electroacoustic and technological tools (microphones-mixers-amplifier-equalizers-speakers) in sound broadcasting.		

Course number: OP1.4	Course Name: Computer music (M. A. O)	(3 Credit Hours)
Prerequisite: NA		
Course Description: The objective of the Computer-Assisted Music course is to enable students to efficiently use technological tools in recording and processing all types of the audio signal, such as correcting, editing, adding special effects, compression, decompression. The implementation difficulties are approached step by step, followed by evaluation exercises. These difficulties are studied pedagogically so that each student can, towards the end of these courses, record, process any digital audio signal and master useful techniques in the audio signal field (digitization, conversion, processing, acquisition, acoustic correction, and saving).		

Annex II – Study Plan University of Sousse

HEALING Diploma Study plan

University of Sousse -Tunisia

1.	School	Co-constructed between the: "Faculty of Medicine of Sousse" "Higher Institute of Music of Sousse"
2.	Department	Psychiatry Music and Musicology
3.	Program title (Arabic)	الماجستير المهني في التدخل العلاجي بالموسيقى
4.	Program title (English)	Professional Master project in Music-therapy intervention

7. Numbering System:

A- Department number

Number	Department
1	- Music and Musicology
2	- Psychiatry

8. Rules & Conditions:

a) Requirements for admission:

The Health Care Management and Art Therapy (Healing) study plan is made up of Diploma music-therapist domain. Students with diverse backgrounds will be admitted for professional development training.

1. Any student who has validated his 2nd cycle of medical studies.
2. Any student holding a license / master's in music and Musicology, in Humanities or Social Sciences, (Psychology, Psychomotricity, Ergotherapy or any similar field specified by the steering committee), has the right to apply for this master's degree.

- Training and current musical practice are required and evaluated by the admissions committee.
- The selection of candidates is done on file according to the criteria set by the master's committee (curriculum vitae, motivation letter, diplomas, a transcript of marks from their last three years of training).

b) Application process

A selection committee will interview potential students. Applicants are selected based on past academic records, a 300-word letter of intent, and their attitudes. Confirmation of acceptance to the Diploma Program will occur within two weeks of application.

c) Program Learning Outcomes:

The Diploma in Music therapy has been designed to help participants decide if an art therapy career is suitable for them and form music therapists with knowledge spanning from the art techniques to how diseases affect psychological well-being. The latter represents an essential pre-requisite to allow the music therapist to select the most appropriate technic to help different patients to achieve insights, improve interpersonal skills, increase self-awareness, and boost self-esteem.

The Diploma will allow the participants to:

- Learn how music therapy can promote mental and emotional wellbeing through musical making in clients with psychological discomforts and neurological diseases;
- Understand what the more appropriate musical techniques are according to the client psychological state;
- Manage to a reasonable extent all the various musical techniques (Active or passive music therapy);
- Possess a basic knowledge for assessing the outcomes of the music therapy interventions, in order to decide whether to continue a given approach or to change it if ineffective;

d) Occupational Profiles of Graduates

Students who will graduate from the program can apply to various institutions (e.g., rehabilitation centres; hospitals; schools; prisons and other correctional facilities; community mental health centres; seniors' centres and nursing homes; day-care centres; counselling centres and clinics) as creative music therapist and occupational therapist.

- Possibility of registering for a doctorate (PhD) in specialized institutions in Europe and / or Tunisia...
- Integrate research groups / units and laboratories (national / international).

e) Courses Organization

Courses will start at the beginning of the Academic year and will last four semesters. Each student will have to take 22 courses spread over 4 semesters, 13 obligatory courses, 5 transversal courses and one elective courses (chosen among 4 alternatives). In addition, to promote ethical and practical skills relevant to become art therapists, students will have to assist in each semester to an internship in the clinical or community settings (practicum).

As we aim to provide music therapy training to people who may find it hard to access this in person because of where they live, all the courses will be given via e-learning platforms (e.g., Zoom, Google Meets, Microsoft Teams).

f) Graduation Requirements

Students will *earn* the **music-therapist Diploma** upon completion of the final examination for each semester.

The students must successfully complete courses covering at least 30 national credits, corresponding to 80% of the lessons.

- The students should score at least 60/100 at the final examination
- The ad hoc dissertation committee must approve students' presentations.

9. Components of curriculum:

The curriculum for the Art Therapy Diploma consists of 30 credit hours, distributed as follows:

5- Core Courses (per week)

The first semester

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
1	Introduction to psychiatry: semiology, nosography	2	0	2
2	Development theories	1	0	1
3	Psychomotor development	1	0	1
4	Musical, Musicological and Art therapy training	1	3	4
5	The group: social psychology & organization theory	1	0	1
6	Receptive Music Therapy & Active Music Therapy	3	0	3
7	Support, clinical improvisation / Music, Neurosciences & Psychopathologie	1	1	2
8	Internship A in an institution	0	4	4
9	Analysis / supervision of the practice	1	0	1
Total		11	08	19

6- Transversal Courses (Mandatory for any Master degree in the Tunisian System)

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
10	Human Rights 1 (Introduction to deontology)	1	0	1
11	IT	0	1	1
Total		1	1	2

7- Elective Courses

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
12	University methodology (note taking methodology and internship reports)	1	0	1
	Op1 Symposia and themed days	1	0	1
13	Op2 Experiential workshops: art therapy, drama therapy, dance therapy	0	1	1
	Individual / group instrumental practice	1	0	1
Total		03	01	02

* NB: (*) Each student must choose an optional subject from each batch (Op1 / Op2).

Total: 23h X 14 weeks = 322 hours per semester

The 2nd semester

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
1	Developmental psychology: childhood and adolescence	2	0	2
2	Psychiatry: case presentation	1	0	1
3	Clinical psychopathology: (1)	1	0	1
4	Musical training & practice 2	1	3	4
5	The group: psychoanalytic theories	1	0	1
6	Rhythmic melodic practice workshop	3	0	3
7	Receptive music therapy: listening to music	1	1	2
8	Active music therapy: sound communication	0	4	4
9	Support and clinical improvisation	1	0	1
Total		11	08	19

1- Transversal Courses (Mandatory for any Master degree in the Tunisian System)

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
10	Human Rights 1 (Introduction to deontology)	1	0	1
11	IT	0	1	1
Total		1	1	2

2- Elective Courses

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
12	University methodology (note taking methodology and internship reports)	1	0	1
	Op1 Symposia and themed days	1	0	1
13	Op2 Experiential workshops: art therapy, drama therapy, dance therapy	0	1	1
	Individual / group instrumental practice	1	0	1
Total		03	01	02

* NB: (*) Each student must choose an optional subject from each batch (Op1 / Op2).

Total: 23h X 14 weeks = 322 hours per semester

The 3^d semester

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
1	Developmental psychology: adulthood and aging	2	0	2
2	Psychiatry: case presentation	1	0	1
3	Clinical psychopathology: (2)	1	0	1
4	Melodico-Rhythmic practice workshop	1	3	4
5	Phenomenology of sound experience	1	0	1
6	Ethnomusicology of care	3	0	3
7	Body-voice-instruments, music and music therapy	1	1	2
8	Support and clinical improvisation	0	4	4
9	Institutional music therapy	1	0	1
Total		11	08	19

1- Transversal Courses (Mandatory for any Master degree in the Tunisian System)

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
10	Human rights (Professional identity, ethics & deontology)	1	0	1
11	Scientific English	0	1	1
Total		1	1	2

2- Elective Courses

Course Number	Course Title	Credit hours		
		Theoretical	Practical*	Total
12	University methodology (note taking methodology and internship reports)	1	0	1
	Op1 Symposia and themed days	1	0	1
13	Op2 Experiential workshops: art therapy, drama therapy, dance therapy	0	1	1
	Individual / group instrumental practice	1	0	1
Total		03	01	02

* NB: (*) Each student must choose an optional subject from each batch (Op1 / Op2).

Total: 23h X 14 weeks = 322 hours per semester

The 4th semester

Course Number	Course Title	Credit hours ECTS		
		Theoretical	Practical*	Total
1	Internship in an institutional setting	0	6	6
2	Practice analysis / supervision	2	0	2
3	Memory accompaniment	0	2	2
	Graduation Project	-The oral presentation of the thesis lasts 15 to 20 minutes -It is followed by questions from the jury to which the student must answer		10
Total		02	08	20

Total: 20h X 14 weeks = 280 hours per semester

Total programmed hours for this master:1246

1- Project

مشروع التخرج والمؤطر

In the absence of a Tunisian repository for the profession of music therapist, we used the French RM, which is presented as follows:

The repository of activities and skills of the profession of music therapist does not replace the regulatory framework. Indeed, a repository is not intended to determine responsibilities. This involves describing the activities of the trade, then the skills of the professional. These are written in terms of capacities to be mastered by professionals and attested by obtaining a diploma or a training certificate in music therapy (Professional Master in Music Therapy).

Concept of activity: it is all the tasks performed by the professional in the exercise of his mission. An activity is neither a responsibility nor a skill, it is concretely expressed by a noun meaning action. It takes time and is located in space.

Notion of competence: it is materialized by the implementation, in a professional situation, of capacities allowing to carry out an activity properly. This encompasses not only the skills required to carry out a professional activity, but also all the professional behaviours necessary for full mastery of this activity. It is described by several elements which specify the essential components of the competency and the requirements to obtain it.

Depending on the intervention contexts, the designation of the beneficiary of music therapy may vary: "patient", "person", "client", "resident", "user", etc. Likewise, the care relationship between the graduate in Music therapy and the person can be expressed in various ways: "support", "support", "care", "follow-up", "helping relationship" ...

15 Credit hours

Program Courses Description:

Course number:1	Course Name: <u>Introduction to psychiatry: semiology, nosography</u>	(3 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>At the end of the Master's training, students will have perfected a range of specific skills as a paramedical expert. As 'paramedical' experts, Music Therapy graduates use their specialized clinical skills and professional attitudes to provide patient-centered care at all stages of life, including children, adolescents, adults and children. seniors, in various settings including, hospitals, outpatient clinics and the community.</p>		

Course number:2	Course Name: <u>Development theories</u>	(3 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>The objectives of the Development Theories course are to:</p> <ul style="list-style-type: none"> - Awareness of development perspectives from a lifecycle perspective (entire life). - Different perspectives: analytical, ecosystem ... - Two main parts in the course: the main theories and a chronological perspective 		

Course number:3	Course Name: <u>Psychomotor development</u>	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>The objective of the psychomotor development course is to enable students to understand the psychomotor development of infants and children: normal and pathological aspects (sleep, diet, sphincter controls, psychomotor skills, language, intelligence). The early establishment of the parent-child relationship and its importance. Learning disabilities</p> <ul style="list-style-type: none"> - Diagnose an anomaly in somatic, psychomotor, intellectual and emotional development. - Identify relationship dysfunctions and learning disabilities early on. - Argue the therapeutic attitude and plan the follow-up in current situations. 		

Course number: 4	Course Name: Musical, Musicological & Art therapy training	(9 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <ul style="list-style-type: none"> - Student will be able to manipulate the techniques of reading by identifying the different melodic intervals and rhythmic cells. - Understand and apply the principles of "tonality", "modulation", and "neighboring tones". - Active listening and an analytical mind in the design of the exercise. - Concentration and memorization of the different melodic intervals. - Reflexes in the identification of rhythmic structures and major and minor tones. - The integration by the ear of the sequence of the whole exercise and the passage between each measure. - To make the student able to conceive the melodic intervals and the movements of the notes in a natural way. <p>Open up to students with artistic skills professional development and access to research in the field of art therapy;</p> <ul style="list-style-type: none"> • Provide professionals using artistic mediations with a level of skills, theoretical development capabilities and assessment tools; • Deepen a theoretical reflection on these professional practices; • Develop and develop methodologies, tools and devices specific to art therapy adapted to audiences; • Develop research in this sector; • Participate in national and international development: participation of colleagues from the universities of Tunis - Sfax (musicology, theater, visual arts), Paris Descartes, Nantes (theater, dance, music therapy), Montpellier (theater, music therapy), 		

Course number: 5	Course Name: The group: social psychology & organizational theory	(3 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>Allow learners to link the different components below.</p> <ul style="list-style-type: none"> - Research the determinants of both negative and positive behavior. - Create the conditions for performance by creating a psychological climate that is more respectful of employees and more concerned about their well-being. 		

Course number: 6	Course Name: Receptive music therapy: listening to music	(3 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course will focus on the main axes of the therapeutic use of music.</p> <ul style="list-style-type: none"> - Listening: subjectivity, memory, emotion - Music and identity - Language, communication, music - Musical culture in music therapy - Recording and editing techniques - Bibliographic research - The place of receptive music therapy in the institution 		

Course number:7	Course Name: Active music therapy: sound communication	(3 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course will focus on the study of the different techniques of:</p> <ul style="list-style-type: none"> - Imitation, play, music in music therapy - Movement, gesture, music in music therapy - The development of the child, the sound, the musical - Communication in active music therapy - The sound intermediate object in active music therapy - The different sound parameters and their therapeutic use - The sound instrument and the therapist - The place of active music therapy in the institution 		

Course number:8	Course Name: Support and clinical improvisation	3 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course will allow learners to master:</p> <ul style="list-style-type: none"> - The different psychomusical techniques active in groups and individually - Improvisation in active music therapy - Creativity in the practice of improvisation in active music therapy - Instruments adapted to different pathologies in active music therapy - The rhythmic body work, - Personal experience in active group music therapy, - The notion of creativity and sound creation, their musical evolution in music therapy 		

Course number:9	Course Name: Music, Neurosciences & Psychopathology	(1 Credit Hours)
Prerequisite: NA		
Course Description: The purpose of this course is to familiarize the student with the knowledge resulting from research in neurosciences applicable to learning in music. This course specifically targets the acquisition of knowledge necessary for understanding the different learning mechanisms active in students with regard to neurological, biological and environmental factors. At the end of this course, the student will be able to develop learning / therapy situations that take into account the different profiles of the beneficiaries.		

Course number:10	Course Name: Practice analysis / supervision	(1 Credit Hours)
Prerequisite: NA		
Course Description: It is one of the devices of our professionalizing Master which consists of all the critical operations (observation, analysis, judgment, intervention) by which our students in a situation of responsibility aim to improve the quality of their professional acts of which they are responsible, so as to ensure the greatest possible consistency between standards and practices. Supervision aims to develop professional positioning, commitment and responsibilities. The active principles are the reflection, integration and conceptualization of complex professional contexts. In a Hospital and Association environment, students will benefit from coaching and supervision of their attitudes, behaviors and musical and therapeutic behavior.		

Course number:11	Course Name: Ethnomusicology of care	(1 Credit Hours)
Prerequisite: NA		
Course Description: This course provides an introduction to concepts and approaches to music therapy research as encountered in the co-disciplines of historical musicology and ethnomusicology of care, and in other disciplines which have addressed music including sociology and psychology. Key ideas and concepts are used to understand selected examples of Western practice's (in both popular and classical forms) and non-Western music. The scope of research considered in the course includes both studies of traditional forms of music performance and composition, and studies of music therapy in media contexts such as film, television, and games.		

Course number: 12	Course Name: Internship of immersion and professionalization in an institution	(12 Credit Hours)
Prerequisite: NA		
Course Description: The essence of internship should be experiential learning and integrative. Specifically, the internship will ensure that students demonstrate and develop critical thinking and problem-solving skills as well as management competencies in applied, experiential settings. This practical learning experience as an important component of our curriculum will require students to draw upon, apply and synthesize knowledge, and skills.		

Course number: 13	Course Name: Scientific English	(2 Credit Hours)
Prerequisite: NA		
Course Description: The course aims to improve students' knowledge and use of the conventions of academic and scientific English. It will cover some of the areas of scientific communication that students should master in order to successfully promote their research, including how to write cohesive and coherent sentences and paragraphs, how to paraphrase, how to write research papers and abstracts, and how to prepare and deliver academic presentations. Students will get a chance to practice their writing and speaking skills and improve their academic English vocabulary and grammar.		

Course number: 14	Course Name: Computer music composition	(3 Credit Hours)
Prerequisite: NA		
Course Description: This course examines of the link between human-computer interaction and the creative and technical practice of sound and music making. This course will develop a theoretical and practical understanding of computer music composition. Focus is placed on acquiring programming skills for implementation of compositional algorithms. Students will engage with a number of topics, including conceptual frameworks, contemporary practices and practitioners; complete readings and listening; and perform practical exercises that promote investigative learning and research. The course has the following learning objectives: facilitate new understandings and exploratory approaches in sonic arts practice; extend knowledge and develop new artistic and technical skills in human computer interaction and sound and music; and promote a learning process and reflexive skill set with regard to future practice, thus enabling students to adapt to the ever expanding and rapidly changing area of sonic arts and related areas of computer music.		

Course number: 14	Course Name: Therapeutic Human rights (Code of Ethics and Professional Deontology)	(3 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course was developed to promote and facilitate ethical behavior among therapists and other health care professionals in the rehabilitation setting.</p> <p>Course Goals</p> <p>At the end of this course, the participants will be able to:</p> <ol style="list-style-type: none"> 1. define the meaning of Ethics and explain the various theories that promote ethical behavior. 2. apply a systemic approach to ethical decision-making. 3. define the parameters of informed consent 4. differentiate between appropriate and inappropriate relationships 5. define the parameters of conflict of interest 6. define the principles of patient confidentiality 7. recognize the principles of massage therapy Code of Ethics 8. recognize the principles of music therapy Standards of Practice 		

Annex III – Study Plan University of Gabes

HEALING Diploma Study plan

1	School	Higher Institute of Arts and Crafts of Gabes
2	Department	Department of Music
3	Program title (Arabic)	دبلوم مهني تدريبي في العلاج بالفن
4	Program title (English)	Vocational Training Diploma in Art Therapy

10. Numbering System:

A- Department number

Number	Department

11. Rules & Conditions:

Students with diverse backgrounds will be admitted for professional development training.

Students wishing to register as Vocational art-therapists must possess at least a Bachelor's degree in either artistic, socio-humanistic or health fields (dance, acting, music, psychology, pedagogy, social work, education and rehabilitation, speech therapy, medicine, etc.).

In addition, applicants must have an adequate degree of psychological maturity, including achieving and maintaining a proper and empathetic client relationship. They also need to exhibit creativity and the capability to improvise, a non-judgmental attitude, a tolerance for ambiguity, and they need to enjoy working with people with physical or mental disabilities. As applicants will work in teams with other professionals (e.g., psychiatrists, psychologists, teachers, and counsellors), they must possess interpersonal skills. Finally, as all the courses will be given via e-learning, we require a basic knowledge of Personal Computers and e-learning platforms (e.g., Zoom, Google Meets, Microsoft Teams).

12. Priorities for admission:

A selection committee will interview potential students. Applicants are selected based on past academic records.

13. Additional requirements:

N/A

14. Program Learning Outcomes:

The Diploma in Art therapy has been designed to help participants decide if an art therapy career is suitable for them and form art therapists with knowledge spanning from the art techniques to how diseases affect psychological well-being. The latter represents an essential pre-requisite to allow the art therapist to select the most appropriate art tool to help different patients to achieve insights, improve interpersonal skills, increase self-awareness, and boost self-esteem.

The Diploma will allow the participants to:

- Learn how art therapy can promote mental and emotional wellbeing through art making in clients with psychological discomforts and neurological diseases.
- Understand what the more appropriate art techniques are according to the client psychological state.
- Manage to a reasonable extent all the various art techniques (drawing and painting, music, dance, and drama).
- Possess a basic knowledge for assessing the outcomes of the art therapy interventions, to decide whether to continue a given approach or to change it if ineffective.

15. Components of curriculum:

The curriculum consists of 8 courses, distributed as follows:

2- Core Courses

Course Number	Course Title	Credit Hours or ECTS		
		Theoretical	Practical*	Total
1	Principles of Art Therapy	3		3
2	Plastic Art Techniques (Painting, Sculpture, Drawing)	1	3	4
3	Receptive music therapy: musical listening - sound communication		3	
4	Musical practice: individual and collective instrumental and choir - Accompaniment and improvisation		3	
5	Dramatic art and body expression		3	
6	Principles of Psychology and psychopathology (psychiatric diseases)	2		2
7	Brain and neuroscience and neurological diseases	2		2
8	Art therapy as a Complementary approach to diseases	4		4
Total		12	12	24

* Practical credit hour is equivalent to at least 3.5 contact hours.

3- Project

<p>The practicum is focused on the practical outcomes of the internship experience. In particular, students must demonstrate to be able to identify clear treatment goals, to choose an approach and develop a treatment program appropriate for the clients at hand, and to use therapeutic strategies that involve music, art, drama, dance, or a combination. Furthermore, students must continually assess whether the program is working and eventually adjust plans as needed. The project must contain a section showing the statistical reliability of the results.</p>	<p>6 Credit Hours</p>
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Program Courses Description:

Course number: 1	Course Name: Principles of Art Therapy	Credit Hours 3
Course Description: The course provides an introduction to the philosophy and theory of Art therapy as they pertain to practice. The examination of the theoretical foundations of art therapy will cover a wide spectrum of approaches to art therapy and the underlying theories. Students will learn about the creative process in both Audial and Visual expression as it relates to therapy. Students will engage with Art-making in class. Readings, lectures, films, and experiential exercises will be utilized. No artistic ability or training is necessary. Students will need to purchase a small amount of specific art supplies.		

Course number: 2	Course Name: Principles of Psychology	Credit Hours 3
Course Description: The course covers the scientific approach to behavior and mental processes. It includes the biological bases of behavior, learning, social interactions, memory, and personality. It focuses on particular the psychological bases of sensation, perception, consciousness, thinking, intelligence, language, motivation, emotion, development, psychological disorders, and their therapy.		

Course number: 3	Course Name: Art therapy as a Complementary rehabilitative tool for treating diseases	Credit Hours 4
Course Description: The course focuses on how art therapy can be used as a rehabilitative treatment for people suffering from physical, brain, or mental diseases. It will be emphasized that art therapy has a more holistic approach to healthcare, but its effects must be tested following the standard rigorous scientific procedures as for any medicine. Examples of scientific studies in which art therapy has been applied will be provided. The strengths and weaknesses of this approach will be highlighted, allowing students to develop critical thinking.		

Course number: 4/5	Course Name: Fundamentals of Art Therapy – 1/2	Credit Hours 8
Course Description: These courses introduce various art mediums spanning from music, dance, sing, drawing, drama, and plastic arts. The practical application of these courses allows students to feel comfortable with a wide range of art materials and techniques. The combination of theoretical and practical arts training will prepare students for this field. Both the ‘receptive’ method, based on enjoying the artistic experience, and the ‘active’ method, based on the performance of an art-experience will be taught.		

Elective Courses

Courses number: 1-4	Courses Names: Advanced Methods of Music, Drama, Drawing, Painting, and Plastic arts, and Dance therapy	Credit Hours 3
<p>Course Description:</p> <p>Each of these courses is aimed to provide students with specific skills in a given art therapy domain.</p> <p>Advanced Methods of Music Therapy</p> <p>The course implements music therapy skills, and it teaches how to apply them to different clinical populations. The music therapy subjects include neurologic music therapy, cognitive behavioral music therapy, and other approaches.</p> <p>Advanced Methods of Drama Therapy</p> <p>This course examines in depth the principles, objectives and techniques of drama therapy, including psychodrama and socio-drama, in relationship to the needs of clinical populations. Practical applications will be discussed and demonstrated in class.</p> <p>Advanced Methods of Drawing, Painting, and Plastic Arts Therapy</p> <p>The course introduces the students to advanced methods of drawing, painting, and art forms, which involve physical manipulation of a plastic medium by molding or modeling. Color theory will be explored as related to the mediums of oil and acrylic painting. Volume, space, and light will be of emphasis from direct observational exercises. There will be a continual emphasis on how drawing issues such as gesture, plane analysis, diagrammatic and structural lines are important to the painting process. Finally, students will be trained to develop touch and shape skills through the forms produced to improve their three-dimensional perception.</p> <p>Advanced Methods of Dance Therapy</p> <p>The course covers a broad practice in dance, including a variety of dance styles and techniques, choreography, and performance, that represent the core tools for treating clients, improving their self-esteem and body image, developing effective communication skills and relationships, expand their movement vocabulary, as well as create new options for coping with problems.</p>		

Annex IV – Study Plan Vocational Course Universities of Jordan

HEALING Diploma Study plan

1	Program title (Arabic)	دبلوم مهني في العلاج بالفن
2	Program title (English)	Vocational Training Diploma in Art Therapy

Program Learning Outcomes:

The Training Diploma in Art therapy has been designed to help participants use the general principles of art therapy in their practice and have a great appreciation and good usage of practical skills in the discipline of art therapy.

The Training Diploma will allow the participants to:

- Learn the history and theoretical underpinnings of art therapy and its relation to the promotion of physical, mental, and emotional wellbeing of individuals.
- Learn the fundamentals and practical skills of arts therapy.
- Review the prerequisite knowledge in psychology, neurophysiology, communication and group process relevant to art therapy practice.
- Possess appropriate basic clinical reasoning of art therapy techniques, interventions and their outcomes on various individuals and populations with different conditions.
- Practice and apply the required practical skills in art therapy on various individuals and populations with different conditions.

1. Curriculum content:

The curriculum for “The Vocational Training Diploma in Art Therapy” consists of four hundred (400) **training hours**, during the 9-month period of training, using both theoretical and practical courses, allocated in the following table:

I) Core Courses

Semester	Course Number	Course Title	Training Hours		
			Theoretical	Practical*	Total
First Semester (3.5 months)	1	Principles & Theories of Art Therapy	30	0	30
	2	Psychology & Arts	30	0	30
	3	Medical and psychopathology for Arts Therapy	30	0	30
	4	Arts Therapy Skills- 1 (music, dance,... etc.)	10	50	60
Second Semester (3.5 months)	5	Arts Therapy Skills- 2 (drawing, theatre, clay,... etc.)	10	40	50
	6	Group Work in Arts Therapy	20	40	60
	7	Pre-Practicum (Applied Arts Therapy in Clinical Practice)	10	40	50
3 months	8	Practicum	10	80	90
	Total				400

Program Courses Description

#	Course Name	Basic content in the course
1	Principles & Theories of Art Therapy	<ul style="list-style-type: none"> • History of Art Therapy • Theories of Art Therapy • Creative Audial Expression • Creative Visual Expression
2	Psychology & Arts	<ul style="list-style-type: none"> • Cognition and learning • Developmental psychology • Cognitive neuroscience • Social psychology and individual differences • Communication skills • Principles of mindfulness
3	Medical and psychopathology for Arts Therapy	<ul style="list-style-type: none"> • Medical conditions • Neurological & Psychiatric diseases • Vulnerable populations, such as refugees • Biopsychosocial Model
4	Arts Therapy Skills – 1 (music, dance, drama, ..,etc.)	<ul style="list-style-type: none"> • Eurhythmics • Music Therapy • Movement Therapy • Drama Therapy • Neurologic Music Therapy • Therapeutic Skills
5	Arts Therapy Skills – 2 (drawing, painting, handcraft, clay, ...,etc.)	<ul style="list-style-type: none"> • Visual art forms • Theatre

		<ul style="list-style-type: none"> • Drawing • Painting • Handcraft therapy • Photography
6	Group Work in Art Therapy	<ul style="list-style-type: none"> • Group Dynamics • Therapeutic Factors • Group Development • Leadership Styles • Group Therapy Characteristics
7	Case Studies in Art Therapy	<ul style="list-style-type: none"> • Case studies • Applications • Theoretical Models • Art Therapy Interventions
8	Practicum (Project)	<ul style="list-style-type: none"> • Art intervention program • Basic concepts of statistics & Practical outcomes • Therapeutic strategies (practical applications) • Communication Skills • Clinical Skills • Social Services in Diverse Communities

Program Courses Description

Course number: core cou	Course Name: Principles & Theories of Arts Therapy	Credit Hours 30
<p>Course Description:</p> <p><i>The course provides an introduction to the philosophy and theory of Art therapy as they pertain to practice. The examination of the theoretical foundations of art therapy covering a wide spectrum of approaches to art therapy and the underlying theories. Students are supposed to learn about the creative process in both Audial and Visual expression as it relates to therapy. Students to be engaged in Art-making in class. Readings, lectures, films, and experiential exercises are utilized.</i></p>		

Course number: core course 2	Course Name: Psychology and Arts	Credit Hours 30
<p>Course Description:</p> <p><i>This course introduces students to the basics of neuroscience, human development, behavioural and social psychology and individual differences. It looks at how these disciplines relate to, affect and are affected by the arts moving into using the arts for the expression of all of the above. It introduces students to a number of non-traditional therapeutic methods that can be used in the field of mental health and treatment of people suffering from psychological problems such as relaxation, music, movement and exercise therapy, drama, expressive therapy, art and drawing therapy, and entertainment. Students are expected to learn about the creative process in both verbal and nonverbal expressions as they relate to therapy. Students will engage with Art-making in class. Readings, lectures, films, reflective and experiential exercises are utilized. Finally, the course will provide students with strategies to work therapeutically with the arts through mindfulness which will be implemented in the core course 4.</i></p>		

Course number: Core Course 3	Course Name: Medical and Psychopathology for Arts Therapy	Credit Hours 30
Course Description: <i>This course outlines the most common/relative medical, neurological and psychiatric conditions that can benefit from Arts Therapy therapeutic techniques and Arts treatment strategies (e.g. (Parkinson's Disease, Alzheimer's disease, Depression, Obsessive-compulsive disorders, post-traumatic stress disorders). The course also outlines some of the psychosocial conditions in certain vulnerable populations that would be targeted with Arts therapy such as refugees, traumatized children and adolescents, and juvenile delinquents. All these conditions and populations will be discussed through the biopsychosocial model, a model with a holistic perspective about disease, function and impairment.</i>		

Course number: core course 4	Course Name: Arts Therapy Skills – 1 (music, dance, drama, ..,etc.)	Credit Hours 60
Course Description: <i>This course aims to train students in music, dance and movement through developing their musical, singing and dancing skills with a focus on eurhythmics. It also helps in developing these skills to be used therapeutically among different clinical populations. Also, it aims to introduce students to the principles, objectives and techniques of music therapy, movement therapy as well as drama therapy. The course objectives can be achieved through the following manner: Initially; the course outlines a variety of music therapy skills to be applied with different clinical populations, such as neurologic music therapy (NMT), cognitive behavioural music therapy and other related music therapy approaches. Moreover; students are given the chance to experience movement therapeutic skills such as expressive and free movement and eurhythmics which open the door for clients from certain populations to experience unity with oneself, improved and spontaneous mobility, improved self and space awareness while addressing psychological and physical needs. Furthermore; students are meant to learn about the principles of psychodrama, socio-drama and expressive movement in relationship to the needs of clinical populations will be discussed. Practical applications are to be discussed and demonstrated in class. Finally, mindfulness coaches will teach awareness of breathing, awareness of emotion, along with mindful yoga, walking, , and listening. This will be paired with expressive art tasks to allow self-expression, facilitate coping strategies, improve self-regulation, and provide a way for clients to express emotional information in a personally meaningful manner.</i>		

Course number: core course 5	Course Name: Arts Therapy Skills – 2 (drawing, painting, handcraft, clay,....,etc.)	Credit Hours 50
<p>Course Description:</p> <p><i>This course aims to train students in the various visual art forms in addition to theatre and drama through developing their existing skills. It also helps in developing these skills to be used therapeutically with different clinical populations. In addition, students are to be introduced to the basics of drawing and painting processes as well as other handcraft therapy. This course exposes students to the fundamentals of how drawing, painting and art handcraft materials are used therapeutically in different settings; educational, communal, and clinical. Through the course, students are expected to develop the necessary skills to assist therapists. The course covers the acquisition of different skills, such as, drawing, painting, clay, collage, ceramic, photography, and two and three-dimensional materials. Colour theory is to be explored as related to the mediums of oil and acrylic painting. Volume, space, and light are also of emphasis from direct observational exercises. During this course; a continual emphasis on a variety of settings are also considered; drawing issues such as gesture, plane analysis, diagrammatic and structural line are important to the painting process.</i></p>		

Course number: core course 6	Course Name: Group Work in Arts Therapy	Credit Hours 60
<p>Course Description:</p> <p><i>This course offers a theoretical and practical group art theory as well as group counselling methods and skills. The course addresses the principles of group dynamics, therapeutic factors, stages of group development, member roles and behaviours, leadership styles, and approaches and the integration of art materials. Students learn through an experiential role playing, how to conduct simulated group art therapy and use various art mediums with different populations.</i></p>		

Course number: Core Course 7	Course Name: Case studies in Art Therapy	Credit Hours 50
<p>Course Description:</p> <p><i>As a pre- practicum level, this course combines theory with practice as students attempt to apply art therapy skills and strategies for different diagnoses and different client populations. Through discussion of various case studies, students learn how to propose and discuss best art methods and art therapy interventions, discuss appropriate clinical reasoning for such interventions, and propose assessment strategies for these interventions.</i></p>		

Course number: core course 8	Course Name: Practicum	Credit Hours 90
<p>Course Description:</p> <p><i>This course offers a supervised internship experience with different populations in psychiatric, rehabilitation, trauma and/or refugees' settings with children, adolescents, and adults. The internship component of the course is designed to help students integrate theory with clinical skills in practice. In particular, where students should demonstrate the proper skills to be able to identify clear treatment goals in conjunction with therapists. Besides, students learn how to identify an approach and develop a treatment program appropriate for the clients at hand, and to use therapeutic strategies that involve music, art, drama, dance, or a combination. Furthermore, students are expected to continually assess whether the treatment program is effective, provide feedback to the professionals, and eventually adjust plans as needed. To this aim, students will be thought basic principles of statistics to develop an understanding of research sufficient to enable them to evaluate research and assess the success of behavioural interventions. Finally, students learn more about the practical venue to adhere to professional conduct as well as practical ethics governing the delivery of professional services, with special attention paid to social services in diverse communities.</i></p>		

HEALING Diploma Study plan

2. Rules & Conditions:

a) Priorities for admission:

Students with diverse backgrounds will be admitted for this diploma of professional development training. A Bachelor's or Master's degree is preferred in either artistic, socio-humanistic or health fields (dance, acting, music, psychology, pedagogy, social work, education and rehabilitation, speech therapy, medicine, etc.).

b) Additional requirements:

Applicants must have an adequate degree of psychological maturity, including the ability to achieve and maintain a proper and empathetic client relationship. They also need to exhibit creativity and the ability to improvise; a non-judgmental attitude; a tolerance for ambiguity; and they need to enjoy working with people with physical or mental disabilities. Finally, as applicants will have to work in teams with other professionals (e.g., psychiatrists, psychologists, teachers, and counsellors), they must possess interpersonal skills.

In addition, as this 'arts therapy' diploma and training is an outcome of a collaborative European Union Funded project between universities from Jordan, Tunisia and Europe, some courses will be given via e-learning. Therefore, we require a basic knowledge of Personal Computers and e-learning platforms (e.g., Zoom, Google Meets).

c) Occupational Profiles of Graduates

Prospective graduates from this program can be employed at various institutions (e.g., rehabilitation centres; hospitals; schools; prisons and other correctional facilities; community mental health centres; seniors' centres and nursing homes; day care centres; counselling centres and clinics).

d) Courses Organization

Courses and training will take a minimum of 9 months to complete. Each student will have to register in 7 courses, as well as a practicum experience in a clinical or community settings.

e) Graduation Requirements

Students will earn the Diploma upon completion of all required courses and scheduled training. Students must have a satisfactory attendance record. students will have to present their project with 45' PowerPoint presentation. In order for each student to be graduated, all of the following requirements must be fulfilled:

- The students must successfully score a grade of 70% and above in all courses.
- The students should have an 80% attendance record in all courses.

Annex V – Study Plan Diploma Course Universities of Jordan

1.	School	The program is housed in the School of Arts and Design and is partnered with School of Medicine, and School of Rehabilitation Sciences
2.	Department	Music Department/ School of Arts and Design
3.	Program title (Arabic)	دبلوم مهني في العلاج بالفنون
4.	Program title (English)	Professional Diploma in Arts Therapy

Study plan- Diploma

5. Numbering System:

A- Department number

Number	Department
1	Visual Arts
2	Theatre Arts
3	Music Arts

6. Rules & Conditions:

a) Priorities for admission:

Applicants who have completed undergraduate in the artistic, socio-humanistic or health fields (acting, music, psychology, social pedagogy, social work, education, rehabilitation sciences, pedagogy, Nursing, medicine, etc.) are eligible and postgraduate students currently studying in these study programs.

b) Additional requirements:

Applicants must be submitted to an aptitude interview which indicates an adequate level of psychological maturity and basic artistic abilities, and his/her motivation to join the program.

7. Components of curriculum:

The curriculum for **Professional Diploma in Arts Therapy** consists of (27) credit hours distributed as follows:

1- Core Courses

Course Number	Course Title	Credit Hours		
		Theoretical	Practical*	Total
	Introduction to Arts Therapy	1	-	1
	Methods of Music Therapy	1	1	2
	Drawing and Painting Therapy	-	2	2
	Therapy by singing / Instruments Playing	-	2	2
	Drama Therapy	1	1	2
	Movement Therapy	-	2	2
	Therapy Using Artistic Materials	-	2	2
	Medical Terminology	2	-	2
	Basics of Neuroscience	2	-	2
	Creative Methods and Cross-Cultural Perspectives in Art Therapy	1	1	2
	Group Dynamics in Art Therapy	1	1	2
Total		10	11	21

* One (1) Practical credit hour is equivalent to at least 3 contact hours.

2- Elective Courses: Student chooses (2) subjects equivalent to (4) credit hours.

Course Number	Course Title	Credit Hours		
		Theoretical	Practical*	Total
	Basics of Human Development	2	-	2
	Behavioural Sciences	2	-	2
	Psychology of human behaviour	2	-	2
	Concepts & Skills in Professional Practice	1	1	2
	Basics of Pathophysiology	2	-	2
	Psychodrama	-	2	2
	Colour psychology	-	2	2
	Digital Media use in Art Therapy	-	2	2
	Interactive Theatre	-	2	2
	Group Music Therapy	1	1	2
	Music Therapy with Various Populations	1	1	2
Total		11	11	22

3- Diploma Project (Practical)

No. (0904999)	Project	2 Credit Hours
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Program Courses Description:

Course number:	Course Name: Introduction to Arts Therapy	(1 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims at introducing the student to the use and importance of arts therapy. It also presents a general definition of the fundamentals of theatre, music and visual arts. The course presents the ability of the arts for therapy and samples of them.</p>		

Course number:	Course Name: Methods of Music Therapy	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>The course develops music therapy skills to be applied with different clinical populations. The music therapy subjects include neurologic music therapy (NMT), cognitive behavioural music therapy and related music therapy approaches. Students will be encouraged and guided to develop their own music therapy method or process. No musical ability or training is necessary as audio materials can be applied.</p>		

Course number:	Course Name: Drawing and Painting Therapy	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>The course introduces the students to the basics of drawing and painting processes from observation and through source materials. Colour theory will be explored as related to the mediums of oil and acrylic painting. Volume, space, and light will be of emphasis from direct observational exercises. There will be a continual emphasis on how drawing issues such as gesture, plane analysis, diagrammatic and structural line are important to the painting process.</p>		

Course number:	Course Name: Therapy by singing / Instruments Playing	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>Throughout this course, students will be trained to perform on a musical instrument / trained to develop their singing abilities, they will also get introduced to its parts and performing techniques. Students will develop their performing skills through extensive gradual training on scales, exercises and a selection of pieces from the famous musical repertoire.</p>		

Course number:	Course Name: Drama Therapy	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course examines the principles, objectives and techniques of drama therapy on both physical and psychological levels, including psychodrama, sociodrama and expressive movement in relationship to the needs of clinical populations. Practical applications will be discussed and demonstrated in class. Students will be encouraged and guided to develop a method or process for a specific population.</p>		

Course number:	Course Name: Movement Therapy	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims at introducing the student to the fundamentals of movement therapy. Through expressive and free movement and eurhythmics, the individual experiences; unity with oneself, improved and spontaneous mobility, improved self and space awareness while addressing psychological and physical needs. The student is expected to create a creative movement piece around a specific case.</p>		

Course number:	Course Name: Therapy Using Artistic Materials	(2 Credit Hours)
Prerequisite: NA		
<p>This course examines to give students fundamentals of how art materials are used therapeutically in educational community, and clinical settings. Through the course, students develop the skills necessary to work as a therapist. The course includes drawing, painting, clay, collage, ceramic, photography, and two- dimensional and three dimensional materials..</p>		

Course number:	Course Name: Medical Terminology	(2 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course aims to provide the students with the basics of medical words' build up, their meanings, and proper uses to form sufficient vocabulary for proper communication within the medical and art therapy field.</p>		

Course number:	Course Name: Basics of Neuroscience	(2 Credit Hours)
Prerequisite: NA		
<p>Course Description:</p> <p>This course aims to describe the basics of neuroanatomy and neurophysiology. It also aims to describe the role of neurotransmitters and receptors and their relations to human thoughts, emotions, and behaviours.</p>		

Course number:	Course Name: Creative Methods and Cross-Cultural Perspectives in Art Therapy	(3 Credit Hours: 2 theory and 1 practical)
Prerequisite: NA		
Course Description:		
<p>This course introduces various techniques, interventions and creative methods that can be used in different clinical settings. This course examines the nature and conditions that foster creativity. The relationship between culture and creativity is also explored for use in different settings and with emphasis on immigrants/refugees in Jordan from different cultures. Through fostering multicultural and diversity competency, students will gain awareness and knowledge about self and others. Current applications of mindfulness in a variety of healthcare settings will be studied. Students will also learn self-care practices incorporating use of body and movement, meditation, and artmaking to promote self-awareness and empathetic relationships with the patients. Practical exercises and applications, readings, case examples, and discussions will address creativity and cultural competency in the art therapy treatment of individuals, groups, and communities of diverse cultures.</p>		

Course number:	Course Name: Group Dynamics in Art Therapy	(2 Credit Hours: 1theory and 1 practical)
Prerequisite: NA		
Course Description:		
<p>This course studies group theory, processes, and dynamics. It focuses on introducing group therapy as a tool for provision of art therapy services. Through this practical course students identify the types of groups, group therapy characteristics, and member-roles in a group therapy situation. Students also gain knowledge about the interaction processes, and the relations in a group therapy programs, the stages of group development, and the role requirements of a leader in each stage.</p>		

Course number:	Course Name: Basics of Human Development	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims to describe the natural development and growth of humans from birth. And to describe the developmental stages and changes throughout the years and how to best interact with them.</p>		

Course number:	Course Name: Behavioural Sciences	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims to describe normal and pathological human behaviours. And to describe the roles of psychology and psychiatry in understanding them and the best methods in interacting with them.</p>		

Course number:	Course Name: Psychology of human behaviour	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>Students are introduced to the dynamics of normal and abnormal behaviour and adjustment. The course emphasizes the study of basic needs, anxiety, defence mechanisms, neurosis, psychosis, psychotherapy, and prevention of disorder.</p>		

Course number:	Course Name: Concepts & Skills in Professional Practice	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>The course combines theory with practice as students engage in the first of their required internships. The course focuses on the development of communication skills, clinical skills of interviewing, case study, and professional conduct. Students are exposed to the ethics governing the delivery of professional services, with special attention paid to social services in diverse communities. The internship component of the course is designed to help students integrate theory with clinical skills in practice.</p>		

Course number:	Course Name: Psychodrama	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims at assisting the student in understanding and applying the principles and techniques of psychodrama, sociometry and group psychotherapy in relation to the needs of clinical populations. It explores the bridge between personal narrative and community, focusing on common issues and attempting to find alternative methods of expression that work on repairing the individual's relationship to themselves and community. Practical applications are discussed and demonstrated in class under the leadership and supervision of the instructor</p>		

Course number:	Course Name: Basics of Pathophysiology	(3 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims to describe the basics of organs' physiology and the mechanisms of their functions by describing the underlying biological and biochemical mechanisms of cellular and tissue functions. It also aim to describe the mechanisms that give rise to pathology within the organs by deviations from the norm. The focus will be on the Central Nervous System and the Musculoskeletal Systems due to the nature of their conditions and relations with Arts Therapies.</p>		

Course number:	Course Name: Digital Media use in Art Therapy	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course is designed to give students how digitized materials are being used in art therapy through Multimedia. This course examines to give students knowing the types of devices and how to use them in the art therapy of different cases. The goal of this course is to provide students with various skills to use in art therapy through Digital Media. Also, study previous cases and benefit from them of this course.</p>		

Course number:	Course Name: Interactive Theatre	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This course aims at strengthening the student's communication, discussion and discourse skills accentuating verbal and nonverbal communication for self-expression and individual and group needs. Through vocal exercises, improvisation and games focusing on the element of pleasure. The student is expected to present a therapeutic plan for specific cases.</p>		

Course number:	Course Name: Group Music Therapy	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>This Subject offers Group musical secessions where participants are initiating independently to express their own ideas within the whole group while listening or making music. This leads to an evident differentiation of used elements such as rhythms, melodic lines, movements, and singing. The group is developing self-control and discipline. At times there is musical mutuality and individuals are confident and tolerant of each other's needs.</p>		

Course number:	Course Name: Music Therapy with Various Populations	(2 Credit Hours)
Prerequisite: NA		
Course Description:		
<p>In both the theoretical and the practical sides, the course introduces the ways and means of using music with Various Populations such as; Children, adolescents, autistic children, Alzheimer's patients, trauma patients, cancer patients, etc. Theories of using music in treating such societies are applied in clinics, treatment centres, and hospitals after studying them theoretically.</p>		