# HEALING Master Study plan

*University of Sousse -Tunisia*

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

## 1. Numbering System:

### A- Department number

| Number | Department |
|---|---|
| 1 | - Music and Musicology |
| 2 | - Psychiatry |

## 2. 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.

### 3. Components of curriculum:

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

**1- 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 |

**2- 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 |
|-------|---|---|---|---|---|

### 3- Elective Courses

| Course Number | Course Title | | Credit hours | | |
|---------------|--------------|---|--------------|---|---|
| | | | Theoretical | Practical* | Total |
| 12 | **Op1** | University methodology (note taking methodology and internship reports) | 1 | 0 | 1 |
| | | 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 |

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## 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 | **Op1** | University methodology (note taking methodology and internship reports) | 1 | 0 | 1 |
| | | 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 3ᵈ 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 | **Op1** | University methodology (note taking methodology and internship reports) | 1 | 0 | 1 |
| | | 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). | **15 Credit hours** |

| 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" ... | |

## Program Courses Description:

| Course number:1 | Course Name: **Introduction to psychiatry: semiology, nosography** | (3 Credit Hours) |
| :--- | :--- | :--- |
| Prerequisite: NA | | |
| **Course Description:** 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. | | |

| Course number:2 | Course Name: **Development theories** | (3 Credit Hours) |
| :--- | :--- | :--- |
| Prerequisite: NA | | |
| **Course Description:** The objectives of the Development Theories course are to: - 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: **Psychomotor development** | (2 Credit Hours) |
| :--- | :--- | :--- |

| Prerequisite: NA |
|---|

**Course Description:**

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
- 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 | | |

**Course Description:**
- 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.
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, 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 | | |

**Course Description:**
Allow learners to link the different components below.

- 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** | | |

**Course Description:**
This course will focus on the main axes of the therapeutic use of music.
- 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** | | |

**Course Description:**
This course will focus on the study of the different techniques of:
- 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** | | |

**Course Description:**
This course will allow learners to master:
- 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

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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 | | |

**Course Description:**
This course was developed to promote and facilitate ethical behavior among therapists and other health care professionals in the rehabilitation setting.
*Course Goals*
At the end of this course, the participants will be able to:
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 interest6. 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