

MUSIC THERAPY WORKSHOP

20th -22nd SEPTEMBER 2013



1. INTRODUCTION

What is Music Therapy?

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

2. GOALS AND OBJECTIVE

**“Music expresses that which cannot be put into words and that which cannot remain silent.”
-Victor Hugo**

Goals and objectives give direction, purpose and focus to music therapy, as they state what the client is to accomplish if interventions are successful. A music therapy goal is a broad statement of the desired long-term outcome of treatment, while behavioural objectives describe smaller, more specific steps in attaining the goal.

3. TENTATIVE PROGRAM (3 DAYS)

FIRST DAY (20th SEPTEMBER 2013- FRIDAY)

Time		Program
8.00 – 9.00 am	:	Registration
9.00 am – 10.30 am	:	Lecture Session 1 : Introduction to Music Therapy
10.30 am – 10.45 am	:	Tea Break
10.45 am – 12.00 pm	:	Lecture Session 2 : Music Therapy and the World Traditions of Music and Healing
12.00 – 2.30 pm	:	Lunch and Friday Prayer
2.30 pm – 4.00 pm	:	Workshop Ice Breaking
4.00 pm – 6.00 pm	:	Workshop 1: Music and Imagery
6.00 pm – 8.00 pm	:	Dinner
8.00 pm – 10.00 pm	:	Workshop 2: Music Improvisation as a Projective Technique in Individual and Group Psychotherapy

SECOND DAY (21st SEPTEMBER 2013 – SATURDAY)

Time		Program
8.30 am – 10.30 am	:	Workshop 3: Music and Psychodrama
10.30 am -11.00 am	:	Morning Break
11.00 am- 1.00 pm	:	Workshop 4: Music Therapy with Developmentally Delayed Children
1.00 pm – 2.00 pm	:	Lunch
2.00 pm – 4.00 pm	:	Workshop 5 : Clinically Adapted Musical Instruments
4.00 pm – 4.15pm	:	Tea Break
4.15 pm – 6.15 pm	:	Workshop 6 : Music Art Therapy
6.30 pm – 8.30 pm	:	Dinner
8.30 pm – 10.30 pm	:	Workshop 7: The Musical Savant Syndrome
10.30 pm – 11.00 pm	:	Q & A Session

THIRD DAY (22nd SEPTEMBER 2013- SUNDAY)

Time		Program
8.30 am – 10.30 am	:	Workshop 8: Music and Dance Therapy
10.30 am -11.00 am	:	Morning Break
11.00 am - 1.00 pm	:	Workshop 9: Multicultural Music Therapy
1.00 pm – 2.00 pm	:	Lunch
2.00 pm – 4.00 pm	:	Professional Discussion : Music Therapy in Helping Relationship – Issues and Challenges
4.00 pm – 4.30 pm	:	Certificate Presentation and Graduation Ceremony

4. WORKSHOP FEE

PERKAMA International Member : **RM 900.00 per person**
Participants in **GROUP** (more than 3) : **RM 900.00 per person**
Non PERKAMA International Member : **RM1, 200.00 per person**
(*Fees charges are inclusive of registration, certificate, workshop kit, & 6 meals per day)

INTELLECTUAL TALK SESSION

Students / Public : **RM 50.00 per person**
(*Fees charges are inclusive of registration, talk materials, and lunch)

5. INSTRUCTOR

This workshop will be conducted by Professor Emeritus Dr Joseph Moreno



Joseph Moreno is Professor Emeritus of Music Therapy at Maryville University and Director of the Moreno Institute for the Creative Arts Therapies in Santa Fe, New Mexico, USA. He has long maintained an interdisciplinary approach to his work and is internationally recognized for his creative and groundbreaking work that has served to bring together the disciplines of music and psychodrama in group therapy processes. He has presented workshops in more than 50 countries and has been a sought-after keynote presenter at many international conferences. He is also known for his extensive field research into the indigenous world traditions of music and healing and the connections of these practices to further deepen our understanding of the role of the creative arts therapies in contemporary psychotherapy.

Moreno has authored the book, *Acting Your Inner Music: Music Therapy and Psychodrama*, inspired by the legendary work of his uncle J. L. Moreno, the creator of psychodrama. This innovative book has been widely translated and published in a number of foreign editions and has become an essential resource for creative arts therapists seeking to develop integrative approaches to their work.

His numerous articles have been published in prestigious American journals and translated and published in 14 international journal publications. In 2001 he was presented the National Award in Research and Publications by the American Music Therapy Association.

In 2007 he was presented with the Innovator's Award by the American Association for Group Psychotherapy and Psychodrama.

FOR FURTHER ENQUIRIES, PLEASE CONTACT

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