

# Certificate in Song Therapy

Online study

**Welcome**



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## Thank you for your interest in song therapy

Not a day goes by without more news highlighting the power of music to brighten our lives. More and more of us are turning to informal community choirs and music groups to share the pleasure of song with others and, for some of us, to address very specific health challenges in our lives.

Social prescribing is common too. GPs recommending community based music, art and exercise to complement prescribed medications and talking therapies.



For those of us running these groups there is a rich tradition of learning. Community music at under graduate and post graduate level. Music therapy at post graduate level too, a clinical healthcare profession which in recent years has moved into community music as well.

However, there is in many countries a very established tradition of informal music making in community and social care; often delivered by experienced singers, instrumentalists and activity coordinators who might not have the right qualifications or indeed the time or the money to study at university. It is with these people in mind that we have developed our song therapy course.



Beyond this there are music and arts teachers, therapists and healthcare professionals who might be looking for opportunities to broaden their own understanding; how they can use singing and music to promote the well being of their students, clients and music group participants.

Our song therapy course was launched in the uk some fourteen months ago and we currently have fifty eight enrolled students who come from all walks of life; a very wide range of life experience, musical influences and academic qualifications. They include a number of international students from ireland, germany and further afield.



*Our course is essentially a vocational course however it is rooted in celebrated development and attachment theory, particularly that of John Bowlby, Mary Ainsworth and Donald Winnicott. The learning will be of particular interest to those with a desire to study the psychology of music and child / adult development and perhaps those who have a general interest in modern philosophy; how our life journeys affect our relationships with others including those in our music groups.*

*It is a truth that the quality of the professional supportive relationships we build with others is closely linked to the way we think about ourselves and important people and events in our lives. So our course offers a chance to develop important transferable skills that draw inspiration from person centred thinking; the rogerian counselling tradition; self awareness; listening skills; self worth and acceptance; responsible sensitive leadership: an exploration of human relationships rooted in established theories of child developmental psychology and humanism.*

*Beyond this we then harness our students' natural musical talents, learning how music can offer empathy during anxious times and be there, when the time is right, to sensitively encourage growth, understanding, promoting social inclusion through play, musical adventures & creative expression. A celebration of the potential of the human spirit to find its own way to a better place.*





This year we are offering five intakes in January, April, June, September and November. Our June intake is now full but we have a further nine places still available for the September intake. You are also welcome to register your interest for sixteen places available in November 2019 and also in January 2020 and this will ensure you get sent updates throughout the year.



Reading is an important part of our course and students are encouraged to build an awareness of current research and established authors that inform their learning. To this end we issue, on loan, four core texts for students to enjoy whilst studying song therapy. The books will be sent to you free of charge and you then have the option of buying the book at a later date or sending on to new students



Finally for qualified song therapists who use backing tracks in their music sessions we have a growing resource pack of specially recorded music and song available for instant download promoting reminiscence and cognitive stimulation offering safety, security, play, fun and adventure well being through music and song

## Why study certificate in song therapy ?

Song therapy training offers a rich and very broad learning opportunity to music group leaders who might like to widen their skills beyond their natural musical making abilities.

### Social prescription

Increasingly people are using music as a way to face up to health challenges in their lives and this includes joining fun singing and drumming groups that are so popular in communities everywhere. Those who run these groups are often talented and experienced musicians who will offer a high standard of music making and learning opportunities. However, many will have no formal training in group dynamics, human relationships and self awareness. They might also be unaware of the potential impact, both positive and negative, that their music may be having upon their music group participants.

We live in a time of change where creative expression and social inclusion are seen by some as powerful complements to prescribed medications and traditional therapies; gps and other healthcare professionals signposting their patients to professionally run community creative programmes for a number of very different reasons.

This process of *social prescription* as it is known places a responsibility upon those running these groups to have the appropriate knowledge and skills to sensitively deliver their music programmes in a professional and informed manner.

Song therapy training provides an opportunity to develop these skills and particularly so for those unable to afford more traditional music therapy or community music training at university.

### Industry Accreditation

Our course offers industry recognised accreditation that provides important reassurance for your music group participants and their sponsors. The link below to accreditation provides more details.

This means that for those who complete the *enhanced certificate* option it confirms that as a certified song therapist; you are working to a professional code of conduct; you have the necessary public liability insurance in place; that you are db's checked and are aware of current legislation and the specific requirements of professional practice that relate to your music programmes.

Beyond this our qualification confirms that you have completed a **comprehensive programme of online study**; developing your sensitive human skills and exploring the many ways that recreational music might be

used therapeutically to promote well being, relaxation and good health. Perhaps most importantly of all our qualification confirms our awareness of our professional responsibilities to our music group participants and the specific therapeutic impacts that we are qualified to safely pursue in informal music making settings.



### **Holistic education**

It is very important to say that our song therapy course is rooted in the holistic education tradition. This means that we embed our study of music as medicine within a whole of life exploration. We acknowledge and celebrate the contribution of our mind, our body and our soul to the quality of our social and professional interactions with others in our lives, including those with whom we share our music.

*Ultimately it is this holistic framework to our study that supports the growth of our therapeutic skills beyond our natural music making abilities. Particularly so in the area of human relationships.*

So, this approach allows us to explore, without apology, the scientific and objective evidence that lies behind our interest, but beyond this, to place this exploration within the context of our own life's journey, what matters to us individually and how we make sense of the world around us and important people and events in our lives.

### **Support**

We offer one to one academic support by email and, if required, by phone too. This is important particularly for those who have not studied for many years and who might find some of the work challenging. Much of the academic content is equivalent to a first year degree course and so is suitable for anyone who has studied to A level and beyond. If you have studied to GCSE level and

enjoy reading and learning, the course is appropriate for you too but we would ask that you consider carefully the demands that the course might place upon you.

Beyond this our qualified song therapists will be offered **support as they develop their careers**. This includes a major uk marketing campaign promoting the skills and experience of qualified song therapists and making this information available to gp surgeries, care home managers, community health teams and other healthcare professionals who are local to our qualified therapists.

Please turn over . . .

## Course Structure

The course offers three specific study areas split between ten modules. Each module is designed to be studied over three to four weeks, two hours per week. The course can be completed in ten months however students are welcome to take up to thirty six months to finish the course depending upon other life commitments.

### Part One : Human Relationships

*Part one explores building good human relationships as a practical transferable skill ; the importance of the way we think about ourselves and others in our lives; the impact that this has upon the quality of our working relationships including its effect upon our music group participants.*

#### **Module One : Introduction : First steps**

*awareness / philosophy and humanism / person centred thinking / professional practice / the difference between music therapy and song therapy*

#### **Module Two : Human skills : Awareness of the outside**

*physics of sound / senses / child and developmental psychology / attachment theory group dynamics / survival theory / record keeping / observation*

**Module Three : Human skills : Awareness of the inside***insight / the human brain / emotions / judgement / clear thinking / listening skills / balance / the tao meditation / group dynamics / critical thinking*

#### **Module Four : Human skills : Acceptance**

*rogerian thinking / positive regard / empathy / congruence / holism reductionism existentialism / universal anxiety / the courage to be*

### Part Two : The therapeutic use of recreational music making

*Part two explores our practical music making and we identify the specific therapeutic outcomes that we can responsibly explore as song therapists.*

#### **Module Five : Music as a friend**

*innate musicality / patterns / imprinting / conditioning / home / security / musical scales / play / adventure / self directed growth*

#### **Module Six : Music as a medicine**

*physics of sound / entrainment / resonance / harmonics / binaural beats / isochronic tones / bio rhythms / neurochemistry / neuroplasticity*

#### **Module Seven : Music as a language**

*communicative musicality / the pentatonic scale / music improvisation in recreation and education / creative self expression / the limits of song therapy*



### **Part Three : Health and Professional practice**

*Part three offers an introduction to the health challenges some are facing in their lives and explores the professional responsibilities that we have to our music group participants.*

#### **Module Eight : Music and health**

*a brief introduction to music and stroke / brain injury / ms / parkinsons disease / learning disability / dementia / autism / stress / anxiety / depression / ocd / bi-polar / me / respiratory conditions / end of life*

#### **Module Nine : Professional practice**

*ethics / first aid / dbs / human rights / code of conduct / data protection / safeguarding / consent and capacity / insurance / infection control / mental health act / confidentiality / health and safety / record keeping / limits of song therapy*

#### **Module Ten : Conclusion**

*song therapy / music as the therapist / a person centred recreational music intervention / self worth and self compassion / human spirit / the celebration of self directed positive change and growth / good endings / the courage to be / beauty / love*

Please turn over . . .

## Course Outline

This is a flexible e-learning course, delivered online over ten to twelve months. One module per month but you can take up to three years to complete the course if required. You can start the course in January, April, June, September or November and study at your own pace to fit in with other commitments in your life.

Our training celebrates the truth that the positive impact of any therapeutic intervention is ultimately determined by the way we consider the needs of others and indeed the needs of ourselves. It is the quality of these relationships, with ourselves and with others, that lies at the very heart of our exploration.

We explore in a very practical way music as a language, music as a friend and music as medicine. We discover the very particular practical ways that we can use our music to help others who might be facing specific health challenges in their lives.

*A hundred years of invaluable research has established clear links between music, relaxation, good health and well being. As a result many people nowadays are turning to informal singing and music groups to help them face up to particular health challenges in their lives; social isolation, anxiety, depression, learning disability, neurological conditions including multiple sclerosis, dementia, parkinson's disease, autism, stroke and brain injury, these are all examples but there are many more.*

*Informal singing and music groups offer very specific therapeutic benefits to their participants by; encouraging positive mood, social inclusion, acceptance and self worth; bringing people together in inclusive singing and music making groups; using music as medicine to aid verbal and physical rehabilitation (stroke and brain injury) or to relieve and delay some symptoms of life limiting neurological challenges such as dementia, parkinson's disease or multiple sclerosis; using music as a language, helping communication for those unable to indicate preference and encouraging self expression through song writing and music improvisation; promoting physical exercise through movement and dance; coordination and motor skills; stimulating cognition; reminiscence; concentration and learning; music as a diversion to rest the mind of dark thoughts or physical pain; music as recreation to fill leisure time with enjoyable, fulfilling and creative activity encouraging relaxation, social interaction and communication.*

Our course looks at self awareness in depth, a subject that is at the heart of leadership training in all walks of life including the arts. How we think about ourselves and the world around us profoundly affects the quality of our relationships with others, including those with whom we share our music.

On the same theme we introduce developmental psychology; theories of childhood development and the influence of survival theory; shining a light upon the profound effect that the experience of life's journey has on the way

we think and react to others; group dynamics too and why we might act differently when working in groups.

We promote the importance of self care and the responsibility we have to look after ourselves properly if we are ever to maximize the potential impact of our music on others.

We look at the physics of sound, harmonics and resonance and use this as a key to understanding why certain types of music are so suited to sharing with others depending on the health challenges they might be facing.

We drift into the world of neuroscience and the chemistry of the brain and how some of our behaviours, feelings, and thoughts are rooted in the mystery of our minds and the tapestry of our life's journey. We take a brief look at emotion theory and consider the importance of emotions as a factor in the way we think and behave and as a possible measure of our well being.

We enjoy regular gentle diversions into philosophy and suggest that there are certain philosophical traditions that we might adopt as an ethical foundation to our work, providing us with principles that we can depend on when times get hard.



We explore person centred thinking through the prism of the person centred counselling tradition and suggest that we can learn from their values of empathy, positive regard and honesty, rooted in the philosophical traditions of humanism and the tao.

Finally, given that music is such a powerful force in people's lives we flag some of the potential dangers too. We establish clear distinctions between song therapy, a *recreational music intervention* and music therapy a *clinical music intervention*. This has important implications for the therapeutic goals that can be responsibly pursued by trained song therapists and these are important lines that we draw at the very beginning of our study.

Indeed the whole area of professional practice and the responsibilities we have to those with whom we share our music is one of the corner stones of our study programme.

Please note that for those who wish to register as certified song therapists, we offer an enhanced certificate option that requires the submission of video evidence of your practical work in the community. Further information on this is provided in the introduction to the first module.

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## Complementary therapies

Song therapy is a complementary therapy and definitions vary as to exactly what it is that defines a complementary therapy. This does cause understandable confusion and so we quote from a few organisations here to give some range of opinions as to what a complementary therapy might offer.

‘Complementary and alternative treatments are health-related treatments which are not part of mainstream medical care. They are thought to increase well being, aid relaxation and promote good mental health.’ (Rethink Mental Illness)

‘Complementary therapies are used alongside, or in addition to, conventional medical treatments. They do not claim to cure cancer. People use them to boost their physical or emotional health or to relieve symptoms or side effects. Some have been scientifically tested to check how effective and safe they are.’ (Macmillans Cancer Support)

‘Complementary therapies can be used alongside your usual medical treatment ... [they] tend to take a more holistic approach. So, they aim to treat the whole person – mind, body and spirit – rather than just the symptoms ... there are many reasons why people may use complementary therapies alongside prescribed medication, including: they feel conventional medicine isn’t controlling their symptoms; they view complementary therapy as a way of taking control of their own health; they enjoy the social aspect of having group therapy sessions, such as yoga classes, or they see it as a way of having time to themselves; they find complementary therapies relaxing. This can be very useful as stress can make Parkinson’s symptoms worse.’ (Parkinsons UK)

‘A complementary therapy means you can use it alongside your conventional medical treatment. It may help you to feel better and cope better with your cancer and treatment.’ (Cancer Research UK)

Perhaps it is reassuring to know that there is a wealth of scientific evidence to support the positive therapeutic impact of music and it is this research that forms the backbone of our song therapy training.

## **Industry accreditation**

Song therapy training is a new, innovative approach to recognising and exploring the therapeutic impact of music in informal, non-clinical settings.

The course is designed and delivered by Moorvale Creative CIC, a not for profit community interest company based in the south west. As of July 2018 our song therapy course now offers professional industry accreditation through CHP (Complementary Health Professionals).

CHP accredits and promotes a wide range of well being and complementary health courses and training organisations. It is allied to the CNHC the government funded standards council that promotes safe and responsible complementary health care practice. Industry accreditation through CHP ensures your qualification is of real value in the workplace as we promote song therapy throughout the uk over the coming months and years. It also offers a range of practical benefits including discounted insurance, an annual general meeting to attend, workshops, discounted training, a quarterly therapist magazine. Most importantly it offers a sense of professional connection to other responsibly minded professionals offering complementary therapies of many different kinds to promote well being and good health.

## **Costs**

Tuition fees for the certificate in song therapy course are £400 and are paid monthly in arrears (£40 per month over ten months). The costs are currently the same for both the certificate qualification and the enhanced certificate qualification. Students are welcome to read through the first module without obligation before deciding to commit. Once enrolled we ask for stage payments of £40 per month over the first ten months of your study. If you decide to withdraw from the course at any stage any tuition fees paid up to that point are non refundable. Please remember that whilst we ask you to pay for the course over the first ten months of your study, you are welcome to take up to thirty six months to complete the course if you wish to.

Fees will rise to £500 from November 2019. This reflects the increasing costs of administering the course and developing our relationships with other industry and academic organisations.

## **More information**

Certainly this is an opportunity to learn about the wonder of music as medicine. However it is also a chance to step back and give yourself a little time to explore your own needs and what is important to you in your own life. As we will discover this is a very interesting part of the journey.

If you would like to look through the first module, without obligation, and free of charge, please email us now.

[info@moorvalecreativecic.org.uk](mailto:info@moorvalecreativecic.org.uk)

Thank you for your interest.

Nigel Neill - Course Facilitator

## **Moorvale Creative CIC**

Song Therapy is a training programme offered by Moorvale Creative CIC. This is a not for profit community interest company that promotes music and other creative projects in the south west and further afield.

## **Equality and Diversity**

Moorvale Creative CIC values diversity and we recognise that different people bring different perspectives, ideas, knowledge and culture, and that this difference brings great strength.

We believe that discrimination or exclusion based on individual characteristics and circumstances, such as age; disability; caring or dependency responsibilities; gender or gender identity; marriage and civil partnership status; political opinion; pregnancy and maternity; race, colour, caste, nationality, ethnic or national origin; religion or belief; sexual orientation; social and economic background; trade union membership status or other distinctions, represents a waste of talent and a denial of opportunity for self-fulfilment.

We recognise that patterns of under-representation and differences can be challenged through positive action programmes.

We respect the rights of individuals, including the right to hold different views and beliefs. We will not allow these differences to be manifested in a way that is hostile or degrading to others.

We expect commitment and involvement from all our staff, students, partners and providers of goods and services in working towards the achievement of these goals.

## **Vulnerable Adults Safeguarding Policy**

Moorvale Creative CIC's Vulnerable Adults Safeguarding Policy seeks to manage effectively the risks associated with activities and events involving vulnerable adults that students may be involved in.

Completing a risk assessment process which involves identifying risks and means of reducing or eliminating these

Implementing the required actions identified by the risk assessment process and reviewing the effectiveness of these on a regular basis.

Ensuring that the appropriate DBS or basic disclosure checks are conducted, depending on eligibility, for any individuals starting or moving into work which involves working with vulnerable adults.

Requiring students working with vulnerable adults to familiarise themselves with the content of this policy.

## **About the course facilitator**

Nigel Neill is a professional community musician based in the south west of the UK running four community choirs in Taunton, Exeter, Minehead and Tiverton. He has worked extensively with learning disability groups and in life limiting care settings as



well as providing on going music programmes for the brain injury charity Headway throughout Somerset; working with Parkinsons UK in North and West Somerset and providing music for those with dementia in residential home settings. He has worked closely with the mental health charity Rethink. He is currently devising a programme of singing and music education for Somerset Partnership Foundation NHS Trust - promoting social inclusion and well being through learning; supporting those facing a range of mental health challenges in their lives.

Nigel has developed this song therapy course in partnership with Moorvale Creative CIC, a not for profit community interest company promoting music and creative programmes that encourage social inclusion and well being;

his academic qualifications include a combined science honours degree; post graduate certificate in music and health (uwe) and certificate (level four) in counselling skills (uwe). He recently studied music therapy for two years in Bristol, before switching to counselling skills for a third year.

Nigel spent four years running a school of sound engineering in the noughties and has taught sound engineering and music and song composition at Peterborough Regional College in the nineties. His professional background is music performance, recording, composition and song writing; composing original instrumental music for bbc television and recording many established artists.

Nigel is married with no children and is 58 years old.

He lives in West Somerset.

**MoorvaleCreativecic**

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