



Chennai School of Music Therapy  
Taking Traditions to Clinical Practice

# An Introductory Music Therapy Course



Duration of the course : One day

Time : 10.00 am to 05.00 pm

Fees : Rs.2000/-

Rs.200 additional fee for  
E-certificate

[www.chennaiusictherapy.org](http://www.chennaiusictherapy.org) | [info@chennaiusictherapy.org](mailto:info@chennaiusictherapy.org)

# Who can take up the course?



Candidates who are graduates in any discipline / awaiting final year results / pursuing bachelor's degree / passed 12<sup>th</sup> Std

## Objectives of the Course:

1. To create an awareness on the evidence-based therapeutic effects of music.

---

2. To introduce the conceptual framework in establishing a relationship between music, health, and well-being and how music can be integrated as a complementary health care method in medical treatments.

---

3. To make understand what is music therapy? What are the opportunities available to the aspiring music therapists to work as a music therapist in India? How can a music performer turn into a clinician? The Role of performing arts in therapy.

---

4. To help gain knowledge on the effect of music in our everyday life, music and its bio-psycho-social effects on human beings, music and its effect on the brain and the brain plasticity.

# Learning Outcomes

The participants after attending the course will be able to

1. Describe the scientific basis of the therapeutic effects of music.
2. Use music as a self-care method to induce positive emotions and cognition and reduce stress in daily lives.
3. Get sensitized to the effect of music on salutogenesis and use music as a preventive health care strategy.
4. Understand music as a way to enhance self-expression.



# Online Course Requirements



- ✓ Have a high speed internet connection
- ✓ Use of headphones and video camera are mandatory

**Certificate Requirement:** Completion of class test



## Course Director

Dr. Sumathy Sundar

## Course Coordinators

Ashish Kasbe - 93265 50034

Vikram Kannan - 97171 45792

English is the official language for the course

## Payment of fees by bank transfer/IMPS

Account Name:

**Chennai School of Music Therapy Private Ltd.**

A/c type: Current account

Account no. 6013337595

IFSC code: IDIB000P193

Indian Bank, Puzhuthivakkam Branch

No.3, Medavakkam Main Road,

Chennai 600 091

Tamil Nadu