The Master of Arts in Music Therapy program at University of the Pacific prepares students for a career using music-based interventions in a focused and concentrated manner to address health-related, psychological, educational, and other rehabilitative needs. The program offers students greater depth and breadth in knowledge and skills for advanced clinical competency. Through advanced learning and skill development, students will have a vital competitive advantage in the current healthcare market to provide quality patient care.

Two paths to obtaining an MA in Music Therapy

- **Two-Year Master of Arts in Music Therapy**: This 32-unit program is designed for students who hold an undergraduate degree in music therapy (or its equivalent) and are looking for advanced-level clinical skills or research practice to secure a competitive position in today's rapidly growing health care system.

- **Three-Year Plus Internship Master of Arts in Music Therapy**: This 55-unit program is designed for those with a bachelor's degree in music or related fields (e.g., psychology, special education, etc.) who seek both entry- and advanced-level training in music therapy. This popular and flexible learning option starts with strong basic musicianship and adds specific knowledge and skills to meet the requirements of the Certification Board for Music Therapists (CBMT) and the American Music Therapy Association.

*Additional units may be required depending on prior degree, coursework and experience*

**Plan of Study**

Students focus on their specific personal career goals by selecting a thesis or non-thesis track supporting: a) development of advanced clinical, administrative, and program development skills, or b) preparation for eventual entry into teaching and research careers.

Both paths in the Master of Arts in music therapy program allow for flexibility in the design of individualized study plans. Master of Arts students should consult with their adviser during the first term in residency to determine their overall plan of study and to detail their schedule of classes for each semester.

**Program Policies**

1. Students must (a) maintain a minimum term and cumulative grade point average of 3.0, (b) earn a B- or better in all music therapy courses, and (c) demonstrate interpersonal and professional skills appropriate to the clinical profession as evaluated by the Music Therapy Program faculty, in order to remain in the program.

2. Students must pass the Board Certification Examination or provide evidence of current re-certification (MT-BC) status prior to completion of the Master of Arts degree in music therapy.

3. Students must demonstrate advanced clinical competencies as defined by the American Music Therapy Association (AMTA). Particular emphasis is placed upon the acquisition of advanced competencies relevant to the student’s area of specialization.

**Clinical Musicianship**

- Design a broad range of improvisational experiences and utilize a variety of clinical improvisation techniques for therapeutic purposes.

- Apply advanced musical skills in the clinical use of at least two of the following: keyboard, voice, guitar and/or percussion.

- Design and employ a broad range of re-creative music experiences for therapeutic purposes.

**Music Therapy Theory**

- Apply comprehensive, in-depth knowledge of the foundations and principles of music therapy practice.

- Articulate and defend a personal philosophy, approach and/or theory to music therapy.

**Clinical Supervision**

- Design and implement methods of observing and evaluating supervisees that have positive effects on music therapy students and professionals at various levels of advancement and at different stages in the supervisory process.

- Evaluate the effects of one’s own personality, supervisory style, and limitations on the supervisee and the supervisory process and seek consultation as indicated.

**Advanced Clinical Skills**

- Apply comprehensive knowledge of current methods of music therapy assessment, treatment, and evaluation.

- Utilize advanced music therapy methods within one or more theoretical frameworks to assess and evaluate clients’ strengths, needs and progress.

**Research**

- Perform and evaluate the results of a comprehensive literature review to identify gaps in knowledge.

- Conduct research according to ethical principles for protection of human participants, including informed consent, assessment of risk and benefit, and participant selection.

**Master of Arts in Music Therapy**

Students must complete a minimum of 32 units with a Pacific cumulative and major/program grade point average of 3.0 or higher in order to earn the Master of Arts degree in music therapy.

**Music Therapy Foundational Courses:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>MTHR 231</td>
<td>Individual Music Therapy: Advanced Theory and Techniques</td>
<td>3</td>
</tr>
<tr>
<td>MTHR 232</td>
<td>Group Music Therapy: Advanced Theory and Techniques</td>
<td>3</td>
</tr>
<tr>
<td>MTHR 251</td>
<td>Music Therapy Supervision I: Introduction to Theory and Applications</td>
<td>1</td>
</tr>
<tr>
<td>MTHR 252</td>
<td>Music Therapy Supervision II: Applied Experience</td>
<td>1</td>
</tr>
<tr>
<td>MTHR 260</td>
<td>Advanced Clinical Practice in Music Therapy *</td>
<td>2</td>
</tr>
<tr>
<td>MUSC 203</td>
<td>Contemporary Issues in Music Education and Music Therapy</td>
<td>3</td>
</tr>
</tbody>
</table>

*1. Two semesters, one unit each semester.
2. Students may fulfill one unit of this requirement by completing a Special Topics course in a clinical practice area.

Choose one of the following Options:
Option A, Thesis Plan
EDUC 201  Techniques of Research  3
or MTHR 239  Research in Music
&MTHR 265  and Human Research in Music Therapy: Supervised Experience
MUSC 202  Introduction in Music Research  3
MTHR 299  Thesis  4
Select three of the following Specialized Electives:  9
EDUC 216  Nature and Conditions of Learning
EDUC 330  Advanced Human Development I
EDUC 331  Advanced Human Development II
EDUC 335  Psychotherapeutic Interventions
EDUC 337  Crisis Intervention
EDUC 338  Consultation Methods
EDUC 341  History and Systems in Psychology
EDUC 343  Psychopathology and Wellness Promotion
EDUC 348  Neuropsychology
MTHR 240  Psychology of Music
&MTHR 291  and Graduate Independent Study

MTHR 150  Fieldwork in Music Therapy  4
MTHR 187  Internship in Music Therapy  2

Music Therapy Foundational Courses:
MTHR 231  Individual Music Therapy: Advanced Theory and Techniques  3
MTHR 232  Group Music Therapy: Advanced Theory and Techniques  3
MTHR 251  Music Therapy Supervision I: Introduction to Theory and Applications  1
MTHR 252  Music Therapy Supervision II: Applied Experience  1
MTHR 260  Advanced Clinical Practice in Music Therapy  2
MUSC 203  Contemporary Issues in Music Education and Music Therapy  3

* Two semesters, one unit each semester.

Choose one of the following Options:

Option A, Thesis Plan
EDUC 201  Techniques of Research  3
or MTHR 239  Research in Music
&MTHR 265  and Human Research in Music Therapy: Supervised Experience
MTHR 299  Thesis  4
MUSC 202  Introduction in Music Research  3
Select three of the following Specialized Electives:  9
EDUC 216  Nature and Conditions of Learning
EDUC 330  Advanced Human Development I
EDUC 331  Advanced Human Development II
EDUC 335  Psychotherapeutic Interventions
EDUC 337  Crisis Intervention
EDUC 338  Consultation Methods
EDUC 341  History and Systems in Psychology
EDUC 343  Psychopathology and Wellness Promotion
EDUC 348  Neuropsychology
MTHR 240  Psychology of Music
&MTHR 291  and Graduate Independent Study

Pre-Board-Certification Courses:
MTHR 011  Music as Therapy: A Survey of Clinical Applications  3
MTHR 018  Basic Skills for Music Therapists and Allied Professionals  3
MTHR 020  Observation and Assessment in Music Therapy  2
MTHR 135  Music with Children in Inclusive Settings: Therapeutic and Educational Applications  3
MTHR 141  Music Therapy in Mental Health and Social Services  3
MTHR 142  Music Therapy in Medicine and Health Care  3

Option B, Non-Thesis Plan
EDUC 201  Techniques of Research  3
or MTHR 239  Research in Music
&MTHR 265  and Human Research in Music Therapy: Supervised Experience
MTHR 245  Clinical Clerkship in Music Therapy  1
MUSC 202  Introduction in Music Research  3
Select four of the following Specialized Electives:  12
EDUC 216  Nature and Conditions of Learning
EDUC 330  Advanced Human Development I
EDUC 331  Advanced Human Development II
EDUC 335  Psychotherapeutic Interventions
EDUC 337  Crisis Intervention
EDUC 338  Consultation Methods
EDUC 341  History and Systems in Psychology
EDUC 343  Psychopathology and Wellness Promotion
EDUC 348  Neuropsychology
MTHR 240  Psychology of Music
&MTHR 291  and Graduate Independent Study

Option B, Non-Thesis Plan
EDUC 201  Techniques of Research  3
or MTHR 239  Research in Music
&MTHR 265  and Human Research in Music Therapy: Supervised Experience
MTHR 245  Clinical Clerkship in Music Therapy  1
MUSC 202  Introduction in Music Research  3
Select four of the following Specialized Electives:  12
EDUC 216  Nature and Conditions of Learning
EDUC 330  Advanced Human Development I
EDUC 331  Advanced Human Development II
EDUC 335  Psychotherapeutic Interventions
EDUC 337  Crisis Intervention
EDUC 338  Consultation Methods
EDUC 341  History and Systems in Psychology
EDUC 343  Psychopathology and Wellness Promotion
EDUC 348  Neuropsychology
MTHR 240  Psychology of Music
&MTHR 291  and Graduate Independent Study

Master of Arts in Music Therapy - 3 Year Internship Option
Students must complete a minimum of 32 units with a Pacific cumulative and major/program grade point average of 3.0 or higher in order to earn the Master of Arts degree in music therapy.

Pre-Board-Certification Courses:
MTHR 011  Music as Therapy: A Survey of Clinical Applications  3
MTHR 018  Basic Skills for Music Therapists and Allied Professionals  3
MTHR 020  Observation and Assessment in Music Therapy  2
MTHR 135  Music with Children in Inclusive Settings: Therapeutic and Educational Applications  3
MTHR 141  Music Therapy in Mental Health and Social Services  3
MTHR 142  Music Therapy in Medicine and Health Care  3

MTHR 245  Clinical Clerkship in Music Therapy  1
MUSC 202  Introduction in Music Research  3
Select four of the following Specialized Electives:  12
EDUC 216  Nature and Conditions of Learning
EDUC 330  Advanced Human Development I
EDUC 331  Advanced Human Development II
EDUC 335  Psychotherapeutic Interventions
EDUC 337  Crisis Intervention
EDUC 338  Consultation Methods
EDUC 341  History and Systems in Psychology
EDUC 343  Psychopathology and Wellness Promotion
EDUC 348  Neuropsychology
MTHR 240  Psychology of Music
&MTHR 291  and Graduate Independent Study

Two semesters, one unit each semester.
Music Therapy Courses

MTHR 135. Music with Children in Inclusive Settings: Therapeutic and Educational Applications. 3 Units.
This course presents specific music therapy techniques and skills for development of programs for children's successful integration within home/school/community environments. Students will identify and create therapeutic music strategies to effect changes in children's academic, social, motor, and leisure skills development. This course also acquaints students with relevant music therapy/education research and current legislation regarding children within inclusive settings. Open to non-majors. Prerequisites: SPED 123 and either MTHR 018 or MCOM 002; or with instructor permission.

MTHR 139. Research in Music. 2 Units.
The application of scientific methods to investigate music therapy and related disciplines (e.g., music education and music psychology) are reviewed, including: qualitative and quantitative methods and related designs, review and evaluation of research literature, and writing a research proposal. Statistical analyses and evidence-based practice are introduced. Prerequisite: MCOM 002 or Instructor Permission.

MTHR 140. Psychology of Music. 2 Units.
This course introduces the psychological foundations of music, including the study of acoustics, perception of sound, music and neuroscience, and physical and psychosocial responses to music. Prerequisite: MTHR 139 or MTHR 239 or permission of the instructor.

MTHR 141. Music Therapy in Mental Health and Social Services. 3 Units.
This course examines theory, research, and clinical skills related to music therapy for adults, children, and adolescents in various mental health and social service treatment settings. It also includes an introduction to current DSM criteria for mental disorders commonly encountered by music therapists, and an overview of major theories of psychotherapy as they relate to music therapy. The course introduces music therapy techniques for group treatment which includes music improvisation, songwriting, and basic relaxation methods. This course is for music therapy majors only and it must be taken concurrently with Fieldwork in Music Therapy. Prerequisites: MTHR 011, MTHR 018, MTHR 135, and MTHR 140, PSYC 017 and completion of Voice, Guitar, and Piano competencies.

MTHR 142. Music Therapy in Medicine and Health Care. 3 Units.
This course provides an overview of music therapy with children, adults, and older adults in medical settings. Students survey theories, methods, and empirically supported treatments in settings such as acute care, physical rehabilitation, gerontology, palliative care, preventative medicine, and health maintenance. It also includes the study of physical and psychosocial processes natural to aging and end of life, and assists students in developing skills in improvised music for relaxation and palliative care. The course is for music therapy majors only. Prerequisites: MTHR 141, BIOL 011 and completion of Voice, Guitar, and Piano competencies.

MTHR 143. Supervisory Techniques. 1 or 2 Unit.
This course offers techniques in the supervision of music therapy fieldwork. The course is only open to music therapy majors by permission of the instructor. Prerequisites: MTHR 020, MTHR 140 and MTHR 150.

MTHR 150. Fieldwork in Music Therapy. 1-2 Units.
Fieldwork provides students with structured clinical experiences in music therapy under the supervision of a music therapist in varying community settings. This course repeated for credit and taken concurrently each semester students are enrolled in MTHR 135, MTHR 140, MTHR 141 and MTHR 142. Prerequisites: MTHR 011 and MTHR 018. This course is open only to music therapy majors, and a minimum of 4 units of Fieldwork (MTHR 150) is required for completion of the music therapy degree program.

MTHR 187. Internship in Music Therapy. 1 Unit.
This course consists of clinical training experience at an internship site approved by the AMTA. Successful completion of required hours and competencies allows students to sit for the Music Therapy Board Certification Examination. Prerequisites: Successful completion of all coursework and functional music skills, competency evaluation and individualized internship training plan. Students are required to enroll in MTHR 150 within the period of one year prior to the start of internship.

MTHR 191. Independent Study. 1-2 Units.

MTHR 197D. Undergraduate Research. 1-4 Units.

MTHR 230. Bonny Method of Guided Imagery and Music Level I Training. 3 Units.
Intensive 5-day residential seminar introduces theory and clinical applications of the Bonny Method of Guided Imagery and Music (BMGIM) and other music and imagery techniques. Participants gain intensive personal experience with BMGIM. Hands-on experiential exercises, demonstrations, and clinical examples introduce simple imagery techniques to add to participants' existing repertoire of therapeutic interventions. This residential phase of the course meets the Association of Music and Imagery (AMI) requirements for introductory training in the Bonny Method. The on-line learning component extends and deepens the student’s understanding through exposure to literature in the Bonny Method, sharing of discoveries from readings and music listening, as well as personal reflection and integration of experiential learning. Due to the experiential nature of this course, participants must be willing to participate in all learning activities and in the group sharing process, and attend all seminar sessions as listed in the residential seminar course schedule. All students and instructors are expected to maintain confidentiality of personal material shared by group members. Prerequisites: Evidence of clinical experience and permission of instructor.

MTHR 231. Individual Music Therapy: Advanced Theory and Techniques. 3 Units.
This course explores current theories and techniques of music-centered psychotherapy for supportive, re-educative/rehabilitative, and re-constructive levels of clinical practice with a variety of populations. The course includes development of therapeutic relationship through music improvisation, and focused music-evoked imagery to address supportive and re-educative goals for individual clients. Experiential learning includes classroom simulations and supervised clinical practice. Prerequisites: MTHR 187 (or an AMTA-approved clinical internship) and MTHR 230 (or Level I training in the Bonny Method of Guided Imagery and Music) or permission of instructor.
MTHR 232. Group Music Therapy: Advanced Theory and Techniques. 3 Units.
This course examines theories and models for group music therapy with applications for a variety of clinical populations. The course includes approaches for quick group assessment and brief treatment environments. The focus is on therapist and member roles and tasks within group development processes. Students refine group facilitation skills that use music-centered techniques of improvisation and music-evoked imagery through in-class simulations and supervised clinical practice. Prerequisite: MTHR 231 with a "B" or better or permission of instructor.

MTHR 239. Research in Music. 2 Units.
The application of scientific methods to investigate music therapy and related disciplines (e.g., music education and music psychology) are reviewed, including: qualitative and quantitative methods and related designs, review and evaluation of research literature, and writing a research proposal. Statistical analyses and evidence-based practice are introduced. Prerequisite: MCOM 002 or Instructor Permission.

MTHR 240. Psychology of Music. 2 Units.
This course introduces the psychological foundations of music, including the study of acoustics, perception of sound, music and neuroscience, and physical and psychosocial responses to music. Prerequisite: MTHR 139 or MTHR 239 or permission of the instructor.

MTHR 245. Clinical Clerkship in Music Therapy. 1-4 Units.
As an alternate requirement for Thesis, Clinical Clerkship is designed for students who may want to focus on clinical skills and knowledge. Students complete a major project related to an applied therapeutic or educational setting.

MTHR 251. Music Therapy Supervision I: Introduction to Theory and Applications. 1 Unit.
This course provides a foundation for effective music therapy clinical supervision. It introduces multicultural, ethical, and legal considerations and explores factors unique to music therapy supervision. Readings, workbook assignments, field observations and in-class discussion of theories and techniques prepare students for MTHR 252, and practical experience supervising undergraduate students in clinical training settings. Prerequisite: MTHR 187 or an AMTA approved clinical internship.

MTHR 252. Music Therapy Supervision II: Applied Experience. 1 Unit.
This course provides mentored practice in clinical supervision and it supports individualized skill development of competencies for professional participation in clinical management and student, volunteer, or peer supervision situations. Learning experiences include direct on-site supervision of undergraduate music therapy students in fieldwork placements, maintaining the on-site learning environment, monitoring student progress, conducting formal evaluations, conducting group student supervision and regular participation in supervisors group consultation meetings with faculty. Prerequisite: MTHR 251 with a "B" or better.

MTHR 260. Advanced Clinical Practice in Music Therapy. 1 Unit.
This course provides individualized experiences for development of advanced clinical skills in music therapy. Students may focus on a new area of specialization, or may work within a familiar clinical environment that develops skills at a more advanced level. Experiences may include supervised practice in advanced music therapy techniques, interdisciplinary collaboration, new program development, or expansion of an existing clinical program. Prerequisites: two semesters of MTHR 187 or clinical internship.

MTHR 265. Human Research in Music Therapy: Supervised Experience. 1 Unit.
This course offers individualized experiences for development of advanced research skills in music therapy. It provides faculty oversight and supervision of human research in clinical or laboratory settings. Students may focus on their own independent research project or may work within a collaborative or faculty-directed research environment. It is required for students who conduct summer research activities with human subjects and includes projects that contribute to completion of the master's thesis or clinical clerkship. This course may be repeated. Prerequisites: Completion of University Human Subjects (IRB) training for student investigators, and permission of instructor.

MTHR 275. College Teaching in Music Therapy: Curriculum, Competencies and Classroom. 3 Units.
Students review the AMTA requirements for music therapy undergraduate program curriculum and for competency-based education and clinical training. The course provides mentored practice in teaching foundational level music therapy college courses, and it supports individualized skill development for professional participation in academic music therapy programs as an instructor. Permission of instructor.

MTHR 291. Graduate Independent Study. 1-4 Units.

MTHR 299. Thesis. 1-4 Units.
Students create an original monograph that embodies original research.

General Music Courses

MUSC 197. Independent Research. 1-4 Units.

MUSC 202. Introduction in Music Research. 3 Units.
This course is designed for the graduate level student to develop music research skills.

MUSC 203. Contemporary Issues in Music Education and Music Therapy. 3 Units.
Graduate students research, analyze, and reflect on current values, philosophical issues, and contemporary trends in the professions of music education and music therapy.