



Discovery Workshop: Demystifying Music Therapy

Context: the National Music Therapy Institute is a charitable organization whose Mission is to increase knowledge about music therapy and facilitate a better understanding of its benefits for a diversity of clientele.

Objective of the Workshop: Demystify Music Therapy



Inform

- Learn what is music therapy
- Understand how and who it can help
- Discover the science supporting it



Experiment

- Opportunity to try 3 distinct activities inspired from group music therapy
- Participants invited to share individual reactions after each experience
- Finding out about literature/research behind these interventions



Exchange & share

- Questions & discussions
- Feedback on the usefulness of the workshop

Schedule (duration : 1 hour 30 minutes)

- Introduction to Music Therapy (10 minutes)
- Experiential workshop (60 minutes)
- Sharing period, questions & discussions (20 minutes)

General modalities

- Workshop by a music therapist (MTA) from the National Music Therapy Institute
- Musical instruments provided by the Institute
- Group of 6 to 10 participants
- Place: Institute, or elsewhere – after validation of available space and equipment

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