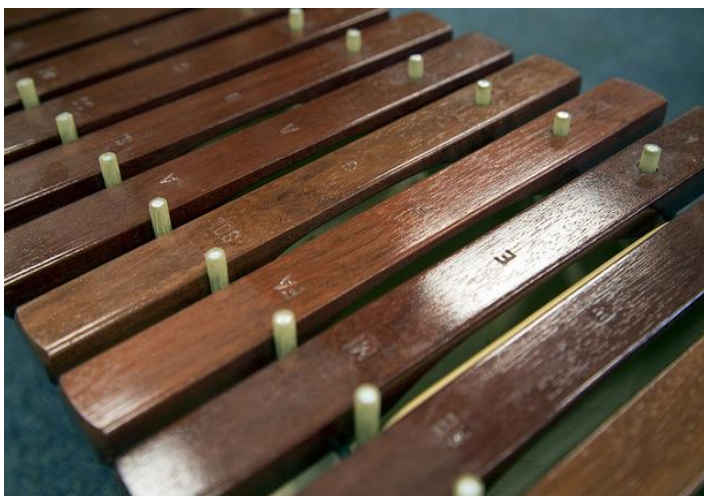
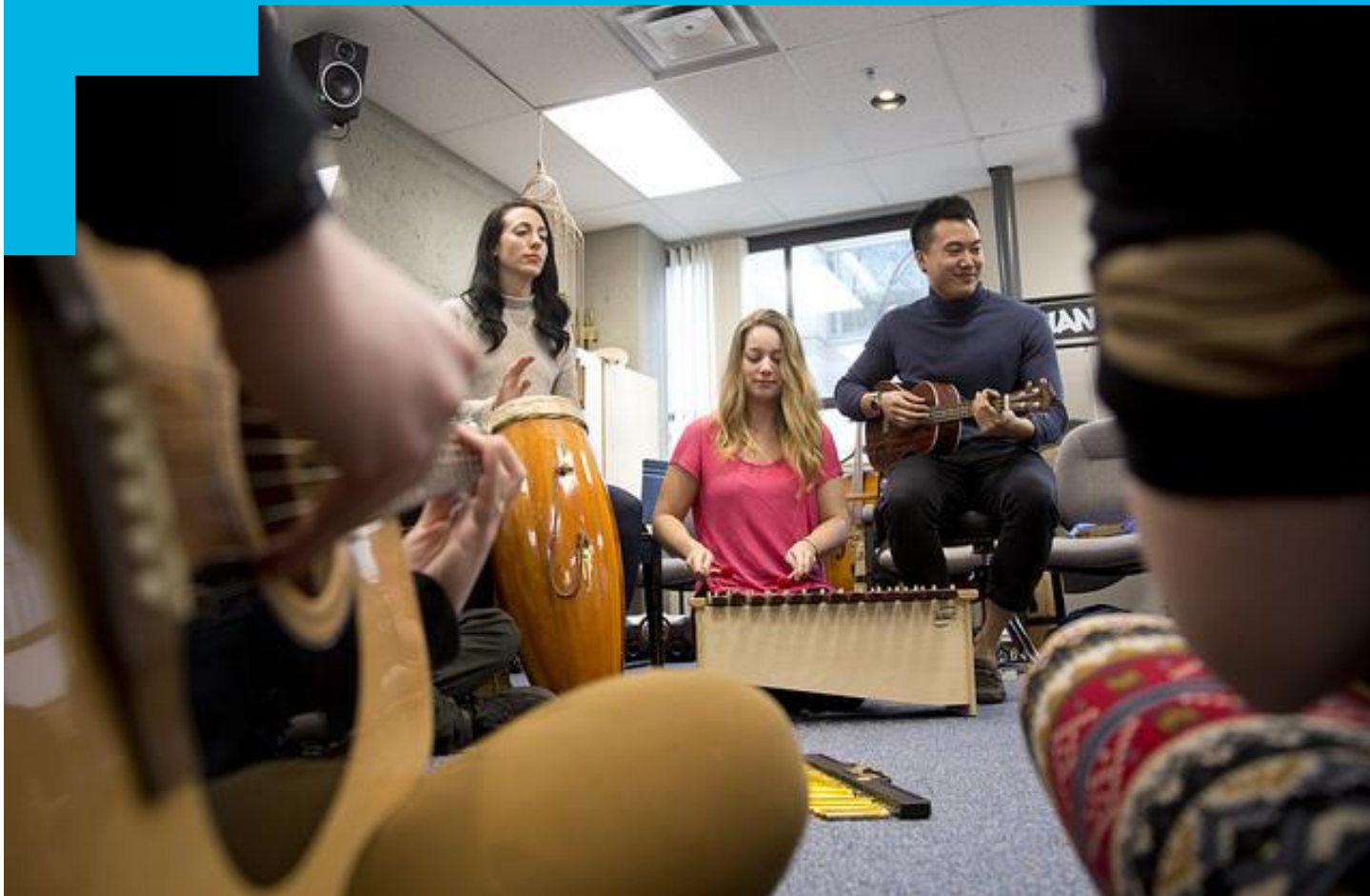


Bachelor of Music Therapy Program

Information and Application Package



CAPILANOU.CA

SCHOOL OF ALLIED HEALTH
2055 PURCELL WAY
NORTH VANCOUVER, BC, CANADA

T 604.986.1911 LOCAL 2307
E MOTHERAPY@CAPILANOU.CA



**CAPILANO
UNIVERSITY**

Dear Prospective Applicant,

Thank you for your interest in the Bachelor of Music Therapy Program at Capilano University. I have designed this package of information to guide you through the process of making your decision to apply to the program and prepare for the audition and interview.

Capilano University offers the longest running Canadian Music Therapy education program. Of the six Canadian training programs, Capilano offers you the largest permanent faculty of music therapists, which allows a diverse and rich learning environment.

Music therapy education at Capilano University has been designed to offer a balance between theory and practice. We focus on both didactic and experiential learning. Music therapy is a very rewarding profession. It can also be a challenging one. Life experience and emotional maturity are important qualities. In our admissions procedures, we emphasize "readiness". We advise you to acquire some experience in your community as a volunteer, within clinical or preventative settings, before applying to the program.

You are welcome to complete the first two years at a college or university of your choice if it offers transferable credits. Page 8 of this package, the Prerequisite Worksheet, lists the courses needed for these two years. Capilano University offers these courses through programs in the School of Performing Arts. If you are interested in doing the first two years at Capilano University, you will need to apply to the [Diploma in Music program](#) (classical) or the [Jazz Studies program](#). Information on these admission requirements is available on the Capilano University website. Be sure to mention that you hope to continue your studies in your third and fourth year by transferring to Music Therapy. Admission from these programs into the third year of the Music Therapy program is not automatic.

If you have questions after reading through this package, I am usually available in the mornings on Mondays and Thursdays in my office (604-986-1911, local 2307) or by email at mtherapy@capilanou.ca.

Sincerely,

A handwritten signature in black ink that reads "Stephen". The signature is written in a cursive, slightly slanted style.

Stephen Williams, MTA
Coordinator, Bachelor of Music Therapy Program

Capilano University acknowledges with respect the Lilwat7úl (Lil'wat), xʷmə̱ł̓θkʷəy̓əm (Musqueam), shíshálh (Sechelt), Sk̓wx̓wú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) people on whose territories our campuses are located.

There are several ways to contact us:

Telephone: 604-986-1911 Local 2307

Email: mtherapy@capilanou.ca

Address: The Coordinator
Music Therapy Program
Capilano University
2055 Purcell Way
North Vancouver, BC
Canada V7J 3H5

Submission deadline each year: April 15

Where this date falls on a weekend, the following Monday will be an acceptable submission date.

Information about the Profession of Music Therapy

What is Music Therapy?

The Canadian Association of Music Therapists defines music therapy as “a discipline in which Certified Music Therapists (MTAs) use music purposefully within therapeutic relationships to support development, health, and well-being. Music therapists use music safely and ethically to address human needs within cognitive, communicative, emotional, musical, physical, social, and spiritual domains.

The Profession

Music therapists are employed in hospitals, clinics, long-term care homes, schools, community organizations, and private practices. They work with clients of all ages, with physical and psychological challenges, and on a group or individual basis. As an integral part of a treatment team, music therapists assess client’s needs and abilities, set treatment goals, design, and implement programs, and evaluate and report on client progress.

The Program

Capilano University initiated music therapy training in Canada in 1976 and at present, there are six training programs in the country. The Bachelor of Music Therapy program at Capilano offers the third and fourth years, as well as pre-professional practicum (formerly known as the internship), leading to the Bachelor of Music Therapy degree. This degree program is designed so that students may enter third year with a variety of backgrounds: music, general arts, education, nursing, etc. You are welcome to complete all four and a half years at Capilano University.

This program provides students with the opportunity to gain knowledge and develop competencies in such areas as music therapy practice, clinical disorders, assessment, planning and intervention, improvisation and music of many eras and cultures, interpersonal and counselling skills, group dynamics, basic research, and documentation. Students also develop competencies in communication, music, teamwork, therapeutic skills, professionalism, knowledge of human growth and development, critical thinking, and theoretical foundations.



Students learn to integrate a variety of music therapy styles with a focus on the interactive qualities between the clients, the therapist, and the music. There is a strong emphasis on

the combination of practice and theory as well as upon creativity and therapist self-awareness.

The program blends academic and experiential course work. Students deepen their experience of music, creative expression, and the role of the arts. They are encouraged to explore their values, beliefs, feelings, and communication patterns, to increase their effectiveness in the field. Each of the four terms includes a unique field trip or practicum where students are given increasing responsibility to design, implement and evaluate their own client treatment programs, under clinical supervision.

Continuance in the Bachelor of Music Therapy program will be contingent upon an adequate level of personal, academic, and clinical skills as jointly evaluated each term by the music therapy faculty. Music therapy is a helping profession in which music therapists work with clients who are in a state of disability. In the therapist-client relationship there is an assumption that the therapist is in a well enough state of health and well-being to mediate client difficulties with an appropriate clinical approach. In other words, the therapist must function in clinically suitable ways, be emotionally stable, and able to respond generally vis-à-vis the client's needs.



The therapist is the helper. The role of the Bachelor of Music Therapy program, in addition to student education, is to safeguard the standards of practice of the professional music therapy community through monitoring student readiness to work with members of the community-at-large who are at risk because of disability, disease, cultural and social deprivation, and otherwise disadvantaged. Safety of clients is essential.

Music Therapy Program Philosophy

The program faculty believes in the profound capacity of music to be transformative. We believe in the unique value of each human being and in their innate abilities to grow, to become self-aware and to be resourceful. In this program, we believe the development of these capabilities is best facilitated in a mutually respectful, creative environment in which the student is encouraged, inspired and challenged. We include traditional and transpersonal perspectives while grounding them in the unique context of music therapy.

Bachelor of Music Therapy Program Content

For a full listing of course descriptions, please [visit the courses tab](#) on the program website.

Third year – First term		
September – December		
MT320	Improvisation 1	1.5
MT330	Clinical Skills	3.0
MT350	The Influence of Music	3.0
MT360	Music Therapy I	3.0
MT364	Health Conditions of Adulthood	3.0
MT380	Intro to Counselling Skills	1.5
PMI	Private Music Instruction – Concentration	2.0
PMI	Private Music Instruction – Secondary	1.0
		18.0

Fourth Year - First term		
September – December		
MT450	Music and the Creative Arts I	1.5
MT460	Music Therapy III	3.0
MT490	Practicum II	4.0
PSYC301	Group Dynamics	3.0
PMI	Private Music Instruction – Concentration	2.0
PMI	Private Music Instruction – Secondary	1.0
		14.5

Third year – Second term		
January – April		
MT361	Music Therapy II	3.0
MT370	Health Conditions of Childhood	1.5
MT391	Practicum I	4.0
MT420	Improvisation II – Guitar	1.0
PSYC222	Abnormal Psychology	3.0
PMI	Private Music Instruction – Concentration	2.0
PMI	Private Music Instruction – Secondary	1.0
		15.5

Fourth Year – Second Term		
January – April		
MT451	Music and the Creative Arts II	1.5
MT461	Music Therapy IV	3.0
MT462	Principles of Research	3.0
MT480	Improvisation III	1.5
MT491	Practicum III	4.0
PMI	Private Music Instruction – Concentration	2.0
PMI	Private Music Instruction – Secondary	1.0
		16.0

Post Basic Requirements		
MT511	Pre-professional practicum	15

Total program credits: 79.0
Total degree credits: 124.0

Program Faculty

For full biographical and publication information, please click on the faculty name link and it will take you to their online profiles.

[Stephen Williams](#), MCAT (Hahnemann), BMus (Toronto), MTA. Program Coordinator. Instructs music therapy courses and practicum. Stephen is a music therapist in private practice with children and adults.

[Kiki Chang](#), PhD Candidate (York), MA (Concordia), MEd (Toronto), RP, MTA. Instructs Music Therapy courses, practicum, and pre-professional practicum. Kiki is the past president of CAMT.

[Kevin Kirkland](#), PhD (University of B.C.), MA (California State University), BMT (Capilano U), BMus in Composition (University of Alberta), FAMI, MTA; Instructs music therapy courses and practicum. Kevin is a music therapist working with adults in mental health and recovery.

[Susan Summers](#), PhD (Antioch), MMT (BC Open University), BPE, BEd, Dip.Sp.Ed and Rehab, Dip.MT, NMT, AVPT, MTA; Instructs practicum and Voice Private Music Instruction. Susan is a music therapist working with the elderly.

Kerry Burke, BA (Antioch), Dip.MT, MTA. Instructs Improvisation I. Kerry is a music therapist working with children in community settings.

[Sue Baines](#), PhD (Limmerick), MA (NYU), BMT (Laurier), BMus, FAMI, MTA. Instructs music therapy courses and Private Music Instruction Piano. Sue is a performer, researcher and music therapist in community practice.

[Michael Sochor](#), BMT (Capilano U), MTA. Instructs Private Music Instruction Guitar. Michael is a performer and music therapist working with seniors in long term care.

[Emily Teng](#), MMT (Nordoff-Robbins, London), BMus, MTA. Instructs Private Music Instruction Piano. Emily is a music therapist working with a variety of clients in contractual practice.

[Camilla Schroeder](#), BMT (Capilano U), MTA. Instructs Private Music Instruction Guitar. Camilla is a performer and music therapist working with the elderly in long term care.

[Carolyn Neapole](#), MA (Concordia), BMT (Capilano U), AVPT, SEP, MTA. Instructs Private Music Instruction Voice. Carolyn is a music therapist working with a variety of mental health populations.

Danyael Lutgens, PhD (McGill), MSc, BA (SFU). Registered Psychologist. Danyael is a psychologist who instructs the Abnormal Psychology course.

Information about Capilano University

The music therapy program is situated on the main university campus in North Vancouver. While Capilano University has regional campuses, the main campus is in North Vancouver. Capilano University has earned an international reputation for quality teaching, programs, and services.

The University has the equivalent of about 10,000 full-time students, which makes it a mid-sized university. Students of all ages and a variety of cultural backgrounds find there are a variety of degree and career-ready programs. Capilano became a teaching university in 2008, with 50 years of educating students as a community college, with an emphasis on employment related programs.



The North Vancouver campus has a natural and beautiful environment all year round. When you visit here, you will be impressed with the natural beauty of the North Vancouver campus. A walking tour of the campus takes less than 15 minutes.

The music therapy program is housed with other music programs in the first two floors of Fir building.



The mission of Capilano University is to enable student success. You will find a variety of student services available to students, including a Learning Commons, Counselling Department, Writing Centre, Accessibility Services, Centre for International Experience, Learning Specialist, full-service Library and Indigenous Student Services. Other services include a Child Care Centre, and Athletics and Recreation.

At Capilano University, students are safe, comfortable, and challenged, and find the individual attention that can make a difference to their professional and personal achievements. It is our goal to ensure that our students come first — not only at Capilano University, but also in all of their pursuits.

Prerequisite Worksheet: Basis of Admission Courses

Prerequisite Course	Credits	Capilano U Course Number	Course Checklist
English: Academic Writing	3	ENGL 100	
English Literature	3	ENGL 103 or higher	
Intro Psychology I	3	PSYC 100	
Intro Psychology II	3	PSYC 101	
Developmental Psychology	3	PSYC 304	
Psyc Elective (200+ level) ¹	3	PSYC 200, 230, 240 & above. See exclusions below.	
Science and Technology	3	BIOL 104, MATH 123 & others. See note below	
Music History I	3	MUS 120 or JAZZ 174 & JAZZ 175	
Music History II	3	MUS 121 or JAZZ 274 & JAZZ 275	
Music Theory I	3	MUS 100 or JAZZ 130	
Music Theory II	3	MUS 101 or JAZZ 131	
Ear Training/Aural Skills	3	MUS 112 & 113 or JAZZ 184 & JAZZ 185	
Humanities/Social Science/ Music I	3	Can be MUS/PMI/ENSM/JAZZ courses	
Humanities/Social Science/ Music II	3	Can be MUS/PMI/ENSM/JAZZ courses	
General Elective	3	Can be MUS/PMI/ENSM/JAZZ	

Please note: Refer to the [courses tab of the program website](#) for course names and options, and the [BC Transfer Guide](#) for pre-approved transfer credit.

¹ Exclusions include Psyc 222: Abnormal Psychology, Psyc 301: Group Dynamics, and Psyc 212 or 213: Research as they are offered in the Music Therapy program, so they can't be used to satisfy the Psychology Elective Requirement.

² A variety of Biology, Math or Science courses can be used to meet this requirement; Consult the [Science and Technology Cap Core listing](#) for specific CapU courses.

After you've consulted the BC Transfer Guide, the Program Coordinator can informally answer questions about the prerequisite courses; the formal transfer credit process takes place through the CapU Registrar's Office after you've been accepted to the program.

Application Portfolio for Entry into the Third Year

In advance of the April 15th application deadline:

- Complete an online application through the [How to Apply page](#).
- Upload official transcripts of your college or university coursework with your online application. In most cases, your final grades may not yet be completed; please plan for a few weeks for transcript delivery and processing.

Note: if you are already a Capilano University student we have your high school transcript and Cap U student record on file.

Send your Application Portfolio with the following components:

- **2 letters of reference** addressing personal and academic suitability.
The reference letters can be someone who can speak to your character and your suitability for this program, such as previous teachers, community service, music therapist, or supervisors of volunteer service. *Please have the person writing your reference letter email it directly to:* mtherapy@capilano.ca

Send the following portfolio items via email to mtherapy@capilano.ca. Please ensure all documents are in **PDF** format.

- **Current resume**
- **1,000-word “Life History” essay** including personal, familial, and cultural aspects, also including history of health or emotional difficulties, any other challenges you have experienced, and how you have worked with them.
- **500-word essay on “Why I wish to become a music therapist”.**

Alternately, the portfolio or reference letters can be mailed to:

The Coordinator, Music Therapy Program
Capilano University
2055 Purcell Way
North Vancouver, BC V7J 3H5

Submission Deadline each year: April 15

Where this date falls on a weekend, the following Monday would be an acceptable submission date.

Refer to page 11 for information on scheduling an interview-audition.

Hints for Preparing the Application Portfolio

1. Application Form:
We prefer that you apply online well ahead of the program Application Portfolio deadline.
2. Official Transcripts:
Request/send your official transcripts to the Registrar, Capilano University, even if your final grades are not yet completed. After your acceptance to third year, a finalized transcript can be ordered.
3. Letters of Reference:
Ask your references to write a current letter of recommendation outlining your strengths and areas you continue to work on. Ideally, you will not see this letter. The reference can either send the sealed letter to the Music Therapy Program Coordinator or give them to you to include in your portfolio. The referee can also email the letter as a pdf with a hand written signature, directly to the program coordinator.
4. Resume:
A standard format resume is acceptable and may outline academic history, employment, volunteer history, and any other elements that represent who you are.
5. "Life History" Essay:
This is your opportunity to tell us about your life, your family, any challenges you have had, and any health or emotional difficulties you have experienced and how you dealt with them. While you don't need to have a challenged life to be a therapist, how you've dealt with personal challenges informs the interviewers about your character, personal resources and self-awareness.
6. "Why I wish to become a Music Therapist" Essay:
Write about your motivation, interest, and desire to be a music therapist.
7. Portfolio Format:
Portfolios will be assessed on their content. It is not necessary to prepare a decorative folder with individualized plastic sleeves or index pages.



Interview and Audition

An interview and audition appointment is made by contacting the Health and Education department at 604-986-1911 local 2231 or mtherapy@capilanou.ca. Appointments are typically in May. Appointments are generally one hour and fifteen minutes and involve the elements listed below.

1. Audition:

- a) Applicants will be asked to perform two pieces of music that offer contrasting emotions on their main instrument demonstrating technique and expressiveness. If an additional instrument is played, one short piece may be included. If an accompanist is required, please make your own arrangements.
- b) Applicants will be asked to demonstrate piano skills if piano is not their main instrument. Any genre of music is suitable.
- c) Applicants will be asked to demonstrate guitar and voice skills. Typically, a folk or children's song works well although a song from any genre of music is suitable.

2. Ear Training Assessment:

Applicants will be assessed for practical ear training (for example, finding the starting note to a song you know, singing on key *a capella*, hearing the difference between I, IV and V on piano).

3. Review of Prerequisite Courses and Academic History:

The interview team will review the prerequisite courses and your academic history.

4. Personal interview:

Applicants will be asked about their family history, their "Life History" essay and other elements that assess suitability for entry to the program. Selection criteria used for the audition-interview can be found on the following page.

Note: In some cases, virtual interviews may be acceptable as well as video replacements for in-person auditions. Please consult with the Program Coordinator regarding this option.

Selection Criteria

Admission decisions will be based on the portfolio, audition, and interview. Applicants will be assessed on the following criteria:

- Musicality on performance instrument, piano, guitar, and voice;
- Self-Awareness and insight;
- Emotional maturity;
- Strong communication skills (verbal, written and comprehension);
- Strong social skills;
- Good academic history;
- Readiness to enter a therapy-education program; and
- Completion of prerequisite courses.

Admission to the Bachelor of Music Therapy program is competitive.

Decisions are normally made in late May. Letters indicating acceptance or non-acceptance will be sent by email from the Registrar's Office.

Observing a Music Therapist

As part of making your decision to enter the Capilano University program we strongly recommend that you observe or job-shadow a music therapist working with clients prior to the audition-interview. Not all music therapists work in situations where you would be able to observe.

If you are in BC, you can contact the Music Therapy Association of BC (MTABC) for names of music therapists who you may observe: info@mtabc.com. Include information about yourself, days you are available and your geographic location.

If you are outside of BC, please contact the Canadian Association of Music Therapists for information on provincial associations that can assist you: camt@musictherapy.ca or 1-800-996-2268.

If you are outside of Canada, please check for your national music therapy association.

A Note to Applicants

The faculty of the Bachelor of Music Therapy program encourage applicants from a wide variety of backgrounds and cultures. For any number of reasons, including culture and family style, some applicants find the application and audition-interview process challenging. The following information may be helpful in making your decision to apply and in preparing your application.

The program values include self-exploration, growth and transformation, holistic and multicultural perspective, life-long learning, resourcefulness, flexibility, open-mindedness, creativity, spontaneity, balance, and a good deal of heart.

During the interview portion of the audition, two music therapy faculty members will talk with you about your life, your family of origin, and any challenges that you may have experienced. The faculty recognize you might be nervous. They also recognize that talking about your family or your life difficulties to strangers may be very uncomfortable and unfamiliar - in many cases is culturally challenging. If you have concerns about this, you are encouraged to talk to the Program Coordinator well ahead of the audition-interview.

The faculty are also aware that talking about or showing emotion is unfamiliar to some people and some cultural backgrounds. The questions in the interview will be sensitive to your background but please know that the elements of emotion and self-disclosure are important parts of being a music therapist, from our perspective. The interview portion is partly to assess how you would fit into this particular program, how you would fit with the other students, how you would respond to the experiential exercises that are offered in some of the classes and your overall suitability to our approach to music therapy education.

If you have any questions about the application process or the interview and audition, you are encouraged to talk with the Program Coordinator. When you have arranged to meet with the Program Coordinator, you are very welcome to bring along a family member or a friend.



Music Therapy Program Information Meetings

The Bachelor of Music Therapy Program faculty offer information meetings a few times a year, both in-person and virtual. The meeting covers information about the profession of music therapy, the prerequisite courses to enter the program, the audition-interview, and an overview of the curriculum in third and fourth year. We also cover where music therapists are working in Metro Vancouver, and how new graduates create and obtain work. For information on the dates and times of the Information Meetings, please check the music therapy program page.

Meeting with the Program Coordinator

Please know the Program Coordinator is available to answer any questions you have about the program and the profession. If you live locally, you are welcome to set up a meeting on the North Vancouver campus with the Program Coordinator. For those that live farther away, you are welcome to have your questions answered through a telephone remote video conversation.

Music Therapy Program Website

Recently the Capilano University Communications and Marketing Department revised the program websites, and we are working to rebuild the content. If you are not finding the information you are looking for on the program website, please contact the Program coordinator directly. Turn to page two for their contact information.

Additional Online Resources



[Music Therapy program YouTube Channel](#)



[Music Therapy program Facebook](#)



[Music Therapy program Instagram](#)

Frequently Asked Questions

Q. How long does it take to complete the degree?

A. The prerequisite courses usually take two years of full-time study. Once accepted into the music therapy program, there are two more years of full-time study – 3rd and 4th year. The pre-professional practicum (formerly known as the internship) usually takes from 6 to 10 months depending on the number of days a week. The full degree is approximately 4.5 years.

Q. Are there summer courses or may I start the program in January?

A. No. The program operates on a September through April calendar, with a break in December. We close for June and July; the Program Coordinator and faculty are unavailable during this time.

Q. I am missing one or two prerequisite courses; can I apply in April with the intention to take those courses during the summer?

A. Yes, certainly. It is beneficial to have a plan for obtaining the missing prerequisites when you arrive for the interview-audition.

Q. How can I ensure a prerequisite course will be accepted and transfer to Capilano?

A. Check the [BC Transfer Guide](#). For questions not answered through the guide, you can send specific course questions (i.e., Eng 114) and the web link to the course description to the Program Coordinator. The coordinator is not able to pre-approve transfer credit, as this is a formal process that occurs through the Registrar's Office once you have been accepted to the music therapy program.

Q. How much does the program cost?

A. Check the "[Tuition Tab](#)" of our program website for current tuition and fees

Q. Do I need a "Criminal Record Check" for entry to the program?

A. Yes, but not prior to the audition. Instructions on the process of obtaining a Criminal Record Check will be included in an acceptance package.

Q. Are immunizations required for this program?

A. Yes. Since music therapy is a health care program, and you would be in practicums with vulnerable adults and children, a variety of immunizations are required before you can register for the first practicum that is offered in the second semester. The immunization for Covid-19 is a program requirement.

Q. How do I find out more information on the job market in BC?

A. For information on the career and employment market in British Columbia contact the [Music Therapy Association of British Columbia](#), and in the rest of Canada by contacting the [Canadian Association of Music Therapists](#).

Q. How do I find out about other programs in Canada and the U.S.A?

A. For further information on Music Therapy contact:

Canadian Association of Music Therapists (CAMT)

PO Box 103,
Hensall, ON NOM 1X0 www.musictherapy.ca

American Music Therapy Association (AMTA)

8455 Colesville Rd, Suite 1000 301-589-3300
Silver Springs, MD 20910 U.S.A. <https://www.musictherapy.org/>



The Guitar and Music Therapy

Playing the guitar in preparation for auditioning to Music Therapy program:

- Be able to strum with the right hand - basic strum in 4/4 and 3/4
- Be able to do two basic chord progressions in the keys of D, G and A major:
All suggested keys: I IV I V⁷ I IV V⁷ I
For the key of G only: I vi ii V⁷ I
- Be able to sing and play the guitar while maintaining eye contact.

Buying a guitar:

For music therapy, you will need a steel, six string, acoustic guitar that fits your body and is easy to play. Since the guitar is used with clients, we recommend a mid-range, good quality instrument. If you're buying a guitar, our instructors recommend Seagull brand or Simon & Patrick folk cedar "woodland" style guitars as they are Canadian made, very good quality and moderately priced.

Other types of guitars are acceptable. For example, Taylor makes several smaller guitars as does Martin. Be sure to ask the sales representative to check the guitar size is a fit for you (neck size fits your hand; body of guitar fits for seated playing).

The Vancouver area store that is used to selling Seagull and Simon & Patrick guitars to Music Therapy students is Long and McQuade in North Vancouver.

Other purchases for the guitar:

- Guitar strap - preferably a wide one to distribute the weight across your shoulders. Fabric style straps are easier to adjust while leather ones are typically wider and more difficult to adjust;
- Soft Guitar case rather than a hard case - a hard case weighs three times as much as the guitar and carrying it can cause injury to overworked wrists. Do not be deceived by inexpensive soft cases – you need padding for protection, including rain protection;
- Guitar strings - come in a variety of brands and styles. The beginner guitar player is encouraged to buy medium-light gauge good quality silk-wound strings for comfort and to decrease risk of injury;
- Capo – buy either a screw type or clamp type – the stretch capos are difficult to adjust;
- Tuner – learn to use a battery tuner that you clip to the headstock; and
- Metronome – purchase a good quality metronome or download one for your device.

Protecting your guitar:

- Do not leave your guitar unattended in a car - thefts from cars in the Vancouver area are common and a guitar left in a car is risky;
- Do not leave your guitar in the hot sun or in the trunk of a car on a sunny day as the glue loosens, the neck may shift out of position, and then resets when the temperature drops;
- Do not play your guitar in the hot sun as it can ruin the finish; and
- If your guitar gets cold, open the case a bit to let it warm up slowly or it can ruin the finish.

Learning and Practicing:

You may be the type of person who learns well through lessons, or you may see it as an instrument that you can learn on your own. Either way is fine. Please consider your posture when practicing the guitar – practice in front of a mirror rather than hunching over to see your chord hand.

- Practice 5 – 10 minutes twice a day in the beginner stage;
- Begin playing in a seated position in a hard chair and do not lean on the back of the chair;
- Do not practice through pain – rest if your fingers, arms, or neck hurts. Consider consulting a guitar teacher regarding hand position and ergonomics;
- As the guitar becomes more familiar, vary your practice style – use the guitar strap and practice standing up; and
- Be very aware of pain, tingling or discomfort – these may be signs that you should stop playing and rest for a few days. If pain persists, consult a health care professional.



The Piano and Music Therapy

Information for non-piano majors

Playing the piano in preparation for starting the Music Therapy program:

- Be able to play a melody with the right hand and a bass line/pattern with the left (right/left hand independence).
- Be able to locate chords with either hand - basic chords (I, IV, V and vi) in the keys of C, D, F, G and B flat.
- Be able to sing and play the piano simultaneously.

Playing level for entry to third year:

- The follow segment demonstrates a basic level of playing that you should have prior to beginning the music therapy program in September.



The next page gives other examples of the functional technical level of playing that is required for entry to third year. Any genre of music style is acceptable, although a focus on geriatric, folk and children's songs would be an asset. Be able to sing and accompany yourself with chords on the piano. Do not include songs or repertoire that could be considered oppressive.

Aft - er the ball is ov - er,

Aft - er the break of morn,

After The Ball Is Over
Charles K. Harris

mf *p*

Allegretto in F
J. B. Wanhäl

Ear Training and Music Therapy

Successful Music Therapists have a keen ear for pitch, tuning, harmonic progressions, chord recognition, and the ability to sing in tune. While the prerequisite Ear Training, Sight Singing and Theory courses teach this material, not all students complete the courses with the necessary practical ability.

To do well in the Music Therapy program, you will need to have the following skills:

- Finding the starting note to a song
- Sing a melody unaccompanied
- Singing Intervals
- Hearing chord changes (I, ii, IV, V I for example), with chord inversions
- Singing on key

If you believe you have difficulty with any of these skills, you are encouraged to work with a teacher or mentor prior to the audition-interview. A conversation with the program coordinator well in advance of the audition-interview, in terms of resources and supports, may also be helpful.



Examples of Alumni Clinical Work

A few of our grads work at medical rehabilitation centres working particularly with children who have brain injury and adolescents who have spinal cord injury.

Many of our grads work in facilities for children with autism working individually with young children who have severe difficulty communicating and relating yet they respond remarkably to music and the therapy services offered by the music therapists.

One of our grads works at a women's hospital working alongside women who are pregnant. The music therapist offers relaxation services and even works in the delivery room for at-risk procedures.

Two of our grads work at an inner-city centre with people who have AIDS, mental health difficulties, and drug misuse problems. The participants at the centre often prefer expressing through music than through words.

One of our grads worked at a Native Health Centre in the Health Promotion branch assisting First Nations participants to use their healing practices along with music as a therapy for expression, community, and health.

A number of our grads work in a hospital setting facilitating music therapy groups and individual sessions in a psychiatric ward. Some of those grads also work in the palliative (dying) care ward in the same hospital.

One of our grads works in a women's prison assisting clients with adjustment, family and life issues through music therapy sessions.

A number of our grads work at children's hospitals with at-risk psychiatric teens. The teens work on social, expressive, and coping themes through music therapy.

Many of our grads work with seniors who have Alzheimer's disease, assisting the clients in social and expressive goals in groups and individual session, calming anxious clients through music, and with decreasing staff stress through monthly relaxation groups.

A number of our grads own their own business, employing other music therapists. Their team works with infants, children with developmental challenges, adolescents in the school system, adults in mental health, palliative settings, and with the elderly in long-term care.

If you have any questions about employment for music therapists, feel free to contact:

Canadian Association of Music Therapists: www.musictherapy.ca
Music Therapy Association of BC: www.mtabc.com
Music Therapy Program Coordinator: mtherapy@capilanou.ca