

拉萨尔艺术学院推出本地首个音乐治疗硕士课程

艺教

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《艺教》报道艺术和教育的有机结合，互相催生，服务大众。

越来越多的研究证明，音乐治疗对抑郁症、失智症等病症的医疗干预作用。由拉萨尔艺术学院推出的音乐治疗硕士课程将在2024年8月开课，这也是首批由拉萨尔艺术学院和南洋艺术学院联办的新加坡艺术大学授予的学位之一。

由拉萨尔艺术学院推出的音乐治疗硕士课程是本地第一个关于音乐治疗的学位项目，将在2024年8月开课，这也是首批由拉萨尔艺术学院和南洋艺术学院联办的新加坡艺术大学授予的学位之一。

拉萨尔艺术学院创意产业学校主任甘德（Jonathan Gander）博士向《联合早报》介绍，近年来越来越多的科学研究证明了艺术对神经、记忆等身体机能的作用和影响，音乐治疗作为针对抑郁症、失智症等病症的医疗干预，将迎来更广泛的应用。

十年前推出 艺术治疗硕士课程

甘德说：“十年前我校推出艺术治疗硕士课程，在这方面积累了宝贵经验。过去三年来，我校与新加坡音乐治疗协会紧密合作，开发这个课程。”他透露，目前本地约有40多名由该协会认证的音乐治疗师，在学校、医院、临终关怀中心工作，也有人独立执业。首届音乐治疗硕士班预计招收20至25名学生，须完

用音乐疗愈身心



随着越来越多医学研究证明音乐对于身体机能的正面影响，音乐治疗将迎来更广泛的应用。（iStock图片）

成两年全日制课程后，通过新加坡音乐治疗协会的考核，成为获得认证的音乐治疗师。

课程内容由三大支柱构成，包括完成800小时的实践经验（placement hours），如在医院和学校，随导师参与音乐治疗实践。甘德说，这个数字是参考全球标准，这样毕业生未来若申请其他国家的协会认证，也可满足要求。此外两个支柱是课程作业（coursework）和学术研究，课程作业包括心理学、生理学等知识，而作为硕士课程，独立研究也是必要的学术能力。甘德说：“作为硕士课程，学生此前已有特定领域的知识或行业经验。他们需要有能力的结合自身所长，在音乐治疗领域探索新的研究成果。”

音乐治疗硕士的招生要求不

限年龄、国籍，对本科学士学位也没有特定的要求，不过心理学、社会工作、医疗科学、音乐等相关学位比较有优势。申请者需要掌握一门乐器，钢琴和吉他等能够演奏和弦的乐器是优选项；非音乐专业背景的申请者需要通过音乐考试（audition），如果参照英国皇家音乐学院联合委员会（ABRSM）的考级标准，大约在演奏五级以上，并且要有一定的创作和即兴演奏能力。

根据客户量身定制方案

甘德介绍，音乐治疗在实践中与心理咨询更接近，需要根据客户的需求量身定制方案。研究证明，听觉神经比视觉神经与记忆的联系更紧密，针对失智症患者，音乐治疗师要根据患者的年



甘德（Jonathan Gander）博士介绍，本地首个音乐治疗硕士项目，首届预计招收20多名学生。（拉萨尔艺术学院提供）

龄和经历，制定私人歌单。不过，音乐治疗的对象不限于年长者，也包括一般成年人、青少年甚至婴儿，帮助其缓解生理或心理上的痛苦。

课程申请将在2024年3月截止，更多信息可在拉萨尔艺术学院网页获取：<https://www.lasalle.edu.sg>。

LASALLE introduces Singapore's first MA programme in music therapy: music for the heart and soul

By Zhang Heyang

Studies have increasingly shown that music therapy has the effect of intervention for illnesses, such as depression and dementia. LASALLE's MA Music Therapy which starts in August 2024 will be one of the first degree programmes offered by the University of the Arts Singapore, an institute founded on an alliance between LASALLE and NAFA.

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LASALLE College of the Arts is launching a Master of Arts (MA) in Music Therapy in August 2024, the first such degree programme in Singapore.

This is one of the first degree programmes offered by the University of the Arts Singapore (UAS), an institute founded on an alliance between LASALLE and Nanyang Academy of Fine Arts (NAFA).

Dr Jonathan Gander, Head of the School of Creative Industries at LASALLE, told Lianhe Zaobao that an increasing number of studies have proven the effects and impact of the arts on the nerves, memory and other body mechanisms.

Such evidence, he noted, points to a future where music therapy will be broadly applied as an intervention for illnesses such as depression and dementia.

Debut of MA Art Therapy 10 years ago

"Ten years ago, our school introduced the MA Art Therapy programme, which allowed us to gain valuable experience in this area. Over the past three years, we have been working closely with the Association for Music Therapy Singapore (AMTS) to develop this (music therapy) programme," said Dr Gander.

Currently, there are around 40 AMTS-certified music therapists and independent practitioners working in schools, hospitals and hospices, he said.

For the first batch of MA Music Therapy students, 20 to 25 people will be accepted and they must complete the two-year full-time course and pass an AMTS assessment in order to be accredited as a music therapist.

There are three core modules in this programme, which includes 800 placement hours, during which students will shadow trainers at facilities such as hospitals and schools for their practicum.

Why 800 hours? Dr Gander said this is the global standard, a prerequisite for students to apply for accreditation by associations overseas.

The other two core modules are coursework - which includes psychology and physiology - and academic research that trains students to conduct independent research, an essential academic skill for an MA programme.

"To be accepted into the MA programme, students would have had the knowledge or industry experience in a particular field. They must have the ability to integrate their own strengths to develop new research results in the field of music therapy," said Dr Gander.

There are no restrictions on age and nationality in the application for the MA Music Therapy programme.

Applicants must hold a bachelor's degree. Although there is no requirement on the field of study, degrees in psychology, social work, medical science and music will be an advantage.

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Applicants must be proficient in a music instrument; piano, guitar as well as instruments that can play chords are preferred.

Applicants with no professional music background must go through an audition, in which they must display a good level of proficiency similar to Grade 5 and above of the Associated Board of the Royal Schools of Music (ABRSM).

Applicants should also be skilled in music composition and musical improvisation.

Personalised plans for clients

Dr Gander said that in practice, music therapy is similar to counselling, and it must be customised for the client. Research has shown that the auditory nerve - not the optic nerve - is more closely connected to memory.

For dementia patients, music therapists must personalise a song list based on the patient's age and life experience.

Music therapy is not just for the elderly. Young adults, youths and even babies may also need help to alleviate physiological and psychological pain.

Application for the programme will close in March 2024. For more information, please visit <https://www.lasalle.edu.sg>.