

Weill Cornell Medicine-Qatar

Date: 2 October 2022 – 2 October 2025

Venue: Online (Enduring material)

Course Directors: Ghizlane Bendriss, PhD, DipIBLM – Rula Barghouthi, BMT – Aseel Massoud, MD, MT

AGENDA

Time	Topic	Session Learning Objectives	Speaker
30 min	Module 1: Definition, history, principles and techniques classification	<p>Outline historical background of Music Therapy</p> <p>Define basic terminology used in Music Therapy literature</p> <p>Classify techniques of Music Therapy</p> <p>Explain principles behind Music Therapy</p> <p>Identify times and places where Music Therapy techniques were used</p>	<p>Ghizlane Bendriss Rula Barghouthi</p>
60 min	Module 2: Basics in Neurosciences, Neuroplasticity and Human Structure.	<p>Define basic terminology used in Neurosciences</p> <p>Recognize special senses and corresponding cortical projections area on human brain</p> <p>State the function of various parts of the human brain.</p> <p>Describe basic anatomy of the nervous system</p> <p>Diagram the physiological classification of the nervous system</p> <p>Give clinical examples involving neuroplasticity</p> <p>List diseases and disorders which could benefit from Music Therapy sessions</p>	<p>Ghizlane Bendriss</p>
30 min	Module 3: Basics in Music Theory and instruments.	<p>Define basic terminology used in Music</p> <p>Recognize instruments used in Middle Eastern and Western Music.</p> <p>Explain specificities of Arab Music in comparison to Western Music.</p> <p>Evaluate the use of Music as a tool of social convergence.</p>	<p>Taoufik Mirkhan Ibrahim Kadar Ghizlane Bendriss</p>
60 min	Module 4: Music Medicine and Universality of Music vs Cultural Specificity	<p>Outline history of Music Therapy Research</p> <p>Review the music pieces used in Western Music-based and their applications</p> <p>Explain the technique of binaural beats and its application in music therapy</p> <p>Discuss the effect of intrinsic and extrinsic variables on music perception in receptive music therapy.</p> <p>Evaluate the theory behind the Universality of a Maqam-based repertoire</p> <p>Assemble original repertoires for individuals with Middle Eastern origins</p>	<p>Ghizlane Bendriss Aseel Massoud</p>

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60 min	Module 5: Overview of neurologic music therapy sensorimotor and cognitive techniques	<p>Explain what neurologic music therapy is</p> <p>Define each of the sensorimotor and cognitive technique</p> <p>Discuss the use of every technique in various clinical case studies</p> <p>Use “Music therapy wheel” to choose an appropriate approach for the subject</p>	Rula Barghouthi
60 min	Module 6: Use of singing and drumming in Music Therapy	<p>Describe the anatomical structures involved in breathing and singing.</p> <p>List benefits of singing in children, adults and elderly.</p> <p>Experiment the NMT techniques involving singing and breathing techniques.</p> <p>Discuss and list conditions that could benefit from singing.</p> <p>Experiment a drum circle session and discuss physiological and cognitive effects.</p> <p>Discuss and list all conditions that could benefit from drumming.</p> <p>Discuss the difference between a music therapist running a drumming session and a session run by a music educator.</p>	Aseel Massoud
40 min	Module 7: Music therapy treatments for Neurological diseases (Alzheimer, Parkinson’s)	<p>Outline presentations and symptomatology of common neurological disorders</p> <p>Describe the music therapy techniques used in neurological diseases.</p> <p>Explain the principles behind music therapy techniques used in neurological diseases.</p> <p>List and use the tools and scales available to the Music Therapist to measure progress</p>	Ghizlane Bendriss
40 min	Module 8: Musial therapy for Anxiety, Stress, Depression, Pain management	<p>Outline presentations and symptomatology of common psychiatric disorders where music therapy has been effective</p> <p>Describe the music therapy techniques used for Anxiety, Stress, Depression, Pain management.</p> <p>Explain the principles behind music therapy techniques used for anxiety, stress, depression and pain management.</p> <p>List and use the tools and scales available to the Music Therapist to measure progress</p>	Ghizlane Bendriss Rula Barghouthi
60 min	Module 9: Music Therapy for children and adults with special needs	<p>Describe childhood disorders where music therapy helps recovery/coping</p> <p>Describe the music therapy techniques most commonly used for children with special needs in education and therapy.</p> <p>Explain the principles behind music therapy techniques used in childhood disorders and special education.</p> <p>Describe how to use music to connect and bond with children</p> <p>Describe how to use music to ease fear and anxiety</p> <p>Choose appropriate music therapy in relation to the therapeutic goals (speech development, motor skills development, retention of academic information, activities of daily living, social skills development, behavioral modification)</p>	Rula Barghouthi Ghizlane Bendriss

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40 min	Module 10: Considerations for Music Therapy in the Middle East	<p>Outline Historical background of the role of music in healing in the Middle East</p> <p>Identify cases and modalities of music therapy in the Middle East</p> <p>Examine the specificities of Middle Eastern countries when it comes to Music perception</p> <p>Discuss the needs and gaps in relation to Music Therapy in the Middle East</p>	Ghizlane Bendriss
40 min	Module 11: Referral, Assessment and report writing	<p>Explain importance of integrated work within a multidisciplinary team</p> <p>Outline the guideline on how to plan and conduct a MT session</p> <p>Prepare a referral for a music therapy session</p> <p>Assess results of the music therapy session</p> <p>Write a report after a Music Therapy session</p>	Aseel Massoud Ghizlane Bendriss
40 min	Module 12: Code of professional ethics (American Music Therapy Association)	<p>List and define the core values of the code of ethics of the AMTA</p> <p>List the 5 principles for ethical practice</p> <p>Use an ethical decision-making model for ethical dilemma</p>	Ghizlane Bendriss
60 min	Module 13: End of Activity Exam	<p>Define basic terminology used in Music Therapy literature</p> <p>Classify techniques of Music Therapy</p> <p>Explain principles behind Music Therapy</p> <p>Recognize special senses and corresponding cortical projections area on human brain</p> <p>State the function of various parts of the human brain.</p> <p>List diseases and disorders which could benefit from Music Therapy sessions</p> <p>Explain importance of integrated work within a multidisciplinary team</p> <p>Discuss latest research studies and clinical trials results worldwide using music therapy for various clinical cases</p> <p>Assess the need and potential benefits of neurologic music therapy in a clinical case</p> <p>Examine the specificities of Middle Eastern countries when it comes to Music perception</p> <p>Explain specificities of Arab Music in comparison to Western Music</p> <p>Discuss the needs and gaps in relation to Music Therapy in the Middle East</p>	Ghizlane Bendriss Aseel Massoud Rula Barghouthi
50 min	Recorded Webinar: The difference between a musician and a music therapist	<p>Identify the goals of music teachers and music schools and contrast with the goals of the music therapist.</p> <p>Appraise the gaps of practice of music-based interventions in Qatar and the potential dangers of it.</p> <p>List the different specialties involved in running an efficient music-based intervention.</p> <p>Examine the role of each actor in implementation of music-based intervention</p> <p>Contrast the goals and skills of the music therapist and the music educator</p> <p>Contrast the goals and skills of the music therapist and the healthcare professional</p>	Aseel Massoud

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		Diagram a plan of interactions between the Music Therapist, the Music Educator and the Healthcare professional	
75 min	Recorded Webinar: The therapeutic use of Music in crisis and pandemics	Summarize the importance of social and emotional impact of music during crisis Describe how to communicate purposefully through music with a therapeutic approach Examine case studies about music from balconies during COVID-19 lockdown	Aseel Massoud
54 min	Recorded Webinar: Music-based therapeutic interventions and new technologies	Examine virtual music-based therapeutic interventions experiences Design an online music-based therapeutic interventions session Outline steps in using music and MYO / LEAP MOTION devices with stroke patients	Aseel Massoud

Asynchronous: 13.25 hours

Overall Objectives:

At the end of this activity, participants will:

- 1- Identify and distinguish between Music Medicine, Music Therapy and other music-based interventions
- 2- List clinical applications of music-based interventions and devise the appropriate approach for their implementation
- 3- Recognize the potential benefits of introducing a music-based intervention in a clinical case
- 4- Explain principles behind the techniques used by music therapists to treat speech deficits, motor deficit and cognitive and behavioral disorders.
- 5- Identify the main actors of the multidisciplinary team needed for implementation of music-based interventions
- 6- Discuss the challenges and solutions for implementing music-based interventions in the Middle East
- 7- Examine cultural specificities to take into consideration to implement music-based intervention in the Middle East.