



Weill Cornell Medicine-Qatar
Continuing Professional Development

Training in Music-Based Therapeutic Interventions: from Fundamentals to Multidisciplinary Implementation

Enduring Material: July 18 – December 31, 2021

Live Webinars (Part 1): September 12 – October 24, 2021

Live Webinars (Part 2): November 7 - December 16, 2021

Course Directors and Instructors:

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Continuing Professional Development

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Course Description:

This course is composed of 13 asynchronous self-paced online modules and 10 synchronous live webinars, providing clinicians and musicians with a set of evidence-based resources describing the main techniques used in music-based therapeutic interventions and their clinical applications. This is the first training program that is tailored to the needs of Middle Eastern populations, and which includes a history of music-based interventions in the Middle East, and the use of Middle Eastern music tools and sounds.

Participants will be able to differentiate ‘therapeutic music’ or ‘music medicine’ from ‘music therapy’ and to identify the conditions that would benefit from a music therapy intervention. Participants will learn and explore the latest research studies and clinical trials that use therapeutic music and music therapy for neurological, neuropsychiatric and neurodevelopmental conditions, and will acquire basic skills for a multidisciplinary implementation of music-based interventions. They will be able to describe protocols and applications based on therapeutic objectives, as well as using clinical evaluations to recognize the need and potential benefits of music therapy in a clinical case. This course covers the basics of human neuroanatomy and neurophysiology, the basics of music theory (including specificities of Middle Eastern Music) and details the various techniques used with individuals with special needs in the Middle East, and those with mental health issues and neurological diseases such as Alzheimer’s and Parkinson’s.

Most importantly, this course will open a debate and invite attendees to discuss how healthcare professionals, musicians and music therapists can work together to implement effective music-based interventions in Qatar, while raising awareness of the benefits and risks of music-based interventions.

Course Objectives:

- 1- Identify and distinguish the difference 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 the principles behind the techniques used by music therapists to treat speech deficits, motor deficits 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 when implementing music-based interventions in the Middle East.

Target Audience

Physicians, Nurses, Allied Health Professionals, Pharmacists, Researchers, Educators

Course Outline:

Enduring Material: July 18 - December 31, 2021

The program includes an asynchronous, online enduring material of 11.50 *AMA PRA Category 1 Credits*[™]. The online enduring material includes 13 modules on the fundamentals of music-based interventions and you are expected to read, watch videos and answer a short quiz after each module. After completing the 13 modules you must sit for an online end of activity exam to complete this part of the program. The modules will be available on “Canvas” and you will be provided with a link and instructions once you register. The deadline for submitting all online modules is December 31, 2021

****Note: The asynchronous enduring material is considered category 2 by the Department of Healthcare Professions of the Ministry of Public Health.***

Live Webinars (Part 1): September 12 – October 24, 2021

The program includes a series of live webinars. Part 1 will be a series of four live webinars, during which participants will interact with Music Therapists, Physicians, Researchers, Musicians and Educators from the Middle East and Europe to discuss various aspects of the multidisciplinary implementation of music-based interventions in countries where Music Therapists are scarce. The webinars are titled (for details see schedule on page 8):

- Webinar 1: Current state of Music-based services in Qatar
- Webinar 2: The difference between a musician and a music therapist
- Webinar 3: Music Medicine in Hospitals
- Webinar 4: Evaluation in music-based therapeutic interventions

Live Webinars (Part 2): November 7 - December 16, 2021

Part 2 is comprised of a series of five live webinars outlined below and will conclude with a live panel discussion:

- Webinar 5: Music psychology in context of general psychology and development
- Webinar 6: The therapeutic use of Music in crisis and pandemics
- Webinar 7: A Music Therapy session
- Webinar 8: Recognize some of the Neurologic Music Therapy techniques, their applications and the professional you can refer to.
- Webinar 9: Music-based therapeutic interventions and new technologies.
- Webinar 10: Panel discussion: “How do we start music-based interventions in Qatar?”.

WCM-Q CPD activities are intended to be evidence-based and free of commercial bias. If you have any concerns, please contact the division of Continuing Professional Development at 4492-8384 to anonymously express them.

Disclosures

Course Directors

Ghizlane Bendriss, PhD; Rula Barghouthi, BA MT; Aseel Massoud, MD, MMT

- Have no relevant financial relationship to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products

Course Faculty

Ghizlane Bendriss, PhD; Rula Barghouthi, BA MT; Aseel Massoud, MD, MMT; Waseem Kotoub, MD; Zhivka Pesheva, MMusic; Taoufik Mirkhan, BA Music, BA Pharm; Ibrahim Kadar, BA Music.

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Scientific Planning Committee

Aseel Massoud, MD; Rula Barghouti, BMT; Zhivka Pesheva, MA; Ali Chaari, PhD; Phyllis Muffuh Navti, DHSci; Meriem Bendriss, MR; Nelly Khalil, MPH

- Have no relevant financial relationships to disclose
- Will not be discussing unlabeled/unapproved use of drugs or products

Course Administrator

Ameena M. Abdul Rahim

- Has no relevant financial relationships to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products

The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Disclosure of Relationships/Content Validity

It is the policy of Weill Cornell Medicine-Qatar to adhere to Ministry of Public Health's Department of Healthcare Professions (DHP) and Accreditation Council for Continuing Medical Education (ACCME) Criteria, Policies, and Standards for Commercial Support and content validation in order to ensure fair balance, independence, objectivity, and scientific rigor in all its sponsored programs. All faculty participating in sponsored programs are expected to disclose relevant financial relationships pertaining to their contribution to the activity, and any discussions of off-label or investigational uses of approved commercial products or devices, or of any products or devices not yet approved in the United States and elsewhere. WCM-Q CME/CPD activities are intended to be evidence-based and free of commercial bias.

Attendance

Participation in discussions and other activities is an essential part of the instructional process.

Participants are expected to attend all sessions; those who are compelled to miss class should inform the course directors ahead of time of the reasons for absences.

Evaluation

An anonymous evaluation will be conducted online and can be found in your “My CE” tab of the WCM-Q CloudCME portal (<https://wcmq.cloud-cme.com>). All participants are required to complete the evaluation in order to qualify for a certificate. The evaluation allows us to assess the degree to which the activity met its objectives. It will also guide the planning of future activities and inform decisions about improving the educational program.

The DHP and the ACCME certificates will automatically be generated in your “My CE” tab of the WCM-Q CloudCME portal (<https://wcmq.cloud-cme.com>), once you complete the on-line evaluation. Please note that two certificates will be generated in the portal:

- Certificate with the DHP logo, that you can use to upload to the DHP portal.
- Certificate with the ACCME logo, that you can use for international licensure purposes.
- A third certificate will be sent to you separately to indicate the completion of the on-line modules. This can be uploaded to the DHP portal under Category 2.

A Certificate of Completion of the program will be issued once you complete the live webinars and all sections of the online enduring course of Training in Music-Based Interventions: from Fundamentals to Multidisciplinary Implementation.

Training in Music-Based Therapeutic Interventions: from Fundamentals to Multidisciplinary Implementation

Enduring Material (July 18 – December 31, 2021)

Date	Time	Topic	Speaker
Week 1 July 18 th to 24 th	30 min	Module 1: Definition, history, principles and techniques classification	Ghizlane Bendriss Rula Barghouthi
	60 min	Module 2: Basics of Neurosciences, Neuroplasticity and Human Structure.	Ghizlane Bendriss
Week 2 July 25 th to 31 st	45 min	Module 3: Basics of Music Theory and instruments.	Taoufik Mirkhan Ibrahim Kadar Ghizlane Bendriss
	30 min	Module 4: Music Medicine and Universality of Music vs Cultural Specificity	Ghizlane Bendriss Aseel Massoud
Week 3 August 1 st to 7 th	60 min	Module 5: Overview of neurologic music therapy sensorimotor and cognitive techniques	Rula Barghouthi
Week 4 August 8 th to 14 th	115 min	Module 6: Use of singing and drumming in Music Therapy	Aseel Massoud
Week 5 August 15 th to 21 st	40 min	Module 7: Music therapy treatments for neurological diseases (Alzheimer's, Parkinson's)	Ghizlane Bendriss
Week 6 August 22 nd to 28 th	40 min	Module 8: Musial therapy for Anxiety, Stress, Depression, Pain Management	Ghizlane Bendriss Rula Barghouthi
Week 7 August 29 th to September 4 th	75 min	Module 9: Music therapy for children and adults with special needs	Rula Barghouthi Ghizlane Bendriss
Week 8 September 5 th to 11 th	40 min	Module 10: Considerations for Music Therapy in the Middle East	Ghizlane Bendriss
Week 9 September 12 th to 18 th	60 min	Module 11: Referral, assessment and report writing	Aseel Massoud Ghizlane Bendriss
Week 10 September 19 th to 25 th	40 min	Module 12: Code of professional ethics (American Music Therapy Association)	Ghizlane Bendriss
Week 11 September 26 th to October 2 nd	60 min	Module 13: End of Activity Exam	Ghizlane Bendriss Aseel Massoud Rula Barghouthi

Training in Music-Based Therapeutic Interventions: from Fundamentals to Multidisciplinary Implementation - (Part 1)

Live Webinars (September 12 – October 24, 2021)

Date	Time	Topic	Speaker
Sunday 12/09/21 5pm	40 min	Webinar 1: Current state of music-based services in Qatar	Ghizlane Bendriss
Sunday 26/09/2021 5pm	60 min	Webinar 2: The difference between a musician and a music therapist	Aseel Massoud
Sunday 10/10/2021 5pm	60 min	Webinar 3: Music Medicine in Hospitals	Waseem Kotoub
Sunday 24/10/2021 5pm	75 min	Webinar 4: Evaluation in music-based therapeutic interventions	Aseel Massoud

Accreditation and Credit Designation



DHP Accreditation Statement

Weill Cornell Medicine-Qatar is accredited as a provider of Continuing Medical Education (CME) and Continuing Professional Development (CPD) by the Department of Healthcare Professions of the Ministry of Public Health.

DHP Credit Designation Statement

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions-Accreditation Section and is approved for a maximum of 4 hours.



ACCME Accreditation Statement

Weill Cornell Medicine-Qatar is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

ACCME Credit Designation Statement

The Weill Cornell Medicine-Qatar designates this other activity (Live Webinar and online self-study) for a maximum of 15.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Training in Music-Based Therapeutic Interventions: from Fundamentals to Multidisciplinary Implementation - (Part 2)

Live Webinars (November 7 - December 16, 2021)

Date	Time	Topic	Speaker
Sunday 7/11/2021 5pm	60 min	Webinar 5: Music psychology in context of general psychology and development	Zhivka Pesheva
Sunday 14/11/2021 5pm	75 min	Webinar 6: The therapeutic use of Music in crisis and pandemics	Aseel Massoud
Sunday 21/11/2021 5pm	40 min	Webinar 7: A Music therapy session	Rula Barghouthi
Sunday 5/12/2021 5pm	60 min	Webinar 8: Recognize some of the Neurologic Music Therapy techniques, their applications and the professional you can refer to.	Rula Barghouthi
Sunday 12/12/2021 5pm	75 min	Webinar 9: Music-based therapeutic interventions and new technologies	Aseel Massoud
Thursday 16/12/2021 5pm	75 min	Webinar 10: Panel discussion: "How do we start music-based interventions in Qatar?"	Ghizlane Bendriss Rula Barghouthi Aseel Massoud Taoufik Mirkhan Waseem Qotoub Zhivka Pesheva



ACCME Accreditation Statement

Weill Cornell Medicine-Qatar is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

ACCME Credit Designation Statement

The Weill Cornell Medicine-Qatar designates this live activity for a maximum of 6.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Biographies

Ghizlane Bendriss, PhD, DipIBLM

Assistant Professor of Biology,
Lifestyle Medicine Professional

Ghizlane Bendriss is a neuroscientist who obtained a PhD in neurophysiology and neurobiology and a master's in cognitive neuroscience from the University of Aix-Marseille, France. She has also obtained her diploma in lifestyle medicine from the International Board of Lifestyle Medicine. She is working as an assistant professor in biology at Weill Cornell Medicine-Qatar, where she teaches neurosciences and biology in the premedical division and leads numerous research projects and CPD activities around the gut-brain axis, including the role of the gut microbiome in health and diseases. She is the lead investigator of the first music-based clinical trial registered in Qatar, which explores the EEG and emotional correlates of Middle Eastern Music Modes or 'maqams' on a multiethnic population. She is the founder of the association Mind & Music in France, which aims to promote equity in access to music culture and raise awareness on the power of music to influence health.

Aseel Massoud, MD, MT

Physician, master's degree in music therapy
Professional Lyrical Soprano

Aseel Jamal Massoud is a Syrian medical doctor and a registered doctor in Barcelona, Spain. She obtained her master's degree in music therapy (MT) from the University of Barcelona and a bachelor's degree in classical singing from the Conservatorio del Liceu, Barcelona, where she also graduated as professional lyrical soprano. She worked on music therapy research in neurorehabilitation at Hospital del Mar in Barcelona from 2018 to 2020. Her latest investigation focused on the social and emotional impact of music during confinement due to the COVID-19 pandemic (2020). Dr. Aseel practiced as a music therapist for children with autism at the Catalan Institute of Music Therapy in Barcelona.

She is the Founder of the Sol Azul project for music therapy and art coaching for emotional, social and mental health. She is also the founder of the NEAR YOU online music therapy project and a vocal member in the artistic group Athrodeel.

Rula Barghouthi, BMT

Bachelor of Music Therapy
Music Therapist

Rula Barghouthi is a music therapist with extensive experience in teaching music and conducting music therapy sessions with various patients of diverse needs. Rula started learning music at a very young age, having been captivated by the sounds of different instruments and the amazing extent to which music can capture emotions and feelings beyond what can be expressed in words or in any other way.

Having seen how music can help people express their emotions and transcend negative situations, she decided to further pursue a career in music therapy. Acquiring her bachelors and currently her master's degree at the University ArtEz in Netherlands, Rula pursued further training in different countries, including neurologic music therapy from the Academy of Neurologic Music Therapy,

thereby acquiring experience in designing therapies for people suffering from cerebral palsy, autism spectrum disorders, Down syndrome, learning disorders and many other neurological and neurodevelopmental conditions. Specialized in the traditional Middle Eastern instrument, the qanun, Rula turned her sight to other instruments and forms of music including piano, percussion instruments and singing, which she uses in her sessions performed in Jordan.

Taoufik Mirkhan, BA Music, BA Pharm

Qanun Teacher
Head of Arab Music Department,
Qatar Music Academy

Taoufik Mirkhan was born and raised in Damascus, Syria. In 2007 he graduated from the Higher Institute of Music in Damascus, gaining a BA in music specializing in the qanun, where he studied with Elmira Akhundova. In the same year he gained a BA in pharmacy from the College of Pharmacy, University of Damascus. During his time at the Higher Institute of Music, Taoufik travelled to Turkey to work closely with the well-known qanun players Goksel Babaktagir and Halil Karaduman. Taoufik has given performances across the world with various ensembles, orchestras and prestigious artists in France, Belgium, Switzerland, Germany, Spain, Italy, Netherlands, Sweden, Brazil, Venezuela, Taiwan, Turkey, Iran, Lebanon, Egypt, Jordan, Kuwait, UAE, Qatar, Tunisia, Algeria and Morocco. He moved to Qatar in 2011 to continue his career at Qatar Music Academy, which provides a comprehensive music education program that incorporates both Arab and Western classical music. Taoufik is currently the Head of the Arab Music Department, which gives an academic professional music education to students on Arabic music and instruments. The department leads various educational programs to build awareness and appreciation of music in Qatar and the region , promote Qatar’s musical heritage and preserve the traditions of Arabic Music.

Ibrahim Kadar, BA Music

Ney Teacher

Ibrahim Kadar was born and raised in Homs, Syria. In 2008 he graduated from the Higher Institute of Music in Damascus, gaining a BA in music specializing in the ney, where he studied with Moslem Rahal. During his time at the Higher Institute of Music, Ibrahim travelled to Turkey to work closely with the well-known Ney player Ali Tufekci. Ibrahim has given performances across the world with various ensembles, orchestras and prestigious artists in France, Belgium, Germany, Spain, Netherlands, Turkey, Iran, Lebanon, Jordan, Kuwait, UAE, Qatar and Tunisia. He participated in the last album of the British band Gorillaz in the UK. Ibrahim has issued two albums, a ney concerto, a very unique album considered as the first album in the Arab World recorded specifically for the ney, and Saout Mohajer, a Kawala album. He moved to Qatar in 2019 to continue his career as a ney teacher at Qatar Music Academy, where is also involved in a neuromusicology research study.

Waseem Kotoub, MD

Medical Doctor, Concert Pianist, Composer, Health Systems and Hospital Management

Dr. Kotoub was born in the UK and received most of his musical education from Vladimir Zaretisky. He has already gained a solid pianistic experience at the Royal Academy of Music in London with

Diana Ketler and Colin Stone, which he graduated from with merit and got his PGdip in piano performance and the LRAM in music teaching. He has participated in several master classes with eminent musicians such as Imre Rohman, Christopher Elton, Victor Bunin, Paskal Nimorofski and Petras Guiniasis. As a special prize winner of the IBLA piano competition in Italy, and first prize winner of the KRSF competition, he has been playing with several orchestras such as Brandenburg National Orchestra under the baton of many conductors such as Solhi Al-Wadi, Ahmad Al-Saiedi (director of the Egyptian Opera House), and Sebastian Wiegler. He has appeared in various countries such as the UK, Hungary, Italy, Germany, Lebanon, Oman, Japan and Jordan. His first recording, Last of Ommyads, was released in 2008, recording Walid's Hajjar contemporary piano works. His specialties include classical, folk, latin and oriental music. His second CD was launched in 2015 under the name Healing Tunes.

Waseem is a medical doctor who merges medicine and music by using music therapy with autistic children and those with other other conditions as a means of communicating and aiding the development of other skills. In 2007, he established the first music therapy centre in the MENA region, which attracted attention from international media and TV channels. Waseem has given several talks and interviews about music therapy and made television and radio appearances on the DW news channel, the Polska Cultural channel, Aljazeera TV, Al-Arabiya TV, German national radio Channel 3 and American NPR radio channel, amongst others. He has a master's degree in health systems and hospital management from Liverpool School of Tropical Medicine. His strong management background allowed him to act as director of several festivals and head the programs and partnerships department at the British Council.

Zhivka Pesheva

Pianist, Senior Piano Faculty

Zhivka holds a master's in psychology in music education from Sheffield University in the UK and a bachelor's degree in piano performance and pedagogy from Bulgaria. Zhivka is a highly qualified pianist and piano pedagogue; she led successful piano practice and studio in Cambridge, UK and is currently working at Qatar Music Academy. She leads and organizes international piano workshops for young pianists and advanced piano students in Qatar and the UK). In the field of music psychology, she conducts research in the relationship between adolescents' instrumental music learning motivation and personality, and the effects of music on mental health.