



# MUSIC THERAPY CERTIFICATION TRAINING PROGRAM



# STANDARDS FOR MUSIC THERAPY CERTIFICATION TRAINING PROGRAM

## 1. NAME OF TRAINING

Music Therapy Certification Training Program

## 2. AIM OF TRAINING

This training program aims at offering necessary competency for physicians to practice music therapy in an efficient and effective manner.

## 3. LEGAL BASIS FOR TRAINING

The following legislation is taken as a basis for the implementation of this training program.

1. Decree Law No. 663
2. “Regulation on Certification Training of the Ministry of Health” published in the Official Gazette dated February 4, 2014 and numbered 28903
3. “Regulation on Traditional and Complementary Medicine Practices” published in the Official Gazette dated October 27, 2014 and numbered 29158

## 4. DEFINITIONS

**Music Therapy:** It is a clinical and evidence-based practice in which music and musical practices are used by a/ the competent professional(s) to meet any one of the physical, psychological, social and mental needs of an/the individual(s).

**Practice Center:** It is a center which is established within the body of health application and research center of the faculties of medicine and training and research hospitals to perform the prac-

tices specified in the relevant regulation under the responsibility of a physician who holds a certificate on the relevant field, and which can provide training if authorized by the Ministry.

**Distance Learning:** It is a way of learning in which students are separated by time and physical location from instructors and both the transfer of course contents and the interaction are ensured using information and communication technologies.

**Asynchronous Learning:** It is a way of learning-training which occurs asynchronously at different times and locations.

**Synchronous Learning:** It is a way of learning-training which occurs synchronously.

## 5. PROCEDURES AND PRINCIPLES TO IMPLEMENT THIS TRAINING PROGRAM

The training program shall be implemented based on the procedures and principles listed below.

1. The training program shall be carried out both in theory and in practice. The theoretical part of the training may be taught in face-to-face classes and/or a maximum of 80% of the same theoretical part may be taught as distance learning courses.
2. It shall be ensured, in distance learning, that the participants have synchronous and asynchronous access to interactive practices on-line through the infrastructure provided

by the server -on condition that at least 50% of the distance learning courses are synchronous- and that interactive live courses are taught at certain hours in a certain place/hall within the bounds of live curriculum.

3. The participants need to practice music therapy on at least 5 (five) cases during the training.
4. The contents of the courses shall be designated in the beginning of the training program; the participants shall be given references or provided with lecture notes.
5. Theoretical and practical courses shall last for 8 (eight) hours a day at most. The period of a course shall be 45 (forty five) minutes.
6. A maximum of 50 (fifty) participants for distance learning courses and a maximum of 20 (twenty) participants for face-to-face classes can be accepted in one training period/term except for 2 (two) participants who will be assigned by the Ministry.
7. The participants to be assigned by the Ministry will be a physician who does not have any public service liability and whose training in this program is of importance for his/her services in the institution she/he works. These participants will not pay any training fee. The participants cannot be made work in any other field/unit/center or in any other job position during the training program.
8. Continuous attendance is essential for the training, and the practical training requires compulsory attendance. The participants who cannot attend 10% (ten percent) of the practical training at most due to

a legal excuse shall not be allowed to take the certification exam unless they complete the hours they miss. A maximum of 10% (ten percent) absence due to a legal excuse is acceptable for the theoretical training.

9. The following teaching and learning strategies, methods and techniques can be applied in the training program (additional methods and techniques may also be used if necessary):
  - Verbal lecture
  - Video-based teaching
  - Discussion
  - Question & Answer
  - Case study
  - Simulation
  - Demonstrative teaching
  - Interactive training techniques such as small group discussions etc.
10. The practical training includes music therapy practices performed on a patient/model individually or in small groups in practice centers or units, and it consists of “observing”, “doing under supervision” and “doing independently in the further stages of training” stages respectively.
11. The Department of Traditional and Complementary Medicine Practices of the General Directorate of Health Services in the Ministry of Health is the relevant unit for this certification training program.

## 6. PARTICIPANTS AND THEIR QUALIFICATIONS

Physicians, dentists, individuals who hold a bachelor’s degree, master’s degree, doctoral degree in the field of music or a degree of proficiency in art, psychologists who hold a certificate of

authorization on Clinical Psychology and Medical Practices of Psychology as well as the healthcare professionals who are listed in the annex of the “Regulation on Job Descriptions of Health Professionals and Members of Other Professions Working in Health Services” published in the Official Gazette dated May 22, 2014 and numbered 29007 can participate in this certification training program and they will be awarded a certificate if they succeed. If individuals other than the above-stated ones par-

ticipate in the training, they will be given a certificate of participation which cannot be considered a certificate of training.

## 7. TRAINING CURRICULUM

### 7.1. Learning Objectives and Subjects in Training Courses

Table 1 shows the learning objectives and subjects to be included in the theoretical part of this training program as well as the duration of each subject.

**Table 1: Subjects to be Included in the Theoretical and Practical Parts of this Training Program, and Learning Objectives and Duration of Each Subject**

SUBJECTS	LEARNING OBJECTIVES Participant successfully completing this training program: Theory	Duration (Hours)		
		Practice	Total	
<b>MODULE 1 - INTRODUCTION TO MUSIC THERAPY AND MEDICAL TERMINOLOGY</b>				
1. Introduction to Music Therapy	1. defines music therapy. 2. names the characteristics of music therapy. 3. discusses the importance of music therapy.	2	0	2
2. History of Music Therapy	gives information about the history of music therapy in Turkey and in the world.	2	0	2
3. Professional Ethics and Legislation	1. explains the ethical rules of medical practices. 2. summarizes the relevant legislation on medical practices.	6	0	6
4. Medical Terminology	defines the basic terms used in the medical terminology.	10	0	10
<b>Total</b>		<b>20</b>		<b>20</b>

**Table 1: Subjects to be Included in the Theoretical and Practical Parts of this Training Program, and Learning Objectives and Duration of Each Subject**

SUBJECTS	LEARNING OBJECTIVES Participant successfully completing this training program: Theory	Duration (Hours)	
		Practice	Total
<b>MODULE 2 - PHYSIOLOGY*</b>			
Basic Physiology	1. describes the functions of a cell. 2. explains the functions and the functioning mechanisms of respiratory, circulatory, endocrine, digestive and nervous systems and sense organs (hearing, pain, etc.). 3. evaluates the vital functions.	25	5 30
<b>Total</b>		<b>25</b>	<b>5 30</b>
<b>MODULE 3 - MUSIC THEORY AND MUSICAL READING**</b>			
1. Basic music concepts	defines the basic concepts of music.	3	0 3
2. Musical Reading and Music Theory	performs a basic level of musical reading (modal and tonal reading)	4	8 12
3. Rhythm	identifies and plays the basic modes (usuls) of Turkish music.	2	8 10
<b>Total</b>		<b>9</b>	<b>16 25</b>
<b>MODULE 4 – PERFORMING MUSIC IN GROUP**</b>			
1. Playing in group	performs practices of playing in group.	0	10 10
2. Singing in group	performs practices of singing in group.	0	10 10
<b>Total</b>		<b>0</b>	<b>20 20</b>
<b>MODULE 5 – PSYCHOLOGICAL AND SOCIOLOGICAL BASICS OF MUSIC</b>			
1. Psychology and Music	1. defines the basic concepts of psychology.		
a. Basic concepts of psychology	2. explains the effects of musical stimuli on thoughts, emotions and behaviors.	10	0 10
b. Relationship between psychology and music			
2. Sociology and Music	1. defines the basic concepts of sociology.		
a. Basic concepts of sociology	2. defines the relationship between music, humans, community and culture.	10	0 10
b. Relationship between sociology and music			

**Table 1: Subjects to be Included in the Theoretical and Practical Parts of this Training Program, and Learning Objectives and Duration of Each Subject**

SUBJECTS	LEARNING OBJECTIVES Participant successfully completing this training program: Theory	Duration (Hours)		
		Practice	Total	
3. Music and Brain	names the neurochemical effects of music.	5	0	5
4. Music and Behaviors	explains the effects of music on behaviors.	5	0	5
<b>Total</b>		<b>30</b>	<b>0</b>	<b>30</b>
<b>MODULE 6 – MUSIC THERAPY METHODS</b>				
1. Introduction to Music Therapy Methods	1. describes the methods used in music therapy.			
<ul style="list-style-type: none"> <li>• Receptive music therapy</li> <li>• Creative music therapy</li> <li>• Recreative music therapy</li> <li>• Improvisation in music therapy</li> <li>• Active music therapy</li> <li>• Bakshi dance</li> </ul>	2. gives brief information about each method used in music therapy.	20	0	20
2. Techniques used in Music Therapy Methods	1. lists the techniques used in music therapy. 2. describes the techniques used in music therapy.	5	0	5
<b>Total</b>		<b>25</b>	<b>0</b>	<b>25</b>
<b>MODULE 7 – MUSIC THERAPY CLINICAL PRACTICE I</b>				
1. Music therapy in stress, panic attack and anxiety disorder	1. describes such conditions as stress, panic attack and anxiety disorder. 2. explains the principles of music therapy practice in such conditions as stress, panic attack and anxiety.	2	8	10
2. Music therapy in migraine, tension-type and mixed headaches	1. describes migraine and tension-type headaches. 2. explains the principles of music therapy practice in migraine and tension-type headaches.	2	8	10
<b>Total</b>		<b>4</b>	<b>16</b>	<b>20</b>

**Table 1: Subjects to be Included in the Theoretical and Practical Parts of this Training Program, and Learning Objectives and Duration of Each Subject**

SUBJECTS	LEARNING OBJECTIVES Participant successfully completing this training program: Theory	Duration (Hours)		
		Practice	Total	Total
<b>MODULE 8 - MUSIC THERAPY CLINICAL PRACTICE II</b>				
1. Music therapy in neurological diseases	1. defines such neurological diseases as hemiplegia, cerebral palsy and multiple sclerosis. 2. explains the principles of music therapy as a supportive practice for rehabilitation in such neurological diseases as hemiplegia, cerebral palsy and multiple sclerosis.	2	8	10
2. Music Therapy in Irritable Bowel Syndrome, Nausea-Vomiting and Constipation	1. describes nausea-vomiting and constipation signs in irritable bowel syndrome, cancer chemotherapy and digestive system diseases. 2. explains the principles of music therapy practice in irritable bowel syndrome and in nausea-vomiting and constipation occurring in cancer chemotherapy and digestive system diseases.	2	8	10
<b>Total</b>		<b>4</b>	<b>16</b>	<b>20</b>
<b>MODULE 9 - MUSIC THERAPY CLINICAL PRACTICE III</b>				
1. Music Therapy in Strengthening the Immune System	explains the principles of music therapy practice in strengthening the immune system of those who do not have any organic disorder.	2	8	10
2. Supportive Music Therapy in the Treatment of Asthma	explains the principles of supportive music therapy used to relieve anxiety in the treatment of asthma.	2	8	16
<b>Total</b>		<b>4</b>	<b>16</b>	<b>20</b>
<b>MODULE 10 - MUSIC THERAPY CLINICAL PRACTICE IV</b>				
1. Music therapy in sleep disorders	explains the principles of music therapy practice in non-organic sleep disorders.	3	8	10
2. Music therapy in relieving mechanical musculoskeletal system pains, delivery/labor pains and the pains occurring due to cancer	explains the role of music therapy in relieving mechanical musculoskeletal system pains, delivery/labor pains and the pains occurring due to cancer.	6	8	10
<b>Total</b>		<b>9</b>	<b>16</b>	<b>25</b>
<b>GRAND TOTAL</b>		<b>130</b>	<b>105</b>	<b>235</b>

**Table-2: Duration of Training Program**

Participants' Group	Training Duration (hours)		
	Theory	Practice	Total
Physicians, dentists, nurses or physiotherapist etc.	105	100	205
Members of musical fields	121	64	185
Participants who are both a member of musical field and a physician, dentist, nurse or physiotherapist etc.	96	64	160
Other	130	105	235

## 7.2. Training Materials and Their Features

Materials to be used in the training are as follows:

1. Written training materials covering the subjects included in the training content (books, slides, training guidelines, scientific journals, etc.),
2. Audiovisual training materials (compact discs, DVD, USB, video films, pictures, etc.),
3. Course contents, discussions (forums and virtual class sessions), presentations, case studies, videos, voice records, etc. developed in a subject-specific perspective for the training and transferred into digital environment,
4. All tools and equipment that are supposed to be in a music therapy practice center as per the relevant legislation.
5. All kinds of devices and materials at the place where the training will take place will be considered as training material.
6. Musical instruments Table 2 shows the total duration of this training program for each group of participants. All participants have a right

not to attend the courses of the modules which they do not have to take because of their professions or education; however, they have to take all of the exams included in the training program.

## 7.4. Evaluation of Training (Exam Procedures, Achievement Criteria, Extra Exam Right, etc.)

The training will be evaluated according to the following procedures and principles.

1. Participants who do not fulfill the requirement of compulsory attendance shall not be allowed to participate in the exam.
2. There shall be separate exams for each module:
  - a. If a module covers only theoretical courses, there will be no practice exam for that module.
  - b. If a module covers only practical courses, there will be no theoretical exam for that module.
  - c. If a module covers both theoretical and practical courses, a theoretical exam and a practice exam will be conducted separately.

3. Exam questions shall be prepared by the exam committee, composed of the trainers of the relevant module, under the chairmanship of the program officer in a way to cover all the subjects included in the training content.
4. Theoretical exam questions shall be prepared as multiple-choice questions.
5. The exams for theoretical courses shall be conducted by using the Music Therapy Theoretical Training Evaluation Form (Annex-1). Each module in the form will be evaluated out of 100 points. Points obtained from each module in the form will be totaled. This total will be divided by the number of modules evaluated and the average score will be calculated. Participants who score 70 (seventy) points out of 100 (one hundred) shall be deemed successful in the theoretical exam.
6. Participants who fail to score this minimum point in the theoretical exam shall be allowed to take the exam 2 (two) more times at maximum; those who cannot pass the exam are supposed to apply to the certification training program again.
7. The practice exams shall be conducted by using the Music Therapy Practice Training Evaluation Form (Annex 2). Each subject included in the form will be rated as Highly Satisfactory (4), Satisfactory (3), Moderately Satisfactory (2), Unsatisfactory (1) or "Not Evaluated" (0). Points obtained from each subject in the form will be totaled. This total will be divided by the number of subjects evaluated and the average score will be determined. The average score will be multiplied by 25 (twenty five) and it will be calculated out of 100 (one hundred). Participants who score 70 (seventy) points out of 100 (one hundred) shall be deemed successful in the practice exam.
8. Participants who fail to score this minimum point in the practice exam shall be allowed to take the exam 2 (two) more times at maximum; those who cannot pass the exam are supposed to apply to the certification training program again.
9. The objections of the participants who object to the results of their theoretical and practice exams shall be evaluated and concluded by the certification training providers in 5 (five) days at the latest.
10. The success point of a participant shall be determined by calculating the arithmetic average of the theoretical and practice exams.
11. Participants are supposed to succeed both in theoretical and practice exams separately.
12. Participants who pass the theoretical and practice exams shall be awarded their certificates.
13. The certificate shall be registered by the Ministry of Health to become valid.
14. The validity period of the certificate is seven years. At the end of seven years, the certificates of those who satisfy the requirements listed in the certificate renewal criteria shall be directly renewed. The certificates of those who do not meet the requirements shall be renewed only if they succeed in the exam to be conducted.
15. In the case of a legally-acceptable excuse; the personnel trained shall

complete their training by adding the duration of training that they are unable to participate in to the training program. If a participant fails to participate in training or s/he discontinues it, her/his training shall be cancelled and she/he shall be deemed unsuccessful.

## 8. PROGRAM OFFICER AND HER/HIS QUALIFICATIONS

Physicians, dentists or graduates of music department who hold at least a doctoral degree or a degree of proficiency in art are the program officers of the music therapy certification training program.

## 9. TRAINERS AND THEIR QUALIFICATIONS

Those who have at least one of the following qualifications shall be assigned as a trainer in this training program:

Turkish citizens or foreign nationals who received at least a bachelor's degree in the fields related to the subjects included in the training module or who can prove with documents that she/he has been actively working in the field(s) for which she/he will provide training shall be assigned as a trainer in this training program.

**NOTE:** The Practice Centers are obliged to notify the Ministry of Health about the qualifications and the names of the trainers.

## 10. PROPERTIES OF THE TRAINING PLACE

The Institutions/Organizations which are authorized to provide training and have a "Practice Center" can provide the Music Therapy Certification Training Program.

The training place shall:

1. For distance learning;
  - a. have a Learning Management System compliant with the international learning content standards (Scorm, AICC, etc.),
  - b. have a Learning Management System (LMS) Management panel,
  - c. have a server and infrastructure architecture in parallel with the capacity of the trainees,
  - d. have video conferencing software and infrastructures integrated into the system so as to provide simultaneous training.
2. have a training hall which has the sufficient equipment and where the participants can receive interactive training,
3. have a training hall which is warm and bright enough as well as being spacious, where a modular system can be used, which has a capacity in the number of the participants to be trained, and which can be divided into two separate training halls when necessary,
4. have adequate number of chairs and desks for participants,
5. have a server and infrastructure architecture in parallel with the capacity of the trainees for distance learning,
6. integration of video conferencing software and infrastructures into the system so as to provide simultaneous training,
7. be a Center for Traditional and Complementary Medicine Practices approved by the Ministry,
8. have computer and audiovisual devices which will allow for carrying

out the training using appropriate technology; practice models; a blackboard; a printer, xerox machine and paper support systems to ensure that participants are provided with training objectives, subjects and contents/presentations; preferably an internet access enabling that online and visual animations/training materials are used.

### 11. VALIDITY PERIOD OF THE CERTIFICATE

The validity period of the certificate is 7 (seven) years.

### 12. CERTIFICATE RENEWAL CRITERIA

The certificates shall be renewed in line with the following criteria:

1. At the end of the validity period of the certificate awarded at the end of this training program; the certificates of those who fulfill at least one of the requirements below shall be extended for another 7 years without requesting any other qualification:
  - a. Minimum 1 year of professional experience,
  - b. Authorship of at least 2 scientific articles,
  - c. Having presented at least 4 congress/symposium abstracts (verbal/poster),
  - d. Participation in at least 5 congresses/symposiums in the field of music therapy within the validity period of the certificate. The certificate-holders shall submit their documentation related to these criteria during the renewal application to the certification training providers that awarded the certificate to them.
2. Those who do not fulfil at least one of the criteria in paragraph (1) need to take the certificate renewal exam and succeed.
3. The renewal exam shall be conducted as a theoretical exam consisting of multiple-choice questions prepared by the implementers of the Music Therapy Certification Training Program in line with the recent developments in the field and the subjects included in this training program under the coordination of the relevant unit of the Ministry.
4. The participants who score 70 (seventy) or more points in the renewal exam shall be deemed successful and the duration of their certificates shall be extended for another 5 (five) years.
5. The certificates of the certificate-holders will be valid until the certificate renewal exam process is completed.
6. The certificates of those who fail to attend the certificate renewal exam twice in a row shall be deemed invalid, except in cases of legally acceptable excuses. Following the end of the legally acceptable excuse, they shall be tested as soon as possible.
7. In cases when the training activities of the entity with the authorization to provide certification training program are stopped or its certification training provision authorization documents are cancelled for any reason or in cases of shut-down and transfer, the certificate renewal exams shall be conducted by the relevant unit of the Ministry.
8. The objections of the certificate-holders, who fail in the certificate renewal exam to the renewal exam results, shall be evaluated

and concluded in maximum 5 (five) working days by the certificate renewal exam committee.

## 13. EQUIVALENCE APPLICATION AND PROCEDURES AND PRINCIPLES OF EQUIVALENCE PROCESSES

### 13.1. Equivalence Application

Equivalence shall be requested by using the equivalence application form (Annex-2) prepared by the Ministry in line with the provisions of the Regulation on Certification Training of the Ministry of Health. It is mandatory to submit all the documents specified in this form. Each section specified in this form shall be filled in detail, the original copies of the below-listed documents approved by the institution/organization which provides the training and the translation of the documents into Turkish by a certified translator if the training is received abroad shall be submitted as attachment to the form.

### 13.2. Documents to be attached to the Application Form:

1. A copy of the certificate approved by the authorized institution.
2. A copy of the Faculty of Medicine/ Dentistry diploma approved by the authorized institution; a copy -approved by the authorized institution- of the diplomas of psychologists who have a certificate of authorization on Clinical Psychology and Medical Practices of Psychology.
3. A copy of postgraduate education certificate approved by the authorized institution, if available.
4. A certified copy of Turkish Identification Card/ Foreign Identification Card and 2 (two) photographs.
5. All information and documentation related to the training curriculum specified in the 4th paragraph of the Application Form (the original of the document in the language of the training or the document and its translation into Turkish).
6. Document proving that physicians, dentists, nurses or physiotherapists etc. received at least 205 hours of theoretical and practical training/ that the members of musical fields received at least 185 hours of theoretical and practical training/that the participants who are both a member of musical fields and a physician, dentist, nurse or physiotherapist etc. received at least 160 hours of theoretical and practical training as well as the Training Curriculum.
7. The applicant will be requested to submit a document which is received from the official health authority of the country of training or the head of mission of Turkey and shows that the Institution/Organization/Private Law Legal Entity/Natural Person who/which provided the training and who/which is included in the 3rd paragraph of the Application Form is authorized to provide training.
8. The applicant will be requested to document that s/he resided in the country in which s/he received training for as long as the training duration with his/her passport or other official documents and the formally-commissioned officials will be requested to provide documentation proving that they were off duty in the said period.

### 13.3. How to carry out the Equivalence Procedures

1. The application files of those who apply for certificate equivalence shall be examined in line with the Music Therapy Certification Training Standards by a science committee to be set up by the relevant unit.
2. Applicants whose files are deemed suitable and sufficient shall be tested with theoretical and practice exam.
3. Applicants who score 70 (seventy) points or more out of 100 in the theoretical exam shall be deemed successful. Those who fail to score this minimum point in the theoretical exam shall be allowed to take the exam 2 (two) more times at maximum; those who cannot pass the exam are supposed to apply to the Music Therapy Certification Training Program.
4. Applicants who cannot pass the theoretical exam shall not be allowed to take the practice exam.
5. Applicants who score 70 (seventy) points or more out of 100 in the practice exam shall be deemed successful. Those who fail to score this minimum point in the practice exam shall be allowed to take the exam 2 (two) more times at maximum; those who cannot pass these exams are supposed to apply to the Music Therapy Certification Training Program.
6. Certificate Equivalency Document shall be drawn up for applicants who pass the theoretical and practice exams.
7. Certificate Equivalency Document shall be registered by the Ministry of Health.