



Music Care Training – Level 1

The Fundamentals of Music Care: Theory and Context



At a glance

Date 16-17 & 20-21 November 2017

Part of a three level training programme that prepares caregivers to use music in their care practice with increased confidence and theoretical understanding.

Duration 2 days

Level 1 will introduce you to basic theory of music care, as well as strategies that can be applied to various settings:

Location University of Nottingham
Jubilee Campus, Triumph Road
Nottingham, NG7 2TU

This 2 day course will prepare you to:

- Understand the basic principles of music in care
- Gain confidence using specific music care techniques
- Develop a strategic plan for a music care programme in your practice

Cost **£200 per person**
Fees include tuition, course materials, and lunch and refreshments.

Key outcomes

- Describe the goals of music care and how they can be applied to care settings
- Discuss the context and impact of music care within a changing health care system
- Position music care as an approach rather than a scope of practice
- Adopt the impact of rhythm, melody and timbre in care situations
- Demonstrate a sensitivity to the impact of sound and music in a care space
- Show awareness of a range of music care resources and provide examples
- Apply ten music care strategies
- Build confidence using the voice as an instrument of care
- Develop a proposal for a music care initiative in a real-life care setting

What you will learn

This programme is designed to help you better understand how music can work in a care setting. The Music Care Certificate Level 1 course will:

- give you tools to use music more freely in your professional and personal life
- help you develop strategies for using music in your care practice, be it caring for a patient, a family member, or for yourself
- help you develop an awareness of how music can be used strategically to meet certain caregiving goals
- provide an opportunity to try techniques of music care
- help you develop a basic understanding of key musical elements and terminology

Who should attend

The programme has been designed for:

- health care providers
- family and volunteer caregivers
- musicians
- teachers
- any community stakeholders who would like to increase their knowledge and practical applications of music in care.

About Room 217



The University of Nottingham has partnered with The Room 217 Foundation to bring you a unique opportunity to deepen your understanding of music's effect in care spaces and in caring relationships.

The Room 217 Foundation is a not-for-profit corporation and registered Canadian charity dedicated to caring for the whole person with music.

Room 217's music care approach is about using music with intention, allowing the therapeutic principles of sound and musical effect inform us. Music care integrates sound, silence and music into the circle of care, paying close attention to how interpersonal connection and human contact is enhanced through musical associations. Music care aims to enhance well-being and quality of life and care for all people.

Programme team

Bev Foster

Bev Foster, MA, is the Executive Director of the Room 217 Foundation. She is an experienced, performer, songwriter and music educator. Bev has taught music in the Durham District School Board as well as in her private studio and has been the Executive Director of the Ontario Vocal Festival, and Director of Music in several churches. Compelled by their own caregiving situation, Bev and her husband, Rob, founded the Room 217 Foundation in 2009. Bev speaks and writes extensively on the power of music.

Sarah Pearson

Sarah Pearson is a music therapist, songwriter, professional musician, and a sought-after speaker and workshop facilitator in healthcare communities. Her practice as a music therapist currently focuses on end-of-life care and supportive cancer services. Sarah has a Master's degree in music therapy, and is a clinical supervisor at Wilfrid Laurier University, Canada.

Sarah is passionate about the role of the arts in supporting patient-centred practice in health care, and infuses creativity and vision into her workshops.

Get in touch

To apply or to find out more, get in touch:

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