



# CSMT

by Dr. Sumathy Sundar

CHENNAI SCHOOL OF MUSIC THERAPY

Taking Traditions to Clinical Practice

# MUSIC FOR COMMUNITY HEALTH

A Practicum-based Online Course

[www.chennaiusictherapy.org](http://www.chennaiusictherapy.org)

**Duration of the Course:** Two months  
(Weekly two classes on taking appointment)

## Eligibility Criteria:

1. Candidates holding a certificate in fundamentals of music therapy (CPMT) from CSMT is preferred. However, holding a CPMT certificate is not mandatory.
2. Candidates who have a bachelor's degree in any discipline and are music educators or music performers.
3. Any bachelor's degree with demonstrable music skills.



## MODE OF TEACHING

The School uses blended learning methods for teaching the course. Flipped classroom and A La Carte models in the form of didactic lectures, self-experiential sessions, role plays and self-learning experiences by use of interactive multimedia

## ASSESSMENTS

Community based project and assignments.

## LEARNING OBJECTIVES

The participants will learn to

1. Understand the science behind the therapeutic effects of music influencing the community health and wellness.
2. Administer music-based interventions as a way to induce positive psycho-social changes to benefit community health
3. Use musical activities based on therapeutic principles to provide a cultural and social environment to impact community care and well-being.
4. Help people to use music in their everyday life to generate positive emotions contributing to good health.



## COURSE OUTCOMES

The participants after doing the course will be able to

1. Use a broad range of musical activities including the ancient music healing practices in a structured, scientific and therapeutic manner in the community.
2. Work with different sections of the community ranging from children to geriatric individuals using appropriate therapeutic techniques and improve their mental health.
3. Impact community health positively by imparting music as an effective self-care tool in the lives of general public.
4. Develop and use creative musical experiences to engage the communities and bring an awareness about the beneficial relationship between music and health.
5. Help communities to integrate music in everyday life and promote health behavior change.



## TOPICS COVERED

**Unit 1:** Community health and what is community music?; Introduction to Community health psychology, Performing arts, music education music performance, music therapy, and everyday use of music in communities for social change and empowerment. Bio-psycho-social model of music to maintain/improve/restore health.

**Unit 2:** Mental health of children, adolescents, adults and geriatric individuals; maintaining healthy brain activity through music practices, helping emotional regulation and stalling cognitive decline.

**Unit 3:** Stress: Symptoms, management and prevention, and music as a lifestyle modification strategy; Music to reduce loneliness, anxiety and depression in geriatric individuals. Music for physical activities and movements to redress lifestyle changes.

**Unit 4:** Music to improve psychosocial, cognitive, emotional and communicative deficits in children with trauma.






## PROFILE OF THE FACULTY

### Dr. Sumathy Sundar, Ph.D., FIMC

Prof. Sumathy Sundar is a pioneer in the field of music therapy in India. She is a clinician music therapist and educationalist in this field, researching actively since the year 2002. Awarded with “Fellow of IMC” by the IMC University of Applied Sciences, Krems, Austria, she developed the first university based education and training programs in music therapy in India, ranging from observership to supervised internship training programs to one year post graduate diploma in music therapy, Master’s degree in medical music therapy and a Ph.D. program in music therapy in the Pondicherry based health sciences university, Sri Balaji Vidyapeeth. She was the Director and Professor at the Center for Music Therapy Education and Research of Sri Balaji Vidyapeeth. She is also the founder-director of the Chennai based Chennai School of Music Therapy and co-founded the Nada Center for Music Therapy. She was the recipient of the prestigious “International Music Therapy Advocacy Award” from the World Federation of Music Therapy in the year 2014 in Austria. She currently serves the World Federation of Music Therapy as its Chair, Education and Training Commission and is also the founding member of the International Association for Music and Medicine. She regularly presents on music therapy both nationally and internationally and serves on the editorial board of the international journals “Music Therapy Today”, “Music and Medicine” and “Journal of Basic, Clinical and Applied Health Science.” She has published widely in the form of journal articles, book chapters, podcasts and interviews in both national and international journals of repute.





Registrations are accepted on getting  
an appointment with the faculty

For registrations contact:  
[info@chennaiusictherapy.org](mailto:info@chennaiusictherapy.org)

## Online Course Requirements

- ✓ Have a high speed internet connection
- ✓ Use of headphones and video camera are mandatory



**Payment Mode: Online**  
**Payment of fees by**  
**Bank Transfer - NEFT / IMPS / GPay**

Account Name:

**Chennai School of Music Therapy Private Ltd.**

A/c type: Current account

Account no. 6013337595

IFSC code: IDIB000P193

Indian Bank, Puzhuthivakkam Branch

No.3, Medavakkam Main Road,

Chennai 600 091. Tamil Nadu

**Fees:**  
**Rs.20,000/-**

