

# Summer School

## Skill enhancement through music

Concepts, methods, and techniques to empower motor, cognitive, emotional, and communicative abilities with musical activities in children and adults

Lovran (Croatia), 03-09 September 2023

The second summer school on the theme of ‘Music and Human Potential: Education, Empowerment, and Rehabilitation’ will take place in Lovran (Croatia) from 3 to 9 September 2023.

The programme is organised by the Catholic University of Croatia, Department of Psychology, and conducted in collaboration with the Università Cattolica del Sacro Cuore, Faculty of Psychology, Milan, Italy.

The title of this year’s summer school is “Skill enhancement through music: Concepts, methods, and techniques to empower motor, cognitive, emotional, and communicative abilities with musical activities in children and adults”.

Music therapy is a clinically and scientifically proven application of musical interventions with the aim of achieving individualised and clearly defined goals in therapeutic, psychological, and educational relationships with the help of a specialised therapist. It represents the use of music and/or its elements (sound, rhythm, melody, harmony), individually or in a group process, so as to provide and enhance communication and learning, stimulate personal and social expression, match physical, emotional, and cognitive needs and achieve other important clinical goals. There are a number of different evidence-based models and methods in music therapy, adapted to people with various difficulties.

The goal of this summer school is to provide participants a set of concepts, practical tools, and techniques involving music, which are applicable across the life span (targeting children, adolescents, adults, elderly people). During the summer school the participants will be familiar with the practical application of music-based activities used for educational/edutainment, empowerment, prevention, and rehabilitation purposes in order to support the development of basic skills involved in everyday life, instruction, and professional practice. Therefore the main part of the programme will be addressed to let participants, thanks to practical examples and simulations, learn some operational skills useful to the application of the described rehabilitation procedures for different clients.

### **Programme**

The summer school programme will be realised at Domus Laurana in Lovran, which is the oldest settlement on the Opatija Riviera, and it will last for 6 (six) days – from 03 to 09 September 2023.

The summer school will be held in English. No specific musical skills are required. The summer school is primarily intended for rehabilitators and therapists (in particular speech therapists and music therapists), psychologists and psychiatrists, educators and trainers, musicians and experts working in the musical field with educational, therapeutic, or rehabilitation goals, as well as other professions and students of related subjects.

The curriculum consists of lectures (the purpose of which is to explain the theoretical basis of the rehabilitation procedures to be presented and to describe and give examples of rehabilitation procedures to be learned), practical exercises (in which participants are involved in the implementation of rehabilitation procedures and their adaptation to the areas in which they work), and workshops (personal development – growth workshops, whose purpose is to encourage participants to reflect their own characteristics and characteristics in the music experience process and to build up some professional communication and interpersonal skills with the help of music).

The plan of the scheduled activities is as follows:

<b>DAY</b>	<b>Morning 9:30 – 13:00</b>	<b>Afternoon 15:00-19:00</b>
<b>3.9.2023.</b> Sunday	<b>Arrival by 5 p.m.</b> <b>19.00 Dinner</b> <b>20.00 Introduction</b> to summer school activities and introduction to musical experience – Encounter cultures through music	
<b>4.9.2023.</b> Monday	<b>Motor synchronization I</b> Use of Orff instruments with children with cerebral palsy	<b>Motor synchronization II</b> Improving motor coordination in individuals with behavioral impairments
<b>5.9.2023.</b> Tuesday	<b>Cognitive stimulation I</b> Music as a fuel for intelligence	<b>Cognitive stimulation II</b> Use of music activities in improving and enhancing cognitive processes in adults with mental health conditions
<b>6.9.2023.</b> Wednesday	<b>Cognitive stimulation III</b> Music activities and self-made music instruments as a cognitive stimulus in music therapy praxis	<b>Communication I</b> Use of music activities and exercises for developing, improving, and enhancing interpersonal communication in adults with mental health difficulties
<b>7.9.2023.</b> Thursday	<b>Communication II</b> The Sound dialogue as a means of analysis of the main communication parameters	Free time or excursion
<b>8.9.2023.</b> Friday	<b>Communication III</b> Multimodality in communication	Free time or excursion
<b>9.9.2023.</b> Saturday	<b>Participants' projects</b>	

## **Certificate**

After completing the programme, the participants will receive a Certificate of Programme/Summer School Attendance and acquired ECTS credits. The certificate will be accompanied by a document containing the list of subjects, learning outcomes, acquired competences and 3 ECTS credits.

More information: <https://www.unicath.hr/summer-school-2023-music-therapy>