



# MindSight Clinic

## MUSIC THERAPY COURSE

The power of music is evident to everyone one of us, but only some know how to utilize it to get the best out of all. There are ample benefits of music therapy, like improving motor functions, emotions, self-assessment, and personal growth. Music brings both relaxation and pleasure to any individual. It directly affects brain activity and helps in mental development.

The music therapy course covers many positive psychology development areas, like improved communication, physical, sensory, social, and cognitive skills. Also, understand the psychology behind several music techniques like songwriting, drumming, music performance, expressive music interventions, etc.

## MUSIC THERAPY



Music therapy course at the mindsight clinic covers music therapy in the fields of mental health to relieve pain and fight with particular disabilities. Join the course now, and get yourself certified!

## BENEFITS OF LEARNING MUSIC THERAPY

- Reduce the anxiety and physical effects of stress of your clients quickly
- Improved self-expression and communication while counseling
- Effectiveness of music therapy in different situations

## COURSE SYLLABUS -

- What is music therapy and why it is important in psychology
- A short overview of the importance of music therapy from older times
- Different kinds of music therapy
- Effective ways and tips of music therapy for mental health
- Tips for understanding the impact of music therapy on your client
- How to take music therapy group sessions
- Importance of music therapy on behavioral issues
- Music therapy for kids with particular disabilities
- Music therapies for young and adults
- Music therapy to treat anxiety, stress, or depression



## ADMISSION CRITERIA:

- ➔ No prior experience or knowledge required.
- ➔ Age 18+
- ➔ Suitable for students, psychologists, doctors, nurses, counselors, social workers, teachers, trainers, and others.

## CONTACT US:

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**www.mindsightclinic.com**

**Duration : 2 Days Integrated Course | 90 mins/day**  
**Course Fee : ₹12,000/-**  
**Certificate Included.**

**KANDIVALI / MALAD / GOREGAON / ANDHERI / JUHU / KHAR /  
BANDRA / KEMP'S CORNER / POWAI / GHATKOPAR**