

研修生募集のお知らせ

Training music therapists

For the attention of those applying for training

●NPO Kokoro Talk Music has accepted trainees since 2012. We want to increase the number of music therapists who can create music therapy which suits Japanese people; therapists who can keep the 'here and now' status of the client at the core of improvisation whilst pursuing a form of music which can increase communication and exchange with those around us.

We also aim to create a network for female music therapists where they can benefit from work sharing, therefore meaning they should never need to abandon their vision and career aspirations.

Together, let's climb the mountain leading to you becoming a high quality clinical music therapist.

Our clinical philosophy

The scientific background of music therapy was originally derived from the theories of developmental psychology. Furthermore, the philosophies of transpersonal psychology, life cycle theory and synchronicity theory, along with the recent developments of Mindfulness and ACT; a third wave form of cognitive behavioural therapy, have been incorporated with music therapy to form a combined approach. The work of Donald Winnicott, Gustav Mahler, Heinz Kohut, Jean Piaget, Abraham Maslow, Melanie Klein, Ericsson and Jung etc also form the context of music therapy.

The approaches of music therapy have been greatly influenced by the work of Nordoff and Robbins music therapy and Toshikazu Matsui's BED-MUSIC approach.

After each session we make a qualitative evaluation; through analysing any changes or transitions seen in the client and taking the therapists opinions into serious consideration, we aim to gain a deeper, multi-layered understanding of the meaning of the client's free playing activities within the session with a view to promoting externalisation and verbalisation.

※ As music therapy is a branch of psychotherapy, the general techniques, support methods, analysis methods and methods to achieve catharsis used in psychotherapy can be carefully incorporated into a session and, depending on the needs of client, can be delivered via music, words, body language and/or atmosphere.

For those wishing to undertake training with us, we ask that you first contact us by phone, then to please provide the following requested information via email. We aim to respond to your request as soon as possible.

- ① Name, gender, date of birth, educational history
- ② Details of specialist music therapy qualifications held

- ③ Details of practical experience in music therapy
- ④ What inspired you to become a music therapist
- ⑤ Address, contact details, email address
- ⑥ Availability for interview

(1 hour 40 mins)