

Music Therapy in Neonatal Care and Beyond- Training on Theory, Research and Clinical Practice – Part 1

Music therapy in the neonatal care unit (NICU) is an expanding but delicate clinical practice field. Premature and medically fragile infants and their parents face numerous problems and challenges related to traumatic and premature birth. Therefore, music therapy must be carefully tailored to the infant's needs, caregivers, staff and the intensive care setting.

Training objectives

- To understand preterm infants` medical issues, neurological development and impacts on longer-term development
- To understand the complex challenges and needs of the families of preterm/critically ill infants in the NICU and relevant broader community/ home contexts
- To receive an overview of the latest evidence-base in neonatal music therapy and infant mental health practice
- To understand strategies, methods, theories, documentation, and evaluation of music therapy services and programs in the NICU and beyond, giving special attention to Creative Music Therapy (CMT).

The training (8 hours) addresses each participant's unique areas of interest and current clinical role through interactive teaching methods, such as self-experience, role-play, video-case examples, and interpreting parental quotes. It provides time for questions, reflexive discussions, and, finally, a delve deep into the nature and needs of the target population. The training is available for music therapists and other healthcare students/professionals.

The training can be completed with part 2 (practical insights & hands-on training) and 3 (individual case study supervision & implementation strategies), [provided every two years at the Zurich University of Arts in German or English.](#)

Concept and direction:

Friederike B. Haslbeck, PhD

Guest teacher:

- Pernilla Hugoson
- Rachel Gotsmann

About the trainer:

Dr. Friederike Haslbeck, Ph.D., SFMT; DMtG, NICU-MT, Master of music education, Master of music therapy, specially trained in NICU music therapy. She has developed creative music therapy (CMT) in neonatology theory, clinical practice, research, and education, and she has implemented CMT music therapy services in various NICUs. Friederike Haslbeck is a lecturer at the University of the Arts Zurich/ Music Therapy, senior research fellow and clinical music therapist at the Department of Neonatology,

University Hospital and Faculty of Medicine, University Zurich, Switzerland. She directs CMT in Neonatology training for music therapists worldwide, is the Founder of [amiamusica](http://amiamusica.com). and holds numerous publications on music therapy in neonatal care
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About the guest teacher:

Pernilla Hugoson, Master of Music Education, Master of Music Therapy (specially trained in NICU music therapy, CMT), Psychotherapy step 1, PhD student. Pernilla Hugoson holds a position as a clinical music therapist at the Department of Neonatology at Sach's Children's and Youth Hospital, South General Hospital in Stockholm, Sweden. She works both at the neonatal ward and in the neonatal outpatient clinic, developing CMT further to support families during neonatal home care and after discharge. She also works with music therapy parents and baby groups in Child healthcare Centres in Stockholm.
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Rachel Gotsmann, SFMT, BA (Hons) in Music, Master of Music Therapy, specially trained in perinatal palliative care and grief. Rachel Gotsmann developed Creative Music Therapy further for the specific needs of critically ill newborns and their families at the University Children's Hospital in Zürich, with a particular emphasis on infants with congenital heart disease and palliative support during pregnancy and infancy. Recognising the need of many families for continued support after discharge, she now visits families at home during pregnancy and after discharge.
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