

# Music Therapists Training Program by Hyogo Prefectural Administration

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by

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In the aftermath of the Kobe Earthquake, music gave hope and energy to survivors. Through those episodes, Hyogo Prefectural Administration started to develop a training system for music therapists.

It is very rare in Japan that a local government takes an initiative in training music therapists, and that it was the disaster which created such new movement.

It has a lot to do with mental health care for traumatic stress.

We would like to show how we have trained more than 350 therapists since 1999.

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### 1. Certification of Music Therapist in Japan Other Than JMTA (Japan Music Therapy Association)

Music Therapy was introduced to Japan in 1960's. JMTA (Japan Music Therapy Association) has issued certification of Music Therapist in Japan basically. Other than JMTA, Gifu Prefectural Administration, Nara City Administration and Hyogo Prefectural Administration have their own system to certify Music Therapists.

### 2. What is Hyogo Prefecture? What is Kobe City?



Hyogo is one of the prefectures in Japan. It is in the west of Honshu, the main island of Japan, belonging to Kansai region. The capital of Hyogo is Kobe City.

Hyogo Prefecture has both overpopulated areas and depopulated areas and its total industrial activity is about as same as Japanese average. So Hyogo is sometimes called a “Japan in miniature.”

### 3. What is Kobe Earthquake?

As we stated above, in Hyogo Prefecture, we started the Music Therapists Training Program after Kobe Earthquake.

Kobe Earthquake, or The Great Hanshin-Awaji Earthquake occurred on January 17, 1995 in the southern part of Hyogo Prefecture, Japan, known as Hanshin. It measured 7.3 on the moment magnitude scale .

Up to 6,434 people lost their lives. More than 40 thousands of people were injured. More than 200 thousands of houses were broken and more than 7000 of houses were burned. Traffic networks like roads and trains and essential utilities like gas, water, electricity, and telephone were all stopped. The

mountains were destroyed in earth slide. Coastal areas were destroyed and their grounds were liquefied.



A railroad above fell down on the ground.



Houses were broken and the first floor was crushed and it seemed as if the second floor were the first floor.



Artificial islands constructed by filling up soils were liquefied like this.

Photo by Kobe City

#### 4. Mental Health Care for Traumatic Stress

A lot of people were mentally hurt in Kobe Earthquake in 1995. Since we experienced the disaster, Hyogo Prefectural Administration has worked on mental health care for traumatic stress for example, Post Traumatic Stress Disorder (PTSD).

Public Interest Incorporated Foundation, Hyogo Earthquake Memorial 21<sup>st</sup> Century Research Institute-Hyogo Institute for Traumatic Stress was established. It is the first base institute in Japan doing all the following things together. To study, educate, counsel, and transmit information about mental health care for traumatic stress.

The Institute started the professional educating system for mental health care for traumatic stress. One of the courses is the Music Therapists Training Program.

#### 5. What is Hyogo Prefectural Music Therapist?

Public Interest Incorporated Foundation, Hyogo Earthquake Memorial 21<sup>st</sup> Century Research Institute and Hyogo Prefectural Administration co-hosted Music Therapist Training Program as one of the program series “Hyogo Human Care College”, based on the philosophy of enhancing dignity and joy of life, learned from the experience of Kobe Earthquake. The Governor of Hyogo Prefecture qualified proper and suitable students as Music Therapists from those who finished the training program and had clinical trainings for a certain period of time.

#### 6. Movement for Training Music Therapists in Hyogo

In 1995, Japan Federation of Music Therapy started to train music therapists. At the same time in Hyogo the enormous disaster happened and lots of people had to live with psychological trauma as well.

Doctors in Hyogo Prefecture advised the Prefectural Governor at that time, the late Toshitami Kaihara that they should use the power of music to heal those who were suffered. Then Hyogo Prefectural Administration started to consider training music therapists in Hyogo.

##### <Starting-up of the Committee>

The music therapists living in Hyogo were firstly qualified in 1996 by Japan Federation of Music Therapy. Then Hyogo Prefectural Administration started up the committee to consider the training program of Hyogo Music Therapists.

##### <Start of the Training Program>

In 1999, the Basic Music Therapy Training Course was opened. It was 20 hours' course. And the next year, the Advanced Music Therapy Training Course was opened. It is 200 hours' course. Both were run by Hyogo Prefectural Administration.

In 2001, the Administration certified 27 therapists for the first time.

#### 7. Management of the Training Program

Firstly, Hyogo Prefectural Administration started the Music Therapists Training Program and then the Administration entrusted the program to Public Interest Incorporated Foundation, Hyogo Earthquake Memorial 21<sup>st</sup> Century Research Institute-Hyogo Institute for Traumatic Stress. Now it is cosponsored by the Administration and the Institute.

In order to run the program, the Administration made a position “Music Therapist Advisor”, who himself or herself has JMTA music therapist’s qualification.

8. Certification Committee of Hyogo Prefectural Music Therapist – organization and the number of the members –

The Certification Committee is organized with less than 12 members. Members include the followings.

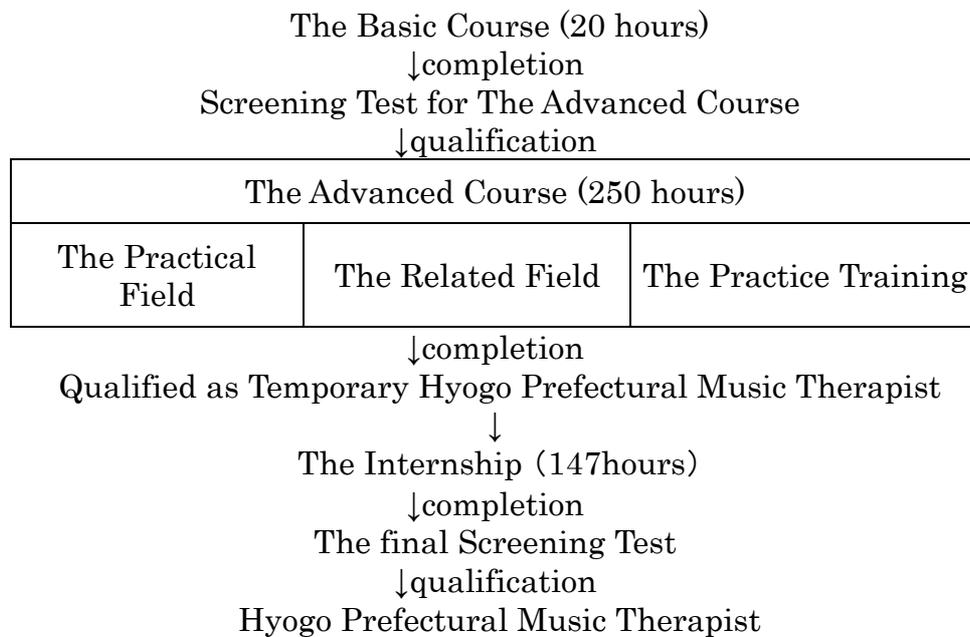
- A clinical music therapist
- A person with learning and experience in the field of medicine

The Committee will do following things.

- To certify Hyogo Prefectural Music Therapist and to update that qualification
- To select the members of the Advanced Music Therapy Training Course
- To examine the contents of the training courses
- Other things related to the certification of the therapist

9. Flow of the Training Program

Hyogo Human Care College The Music Therapists Training Program  
(total : 417 hours)



10. The Basic Music Therapy Training Course

Students will study about introduction of music therapy, effects of music on mind and body, role and attributes to be a clinical music therapist. It is the course to mediate to the Advanced Course.

Admission quota is 60, and entry conditions are

- 1) living, working or studying in Hyogo Prefecture
- 2) able to sing and play more than 2 music instruments and so on

Tuition fee is 6,300 yen (about 57 U.S.dollars) .

### 【Curriculum】

- Music and Health:
  - understanding of music
  - health and music
  - communication by music
- Music Therapy Introduction:
  - what is music therapy?
  - the principle of music therapy
  - types and classification of music therapy
  - role and attributes to be a clinical music therapist
  - ethics for music therapists.

The Administration issues the completion certificate to the members after the Administration approves their completion.



### 11. The Advanced Music Therapy Training Course Screening Test

Students have to take the Screening Test as the next step to be a Hyogo Prefectural Music Therapist. After the documents screening, we have written examination about ability and aptitude as music therapist, practical examination and interview. Finally, Certification Committee of Hyogo Prefectural Music Therapist decides who to be students for the Advanced Course.

**【Conditions for application】**

◆ First stage (written examination)

- have to complete the basic music therapy training course
- have to be aged 20 or above at the application

Other conditions are mostly the same as those of the basic course.

◆ Second Stage (practical examination and interview)

**【Examination Fee】** Free

12. The Advanced Music Therapy Training Course < The Practical Field>

The Advanced Course is consisted of 3 fields, the Practical Field, the Related Field and the Practice Training.

**【Curriculum】**

- Introduction
- Music therapy for infants
- Music therapy for school children
- Music therapy for adolescence
- Music therapy for adults
- Music therapy for the elderly
- Field trips to health care facilities, medical facilities and welfare facilities  
(70 hours total)

**【Admission quota】** 30

**【Tuition fee】** 45,000yen (about 405 U.S.dollars)

13. The Advanced Music Therapy Training Course < The Related Field>

**【Curriculum】**

- Introduction: holistic approach for health, medicine and welfare, the system of health, medicine and welfare
- Medicine and health:
  - human and health: stress, the system of mind and body
- Clinical medicine: mental diseases, chronic diseases, rehabilitation, pediatric care, elderly medical care and terminal medical care
- Disability and welfare: characteristics of disability, social welfare, nursing care
- Psychology: basics of psychology, clinical psychology
- Psychology training: self-analysis and counseling  
(64 hours in total)

**【Admission quota】** 30

**【Tuition fee】** 37,000yen (about 334 U.S.dollars)



#### 14. The Advanced Music Therapy Training Course <The Practice Training>

As for the last part of the Advanced Course, The Practice Training, students have to finish the Practical Field and the Related Field in advance. At some lectures of the Practice Training, students are divided into two groups.



#### **【Curriculum】**

- Introduction of music therapy: social position, ethics and role of music therapist
- Therapeutic music study: observation of clients, analysis of sessions, practical use of music, music psychology
- Reports writing
- Music therapy training: individual sessions, group sessions
- Simulated sessions: role playing and group training
- Music therapy practice training: at facilities for the elderly and the disabled, and at mental hospitals

(116 hours in total)

**【Admission quota】** 30

**【Tuition fee】** 117,000yen (about 1,055 U.S.dollars)

## 15. Temporary Hyogo Prefectural Music Therapist

The Administration certifies the completion of the Advanced Music Therapy Training Course with the completion of 3 fields. After that, the Administration qualifies students as Temporary Hyogo Prefectural Music Therapist.

Temporary Hyogo Prefectural Music Therapist can work as an intern to be a Hyogo Prefectural Music Therapist.

Up to 3 times, students can try the internship in five years since they are qualified as Temporary Hyogo Prefectural Music Therapist.

## 16. Internship

Temporary Hyogo Prefectural Music Therapists will learn to apply the knowledge they studied at lectures.

The Internship is 147 hours in total.

As for supervisors and facilities, there are some requirements.

During the internship, students have to submit the interim reports and have guidance and advice session by supervisors.

- Internship starts in April and finishes in October every year.
- Temporary Hyogo Prefectural Music Therapists will learn to apply their knowledge;
  - as an assistant for 3 months (basically once a week more than 12 times in total) (36 hours in total)
  - as a main therapist for 3 months (basically once a week more than 12 times in total) (36 hours in total),
  - and by working to help other related occupation for 6 months (basically once a week more than 24 times in total) (72 hours in total)
- Guidance and advice session by a member of Certificate Committee: 3 hours in total (147 hours in total)
- Facilities are required to have the experience of music therapy sessions for at least one year, and the supervisors are required to have at least 3 years' experience as music therapist.

Hyogo Institute for Traumatic Stress matches Temporary Hyogo Prefectural Music Therapist and the facilities.
- Interim guidance

Temporary Hyogo Prefectural Music Therapist has to submit an interim report. And Certification Committee makes an advisory report for him or her.
- Guidance and advice session

During the internship, a member of Certification Committee takes part in the session and gives advice for applicants.

- Fee

Temporary Hyogo Prefectural Music Therapist has to pay 48,000yen (about 433 U.S.dollars) for the internship.

### 17. The Final Screening Test

In order to be qualified as Hyogo Prefectural Music Therapist, applicants have to submit documents after the internship.

**【Test】**

document screening including the internship reports, interview and practical examination

**【Outcome measurement】**

- goal setting and contents of the music therapy
- observation and consideration of sessions
- outcome of the session after the advice to the interim report
- outcome of the internship
- attitude of the internship
- understanding of the clients of the internship
- skills of music instruments
- skills of music therapy (power of expression)
- expert knowledge of music therapy
- aptitude for music therapist

### 18. Hyogo Prefectural Music Therapist

After screening by Certification Committee, Governor of Hyogo Prefecture issues a certificate of Hyogo Prefectural Music Therapist.

upper row: number of applicants

lower row: number of certified students

| 2002 | 2003 | 2004 | 2005 | 2006 | 2007 | 2008 | 2009 | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 |
|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 28   | 49   | 39   | 32   | 25   | 29   | 26   | 21   | 24   | 24   | 22   | 27   | 15   | 22   | 24   | 15   |
| 27   | 45   | 31   | 27   | 24   | 25   | 21   | 17   | 20   | 22   | 20   | 22   | 14   | 17   | 20   | 13   |

## 19. Renewal of the Qualification

After 3-5 years from the acquisition of a qualification, a therapist with experiences of sessions or study presentations should take the renewal screening examination. When a therapist is qualified anew, Governor of Hyogo Prefecture issues the certification, which is valid for good.

Outcome measurement: (All of the four conditions below have to be met.)

- (1) A therapist has had sessions for more than 3 years.
- (2) Out of the sessions above(1), a therapist has had sessions as a main therapist for more than 2 years.
- (3) A therapist has made a presentation at least once about study report or a case report at certain conferences. Or at least one article or a case report about music therapy is accepted on professional journals of music therapy.
- (4) A therapist has more than 1,000 points as credits about music therapy.

Green is the number of Hyogo Prefectural Music Therapists. Yellow is that of therapists after renewal of the qualification. Not all the therapists get the certification renewal.



## 20. Survey Results of Music Therapists' Activities

We made a survey on Hyogo Prefectural Music Therapists' activities in order to understand the reality of music therapy in Hyogo Prefecture and to promote it in as many facilities or hospitals as possible.

We made a questionnaire survey on Hyogo Prefectural Music Therapists after renewal. We sent it to 289 therapists after renewal out of 332. We got 93% of therapists' answers.

◆ Employment types at hospitals or facilities

| classification           | full-time | part-time | volunteer | others | don't work | sum |
|--------------------------|-----------|-----------|-----------|--------|------------|-----|
| the number of therapists | 47        | 185       | 10        | 6      | 21         | 269 |

The number of full-time employee is not so small, but please notify that they are not always full-time employee as music therapists. In some cases, full-time nurses have some sessions of music therapy.

|                             | the number of facilities     | the number of clients |                      |                       | remarks  |
|-----------------------------|------------------------------|-----------------------|----------------------|-----------------------|--|
|                             |                              | individual sessions   | group sessions       |                       |  |
|                             |                              |                       | the number of groups | the number of clients |  |
| hospitals                   | 49                           | 71                    | 75                   | 1,383                 | General hospitals, mental hospitals, hospice and so on |
| Facilities for the elderly  | 581                          | 209                   | 899                  | 18,540                |  |
| Facilities for the disabled | 274                          | 155                   | 414                  | 5,227                 |  |
| sum                         | 904<br>(3.4 per 1 therapist) | 435                   | 1,388                | 25,150                |  |

< Number of Facilities Implementing Music Therapy >

The biggest number is facilities for the elderly. However nowadays, many facilities for the disabled children are introducing music therapy. Different from those facilities, there are some public programs or circles for nursing where music therapy is introduced. And some therapists have sessions privately at their home.

21. Conclusion

It has been 18 years since Hyogo Prefectural Administration started the Music Therapists Training Program. Prefectural Administration is so deeply rooted in the region that it can understand and respond its residents' needs adequately.

And now we have certified 365 therapists in total. The therapists who have wide experiences in life take an active role in this field.

And also it is important that this program is not hosted by universities. Therefore, a lot of non-trained music therapists are given opportunities to learn systematically.

To run the program, the Administration made a position titled a Music Therapists Advisor, and hired a person who is a certified music therapist. This

was a wise move because it would be very difficult to run the program only by the Administration staffs without the knowledge and experience on music therapy. The Program is still going because we know music has power to help and support disaster survivors.

Trainees have to do practice trainings to get the qualification. However, compared with other qualifications such as physical therapists or occupational therapists, the number of facilities where trainees can serve their apprenticeships is very limited and the number of supervisors is small as well. Fortunately, in Hyogo Prefecture, we have grants to promote music therapy. Thanks to the system, the number of facilities which have introduced music therapy is increasing. We made opportunities for the certified music therapists to attend on-going seminars so that they can deepen their knowledge. We are doing our best to provide supports to the therapists. We hope the qualified therapists will supervise new trainees, accumulate the practical experiences, and the quality of music therapists enhances.

We hope music therapy will be more popular at grass-roots level and it contributes to a greater number of people.

We wish the day will come when music therapy is in wide spread use and we do not need Administration's intervention or help any more.