

WCCL Foundation, Pune  
Prospective Course Outline for  
the Academic Year of 2024.

# Certificate Course in Clinical Musicianship (CCM)



Simple Music Tools for  
complex  
problems



Drumming skills



Voice-Work

Contemplation  
Practice  
Poetry & Story



# Clinical Musicianship

## THE HOW

Use Rhythm, Voice & Melody for targeting **wellness** goals of Body, Speech & Mind

## THE WHY

Theoretical framework based on the Buddhist psychology of awakening

## THE WHEN

6-Month Hybrid (online + offline)

## THE WHERE

**Online** once-a-week **Offline** 2-day in Pune

## But...

### ***I don't know how to play music or sing...***

Don't worry!!! WCCL will have you trained in drumming and singing in 6 months with offline & online sessions, video lessons, text books, flashcards, music-instructor support, assignments, tests and feedback.

### ***I know music, but i am not trained in therapy...***

Don't worry!!!! You can serve special needs populations in the capacity of music teacher. We will train you in session design and therapeutic goals.

### ***Can I integrate it with my existing work?...***

Yes!!! whether you want to use music as a small window of 'fun activity' in other sessions OR create a therapeutic intervention, WCCL's modular approach will help you create the perfect session designs.

## FOR WHOM?

1. **Therapists/ Counsellors** - *Therapy*
2. **Musicians/ Music Educators** - *Teach music to Persons with disabilities*
3. **Educators & Special Educators** - *Music in school curriculum*
4. **Social-workers** - *Community-based work*

## ABOUT CERTIFICATION

Upon completion of the WCCL Foundation course, participants will receive a certificate of completion. It is important to note that while the course is open to clinical psychologists, allied and healthcare professionals, and other therapists (as defined by the Rehabilitation Council of India Act and the National Commission for Allied and Healthcare Professions Act 2021), the certificate does not certify you as any of the above. Additionally, **the certificate does not permit you to practice outside of your professional licensure, training, or certification.**



## WCCL FOUNDATION

*Home of Arts-Based Therapy in India*

WCCL Foundation is a registered NGO under the Bombay Public Trust Act & the Societies Registration Act.

Our Models Are Informed by Over Two Decades of Fieldwork

We have spent a total of 28,188 hours in the field perfecting our craft, and since 2001, WCCL has been providing ABT & Clinical Music services to NGO partners. We are currently conducting action research projects in collaboration with Muktangan Rehabilitation Centre and Prasanna Autism Centre, Pune.

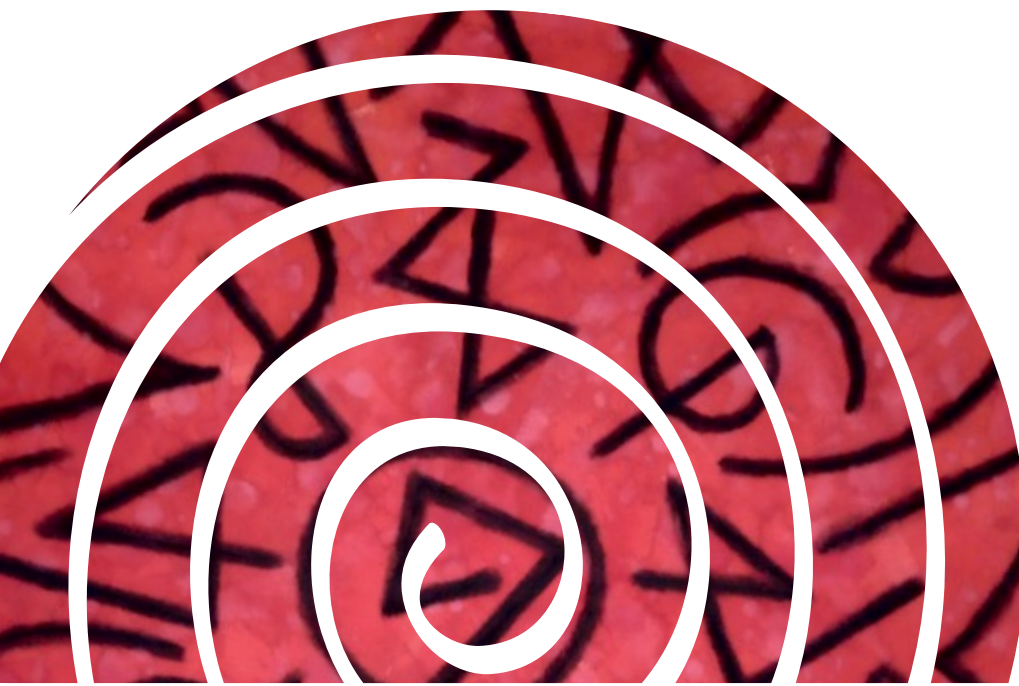
We coined the term “Arts-Based Therapy” in 2001 and developed an indigenous model of integrating various art forms within a framework of Indian Mind Traditions. We trained more than 279 ABT Practitioners in the period 2005 - 2017 who continue to work in more than 250 NGOs across India.

Between 2017 and 2019, we conducted an extensive Train-The-Trainer program for a select group of ABT Practitioners, certifying them as ABT Educators. Many of these instructors still utilize the WCCL Textbooks and frameworks to offer the ABT Course. While the ABT Project closed in 2019, we are excited to see the continued impact of our Train-The-Trainer program.

Currently, WCCL offers a “Post Graduate Diploma Course in Applied Mahayana Buddhist Psychology & Ethics” in collaboration with Savitribai Phule Pune University (Department of Pali & Buddhist Studies)

We have established a Music Therapy Studio for children with special needs in Pune and an inclusive music club for integrating People with Disabilities into the musical mainstream.

We have already completed three batches of the Certificate course in Clinical Musicianship. We have established a Research Committee for R&D in the same.



## ELIGIBILITY

If you fulfil these criteria, then you are the perfect fit for this course

- Applicant should have an aspiration to help others using music
- Must be above 21 years of age and must be able to understand spoken english.
- Students can submit their written work/music assignments in Marathi/Hindi.
- Prior training or expertise in music is NOT mandatory.  
Graduate in behavioural sciences (Psychology / Sociology / Humanities) will be given priority.
- *Beneficial for speech therapists, physiotherapists, occupational therapists, psychologists, counsellors, special educators, social workers, community workers, or Musician/Music Educator.*
- Ideally, must be a working professional in an organisation/NGO. If not a working professional, then the applicant should aspire to volunteer at an organisation/ NGO during the course duration. In this way, you will be able to put into practice what you are learning. Those who take up this opportunity will be provided with on-going supervision support from us.

## DURATION & SCHEDULE

JANUARY 2024	FEBRUARY 2024	MARCH 2024	APRIL 2024
12 Jan - Online	2 Feb - Online	1 Mar - Online	5 Apr - Online
19 Jan - Online	9 Feb - Online	8 Mar - Online	12 Apr - Online
	16 Feb - Online	15 Mar - Online	20 & 21 Apr - Offline Pune Workshop
	23 Feb - Online	22 Mar - Online	
MAY 2024	JUNE 2024	CERTIFICATE	POST-COURSE
Practicals & Assignments	15 Jun - Viva test 16 Jun - Viva test	Upon Completion of Practical, Assignments & Viva test, the certificate of Completion will be sent by courier.	Continued Education Program once-a-month is available for a nominal yearly subscription fee.

\* Online Class: Two batches - You can choose 5:00 to 6:00 PM or 6:00 to 7:00 PM Batch as per your convenience.

## SYLLABUS

STUDY & ASSIGNMENTS	33 HOURS
WORKSHOP	16 HOURS
SELF-LEARNING & TEST + CERTIFICATION	23 HOURS
<b>TOTAL HOURS</b>	<b>72 HOURS</b>

### SECTION I: TECHNIQUES & SKILLS

#### **Drumming & Singing Skills** (30 Hours)

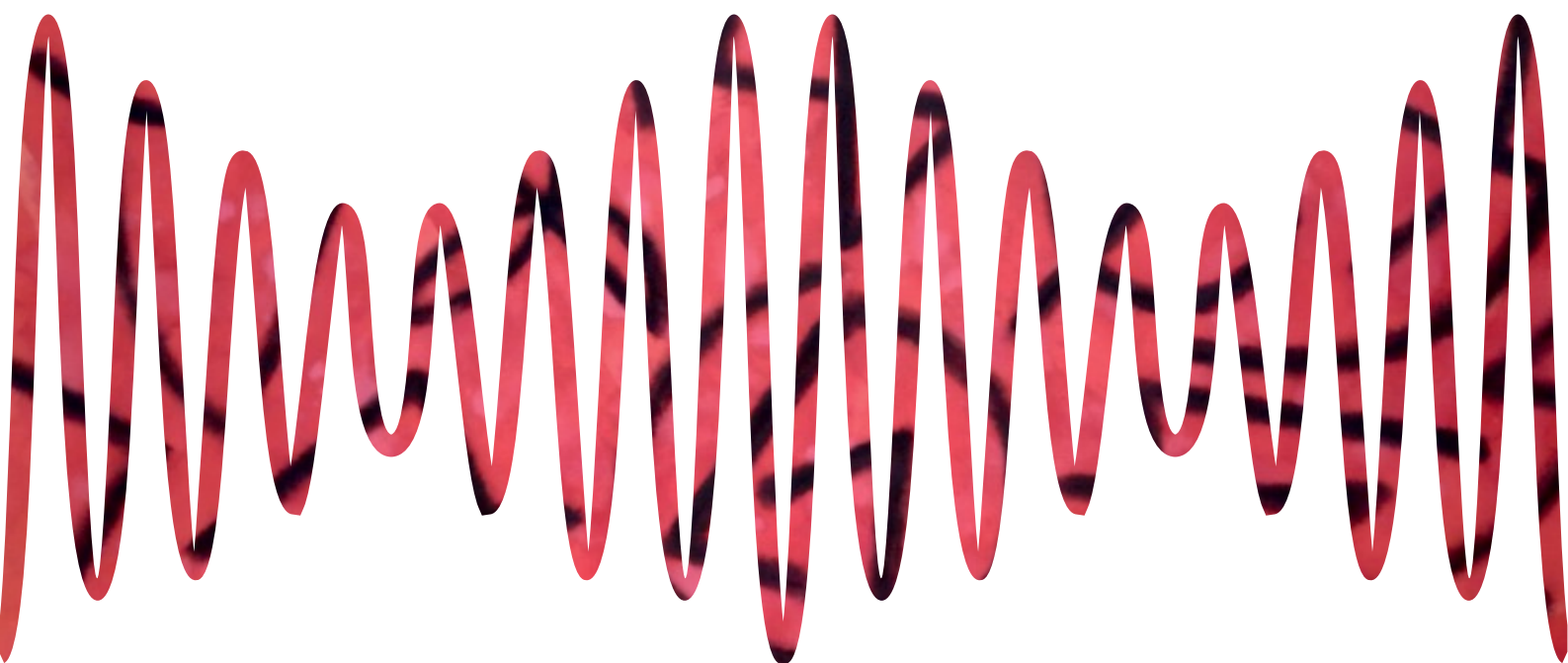
- Pulse
- Rhythm & Songs
- Dynamics & Sequences
- *Sing-Language* © : Music is a Language. Unlearn singing & learn sing-language.
- *Improv-I-sing* © : Lyrics Meet Music
- *Metaphorhythms* © : Bridging Music & Meaning

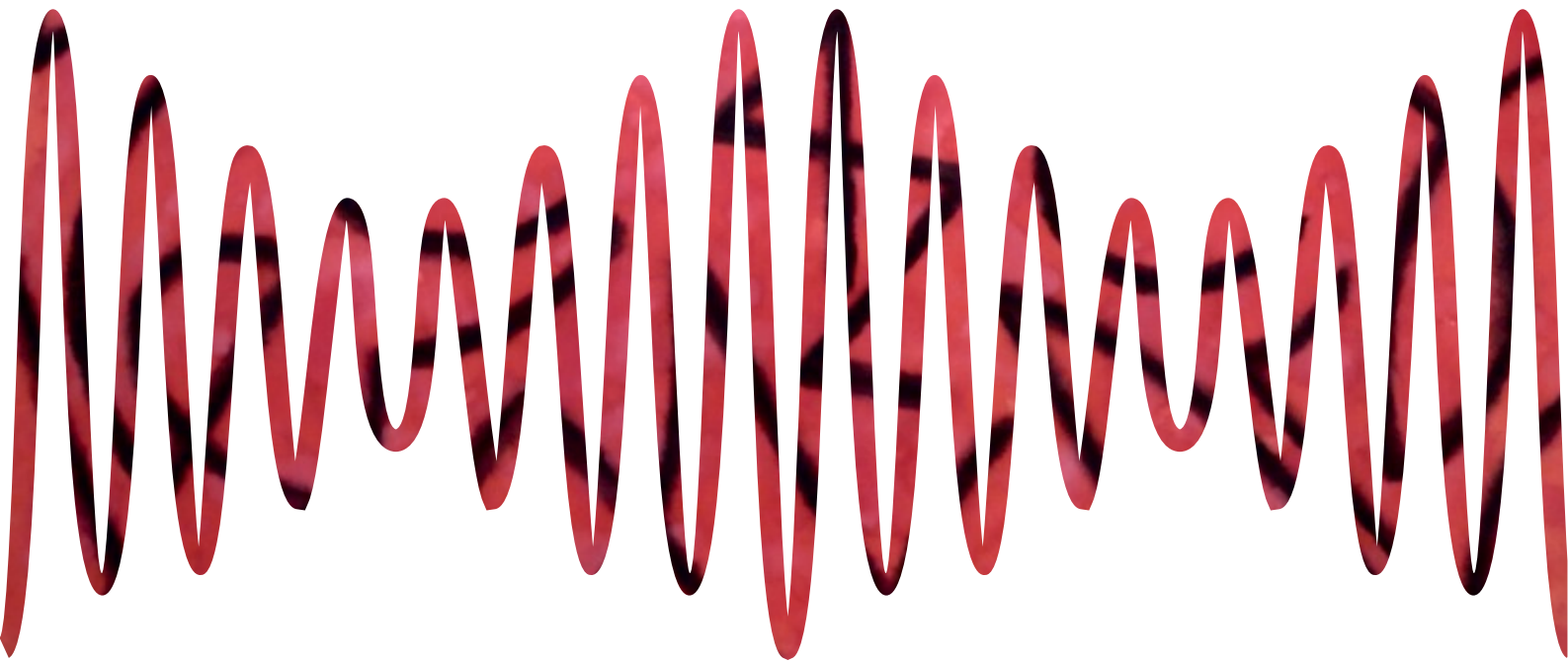
#### **Introducing a new musical instrument - Your Phone/Tablet** (3 Hours)

- Metronome, Pitch meter, etc.
- Singing with backing tracks
- Using Youtube Creatively
- Understanding basics of music composition & song structures \* Guest Faculty.
- Turn your client's words/ tune into a song using DAW

#### **CM for specific populations** (3 Hours)

- ASD, CP, Downs
- Young adults' emotional wellbeing
- Adults' mental health





## SECTION II: THEORY

Music: (18 Hours)

1. Music and Brain
2. Music and Motor Domain theories
3. Role of Music in Social Interaction, Self-Confidence & Expression
4. Music in Speech-Language
5. Impact of Music on Attention, Memory & Learning
6. Music & Behaviour, Mood, and Mental States.
7. Arts & Aesthetics: Lyrics, Metaphors, Meaning & Insight



## SECTION III: PRACTICALS

**Rhythm & Vocal Training Assignments** (8 Hours)

- Submitting video assignments for assessment of drumming
- Submitting songs-based assignments in audio format

**Design** (10 Hours)

- Intervention Design
- Assessment Design
- Session Design
- Research Paper - Case study format

## SECTION IV: SELF-CARE MASTER CLASSES

(Optional)\*

1. Principles of Mind Training
2. Study of Buddhist texts and Commentaries relevant to Mental Health

\* Online classes will be announced and interested students can attend.

## CERTIFICATION OF COMPLETION CRITERIA

To receive a certificate of completion, students must meet the following criteria:

- Attendance for the in-person workshop in Pune is mandatory. Failure to attend will result in disqualification from certification.
- Attend at least 8 out of 12 online classes to qualify for certification. If attendance drops below 8/12, WCCL reserves the right to withdraw certification option. Exceptions may be made for emergencies, which will be reviewed on a case-by-case basis.
- Submit a minimum of 70% of assignments via Google Classroom, as it is non-negotiable. Failure to meet this requirement will result in disqualification from certification.
- Participating in practical work is optional. However, if you choose to participate, WCCL will provide supervision support for work with NGO's, individual clients, and publishing case studies.
- WCCL will support students who wish to write a case study and publish it.
- For students already working with clients, they can submit a brief case study or write a detailed article/review on one of the topics in CM.

## FEES

- **Tuition Fee:** Rs. 660 per hour. This is an affordable rate for high-quality professional services offered by WCCL.
- **Course Material:** Rs. 2,000/-
- **Total Course Fees:** Rs. 48,000/-
- **Fees include:** Textbook, Instruction videos, Flash cards, Rhythm Cards, Assignments with regular feedback, Supervision, and Certification of Clinical Musicianship by WCCL Foundation (upon completion of the course and achieving passing grades).
- **Offline workshop:** Lunch and tea will be provided. However, students must make their own arrangements for their stay.
- Please carefully review the Cancellation policy in the application form before proceeding.

## APPLY NOW

### APPLICATION FORM

<https://forms.gle/BwEi7WH7y6TDYHZF6>

## CONTACT

Email: [music.toolbox20@gmail.com](mailto:music.toolbox20@gmail.com)

Call/Whatsapp: +91 83800 50455

Call/SMS: +91 9420197575

## FACULTY:

### Lead Faculty: **Mr. Zubin Balsara**

Zubin Balsara is an accomplished percussionist and drum set teacher with over 26 years of experience. Zubin's passion for the arts extends beyond music; he is also the Projects Director of the WCCL Foundation since 2002. He has collaborated with various NGOs on action research projects across India. Here are some of the organizations he has worked with:

- Prasanna Autism Centre - Pune
- Muktangan De-Addiction Centre - Pune
- Sadhana Village Residential Facility for Special Needs Adults - Pune
- TTK De-Addiction Centre - Chennai
- St. Catherine of Sienna Orphanage - Mumbai

Zubin is also a founding member of the Arts-Based Therapy (ABT) Course. He has trained more than 250 psychologists, special educators, therapists, and other health professionals in the subject of Rhythm & Voice.

### Master Class Guest Faculty: **Ms. Asha Pillai-Balsara**

Asha began her career as a facilitator and management consultant, serving both corporate and nonprofit sectors. Her focus was on training clients in management efficiency, leadership, team building, and personal development. Additionally, she worked as a career counselor for students. Asha holds a postgraduate degree in personnel management and is a certified MBTI practitioner. Presently, she serves as the Executive Director of the WCCL Foundation, where she is dedicated to incorporating Buddhist Psychology & Ethics into the foundation's curriculum. She teaches part-time in Pune University's Dept of Pali & Buddhist Studies, and is the lead faculty for their PGDM in *Applied Mahayana Buddhist Psychology & Ethics*.

### Visiting Faculty for Music: **Mr. Vineet Alurkar**

Introducing Vineet Alurkar: A Musician and Educator

Meet Pune-based Singer and Songwriter, Mr. Vineet Alurkar. He has taken center stage in numerous concerts and has also been the front man for the Indo-Austrian fusion band, "Yoga Logik". Their music is inspired by lyrical poetry and blends contemporary jazz and funk with Indian classical musical styles. Critics have praised their music and the band has toured extensively throughout Europe and India from 2012 to 2016. In 2014, they released a much-acclaimed album titled "Live at Vidya Valley".

In addition to his prowess as a singer and guitarist, Vineet is also an accomplished music educator. He imparts knowledge to students in Pune, teaching at Vidya Valley High School, and is a visiting faculty member at Rungsted Gymnasium, a high school in Copenhagen, Denmark.

### Academic Assistants: **Ms. Charushila Wankhede & Ms. Nishtha Tejwani**

Expressing Gratitude for the Assistance of Ms. Wankhede & Ms. Tejwani

We would like to extend our sincere gratitude to Ms. Wankhede & Ms. Tejwani for their invaluable assistance in maintaining academic rigor. They will be providing support for assignments and submissions, logistical assistance, and addressing general queries.