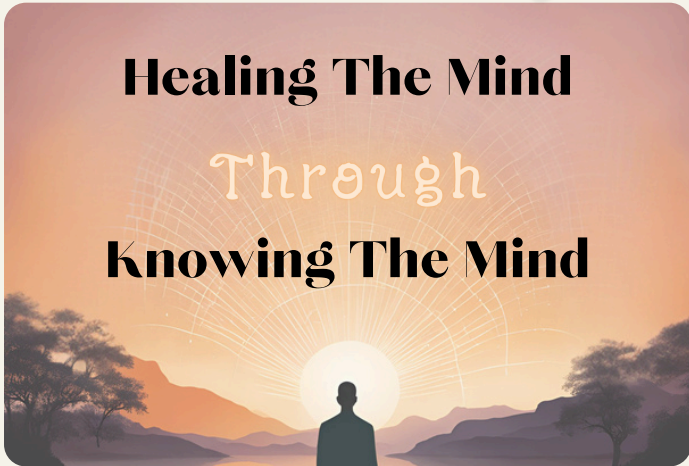




# Certificate in Clinical Musicianship

9-Month Part time Course for Working Professionals

## Course Includes



### Healing The Mind

Through

### Knowing The Mind

10 Sessions on Mind-Training, Meditation, Wisdom & Compassion from Indian Knowledge System (Buddhist Psychology)



### Group Work

Using rhythm & voice-work to facilitate groups for treatment, support, psycho-educational, task, or community-action.



### Music Education

Discover music education techniques focused on rhythm, voice, and songwriting, enabling your clients to show significant improvement in their musical abilities after your interventions.



Using research-backed causal relationships between specific music techniques and how they impact therapeutic goals like Executive Function, Speech & Language, Motor Coordination, Pattern Recognition, Attention & Memory

**Enroll  
Now!**

**APPLICATION FORM**  
<https://forms.gle/c3y6Ve6XkjpMocSg8>





# Certificate in Clinical Musicianship

9-Month Part time Course for Working Professionals

## FOR WHOM:

**Therapists/ Counsellors** - *Use in Therapy*

**Musicians/ Music Educators** - *Teach music to Persons with disabilities/Teach in communities*

**Educators & Special Educators** - *Support academics with music techniques*

**Social-workers** - *Facilitate community-based work, group work, vulnerable populations.*

## DURATION:

# 9 Months

**FEB 2025 - OCT 2025**

**2 WORKSHOPS IN PUNE  
(APRIL & OCTOBER)**

**20 ONLINE CLASSES -  
FRIDAYS 5:00 - 7:00**

**SEE SCHEDULE FOR DATES**

## DON'T Worry



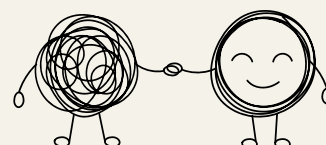
**I don't know how to play music or sing...**

Don't worry!!! This course is designed for non-musicians. We will have beginner-level instructions, video lessons, 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, therapeutic goals, and how to teach music for special needs populations.



**I am used to my therapy format. Can I integrate this in my existing work?...**

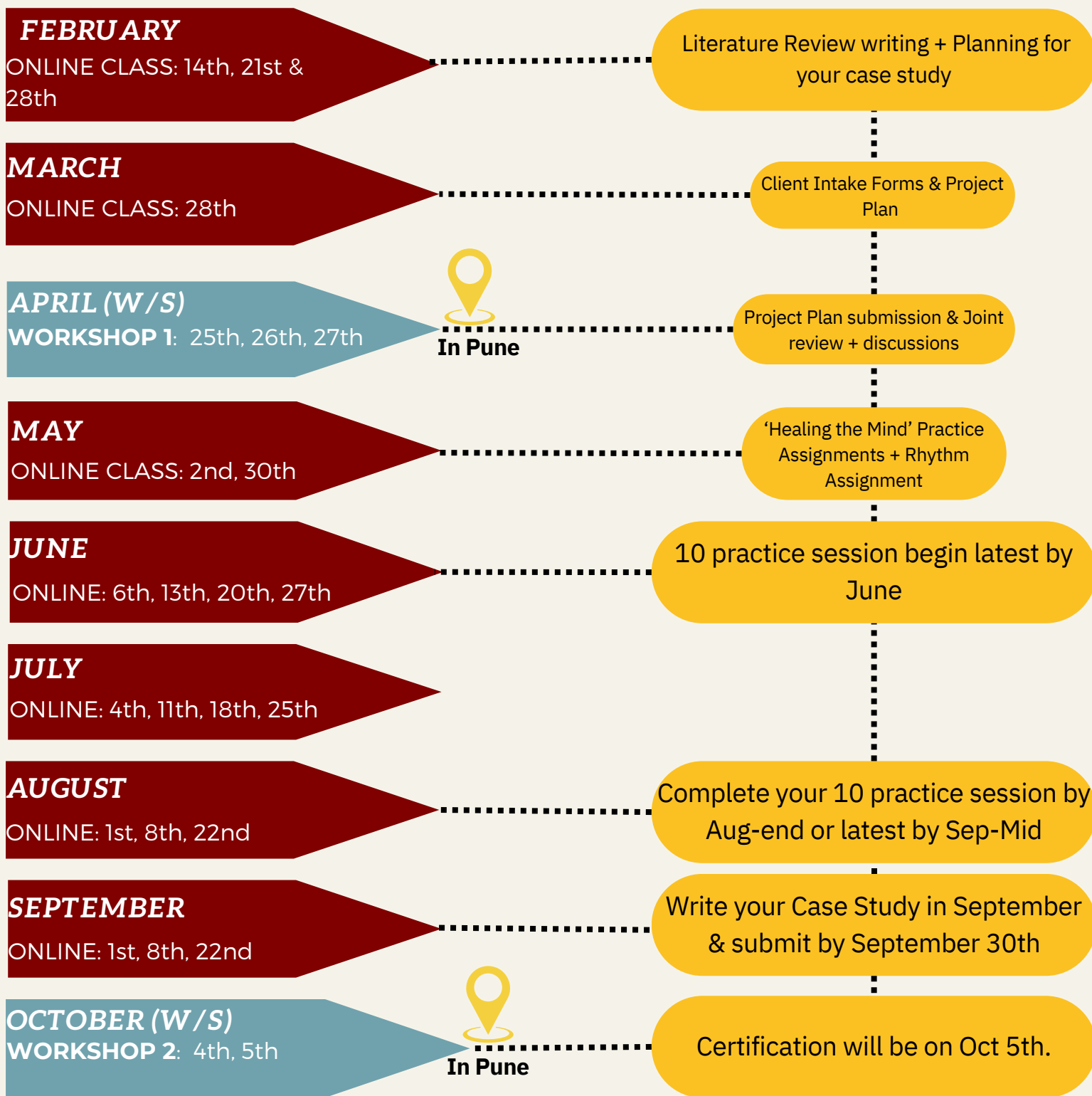
Yes!!! whether you want to use music 'In' therapy, OR music 'As' therapy, WCCL's modular approach will help you create the perfect session designs.



# CASE STUDY

After the first workshop, you will have to practice 10 sessions with a group/individual. These 10 sessions must begin by June and get completed latest by early September. When you are doing this, you will learn to document the sessions using the *WCCL SRS* format. In September, you will collate the data and write an instrumental/exploratory case study as per the WCCL prescribed format (APA guidelines). Final submissions will be due in September, and Workshop 2 + Certification will be in October. The Benefit of this is that you will have practised writing a case study, built professional credibility and learnt practical application. This is so precious!!!!

# SCHEDULE





# Certificate in Clinical Musicianship

9-Month Part time Course for Working Professionals

## 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.**

## ELIGIBILITY

- 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.*

## CERTIFICATION CRITERIA

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

- **Offline:** Attendance for the in-person workshops in Pune are **mandatory**. Failure to attend will result in disqualification from certification.
- **Online:** Attend at least 16 out of 20 online classes to qualify for certification. If attendance drops below 16/20, WCCL reserves the right to withdraw certification option. Exceptions may be made for emergencies, which will be reviewed on a case-by-case basis.
- **Rhythm Assignment:** Submit a minimum of 70% of rhythm assignments via Google Classroom, as it is non-negotiable. Failure to meet this requirement will result in disqualification from certification.
- **Practicals:** Each student is expected to complete 10 sessions of music with their clients. If you do not have a group/individual cases, you can consider volunteering in an NGO/Institution for the period of your study. Students must:
  - Complete 10 sessions (1.5 hrs each) with a group (5 or more constitute a group) within the period of February to September.
  - OR
  - Complete 10 session (30 min each) with minimum 3 individual clients within the period of February to September.
- **Documentation:** Document detailed Session Record Sheets (Documentation format will be provided) of the 10 sessions
- **Case Study:** Write Case Study as per format & under supervision.





## 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 Mukangan 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 Four batches of the Certificate course in Clinical Musicianship. We have established a Research Committee for R&D in the same.



## SYLLABUS

|                                 |                  |
|---------------------------------|------------------|
| OFFLINE CLASSES                 | 32 HOURS         |
| ONLINE CLASSES                  | 40 HOURS         |
| PRACTICE SESSIONS & ASSIGNMENTS | 40 HOURS         |
| <b>TOTAL HOURS</b>              | <b>112 HOURS</b> |

### SECTION I: TECHNIQUES & SKILLS

#### Music Techniques (36 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

### SECTION II: HEALING THE MIND THROUGH KNOWING THE MIND

#### Buddhist Psychology (20 Hours)

- Meaning & Compassion
- Emotions
- Meditation
- Self Awareness & Vigilant Introspection
- Mind Training

### SECTION III: THEORY

#### Music: (16 Hours)

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

### SECTION IV: PRACTICALS

#### Rhythm & Vocal Training Assignments (15 Hours)

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

#### Practice Sessions (25 Hours)

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

## FEES

1. **Tuition Fee: ₹ 46,500/-** for Workshops & Online Classes fulfilling 72 Hours. This translates to a competitive rate of **₹645 per hour** for the high-quality professional services provided by WCCL. *Tuition Fees also includes 10 sessions of 'Healing the Mind through Knowing the Mind' taught by Ms. Asha Pillai-Balsara.*
2. **Admin Expense: ₹8,750/-** Includes course material (CCM Textbook, HTM Textbook, CCM FlashCards & Rhythm Cards) & Offline workshop expenses.

### **Total Course Fees: ₹ 55,250/-**

\* **Included Benefits:** Complimentary access to instructional videos, assignments with regular feedback, supervision, and certification in Clinical Musicianship from WCCL Foundation, contingent upon course completion and satisfactory performance.

\*\***Please Note:** During the offline workshop, lunch and tea will be provided; however, students are responsible for arranging their own accommodations.

\*\*\**Please carefully review the Cancellation policy in the application form before proceeding.*

## APPLICATION FORM

Enroll

Now!

**APPLICATION FORM**  
<https://forms.gle/c3y6Ve6XkjpMocSg8>



## CONTACT

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

Call/Whatsapp: +91 83800 50455

Call/SMS: +91 9420197575



## **FACULTY:**

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

Mr. Zubin Balsara studied BE Production and pursued his alternative career as musician and drummer for various bands in Pune city. After a brief stint in corporate work, Zubin pursued his passion for music, and it led him to the USA where he studied drum circle facilitation with Mr. Arthur Hull and undertook an 8-month internship with New Rhythms Foundation, CA, USA. Under the mentorship of Ms. Heather MacTavish, he worked in several elderly-care facilities, completed his research assignments, and co-authored a book with Ms. Heather MacTavish titled "Songs, Science & Spirit". As Projects Director, Zubin brings systems & structures to the organisation. Under his leadership, WCCL has completed 10 long-term action research projects from 2001 to 2023. These projects have resulted in many notable research and developments in the area of Arts & Therapy

### **Healing the Mind Faculty: Ms. Asha Pillai-Balsara**

Asha is a student of Buddhism, and committed to teaching householders, working professionals and students. Her enthusiasm and love for this subject is matched with over 27 years of training & teaching experience. She is a faculty in Dept. of Pali, Savitribai Phule Pune University for the Post-Graduate Diploma in Applied Mahayana Buddhist Psychology & Ethics. Since 2001, she has been the Executive Director of WCCL Foundation and under Asha's leadership, WCCL Foundation has been awarded 3 consecutive grants spanning 10 years by Sir Dorabji Tata Trust and Allied Trusts for its efforts in bring arts in healing, and developing an Indian-centric perspective to psychology. She has designed learning material, course syllabus and textbooks for Applied Buddhist Psychology. This forms the bedrock of WCCL's School of Mind Training. Her pioneering spirit has enabled WCCL to manifest various community-based projects like Bodhi Bhajans, Siddhartha Festival (Bodhgaya), Yogis & Panditas Field Visit, and Study of Mind Lecture series.

### **Academic Assistants: Ms. Charushila Wankhade**

Certified Arts Based Therapy Practitioner with more than 15 years experience in working with various groups of people including Human Resource Management in corporate organizations, CSR project management and implementation in non profit organisations, and individual and group therapy sessions using various art forms. Have facilitated many group sessions with diverse population, children, young adults and adults from various backgrounds – community based as well as working professionals.

### **Academic Assistants: Ms. Nishtha Tejwani**

Ms. Nishtha Tejwani is a Developmental Psychologist, a trained musician, and a bharatnatayam dancer. She aims to combine the knowledge of both the fields of music and psychology to provide a holistic approach to therapy. Through her work, she hopes to make a positive impact on the lives of children with special needs. She has completed her course in clinical musicianship, and is practicing at Prasanna Autism Centre, Pune