

About the authors

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About the Room 217 Foundation

The Room 217 Foundation is a not-for-profit corporation and registered Canadian charity dedicated to *caring for the whole person with music*. The mission of the Room 217 Foundation is to raise and steward funds to further the following objectives:

- Music Care Resources – offering hope and comfort by producing therapeutic music products
- Music Care Education – providing skills & training for integrating music into care
- Music Care Delivery – getting resources to people who need them most
- Music Care Research – supporting innovative research in music and care

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INTRODUCTION

If you are holding this book, chances are you already have a sense of music's power. You likely already have an idea of how powerful music can be in a caring context. What *is* it about music that makes it so powerful? What biological, emotional, and spiritual factors make music such a valuable means of care? These questions might become clearer as we move through this course. As we deepen our understanding of music's effect in care spaces and in caring relationships as well as discover specific approaches we can apply, these questions may also lead to new questions.

This program is designed to help you better understand how music can work in a care setting. The Music Care Certificate Level 1 course will:

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- give you tools to use music more freely in your professional and personal life
 - help you develop strategies for using music in your care practice, be it caring for a patient, a family member, or for yourself
 - help you develop an awareness of how music can be used strategically to meet certain caregiving goals
 - provide an opportunity to try techniques of music care
 - help you develop a basic understanding of key musical elements and terminology
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By committing to learning more about music care, you are committing to a grander vision of holistic, person-centered health care. However music impacts you, and whatever it means to you in your life, we hope that you will find new ways of using music in your regular care practice that feel meaningful and authentic to you. Most importantly, we hope that increasing your understanding of music care will strengthen the quality of care you bring to another person, making it more holistic, compassionate, and person-centered.

Bev Foster
Sarah Pearson

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LEARNING GOALS FOR LEVEL 1

The learning goals of this course are to:

- Describe the different goals of music care and how they can be applied to care settings
- Understand the context and impact of music care within a changing health care system
- Demonstrate a sensitivity and understanding of the impact of sound and music in a care space
- Show awareness of the broad range of music care resources and provide examples
- Experience first-hand the impact of various music care methods
- Build confidence using music care methods and techniques
- Build confidence using the voice as an instrument of care
- Develop a proposal for a music care initiative in a real-life care setting

COURSE OUTCOMES FOR LEVEL 1

The Music Care Certificate Program courses will prepare you to understand basic principles of music in care, and help you apply these principles into your own work. This course is complementary to other professional trainings, and can help inform your own scope of practice or caregiving experience. Rather than offering training in a particular scope of practice, such as music therapy or expressive arts therapy, this course can complement your particular skillset and enrich your own scope of practice.

Upon completion of the course, you will be awarded a Level 1 Certificate of Completion by the Room 217 Foundation, demonstrating your understanding of music care fundamental principles and their applications. You may use this certificate as proof of additional training, continuing education, or professional development in the area of music care. As music care principles become more widely recognized as an integrated component of health care, this training can serve as a standard for understanding these principles.

MUSIC CARE

Music care is an approach to caregiving which allows the healing principles of sound and musical effect inform our caring practices. Music care is not a specific practice, but rather a paradigm within which music is inherently understood to be part of life, playing an integral role in all aspects of caregiving and care settings. Music care is intended to be person-centered and improve quality of care, thus contributing to overall culture change in health care.