

MUSIC AS THERAPY IN NEONATAL INTENSIVE CARE

Continuing education as part of «Music Therapy plus» – specialised courses for certified music therapists





In short

Content

Get to know a unique field of music therapy. Acquire specific knowledge and skills for working in a neonatal unit. Broaden your own horizons and understand the delicate beginnings of human musicality.

Scope of continuing education

1 semester (February to July 2026)

3 modules of 16 hours each (classroom teaching and self-study)

Dates

Module 1: Fri–Sun, 6–8 February 2026

Module 2: At USZ / Kispi possible on following dates:
Tue, 3 March, 31 March, 14 April, 28 April 2026
At partner clinics individually by arrangement

Module 3: Fri–Sun, 3–5 July 2026

For modules 1 and 3, attendance at ZHdK is required. Module 2 can be completed independently of location (work placements at a partner clinic).

Head of Studies

Dr. Friederike B. Haslbeck

Costs

CHF 1900.–

Further information and application

zhdk.ch/neonatologie

Music as therapy in the neonatal unit

Music therapy in the neonatal care unit (NICU) is an expanding but delicate clinical practice field. Premature infants and their parents face numerous problems and challenges related to traumatic premature birth. Therefore, all therapeutic interventions, such as music therapy, must be carefully tailored to the infant's needs, caregivers, staff, and the intensive care setting. The training allows certified music therapists to specialise in the sensitive area of neonatology in three consecutive modules. Special attention is given to the hands-on training and the video-based case studies.

Module 1

Theoretical and evidence-based background

- Basic developmental neurological and psychological knowledge
- Observing and understanding premature babies
- Psychological background knowledge on the well-being of parents
- Listening to, understanding and involving parents
- In-depth knowledge of the intensive care environment
- Insight into creative music therapy (theory, methodology and practice)
- Latest global evidence base in neonatal music therapy

Module 2

Practical insights & hands-on training

- Clinic observation in small groups and carrying out your own therapy sequence under supervision at the University Hospital Zurich or in a partner clinic (1 day)
- Analysing and reflecting on the therapy sequences in small groups and in self-study with in-depth self-reflection

Module 3

Reflection and consolidation

- Individual case study presentation with in-depth (self-)reflection, supervision & intervision
- Assessment, documentation, implementation and evaluation of music therapy, giving special attention to Creative Music Therapy
- Goals, resources, strategies, barriers, and challenges of daily practice with close focus on integrative family-centered care
- Pitfalls and cultural sensitivity
- Community work

