



## *How Cross-Cultural and Indigenous Music Therapies Can Be Used in Western Healthcare*

### SCHEDULE

#### Saturday February 6th

10:00-12:00: Morning session / 10 minutes break  
Introduction to indigenous/traditional methods of sound and musical healing  
Lecture/Audiovisual/ Discussion

2:00-4:00: Afternoon Session / 10 minutes break  
Learning cross-cultural methods of sound and musical therapies.  
Discussion/Demonstration/Student Practice

#### Sunday February 7th

10:00-12:00 Morning session / 10 minutes break  
Part I: Applications of cross-cultural sound and music therapies in Western health care and educational settings. Discussion/Audiovisual/Experiential/Student Practice

2:00-4:00 Afternoon Session / 10 minutes break  
Part II: Applications of cross-cultural sound and music therapies in Western health care and educational settings. How to apply workshop materials to your personal life.  
Discussion/Demonstration/ Experiential/Student Practice

#### Thursday February 11th

7:00-9:00PM Evening session / 10 minutes break  
Develop a cross-cultural sound and music practice for self-health and personal development.

### LEARNING OBJECTIVES:

Following the webinar, participants will be able to:

1. Integrate new knowledge and information in methods of cross-cultural and indigenous sound and music therapies.
2. Demonstrate and apply new skills in professional therapeutic and educational settings.
3. Construct a **cross-cultural sound and music practice for self-health and personal development**