

MUSIC THERAPY

Discover a career where music and healing meet. The Bachelor of Arts in Music Therapy at CSUSB combines studies in music performance and theory, psychology, human development, and clinical practice to prepare students for a vibrant career in this field. The program includes four years of coursework (two for transfer students), with a 1-2 semester capstone internship. Our curriculum provides the 1,200 hours of clinical experience necessary to sit for the Board Certification exam in Music Therapy (the MT-BC), as well as assistance with networking and internship placement. If you are a musician who is driven to serve your community in the fields of health and social services, the BA in Music Therapy is for you!

What is Music Therapy?

Music therapy is a field of healthcare that harnesses the body's response to music and sound in order to promote healing and positive development. It addresses physical, emotional, cognitive, and social needs through musical experiences that include listening, singing, songwriting, improvising, and physical movement. Guided therapy can support the client by improving motor coordination, pain management, and stress regulation, and can help them explore emotions, build coping skills, and strengthen relationships. Music therapists employ musical experiences in medical, educational, and community settings to support growth, rehabilitation, and emotional health for children, adults, and the elderly alike. Services are delivered through assessment, treatment planning, and ongoing evaluation as the music therapist adapts methods to each client's culture, preferences, and needs.

Music therapy interventions can help clients:

- Explore and express feelings.
- Strengthen memory and attention.
- Improve speech and social communication.
- Alleviate physical pain and discomfort.
- Navigate difficult life events and end-of-life transitions.
- Support physical rehabilitation and movement.
- Build learning and coping skills.
- Manage stress and anxiety.
- Promote overall wellness and quality of life.

Program At-A-Glance

- Four-year program + 1-2 semester internship.
- (Two-year + internship for transfer students.)
- AMTA and NASM accredited.
- Graduate ready to sit the MT-BC exam.

Next Steps

1. Visit our website for information and links.
2. Apply to CSUSB through CSU Apply.
3. Complete our Music Therapy Entrance Form.
4. Complete the entrance audition & interview.
5. Contact us with questions!

(musicadmissions@csusb.edu)

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CALIFORNIA STATE UNIVERSITY
SAN BERNARDINO

Department of Music