

THE NEED FOR KENYAN UNIVERSITIES TO INCLUDE MUSIC THERAPY COURSE IN MUSIC EDUCATION CURRICULLA

According to Kathleen (2017), Music therapy is the use of music to accomplish non-musical goals for example music listening or song writing can be used to fulfil goals in movement, cognition, speech and language and mental health. Music Therapy is slowly gaining popularity in Kenya. The Matter hospital in South B has a music therapy programme which began in 2006 where by musicians volunteer to play music to relax and entertain the staff and patients. The Magoso School in Kibera uses poetry, acrobatic dance, drumming and gospel music to fight anxiety and other mental stress of children who have been exposed to extreme violence and poverty. A guitarist known as Mutinda Mutei uses music as a therapy for patients admitted in hospitals. From those instances its quite clear that music therapy is slowly gaining acceptance in the Kenya. Therefore, there is a need for the discipline to be introduced as a course so that students who desire to pursue a career in the discipline can get an opportunity to do so and acquire the necessary skills required in effectively using music for therapeutic purposes.

Keywords

Music, Music therapy, Music Education, Music curriculum, Mental health

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