



NEWSLETTER

July 2019

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Message from the Editor

Greetings this July from the International Association of Music and Medicine. A year ago, at this time we were reflecting on the 5th IAMM conference that was held in Barcelona, Spain. Now, we are looking ahead to the 6th IAMM conference that will be at Berklee College of Music in Boston, MA. Conference organizer Dr. Suzanne Hanser has been busy coordinating the conference team that will be working hard in the coming months preparing for us. Be sure to review the conference updates in this issue and mark your calendar, as we look forward to seeing you in Boston in May 2020. Be sure to see the call for papers on page 6. We look forward to your submission.

You may have noticed since the start of 2019 there has been a significant increase in number of articles and features and stories on music therapy and music in medicine in the various social media platforms and news sources. Brian Schreck and Samuel Gracida have collaborated to provide a story to take a look at this phenomenon. You may be asking who is Samuel Gracida? Well, Samuel works for a non-profit organization called Sam's Fans, overseeing their marketing, communications, and social media. He reached out to me in May inquiring about getting involved with IAMM. I am so pleased to welcome him to the IAMM communications team AND a big thank you for jumping right in and collaborating with Brian on a piece for this newsletter.

Thanks Sam! And... if you are inspired by Sam's story, you too can get involved. It does take a village to help an organization function. IAMM would be happy to welcome you to the team and find a place for your talents.

You have likely come to expect in each issue of the IAMM newsletter that we include a greeting and update from IAMM President Dr. Patravoot Vatanasapt and a sneak peek at the upcoming issue of *Music & Medicine*. Dr. Barbara Wheeler and her co-authors share their thoughts on their upcoming article in the latest edition on page 5 and be sure to see the President's greeting on page 7. Also, see the latest information about what you can expect to see in the upcoming journal on page 6.

Finally, I'm happy to direct you to Dr. Joanne Loewy's celebration of our 10 year anniversary on pages 3 & 4. We've come a long way since our inception! Know that in the coming months there will be preparations taking place for our gathering in Boston. We look forward to gathering, sharing the newest developments and research from around the world in music in medicine. We hope to see you there.

Annie Heiderscheid, Ph.D., MT-BC, LMFT

The International Association for Music & Medicine promotes sharing and capacity building across a wide range of fields including arts medicine, music performance, performance arts medicine, music psychology, medical humanities, ethnomusicology, music cognition, music neurology, music therapy, music in hospitals, infant stimulation, and music medicine. Please join us. www.iammonline.com

The Importance of Social Media in Engaging the Public about Music and Medicine

by Samuel Gracida & Brian Schreck

Sam's Fans is a nonprofit organization that supports music and art therapy programs that serve seriously ill children and their families. Sam's Fans was founded in honor of Samantha McCarthy who unfortunately passed away due to a serious illness. Here is a background video of Sam's Fans founder and one of their major fundraisers: <https://www.youtube.com/watch?v=nQ-JLJCQBXC> (Sam's music therapist is featured in this video.)

A key part of our mission is to raise awareness about the creative arts therapies, which we do through email, social media, our website, events, and more. Our strategies have helped almost double our following in the last year. As an example of our efforts, we recently launched four videos showcasing the stories of four kids who received music therapy. This campaign reached more people than we have ever reached before, which is a telling example of the power of stories and strong visuals used in social media. Music therapy is well poised to do well on these platforms because of its visual and auditory nature.

At Sam's Fans we also maintain a blog and conduct Facebook Live interviews to increase awareness. Our blog has developed in the last year and we are now trying to write every week about music therapy. Our target audience is non-music therapists as we hope to translate some of what music therapists do to a lay audience. Topics like the history of music therapy have gained organic reach that may be due to an increased awareness of music therapy among the general public. We also host Facebook Live broadcasts to interview music therapists every Wednesday at 3pm EST. We have interviewed people like Dr. Kenneth Aigen, Dr. Kamile Geist, Dr. James Hiller, Dr. Anthony Meadows, Brian Schreck and many more. These interviews have reached more people than any other type of content we have shared on social media.

An interesting trend that we have seen in the last year is an increase in posts and articles about music therapy in social media. Facebook uses algorithms that push content you might be more interested in to your feed. This might be part of why we are seeing an increase of music therapy related articles and posts, but it could also be that more people are genuinely knowing more about these therapies and sharing content. Indeed, before the internet, how could lay people find a video of a girl singing while undergoing a procedure or an article about the Black Eyed Peas endorsing music therapy? The internet and social media are a forum that can be used for good and if used right, it can positively benefit the world of music and medicine. If we want to educate the general public about music and medicine, we cannot disregard social media—we must use it to spread and share our findings and ideas on this global platform!

For more information about Sam's Fans and for access to its blog and videos, visit: <https://samsfans.org>

Born in Mexico, **Samuel Gracida** is the Operating Director of Sam's Fans, a non-profit organization that supports music and art therapy programs for seriously ill children and their families. He is in charge of



communications for Sam's Fans and hosts weekly interviews on Facebook with music therapists such as Dr. Kenneth Aigen, Dr. Anthony Meadows, Dr. James Hiller, and more. He is currently studying towards a Master's degree in music therapy at SRH University in Heidelberg, Germany.

Brian Schreck MA, MT-BC

is the IAMM Executive Board Member of Development and Finance, and medical music therapist at the Norton Cancer Institute in Louisville, KY USA. Mr. Schreck has been serving the chronically ill as a board certified music therapist since 2004 in Boston, New York, and Cincinnati.



Happy 10 Year Anniversary IAMM!

by Joanne Loewy, D.A., LCAT, MT-BC

In 2009, I was fortunate to be at the helm, along with my esteemed colleagues, to join together those who, like myself, shared a yearning and deep quest to create an integrative medical-music community. We were doctors, nurses, medics, music therapists, and other colleagues across the globe—who were seeking to not only learn from one another—but to advance practices, research and maybe most importantly to support and provide global access to those practices and practitioners in hospitals and clinics who had the greatest need—particularly for those in remote areas and

in developing countries. This summer has been one of reflection for me. As fate would have it, I returned to the lovely Castletroy Park Hotel in Ireland and presented on pain along with Chair, Dr. Hilary Moss (University of Limerick), Prof. Dominic Harmon (Consultant Anaesthetist, University Hospital Limerick), and Ms. Katie Fitzpatrick (University of Limerick). The timing was a decade, almost to the day. Inspirational moments of reflection ensued—thank you for joining me in this look back...



Founding Members IAMM

In 2009, the Founding Members of the International Association for Music and Medicine (IAMM) commenced by attending inaugural meetings from June 4th through June 7th, 2009 at the Irish World Academy of Music and Dance, University of Limerick, Ireland. The meeting days included the establishment of a mission statement, policies and procedures and the institution of by-laws. Additionally, the Founding Members elected officers to serve the first term of the IAMM. Dr. Jane Edwards served as the inaugural President and Chaired the inaugural conference; Dr. Vera Brandes as Vice President; Dr. Fred Schwartz as Treasurer; Viktoria Korneeva as Secretary. There were three Grand Rounds in local hospitals and clinics in Limerick presented by several Founding Members (I enjoyed the Limerick NICU alongside Dr. Fred Schwartz!), and these Rounds were organized by Professor Jane Edwards. Presentations were in keeping with the new IAMM mission of program building with coordinated initiatives for research incentives across the world. The Founding Members included doctors, medics, music therapists, musicians, psychologists, and creative arts therapists from 20 countries.



Boat Tour Limerick, 2009

Joanne Loewy DA, LCAT, MT-BC is the Director of the Louis Armstrong Center for Music and Medicine and an Associate Professor at the Icahn School of Medicine at Mount Sinai Hospital in NYC. She is a clinician and researcher specializing in a broad range of medical areas from neonates through end of life care—asthma, oncology, ICU, stroke, musicians, palliative care, and 'normal neurotics.' She lectures on assessment, pain, pulmonology, oncology, NICU music therapy and medical music psychotherapy. She is a founding member of the IAMM and the co-Editor In Chief of *Music and Medicine* along with Dr. Ralph Spintge.



Happy 10 Year Anniversary IAMM! (cont.)



Founding Members IAMM

Edwards and how it was successfully opened to the public. Each of the Founding Members and conference presenters were invited to submit a paper of their presentation to an independent review panel that voted upon the journal prize winner-who was Dr. Suzanne Hanser! She received a prized crystal Celtic harp and a check for \$200. Flash forward-shall we?

Next year Dr. Hanser is Chairing the IAMM 2020 in Boston. Indeed, how we have grown in these past 10 years, in our strength, our research and in our reach. What's amazing to see is how many of our seeds-in both intention and fruition have come into full bloom. Our vision has been strongly-held by our Founding Members, and the new seeds have pruned our growth in ways that might have seemed only imaginable.

I am awed to have had the opportunity to work alongside Dr. Ralph Spintge, the father of Music Medicine and many of the talented brick-layers mentioned above, and colleagues such as Dr. Helen Shoemark, Dr.

Connie Tomaino, Dr. Amy Clementes-Cortes, Erik Bauman, Bernardo Canga, Dr. Annie Heiderscheit, Shelley Andrews, Dr. Cheryl Dileo, Brian Schreck, Dr David Aldridge, Jana Skrien Koppula and Megan Goodwin and so many others who have served quietly and selflessly to grow this budding community into an accessible garden. I posted some photos from our Founding



Founding Members IAMM

As I stood, last month, in the beautiful courtyard of the Castletroy and walked around the gorgeously expanded campus of the Irish World Academy-I found myself stirring with unexpected nostalgia and gratitude. Visions of our inaugural meetings including 'Country Features' of Music and Medicine in 3 countries: China-presented by Dr. Tian Gao; Thailand-presented by Dr. Bussakorn Sumronthong and Ireland-presented by Dr. Jane Edwards all came to consciousness. These leaders and initial Founding Members have each now hosted conferences-along with Dr. Lee Bartel and Dr. Amy Clements-Cortes in Canada and Dr. Vera Brandes and Dr. Gerhard Tucek in Austria. I recalled the full day conference chaired by Dr.



Irish Music at IAMM Inaugural Reception

Members meeting 2009-enjoy. I am grateful to have grown up with all of you!

See you in Boston next May!

<https://www.berklee.edu/IAMM-conference>

Overview of the *Music and Medicine* article: “Music Therapy and Music Medicine Studies in Oncology Part I: A Comparison and Music Therapy and Music Medicine Studies in Oncology”

by Barbara L. Wheeler, Teresa L. Lesiuk, Debra S. Burns, Suzanne
B. Hanser, Andrew Rossetti & Michael D. Cassity



Barbara L. Wheeler, PhD, MT-BC, holds the designation of Professor Emeritus from Montclair State University, where she taught from 1975-2000. She initiated the music therapy program at the University of Louisville in 2000, retiring in 2011. She presents and teaches in the U.S. and internationally. She has been an active clinician throughout her career and worked with a variety of clientele. Barbara has edited, co-edited, and coauthored several music therapy books and has published numerous articles and chapters. She received the Lifetime Achievement Award from the World Federation of Music Therapy in 2017.

We asked Dr. Barbara Wheeler about the impetus behind her upcoming article in *Music and Medicine*. She and her coauthors shared the following thoughts with us:

1. What prompted the idea for this article?

Ten years ago, Joanne Loewy and I were in China (on a bus that was taking us to the area that had been devastated by a huge earthquake in 2008), and she said that she had an idea for an article that I would write—to compare research in music therapy and music medicine to see how they compared, what was effective, methods, etc. I thought it sounded interesting and useful and agreed to do it. I expected to submit it (when it was completed) to the journal that Joanne edited, *Music and Medicine*.

Early in the process, I decided to focus on oncology research, so that area was the focus. For various reasons, it took a very long time to complete the research. In the process, the form of the research and thus the article evolved. The next question addresses the final stages of the process, which occurred after several changes in the way that the research was to be conducted.

2. How did you come together as a group of collaborators on this article?

I finally decided that the best way to choose the specific research studies on which to focus the inquiry was to enlist experts who would use Delphi techniques to determine the music therapy and music medicine articles that would be compared. I invited a number of people (mostly music therapists with expertise in oncology) to be a part of the process. Four of the coauthors (Lesiuk, Burns, Hanser, and Rossetti) agreed and completed the evaluation process. By the time that they had reached consensus on the articles that would be compared, they had spent an enormous amount of time and knew the literature very well. At that point, I invited them to be co-collaborators on the research and coauthors on the article. Michael Cassity, who has used and written about the Delphi technique, was included also.

3. What was a surprising discovery in the process of evaluating music medicine and music therapy studies in oncology?

The lack of detailed protocols for music interventions makes meaningful interpretation of results and relevant practice recommendations almost impossible. Also, there is virtually no explanation of the music making or selecting process in most studies on both sides.

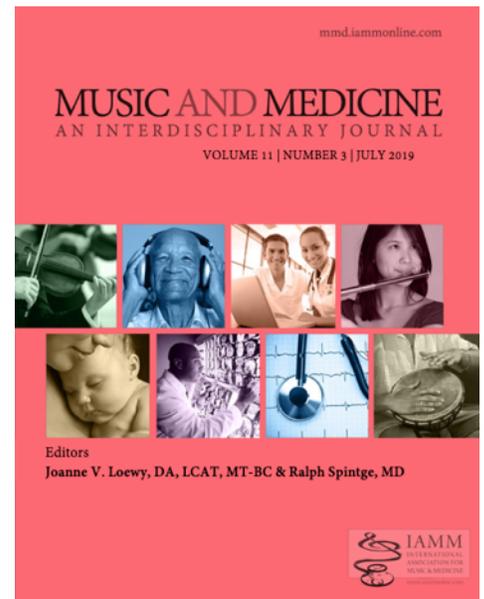
An unanswered question is why some music medicine studies obtain strong clinical results with relatively weak clinical interventions.

4. What recommendations do you have for music medicine or music therapy researchers wanting to move research forward in oncology?

It is important that researchers be rigorous in describing the music making or selecting process and the mechanisms at play. It is important to strive for more rigorous study design and execution. Also, collaboration across research institutions and replication of studies that describe specific protocols and have rigorous methodologies will contribute to the state of knowledge in music medicine and music therapy.

Upcoming Journal: *Music and Medicine*, July 2019

- **Editorial: Thoughts About Music and Consciousness**
Joanne V. Loewy & Ralph Spintge
- **Music Therapy and Music Medicine Studies in Oncology: Part I- A Comparison and Music Therapy and Music Medicine Studies in Oncology**
Barbara Wheeler, Teresa Lesiuk, Debra Burns, Suzanne Hanser, Andrew Rossetti, and Michael Cassity
- **Part II: The Use of the Delphi Technique**
Barbara Wheeler, Teresa Lesiuk, Debra Burns, Suzanne Hanser, Andrew Rossetti, Michael Cassity
- **Music-supported Systematic Treatment Strategies for People with Executive Dysfunction Following Traumatic Brain Injury: Similarities and Divergencies in 7 Case Reports**
Berret Vik
- **Validity and Inter rater Reliability of the SOAR Tool during Ambulation in Individuals with Parkinson Disease**
Kristen Prejean Barta, Carolyn Da Silva, Shih-Chiao Tseng, and Toni Reddy
- **Music In The Reduction Of Negative Emotion: Three Case Studies**
Diana Christine Hereld
- **Characteristics of Music to Improve the Quality of Sleep**
Ami Yamasato, Mayu Kondo, Shunya Hoshino, Jun Kikuchi, Shigeki Okino and Kenji Yamamoto
- **Rounds Corner: Fellowship at The Louis Armstrong Center for Music and Medicine**
Ruiguang Yu
- **Musical Odyssey: From Pain to Recovery**
Marjorie Lee Jacobs



IAMM Conference 2020: Call for Papers

We are pleased to announce the [Call for Papers](#) and invite you to submit an unpublished paper, poster, workshop, demonstration, or performance for the 6th International Conference of IAMM in Boston, MA, USA, May 28-30, 2020. Submissions are due on or before September 30, 2019. We hope that you will consider presenting your work and attending the conference in May, 2020. Please click [here](#) for details and online submission process. If you have difficulty, the link is: <https://tinyurl.com/IAMMCallforPapers>.

For conference details, please see [IAMM 2020 Conference](#) or <https://www.berklee.edu/IAMM-conference>.

We look forward to welcoming you to Boston in May, 2020!

Suzanne Hanser, President, Organizing Committee

Vera Brandes, Chair, Scientific Committee

Message from the President of IAMM



I would like to welcome you to be part of our global community in music and medicine. We, the IAMM, encourage an interdisciplinary exchange of knowledge and experience addressing the uses of music in healthcare across a spectrum of approaches and applications. Your works can be spotlighted through our quarterly peer-review journal, *Music and Medicine*, and our biennial IAMM conference.

We are only 10 months away from the 6th conference of the IAMM being held in Boston, MA, where the heart of music and the heart of medicine beat together. The venue at Berklee College of Music will certainly bring a stimulating atmosphere for the conference. You may have seen the Special Interest Groups contributed by IAMM members around the world. I believe this innovative platform will springboard all players and participants to further collaborate and advance the knowledge in their fields. This is our aim: to build up a strong evidence in music and medicine to expand the borders of this field, to welcome potential collaborators to access our useful academic resources, and to promote compliance of music and medicine in health care.

An opportunity still exists for you to submit your works to present at the IAMM conference before the end of September. Please also join us celebrating the 10-year anniversary by spreading our news to your colleagues, sharing your works on IAMM Facebook page and reading and sharing this newsletter. This organization is one of the best ways your works can be reached in the global community of music and medicine.

Best wishes and warm regards,
Patravoot Vatanasapt
President, IAMM

Interested in getting involved in IAMM?

We are looking for members to share their passion and skills.

Our communications team is looking for individuals interested in assisting with:

1. Social media
2. Joining the newsletter team

If you would like more information or are interested in lending your skills, please email Annie Heiderscheit at heidesc@augsborg.edu

Find us on [Facebook!](#)

Feedback: Is there anything you would like to suggest or lead? Please let us know at iamminfo@gmail.com.

From the IAMM Executive Committee

IAMM Membership
offers opportunity for
friendly cross
disciplinary collegiality

Full member - developed world -
\$100.00 (USD)

Subscription period: 1 year as a member from the developed world you will receive 4 issues of the journal per annum, and will be able to access the journal online.

Full member - developing world -
\$50.00 (USD)

Subscription period: 1 year Members from the developing world are eligible for online access to the journal, and all other benefits of IAMM membership.

Check the eligibility of your country by consulting this link
<http://www.ifad.org/governance/ifacl/listc.htm>

Student, unwaged, retired -
\$50.00 (USD)

Subscription period: 1 year. Members in this category have access online to the Music & Medicine journal and full access to all information about activities and events.

"Our goal is to provide relevant information and support for everyone around the world interested in or working specifically in the area of music and medicine."