



NEWSLETTER

October 2019

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Message from the Editor

Maybe you have already heard that the 6th International Conference of the International Association of Music & Medicine will be held in Boston, Massachusetts, May 28-30, 2020. Dr. Suzanne Hanser and her team continue their diligent work in planning and preparing for the event. As you consider attending, keep in mind the CALL FOR PAPERS is due September 30, 2019. We hope you consider submitting an abstract and sharing your research, wisdom, and expertise as a part of this exciting event. Details for online submission can be found at <https://tinyurl.com/IAMMCallforPapers>.

In this issue of the IAMMM newsletter, you will find information about the conference. Dr. Hanser has provided a feature article to give us a sneak peek into the conference. IAMMM conferences are unique in many aspects. It provides an opportunity for colleagues from all around the world to gather and share the latest discoveries and developments in music and medicine. IAMMM is a multi-disciplinary organization, not comprised of one discipline, but several. This provides vital opportunities to learn from one another's expertise and discover how we may collaborate to advance the work that we are striving to do. You will see evidence of this in Dr. Hanser's feature in the newsletter on page 2.

You will also find a greeting, message, and update from IAMMM President Dr. Patravoot Vatanasapt. You will find his message on page 6. There is also a feature on pages 4-5 of a sneak peek at the upcoming issue of *Music & Medicine*. The author featured in this issue is Dr. Daniel Levitin, award winning neuroscientist and author. He has an article in the upcoming issue *Music & Medicine* entitled, "Medicine's melodies: Music, health, and well-being". His feature in the newsletter will help you understand what fostered his interest in music and medicine, what significant developments have helped to support growth in this area, as well as his recommendations for future research. You will enjoy reading the insights he shares and then reading his article in the journal.

As we move into the final quarter of 2019 and look ahead to 2020, we welcome any contributions you would like to make to IAMMM. This may include writing a feature for the newsletter, submitting an article for publication, or serving on a committee.

Annie Heiderscheit, 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

Invitation to IAMM 2020 Conference: Boston

Suzanne Hanser, Ed.D., MT-BC

I look forward to welcoming you to Boston in May, 2020 for the 6th International Conference of the International Association for Music & Music! We are delighted that the Berklee Music and Health Institute will be our chief sponsor and conference host! One new feature of this conference will be the inclusion of Special Interest Groups (SIGs). This year, 14 SIGs were selected by a review committee for inclusion at the conference. Each leader was charged with assembling 8 to 10 topic experts from a variety of disciplines and continents. These groups will be meeting virtually throughout the year to develop outcomes that include:

- a. research – collaborative research proposal
- b. education – model curriculum or course
- c. theory – white paper on the topic
- d. clinical practice – clinical guidelines or best practices

You are invited to attend panel sessions on these topics so that you can participate in the process of developing these important models. For a list of SIGs, please see <https://www.berklee.edu/IAMM-conference/call-special-interest-group-sig-leaders>.

Kindly note that the Call for Abstracts closes on September 30, 2019, and conference registration will be posted soon. Please go to: <https://www.berklee.edu/IAMM-conference> and feel free to write me at iamminfo@berklee.edu with any questions or comments. See you in Boston!

In peace,

Suzanne B. Hanser, EdD, MT-BC

President, Organizing Committee, IAMM 2020 Conference

Sixth Conference of the International Association for Music and Medicine

Hosted by the Berklee Music and Health Institute

May 28–30, 2020

Berklee College of Music
Boston, MA

REMINDER:

UPCOMING CALL FOR ABSTRACTS

DEADLINE: SEPTEMBER 30, 2019



Special Interest Group (SIG) Panels

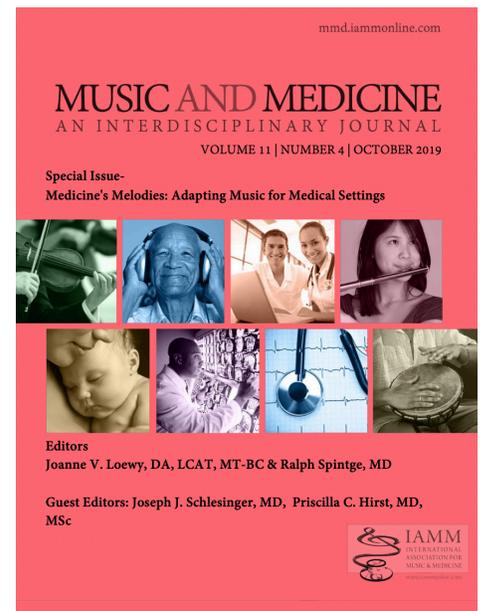
IAMM 2020 Conference: Boston

- **Music and Medical Assistance in Dying: Facilitating a Collective Approach to Creating Clinical Guidelines and Implementing Evidence-Based Best Practices** | SarahRose Black, M.A., M.M.T., R.P., M.T.A., Princess Margaret Cancer Centre, University Health Network; M.T.A./R.P., Kensington Health; M.T.A./R.P., University of Toronto, music faculty; Ph.D. candidate and academic staff, Wilfrid Laurier University
- **Developing Best-Practice Guidelines for the Clinical Practice of Vibroacoustic Therapy** | Elsa Campbell, Ph.D. candidate, University of Jyväskylä, Finland; coordinator of the Vibrac Skille-Lehikoinen Centre for Vibroacoustic Therapy and Research, Eino Roiha Foundation, Finland
- **Clinical Guidelines for the Continuum of Music Experiences and Music Therapy in Relationship Completion in Palliative Care** | Amy Clements Cortes, Ph.D., R.P., MT-BC, M.T.A., F.A.M.I., N.M.T. fellow, and assistant professor of music and health sciences, music faculty, University of Toronto; instructor and supervisor, Wilfrid Laurier University; academic coordinator and instructor of interdisciplinary studies, Ryerson Chang School; music therapist and registered psychotherapist
- **Music and the Brain: Transdisciplinary Education for Research and Practice** | Ellen Gentle, Psy.D., Victorian Paediatric Rehabilitation Service, Community-Based Rehabilitation; Wendy Magee, Ph.D., professor of music therapy, Temple University; and Helen Shoemark, Ph.D., R.M.T., associate professor of music therapy, Temple University
- **Making Meaning of Mistakes in Music Therapy** | Laurien Hakvoort, Ph.D., S.R.M.Th., N.M.T.-F., ArtEZ University of Arts, Academy of Music
- **A Critical Eye: Physicians' Perspectives on Music Therapy** | Maria Hernandez, M.D., MT-BC
- **NICU Music Therapy: Sharing International Trends through Integrative, Family-Centered Music Psychotherapy** | Joanne Loewy, D.A., L.C.A.T., MT-BC, director of the Louis Armstrong Center for Music and Medicine, Mount Sinai Beth Israel
- **Music Therapy in the Context of Dementia: People with Dementia and Their Caregivers** | Melissa Mercadal-Brotons, Ph.D., MT-BC, S.M.T.A.E., Escola Superior de Música de Catalunya
- **Music Therapy and Music-Based Interventions for Movement Disorders** | Alex Pantelyat, M.D., assistant professor of neurology, Johns Hopkins University School of Medicine; director of the Johns Hopkins Atypical Parkinsonism Center; codirector of the Johns Hopkins Center for Music and Medicine
- **Assessment in Music and Medicine: Interdisciplinary Approaches** | Penny Roberts, Ph.D., MT-BC, Crescent Cultural Programs, LLC; Loyola University
- **Music in the Operating Room: Effects on Speech Intelligibility and the Recognition of Auditory Alarms** | Joseph Schlesinger, M.D., assistant professor in the Department of Anesthesiology, Division of Critical Care Medicine, Vanderbilt University Medical Center
- **Reflections on Best Practices of Music in and as Therapy, with a Salutogenic Focus on Hospitals** | Sumathy Sundar, Ph.D., professor and director of the Center for Music Therapy Education and Research, Sri Balaji Vidyapeeth, Pondicherry, India
- **Shared Moments in Therapy** | Gerhard Tucek, Fh.-Prof. Priv.-Doz. Mag. Dr., director of the Institute of Therapeutic Sciences/IMC University of Applied Sciences, Krems, Austria, and head of the Josef Ressel Center: Horizons of Personalized Music Therapy at the IMC
- **Survivors of Trauma: The Use of Music for Resilience-Building and Healing in Areas of Armed Conflict** | Rebecca Vaudreuil, Ed.M., MT-BC, Creative Forces Music Therapy lead at the NEA Creative Forces: Military Healing Arts Network

Upcoming Journal: *Music and Medicine*, October 2019

Special Issue: *Medicine's Melodies: Adapting Music for Medical Settings*

- **Medicine's Melodies: Music, Health and Well-Being**
Daniel J. Levitin
- **Crossing the River Styx: The Power of Music, Spirituality and Religion at the End of Life**
Barbara Salas
- **Medicine and Music Therapy and an Anesthesiologist's Journey Along the Way**
Fred Schwartz and Sophia Shirley
- **Uncommon music making: The functional roles of music in design for healthcare**
Elif Ozcan, Lois Frankel and Jesse Stewart
- **Multidisciplinary Perspectives on Music Perception and Cognition for Cochlear Implant Users**
Alexander Chern and Iliza M. Butera
- **Medicine's Melodies: On the Costs & Benefits of Music, Soundscapes, & Noise in Healthcare Settings**
Charles Spence and Steve Keller
- **Music Playing a Role in Medical Interoperability**
Jessica P. Klein and Kendall J. Burdick



An Interview with Daniel J. Levitin, Ph.D, FRSC, author of *Medicine's Melodies: Music, Health and Well-Being*

We asked Dr. Levitin to share a few thoughts about his upcoming article with us for the newsletter, and hope you will enjoy the full article this month.

1. What fostered your interest in music and medicine?

Oliver Sacks. Oliver had all these patients with interesting and sometimes therapeutic interactions with music, but he didn't have the background to situate these stories in a scientific context. Working together from 2002 until his death in 2015, we combined our perspectives and the exchange of ideas was very stimulating.

I always knew that music improves mood, but I was initially discouraged by the journal articles I read because so much of the research being done was not rigorous, experiments were not well controlled, and that made it difficult to draw any conclusions. Along with advances in technology—fMRI, PET for example—the biological and medical possibilities that I saw with Oliver sparked my interest—and many others' interests as well.

An Interview with Daniel J. Levitin (cont.)

2. What are two of the most significant developments in music and medicine in the past decade?

The first is that an increasing number of clinicians are seeking degrees and training in evidence-based music therapy. The field was the wild west for many years, and I'm pleased to see the growing influence of the AMTA and other organizations around the world, and the increasing number of music therapists and music therapy researchers who are attending meetings of the Society for Music Perception and Cognition (SMPC), the Society for Neuroscience (SfN) and related conferences where peer-reviewed work is being shared.

The second is the recognition that medicinal uses of music are not going to be a one-size-fits-all. (It's not like penicillin.) Musical taste is subjective, and what one person finds soothing another may find irritating; what one person finds stimulating may bore another. Research continues to be conducted with "experimenter-selected" music, and happily we are seeing a slow sea change on this toward "participant-selected" music.

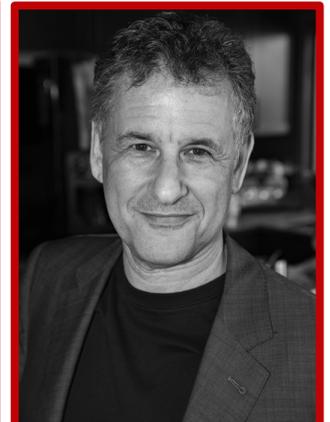
3. Conducting music and music therapy research is not without methodological challenges. What advice would you give to music researchers as they embark in designing studies to further explore and understand the impact of music on health and well-being?

Ultimately, in order to convince public policy makers, insurance providers, and hospital administrators of music's effectiveness, we need to show the underlying mechanisms: why does it work? I see the biggest methodological challenges as using balanced stimuli in experiments. By that I mean that the music needs to be equated for whatever feature or attribute is under study. If you are looking at the effects of calming music, you need to establish first that in fact your patients (or experimental participants) find the music you're using calming. Although there is a history in auditory perception research of trying to hold psychoacoustic features of a stimulus constant—such as pitch, tempo, loudness, etc.—none of this matters if one person finds the music calming and the other finds it stimulating. Beyond that, we need to rule out placebo effects. Is there something special about music that causes any observed effects, or would a whole range of interventions work? In our work, we compare music to books on tape, videos, non-fiction and fiction articles, as well as random collections of sounds.

4. When you consider what has been explored and discovered in the music and medicine and music therapy research to date, what do you hope is further explored or discovered in future research?

I'd like to see us working more on the neurochemistry of music—which neurochemical systems are modulated by music, by which kinds of music, under what circumstances, and in what ways? I'd like to see more work on musical engagement, the idea that playing music together with others may confer a number of health benefits, especially among those with cognitive impairment and Alzheimer's disease. We now have the tools to address a number of these questions rigorously, and an influx of very bright and creative younger researchers entering the field. I can't wait to see what the next five and ten years brings.

Daniel J. Levitin is an award-winning neuroscientist and writer. He is Founding Dean of Arts and Humanities at the Minerva Schools at KGI and James McGill Professor Emeritus of Psychology at McGill University. He has authored four consecutive international bestselling books: *This Is Your Brain On Music*, *The World in Six Songs*, *The Organized Mind*, and *A Field Guide to Lies*. His fifth book *Successful Aging* will be released in January 2020.



Message from the President of IAMM

The International Association for Music and Medicine (IAMM) is a non-profit organization established in 2009. We aim to encourage an interdisciplinary exchange of knowledge and experience addressing the uses of music in healthcare across a broad spectrum of approaches and applications via the peer-review journal *Music and Medicine* and the biennial IAMM conference. The inaugural conference was held in Limerick, and since then we have met in Krems, Bangkok, Toronto, Beijing and Barcelona. Next stop: Boston 2020.

We have been working closely with Berklee College of Music and the Berklee Music and Health Institute to bring out the best sharing and learning experiences among participants in the 6th IAMM in Boston, under the strong organizing committee of multidisciplinary professions. Please visit our IAMM Facebook page to hear the introductions by the leaders of the SIGs (Special Interest Groups), who are the real movers in different fields. Our intention is to create some guidelines, recommendations, and/or further collaboration within each SIG in order to bring out the optimum benefit from their work around the world. More projects and research from around the globe were also submitted by the end of September, and you will hear about them at the conference. You will also have a wonderful opportunity to meet with an international selection of experts in the field of music, medicine and music therapy.

Time flies, we have all been working to get IAMM moving forward, and I believe our members have great ideas and thoughts to bring to the IAMM. I would like to take this opportunity to invite you to join and contribute more to our organization. Your knowledge and experience can be beneficial not only for the growth of IAMM, but also for the world of music medicine. As the current executive committee and the Board of Directors are approaching the end of their term, I would like to encourage members to consider participating in the leadership. We will soon circulate an announcement for the election to be held during the 6th IAMM conference.



I look forward to seeing you in Boston, 2020.
Patravoot Vatanasapt, MD
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/ifad/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.”