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Message from the Editor

Dear IAMM Members,

It has been a busy and uncertain time as of late for us all in our respective corners of the world. We have all been encountering sudden and significant changes in our work environments, travel and conference plans. COVID-19 has required us to operate and think differently in our professional and personal lives. You received notification in early March that the upcoming International Association for Music & Medicine International Conference to be held at Berklee College of Music in Boston was cancelled as a result. While it is never easy to make these decisions, as we value the opportunities to gather and exchange knowledge, it is important that we do our part to remain healthy and practice our social distancing. Although we will not be gathering you will read more in this newsletter issue about how we will use technology to engage virtually throughout the year to foster the exchange of knowledge.

This newsletter issue also includes updates from IAMM President Dr. Patravoot Vatanasapt regarding the association. You can find the message from the President on page 9. There is information about cancellation of the conference on page 5. You will also find information on page 8 from chair of the nominating committee Dr. Connie Tomaino, regarding submitting nominations for the upcoming IAMM elections. We hope you consider the role you may want to be nominated for OR someone you would like to nominate.

While we recognize we are navigating new and different challenges today, I am excited to share with you some of the exciting information that is emerging as well. This issue includes a feature written by Jana Skrien Koppula, MT-BC regarding the various research projects funded through the National Institutes of Health (NIH). This feature provides an overview of the research projects that the NIH has selected to fund over the next five years. This commits \$20 million to research focused on music, music therapy and neuroscience.

This issue also highlights an article from the upcoming *Music & Medicine* journal. This issue features an article entitled, Environmental Music Therapy (EMT): Music's Contribution to Changing the Hospital Atmosphere and Perceptions of Environments by Andrew Rossetti. Discover what has fostered his work in this area, the impact of this work, and its importance in the healthcare environment, as well as guidelines for this work. This is a timely topic for our world right now.

Lastly, this is my final issue as IAMM newsletter editor and Chair of Communications of IAMM. I have thoroughly enjoyed the opportunity to develop a newsletter team to bring this publication to you over the past several years. I am stepping away from this role to focus time and attention on my academic role, writing, and research. I am fortunate to be collaborating with a research team that was awarded one of the NIH grants. So, I will be spending the next five years collaborating with this phenomenal research team that includes researchers from Indiana University Medical School and Mayo Clinic. We will be working with mechanically ventilated patients and striving to decrease delirium with music. I look forward to sharing updates on this research at the next IAMM conference.

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

Sound Health Initiative: NIH Funded Research Grants Awarded

by, Jana Skrien Koppula, MT-BC

At a dinner party, an unlikely duet between world-renowned soprano and Kennedy Center Artistic Advisor at Large Renée Fleming and Francis Collins, the director of the National Institutes of Health (NIH) led to conversations about the intersection of music and medicine, which grew into Sound Health, a partnership between the NIH and the John F. Kennedy Center for the Performing Arts. In 2017, the NIH hosted a series of workshops, inviting neuroscientists, music therapists and supporters of biomedical research and the arts to collaborate on the exploration of the relationship between music and the brain. The first series of workshops resulted in the development of the Sound Health research plan, and recommended research that will:

- Increase understanding of how the brain processes music,
- Develop scientifically based strategies to enhance normal brain development and function, and
- Advance evidence-based music interventions for brain diseases and human health overall.

In September of 2019, the NIH announced that they would award \$20 million over five years to support the first research projects brought about by the Sound Health initiative, aided in part by the National Endowment for the Arts. Kennedy Center President Deborah F. Rutter shared, "We hope that these in-depth studies of the science behind music's influence and impact on the brain will bring real understanding of something we know anecdotally — that music is good for you."²

The Sound Health Research Plan calls for four specific areas of focus: basic and mechanistic, translational and clinical, methods and outcomes, and capacity building and infrastructure. The Sound Health initiative hopes to advance our understanding of the mechanisms that music has in the brain, and to apply those mechanisms to treat issues such as Parkinson's disease, chronic pain, stroke, and various other disorders. The hope is to find biomarkers to use as measurements, and to identify how to apply those to best practices to be applied across the spectrum of neurological conditions.

To date, fifteen research projects are being funded through this initiative; these include:

- **Songmaking in a Group (SING): Music, Hallucinations & Predictive Coding**
 - Awardee: Yale University
 - Looks at whether listening to, performing, and creating music helps patients with psychosis and gives them the ability to predict the world and themselves, and manage social relationships.
- **Sing for Your Saunter: Using Self-Generated Rhythmic Cues to Enhance Gait in Parkinson's**
 - Awardee: Washington University
 - Examines impact of music and singing on walking performance; helps establish best rhythmic cues for patients with Parkinson's.
- **Music Appreciation After Cochlear Implantation**
 - Awardee: University of Southern California
 - Examines use of music training on cochlear implant outcomes; could illuminate how music is encoded in the brain.

Sound Health Initiative: NIH Funded Research Grants Awarded (cont.)

- **Music Training, Bilingualism and Executive Functioning**
 - Awardee: University of Southern California
 - Examines effects of music training on development of executive function skills in school-age children from under-resourced communities in Los Angeles.
- **Large-Scale Nested Studies of the Impact of Music on Brain and Behavioral Development**
 - Awardee: University of California, San Diego
 - Examines impact of music training on the brain through analysis of previous longitudinal study plus new initial data from recent study.
- **The Role of Involuntary Repetitive Music Imagery in Memory Consolidation**
 - Awardee: University of California at Davis
 - Examines relationship between reliving of memories triggered by music and repeating fragments of music.
- **Developing an Animal Model to Study Auditory-Motor Interactions During Rhythm Perception**
 - Awardee: Tufts University Medford
 - Lays groundwork for an animal model to study beat perception; mechanistic investigation of neural code underlying temporal prediction.
- **Decreasing Delirium Through Music (DDM) in Critically Ill Older Adults**
 - Awardee: Indiana University-Purdue University Indianapolis
 - Evaluates efficacy of music intervention on delirium/coma-free days among mechanically ventilated, critically ill older adults.
- **Evaluating the Impact of Singing Interventions on Markers of Cardiovascular Health in Older Patients with Cardiovascular Disease**
 - Awardee: Medical College of Wisconsin
 - Assesses impact of singing as an alternative or adjunctive therapy to improve cardiovascular health biomarkers.
- **Investigating the Neural Mechanisms Underlying Language Recovery Through Rhythm Therapy in Aphasia**
 - Awardee: The Ohio State University
 - Attempt to identify "active ingredient" in music interventions that aids language recovery
- **Musical Rhythm Sensitivity to Scaffold Social Engagement in Autism Spectrum Disorder**
 - Awardee: Vanderbilt University
 - Supports development of evidence-based music interventions for social communication in ASD
- **Effects of Music Training on Auditory Processing and High-Frequency Hearing Abilities in Adolescent Musicians**
 - Awardee: University of Rochester
 - Examines reported enhanced perception of sound by musicians; what components of music training impacts sound processing

In September of 2019, the NIH announced that they would award \$20 million over five years to support the first research projects brought about by the Sound Health initiative, aided in part by the National Endowment for the Arts.

Sound Health Initiative: NIH Funded Research Grants Awarded (cont.)

- **Biologic Mechanisms and Dosing of Active Music Engagement to Manage Acute Treatment Distress and Improve Health Outcomes in Young Children with Acute Lymphoblastic Leukemia (ALL) and Parents**
 - Awardee: Indiana University-Purdue University Indianapolis
 - Examines changes in stress and immune function biomarkers in response to active music engagement in children (3-8) with ALL and their parents.
- **Effects of Music Based Intervention (MBI) on Neurodevelopment and Pain Response in Preterm Infants**
 - Awardee: University of Minnesota
 - Investigates effects of prolonged music listening on sleep patterns, brain maturation and pain response in pre-term infants
- **Effect of Music Intervention on Infant Brainstem Encoding of Speech**
 - Awardee: University of Washington
 - Examines neural consequences of early music interventions over time in infants

These fifteen research studies will yield impactful and important results in the years to come. The data and outcomes from these studies will provide invaluable information to inform and shape clinical practice and advance future research. The investment in these studies advance how music and music therapy are implemented to improve the health and well-being of patients.

To learn more, please visit: <https://www.nih.gov/research-training/medical-research-initiatives/sound-health>

1. National Institutes of Health. (2018, July 31). *Research Plan*. <https://www.nih.gov/sound-health/research-plan>
2. Forbes. (2019, September 28). *NIH Bets \$20 Million Music Can Heal Our Brains*. <https://www.forbes.com/sites/robinseatonjefferson/2019/09/28/nih-bets-20-million-music-can-heal-our-brains/#4be13b32c721>



Jana Skrien Koppula, MT-BC

is a music therapist based in Los Angeles, CA. She is currently working toward completion of her Master of Music Therapy from Augsburg University in Minneapolis, MN. Her clinical interests include pediatric medical settings and using an analytical approach to documentation.

The Sound Health initiative hopes to advance our understanding of the mechanisms that music has in the brain, and to apply those mechanisms to treat issues such as Parkinson's disease, chronic pain, stroke, and various other disorders. The hope is to find biomarkers to use as measurements, and to identify how to apply those to best practices to be applied across the spectrum of neurological conditions.

IMPORTANT ANNOUNCEMENTS FROM THE IAMM 2020 CONFERENCE

Dear IAMM Conference Participants,

Out of an abundance of caution for the health and wellbeing of our community, we have made the difficult decision to cancel the IAMM 2020 Conference in Boston. Full refunds have been sent to all who have registered, and we appreciate your patience with this process. IAMM will be developing plans to virtually share some of the valuable research and knowledge that were to be presented at the conference. You will be informed about the next IAMM conference as soon as plans are formalized.

I want to take this opportunity to thank all those who have contributed to the planning and programming for IAMM 2020. Work on our shared mission to integrate music and medicine will flourish with your continued involvement and support of IAMM.

Wishing you health and harmony through these unusual times,
Patravoot Vatanasapt, MD
President, IAMM

We want to acknowledge with deep gratitude the immense efforts of the IAMM 2020 Conference Organizing and Scientific Committees to bring you the latest, greatest thinking at the intersection of music and medicine. We also thank Dr. Joy Allen, Acting Director of the Music & Health Institute at Berklee College of Music for her tremendous contributions to the organization of the IAMM 2020 Conference. In light of the state of the world and the conference cancellation, IAMM is realigning its priorities to offer the expertise and experience represented in the conference program to a much wider, global audience. Our vision to expand services to IAMM members includes the following:

1. Planning a calendar of virtual events and opportunities for IAMM members to receive information, interact and collaborate throughout the coming year.
2. Making all our information available online employing multiple forms of media, interactive forums, and discussion forums regarding new findings and directions in music and medicine.
3. Facilitating the continuing work of Special Interest Groups (SIGs) to create research proposals, clinical guidelines, white papers, and educational materials. SIG leaders are currently preparing to host webinars to present their results of their work.
4. Working with conference presenters to record and post their sessions in a virtual library.
5. Hosting live streamed keynote lectures in late May and throughout the year.
6. Providing virtual chat opportunities to discuss important issues and opportunities in the world of music and medicine.
7. Collaborating with other international organizations, like the World Federation of Music Therapy, to develop programming that address a shared mission.

Please watch for announcements of these programs and we hope that you will join us in the creative opportunities to work together in our common mission.

Sincerely,
Suzanne Hanser, President, IAMM 2020 Organizing Committee
Vera Brandes, Chair, IAMM Scientific Committee

**Please stay up-to-date with all
upcoming virtual opportunities on all
of our social media platforms:**

<https://www.facebook.com/MusicMedicineIAMM/>
Instagram @iamm2020
Twitter @iamm2020

Environmental Music Therapy (EMT): Music's Contribution to Changing the Hospital Atmosphere and Perceptions of Environments

An interview with author Andrew Rossetti, MMT, MT-BC, LCAT

Andrew Rossetti, MMT, MT-BC, LCAT, was asked to share his thoughts on his upcoming article in Music and Medicine. We hope you enjoy his insights and encourage you to read the full article in the April 2020 edition of Music and Medicine.

1. What fostered your work in environmental music therapy (EMT)?

I was introduced to EMT by its originator, Dr. Joanne Loewy, as part of my incorporation into the Louis Armstrong Center for Music & Medicine's music psychotherapy practice in what is currently Mount Sinai Beth Israel Medical Center. I was enthusiastic in helping to further develop this clinical modality because I identified it as effective in addressing a number of salient issues faced by hospital patients, their caregivers, and staff. The deleterious effects that noise and unwanted sound have on ICU and other patient cohorts have long been recognized, but seemingly lack interventions or strategies to palliate those effects as strongly as the emergent data on EMT appear to show. Equally as important, is the constructive impact that skillful EMT may have on atmosphere construction, and the resultant change on people's perception of the hospital environment as less hostile, which has many desirable downstream effects.

2. What have you observed regarding the impact of EMT on the hospital atmosphere and perceptions of the environment?

Atmosphere construction is a concept that is gaining traction in a myriad of design professions, such as architecture. Not only is sound our primary sense that orients us to changing conditions, it is also a prioritized element we use to give meaning to discrete environments. Using associative processes and manipulation of discrete music elements much like constructing a movie soundtrack, we can impact perceptual and resulting emotional response in circumstances we perceive as threatening. On an anecdotal level, EMT appears exceptionally effective in creating atmospheres that help modulate mood, and ultimately lead people to view the environment as a more welcoming, 'safer' place. Noise and unwanted sound can be incorporated into a 'soundtrack', re-contextualizing it, and thus modifying our perception of it as a 'noxious stimulus' Our IRB pilot data has shown EMT significantly reduces anxiety and distortion of waiting time perception in patients receiving radiation therapy and their caregivers.



Andrew Rossetti, MMT, MT-BC, LCAT

is a doctoral candidate at the University of Jyväskylä, and supervisor of the Louis Armstrong Center for Music & Medicine's Medical Music Psychotherapy Program in Radiation Oncology, and a NICU-MT at the Mount Sinai Beth Israel Medical Center. He specializes in Environmental Music Therapy in fragile areas, and the treatment of trauma and post-traumatic stress. Andrew is a frequent international speaker, and is on the faculty of Montclair State University, and the University of Barcelona.

Environmental Music Therapy (EMT): Music's Contribution to Changing the Hospital Atmosphere and Perceptions of Environments

An interview with author Andrew Rossetti, MMT, MT-BC, LCAT (cont.)

3. Why is EMT important in our world of healthcare at this point in time?

Most particularly we can provide interventions to 3 levels of care at one time, which will likely build referrals, create interdisciplinary cohesion, and importantly, create a forum for caregivers and patients, and staff to bind their experiences. This is a strong modality for enhancing social capital in the hospital context, and a means to reinforce culturality and foment equity in marginalized populations.

Given that all disciplines cross care in ICUs, it can increase actual continuity of care as patients often move off the unit to other areas of the hospital.

Regarding spiraling healthcare costs in the US, and the difficulties faced by lower socioeconomic populations in hospitals, EMT is a cost-effective intervention serving many patients at once, with strong economic viability

4. Why is important to have guidelines and a theoretical background/understanding when providing EMT?

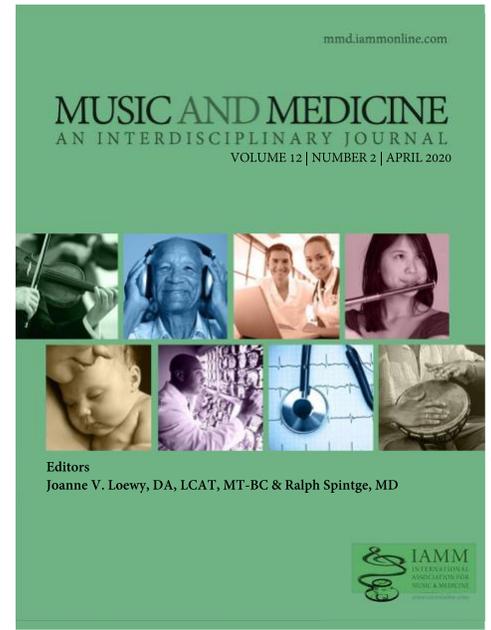
Simply put – enhanced efficacy. As music therapy clinicians our interest is to seek to provide the most efficacious treatment possible, and thus raise the base line of expected outcomes and contribute not only to the growing of the profession, but to enhance the buy-in and respect of the interdisciplinary team. Otherwise we could be easily replaced by programed recordings, which do not have the capacity to entrain and attune, nor do they undertake the nuances that a live music therapist can provide. Arbitrary music experiences may have the potential to be more advantageous than delivering no intervention at all but, just as in medicine, personalized patient care delivered in a continuously assessed dynamic process will likely provide enhanced outcomes. I have observed that clear guidelines, a strong theoretical base, and dedicated training permit therapists to do just that. Also, awareness of safe practice and process guidelines is imperative in preventing the delivery of a music experience that could actually have unexpected deleterious effects in patients and staff by mining into hidden negative associations and resultant adverse emotional events.

As music therapy clinicians our interest is to seek to provide the most efficacious treatment possible, and thus raise the base line of expected outcomes and contribute not only to the growing of the profession, but to enhance the buy-in and respect of the interdisciplinary team.

The deleterious effects that noise and unwanted sound have on ICU and other patient cohorts have long been recognized, but seemingly lack interventions or strategies to palliate those effects as strongly as the emergent data on EMT appear to show.

Upcoming Journal: *Music and Medicine*, April 2020

- **Editorial: Music in Times of Corona- We Shall Overcome.**
Ralph Spintge & Joanne Loewy
- **Music-based Therapeutic Interventions 1.0 from Music Therapy to Integrated Music Technology: A Narrative Review.**
Carola Werger, Marijke Groothuis, Artur C. Jaschke.
- **Music Therapy for Chronic Fatigue Following Epstein-Barr Virus Infection in Adolescents.**
Gro Trondalen, Julie Mangersnes, Lars Ole Bonde, Sadaf Malik, Tarjei Tørre Asprusten, Linn Rødevand, Maria Pedersen, Vegard Bruun, Bratholm Wyller.
- **Effects of Synchronous and Asynchronous Music on Heart Rate and Perceived Exertion During Aerobic Exercise: A Pilot Study.**
Pongsakorn Chaisurin, Jakkrit Klaphajone, Pongson Yaicharoen.
- **Physical Exercise Adherence in Finnish Children Using a Music Mat: A Pilot Study.**
Pipsa Tuominen, Jani Raitanen, Urho Kujala, Pauliina Husu.
- **The Effects of Live Singing on the Biophysiological Functions of Preterm Infants Hospitalized in a Neonatal Intensive Care Unit in Greece: A Pilot Study.**
Lelouda Stamou, Faiy Evaggelou, Vasileios Stamou, Elisavet Diamanti, Joanne Loewy.
- **Music Affinity and Emotion in Williams Syndrome.**
Philip Lai.
- **Environmental Music Therapy (EMT): Music's Contribution to Changing Hospital Atmospheres and Perceptions of Environments.**
Andrew Rossetti.



Call for Nominations

IAMM is seeking nominations for leadership positions in the 2020 - 2025 term of office. Nominations are sought for the slate of officers and members of the Board of Directors. Nominations for IAMM Officers include President, Vice President, Secretary and Treasurer.

Electronic ballots will be distributed in June, 2020.

All IAMM members qualify for these positions. Nominations should include:

- Name and title:
- Email address:
- Position of interest:
- Brief bio (300-word maximum):

Please send nominations to Nominating Committee Chair, Connie Tomaino, at CTomaino@wartburg.org by April 30, 2020.

Message from the President of IAMM

Dear IAMM members,

Beyond all expectations, this is one of the most challenging situations we all have faced together.

Although COVID-19 has resulted in the cancellation of the IAMM 2020 Conference in Boston, we are finding opportunities within this crisis to bring virtual resources of the conference to all IAMM members everywhere. I would like to express my gratitude to Suzanne Hanser, the President of the Organizing Committee of IAMM2020, Vera Brandes, IAMM Committee Chair on Conference, and Joy Allen, local host, who have worked hard in preparing the conference and are currently transforming it into novel educational resources in music and medicine. I appreciate all members of the Scientific and Organizing committees, including all Special Interest Group (SIG) leaders who greatly contributed in planning and programming the conference; as well as all speakers, presenters, and registrants who prepared to share their knowledge and experience at our conference.

It is my great honor to take a leadership role for IAMM during this term with a great team. I would like to give credit to the work and achievement of all members of the Executive Committee: Connie Tomaino, Suzanne Hanser, Fred Schwartz, Vera Brandes, Annette Heiderscheit, and Brian Schreck, as well as the members of the Board of Directors. Thanks to Megan Goodwin, the support officer of IAMM who has managed membership and the website. My appreciation is to Joanne Loewy and Ralph Spintge for their great leadership on the *Music and Medicine* Journal as well as their valuable advice and support, and also to Amy Clements-Cortes, Erik Baumann, and the management team of the journal for their contributions.

As we look forward to the next chapter of IAMM with new leadership in the summer of 2020, I would like to encourage you to participate in voting process.

Please check the announcement from Connie Tomaino, Chair of the Nominating Committee, in this newsletter.

Finally, in a difficult time under social distancing and sheltering in place, I would like to invite all members of IAMM to share your support to the world through your music as medicine.

Be safe and healthy,
Patravoot Vatanaapt, 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@augsbu.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.”