

2011 Music and Medicine Pre-Conference Schedule
Advanced Brain Technologies
 Thursday, June 2, 2011

Healing at the Speed of Sound Workshop
 By: Don Campbell & Alex Doman

<i>Time</i>	<i>Presenter</i>	<i>Title</i>	<i>Location</i>
8:15 AM – 9:00 AM	REGISTRATION & LIGHT CONTINENTAL BREAKFAST		Ballroom B
9:00 AM – 9:15 AM	INTRODUCTION		Ballroom B
9:15 AM – 10:15 AM	Alex Doman	<i>History of Listening Therapies</i>	Ballroom B
10:15 AM – 11:00 AM	Don Campbell	<i>Engaging your Voice, Mind and Body</i>	Ballroom B
11:00 AM – 11:30 AM	Break and Music By: SYNKOFA Theresa Ellis and Judith-Kate Friedman		Ballroom B
11:30 AM – 12:15 PM	Alex Doman	<i>New Trends in Brain Research and Auditory Perception</i>	Ballroom B
12:15 PM – 1:15 PM	Alex Doman	<i>How to Combine Music you Love with a Variety of Classical and Popular Styles to Create your Own Daily Personal Soundtrack for Each Day</i>	Ballroom B
1:15 PM – 1:30 PM	Questions & Answers		

2011 Music and Medicine Conference:
Friday, June 3, 2011

Interdisciplinary Society for Quantitative Research in Music and Medicine

<i>Time</i>	<i>Presenter</i>	<i>Title & Moderator</i>	<i>Location</i>
7:30 AM – 8:30 AM	CONTINENTAL BREAKFAST		Ballroom A
8:30 AM – 9:30 AM	Mark Tramo, MD., Ph.D. <i>Harvard Medical School, MA</i>	Opening Song by Judith-Kate Friedman Welcoming/Opening Remarks Keynote Speaker: Mark Tramo, MD., Ph.D. <i>Functional Brain Organization in Relation to Music Cognition</i> <i>Harvard Medical School</i>	Ballroom B
<u>SESSION 1</u>			
9:45 AM – 10:15 AM	Presentation 1 Dr. Arthur Harvey, <i>Music for Health Services, FL</i>	<i>Effect(s) of Music on Each of the Primary Systems of the Body</i> <i>(CNS, ANS, PNS, Immune)</i> Moderator: Abhishek Gangrade, University of Florida, FL	Room 305
9:45 AM – 10:15 AM	Presentation 2 Donna L. Kelly <i>Children's Specialized Hospital,</i> <i>New Brunswick, NJ</i> & Sheila Allen <i>Pediatric Therapeutics, LLC,</i> <i>Catham, NJ</i>	<i>Music-Based Sound Stimulation in Pediatric Acquired Brain Injury Rehabilitation:</i> <i>Preliminary Case Studies</i> Moderator: Lillieth Grand, Primary Children's Medical Center, Salt Lake City, UT	Room 312
9:45 AM – 10:15 AM	Presentation 3 Malinda Tall Malinda Tall, MM., R.N. <i>Weber State University, UT</i>	<i>There is No "I" in Teach</i> Moderator: Dr. Joseph Ruzskowski, University of Hawai'i, HI	Ballroom C
9:45 AM – 10:15 AM	Presentation 4 Dr. Steven Cornelius <i>Boston University, Boston, MA</i>	<i>Returning Mind and Body: Exploring Music's Potential in Enhancing Post-Stroke</i> <i>Rehabilitation</i> Moderator: Jorge Camara, MD., University of Hawai'i Medical School	Room 316
<u>SESSION 2</u>			
10:25 AM – 10:55 AM	Presentation 1 David H. Bradshaw <i>University of Utah, UT</i>	<i>Effects of Music Engagement on Responses to Painful Stimulation</i> Moderator: Sheila Allen, Pediatric Therapeutics, LLC, Catham, NJ	Room 312
10:25 AM – 10:55 AM	Presentation 2 Prof. Jordan Roper <i>Brigham Young University, UT</i> & Dr. Jeffrey Reber <i>Brigham Young University, UT</i>	<i>Music and Emotion: A Qualitative Study</i> Moderator: Dr. Arthur Harvey, Music for Health Services, FL	Room 316
10:25 AM – 10:55 AM	Presentation 3 Vera Brandes <i>Paracelsus Medical University,</i> <i>Salzburg, Austria</i>	<i>Facts and Figures: Results of a Randomized Placebo Controlled Double Blind Clinical</i> <i>Trial on Personalized Music-Focused Auditory Stimulation Therapy – A Novel Approach</i> <i>for the Treatment of Depression, Dysthymia and Stress-Related Disorders</i> Moderator: Dr. David Akombo, Weber State University, UT	Ballroom C
10:25 AM – 10:55 AM	Presentation 4 Dr. Miriam Zach <i>University of Florida, FL</i>	<i>Teaching Music and Health in Higher Education: Projection Into the Next Decade</i> Moderator: Peter Reschke, Brigham Young University, UT	Room 305
11:05 AM – 11:50 AM	LUNCH With Live Music by: SYNKOFA (Fully Registered Attendees & Presenters Only)		Ballroom A
12:00 PM – 12:40 PM	<u>POSTER SESSION</u>		Ballroom A

SESSION 3			
12: 50 PM – 1:50 PM (Workshop)	Presentation 1 Dr. Joseph Ruszkowski <i>University of Hawai'i, HI</i>	<i>Current Music Technology for Music and Medicine</i> Moderator: Laura Dunbar, University of Arizona, AZ	Room 305
12:50 PM – 1:20 PM	Presentation 2 D. Weldon Cochren <i>Minister & Music Producer/Songwriter, NJ</i>	<i>Spiritual Healing and Exorcism: Music as a Catalyst in Sacred Space</i> Moderator: May May Chiang, University of Maryland, College Park, MD	Room 312
12:50 PM – 1:50 PM	Presentation 3 Jorge Camara, MD., <i>University of Hawai'i Medical School</i>	<i>The Effect of Live Classical Piano Music on the Vital Signs of Patients Undergoing Ophthalmic Surgery</i> Moderator: Crystal Guy Slegler, University of Arizona, AZ	Room 316
12:50 PM – 1:50 PM	Presentation 4 Alex Doman <i>Advanced Brain Technologies</i>	<i>The Listening Program: A Music-Based Listening Therapy</i> Moderator: Dr. Arthur Harvey, Music for Health Services, FL	Ballroom C
1:55 PM – 2:10 PM	REFRESHMENTS		Ballroom A
2:00 PM – 3:25 PM	LIVE MUSIC: <i>Dawi Drumming Ensemble, Malinda Tall, MM., R.N., SYNKOFA, Stick Shift, Quintessence, and Drs. Ruszkowski & Harvey</i>		Wildcat Theater
SESSION 4			
3:30 PM – 4:00 PM	Presentation 1 Laura Dunbar <i>University of Arizona, AZ</i>	<i>The Effects of Music on the Behavior Distraction Among Middle School Students</i> Moderator: Dr. Miriam Zach, University of Florida, FL	Room 312
3:30 PM – 4:00 PM	Presentation 2 May May Chiang <i>University of Maryland, College Park, MD</i>	<i>Bridging Medical Ethnomusicology and Music Therapy</i> Moderator: Dr. David Akombo, Weber State University, UT	Room 316
3:30 PM – 4:00 PM	Presentation 3 Peter Sanders <i>Brigham Young University</i> Peter Reschke <i>Brigham Young University, UT</i> & Dr. Jeff Reber <i>Brigham Young University, UT</i>	<i>A Relational Alternative to the Study of Music and Emotion</i> Moderator: Dr. Joseph Ruszkowski, University of Hawai'i, HI	Ballroom C
3:30 PM – 4:00 PM	Presentation 4 Kent Nelson <i>Weber State University, UT</i>	<i>Successful Strategies and Coping Skills of Individuals in the Field of Music: Life Stories of Six Professionals</i> Moderator: Prof. Jordan Roper, Brigham Young University, UT	Room 305
SESSION 5			
4:10 PM – 4:40 PM	Presentation 1 Lillieth Grand <i>Primary Children's Medical Center, Salt Lake City, UT</i>	<i>When to Refer Patients/Clients to a Music Therapist</i> Moderator: Dr. Arthur Harvey, Music for Health Services, FL	Room 305
4:10 PM – 4:40 PM	Presentation 2 Dr. David Akombo <i>Weber State University, UT</i>	<i>Examining the Gate Control Theory and How it Has Reshaped Research in Quantitative Methods in Music and Medicine</i> Moderator: Dr. Joseph Ruszkowski, University of Hawai'i, HI	Room 312
4:10 PM – 4:40 PM	Presentation 3 Crystal Guy Sieger <i>University of Arizona, AZ</i>	<i>Instrumental Music Student Perceptions of Teacher Support for Experienced Music Performance Anxiety</i> Moderator: Donna L. Kelly, Children's Specialized Hospital, New Brunswick, NJ	Room 316
4:10 PM – 4:40 PM	Presentation 4 Rachel Brager Goldenberg <i>Shenandoah University, Winchester, VA</i>	<i>Singing and Cystic Fibrosis: Rationale and Scientific Underpinnings for the Use of Voice Lessons as an Adjunct Treatment</i> Moderator: Dr. David H. Bradshaw, Pain Research Center Department of Anesthesiology, University of Utah, UT	Ballroom C
4:45 PM – 4:55 PM	BREAK MUSICAL INTERLUDE BY: Stick Shift		Ballroom A
5:00 PM – 5:30 PM	Closing Remarks by: Don Campbell, Author of <i>The Mozart Effect</i>		Ballroom B
5:30 PM – 7:00 PM	Dinner <u>ON YOUR OWN</u> – Transport to concert available at Hotel at 7:00 PM		

7:30 PM – 8:30 PM	CONCLUDING CONCERT BY: <i>Weber State University Chamber Orchestra</i>	Wildcat Theater
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ISQRMM Poster Presentations

A Relational Alternative to the Study of Music and Emotion

Peter Sanders
Brigham Young University, UT
Peter Reschke
Brigham Young University, UT
Dr. Jeff Reber
Brigham Young University, UT

The Effects of Music on the Behavior Distraction Among Middle School Students

Laura Dunbar
University of Arizona, AZ

Effects of Music Engagement on Responses to Painful Stimulation

David H. Bradshaw
Pain Research Center
Department of Anesthesiology,
University of Utah, UT

Instrumental Music Student Perceptions of Teacher Support for Experienced Music Performance Anxiety

Crystal Guy Sieger
The University of Arizona, AZ

Music and Emotion: A Qualitative Study

Prof. Jordan Roper
Brigham Young University, UT
Dr. Jeffrey Reber
Brigham Young University, UT

The Effects of Music on the Production of Biochemical Messengers

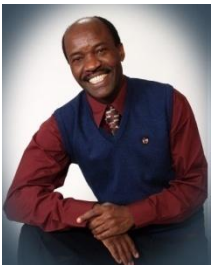
Abhishek Gangrade
University of Florida, FL

The Effects of Community Drumming on Generalized Anxiety and Academic Performance in Teenagers.

Tara Whiting
Independent Researcher, UT

The Effects of the Digital Music Stand on Middle School Instrumental Music Sight-Reading

Dr. Joseph Ruskowski
University of Hawaii, HI



Symposium Presenters

David Akombo is a Diversity Fellow at Weber State University where he has taught music education and world music courses since fall 2007. Intrigued by the peculiarities of music including the interdisciplinary studies of music in medical and psychological practices, Dr. Akombo has studied and researched the effects of music on children and young adults both in schools and in hospitals. As scholar and performer, Dr. Akombo balances his research interests amicably as a music educator, ethnomusicologist, composer and singer/drummer, having worked in Africa and Southeast Asia where he studied with Balinese artists. His books, *Music and Healing Across Cultures* (Ames, Iowa: Culicidae Press, 2006) and *Music and Medicine: Connections Found* (Seaburn, 2009) unfold the mechanics of the relationships between music, culture, physiological and spiritual states in people from the anthropological and epistemological inquiry regarding music healing and the cosmos. The books show the power of music and its ability to promote mind/body coordination. Before joining Weber State University, Dr. Akombo worked jointly with the University of Florida's Center for Arts in Healthcare Research and Education (CAHRE) with which he collaborated to help establish the Arts in Medicine (AIM) program in Nairobi, Kenya. Located at Mater Hospital and funded by the State of Florida Center for Cultural Affairs in Tallahassee, this is the first known Arts in Medicine program to be established in Africa. Dr. Akombo continues to be active in music education research, world music, interdisciplinary scholarship in music and he has spoken and conducted clinics in several countries. He is a member of the Music Educators National Conference, the Utah Music Educators Association, American Music Therapy Association, Society for Ethnomusicology, and Society for the Arts in Healthcare. Dr. Akombo is the co-founder of the Interdisciplinary Society for Quantitative Research in Music and Medicine and is currently its 2011 Inaugural Conference Chair.



Sheila Allen is a licensed occupational therapist who specializes in sensory processing and is especially interested in the relationship between sound & movement and behavior. Her longstanding appreciation for the value of sound in fostering change is integral to her work. Sheila holds a BS in Occupational Therapy from Utica College of Syracuse University and a MA in Psychology from Teachers' College, Columbia University. Currently her ever-growing passion to better understand the elements of sound and recognize their role in daily living is key to her clinical practice, teaching, consultation, product development, and study. Co-founder and co-director of Pediatric Therapeutics, LLC, a children's therapy center located in Chatham NJ, Sheila is collaborating with The Joy of Sound Project, NYC, a cross-cultural soundwork service, in developing models for individual and group interventions. She is also collaborating with a team at Children's Specialized Hospital, a pediatric rehabilitation hospital in New Brunswick, NJ, in developing music-based sound stimulation protocols for patients with acquired brain injury and infant inpatients. She is a member of Advanced Brain Technologies teaching faculty and its product development team. Sheila is working with Montessori Children's Academy Creative Learning Center, Convent Station, NJ to help develop a Montessori-special education program opening in fall 2011. A founding board member and current vice-president of the board of directors of SAMA, the Sound and Music Alliance, a non-profit organization which advances the intentional use of music and sound, Sheila serves on the advisory boards of Vocal Images, NYC, and the ABT Foundation, Ogden UT.



David H. Bradshaw as Research Assistant Professor in the Department of Anesthesiology, University of Utah, Dr. Bradshaw conducts research on how pain affects the body and mind and how activities such as listening to music or practicing yoga and meditation can affect how pain is experienced. Dr. Bradshaw's training includes bachelor's and master's degrees from Indiana University, Bloomington, Indiana, in jazz and music theory, and a PhD from the University of Washington in music psychology. His interest in how listening to music can change the body's physiological responses led to a discovery that listening to jazz solos by John Coltrane reduced pupil dilation in response to painful pressure applied to a fingernail. This led to a series of studies funded by the National Institutes of Health and conducted in the Human Psychophysiology Laboratory in the Pain Research Center at University of Utah. Dr. Bradshaw is a certified yoga instructor and incorporates vocalization (chanting) and gong vibration in his yoga teaching and research. Dr. Bradshaw plans to continue his research on how engaging in activities like music and meditation can relieve pain. Dr. Bradshaw composes and performs (saxophone and flute) for local jazz and rock bands with a recent cd on Amazon.com and iTunes.



Vera Brandes is Director of the Research Program for Music-Medicine at Paracelsus Medical University, Salzburg, Austria. She is Vice President of IAMM (International Association for Music and Medicine), New York, USA, board member of I.M.A.R.A.A. (International Music and Arts Research Association Austria), international program director for the Mozart & Science Congress and member of the scientific advisory board of the Fritz Albert Popp Institute. Vera Brandes was one of the co-founders of the Science Network Man and Music at the University Mozarteum, Salzburg and vice-president of the non-profit organization saludArt. Since 1995, she has been committed to the application of music in medical therapy and prevention. Since 1999 she organized advanced trainings for medical doctors and therapists in Neurodevelopmental Auditory Training. From 2001 to 2003, she lectured on culture & media at the University for Applied Sciences in Salzburg, Austria. She co-initiated and co-organized the congress "in:fusion – New Qualities in Healthcare" in 2004 before she assumed her current position at the Paracelsus Medical University. She is also CSO of SANOSON in Vienna, Austria and developed I-MAT[®] (Individualized Music-focussed Audio Therapies) for the treatment of psychosomatic disorders. She has published numerous articles, and presents at international conferences. Before she began her career in science, Brandes was an award-winning music producer and record company owner. Between 1974 and 1999 she released more than 350 CDs featuring a broad spectrum of international artists and promoted a multitude of concerts, tours and festivals. In 1994, she received the award for the Most Creative and Innovative Company in music and media in Germany from the Ministry of Economics. Recent book publications: "Music that works: Contributions of Biology, Neurophysiology, Psychology, Sociology, Medicine and Musicology" (English) (Co-Editor: Roland Haas; Springer Vienna, New York, 2009) "Life in Rhythm" ("Leben im Rhythmus"), (only available in German), (Co-Author Christian Salvesen; O.W. Barth Verlag, Munich, 2006).



Jorge G. Camara, M.D. "Physicians are whole people with different facets, and that is what gives us the knowledge and skills to care for our patients compassionately". Dr. Jorge Camara enjoys a multi-dimensional career that intertwines work as a board-certified ophthalmologist with accomplishments as a researcher, educator, humanitarian and classically trained pianist. His medical knowledge and surgical skill have earned the trust of Hawaii doctors and patients from all over the world, and he has applied that expertise to humanitarian efforts, receiving numerous commendation from his alma maters, the American Academy of Ophthalmology, two Hawaii governors, the Hawaii state legislature and the president of the Philippines. He has been consistently selected by his peers as one of "Hawaii's Best Doctors." Dr. Camara is a professor at the University of Hawaii John A. Burns School of Medicine, and past president of the Aloha Medical Mission (AMM), a non-profit charity organization that provides free medical and surgical services to the under-served populations in Southeast Asia. The AMM has treated over 250,000 patients, performed over 12,000 surgical procedures in the Philippines, China, Bangladesh, Vanuatu, Cambodia, Laos, Myanmar, Vietnam, and has free clinics in Hawaii. He has trained 26 international ophthalmology fellows through the auspices of the University of Hawaii and the Consuelo Foundation. Dr. Camara introduced live piano music into his operating room, scientifically studying the relaxing effect his pre-surgery performance had on patients. This landmark study was published in Medscape. He released an album, "Live from the Operating Room," awarded the Hawaii Music Awards 2010 Classical Album of the Year, and is working on a new opus entitled "Vital Signs". He has produced and performed in four major piano concerts as a benefit for the Aloha Medical Mission in Hawaii, raising over a million US dollars gross for its charitable work. Dr. Camara continues to play live relaxing piano music for his patients prior to and after surgery. 80,000 patients during its yearly medical missions to Asia, and performed over 8,000 surgical operations, many of them sight saving eye operations. Dr. Camara is distinguished nationally and internationally for his work in ophthalmic plastic and reconstructive surgery. He has presented papers at the American Academy of Ophthalmology Annual Meeting and in scientific oculoplastic meetings in the United States and lectured on techniques in ophthalmic plastic surgery in China, Vietnam and the Philippines. He directs a fellowship training program in ophthalmic plastic and reconstructive surgery for ophthalmologists from Southeast Asia. He has performed thousands of surgical procedures on the eyelid and orbit, many of them for the correction of thyroid eye disease. Dr. Camara has also pioneered in the surgical correction of blocked tear ducts using a laser.



May May Chiang, originally from Malaysia, is currently a PhD student in Ethnomusicology at the University of Maryland, College Park. Her research interests are: music and healing, Balinese gamelan music, Malaysian music, and Malaysian American music. Her MA thesis was on the subject of music and

healing. She is an active performer in Balinese gamelan music and has performed with the group Gamelan Mitra Kusuma throughout the Washington D.C., Maryland, and Virginia tri-state area. She is also a contributor to the *Encyclopedia of Asian Pacific American Folklore and Folklife* (Lee and Nadeau 2011).



D. Weldon Cochren is a music producer, songwriter, and sound designer. Mr. Cochren has worked with many recording artists and recording companies in the United States and Canada. He has studied Pentecostalism and its African/African American roots for a number of years, and has been involved in Pentecostal ministry over 33 years. Mr. Cochren has ministered and taught domestically and in Canada, South Africa, Zimbabwe, Botswana, and Ghana. Mr. Cochren's extensive experience in religion, spirituality and music are the major factors that caused him to research and investigate the possible connectivity to human wholeness. Mr. Cochren earned a Master of Divinity from Drew University in Madison, New Jersey and was granted numerous scholarships and awards. He focused much of his studies in the areas of "African-Based Religions of the Caribbean and Latin America," "Religion and Culture," "Music of the World's Religions" and "Music of the Emerging Church." Mr. Cochren has a Bachelor of Science degree in Arts Management from Empire State College, State University of New York.



Steven Cornelius is author of *Music of the Civil War Era* (2004) and co-author of *The Music of Santería: Traditional Rhythms of the Batá Drums* (with John Amira) (1992). Research specialties include the Caribbean, Ghana, and the United States. He has published in *Latin American Music Review*, *College Music Symposium*, *The Garland Encyclopedia of World Music*, and *Percussive Notes*, among others, and served from 1996 until 2006 as music and dance critic for *The Blade*, Toledo, Ohio's daily newspaper. Performances include work with the Metropolitan Opera, New York City Opera, Radio City Music Hall and others; recordings include work on the Deutsche Grammophon, CRI, Catalyst, and GM labels. He holds a Ph.D. in music from University of California at Los Angeles, and is currently a visiting professor at Boston University.



Alex Doman is the founder and CEO of Advanced Brain Technologies, a leader in the field of evidence-based brain training. His two decade career has centered on music effects research, human development, auditory perception, and neuroplasticity. Alex is the creator and co-producer of the multi award-winning Music for Babies™ music collection and collaborator or producer on more than 50 other albums and programs including Sound Health®, The Listening Program®, Music for the Mind™, and BrainBuilder®. He lectures internationally and has trained thousands of healthcare, education, and music professionals in the application of music-based listening therapies. Alex is co-author of *Healing at the Speed of Sound: How What We Hear Transforms Our Brains and Our Lives* (Hudson Street Press) Release October 2011.



Laura Dunbar has taught 10 years in the public schools. She started her career as a band director teaching instrumental music to grades 5-12 at Elmwood Local Schools in Ohio. When her family moved to Arizona, she took a K-8 position in Sedona, Arizona. The past 7 years she has been teaching general, instrumental, vocal, and steel drum music for Sedona-Oak Creek School District. Laura is currently a graduate assistant at the University of Arizona where she is working toward a PhD in Music Education. This project has been made possible by a grant from the College of Fine Arts Fund for Excellence and the School of Music Advisory Board Scholars Fund.



Abhishek Gangrade Currently, I am a student in the Molecular Medicine Master's Program at the University of South Florida. I graduated from the University of Florida with a Bachelor of Science in Biology in 2010. Interest in the relationship between music and medicine stemmed from a course called "Music and Health" taught by Dr. Miriam Zach, also my piano teacher, at the University of Florida. I had conducted research on the effects of phosphatidylserine on immune responses in Dr. Michael Clare-Salzler's laboratory at UF and was a winner of the Howard Hughes Medical Institute (HHMI) Intramural

Research Award in 2007. I also worked in the Flow Cytometry Core Laboratory and assisted in research involving the Laser-Enabled Analysis and Processing (LEAP) system under Mr. Steve McClellan at the Cancer-Genetics Institute at UF. Papers in both of these projects are expected to be published soon. Dr. Zach encouraged me to review literature on the topic of the effect of music on the production of hormones, neurotransmitters, cytokines, and peptides as an independent study.



Rachel Goldenberg is a D.M.A. candidate in vocal pedagogy at Shenandoah University. She holds undergraduate and graduate degrees in voice performance and pedagogy from Westminster Choir College. She has performed with The Banff Summer Arts Festival, Opera Nuova, Westminster Opera Theatre, Chesapeake Concert Opera, and Morpheus Theatre. As a chorister, she has sung with many of the US' top orchestras including the New York Philharmonic under such conductors as Sir Neville Mariner, Sir Colin Davis, and Lorin Maazel. Passionate about her field, Rachel continues to pursue her enthusiasm for voice research during her doctoral studies and has taken an interest in working with injured voices. Additionally, she was privileged to spend a week last summer learning from Dr. Johan Sundberg in Sweden. Although currently living in her native Canada, Rachel has most recently lived in Richmond, Virginia where she taught voice to students of all ages and styles. Several of her students have gone on to pursue music in various professional careers at the college level; she has been in demand as a guest lecturer, particularly on subjects relating to voice science, and has adjudicated at several local festivals.



Lillieth Grand, MS, MT-BC has 18 years experience as a Board Certified Music Therapist. In 2008 she was hired to develop the Music Therapy Program at Primary Children's Medical Center in Salt Lake City, Utah where she remains as Music Therapy Program Coordinator. Additionally, Lillieth is adjunct faculty for Utah State University. She holds a Bachelor of Arts in Music Education and Music Therapy from the University of Kansas and a Master of Science in Special Education from National University. Lillieth has worked primarily with children who have neurological impairment and those with medical needs. In numerous official roles, Lillieth serves the Western Region of the American Music Therapy Association. She presents at several conferences each year and was Keynote Speaker at the 2008 Brain Injury Association of Utah conference. Lillieth is the single mother of boys ages 12, 10, and 4 months. The middle child is often at Primary Children's due to severe neurological impairment. For the latter two children's births Lillieth did not require pain medication as she utilized Music Therapy Assisted Childbirth. Lillieth has personal knowledge of the power of music in medicine as a patient, parent, and practitioner.



Dr. Arthur Harvey D.M.A. has a 50 year background in music education, church music and music for health care. He has been a music professor at several universities including the University of Hawaii from which he (*semi-*) retired in 2006 after a sixteen year affiliation. He continues to teach online courses for both UHM and KCC. His Music As Therapy online course, offered through KCC, is a strong draw for music students and nursing students. He is known world-wide for his work in both educational and therapeutic applications of music, having provided training in 24 countries, as well as through his publications, recordings, performances and research as a neuromusicologist. In addition Dr. Harvey created and teaches a special online course for New York Open Center's Sound and Music Institute Facilitator Training Program. Dr. Harvey continues to be active as a musician in Florida, where he retired, playing trombone in several bands, serving as organist at a church, and directing the Happy Notes chorus. He continues to travel and provide training programs and workshops in Hawaii and other states. In September 2010 he was honored by Sounding Joy Music Therapy Inc. for his pioneering work in Hawaii related to music therapy. He was featured as one of the Wellness Forum speakers for Four Seasons Resort Spa in Maui in Fall 2010.



Donna L. Kelly, MAOTR has over 25 years experience as an occupational therapist in pediatrics. She has her NTD training, and SIPT certification. She received her master's in Occupational Therapy at NYU specializing in Assistive Technology. She has experience in treating a variety of age groups and disabilities including children and adults with developmental disabilities, cerebral palsy, early intervention, children with Autism Spectrum Disorder, and those in a rehabilitation setting. She has been the Director of Occupational Therapy at Children's Specialized Hospital since 2005. Children's Specialized Hospital has a 60 bed inpatient rehabilitation hospital as well as seven outpatient sites throughout New Jersey. Donna is

presently involved with research and grant projects including “Sensory Integration Therapy and Occupational Therapy Effectiveness with Children with Autism Spectrum Disorder” with Jefferson University, and Constraint Induced Movement Therapy with Columbia University. Donna has used music based listening programs as part of occupational therapy programs for children for over 10 years and is interested in doing research with a variety of age groups and disabilities including acquired brain injury, infants and toddlers in the rehabilitation setting and autism.



Kent Nelson, has served as an adjunct professor at Weber State University for over twelve years teaching private applied low brass, brass methods classes, and participating in numerous recitals and master classes. He also works as an instrumental music teacher at Olympus Junior High School, where he has been honored with the Granite School District Excel Award (2007), the Utah PTA Gingerbread House Festival Teacher of the Year Award (2006), and the Fulbright Memorial Fund (Japan, 2004). After serving as an assistant conductor with the Granite Junior Youth Symphony for the last 20 years, this June Kent was made the musical director for that ensemble. In addition to his teaching duties, Kent is active in the Salt Lake music scene. He continues his 20 year tenure as principal trombone with the Utah Chamber Orchestra (Ballet West) and has performed in jazz, pop, and touring show groups throughout his career. Internationally, Kent has performed in Europe and China, serving as principal trombone for the Classical Music Festival (2001-2007) in Eisenstadt, Austria. Currently, Kent is pursuing his doctorate in music education from Boston University (ABD) where his dissertation topic is on music and dyslexia. He holds a master’s degree from the University of Cincinnati’s College-Conservatory of Music in trombone performance and a bachelor’s degree in music education from the University of Utah. Kent is a member of The National Association for Music Education (MENC), International Trombone Association (ITA), and the American Federation of Musicians, Local #104. Kent resides in North Salt Lake with his wife, Denise, also an active trombone player, and his step-son Christopher.



Jeffrey S. Reber is Associate Professor of Psychology at Brigham Young University. His Ph.D. is in general psychology with a dual emphasis in social psychology and theoretical/philosophical psychology. His research interests include critical thinking about psychology, the relationship between religion and psychology, the meaning and possibility of altruism, and relational social psychology.



Peter Reschke is a senior at Brigham Young University, completing a double major in Psychology and Music, with a minor in Spanish. He has worked extensively in assessing the theoretical nature of music-emotion literature. Aside from conducting research as part of Dr. Jeffrey Reber's team, Peter has been a featured performer at BYU as a member of the elite Synthesis Jazz Band, in which he plays saxophone and clarinet.



Jordan Roper is an undergraduate student at Brigham Young University. He is pursuing a bachelor’s of music in Sound Recording Technology with a minor in Psychology. Jordan is an active musician and a competent recording studio engineer. He enjoys playing piano, drum set, singing, songwriting, arranging, producing, and mixing. He has recorded on several album projects and traveled nationally and internationally as a sound engineer for the BYU Young Ambassadors. His research interests include the social psychology of music, music and emotion, music and human development, and musical meaning. Jordan intends on pursuing a master’s degree in music psychology and a PhD in Counseling Psychology. He is fascinated by the connection between music, emotion, and the human experience.



Dr. Joseph Ruskowski is an instructor in the Music Department at the University of Hawaii, teaches music technology at The University of Hawaii’s Pacific New Media, and is music director at the Honolulu Waldorf Schools. He is the former Assistant Professor of Music Technology at the University of Hawaii, and assistant band director at Hawaii Pacific University. Dr. Ruskowski is a well-known consultant in Hawaii, and his services are available from his company, “MusicTechPro.” He is a 1990 graduate of Temple University in Philadelphia with a Bachelor of Music Education degree, a 1993 graduate of the University of Wyoming with a Master of Music degree, and a 2006 graduate of the University of Hawaii with a Ph.D. in Music.



Peter Sanders is a Psychology student at Brigham Young University. His research interests include: critical examination of the philosophical assumptions of psychology, relational methodologies, anxiety disorders, and substance abuse treatment. He has presented research at the Rocky Mountain Psychological Association Conference about the validity of Psychology of Religion research for religious populations. He currently teaches substance abuse classes for the State of Utah Corrections Department. He has worked in family psychology and supervised visits of non-custodial parents with

their children



Crystal Guy Sieger received her BM from the Ohio State University and her MM from the University of Arizona in Tucson. She is currently working on a PhD in Music Education at the University of Arizona, with a minor in horn performance, and serves as coordinator of the UA Outreach Honor Band for local middle school students. Ms. Sieger has been horn instructor for the Crane Youth Music Summer Camp for five years. She is also principal hornist for the Sierra Vista (AZ) Symphony Orchestra and the Southern Arizona Symphony Orchestra, and has taught instrumental music in the Sunnyside Unified School District in Tucson for 11 years. Ms. Sieger's research interests lie primarily in Music Performance Anxiety (MPA), specifically that which is experienced by pre-college music students and their relationships with their school music teachers regarding that anxiety. She has presented MPA research at the Arizona Music Educators Association

Conference, the Desert Skies Symposium on Research in Music Education, and the Instrumental Music Teacher Educators Colloquium for Teachers of Instrumental Music Methods.



Malinda Tall, MM., R.N. attended the University of Utah as a student in piano performance, where she studied with Dr. Bonnie P. Gritton and graduated in 2004 with her Masters of Music. She currently works at Weber State University as adjunct faculty as well as for the prep school. Malinda has had the opportunity to perform in many areas throughout the world. They include performances with the VNOB orchestra in Vietnam, the Royal Academy of Music in Glasgow Scotland, (where she was chosen by Nelita True to perform in a recital of selected musicians), the Jerusalem center in Israel, and various performances in Great Britain, Frankfurt Germany, the Heidelberg castle, Europe, Hungary, and Austria. Malinda has been a member of the peer jury for the Gina Bachauer International piano competition, performed & given a Master class at Brigham Young University of Idaho, taught at risk children in public schools in the Salt Lake City

area, as well as participated and placed in various piano competitions in California and Utah. Malinda has served as the Vice President of the University of Utah Mu Phi Epsilon student chapter as well as the Historian. She recently graduated from the Weber State University School of Nursing, where she was the Treasure for the student chapter. She hopes to use her talents and skills in both areas to combine music and medicine in her future endeavors.



Tara Whiting. I graduated with my Bachelors of Integrated Studies in Music, Psychology, and Social Work. Music has been very influential in my life. I am currently an independent scholar and I love playing the flute and singing. I enjoy the outdoors, reading, traveling, and finding out about other people and cultures. I am currently a homemaker and raising my 4 year old and 6 month old. I enjoy spending time with my family. My plans for the future would be to continue my education and to never stop learning about the world around me. Love, laugh, learn.



Miriam Zach, Ph.D. musicologist, organist, and harpsichordist, is Assistant Professor of Music in the Honors Program at the University of Florida where she teaches Music History, and Music and Health courses. She serves as Director of Music/Organist at St. Michael's Episcopal Church, and Associate Organist at First Lutheran Church. After completing degrees at Northwestern University and the University of Chicago, she lived in Germany teaching piano at the Universität Bielefeld, singing in the Kantorei St. Nicolai in Lemgo, was organist for the British Army of the

Rhine-Church of England, and toured Europe with her husband, Dr. Mikesch Muecke with whom she edited the book *Resonance: Essays on the Intersection of Music and Architecture* (2007), and with whom she will be teaching in Rome, Italy during Spring semester 2011. Miriam was named International Woman of the Year (1992 & 1997) by the International Biographical Centre in Cambridge, England for her distinguished service to music. Her CD *Hidden Treasures: 300 Years of*

Organ Music by Women Composers was recorded in 1998 in Princeton University Chapel and her book *For the Birds: Women Composers' Music History Speller* was published in 2005 by lulu.com. As founder of the International Women Composers Library (www.iwclub.org) she is Creative Director of annual international festivals which have been crossroads for networking among women composers and their advocates.

Closing remarks by Don Campbell



Don Campbell is a recognized authority on the transformative power of music, listening, and **The Mozart Effect®**. In Campbell's unique view, music is not only a rich and rewarding aesthetic experience but an easily accessible bridge to a more creative, intelligent, healthy, and joy-filled life. His singular mission is to help return music to its central place in the modern world as a resource for growth, development, health, and celebration. Campbell's roots - ranging from a South Texas boyhood steeped in the musical heritage of the Methodist church, to the rarefied setting of **Nadia Boulanger's** American Conservatory in Fontainebleau, France - could easily have led to a traditional career as a performer, composer, music researcher, educator, critic, theorist, therapist, or teacher. But Campbell, traveling the world for 35 years with an uncommon sense of openness and understanding about music's place in our lives, has taken a different path. Campbell

describes himself simply as a man who has "listened to the world." Yet his experiences, including the profound influence of the pioneering work of French researcher **Dr. Alfred Tomatis**, have led to a renaissance body of work.

Campbell is Acoustic and Musical Director of Aesthetic Audio Systems, an innovative company that provides quality music to healthcare facilities and for the last three years lectured to audiences of the Boulder Philharmonic Orchestra on how music can affect learning, health, and other aspects of our lives.

Musical Performances

Quintessence



A newer musical ensemble, Quintessence was formed in the August of 2010. As the name suggests, the group features 5 principle brass performers from all over the country who now attend Weber State University in Ogden, Utah. These guys love performing a plethora of music ranging from classical to jazz. This set features an original composition by a terrific up and coming composer - Quintessence's very own Jacob Shaw.

Dawi Drumming Ensemble



culture and assist the heartland, Mother Africa.

Dawi (pronounced Da-wee) is a collective of drummers and dancers that greatly enjoys West African folk music. Dawi is a Susu word from West Africa that literally means "crazy". Drumming and dancing is a connection, a form of communication, and a fun way to build a community. Dawi has drummed for the U.S.U. West African dance class for five years. The group's collective effort is to support our surrounding community and support African Teachers. We share what we learn and perform for a variety of benefit events throughout the year. Dawi hopes to contribute to the preservation of the West African culture by sharing and demonstrating what we have learned, hoping that others will also join the effort to preserve

Arthur Harvey, D.A.M.



Dr. Harvey has a 50 year background in music education, church music and music for health care. He has been a music professor at several universities including the University of Hawaii from which he (*semi-*) retired in 2006 after a sixteen year affiliation. He continues to teach online courses for both UHM and KCC. His Music As Therapy online course, offered through KCC, is a strong draw for music students and nursing students. He is known world-wide for his work in both educational and therapeutic applications of music, having provided training in 24 countries, as well as through his publications, recordings, performances and research as a neuromusicologist. In addition Dr. Harvey created and teaches a special online course for New York Open Center's Sound and Music Institute Facilitator Training Program. Dr. Harvey continues to be active as a musician in Florida, where he retired, playing trombone in several bands, serving as organist at a church, and directing the Happy Notes chorus. He continues to travel and provide training programs and workshops in Hawaii and other states. In September 2010 he was honored by Sounding Joy Music Therapy Inc. for his pioneering work in Hawaii related to music therapy. He was featured as one of the Wellness Forum speakers for Four Seasons Resort Spa in Maui in fall 2010.

Joseph Ruszkowski, Ph.D.



Dr. Ruszkowski is an instructor in the Music Department at the University of Hawaii, teaches music technology at The University of Hawaii's Pacific New Media, and is music director at the Honolulu Waldorf Schools. He is the former Assistant Professor of Music Technology at the University of Hawaii, and assistant band director at Hawaii Pacific University. Dr. Ruszkowski is a well-known consultant in Hawaii, and his services are available from his company, "MusicTechPro." He is a 1990 graduate of Temple University in Philadelphia with a Bachelor of Music Education degree, a 1993 graduate of the University of Wyoming with a Master of Music degree, and a 2006 graduate of the University of Hawaii with a Ph.D. in Music.

Judith-Kate Friedman



An award-winning vocalist, songwriter, and producer who performs and teaches internationally. She is founder and director of the Songwriting Works™ Educational Foundation and originator of Songwriting Works' approach to restoring health and community through collective songwriting and performance. Ms. Friedman has composed hundreds of songs with older adults and caregivers across the continuum of

physical, cognitive and mental health. Her work with elders at the Jewish Home San Francisco was featured in Nathan Friedkin's documentary "A 'Specially Wonderful Affair'" and is the subject of Dr. Theresa Allison, MD Music's study "Songwriting and Transcending Institutional Boundaries in the Nursing Home" (Oxford Handbook of Medical Ethnomusicology, Oxford University Press, 2008). Friedman recently authored the book chapter "Enhancing Brain Health and Fitness through Collaborative Musical Composition and Performance" which will be published this summer in *Cognitive Fitness: A Guidebook*, forthcoming on Springer Business & Media. Songwriting Works is honored to have received the 2007 MetLife/American Society on Aging Mind Alert, 2008 Blair Sadler/ Society for Arts in HealthCare International Healing Arts and 2010 Rosalinde Gilbert Innovators in Alzheimer's Caregiving Legacy awards and a 2009 National Endowment for the Arts Creativity and Aging in America grant.

Malinda Tall, MM., R.N.



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Stick Shift



The Stick of a violin bow is the long wooden part. To Shift on a stringed instrument requires movement of the left hand up or down the steel wound strings. StickShift was created in 2008. Alan Watts (leader, fiddle, guitar, vocals) Taylor Malmrose (Bass, piano, vocals) Ben Yuill (Banjo, mandolin, fiddle, vocals) Kylan Seely (Guitar, electric guitar, Vocals). We are all students at Weber State University, with a variety of majors and minors. We regularly perform at Manor Care Residential, and Washington Terrace Rehabilitation Centers. Saturday mornings find us rehearsing in the Browning Center at

WSU. One of the most recent quotes from our listeners is: "At first when I saw the banjo I didn't know what to expect, but when you started playing I enjoyed every minute of it."

SYNKOFA



SYNKOFA plays Celtic Jazz, which incorporates the roots of Celtic music and the spirit and soul of the American Jazz idiom. They perform original and traditional pieces that demonstrate these musical roots using some innovative musical treatments and arrangements. Syn-ko-fa is derived from "sankofa" and the Adinkra meaning "go back and get" or remember the good from the past and bring it forward. Akans believe that our wisdom and knowledge from the past must not be forgotten. Going back to our roots, recollecting the best of our past, we can find a way to build a healthier, better future. The idea that versatile violinist Theresa Ellis started with her original group Ellis & Franklin developed to self-coined "Celtic Jazz" back in

the 1990's. She says, "No one was performing this genre of music back then, but the general idea was not so much the jazz style on every Celtic piece, but to 'jazz it up' and use all sorts of styles, Celtic-rock-n-roll, Celtic-new age, Celtic-orchestral or Celtic-classical, even Celtic-jazz, you get the idea." Looking back, Theresa continues her ideas for "innovating the roots of music" with her new group, SYNKOFA, in the truly American way - combining jazz treatments and influences with many other music genres. The resulting progression, SYNKOFA is an amalgamation of the old and the new. "This is not a new treatment, but an evolution," says Theresa. In her development she hopes to cultivate research about certain keys, notes, frequency, harmony, colors and timbres and their relationship to the human body, mind and spirit and the healing impact of their live music performances. Featured with Theresa Ellis in SYNKOFA is Martha Colby, a violoncellist and singer/songwriter from New

York City, now living in Eden, Utah. Her music starts from an acoustic background, and often moves into a jazz or rock jam. One of her original pieces O'Gunther will be performed in their debut concert, and is described as an Arabian Rock 'n Roll piece. Austin Weyand, finger style guitarist and composer, holds a Master's Degree in Jazz Studies from Northern Illinois University. He was soloist with Utah State Symphony Orchestra and has his own band called Austin Weyand Band that plays folk/rock styles. He will amaze you with a lightning speed rendition of a tune called Gravel Walk from his CD recording Too Much Information. Notable upright and electric bassist and guitarist, Steve Wesson, was one of the original members of Ellis & Franklin. He will pick up where he left off with Theresa and the gang. From Salt Lake City, he also performed with the Jarman/Kingston Trio (now Quartet), and with solo cellist Gayle Smith, and the legendary fiddler Darol Anger. Original pieces from E&F composers, Jim Logue and the late James Franklin Anglesey, had an orchestral backdrop which was reproduced with new-at-the-time electronic equipment. SYNKOFA however, will do acoustic-only re-arrangements of pieces from the Ellis & Franklin Traveler album with their new works.

Weber State University Chamber Orchestra



The Weber State Chamber Orchestra is comprised of some of the best performers in the Weber State Symphony Orchestra program. The 37-member ensemble is the traveling and recruiting arm of the orchestra program, and also performs as the opera orchestra every other year when an opera is mounted. The orchestra normally rehearses two hours per week during the school year. In addition to playing for the opera the orchestra's performances have in the past ranged from accompanying the All-State Choir performances, to traveling to high schools to give concerts during spring break. May 15 through 23 the Chamber Orchestra traveled to Beijing, Tianjin, and Shanghai, China, where they presented a series of concerts at various universities and music academies. Dr. Michael A. Palumbo, Director of Orchestral Studies and Professor of Viola at WSU; conducts the orchestra.