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## Professor Harvey Promotes the Healing Power of Music

*by Kristen Cabral, External Affairs and University Relations*



Arthur Harvey, an assistant professor of music and coordinator of music education, lives out his commitment to service and his passion for studying the healing power of music and its effect on the brain. Besides teaching on the UH Manoa campus, he plays piano and sings weekly for long-term patients at Le'ahi Hospital. He speaks to the American Cancer Society, National Alliance for Mental Illness and other organizations. He serves as director of music and worship at Calvary by the Sea Lutheran Church in Honolulu.

In all these venues, Harvey shares his research on the effect of music on the brain. "I have always been very interested in figuring out why music affects people so powerfully," he explains. He has published extensively on the therapeutic powers of music, the benefits of music in working with special needs students and the use of music to improve and increase learning capabilities. His book, *Learn with the Classics: Using Music to Study Smart at Any Age*, and accompanying music CD offer tools and techniques for improving learning skills.

Music can stimulate various parts of the brain, providing stress relief, lowering blood pressure and affecting moods, Harvey says. Music provides distraction from discomfort during childbirth and eases pain after surgery. It produces a positive impact on patients with severe ailments, including seizures, Parkinson's disease and schizophrenia.

Music also appears to have a significant impact on development of the human brain and intelligence, he adds. It has been shown to enhance students' cognitive development, critical-thinking skills, problem-solving abilities and communication and social skills.

Music has always been a major influence in Harvey's life. He graduated from high school at age 15 and college at 19. He plays more than 30 instruments, including the piano, organ, trombone, euphonium and trumpet—"not all of them equally well," he admits. A great-grandfather, he pursues the power of music "outside the borders of traditional music education." Service in this area is his greatest passion, he says. "It's the unique contribution I've made to the state and the university."