



A Series of Title Pages of Workshop Powerpoints

And

Some Slides

Representative of Workshop Topics

And Content

Sound, (Music) and Medicine

A Panel Presentation by

Dr. Arthur Harvey

For the

Global Sound Conference

Los Angeles - Marina del Rey Marriott

May 9, 2008

Music As Therapy
The WHYs, WHATs...and HOWs

A Presentation by

Dr. Arthur Harvey

Music for Health Services

For the

Globe Sound Healing Conference

Clarion Hotel - San Francisco

May 3, 2008

Music for Health and Wellness

A Presentation by

Dr. Arthur Harvey

For the

Hawaii State Consortium

for

Integrated Health Care

2:00 - 4:30 pm

Saturday, March 31, 2007

***“A Roadmap to Understanding the Roles
Music can play in Preparedness for Meeting
the Needs of the Elderly”***

A Presentation by

Dr. Arthur Harvey BS, MM, DMA

For the

Second Annual Medical May Day Conference 2008

Paramus, New Jersey

***Challenges and Effective Preparedness Strategies for
the Delivery of Care for the Elderly***

Friday, April 16, 2008

Music: A Friend for Life

A Presentation by

Dr. Arthur W. Harvey

Neuro-musicologist, Music Therapy Researcher & Educator

For

Sounding Joy Music Therapy in Maui

5:00 - 7:30 pm

Wednesday, March 12, 2008

The Use of Music in Cancer Care

*A Perspective by
Arthur Harvey B.S., M.M., D.M.A.
Music for Health Services
Sounding Joy Music Therapy Inc.
And
Kimo Hussey and Ho'omalie
Pacific Music Foundation*

*Music's Effect on Lives of Youth
and Families*

A Presentation by

Dr. Arthur W. Harvey

Neuro-musicologist, Music Therapy Researcher &
Educator

For

Sounding Joy Music Therapy, Inc.

2:00 - 4:00 pm

Tuesday, March 4, 2008

The Roles of Music in a Surgical Setting

*A Perspective by
Arthur Harvey B.S., M.M., D.M.A.*

*For the
St. Francis Medical Center
Laser Tear Duct Center
Thursday May 19, 2005*

Music and Stress Management



Dr. Arthur W. Harvey
Music For Health Services
University of Hawaii at Manoa

*Is There A Connection Between
Music*

and ...

Medicine?

*What do Doctors say about
Sound,*

Music

and Music Therapy?

A Media Overview

Recent Developments in Music and Medicine

Doctors formed organizations like the...

ISMIM (International Society for Music in Medicine)

PAMA (Performing Arts Medical Association)

IAMA (International Arts Medicine Association-not functioning)

Biology of Music Making Inc. (Conferences & Publications)

Physicians are writing books on Music and Sound Healing

Medical Schools are including Arts Medicine in programs

such as:

Mind-Body medicine

Psychoneuroimmunology (PNI)

Complementary & Alternative Medicine (CAM)

Medical researchers are working with Music and Music

Therapy researchers.

A Pilot Study: The Impact of Heartbeat Music As an Intervention in Cardiology

Research Team

Arthur W. Harvey, D.M.A. *Principal Investigator*

Pon-Sang Chan, M.D.

Kathleen Kromer Baker, Ph.D.

Joe Ruszkowski, Research Associate

Michelle Wong, Research Assistant

Chris Smith, Research Assistant

FOCUS OF STUDY

Purpose: To examine the effectiveness of “heartbeat” music intervention on cardiac patients’ physiological health outcomes, utilizing recordings created with heartbeat, keyboard, and voice. Songs were in Japanese, Chinese and Hawaiian.

Based on Consideration of

Music and heart rate changes

Emotional factors (anxiety, stress) and music

Age and familiarity of music

Cultural familiarity and music

Island Sounds Healing Heart

A Heartbeat CD that I created for
Senior Hawaiians with Alzheimer dementia

- ...Request by Alu Like for ...Selection of Hawaiian repertoire-Familiar with Impact of music from their youth & early 20s
- ...Heartbeat tempos selected-Rhythmicity
- ...Timbre and range of instruments & Voice
- ...Dealing with Entrainment & Habituation
- ...Sequencing, Mixing & Mastering for therapeutic effect

Resources Available through MFHS

www.musicforhealthservices.com

CDs - Music for Health and Wellness - 2 CD set

“Bach for the Morning”; “Handel for the Evening”,

CD *“Island Sounds - Healing Heart”*

Book & CD - LEARN WITH THE CLASSICS

and others.....

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Is Sound Therapeutic?

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Singing is therapeutic - from a child

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***Is There A Connection Between
Music***

and ...

Medicine?

What do Doctors say about

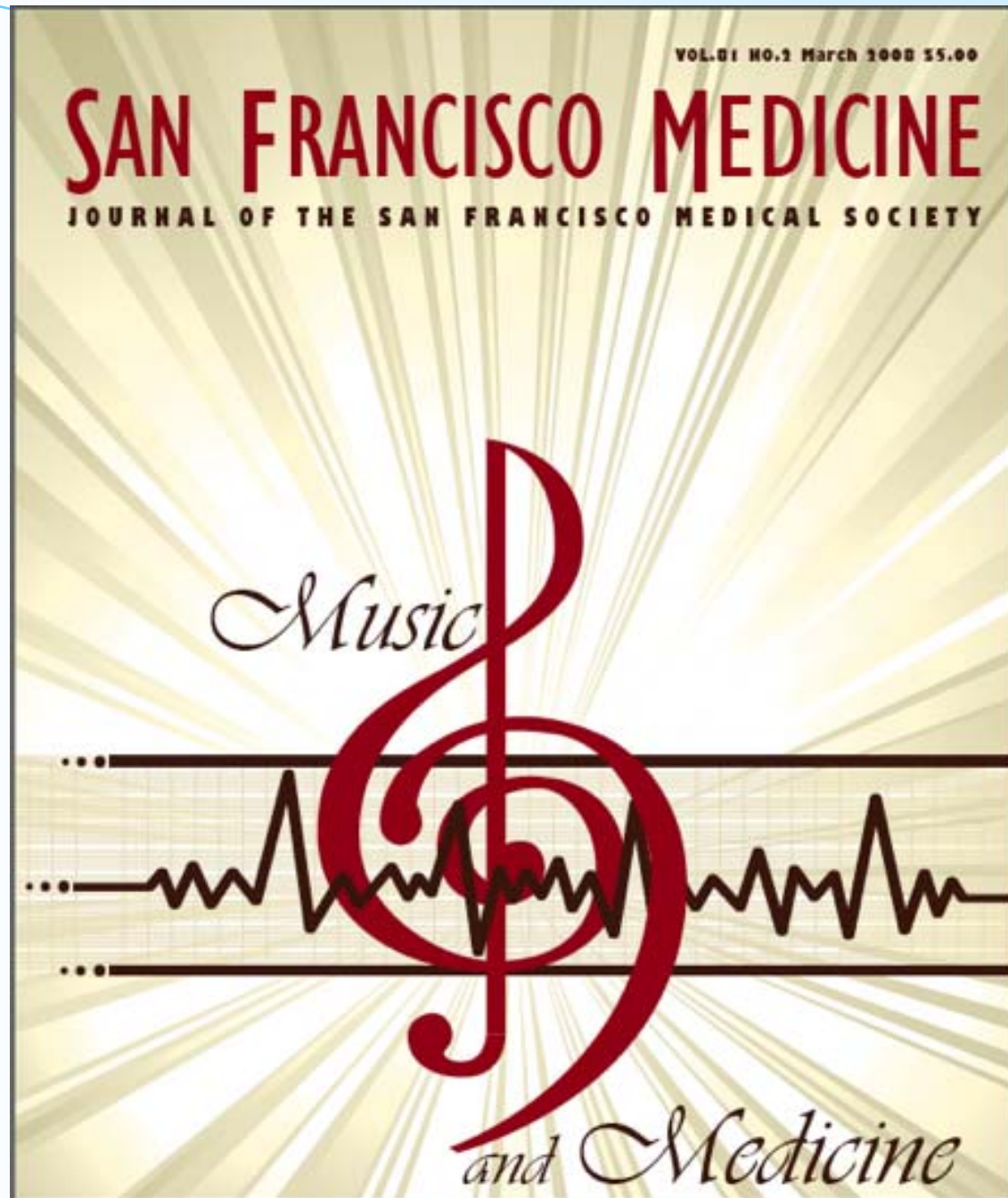
Sound,

Music

and Music Therapy?

A Media Overview

March
2008



Music 'aids the healing process'

By Pallab Ghosh BBC News science correspondent

- **Listening to music makes us feel better - but many doctors are now beginning to believe that it does much more.**
- **There is emerging evidence that it can bring about physical changes to the body that can improve our health.**
- **The Chelsea and Westminster Hospital in London has regular performances - and has seen impressive results.**

Continued...

- A scientific study by the hospital has found that patients who listen to live music need less drugs and recover more quickly than those who do not.
- “We are approaching the point where a doctor would legitimately be negligent not to actually recommend music as a therapeutic intervention”, believes Professor Paul Robertson.
- According to Dr Rosalia Staricoff, who carried out the study, there is growing scientific evidence that music aids physical changes which can help heal the body.
- She said: "The physiological benefits have been measured. Music reduces blood pressure, the heart rate, and hormones related to stress."

Three Applications:

Neonatal ICU, Alzheimer's, Parkinson's

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Live music calms premature babies

Playing live music helps sooth premature babies being cared for in neonatal units, researchers have found.

- An Israeli study, presented to the British Psychological Society conference in Leeds, found live music was more effective than recorded.
- Babies slept more deeply and had a reduced heart rate after hearing the female voice and harp piece live.
- The researchers say neonatal units should use live music, such as mothers singing lullabies, to help babies. Music should be played in neonatal intensive care units, believes Dr Shmuel Arnon, Researcher.

Continued...

- The researchers, from the Meir Hospital in Kfar-Saba, Israel, compared the effects of 30 minutes-worth of no music, recorded music and live music on 15 premature babies.
- The babies were then monitored for 30 minutes.
- It was found that babies slept significantly more deeply and had a reduced heart rate after hearing the live music. Dr Shmuel Arnon, who led the research, told BBC News Online: "It could be that the live music is different to recorded music in its timbre, its echo, and other variables that could influence the baby."
- "I think music should be played in neonatal intensive care units. Babies would benefit from around half an hour's music a day."

Another research report

Dr. Matthew Lee and Dr. Sacks

Giving testimony in support of Music Therapy
at 1991 Senate Hearing

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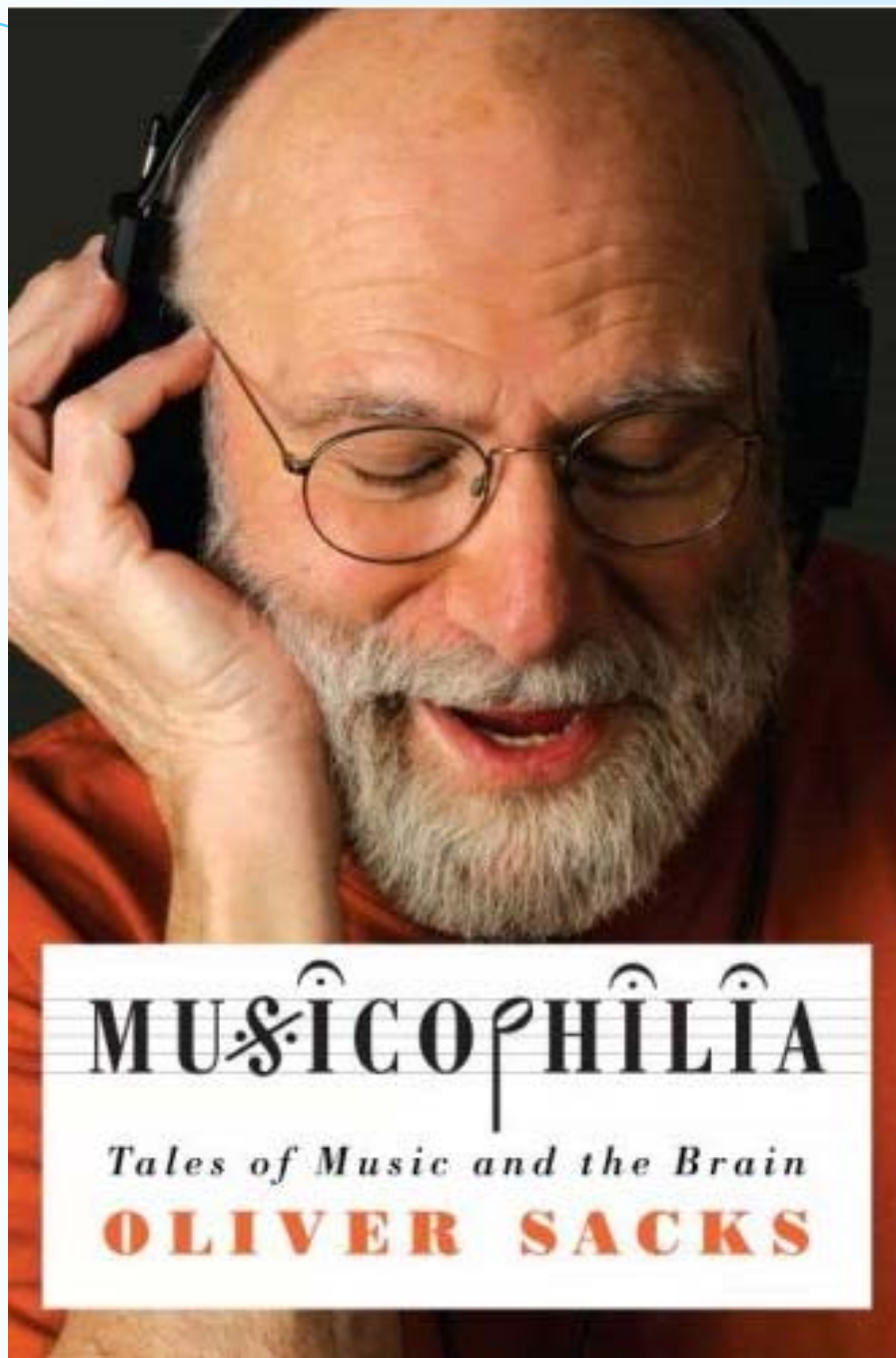
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**Dr.
Sacks
latest
book**



Dr. Lee at Conference in Hawaii

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Dr. Barry Bittman
Mind-Body Medicine

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Doctors using Music for Surgery

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Doctor playing flute for Psychiatry

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***Dr. Gaynor discussing sound
therapy in his Clinical practice***

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Music Therapy helps Stroke Patient

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Music as Therapy for Asthma

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Music and Anxiety Reduction

“Anxiolytic music is music that produces desired psychological and physiological effects that result in the reduction of anxiety.”
Ralph Spintge, M.D.

Applications in:

- Preoperative Period
- Intraoperative Period
- Postoperative

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such as:**

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Therapy researchers.**

Music is Medicine for the Heart

David Todres M.D. Chief, Pediatric Ethics Unit,
Massachusetts General Hospital (MGH), Boston, MA,

“Music has been shown to affect physical, emotional, cognitive and social needs of individuals of all ages.”

Music, effective in blunting pain, works through the gate-control theory of pain by acting as a competing stimulus that distracts the patient and directs the patient's attention away from the pain, thus modulating noxious stimuli. Music also increases endorphins which block pain receptors of Substance P (carrier of pain messages to the brain)

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PSYCHONEUROIMMUNOLOGY

*A Medical Perspective that gives place for **MUSIC** first*

“PNI” – Psychoneuroimmunology

‘Psycho’ = Emotions, Feelings, Moods (facilitated by Music)

‘Neuro’ = Brain cells - Central Nervous System

‘Immunology’ = the functioning of the immune system

“It seems, music changes the biochemistry of body, balances the enzymes, and affects directly cells and molecules by making specific frequencies. So, it can be harmful to choose an unsuitable music.”

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