
Volume 3 No. 6,
September-October 2014

Faculty of Music
University of Toronto

Cheryl Jones, PhD Music Student, Features in *Allison's Brain*



Cheryl Jones,
Neurologic Music Therapist

Allison Woyiwada discovered in 2011 that she had a major brain aneurysm. Following a 12 hour surgery and a 10 day induced coma she woke with severe cognitive and physical deficits. "She had no motor skills, no speech, and appeared to have no memory. It was all quite shocking. We became accustomed to the new reality," recalled Bob McMechan, Woyiwada's husband (CBC). Before her brain surgery she was a music teacher at Hopewell Elementary School in Ottawa and an avid pianist. Her recovery was strongly supported by music therapy given by Cheryl Jones, Neurologic Music Therapist and PhD

student at the University of Toronto, Faculty of Music. Cheryl used melodic intonation therapy developed by Michael Thaut and Gottfried Schlaug, both of whom have recently presented talks at the University of Toronto. Allison's story is told in a recently published book, *Allison's Brain*, and has been featured on several CBC broadcasts.

The recently published book *Allison's Brain* is available on Amazon:

<http://www.amazon.ca/Allisons-Brain-Robert-McMechan/dp/1460251784>

CBC News stories on Allison:

<http://www.cbc.ca/news/canada/ottawa/music-unlocks-teacher-s-voice-in-brain-aneurysm-recovery-1.2774330>

<http://www.cbc.ca/thecurrent/episode/2014/09/24/allisons-brain-documentary/>

Recent talk by Michael Thaut at University of Toronto

<https://www.youtube.com/watch?v=VnuQpSPsjIk>

Recent talk by Gottfried Schlaug at University of Toronto

<https://www.youtube.com/watch?v=DFTltPpPFvU>

Bev Foster wins CIHR Poster Competition



Bev Foster, Faculty of Music MA student focusing on music and health, recently completed a major study of music care in long-term care facilities in Canada. The mixed method study, supervised by Lee Bartel, began in Stage One with 24 interviews with leaders in five Revera long-term care homes. Stage Two Involved a questionnaire to a stratified cross-Canada sample of 50 long-term care facilities.

Bev presented the findings of the study in a poster entitled **“Music Care in Canadian Facility-based Long Term Care”** at the Canadian Association of Gerontology conference in Niagara Falls, October 16 -18. The

interdisciplinary conference was attended by 650 people from across Canada. The research poster presentations at the conference were organized and sponsored by the CIHR Institute for Aging. The poster competition was judged in three categories – Masters, Doctoral, and Post Doctoral. Bev was selected as the winner in the Masters category.

The full report will be available soon.



Bartel Cross-appointed to Rehabilitation Science

Lee Bartel, Acting Director of MaHRC, was recently cross-appointed as Professor in the Graduate Department of Rehabilitation Science. He was welcomed to the department by Chair of the Department, Dr. Katherine Berg at the Rehab Rounds on October 2. Bartel presented a talk at the rounds on the topic of “A Model of Music Effect for Therapy.” On October 6 Bartel presented a workshop at the University of Toronto Psychiatry Department, Mindfest, and on October 7 he presented a talk on Music and the Brain to the Toronto Ravel group – a “diverse group of music and media professionals who gather once a month to study great orchestral music – just for the love of it.” Earlier on September 26 he presented a talk on Music and Aging at the Fredericton NB conference on Excellence in Aging Care.

Conference Board of Canada Organizes an “Imaginarium” on Vibration in Toronto

On December 1 and 2 the Conference Board of Canada is hosting an “Imaginarium” workshop at the Evergreen Brickworks in Toronto. The event focuses on three dimensions – nature, light, and sound. The Imaginarium is a community that seeks to inspire, envision, and realize new possibilities that can potentially transform our way of living and quality of life. Modeled on, and strategically partnered with, The Swellness Movement™ in the United States, the Imaginarium is dedicated to creating a space whose primary purpose is to imagine a new future and generate ideas that can be taken out to the world. The Imaginarium harnesses the imagination so that old problems can be seen through new lenses and wholly new thinking. The half-day focused on nature will be lead by John Zelinski from psychology at Carleton University. The half day focused on light is lead by Brian Wilson from laser biophysics at the University of Toronto and the half day on sound is lead by Lee Bartel, MaHRC. The focus on sound will feature the potential for rhythmic sensory stimulation with a demonstration of the Sound Oasis VTS1000 sound therapy unit.



The Conference Board
of Canada

Le Conference Board
du Canada

THE
**SWELLNESS
MOVEMENT**



The Imaginarium

A Space for New Musings, A Time for New Beginnings

The objectives of the Imaginarium are:

- To learn about new developments in using nature, light, colour, sound, and vibrations to improve health and well-being.
- To stimulate your thinking in a different way and be part of a place where imagination can set the pace for the future.
- To build new relationships and network with peers from multiple sectors
- To produce and share 100 new ideas on services or products that can potentially transform our way of living and quality of life.

For more information on the Imaginarium go to:

http://www.conferenceboard.ca/Libraries/PUBLIC_PDFS/hipe_imaginarium_brochure.sflb

http://www.conferenceboard.ca/Libraries/PUBLIC_PDFS/hipe_imaginarium_agenda.sflb

Attendance is by invitation only. To be considered for invitation please contact Lee Bartel at: lbartel@chass.utoronto.ca

Neuroscience of Creativity at ICUC

On Saturday January 31 University of Toronto Faculty of Music is hosting the first Interdisciplinary Colloquy to Understand Creativity (ICUC). Speakers at the full-day event that is set at the start of the New Music Festival will cover topics from perspectives



in business, integrative thinking, religion, music education, philosophy, music composition, improvisation, and neuroscience. A look at the neuroscience of creativity will be presented by Oshin Vartanian, Defence Scientist at Defence Research and Development Canada, Adjunct Professor of Psychology at UTS, and Co-editor of the book, *Neuroscience of Creativity*. His particular interest is in neuroaesthetics.

Dr. Thenille Braun Janzen: New MaHRC Post Doctoral Fellow



Thenille Braun Janzen recently completed her PhD in a joint PhD Program at Macquarie University and the University of São Paulo (Brazil). Her research area involves human timing and expectancy in music. She has a Bachelor of Arts in Music and a Master's degree in Neuroscience from the University of São Paulo. At Macquarie University she was working under the supervision of former U of T Professor William F Thompson. Dr. Braun Janzen has been appointed to a two-year Connaught Post Doc position focused on Music and Sound Stimulation in Major Depressive Disorder and in Fibromyalgia. She will be working with teams at Mt Sinai Hospital and at the University

Health Network. Dr. Allan Gordon, Director of the Wasser Pain Management Centre at Mt Sinai, and Dr. Sidney Kennedy, Professor of Psychiatry and Psychiatrist-in-Chief at the UHN, will share supervision responsibilities with Lee Bartel. Welcome to Toronto Thenille.

Music & Health MA and PhD Open for Applications

The new Music and Health MA and PhD tracks have been officially approved and are set to receive applicants this fall. Students will focus on the multi-faceted intersection of

music and health through multi-disciplinary lenses. The core requirements will establish breadth of understanding of the field by providing a cultural, neuroscience, social science, and an applied perspective. To expand the understanding and application of music in contexts of health, students in the Music and Health field will be encouraged to pursue complimentary disciplinary studies such as neuroscience, psychology, rehabilitation science, including Collaborative Programs such as the two programs with which the Faculty of Music is now associated, Collaborative Program in Neuroscience and the Collaborative Program in Aging, Palliative and Supportive Care across the Life Course.

For application information please see the following:

<http://www.sgs.utoronto.ca/calendar/Pages/Programs/Music.aspx>

Research Feature:

Bridgepoint – Music Optimization Study Update



October saw the beginning of the data gathering phase of the Bridgepoint Music Optimization Study. This study is developed through MaHRC and the Bridgepoint Research Collaboratory, financially supported by the Bridgepoint Foundation, and is being conducted by Bev Foster, Room 217 Foundation, and Dr. Michelle Nelson of Bridgepoint.

Purpose

The overarching purpose of this study is to explore how music can be optimized in complex care environments, supporting improved quality of life and outcomes for patients with multiple chronic conditions. Research objectives are:

1. To examine how the Music Care approach informs and provides a framework for music optimization at Bridgepoint Health.
2. To examine feasibility of music care in complex rehabilitation and care.
3. To identify possible strategies for music optimization within purposely built complex care facilities such as Bridgepoint Hospital.

Research Question

How can music be optimized at Bridgepoint?

Impact

Bridgepoint Active Healthcare as a test site to develop the concept and framework of Music Care related to music optimization and people with multiple chronic conditions needing complex care. It will support a music optimization plan for specifically designed complex care environments such as Bridgepoint Active Healthcare.

Design

The design of this project includes a literature review and primary data collection activities. A variety of data collection approaches will be implemented in order to gain information from various Bridgepoint Health stakeholders. Data gathering includes four main activities during the month of October:

- i) **Charrettes** – gathering ideas from sound, music and design experts from the community-at-large at two focus group events
- ii) **Musical café** – gathering ideas from patients and family members at an afternoon focus group and musical performance
- iii) **Electronic questionnaire** – gathering ideas from staff online through a survey
- iv) **Ideas box** – gathering ideas from EVERYONE in the halls of Bridgepoint on every unit and information areas

Music care is an approach to caregiving which allows the healing principles of sound and musical effect inform our caring practices. Music care is not a specific practice, but rather a paradigm within which music is inherently understood to be part of life, playing an integral role in all aspects of caregiving and care settings. Music care is intended to be person-centered and improve quality of care, contributing to overall culture change in health care.

Domains of Music Care: Music care is comprised of informed and intentional music implementation and music integration throughout care delivery in any setting. The music care approach comprises ten domains of music delivery. These domains are

Domain	Key highlights
Community Music	Outside musicians or entertainers invited in care setting
Music Care Specialties	Specific music training for wellbeing i.e. harp therapy
Music Therapy	Skillful use of music in a therapeutic relationship
Musicking	Informal and spontaneous use of music
Music Programming	Formal use of music within programs
Music Technology	Technology used to deliver music for a therapeutic goal
Sound Environment	Intentional sounds for wellbeing
Music Medicine	Prescriptive use of sound and music strategies
Music Care Training	Training for caregivers to integrate into practice
Music Care Research	Evidence-based research using music strategies

meant to provide clarity and definition to the various aspects of music care and to help locate and place how or by whom music care is delivered.

UPCOMING EVENTS

U of T Alumni Talk – November 3

How Music can Impact our Health – Lee Bartel

Nov 3, 6:00 – 8:00 Don Mills Library

In his presentation, Prof. Bartel will provide an overview of the new research direction in Music and Health at the University of Toronto. He will present examples of case studies that indicate the potential for research in music and health connections including studies in Alzheimer's, Fibromyalgia, Major Depression, Cochlear Implants, Cardio Rehab, Coronary Angiogenesis, Vocal Paralysis, Musculoskeletal disorders of musicians, etc.

Music & Health Colloquium – Focal Dystonia – Nov 5

Topic: Causes, Prevention, and Treatment of Focal Dystonia

Place: Room 216, Faculty of Music

Time: Wednesday Nov 5, 4:00 – 5:30

On Wednesday November 5 Dr. Liona Boyd and Dr. Joaquin Farias will present a colloquium on the causes and treatment of focal dystonia. Liona Boyd, who was affected by focal dystonia some years ago, will describe her experience with this condition that too often affects musicians. Dr. Joaquin Farias will then discuss causes, prevention and treatment.



“A virtuoso performer and composer, Liona Boyd is known internationally as "The First Lady of The Guitar." Her Gold and Platinum selling records have been awarded the music industry's top honours, including five Junos. Her artistry bridges the gap between Classical and Pop, and she has collaborated with many renowned performers such as Sir Andrew Davis and the English Chamber Orchestra, John Williams and the Boston Pops, Yo Yo Ma, Georges Zamfir, Chet Atkins, Eric Clapton and David Gilmour. Liona has appeared in television specials around the world and has graced symphony halls in the Far East, theatres, community halls, and stadiums across North and South America, opera houses in Europe and castles in England where she has performed recitals for the British Royal Family.

Liona Boyd's life had always been a whirlwind of composing, recording and touring, but in 2003 she was diagnosed with the "incurable neurological disease" of Task Specific

Focal Dystonia. She was devastated to discover that her beloved guitar was the cause. Years of repetitive guitar movements had caused her brain maps for the right hand fingers to lose their clarity and the neuroreceptors to smudge. Even a simple arpeggio had become uncoordinated. This was the condition that derailed the careers of many performers such as renowned pianists Leon Fleisher and Gary Graffman.” (Boyd Official Website)



Dr. Joaquín Farias is a leading specialist in neuropsychological rehabilitation in focal dystonias, biomechanist, ergonomist, psychosociologist, musician, martial arts instructor, shiatsu therapist, and medical Qigong practitioner. Professor Farias has served as a coach to Deutsche Grammophon, Sony Classical, Philips and Emi artists, many who have won

innumerable awards including Grammys, leading them in their recoveries from Focal Dystonia and a number of other practice related disorders. Since 1996 Dr. Farias has helped more than 400 people to improve and recover from different dystonias. Dr. Farias presently serves as a consultant to the European Commission researching the proposed implementation of a European Parliamentary law which would include Focal Dystonia as a work-related disorder. He is adjunct professor at the University of Toronto at the Music and Health Research Collaboratory (MaHRC).

In addition he has been guest professor at the Tokyo University, Berklee College of Music Boston, State University of New York, Norwegian Academy of Music, Toronto Western Hospital, Helsinki Conservatory, Conservatorio Superior de música de Sevilla, Conservatori Superior de Música de les Illes Balears and Barenboim-Said Foundation.

Dr. Farias has been ergonomics advisor to the European Commission, Finish Opera House, Oslo Philharmonic Orchestra, Fédération Internationale des Musiciens, Teatro dell'Opera di Roma, Orquesta Nacional de España, Finish Radio Symphony Orchestra and the Spanish National Youth Orchestra. He has also been director of doctoral theses at the Universidad de Valladolid.

With a background in music from Granada, Madrid, Utrecht and Oxford, Dr. Farias completed his graduate studies in Piano, Flute, Chamber music, Music theory and Voice (Advanced Diploma in singing performance). He earned a Doctorate summa cum laude from the School of Medicine at the Universidad de Cádiz and a Master's in Neuropsychological rehabilitation from the Universidad Pablo de Olavide, Sevilla as well as a Master's in Occupational Health and Safety, Ergonomics, and Psychosociology from the Universidad Oberta de Catalunya.

Dr.Farias is author of: [Intertwined. How to induce neuroplasticity](#) (Galene Editions, 2012). [Playing without Practice](#) (DVD Original Future Sounds, 2004), a method designed to prevent and treat musician's Focal Dystonia. [Rebellion of the Body](#) (Galene Editions, 2006). [The biomechanics of guitar playing. An injury prevention guide](#) (Galene Editions, 2010).

Biography Source: <http://focaldystonia.net/farias.html>

Coming Colloquium Topics:

TITLE: Medical Ethnomusicology: A Perspective on an Emerging Field

PRESENTER: Jeff Cupchick, Mitchener Institute

Wednesday, December 3, 3:00 – 4:30

TITLE: Recent Research in the Perception and Performance of Singing.

PRESENTER: Sean Hutchins, Director of Research, RCM

Wednesday, January 28, 3:00 – 4:30

TITLE: Music in Human Development: Building Cognitive Reserve

PRESENTER: Sylvain Moreno, Baycrest and Rotman Research Institute

Wednesday, February 25, 3:00 – 4:30

TITLE: Clarifying the connections between music, hearing, and emotional communication

PRESENTER: Frank Russo, Ryerson University

Wednesday, March 25 3:00 – 4:30

These Colloquia are open to all faculty, graduate and undergraduate students, and MaHRC associates.



Save the Date!

March 7-8, 2015

Tuning the Athlete and Performing Artist for Optimal Health and Performance

Royal Conservatory
of Music
273 Bloor Street West
Toronto, Ontario Canada

Fifth Annual Toronto Regional Meeting of PAMA

Presented by



The GLENN GOULD School
of The Royal Conservatory



For More Information

www.artsmed.org for conference details (PAMA)

For questions contact course directors:

John Chong, MD FRCP
John.Chong@sympatico.ca

or

Bonnie Robson, MD FRCP
Bonnie.Robson@xplornet.com





Music Care Conference

Saturday November 15, 2014
Waterloo, Ontario

Singing in Care

Music touches every part of us: our bodies, emotions, minds, relationships and souls and can make a difference in our quality of life and well-being. This one day conference is for:

- Nurses
- PSWs
- Rec therapists
- Music therapists
- Musicians
- Music educators
- Teachers
- Spiritual care providers
- Parish nurses and Stephen ministers
- Funeral care providers
- Bereavement and grief counsellors

- Students
- Family and volunteer caregivers
- Music Lovers
- Physicians
- Social Workers
- Physiotherapists
- Occupational therapists
- Administrators
- Program Aides

Keynote Speakers and Performers

Saturday November 15, 2014

 <p>Dr. Stephen Clift – Professor of Health Education, Faculty of Health and Social Care, Canterbury Christ Church University, and Director of the Sidney De Haan Research Centre for Arts and Health.</p>	 <p>Susan Aglukark – Inuit Singer, Songwriter, 3 Time Juno Award Winner, Order of Canada Recipient</p>
 <p>Debbie Lou Ludolph – Director Kanata Centre, Waterloo Lutheran Seminary</p>	 <p>Alicia Smith – College Student</p>
 <p>Mino Ode Kwewak N'gamowak – The Good Hearted Women Singers</p>	

Topics will include:

- Singing and Dementia
- Singing and Stroke Rehabilitation
- Singing and Special Needs
- Singing and Aging
- Singing and End of Life
- Singing and Mental Health
- Singing and Community

Presented by:







www.musiccareconference.ca 905.852.2499 www.musiccareconference.ca 905.852.2499

On the MaHRC Newsletter is created and edited by: Prof. Lee Bartel, Associate Dean-Research and Acting Director of MaHRC. For questions or comments:
music.research@utoronto.ca