



On the MaHRC | The Newsletter of the Music and Health Research Collaboratory

[What is MaHRC?](#)

MaHRC is the proposed Music and Health Research Collaboratory at the Faculty of Music, University of Toronto. Research at MaHRC is focused on sound and health with four overlapping spheres of interest: (1) Medicine and Therapy, (2) Body, Brain and Mind, (3) Society and Culture, and (4) Teaching, Learning, and Performing.

[MaHRC Proposal to Go to Provost's Advisory Group](#)

The initial draft of the MaHRC proposal submitted on December 5, 2011 to Jane Harrison, Director of Academic Programs and Policy in the Office of the Vice-President and Provost. After her review and feedback, the proposal is currently being revised with a emphasis on the leadership/governance model. It will be resubmitted to go to the Provost's Advisory Group on January 16, 2012. Appointment of MaHRC members and affiliates will take place following approval of the proposal.

[Media Announce MaHRC Plans](#)

On December 16, 2011 The Star carried a story by Andrea Gordon that described the creation of the Music and Health Research Collaboratory as well as the proposed research of the Connaught Global Challenge application. To see the story go to:

<http://www.thestar.com/living/article/1102258--the-healing-power-of-music>

On December 21, Paul Taylor, Health reporter for the Globe & Mail mentioned plans for the MaHRC in an article:

<http://www.theglobeandmail.com/life/health/new-health/paul-taylor/music-can-enhance-your-health-researchers-say/article2279533/>

[Faculty of Music Connaught Global Challenge Proposal Short Listed](#)

The Connaught Global Challenge review committee announced its short list of applicants on December 15th. Included in this list was the proposal lead by Lee Bartel entitled: Music Medicine in Aging: Exploring Foundations, Examining Means, and Establishing Applications. Co-applicants with Prof. Bartel include: Heidi Ahonen, Wilfrid Laurier University; Dr. David Alter, Toronto Rehabilitation Institute; Dr. Joseph Chen, Sunnybrook Health Sciences Centre; Dr. Allan Gordon, Director of the Wasser Pain Management Centre, Mount Sinai Hospital; Bernhard Ross, Rotman Research Institute, Baycrest Centre; and Laurel Trainor, McMaster Institute for Music and Mind. A research cluster of more specialized participants will be developed. The grant provides up to one million dollars and requires a research agenda, a visiting scholar, and an international research conference. Co-applicants are meeting on January 11th to begin the process of

planning and writing the full grant application due on April 2, 2012. They have been given a budget of \$10,000 to facilitate the proposal preparation.

[Faculty of Music and RCM to Host Music Care Conference 2012](#)

The Music Care Conference is an annual one-day event that brings together care-givers from diverse health, social, and community organizations focused on the use of music in long-term and palliative care. Previous two conferences have been held at Wilfrid Laurier University. On December 6, 2011 a group including Angela Elster and Anne Patteson, RCM, Don McLean and Lee Bartel, Faculty of Music, Lee Willingham, Laurier Centre for Community Music, and Bev Foster, Executive Director of Room 217 Foundation met to discuss plans for the third annual Music Care Conference. The group decided to jointly host the conference at the Faculty of Music and RCM on November 10, 2012. Some 350 people are expected to attend this event.

[Music Performance Science Applied to Pedagogy](#)

Professors Lorna MacDonald and Midori Koga explore and apply scientific principles in their teaching and performing. Both are engaged in research best described as performance science and both presented papers at the recent International Symposium on Performance Science held at the University of Toronto. On January 12 they present a concert and a workshop with doctoral voice pedagogy and piano pedagogy students examining balance, breath, and student-centered learning in the classroom and studio. Please see the attached poster.

[Studies Getting Underway](#)

On December 8 the Rasch Foundation announced funding for a study of Music and Fibromyalgia at the Wasser Pain Management Centre. The study will look at the effect of sleep induction through brainwave-entrainment sound on pain symptoms in 20 participants. This "music as medicine" study will essentially prescribe a dose of music to the patients who will take this nightly. The research team includes Dr. Larry Picard, Lee Bartel, Dr. Allan Gordon, and Dr. Davor Cepo. The study already designed, funded, and ethics approved is set to recruit its first participants this month.

Dr. David Alter has received final approval for a grant from the Ontario Centres of Excellence – Social Innovation Partnership Challenge Awards. The study entitled: “Physiologic-sensing music assistive devices for exercise self-management adherence and cardiovascular health” will be conducted with the Toronto Rehabilitation Foundation and Vigour Projects. Lee Bartel is a consulting partner in this study and Headwaters Inc. is an in-kind industry participant.

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

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