

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>

MaHRC Featured in VP Research and Innovation Annual Report



and MaHRC.

The prestigious annual report of the Vice-President Research and Innovation this year featured research networks. The report titled “Inside the World’s Great Questions: The Power of Research Networks” included information on 10 significant networks with which University of Toronto researchers are associated. This included the Large Hadron Collider project at Cern, the Southern Ontario Computing Innovation Platform,

To see the report online please go to: <http://researchnetworks.utoronto.ca/>

Vice President Paul Young Announces Tier One Canada Research Chair for MaHRC



At the joint reception of the Canadian Association for Music Therapy and the International Association for Music and Medicine at the Faculty of Music on June 24, 2014, Dr. Paul Young, Vice-President Research and Innovation, announced that his office has designated a Tier One Canada Research Chair for the Faculty of Music to support the research efforts of MaHRC. The Canada Research Chair Program invests some \$265 million per year to attract and retain some of the world's most accomplished and promising minds. Currently there are only two other Tier One CRCs in music, namely Beverly Diamond at Memorial University in Newfoundland and Stephan McAdams in CIRMMT at McGill.

Dr. Amy Clements-Cortes Elected President of World Federation of Music Therapy



Amy Clements-Cortes, PhD, MTA, MT-BC, FAM. Assistant Professor LTA at the Faculty of Music and MaHRC was elected as President of the World Federation of Music Therapy in Krems Austria. WFMT is an international non-profit organization bringing together music therapy associations and individuals interested in developing and promoting music therapy globally through the exchange of information, collaboration among professionals, and actions. Founded in 1985 in Genoa, Italy, it is the only worldwide professional organization representing music therapy in many areas of the world. The members of the Federation are music therapy organizations, training programs, certified music therapists, music therapy students, and individuals associated with music therapy.

Amy completed her term as President of the Canadian Association for Music Therapy last year. This summer at the International Association for Music and Medicine it was announced that Amy will now serve as Managing Editor for the journal, *Music and Medicine*. At the University of Toronto this year, in addition to being the researcher responsible for the conduct of a study using rhythmic sensory stimulation with Alzheimer's patients at Baycrest, Amy is teaching a new course, "Introduction to Music in Health Care."

Music & Health Colloquium Organized for 2014 - 15

A new monthly Colloquium focused on topics in Music and Health is being organized for the 2014 – 15 academic year. With the MA and PhD in Music & Health now established and open for applications, the Colloquium will begin to provide a community for this field, and opportunities to disseminate knowledge in this area. Colloquium topics will touch on the multiple spheres of MaHRC and the range of relevant research foci. Music and health research, as currently being pursued in academic and clinical contexts around the world, can be categorized into the following areas: (1) music neuroscience – questions of how and where the brain processes sound and music; (2) music psychology – questions of perception, cognition, and response related to sound and music; (3) music and kinesiology – questions of motor control and response in relation to sound and music; (4) music medicine – how music and sound interact with health conditions at a physiological and neurological level, (5) music therapy – how music can mediate therapeutic intentions, (6) music in human development – how the “musical health” to function in society is developed, (7) music performance science – how elite performance ability can be developed and pursued in the healthiest manner, (8) musician’s health – how medical problems of performing artists can be treated, (9) the place of music in health in society and specific cultures – how music in conjunction with health is manifested and practiced in cultures around the world.

The first topics scheduled for the Colloquium are as follows:

- Wednesday October 1, 3:00 – 4:30 pm Dr. John Chong, “Performance Science and Performing Arts Medicine: Issues for Research.” Room 216, Edward Johnson Building
- Wednesday November 5, 4:00 – 5:30 pm Dr. Joaquin Farias, “Causes, Prevention, and Treatment of Focal Dystonia” Room 216, Edward Johnson Building

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

Position Announcement: Post Doctoral Fellowship -- Music and Sound Stimulation in Major Depressive Disorder and in Fibromyalgia

The Music and Health Research Collaboratory (MaHRC) in the Faculty of Music at the University of Toronto has an immediate opening for a Postdoctoral Fellow to work with research teams at the University Health Network and at Mount Sinai Hospital. The UHN study will explore music with patients with Major Depressive Disorder. The Mount Sinai, Wasser Pain Management Centre study will use sound stimulation with Fibromyalgia patients. This is a full-time, 2 year contract.

For more detailed information please see:

<http://www.music.utoronto.ca/Assets/PostDocFellowMusicAndSoundStimulation.pdf>

MaHRC at Mindfest 2014

On October 6, 9:00am – 5:00 pm at Hart House, University of Toronto, the second annual Mindfest will take place. This free all-day event raises awareness about mental health issues, highlights the support systems available to those who need them, and helps to



erase mental health stigma. Mindfest has fun exhibit booths, guest speakers, interactive workshops, yoga/mindfulness, giveaways and more! MaHRC will be represented this year with a display table for information and a workshop

presentation by Lee Bartel on Music and Mental Health.

For more information please see: <http://www.psychiatry.utoronto.ca/mindfest/>

IAMM 3rd International Conference 2014

From June 24 – 27 the International Association for Music and Medicine held its 3rd International Conference at the University of Toronto, hosted by MaHRC, with



organizational assistance from the Canadian Association for Music Therapy and the Conrad Institute for Music Therapy Research at Laurier University. Some 170 registrants attended the IAMM conference with more than 30 verbal research presentations and about 25 poster presentations. In addition there were 4 keynote addresses, 3 neuroscience plenary presentations, and 4 hospital research presentations. The opening reception at Alumni Hall, Victoria University and conference dinner at Burwash Hall added a social dimension and tours of hospital programs at Holland Bloorview and at Baycrest rounded out the conference.

Dr. Bernhard Ross presenting
a Neuroscience Plenary



The conference dinner on Thursday June 26 featured Dr. Norman Doidge, author of the noted book, *The Brain that Changes Itself* as after-dinner keynote speaker. Following the keynote, Dr. David Alter performed a series of his composition with a band composed of medical doctors and



medical students. He situated each song in the medical experience that inspired it.



During the IAMM conference, IAMM launched the new Music and Medicine journal. The editorial team is in the photo on the left. From the right, Dr. Ralph Spintge and Dr. Joanne Loewy, Co-Editors in Chief, Dr. Julian Koenig, Production Manager, and Dr. Amy Clements-Cortes, Managing Editor.

IAMM-Related Media Interviews

On June 24, CBC Morning Toronto interviewed Dr. Jane Edwards, President of the International Association for Music & Medicine (IAMM) on *The Healing Power of Music*. Jane Edwards is a Member of the International Advisory Council of MaHRC. IAMM conference met at the Faculty of Music hosted by MaHRC on June 24 - 27, 2014. To listen to the broadcast, visit: <http://www.cbc.ca/video/news/audioplayer.html?clipid=2467293984>

Vera Brandes, Member of the International Advisory Council of MaHRC, attended the 3rd International Conference of IAMM June 24 - 27. She was guest on CTV to speak about the science of ear worms.

To watch the interview go to: <http://www.ctvnews.ca/video?clipId=388109>

In Memoriam: Dr. Maureen Dennis, Associate of MaHRC



Dr. Maureen Dennis passed away on Tuesday, July 15, 2014 after being ill for over a year. All who knew and worked with her are deeply saddened by this loss.

Dr. Dennis was a Senior Scientist in Neurosciences & Mental Health within the Research Institute and Professor of Surgery and Psychology at the University of Toronto. She was a fixture within the developmental neuroscience community at SickKids, in Toronto and around the world. She spent her entire career at SickKids, beginning her work here after completing her Ph.D at York University in 1971.

Dr. Dennis was a pre-eminent scientist, whose work helped to define the field of Developmental Neuropsychology. Over the course of her career, she transformed how we study and understand the neuropsychological consequences of developmental and acquired neurological disorders of childhood. The scope of her research spanned clinical conditions, such as Spina Bifida and Traumatic Brain Injury, and cognitive neuroscience, such as cerebellar contributions to attention and cognitive function. She was highly engaged with and supportive of her numerous graduate students and post-docs who contributed to this body of work. In 2013 Dr. Dennis began to work a Cross-Appointed Professor in MaHRC and the Faculty of Music.

Dr. Dennis was recognized with numerous awards for her important contributions to science. Among them were American Psychological Association's Invited Lectureship, the Distinguished Women Scholar Lectureship at University of Victoria, and The Birch Lecture, the most prestigious award presented by the International Neuropsychological Society. When she received the Lifetime Achievement Award from INS in 2012, she was introduced as *"the leading child neuropsychologist in North America. Her seminal contributions to scientific understanding of brain-behavior relations in children with brain injury fundamentally altered conceptions of neural plasticity and recovery from brain injury in children."*

As important as her contributions to science are, she will also be remembered for her kindness and generosity in providing encouragement and mentoring to so many and in sharing her time and ideas. We will miss Maureen's intellect, her wit and her insights into the developing brain. We have all been enriched by her presence and will continue to be enriched by her memory.

Some of her music-related publications:

Dennis M, Hopyan T, Juranek J, Cirino PT, Hasan KM, Fletcher J. Strong-meter and weak-meter rhythm identification in spina bifida meningomyelocele and volumetric

parcellation of rhythm-relevant cerebellar regions. *Ann N Y Acad Sci.* 2009 Jul;1169:84-8. doi: 10.1111/j.1749-6632.2009.04863.x.

Hopyan T, Schellenberg EG, Dennis M. Perception of strong-meter and weak-meter rhythms in children with spina bifida meningomyelocele. *J Int Neuropsychol Soc.* 2009 Jul;15(4):521-8. doi: 10.1017/S1355617709090845.

Dennis M, Hopyan T. Rhythm and melody in children and adolescents after left or right temporal lobectomy. *Brain Cogn.* 2001 Dec;47(3):461-9.

Presentation: Dennis, M. Fascinating Rhythm and the Cerebellum, Toronto Behavioural Neurology Group, March 3, 2010.

UPCOMING EVENTS

Aging and the Performing Arts: Theatre Practices with Older Adults and People with Dementia

Wednesday August 27, 2014

Session 1 - 1:00-4:00pm Session 2 - 6:00-9:00pm

263 McCaul St., 3rd Floor Classroom, Room 320

Regular rate: \$40; Students/Seniors: \$30

Enrolment limited to 25 per session, light refreshments will be served

Register at www.nicenet.ca

Art infuses life with creativity, depth and meaning, and builds strong relationships and communities. It can provide a safe space for both personal and political expression where the status quo can be challenged – and where real change can occur. And of course, it can be a lot of fun. Through participation and hands-on engagement, in this 3-hour interactive workshop you will:

- learn about performing arts practices with older adults and people with dementia
- leave with a deep understanding of the immense benefits of this type of creative work on individual, community, and systemic levels
- have a toolkit of transferable arts-based exercises and skills to use in your professional practice and personal life.

Facilitator: Aynsley Moorhouse (MFA, MSW) is a Toronto-based artist trained in both theatre and social work. She has presented her work and lectured in university classrooms, hospitals, academic conferences, arts festivals, and on CBC Radio challenging assumptions about aging, specifically regarding memory loss and dementia. Her particular interest lies in how arts practices can lead to personal growth and social change, particularly in the field of gerontology. Aynsley leads theatre and storytelling groups for older adults and people experiencing memory loss. Her blog (aynsleymoorhouse.com) is a document of her Ontario Arts Council funded theatre program at the Apotex Nursing Home at Baycrest. It is a weekly view into the project as it grew and developed from the first rehearsal in March 2012 to the final performance in August 2012.

For more information see: <http://www.nicenet.ca/performing-arts-workshop>



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
Training Caregivers in the Therapeutic Use of Music

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



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.



Susan Aglukark – Inuit Singer, Songwriter, 3 Time Juno Award Winner, Order of Canada Recipient



Debbie Lou Ludolph – Director Kanata Centre, Waterloo Lutheran Seminary



Alicia Smith – College Student



Mino Ode Kwewak N'gamowak – The Good Hearted Women Singers



- 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