Research Week – Wed 4/11/18 Kingsgate Marriot Lower level

# Music and Medicine 1:00 PM – 2:15 PM M

1:00 PM – 1:15 PM:

* 1. **Believe in Your Voice: Music Therapy for At-Risk Youth, A Pilot Trial.** Elliana Kirsch BS

*In this pilot study, a community music therapy intervention at the Music Resource Center in Cincinnati positively impacted at-risk adolescents’ self-esteem. Community music therapy may act to buffer against potential negative changes in adolescent mental health over time. Future studies will be discussed.*

1:15 PM – 1:30 PM:

* 1. **The 4th Grade Opera: Teaching Social Studies and Social Skills Using Music as a Vehicle**

**Scott Lipscomb PhD**

*For over a decade the social studies curriculum at the Ramsey School of Fine Arts (an urban, K-8 school in Minneapolis) was taught using an arts integration approach. The sole role of 4th grade teachers was to determine the name of the Nobel Peace Prize winner that would be studied (the basis of the Peace Jam Junior curriculum utilized); the students did everything else. They began the process researching the life of the laureate, determining the most important events, creating a storyline, and creating storyboards (with the assistance of a director/teaching artist), then begin to put the story into poetic form, what would eventually become a libretto. Undergraduate music education majors from the University of Minnesota then facilitated the setting of these words to music. The students revised, workshopped, and rehearsed their story for two months before performing it for the entire school population and many community members. In this presentation, details about the process will be provided, along with outcomes related to student satisfaction and wellbeing.*

1:30 PM – 2:15 PM:

* 1. Panel (45 minutes):**:**Stacey Sims (Mindful Music Moments) Karen D’Agostino (Music Resource Center), Sid Khosla MD,

2:15 PM – 2:30 PM: Break time

# Treatment of the Performing Artist. 2:30 PM— 4:00 PM

*Voice treatment of highly trained musicians, vocalists and actors is similar to treatment of professional athletes. Both groups push their talents to the extreme, and thus face unique challenges. Interestingly, the science gained from treating both groups can be used to improve patient care of the general public.*

*In this session, we will explore voice and hearing problems associated with vocalists and musicians at the College Conservatory of Music.*

2:30 PM – 2:45 PM:

1. **Perceived Stress and Psychological Health in CCM Performing Arts Students** Elliana Kirsch.BS

2:45 PM – 3:00 PM:

b) **Hearing Ability among Developing Artists at CCM: Confirmation of a Disturbing Trend Related to Declines in Auditory Sensitivity** Scott Lipscomb PhD and Gloria Valencia PhD

3:00 PM – 3:15 PM:

**c)What Can Jet Engines Teach Us about Opera singers and Treatment of Patients with Voice Disorders?** Sid Khosla MD, Ephraim Gutmark PhD.

3:15 PM – 3:30 PM:

d) **Mind Body for Stress Reduction**. Sian Cotton PhD

3:30 PM – 4:00 PM. **Panel**: **Performing Arts Medicine - Areas for Future Research in Cincinnati.** Sian Cotton PhD, Scott Lipscomb PhD, Sid Khosla MD, Eileen Strempel PhD