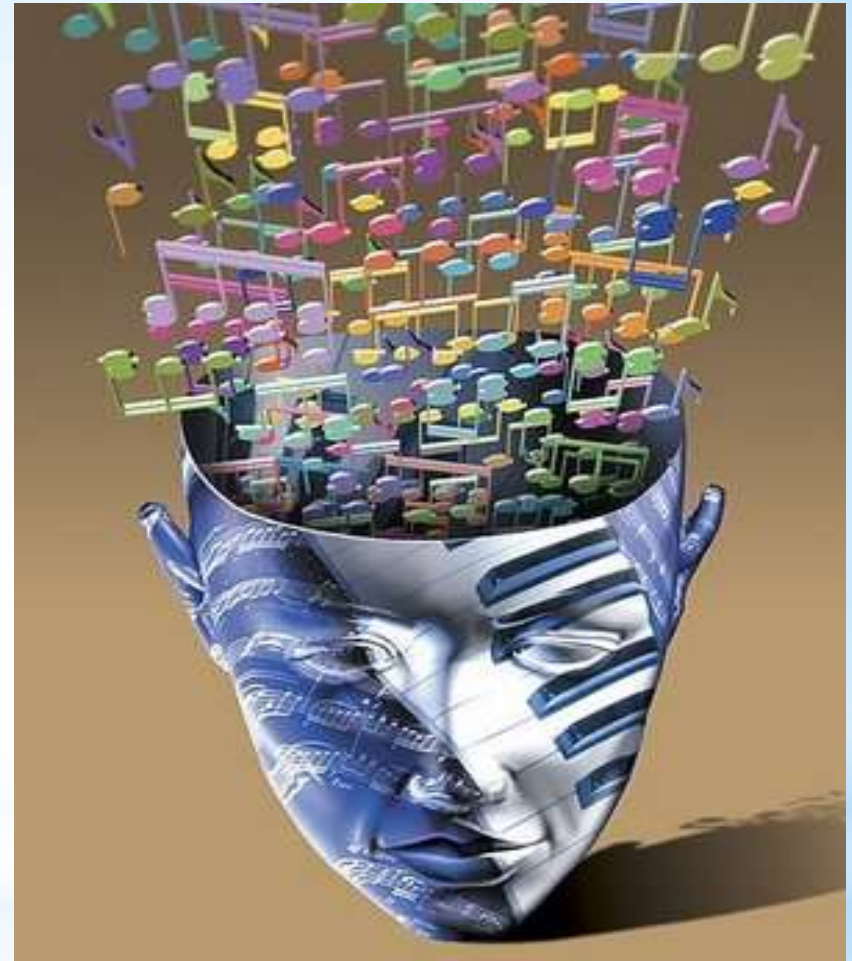


*League of American  
Orchestras*

**Health and Wellness  
Programs: Learning  
for Getty Orchestras**

**June 20, 2013**

**Dr. Cynthia Briggs, MT-BC  
Maryville University  
St. Louis, MO**



# So why is music therapeutic?

- ❖ Music is learned and stored diffusely across the entire brain from brainstem to frontal lobe.
- ❖ The earliest sounds we make contain the elements of music: rhythm, phrasing, accent, tonality.
- ❖ Rhythm is an organizer, and driver: it directs motor movements and organizes musical and nonmusical content.
- ❖ Music is also processed by our auditory cortex and limbic system so it connects directly to our emotions and memories.
- ❖ We associate positive affects to the music we enjoy the same way we do with our favorite foods and people.
- ❖ We connect strong memories to music which are embedded in our memories along with the music - when we re-experience the music we re-experience the associated memories.

# Why Music Makes Our Brain Sing

Robert J. Zatorre and Valorie N. Salimpoor  
New York Times  
June 7, 2013

[http://www.nytimes.com/2013/06/09/opinion/sunday/why-music-makes-our-brain-sing.html?\\_r=0](http://www.nytimes.com/2013/06/09/opinion/sunday/why-music-makes-our-brain-sing.html?_r=0)

**Partnerships:** Engaging other organizations with shared goals regarding the use of music in health and wellness programming

- ❖ Shared interests and goals
- ❖ Strengths of each partner organization
- ❖ Identification of needs
- ❖ Educating the partner members
- ❖ Ongoing listening
- ❖ Ongoing dialogue
- ❖ Post-op: reviewing regularly for evaluation and revision
- ❖ Self-evaluation and research

# Building Music and Health Partnerships

## Shared interests and goals:

- ❖ What does each partner hope will be the outcome of this partnership in music and health? Is it realistic/ possible?
- ❖ Does each partner clearly understand what the other does and does not do?
- ❖ What does each partner need to be successful regarding their component of the partnership?
- ❖ Create *shared* goals for each project.

# Building Music and Health Partnerships

## Identification of interests and needs:

- ❖ Survey the members of each partner - what are the member's interests?
- ❖ What do partner members need to be successful?
- ❖ **Educate** all partner members about the project and what each partner organization does.
- ❖ Be sure the projects you create are need-driven.

# Building Music and Health Partnerships

## Ongoing listening and dialogue:

- ❖ Initial surveys and dialogue regarding interests and needs become ongoing dialogue
- ❖ Listen/listen/listen!
  - ❖ Partner members
  - ❖ Program recipients
  - ❖ The community

# Building Music and Health Partnerships

## Self-Evaluation and Research:

- ❖ Build in ongoing self-evaluation procedures from the start
- ❖ Structure projects, when possible, so that there can be good data collection that can later lead to sharing of results
- ❖ Evaluate and learn from all of the data you collect, no matter what the level of the data is.

# Building Music and Health Partnerships