

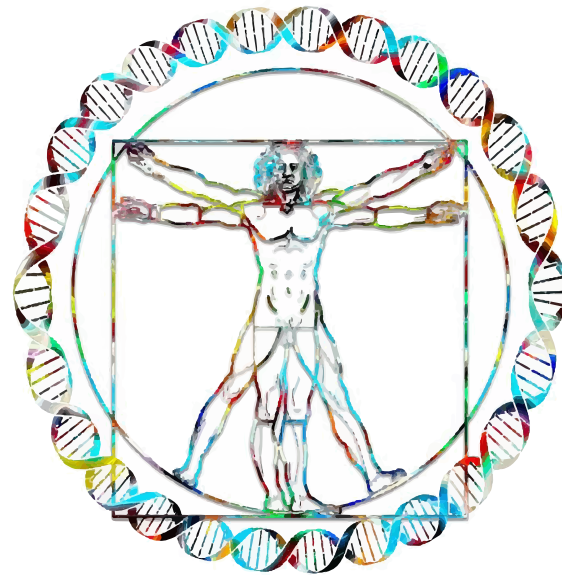
Conference Schedule

- 8:00 am** Registration/Breakfast
- 8:30 am** Welcome
- 8:45 am** **Psychosocial Transformation:**
Evolving our communities through creative musical expression
Barry Bittman, MD
- 9:45 am** Break
- 10:00 am** **Lessons Learned from the Creation of an Orchestra in an Academic Medical Center**
Sarah Wynia-Smith, PhD and Miranda Brown, BS, BA
Medical College of Wisconsin Orchestra
- 10:30 am** **Cincinnati Music & Wellness Coalition - Panel**
Mamta Bajgain, BS, Gary Cooper, MA, MDiv, Laura Dailey, MSW, Lynn Griffith, and Lori Paris, MSW
- 11:15 am** **Interactive Sessions - Clavinova Connection and HealthRHYTHMS**
CMWC Facilitators
- 12:15 pm** Lunch
- 1:15 pm** **A Tale of Two Historical Traumas: What Music-Making in WWI-era France Can Teach Us About How to Survive a Global Pandemic in the 21st Century**
Jill Rogers, PhD
- 2:15 pm** Break
- 2:30 pm** **Humanism and the Healing Presence of the Arts:**
Innovations at the Ohio State University College of Medicine
Linda Stone, MD and Jennifer Garvin, MBA, PhD
- 3:30 pm** Evaluations/CEU Sign Out



CEUs Pending Approval

As in past conferences, continuing education approvals are pending for multi-disciplines.



Registration Information

Registration Deadline: September 22, 2021

Registration Fee: \$100 per person

(Includes Breakfast and Lunch)

Early Bird Registration: \$90

August 29, 2021

Fax: (513) 871-4242

Phone: (513) 315-7393

Online

www.musicandwellness.net

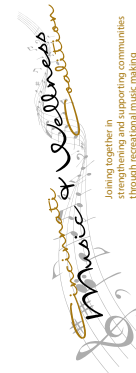
(Paypal & Major Credit Cards accepted)

Mail

5029 South Ridge Drive,
Cincinnati OH 45224

(make check payable to Cincinnati Music & Wellness Coalition)

Masks are required for those non-vaccinated. Masks are optional for vaccinated individuals.



5029 South Ridge Drive,
Cincinnati, OH 45224

Thank You to Our Sponsors

Gold Sponsors



Silver Sponsors



Bronze Sponsors



Presents

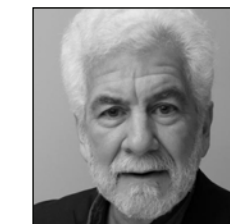
The Tenth Annual Music & Medicine Conference

September 29, 2021 | 8:00am - 3:30pm

Mayerson Jewish Community Center

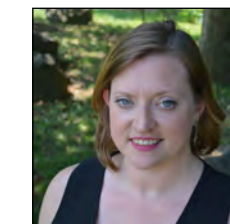
8487 Ridge Road, Cincinnati, OH 45236

Keynote Speakers



Barry Bittman, MD

Neurologist, National Healthcare Consultant, CEO, Yamaha Music & Wellness Institute, and lead author of several peer-reviewed scientific studies focusing on stress reduction.



Jillian Rogers, PhD

Assistant Professor of music in musicology at the Indiana University Jacobs School of Music. Her research centers on how people experience, process, and perform grief and trauma through music.

Conference Speakers & Presenters

Keynote Presenter - Barry Bittman, MD

Dr. Bittman is the Board Chairman, CEO and President of the Yamaha Music and Wellness Institute. His peer-reviewed published scientific research focuses on stress reduction from psychosocial to genomic levels utilizing novel creative music expression strategies. Dr. Bittman is a neurologist, author, international speaker and researcher. Dr. Bittman leads innovative interdisciplinary teams in the development of protocols, algorithms and comprehensive integrative strategies that enable an integrated delivery network to optimize care and achieve Triple Aim objectives. His work has been featured on CNN Headline News and in numerous leading publications throughout the world, including USA Today, Business Week, Time, Prevention, Discover, O (Oprah Magazine), the New York Times, the San Francisco Chronicle, the Washington Post, Scientific American, Men's Fitness and others.

Based on his conviction that Recreational Music-making (RMM) is an effective therapeutic strategy in various medical settings, Dr. Bittman led teams of researchers who investigated the biological effects of three RMM protocols. These studies correlated music making with increased activity of Natural Killer cells, specialized white blood cells that seek out and destroy cancer cells and virally-infected cells. Along with Karl T. Bruhn, acknowledged as "Father of Music Making and Wellness," his research team also demonstrated substantial reductions in burnout and mood disturbances in long-term care workers, as well as significant cost savings using a Recreational Music-Making protocol. Similar approaches were also shown to benefit nursing students, at-risk youth, and African American Seniors with Cardiovascular Disease,

Learning Objectives

Explore the intersects of genomics, creativity, personal/group expression, and shared experiences

Review the underpinnings of music as a modulator of group interaction and behavior - thus catalyzing adaptation and societal evolution

Discover the scientific basis for music making as a core human experience that promotes well-being through group process

Keynote Presenter - Jillian Rogers, PhD

Dr. Rogers is Assistant Professor of Musicology at Indiana University. Jill's research on music and sound as embodied phenomena particularly focuses on relationships between music and sound and how people have historically experienced and coped with trauma. Her interests in French modernism, affect and psychoanalytic theory, and sound studies, as well as trauma studies and performance studies, coalesce in her book *Resonant Recoveries: French Music and Trauma Between the World Wars* (Oxford University Press, 2021).

Learning Objectives

Draw connections between the COVID-19 pandemic and the 1918 global flu epidemic alongside the traumas of WWI

Explore similarities and differences between how people understood and coped with trauma through music and sound in early 20th-century France and during the COVID-19 pandemic

Jill organized the online international conference "Music, Sound, and Trauma Studies: Interdisciplinary Perspectives" in February 2021. Dr. Rogers is co-editing a special issue of the *Journal of Music History Pedagogy* on trauma-informed teaching, as well as an *Oxford Handbook of Music, Sound, and Trauma Studies*. She received her PhD in Musicology from UCLA, her MFA from Brandeis University, and her BM in Horn Performance from the University of Denver.

Relate the ways that past and present primary sources shed light on how music and/or sound can be helpful and harmful in coping with trauma

Identify factors of trauma in psychological and historical contexts that can inform how we might address COVID-related trauma.

Medical College of Wisconsin Presenters

Sarah Wynia-Smith, PhD

Dr. Wynia-Smith is a research scientist in the Department of Biochemistry at the Medical College of Wisconsin. She earned her bachelor's degree in biology with a minor in chemistry from Northwestern College in Iowa and her MS and PhD in physiology at the University of Wisconsin-Madison, with subsequent postdoctoral fellowships in biochemistry at the University of California-Berkeley and Scripps Research Institute. Dr. Wynia-Smith plays piano and trumpet and has been a member of the Medical College of Wisconsin orchestra since its inception, along with serving as trumpet section leader and Director of Community Outreach for the organization.

Miranda Brown, BS, BA

Miranda Brown received her Bachelor of Science in Biomedical Sciences and Bachelor of Arts in Spanish at Troy University in Troy, AL, in 2017. Miranda is a current fourth-year medical student at the Medical College of Wisconsin and she is pursuing a residency in Emergency Medicine. Miranda has played the piano and clarinet for 15 years. She was a co-founder of the Medical College of Wisconsin Orchestra in January 2020 and has served in various roles in orchestra leadership, including Steering Committee Student Co-Chair, Director of Communications, and Clarinet Section Leader.

Learning Objectives

Identify the skills that musicians gain from participating in group ensembles

Summarize the ways that community is built through musical endeavors, both internally and externally

Understand the health benefits for medical professionals of having a musical outlet

Describe the pathway for creating an orchestra in an academic medical center

Cincinnati Music & Wellness Coalition - Expert Panel

Mamta Bajgain

Mamta Bajgain received her BA in Psychology from Miami University in January 2021. Currently Human Resources Director for Four Facets in Mason, Ohio, Mamta also serves as a Nepalese interpreter for Catholic Charities. She formerly worked as an outreach coordinator for Project HOPE (Helping Our People through Empowerment), a program of the Asian Community Alliance in Mason. Mamta also advocates for youth and female empowerment and she tutors Bhutanese youth. A trained HealthRHYTHMS® facilitator, Mamta was research assistant for the older Bhutanese refugee health study in 2019 and she is helping to plan a future study with a Wright State University researcher.

Gary Cooper, MA, MDiv

Gary Cooper is a chaplain at Lindner Center of HOPE and he is Lead Pastor of an inner-city Church of God in Columbus, Ohio, where he has served for 24 years. He has intertwined congregational and clinical ministry throughout his career by working as Chaplain at Children's Hospitals in Columbus and Cincinnati, Ohio, and as a Clinical Pastoral Educator candidate in the Cincinnati-area TriHealth Hospital system. Gary holds a BA from Berean Bible College, a Master of Divinity from the Apostolic University of Grace and Truth, and a Master of Counseling Ministries from the Methodist Theological School of Ohio. He received Board Certification as a Chaplain in 2010. Gary also is pursuing certification as a Mental Health Educator for student chaplains and he is a trained HealthRHYTHMS® facilitator.

Laura Dailey, MSW

Laura Dailey currently serves in spiritual care at the Lindner Center of HOPE in Mason, Ohio, and teaches piano to young children

through Pianimals Kids Club™. Her over twenty-five-year career includes positions in clinical social work, ministry, and school program facilitation, including a holistic treatment program for children with learning and developmental issues. Laura is a trained HealthRHYTHMS® facilitator, a Healing Touch Level 1 Practitioner, and a licensed REFIT™ fitness instructor. She holds a Master of Social Work from the University of Cincinnati and a BA from Purdue University.

Lynn Griffith

Lynn spent 30 years in employee benefits as an account executive/owner. In 2009, she opened Sunshine Ranch, which specialized in equine and canine therapy for challenged children, foster children, in-care residential children, and homeschooled children. At Sunshine Ranch, she also performed EFT (tapping) and Reiki healing. The last five years, Lynn has worked at Children's Home Northern Kentucky and she has performed pet therapy with Jack Rabbit, famous for his Ambassadorship to Rabbit Hash, KY. Lynn is a trained HealthRHYTHMS® instructor.

Lori Paris, MSW

Lori Paris is General Caregiver Support Program Coordinator, Veteran Community Partnership Coordinator, and VHA Education Lead at the Robley Rex VA Medical Center in Louisville, KY. Earlier, she worked in Geriatrics and Extended Care Service and was the Medical Foster Home Program Coordinator. An adjunct instructor at University of Louisville Kent School of Social Work, Lori also is a therapist at Associates in Counseling and Psychotherapy in New Albany, IN. She specializes in trauma and is a certified EMDR therapist. Lori has used her recent HealthRHYTHMS® facilitator training at the Robley Rex VAMC and at Pride Festival at VA.

Learning Objectives

Gain an understanding of how HealthRHYTHMS®, an evidence-based music making program, impacts those recovering from mental health disorders biologically and psychosocially

Gain an understanding of how HealthRHYTHMS® helps at-risk youth deal with anger, anxiety, teaches respect and conflict resolution

Gain insights from a recent study conducted on older Bhutanese adults who actively engaged in HealthRHYTHMS®

Gain an understanding of how HealthRHYTHMS® can reduce stress and improve social connection for caregivers

Gain an understanding of how HealthRHYTHMS® can be utilized to transition back to daily life and foster healing and connection for Veterans, staff, and caregivers at the Robley Rex VAMC



Ohio State University College of Medicine Presenters

Linda Stone, MD

Dr. Stone is a retired family physician of over 25 years in Columbus, Ohio; a medical educator; and retired Associate Dean for Student Affairs at The Ohio State University College of Medicine (OSU COM). She currently serves as Special Assistant to the Dean for Humanism and Professionalism. A past president of the Ohio Academy of Family Physicians, Dr. Stone has received numerous honors and teaching awards during her distinguished career. In 2009 Dr. Stone founded the OSU COM Humanism in Medicine (HiM) program for the entire OSU health science community. HiM sponsors Medicine and the Arts activities that provide stress reduction and healing for student healers and consequently produce the best care for patients. Dr. Stone also created the Voices in Humanism initiative in 2020 to collect, preserve, and share artwork created by the medical center family during a time of dual pandemics.

Jennifer Garvin, MBA, PhD

Dr. Garvin is Division Director and Associate Professor of Health Information Management and Systems at The Ohio State University and adjunct assistant professor of Biomedical Informatics at the University of Utah. In her 40-year career she has worked in health information management for numerous health systems across the country and she has taught at eight colleges and universities. Dr. Garvin holds multiple licenses in biomedical informatics and she has served on editorial boards for three professional journals. Her many awards include Fellow of the American Health Information Management Association. At Ohio State, Dr. Garvin is Chair of the College of Medicine Humanism Research Committee and a member of the Humanism in Medicine Executive Committee.

Learning Objectives

Reflect on the dual pandemics' impact on the trajectory of humanism programming in the medical school environment at the Ohio State University College of Medicine.

Experience the new programming and collaborations that were a response to the challenge of dual pandemics

Explore the results of the healing presence of the arts in the medical college experience through the findings of the OSU College of Medicine Humanism Research Team

