

University Hospital and  
Manhattan Campus for  
the Albert Einstein College  
of Medicine

**Beth Israel**

**Continuum** Health Partners, Inc.

**A Music & Health Symposium for: Musicians, Performing Artists & Medical Professionals**  
Tuesday, October 13, 2009

## A Music & Health symposium for musicians, performing artists, & medical professionals



**Tuesday, October 13, 2009**

### PRESENTED BY:

The Louis Armstrong Center for Music & Medicine  
Beth Israel Medical Center  
New York, New York

### Location

Phillips Ambulatory Care Center, 2<sup>nd</sup> FI Conference Ctr  
10 Union Square East, (btwn 14th & 15th St.), NYC  
Secure parking in building  
Subways: 4, 5, 6, N, R, L, W & Q trains to Union Square

Nearby accommodations: Leo House (212) 929-1010  
Seafarers & International House (212) 677-4800  
Gramercy Park Hotel (212) 475-4320

### Registration

Pre-register by mail or telephone by 10/9/09. Registration  
also available on site. For more info: (212) 420-2704 or  
email [info@musicandmedicine.org](mailto:info@musicandmedicine.org)

Mail completed form below to:

The Louis Armstrong Center for Music & Medicine  
Beth Israel Medical Center, 6 Silver 21  
First Ave at 16<sup>th</sup> St., New York, NY 10003

### Registration Form

#### A Music & Health Symposium for: Musicians, Performing Artists, & Medical Professionals

Tuesday, October 13, 2009

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City State Zip \_\_\_\_\_  
Phone (     ) \_\_\_\_\_  
Email \_\_\_\_\_  
Affiliation \_\_\_\_\_

### Check appropriate category

- \$100 Professional/Other  
 \$75 Student

### PLEASE CALL TO INQUIRE ABOUT OUR GROUP/TEAM RATES!!

Method of Payment:

- Check # \_\_\_\_\_ payable to the Louis Armstrong  
Center for Music & Medicine  
 Visa  Mastercard  Discover  American Express

# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature: \_\_\_\_\_

**Registration Deadline October 9, 2009**  
**Walk In Registration Only after deadline**

**\*Cancellations – Registrations are non-refundable,  
but may be transferred to a future event.**

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**8:30 – 8:55 Registration-Check In**

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**9:00 – 9:30****Natural Piano Technique: The Art of Practicing**

--Madeline Bruser

Musicians often suffer from pain and injuries which can inhibit full musical expression. Misuse of the body during practicing is not an uncommon occurrence. Prevention and recovery from such injuries such as tendonitis and carpal tunnel syndrome can be accomplished through retraining sensory awareness, resulting in both technical and artistic freedom. This presentation will provide basic physical and mental components of healthy expressive piano technique including a demonstration of the approach with a student who is new to such teaching.

*Madeline Bruser MM, is the author of the highly acclaimed book **The Art of Practicing: A Guide to Making Music from the Heart**. She is a pianist who has performed as a soloist with the San Francisco and Denver Symphony Orchestras. She has conducted workshops at the Juilliard School, Manhattan School of Music, and other conservatories and colleges throughout the U.S. and Canada. Since 1985, she has retrained pianists with practice-related injuries & from 2001 to 2003 served on the Committee for Pianists' Wellness for the National Conference on Keyboard Pedagogy. She recently contributed to a research study at Mt. Sinai Hospital on keyboard overuse injuries.*

**9:35 – 10:30****Performing Arts Medicine & the Development of Young Performers**

--Hector Castro

There has been increasing attention to the medical problems of performers, spurred perhaps by the climate of health awareness and consumer advocacy, as well as by the considerable publicity in the afflictions of some renowned performers. Despite burgeoning research efforts, use of new technologies, & continuing interest among health care professionals & performing artists, the beginning of the century finds performing arts medicine in a precarious situation. Action to address the health & wellness of Young Performers – the future of the Performing Arts worldwide will be addressed as well as a plan which includes a primary focus on the wisdom of prevention strategies for Young Performers. This presentation will address education and advocacy actions in relation to Performing Arts & the Development of Young Performers.

*Hector Castro MD is the Medical Director at the Juilliard School. An expert in the fields of Internal Medicine, Pulmonary Disease & Critical Care Medicine, he is also the Medical Director & founding partner of Itzama Medical Center, a modern facility dedicated to serving the healthcare needs of New York City's working class. Clinical Instructor at The Mount Sinai School of Medicine & The New York College School of Medicine, an Attending Physician at Beth Israel Med Ctr, Mount Sinai Med Ctr & Cabrini Med Ctr, he is also the Director of Beth Israel's Latino Health Institute in NYC & is a member of the American College of Chest Physicians, the American Med Association & the NY Academy of Science.*

**10:35 – 11:30****Artistic Mystery and the Limitations of Science**

--Stuart Isacoff

Attempts to pierce the veil of artistic creativity have a long history, but only recently have people turned to science as a means to find an ultimate answer to this mysterious process. This change reflects both remarkable advances in technology, and the misguided idea that quantification offers the solution to all puzzles. Neuroscientists, composers, music teachers adopt a variety of views of how music should be approached. The problem with these approaches has been investigated in several groundbreaking works which address technique and various attempts have been presented which seek to resolve all scientific problems by reducing mathematics to logic. Our reliance on scientific data—such as measurements of brain activity—is inadequate to the task of understanding human consciousness. Recognizing the limitations of quantification is an important step in avoiding blind alleys in our pursuit to uncover and heal the human creative spirit. This presentation will explore these issues, using concrete examples and suggested alternative approaches.

*Stuart Isacoff is a pianist, composer and writer, is on the faculty of the Purchase College Conservatory of Music (SUNY). He is the author of the highly acclaimed **Temperament: How Music Became a Battleground for the Great Minds of Western Civilization** published throughout the world. A winner of the prestigious ASCAP Deems Taylor Award for excellence in writing about music, he is a frequent contributor to *'The Wall Street Journal'* & music periodicals. His piano recitals often combine classical repertoire with jazz improvisation.*

**11:35 – 12:30****The Musicians' Mind - Creator or Saboteur?**

--Louise Montello

This presentation sheds light on the underlying causes of performance-related disorders such as stage fright, "polarized perfectionism", and chronic pain associated with overuse from a mind-body perspective. She will share her findings from a decade of clinical research on stress in the performing arts, along with cutting-edge music-based techniques that musicians can use to empower themselves and their students to perform to their fullest. She will conclude with her prevention-oriented Performance Wellness curriculum that promotes self-care for college-aged musicians that is currently being offered at music conservatories internationally. Participants are invited to bring their instruments (and voices) to engage most fully with this approach.

*Louise Montello DA, LP, LCAT, MT-BC, is a board-certified music therapist, psychoanalyst and internationally known authority on the treatment and prevention of stress in performing artists. Former research scientist in the Department of Psychology at NYU, she is a jazz pianist/ composer in the NYC area and currently directs her own not-for-profit organization, Performance Wellness, Inc., dedicated to using the creative power of music, along with cutting edge tools from music therapy, behavioral medicine and yoga science, to meet the mind-body health needs of performers and professionals from all walks of life.*

**12:30– 1:30 Lunch**

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**1:35 – 2:30 KEYNOTE****Singer's Dysphonia – Etiology and Treatment**

--Michael J. Pitman

**Singers often suffer from dysphonia. This may range from a mild breathiness or vocal fatigue to severe hoarseness. It is a problem that nearly all professional singers have experienced or will experience over their career. As practitioners, it is our goal to recognize the disparate etiologies of dysphonia, including correct diagnosis and treatment. It is advantageous to treat dysphonia as efficiently and effectively as would be demanded by the needs of a professional voice user. For a singer, it is a professional responsibility to learn how to care for your vocal instrument and recognize the dysphonia early, so that it can be easily treated before there is a severe problem. These issues will be addressed with the goal of creating a collective understanding about dysphonia in singers so that singers, physicians, laryngologists, and therapists can coordinate as a team to administer the best care and achieve the most optimal results.**

*Michael J. Pitman MD, is a recognized expert in the field of laryngology which encompasses care of voice, swallowing and airway disorders. He is a graduate Albert Einstein College of Medicine, where he is a member of the Alpha Omega Alpha Honor Society. Dr. Pitman was a fellow in Laryngology & Care of the Professional Voice at Vanderbilt University Medical Center and is currently the Director of the Division of Laryngology and the Voice and Swallowing Institute at The New York Eye and Ear Infirmary. He has authored numerous articles for peer reviewed journals as well as book chapters, & has presented nationally in the field of laryngology.*

"Thanks to the Florence Tyson Foundation for sponsoring this symposium"

**2:35 - 3:30****Evaluation of Musicians: A Bio-Psycho-Musical Assessment**

--Stephan Quentzel & Joanne Loewy

Evaluating the medical & broader health needs of musicians involves a complex understanding of the unique physical, mental & emotional demands of the music profession. Performance can be stifled by overuse injuries, scar tissue, anxiety, fatigue, poor focus, side effects of medication use, depression or substance abuse. Musicians face increasingly poor sleep patterns which may undermine many facets of good health. This presentation offers an assessment model for addressing the physical & emotional status of musician patients. A basic mission of The Louis Armstrong Center for Music & Medicine is to provide musicians & performing artists with high quality health services tailored to their unique needs, including state-of-the-art techniques for music psychotherapy and for healing in general. Medical treatment in conjunction with select, specialized music therapy services, combining integrative medicine & primary care medicine with psychiatry and music psychotherapy results in a unique bio-psycho-musical approach for the performing artist.

*Stephan Quentzel MD, JD, MA is the Medical Director of The Louis Armstrong Center for Music and Medicine at Beth Israel Medical Center. He has integrated dual residencies in family medicine & psychiatry, and practices both with a comprehensive view of the patient. Being triple boarded in psychiatry, family medicine and holistic medicine he has assisted practitioners to fully integrate psychiatry in their medical settings. An assistant professor at the Albert Einstein College of Medicine & a senior clinician at the Continuum Center for Health and Healing, he also runs a private practice in psychiatry and integrative medicine in New York City. He is a Founding Member of the International Association for Music and Medicine.*

*Joanne Loewy DA, LCAT, MT-BC started the music therapy program at Beth Israel in 1994. She is the Director of The Louis Armstrong Center for Music and Medicine serving musicians and their unique ailments. Co-Editor in Chief of the peer reviewed journal 'Music and Medicine,' she serves on Cochran Palliative Care review, Journal for Complementary and Alternative Medicine ed review boards & has edited numerous books. A Founding Member of the International Association for Music and Medicine, she guest lectures at the Albert Einstein College of Medicine and Drexel's Hahnemann Creative Arts Therapy graduate music therapy program in Philadelphia.*

**3:35 - 4:30****Recovery of Fluent Speech through Use of Pre-learned Song Repertoire**

--Concetta M. Tomaino

Research in music and language has pointed to the many shared neural pathways in singing and speech; however the use of pre-learned songs as a tool to aid in the recovery of speech following stroke is not fully understood. A detailed case study of a musicologist who lost his speech following a stroke and gradually recovered it through the systematic use of songs from his anthology of American folks tunes will be presented in the context of contemporary neuroscience research in music language and the brain.

*Concetta M. Tomaino, D.A., MT-BC, LCAT, is the executive director and co-founder of the Institute for Music and Neurologic Function and senior vice president for music therapy at Beth Abraham Family of Health Services, Bronx, NY. She has had a 29 year career at Beth Abraham, including helping to create the Institute for Music and Neurologic Function, to restore, maintain and improve people's physical, emotional & neurologic functioning through the systematic use of music. A clinical practice specializing in the use of music therapy for individuals with Alzheimer's disease, Parkinson's disease & other neurological diseases. She is internationally known for her research in the clinical applications of music and neurologic function.*

**4:30 – 5:00 Closing Discussion Q & A**

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