

ROCK IT OUT

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In partial fulfillment of the requirements
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WE HEREBY RECOMMEND THAT THE THESIS PREPARED UNDER OUR SUPERVISION BY **AMY JOSEPH** ENTITLED "**ROCK IT OUT**" BE ACCEPTED AS FULFILLING, IN PART, REQUIREMENTS FOR THE DEGREE OF MASTER OF ART IN NEW MEDIA PHOTOJOURNALISM.

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Amy Joseph Rock It Out

III. Abstract

Music is present throughout the day at the Adult Care Center in Winchester, Virginia, where the majority of the clients have Alzheimer's-related dementia with differing levels of functioning. "The last part of the brain to be affected by dementia is the musical side," explains Tara Lescalleet, the Assistant Director and Activities Director at the Adult Care Center and a Board-Certified Music Therapist (MT-BC). Lescalleet adapts both her training in music therapy and research conducted at the center to the needs of the clients through music therapy and other music activities, ranging from Music and Spirituality to Karaoke. This documentary project is an exploration into how music therapy and other music activities are applied for people with Alzheimer's-related dementia. The themes and subjects are presented through new media incorporating audio, video, photography and interaction with the Adult Care Center community.

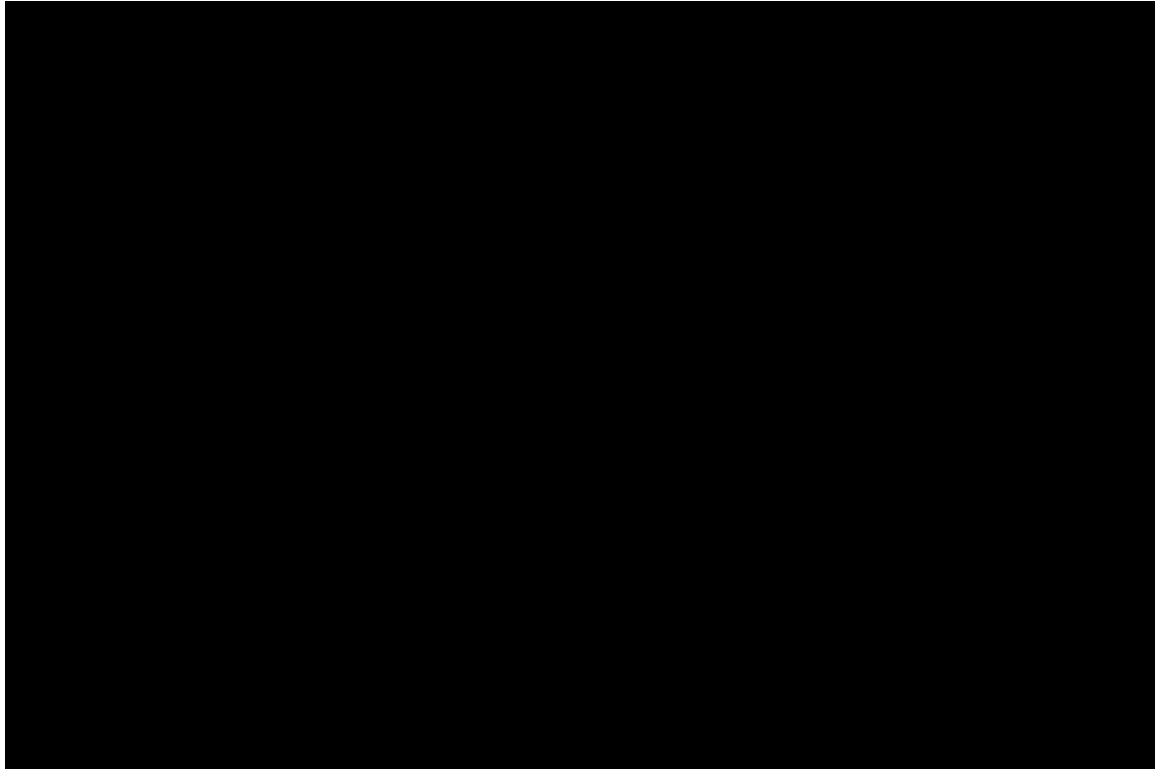


Figure 1

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IV. Introduction

I came into this program as a still photographer; my background is in documentary photography, focusing on black and white film and darkroom work. I had started to shoot digitally, but I decided to return to school because photography has changed so much since I was last in school.

Throughout this program, I tried to learn as much as I could and to evolve through shooting both stills and video. Learning video throughout this program has been challenging for me, to transition from stills to video. I tried hard to shoot in video the way that I shoot in stills, while working to improve in both.

When deciding on the focus of my thesis two things were very important to me: I wanted to focus on shooting video in order to improve; and I wanted to do a project on a subject new to me.

I chose to focus on music therapy, a subject I knew very little about, but the more I learned, the more I wanted to know. With the focus on music, I would have to work in video to show the full experience.

V. Project Rationale

Music therapy has the potential to help with cognition, motor skills and speech. Already, music therapists are working with people with Alzheimer's disease, Parkinson's disease, stroke and much more. There is more research being conducted in music therapy and neurologic music therapy that could further the possibilities.

During this project, I learned of the startling numbers of people living with Alzheimer's-related dementia or another form of dementia. Also during the span of my project, President Obama announced the BRAIN Initiative in order to map the brain to learn about diseases like Alzheimer's and potential ways to help.

This is an important time for both science and journalism. As I worked on this project, I found innovation in both fields, utilizing the new technologies in ways that make me very hopeful. There is also a necessity for both fields to grow and evolve: we need both journalism and science as we move forward.



Figure 2

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VI. Research Summary

Through my research, I've learned how music therapy and neurologic music therapy can help people who have diseases and injuries that affect the brain. When I began this project, I was focused on the specific field of neurologic music therapy and how music could help with stroke and Multiple Sclerosis. I thought I would work with a neurologic music therapist who worked with people individually to track the progress of the client. I also hoped to see the research side of this, to see brain scans and to see if and how the brain changed.

Access was difficult. I reached out to many neurologic music therapists and music therapists and many tried to help. I learned from interviews, through research and, finally, seeing music therapy in action.

The first place I started to photograph was where I focused my thesis, the Adult Care Center in Winchester, Virginia. Since the majority of clients at the Adult Care Center have

Alzheimer's-related dementia, my research evolved to learn about Alzheimer's disease, how the brain is affected and what happens in dementia, and the possibilities of how music could help.

The most difficult part of the research dealt with the conditions and experience of dementia. The numbers of people with dementia are staggering, and the descent into dementia is awful. To counter that, I kept looking for more of what could be done to help, and finding hope in both the research through music and research outside of music, like the BRAIN Initiative.

It has also been both interesting and challenging to learn about music therapy as a practice and a field and to figure out the best way to explain the research through a multimedia project.

VII. Professional Precedents and Goals

The photojournalism precedents I have looked at are related to my thesis project by subject or by what I was hoping to achieve technically, blending stills and video.

In "The Sandwich Generation," Ed Kashi and Julie Winokur document their daily lives as they care for Winokur's dad, who has dementia, and their two children. The mix of video and stills is very powerful.

"In the Trenches: The Occupational Therapist," by Fred Conrad and Sarah Graham, is a slideshow of stills with audio about Jodi Levin, an occupational therapist who works with people with brain injuries. The focus is on Levin as a therapist and how the therapy can help.

I also have been influenced by Lori Waselchuk's project, *Grace Before Dying*, about the hospice program at Louisiana State Penitentiary that is run by inmates. Through this project, Waselchuk shows the beauty and hope in a space where you would not expect to see it.

Shooting still photography and video are very different processes for me but, after completing my thesis, I am much more comfortable with video and there are advantages to both.

I still love the moments you can get from still photographs, I always will, but video offers a lot of opportunities as well.

For this project, it was important to me to blend stills and video, both in the process of shooting and in editing the final piece. Some days I just wanted to shoot stills, move around and have that connection with my subjects, and have a quiet day. Most days I would shoot both stills and video, I would switch off between the two. Sometimes, it was critical to prioritize video in order to convey the full experience through the added layers of audio and video.

It has also been very important to me to introduce the clients as individuals, show their personalities and how music can be applied for people with dementia.

The two most challenging aspects of this project have been to become more comfortable with video and to document the group music therapy experience when I only have releases for some people. However, both challenges have helped me to be more creative in how I shoot. I worked very hard to try to shoot video the way that I shoot stills.

It was also challenging to break down the subject of music therapy into a piece that would be engaging and still incorporate the research side that I felt was necessary.

For my website, it has been important to me to have a simple and clean design with the focus on the project. I also designed it to be easy to navigate. I thought it was important to add resources in case people are looking for more information. Through this project I have hoped to have the focus on the story, and I hope that my website adds to this.

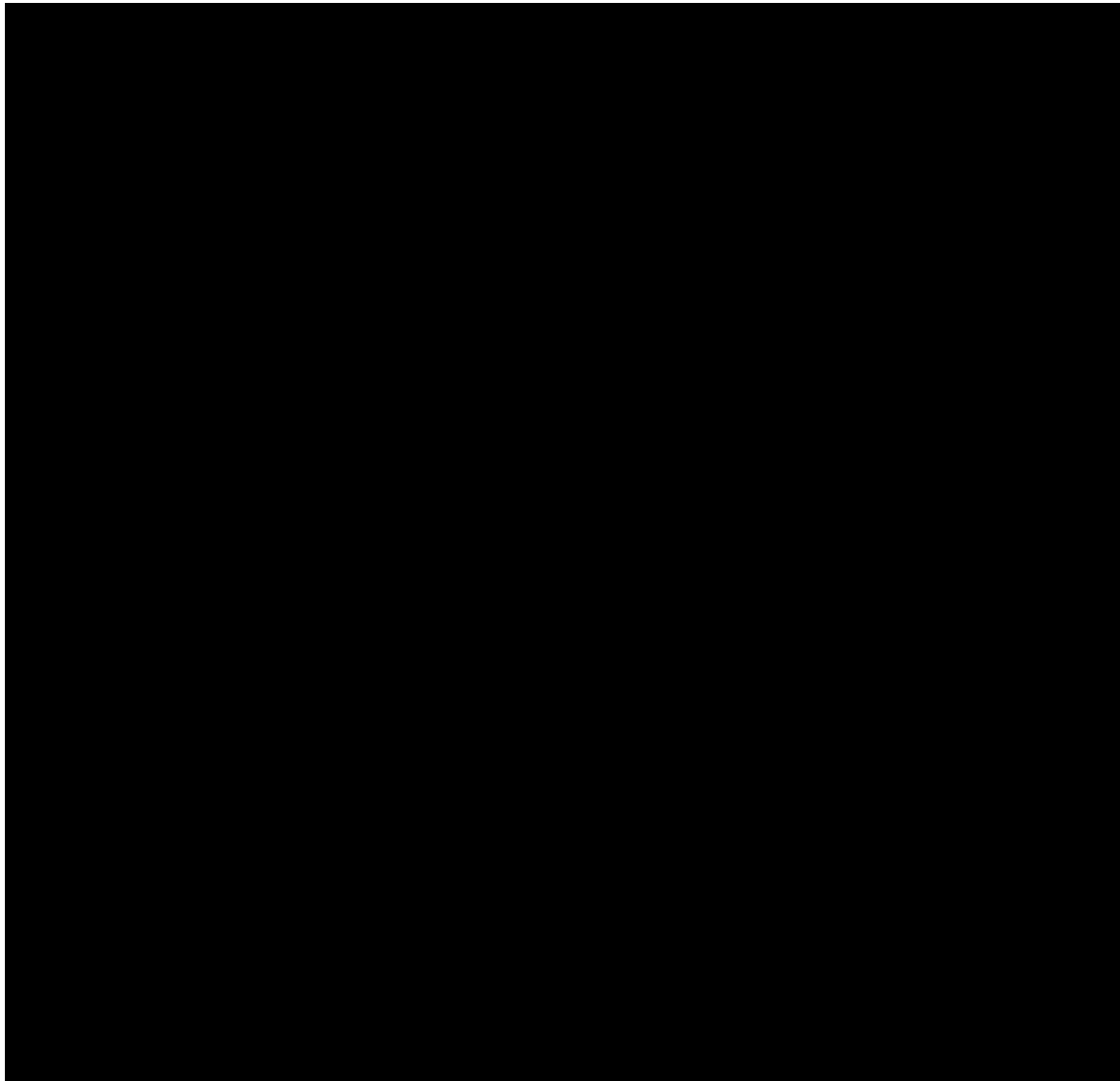


Figure 3
www.rockitout-documentary.com

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VII. Conclusion

On Monday, April 22nd, I shared the video and prints at the Adult Care Center. Instead of hanging the prints on the walls, Lescalleet suggested that I walk around to show the prints to the clients so it would be easier for them. It was really important to me to take the work back to the center.

On Monday, May 13th, I brought more prints to give to the center and to the clients that I worked with and their families.

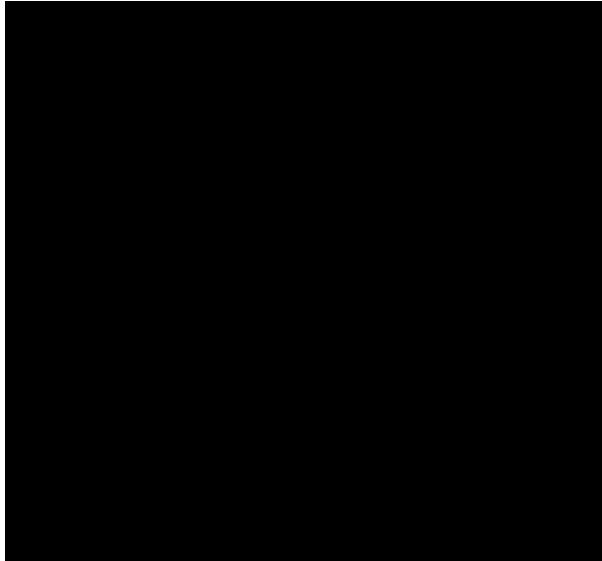


Figure 4

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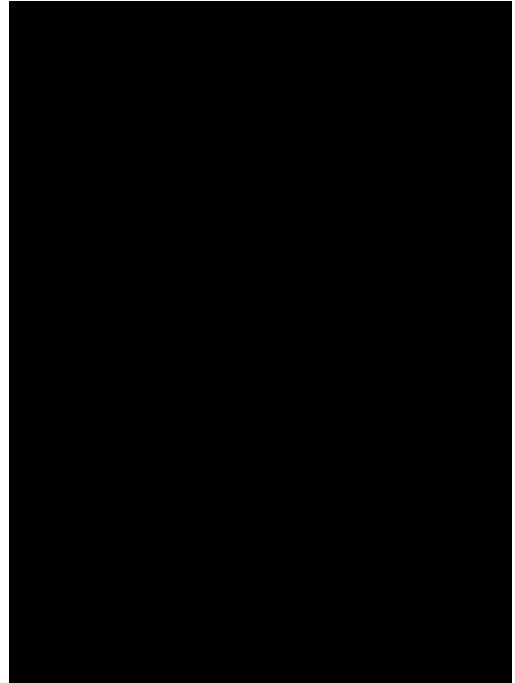


Figure 5

My project has evolved so much from when I first began. I think that I have started in the right place and now have a solid foundation in order to continue to learn and work on projects about music therapy and neurologic music therapy. I have thought about where to go next in my work. I am still very interested in looking at what music therapy and neurologic music therapy can do for stroke and Multiple Sclerosis. I am also very interested in looking at what happens with language in dementia if someone is living in a country where their native language is not the primary language, and how music therapy could be applied.

IX. Title Page for Narrative

Rock It Out

X. Narrative

Music is constant throughout the day at the Adult Care Center in Winchester, Virginia: during music therapy sessions, playing through speakers during coffee, through impromptu sing-alongs. The walls are lined with artwork by the clients. For each holiday, festive decorations fill tables. Staff and volunteers move quickly, setting up activities, lunch and snacks, and slowly, walking with the clients, playing UNO and making quilts.

The majority of the clients at the Adult Care Center have Alzheimer's-related dementia, with differing levels of functioning. The center is open throughout the day, Monday to Friday.

"The last part of the brain to be affected by dementia is the musical side," explains Tara Lescalleet, the Assistant Director and Activities Director at the Adult Care Center and a Board-Certified Music Therapist (MT-BC). Lescalleet adapts both her training in music therapy and research conducted at the center to lead the clients in music therapy sessions and other music activities, singing familiar songs and playing instruments ranging from chimes to tambourines to drums.

"What a music therapist does, is we use music as a tool to elicit behaviors of everyday life, so we try to use listening activities, movement to music activities, instrumental activities and different types of singing activities to elicit behaviors such as socialization, communication, gross and fine motor skills," said Lescalleet. "So we tap into what is normal but in a non-threatening way. And it's also something that people enjoy so physically they don't realize that they're exercising or they don't realize that they're focusing on maintaining their cognition or their communication."

The process of music therapy takes music further to be able to respond to the individual and his/her needs. "When I was growing up, I played by ear before I ever played by note. Playing by ear is very hard to explain. I don't know if there is a real definition for it but you just have an idea of the pitches in your mind. It's almost like perfect pitch, where you can just, if you play an

instrument for a long period of time, you automatically know which notes lead into the song, what comes next and how it ends,” said Lescalleet. “That is a key thing in music therapy with improvisation because you never know, you have to be in the moment, the here and now with the individual and sometimes you might not be able to take things note by note, you have to take the individual’s behavior into account, take the individual’s level of functioning into account and then adapt that accordingly into the music setting.”

When the center first opened, almost 20 years ago, they incorporated music therapy into the program through working with nearby Shenandoah University, according to Jane Bauknecht, Executive Director of the Adult Care Center. “And every year after that, it was just something that was real important to us to have, because our population was predominately individuals with Alzheimer's disease,” said Bauknecht.

Over the years, the staff at the center has continued to work with Shenandoah University to have students placed as interns and to conduct research. Lescalleet was one of the student interns, she studied music therapy at Shenandoah University and did her internship at the Adult Care Center.

One of the research grants conducted at the center was a grant from the Administration on Aging to study how music therapy could benefit people with Alzheimer’s-related dementia. Led by Dr. Michael Rohrbacher, the Director of Music Therapy at Shenandoah University, the study found how music therapy could affect quality of life for the clients, through six functions of music therapy including redirection and maintenance.

Redirection is a way to apply music to redirect someone's behavior. This may be applied during sundown, which occurs during Alzheimer's-related dementia. According to Lescalleet, sundown can cause people to become anxious or agitated, and music can calm people and help them to refocus their attention. Often, Lescalleet will lead a group music session in the afternoon to help ease this. For maintenance, music is used to help with both physical and cognitive abilities through exercising to music, playing instruments, singing songs and

reminiscing.

There are different levels of functioning within dementia and music can be used to reach people at the different levels. According to Lescalleet, those that cannot verbalize feelings may express themselves through music. "So people with dementia even though they might not be able to sing, rhythmically they are still very in touch with music. ... That non-verbal communication also serves as an emotional outlet for them because they aren't able to verbally say what's on their mind anymore but if they are excited they can move to the music in a way that is upbeat to them, or if they are upset or angry, dynamically they can fixate on different levels of acoustics that might tap into their inner-self, how they're feeling for the time-being. So music definitely is a great outlet throughout the whole progression of dementia," said Lescalleet.

Monday mornings start with Music and Spirituality, a group music therapy session in which Lescalleet leads the clients in singing hymns and playing various instruments. Lescalleet will often ask the individuals about their experiences and memories and incorporate them into the songs. "I try to create an experience where I incorporate songs that are interactive to give them a chance, not only to interject, to tell me their thoughts as far as what they're thankful for, why life is important to them, but to actually put it into the song at hand," said Lescalleet.

Another group music therapy session is Chimes on Wednesday mornings. During this session each individual has a chime bar with a different note. Lescalleet leads the group in first singing the song they will be playing, so everyone knows what song it is. She then chooses the correct notes and passes out a chimes bar or two to each person. To lead the clients in collectively playing the song, Lescalleet stands in the middle of the circle, turning and pointing to each person when it is his/her turn, and each plays his/her note.

"We do a lot of melodic playing which means each individual has a specific note of the song," said Lescalleet. "That helps to individualize the activity, allowing each person to have an opportunity to be a part of the big scheme, a part of the team. Which is a really neat thing, because without that one person the song would not be possible."

Other music activities include an Intergenerational session and Karaoke. For the Intergenerational session, children from a local daycare join their “Grandfriends” to sing and play instruments together. During Karaoke on Friday afternoons, clients take turns at the microphone. The atmosphere is festive, toes tapping and hands clapping.

The Adult Care Center is a place where a Valentine's Day tea party quickly turns into a dance party. "So what we try to do is use music in a way that focuses on not only skills of daily living but also on their quality of life," said Lescalleet.

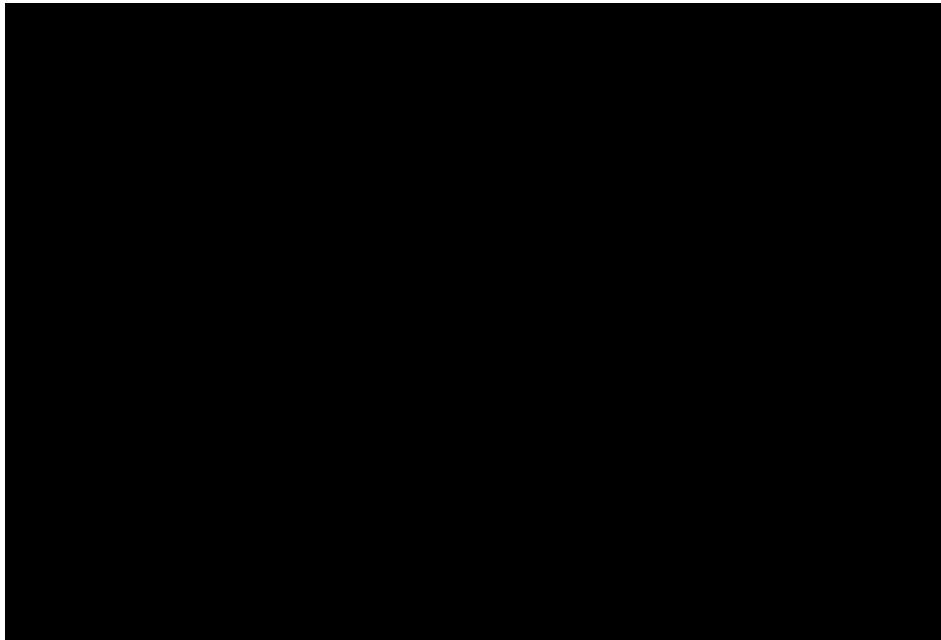
XI. Appendices

Appendix I. Annotated Precedents Bibliography

Documenting Medicine at Duke University. <<http://www.documentingmedicine.com>>

This is a program at Duke University that matches doctors with documentarians from the Center for Documentary Studies. Along with their own documentary work, the website lists other documentary projects that focus on medicine (including *Grace Before Dying*). This has been a good resource to see both work by documentarians and also collaborative work with doctors.

Dr. John Moses is one of the founders of *Documenting Medicine*. He has taught for many years in the undergraduate program at CDS. I did some darkroom printing work for him while I was at CDS. Dr. Moses teaches the course, *Children and the Experience of Illness*, which pairs undergraduate students and a child who is sick or has a family member who is sick, and teaches them photography so the child can document his/her experiences. The student documents as well. (I was not able to take this class since it was offered to undergrads and not for the Certificate in which I was enrolled.) There is a description and one photograph here: <<http://www.documentingmedicine.com/children-and-the-experience-of-illness/>> Dr. Moses is working with CDS to publish a book of this work.



From the project, *Children and the Experience of Illness*

Anderson, MD, Monique. "Surviving Cardiac Arrest: A Family's Perspective on a Second Chance at Life." *Documenting Medicine at Duke University*. <<http://www.documentingmedicine.com/surviving-cardiac-arrest-a-familys-perspective-on-a-second-chance-at-life/>>

Through interviews and emails, Stacy's story about how she recovered from cardiac arrest is told. This video is part of *Documenting Medicine*. This takes place after her recovery

and looks back to inform and educate. I think this is very important but it would be really interesting to see more of her recovery and more details about the therapy that helped her to recover. Stacy had been in the hospital for over two months and said she had speech therapy and physical therapy. Elena Rue and Erica Rothman did the videography, and Rothman and Dr. Anderson did the editing.

“How Music Is Helping Gabrielle Giffords to Heal.” *Nightline*.

<<http://abcnews.go.com/2020/video/music-helping-gabrielle-giffords-heal-14952968>>

A *Nightline* video and article documents how music therapy has helped Gabby Giffords to recover. Both the video and article also do a great job to explain why music helps.

<http://abcnews.go.com/Health/w_MindBodyNews/gabby-giffords-finding-voice-music-therapy/story?id=14903987#.UYg6upUSyJB>

<http://www.youtube.com/watch?v=tiJ9X_wLSWM&noredirect=1>

“Memory Loss Initiative.” *StoryCorps*. <<http://storycorps.org/initiatives/mli/>>

The Memory Loss Initiative seeks to record stories of people who are losing their memories. One story is about Loretta Dranoff, who is interviewed by her daughter, Stephanie Cook. She talks about how she played piano with her husband and also solo. Her daughter said she has heard her playing songs recently that she had never heard her play before. And Loretta said those were from when she played solo when she was very young, she just remembers them. This is a beautiful interview and a great example of how people remember music even when they cannot remember other things.

Conrad, Fred and Sarah Graham. “In the Trenches: The Occupational Therapist.” *The New York Times*.

<http://www.nytimes.com/interactive/2008/01/14/health/20080115_TRENCH_FEAT_URE.html>

Published on July 15, 2008, this slideshow incorporates still photographs and audio. (Fred Conrad did the photography and audio and both Conrad and Sarah Graham produced the piece.) This shows how Jodi Levin, an occupational therapist, works with patients with brain injuries. I like the mix of still photographs with audio in this project.

Davis, Leslye and Sarah Kramer (producers). “Six Years Gone.” *The New York Times*.

<<http://www.nytimes.com/video/2013/01/12/us/10000001990681/six-years-gone.html>>

Published on January 12, 2013, this is a beautiful piece about a woman and her daughters living after the loss of her husband and their father in Iraq. The use of stills and video flows evenly and works well to tell the story. Having the stills gives the viewer a chance to pause and take in their story. James Dao, reporter and photography and video by Todd Heisler.

De Chillo, Suzanne. “Music in the Face of Death.” *The New York Times Lens Blog*.

<<http://lens.blogs.nytimes.com/2011/07/03/music-in-the-face-of-death/>>

Published on July 3, 2011, this photo essay is by Suzanne De Chillo, about music therapy for hospice patients. The black and white photographs are very beautiful, and peaceful. It seems that this music therapy is more to bring solace to people. (There is a multimedia component but unfortunately the link is not working.)

I first found this on *Lens* and the photographs are also shown here with an article by De Chillo: <http://www.nytimes.com/2011/07/04/nyregion/music-therapy-helps-the-dying.html?_r=1>

Grady, Denise. "When Illness Makes a Spouse a Stranger." *The New York Times*.

<http://www.nytimes.com/2012/05/06/health/a-rare-form-of-dementia-tests-a-vow-of-for-better-for-worse.html?_r=1&>

Published on May 5, 2012. Multimedia: "In Love and Loss." By Beatrice de Gea, Nick Harbough, Soo-Jeong Kang and Nancy Donaldson.

This article and multimedia piece are about a couple, the husband has dementia and the story is told from the wife's perspective. This shows the toll that dementia can take on a spouse.

Greenblat, Cathy, PhD. "Love, Loss, and Laughter." <<http://www.lovelossandlaughter.com>>

Cathy Greenblat is a sociologist who has documented care for Alzheimer's patients, care that still focuses on living, through art, music and other activities. I first saw this on *BBC News*, <<http://www.bbc.co.uk/news/health-21862859#TWEET687207>>.

Harrison, Scott (post) and Annette Kondo (interview). "Crash Survivor Keeps Dancing."

Los Angeles Times- Framework. <<http://framework.latimes.com/2011/01/27/crash-survivor-keeps-dancing/>>

Published on January 27, 2011, this is a nice article about Caren Marsh-Doll, an actress who had survived a plane crash. She was told she wouldn't be able to dance again but she is. She now volunteers at the Stroke Activity Center in Palm Springs, doing dance therapy.

Kashi, Ed and Julie Winokur. "The Sandwich Generation." *Documenting Medicine at*

Duke University. <<http://www.documentingmedicine.com/the-sandwich-generation/>>

(Their video from MediaStorm is featured on the *Documenting Medicine* site but is not a project of *Documenting Medicine*.) This video looks at how Ed Kashi and his wife, Julie Winokur are taking care of her father, Herbie, who has dementia, along with their two children. They are very open and honest about the reality of juggling both caring for her father and for their children. They use a mix of video and stills that flows very well.

Waselchuk, Lori. *Grace Before Dying*. New York: Umbrage Editions, 2010.

<<http://www.gracebeforedying.org>>

Lori Waselchuk's project is about the hospice program at Louisiana State Penitentiary that is run by inmates. Through this project, Waselchuk shows how the inmates care for each

other and the humanity they have for each other. Wasulchuk incorporates quilts made by the inmates in her project as well. I love this project- the photographs are beautiful and the community outreach is so effective.



From *Grace Before Dying*

For the following I was not able to see these but I read about them, which helped when learning about the field of music therapy and what has been done to document it, and also helped me when thinking about how I wanted to present my project.

“Musical Minds.” *PBS*. <<http://www.pbs.org/wgbh/nova/body/musical-minds.html>>
A film with Oliver Sacks, a leader in the field and research into music therapy.

Ximotion Media. “Alive Inside.” *Alive Inside*. <<http://www.ximotionmedia.com>>
Dan Cohen, a social worker, works with Dr. Oliver Sacks, a neurologist and leader in the field of music therapy, to bring iPods to dementia patients in nursing homes. Along with the movie, they hope that nursing homes will adopt this practice of giving music to patients. More info about "Alive Inside":

Music & Memory: the non-profit in the film that provides iPods:
<<http://www.musicandmemory.org/index.html>>

"For Elders With Dementia, Musical Awakenings." *NPR*.
<<http://www.npr.org/2012/04/18/150891711/for-elders-with-dementia-music->

“Inside the Perfect Circle.” *Inside the Perfect Circle*.
<<http://www.insidetheperfectcircle.com>> and
<<http://musictherapy.imnf.org/news/readmore/composers-documentary-shines-spotlight-on-music-therapy>>

This is a documentary about Joel Thome, a composer who had a stroke and music therapy played a role in his recovery. He worked with Concetta Tomaino, the Executive Director at the Institute for Music and Neurologic Function in New York, and also another music therapist there.

Appendix II. Annotated Research Bibliography

The Adult Care Center of the Northern Shenandoah Valley, Winchester, Va.
<<http://www.adultcarecenter.net>>

Alzheimer's Association. <<http://www.alz.org>>

The website for the Alzheimer's Association has been a great resource as I have been learning about what happens throughout Alzheimer's disease. Resources include:

"Inside the Brain: An Interactive Tour."

<http://www.alz.org/alzheimers_disease_4719.asp>

"Seven Stages of Alzheimer's."

<http://www.alz.org/alzheimers_disease_stages_of_alzheimers.asp>

"Types of Dementia."

<<http://www.alz.org/dementia/types-of-dementia.asp>>

"Music as Therapy: A 5-Note Plan for Caregiver Calm."

<<http://blog.alz.org/music-as-therapy-a-5-note-plan-for-caregiver-calm/>>

"2013 Alzheimer's Disease Facts and Figures."

<http://www.alz.org/alzheimers_disease_facts_and_figures.asp>

The video can also be seen here:

<http://www.youtube.com/watch?feature=player_embedded&v=BXnZt5VMjZY>

American Music Therapy Association. <<http://www.musictherapy.org>>

The website for the American Music Therapy Association has been a great resource, especially at the beginning of my research to help with a basic understanding of how music therapy is used. They sent me lists of music therapists in Virginia and Maryland.

The Center for Biomedical Research at Colorado State University.
<<http://www.colostate.edu/dept/cbrm/>>

The website of The Center for Biomedical Research at Colorado State University, which is where Dr. Michael Thaut is a professor and facilitates the Neurologic Music Therapy (NMT) training through the 'Robert F. Unkefer' Academy of Neurologic Music Therapy, is very informative. There is a page that includes NMT techniques and definitions, information about the training, and resources about NMT and a registry of the music therapists that have completed the NMT training, which is how I have been able to contact NMTs in the area. This has been a great resource for me as I've been learning about NMT.

Dana Foundation. <www.dana.org>

Another great resource is the Dana Foundation which focuses on research about the brain. Along with the articles cited below focusing on neurologic music therapy, I have turned to this site to learn about how the brain works. Resources include:

"Music Training Changes Brain Networks."

<<http://www.dana.org/news/braininthenews/detail.aspx?id=21764>>

"Why Doesn't Everyone Get Alzheimer's?"

<<http://www.dana.org/news/braininthenews/detail.aspx?id=39398>>
"Brain Awareness Week."
<<http://dana.org/brainweek/calendar/results.aspx?country=US&usstate=DC>>
"Neurotransmitters—A Primer."
<<http://www.dana.org/media/detail.aspx?id=39884>>
"Alzheimer's Disease—The Dana Guide."
<<http://www.dana.org/news/brainhealth/detail.aspx?id=9764>>
"Dementia—The Dana Guide."
<<http://www.dana.org/news/brainhealth/detail.aspx?id=9804>>

Institute for Music and Neurologic Function. <<http://musictherapy.imnf.org>>

The website for the Institute for Music and Neurologic Function has also been a great resource. This is where Concetta Tomaino is the Executive Director. IMNF has general information about music therapy and also pages for different illnesses to explain how music therapy can help for each illness.

Michael J. Fox Foundation. <<http://www.michaeljfox.org>>

The Michael J. Fox Foundation is a great resource for information about Parkinson's disease and current research. Resources include:

Posted by Nate Herpich. "Breaking a Sweat to Slow Brain Shrinkage."

<https://www.michaeljfox.org/foundation/news-detail.php?breaking-sweat-to-slow-brain-shrinkage&utm_source=social&utm_medium=twitter&utm_content=exercise&utm_campaign=brainshrinkage>

Posted by Holly Teichholtz. "It's Official: Michael J. Fox Has a New Show! (So Is He on a New Drug?)"

<<https://www.michaeljfox.org/foundation/news-detail.php?MichaelJFox-New-Show-Drug>>

Posted by Holly Teichholtz. "The Michael J. Fox Foundation Supports the Brain Activity Map."

<https://www.michaeljfox.org/foundation/news-detail.php?michaeljfox-foundation-supports-the-brain-activity-map&utm_source=social&utm_medium=twitter&utm_content=researchnews&utm_campaign=brainactivitymap>

The Music and Neuroimaging Laboratory at Beth Israel Deaconess and Harvard Medical School. <<http://musicianbrain.com/#index>>

Another great resource, this is the site of the Music and Neuroimaging Laboratory, where Dr. Gottfried Schlaug is the director. They are conducting research on how music affects the brain through different ways of brain imaging.

Rohrbacher, Dr. Michael J. "Functions of Music Therapy for Persons with Alzheimer's Disease & Related Disorders: Model Demonstration Program in Adult Day Healthcare." 2007.

A grant from the Administration on Aging and conducted at the Adult Care Center to

study how music therapy could benefit people with Alzheimer's-related dementia. Led by Dr. Michael Rohrbacher, the Director of Music Therapy at Shenandoah University, the study found how music therapy could affect quality of life for the clients, through six functions of music therapy.

This has been a great resource for how music therapy can be utilized for people with Alzheimer's-related dementia, especially because it was conducted at the Adult Care Center.

Science Friday. "Treating Stress, Speech Disorders with Music." *NPR*.

<<http://www.npr.org/2011/12/16/143847285/treating-stress-speech-disorders-with-music>>

This is a very informative article from December 16, 2011. Included on the program are Dr. Oliver Sacks and Concetta Tomaino. This was one of the articles that really sparked my interest in neurologic music therapy.

This article serves as a broad introduction to music therapy and also focuses in on how it can help with more advanced treatments for cognition and rehabilitation.

Sherman, Carl. "Harnessing the Restorative Power of Music." *The Dana Foundation*.

<<http://www.dana.org/news/features/detail.aspx?id=24512>>

Published on January 7, 2010, this article looks at specific techniques used in neurologic music therapy, including rhythmic auditory stimulation (RAS). RAS is used to help people to walk and with their balance. Both Dr. Michael Thaut from Colorado State University and Dr. Gottfried Schlaug of the Music and Neuroimaging Lab at Harvard University are interviewed for this.

Swed, Mark. "Musical Therapy Is Making Breakthroughs." *Los Angeles Times*.

<<http://articles.latimes.com/2012/jan/22/entertainment/la-ca-tod-machover-notebook-20120122>>

Published January 22, 2012. This article discusses the recent findings in music therapy and how it can help with healing and what will happen next. Tod Machover, who works at the Media Lab at MIT, gave a lecture at UC Santa Barbara and described the innovations they are working on to take this further. One example is software called Hyperscore, that allows people to draw on a monitor and the software turns their drawing into music.

Tomaino, Concetta. "Cognition: How Music Can Reach the Silenced Brain." *PBS*.

<<http://www.pbs.org/wnet/musicinstinct/blog/cognition/how-music-can-reach-the-silenced-brain/31/>>

(Published on May 20, 2009 on PBS, but first published by The Dana Foundation on January 1, 2002: <<http://www.dana.org/news/cerebrum/detail.aspx?id=1722>>)

Concetta Tomaino, Executive Director at the Institute for Music and Neurologic Function in New York, writes in first person about her experience as a music therapist as they were just learning all that music therapy could do. She discusses the evolution of the findings and shares personal stories to show how music therapy has helped different people.

Tomaino, Concetta M. "Music Therapy with MS." *Multiple Sclerosis International Federation*.

<http://www.msif.org/en/resources/msif_resources/msif_publications/ms_in_focus/issue_15_complementary_and_alternative_therapies/music_therapy_wi.html>

Published on this site in 2010, Concetta Tomaino is the Executive Director at the Institute for Music and Neurologic Function in New York. This article introduces music therapy and how it can specifically help with symptoms of Multiple Sclerosis, including help with cognition, balance and mood. She explains what happens during music therapy and how it works.

* The link where I originally saw the article is no longer working. Now an article can be found here: <<http://www.msif.org/about-us/communicating-ms/ms-in-focus-magazine/complementary-and-alternative-therapies-in-ms.aspx>>

Thaut, Michael, Ph.D. and Gerald McIntosh, M.D. "How Music Helps to Heal the Injured Brain." *The Dana Foundation*. <<http://dana.org/news/cerebrum/detail.aspx?id=26122>>

This article, published on the Dana Foundation site on March 24, 2010, gives an overview of the evolution of Neurologic Music Therapy (NMT) and how they have learned it can help. This article focuses on the scientific research to back up their findings. Dr. Thaut facilitates the NMT training at Colorado State University.

To learn about music therapy I looked at how it was being implemented in different programs, and also at academic programs:

Berklee College of Music. <<http://www.berklee.edu/news/3197/berklee-develops-new-technologies-in-music-thera>>

Core Health Care. <<http://www.corehealth.com/music.php>>

Howard University Music Therapy Program.
<http://www.coas.howard.edu/music/academics/courses/music_therapy.html>

Montclair State University.
<<http://www.montclair.edu/arts/cali-school-of-music/academic-programs/graduate/music-therapy/>>

Neurologic Music Therapy Services of Arizona. <<http://www.nmtsa.org/about/index.html>>

NYU Steinhardt. <<http://steinhardt.nyu.edu/music/therapy>>

Temple University- Boyer College of Music and Dance.
<<http://www.temple.edu/musictherapy/home/program/faq.htm#a>>

World Federation of Music Therapy. <<http://www.wfmt.info/WFMT/Home.html>>

Wikipedia. <http://en.wikipedia.org/wiki/Music_therapy>

Background information about music therapy:

Dr. Alicia Clair was the consultant on the grant conducted at the Adult Care Center.

Library of Congress. series: "Music and the Brain"

Title: Music Therapy, Alzheimer's and Post-Traumatic Stress

February 15, 2011

<http://www.loc.gov/podcasts/musicandthebrain/podcast_clair.html>

20th Anniversary of the Senate Hearing. *American Music Therapy Association.*

<http://www.musictherapy.org/20th_anniversary_of_senate_hearing/>

A hearing about music therapy, the Senate Special Committee on Aging, in 1991.

The following is information about Oliver Sacks, M.D.:

Carroll, Linda. "A Few See Music All Around Them (Literally)." *The Body Odd on NBC News.*

<http://bodyodd.nbcnews.com/_news/2013/04/09/17658456-a-few-see-music-all-around-them-literally?lite>

"Oliver Sacks: Tales of Music and the Brain." *BBC.*

<http://www.bbc.co.uk/imagined/episode/oliver_sacks.shtml>

Information about the film, which I have not seen.

Paul, Annie Murphy. "The Resilient Brain." *The New York Times.*

<<http://www.nytimes.com/2010/11/14/books/review/APaul-t.html?pagewanted=all>>

Sacks, Oliver, M.D. Assorted Videos, "Musicophilia."

<<http://www.oliversacks.com/videos/assorted-videos/>>

Abrahms, Sally. "The Power of Music." *AARP Bulletin/Real Possibilities.* March 2013.

Bradner, Eric. "State Lawmakers Consider Creating State Board, Certification for Indiana Music Therapists." *Evansville Courier Press, posted on The Indy Channel.*

<<http://www.theindychannel.com/news/politics/state-lawmakers-consider-creating-state-board-certification-for-indiana-music-therapists>>

"Dementia and Music." *AgeUK.* <<http://www.ageuk.org.uk/health-wellbeing/conditions-illnesses/dementia-and-music/>>

Global News with files from Crystal Goomansingh. "Music Therapy Helps People Unlocks Memories, Regain Abilities." *Global News.* <<http://globalnews.ca/news/267755/music-therapy-helps-people-unlocks-memories-regain-abilities/>>

Knox, Richard. "Singing Therapy Helps Stroke Patients Speak Again." *NPR.*

<http://www.npr.org/blogs/health/2011/12/26/144152193/singing-therapy-helps-stroke-patients-speak-again?ps=sh_sthdl>

(Also on www.musicianbrain.com, the site for the Music and Neuroimaging Laboratory.)

Koger, Susan M., PhD, Kathryn Chapin, BS and Melissa Brotons, PhD, RMT-BC. "Is Music Therapy an Effective Intervention for Dementia? A Meta-Analytic Review of Literature." *Journal of Music Therapy, XXXVI (1), 1999, 2-15.*

<http://www.chinamusictherapy.org/file/doc/Is%20Music%20Therapy%20an%20Effective%20Intervention%20for%20Dementia_%20A%20Meta-Analytic%20Review%20of%20Literature.pdf>

This was cited in the report that was conducted at the Adult Care Center, "Functions of Music Therapy for Persons with Alzheimer's Disease & Related Disorders: Model Demonstration

Program in Adult Day Healthcare.”

Leung, Annis. "Music Therapy" Documentary. *YouTube*.
<<http://www.youtube.com/watch?v=4frXYdEa6Yo>>

Littlejohn, Dorothy. "The Parkinson's Beat." *YouTube*.
<<http://www.youtube.com/watch?v=vQDPLDenfOU&feature=youtu.be>>

“Music Therapy.”
<<http://www.neurologycare.net/music-therapy.html>>

"Music Therapy Helps Stroke Patient Speak Again." *Fox News*.
<http://video.foxnews.com/v/2129383963001/?playlist_id=930909749001>

“Music Therapy in the Treatment of Multiple Sclerosis: A Comprehensive Literature Review.”
<<http://www.ncbi.nlm.nih.gov/pubmed/16623646>>
Only saw the abstract: a study about music therapy for Multiple Sclerosis.

Riley, Cassidy. "UI Professor Brings Music Therapy to Dementia Patients." *The Daily Iowan*.
<<http://www.dailyiowan.com/2013/04/17/Metro/32874.html>>

Rivera, Cathy, MS, MM, MT-BC. "Tune Into Music and Tune Out MS." *Multiple Sclerosis Foundation*. <<http://www.msfocus.org/article-details.aspx?articleID=409>>

Seligson, Susan. "Music Boosts Memory in Alzheimer's." *BU Today*.
<<http://www.bu.edu/today/2010/music-boosts-memory-in-alzheimer%E2%80%99s/>>

Stange, DJ. "Music Therapy The Rhythm of Parkinsons." *YouTube*.
<http://www.youtube.com/watch?v=CaDEWhk_76g>

Taylor, Dr. Jill Bolte.
<<http://drjilltaylor.com>>

Thaut, Michael, H. *Rhythm, Music and the Brain*. New York and London: Routledge, 2005.

"The Gift of Music: Stories of Music Therapy"
<http://musicheals.ca/news-events/gift-music-stories-music-therapy>
This site is informative, I have not seen the film.

Articles that helped me to understand Alzheimer's disease and dementia:

Beck, Melinda. "A Key for Unlocking Memories." *The Wall Street Journal*.
<<http://online.wsj.com/article/SB10001424052748704538404574540163096944766.html>>
Multimedia: “Music Triggering Memories in Dementia Patients” by Christina Jeng and Melinda Beck.

“Dementia: The 8-minute Film That Took 5 Years of a Broken Heart to Make.” *Unfrazzle*.
<<http://unfrazzle.blogspot.com/2013/02/dementia-8-minute-film-that-took-5.html>>

Posted by David Bunnell, this film is about Tommy Whitelaw, whose mom has dementia.
Film by Enterprisescreen.

Gallagher, James. "Alzheimer's Detected Decades Before Symptoms." *BBC News*.
<<http://www.bbc.co.uk/news/health-20206267>>

Godwin, Dwayne and Jorge Cham. "Untangling the Mysteries of Alzheimer's." *Scientific American*. <http://www.scientificamerican.com/article.cfm?id=untangling-mysteries-alzheimers&WT.mc_id=SA_DD_20130122>

Schuster, Janice Lynch. "Dementia Makes Communication Difficult, But Some Steps Can Make It Easier." <http://www.washingtonpost.com/national/health-science/dementia-makes-communication-difficult-but-some-steps-can-make-it-easier/2013/04/08/abd17de8-fd04-11e1-a31e-804fcb658f9_story.html>

Steenhuysen, Julie. "After Failed Trials, J&J Pivots to Early-Stage Alzheimer's." *Reuters*.
<<http://mobile.reuters.com/article/idUSBRE91CoSX20130213?irpc=932>>

US Against Alzheimer's. "President Obama Proposes Increased Funding For Alzheimer's Research." <<http://www.usagainstalzheimers.org/press/usagainstalzheimers-statement-obamas-fy14-budget>>

This site has also been a good resource.

Zarembo, Alan. "A Wife's Alzheimer's, a Husband's Obsession." *Los Angeles Times*.
<<http://www.latimes.com/news/local/la-me-chiate-20130505-dto,0,4296535.htmlstory>>

Articles about the Alzheimer's Association report (cited in the section on the Alzheimer's Association):

Hamilton, Jon. "Alzheimer's 'Epidemic' Now a Deadlier Threat to Elderly." *NPR*.
<<http://www.npr.org/blogs/health/2013/03/19/174651566/alzheimers-epidemic-now-a-deadlier-threat-to-elderly>>

Neergaard, Lauran. "One in Three Seniors Dies with Dementia, Report Finds." *Associated Press*.
Article posted on NBCNews.com.
<http://vitals.nbcnews.com/_news/2013/03/19/17371064-one-in-three-seniors-dies-with-dementia-report-finds?lite>

Information from the National Institutes of Health:

"Alzheimer's Disease Fact Sheet / National Institute on Aging"
<<http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet>>

"Inside the Brain: Unraveling the Mystery of Alzheimer's Disease"
<<http://www.nia.nih.gov/alzheimers/alzheimers-disease-video>>

"NIH-Supported Study Finds U.S. Dementia Care Costs As High as \$215 Billion in 2010"
<<http://nih.gov/news/health/apr2013/nia-03.htm>>

While researching music therapy and neurologic music therapy and how it affects the brain, I became very interested in learning more about how the brain works. The following articles have been great resources:

- "The BRAIN Initiative." *The White House*.
<<http://www.whitehouse.gov/infographics/brain-initiative>>
- "Fact Sheet: BRAIN Initiative." *The White House*.
<<http://www.whitehouse.gov/the-press-office/2013/04/02/fact-sheet-brain-initiative>>
- Human Connectome Project.
<<http://www.humanconnectomeproject.org>>
- Carey, Benedict. "Dr. Rita Levi-Montalcini, Nobel Winner, Dies at 103." *The New York Times*.
<http://www.nytimes.com/2012/12/31/science/dr-rita-levi-montalcini-a-revolutionary-in-the-study-of-the-brain-dies-at-103.html?partner=rss&emc=rss&smid=tw-nytimes&_r=0>
- Editorial Board. "Federal Dollars for Mapping the Brain." *The Washington Post*.
<http://www.washingtonpost.com/opinions/federal-dollars-for-mapping-the-brain/2013/04/05/8316a462-9e00-11e2-a941-a19bce7af755_story.html>
- Ghosh, Pallab. "Scans Reveal Intricate Brain Wiring." *BBC News*.
<<http://www.bbc.co.uk/news/science-environment-21487016>>
- "Healthy Aging." *BrainFacts.org*.
<<http://www.brainfacts.org/across-the-lifespan/youth-and-aging/articles/2011/healthy-aging/>>
This site has also been a good resource.
- Kaplan, Karen. "Dementia Care Costs More Than Treating Heart Disease or Cancer." *The Los Angeles Times*.
<<http://www.latimes.com/health/boostershots/la-heb-dementia-costs-united-states-billions-20130403,0,4258390.story>>
- Markoff, John. "Obama Seeking to Boost Study of Human Brain." *The New York Times*.
<http://www.nytimes.com/2013/02/18/science/project-seeks-to-build-map-of-human-brain.html?hp&_r=0>
- Markoff, John and James Gorman. "Obama to Unveil Initiative to Map the Human Brain." *The New York Times*.
<http://www.nytimes.com/2013/04/02/science/obama-to-unveil-initiative-to-map-the-human-brain.html?emc=eta1&_r=1&>
- "New Project Would Map the Human Brain." *NPR*.
<http://www.npr.org/2013/02/18/172336350/new-project-would-map-the-human-brain?ft=1&f=1007&sc=tw&utm_source=twitterfeed&utm_medium=twitter>
- NPR Staff. "Somewhere Over the Brainbow: The Journey To Map The Human Brain." *NPR*.
<<http://www.npr.org/2013/03/31/175858397/somewhere-over-the-brainbow-the-journey-to-map-the-human-brain>>
- Science: Human Body & Mind. "Human Brain Map." *BBC*.
<<http://www.bbc.co.uk/science/humanbody/body/interactives/organs/brainmap/>>

Strauss, Valerie. "A School Brings Brain Research To the Center of its Curriculum." *The Washington Post*.
<http://www.washingtonpost.com/local/education/a-school-brings-brain-research-to-the-center-of-its-curriculum/2013/03/05/0309ba60-7c64-11e2-82e8-61a46c2cde3d_story.html>

Trudeau, Michelle. "Inside the Brains of People Over 80 With Exceptional Memory." *NPR*.
<<http://www.npr.org/blogs/health/2013/04/15/176921691/inside-the-brains-of-people-over-80-with-exceptional-memory?sc=tw&cc=share>>

Appendix III. Interviews

The interviews and conversations I had with the following people were very helpful as I learned about music therapy and neurologic music therapy and looked for subjects for my project.

Bartoldus, Santana M. H. At the time, Bartoldus was finishing her thesis for graduate school at Colorado State University and studied neurologic music therapy. Phone Interview: November 8, 2012.

McAllister, Jessica. Courtland Gardens Nursing & Rehabilitation Center, Baltimore, Md. McAllister went to graduate school at Colorado State University and studied neurologic music therapy. Phone Interview: September 19, 2012. I also documented music therapy at Courtland Gardens in Maryland and conducted a video interview with McAllister.

DeLoye, Laura. Music Therapist and a friend. DeLoye sent information and resources via email, including information from a handout by Shannon K. de l'Etoile, from a training that DeLoye had attended.

Peynircioglu, Dr. Zehra. Professor, Department of Psychology, American University. Interview: August 13, 2012.

Rohrbacher, Dr. Michael J. Director of Music Therapy, Shenandoah University, Winchester, Va. Observed Dr. Rohrbacher with students and spoke with him at the Adult Care Center: November 28, 2012. Also observed and photographed other students of his working with clients at the Adult Care Center.

Shields, Rosemary. Dana Foundation. Spoke over the phone about my project and she suggested looking at other academic programs within neurology, which lead me to contact Dr. Peynircioglu at American University.

Washington, Donna. Associate Professor and Coordinator, Music Therapy Program, Howard University, Washington, DC. Email conversation about my project, Washington helped by checking with former students and giving me names of music therapists that work in neurologic music therapy, including Santana Bartoldus.

The following music therapists have completed the Neurologic Music Therapy training at Colorado State University. I found their names through the Registry of NMT Members and Fellows on the website. <<http://www.colostate.edu/dept/cbrm/>>

Belasco, Leanne. Levine School of Music, Washington, DC. Interview: September 17, 2012.

Garrison, Julie. Compass Music Therapy, LLC. Interview: September 18, 2012.

Parker, David. Email conversation about music therapy and neurologic music therapy and my project.

Woodward, Lisbeth. VA Medical Center, Salem, Va. Phone Interview: November 8, 2012.

Appendix IV. List of Illustrations

Figure 1:

Tara Lescalleet, the Assistant Director and Activities Director at the Adult Care Center and a Board-Certified Music Therapist (MT-BC), leads a Music and Spirituality music therapy session.

Figure 2:

Lescalleet leads a music therapy session.

Figure 3:

Screen shot of my website, www.rockitout-documentary.com.

Figure 4:

For my community engagement, I shared the video and prints with the staff, clients and volunteers at the Adult Care Center. This photograph was taken while the video was playing.

Figure 5:

Lescalleet suggested that the best way to present the prints to the clients would be for me to walk around to show them instead of hanging the prints on the wall. This photograph was taken by Dawn Clarke, Activity Assistant at the Adult Care Center.