

MusicMedicine and Music Therapy at the Nordic Integrative Medicine Global Summit in  
Elsinore, Denmark September 26.-27. 2015 – A report

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## **MusicMedicine and Music Therapy at the *Nordic Integrative Medicine Global Summit* in Elsinore, Denmark September 26.-27. 2015 – A report**

**Lars Ole Bonde, Aalborg University (Denmark)**

The ECIM 2015 Global Summit took place in the Culture Yard of Elsinore in September. There were around 200 participants from 29 countries, and the summit offered a solution-driven platform for physicians and healthcare practitioners, researchers and students, politicians and patients, to exchange and discuss research and research findings in the field of integrative medicine and work on the vision and science, economics and education for optimal healthcare. There were moderated academic and scientific sessions and open-forum expert panel discussions with interactive feedback from the sessions.

For the first time in the history of ECIM there was a special conference track on MusicMedicine and Music Therapy, prepared and chaired by prof. Lars Ole Bonde, Aalborg University. There were three elements in the track: (1) A session with 8 peer reviewed papers, 2 posters and 3 special presentations; (2) a so-called “Music and Medicine Regenerative Room” where conference guests could explore and experience MusicMedicine and Music Therapy in practice; (3) A special concert called “A Celebration of Music and medicine – A Concert Bouquet of Music for Hospitals and Patients. The three elements are described a bit more in detail below.

**The scientific program** included the following papers, posters and special presentations:

Lars Ole Bonde (Denmark): *MusicMedicine and Music Therapy in Hospitals – An Overview of Practices and Evidence*

Gro Trondalen (Norway): *Guided Imagery and Music as a Health Resource for Musicians*

Emma O’Brien (Australia): *Adult Cancer Patients’ Experience of Guided Original Songwriting in Music Therapy During Treatment for Their Disease*

Vera Brandes (Austria): *Efficacy of Individualized Music-Based Audiotherapy on Depressive Disorders – Results of a Prospective Controlled Clinical Trial MM-06*

Hanne Mette Ridder (Denmark): *Music Therapy for Reducing Agitation and Psychotropic Medication in Nursing Home Residents with Dementia*

Ilan Sanfi (Denmark): (a) *Music Therapy as Procedural Support in Young Children Under Peripheral Intravenous Access: a RCT*; (b) *Music Therapy For the Reduction of Chemotherapy-Induced Side Effects*

*in Children with Cancer: Two Randomized Controlled Studies*

Désirée Lötze (Germany): *A Systematic Review and Meta-Analysis on the Effectiveness of Tango Argentino in Parkinson Disease*

Erik Bars (Holland): *Development of a Case Report Guideline for Anthroposophic Art Therapy*

Cordula Dietrich (Germany): *Treating Palliative Care Patients in Pain with the Body Tambura: A Prospective Case Study at St. Joseph's Hospice for Dying Destitute in Dindigul (South India)*

Malcom Taw (USA): *Musician Wellnes through Integrative East-Western Medicine*

Emma O'Brien (Australia): *Opera Therapy – with Cancer Survivors*

Ilan Sanfi (Denmark): *Musical Narratives for Children I Hospitals*

All in all, this truly international program presented the broad range of affordances of music medicine and music therapy for many types of patients and in many different settings. The peer reviewed abstracts are published in The European Journal of Integrative Medicine (EuJIM), September 2015 -

<http://www.journals.elsevier.com/european-journal-of-integrative-medicine/>.

**The Music and Medicine Regenerative Room** included special audio equipment (“music pillows”, “musical chairs”, “the music doll”, “the music star”) and special music and playlists developed for hospital settings and specific clinical purposes. Individual Guided Imagery and Music sessions were offered to participants by Danish music therapists. A special feature was the presentation of “The Music Ambulance”: Located in the lower hall, at the main entrance, was a half size LEGO model of the ambulances used in the region of Northern Jutland. All ambulances in the region now have a special music equipment which was demonstrated by members of the Aalborg staff.



The LEGO Ambulance





Lars Ole Bonde and the “Music doll” that “sing” songs especially selected for people with dementia

The **“Hospital Concert”** featured conference participants and other “musical agents” from the music medicine/music therapy field. The pianist, *Margrethe Langer Bro* (DK, Southern Danish Academy of Music) is currently running a PhD project with live music for hematology patients at Odense University Hospital. She played Schumanns “Träumerei” and accompanied M.D., music therapist *Cordula Dietrich* (D) in two songs by Gabriel Fauré, and PhD, music therapist *Emma O’Brien* (AUS) in an aria from an “Opera Therapy” project. Music therapist and concert cellist *Marie Falk* played “The Swan” by Saint- Saëns. Both Dietrich and Falk improvised on their instruments, thus presenting how music in/as therapy may sound in the here-and-now. Finally, the Danish conductor *Frans Rasmussen* - a pioneer of the strong choir-for-health

movement in the Nordic countries - made the audience sing and laugh.