

Music meets Medicine: Looking into the Mind, Body and Soul for the Wellness that Music Brings

**INTERDISCIPLINARY SOCIETY FOR
QUANTITATIVE RESEARCH IN
MUSIC AND MEDICINE**



**6th Biennial International Conference
June 19- 20, 2021**

Virtual Conference

“Start with Dr. Tomatis’s body of work, follow it through to the present day, add *Healing at the Speed of Sound* and, then attend a few Interdisciplinary Society for Quantitative Research in Music and Medicine (ISQRMM) conferences.” (Meadowbrook Educational Services, 2016).



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Message from the President

“Music can lift us out of depression or move us to tears - it is a remedy, a tonic, orange juice for the ear. But for many of my neurological patients, music is even more - it can provide access, even when no medication can, to movement, to speech, to life. For them, music is not a luxury, but a necessity.”
(Oliver Sacks, 1933-2015)

Dear Conference Participants:

On behalf of the Interdisciplinary Society for Quantitative Research in Music and Medicine (ISQRMM), I welcome all of you to the 6th Biennial Conference of the ISQRMM 2021. The quantifiable study of the effects of music on the human body, mind, soul, and spirit is a discipline that has spurred an interest among scholars from both the humanities and biomedical disciplines since the 18th century. Researchers in the 21st century have continued to embrace these quantifiable studies with scholarly and academic vigor. The aim of the conference is to explore the unanswered questions about music as medicine.

Our conference participants have customarily enjoyed both amiable and amicable professional relationships including but not limited to cultural collegiality, professional interaction through discourses, and collaborative inquiries on scientific research in music and health, all with one common objective — to find answers to unanswered questions and asking new research questions on music and medicine. I hope this conference provides you with these opportunities as you enjoy our live musical performances.

The history of ISQRMM spans from our inaugural conference in 2011 at Weber State University in Ogden, Utah, USA, which was rated among the best conferences by the Utah Business Bureau. Extra spaces Following that success, ISQRMM successfully held the 2nd biennial conference at The University of Georgia, Athens, GA (USA) in 2013, the 3rd biennial conference at Immaculata University, Immaculata, PA (USA) in 2015, and 4th biennial conference at Bridgeport University in Bridgeport, CT (USA) in 2017, and Molloy College, Rockville, New York (USA) for hosting the 5th ISQRMM biennial conference in 2019. Once again, we now owe immense gratitude to the University of Bridgeport, in Bridgeport, CT, USA for facilitating this the 2021 ISQRMM Virtual Conference. ISQRMM provides an unmatched platform to data-driven research while spurring intellectual discourse among scholars and researchers internationally. ISQRMM has hosted scholars from around the world including but not limited to India, Brazil, United Kingdom, South Africa, Canada, China, Croatia, Austria, and The United States. We hope that the topics presented during our conferences will spur interest in research in order to support our mission. We look forward to seeing you again in the future.

Musically yours,



David O. Akombo, B.Ed., MA, MMus, PhD
Dean, Faculty of Culture, Creative and Performing Arts
The University of the West Indies, Barbados, WEST INDIES
President, Co-Founder, ISQRMM

Keynote Speaker

Inspiring your WHY?



Lillieth Grand, MS, MT-BC

Director, Licensed Music Therapist

Milestone Music Therapy, LLC

www.MusicOnPurpose.Teachable.com

Lillieth Grand has been a board certified music therapist since 1993. She's specialized her career working with children with autism, brain injury, intellectual and developmental disabilities, and other neurological impairments. She is an expert in: auditory processing, sensory integration, neurological function of music, and early childhood music. Lillie is a sensory integration specialist, auditory processing expert, and is trained in neurologic music therapy as well as early childhood music. She's a master trainer for Sound Birthing teaching other music therapists how to do music therapy assisted childbirth where birthing mothers can use music as audio analgesia. Lillieth owns Milestone Music & Therapy, a private practice, in Oregon and runs the online teaching platform www.MusicOnPurpose.Teachable.com. She was a professor of music therapy for 15 years. Her favorite course to teach was Music Psychology which included neurology, biology, physiology, and psychology of music. She has a master's degree in special education and is passionate about the use of music in learning. As a special needs parent herself, when she says "I get it", she really does. Lillie's individualized music therapy programs include immersive, challenging activities for the client, as well as training for parents and caregivers to maximize benefits between sessions. Lillieth loves to sing. She has three boys ages 21, 19, and 9. In her spare time she dates, dances, sings karaoke, sings in her church praise band, camps, snow skis, water skis, and enjoys cooking. Lillie is also a Seminar Leader for [Landmark Worldwide](http://LandmarkWorldwide.com), an internationally renowned personal and professional development company providing transformational education.

Interdisciplinary Society for Quantitative Research in Music and Medicine

SCHEDULE - Saturday, June 19, 2021

| Time | Saturday June 19 th , 2021 | |
|-------|--|---|
| 9:30 | Opening Remarks – Dr. David Akombo - Music: Tad Calcara - Good Mornin' | |
| 10:00 | Tony Crisos, MM Independent Scholar | <i>An Original Harmonic and Scientific Approach to the Pythagorean Music of the Spheres and its Practical Application in Music Therapy.</i> |
| 10:30 | André De Quadros EdD | <i>Finding Hope in the Face of Trauma: Prisons, Borders, and Mental Health.</i> |
| 11:30 | Coffee Break # 1 with music: Kelly Stewart - Cello, Milena Rusanova – Violin | |
| 12:00 | <p align="center">Key Note Speech <i>Inspiring your WHY?</i> Lillieth Grand, MS., MT-BC Director, Licensed Music Therapist Milestone Music Therapy, LLC</p> | |
| 1:00 | Lunch Break | |
| 2:00 | David Gibson Globe Sound Healing Institute | <i>A New Medical System Based on Vibration.</i> |
| 3:00 | Jonathan Seligman, MA | <i>On Music and Grief: Using Song to Help a Community in Trauma.</i> |
| 3:30 | David Palmer, MD | <i>Voice disorders.</i> |
| 4:00 | Coffee Break # 2 with music: Tango No.1 by The Center City Brass Quintet | |
| 4:30 | Amy Painter MSN, FNP, PNP | <i>A Review of Current Research of Utilizing Music with Pediatric Patients</i> |
| 5:00 | PANEL DISCUSSION Dr. Kent Nelson, Chair ISQRMM Board Panelists Raina Saunders University of Ottawa Dr. Sheerin Hosseini University of Miami Waverly Claire Noble University of Georgia Roy Kennedy, PhD, MT-BC, LPMT University of Georgia | Music With a Disability: A Comparative Overview of Individuals Outside the Norm <i>A Case Study of an Advanced Violinist With A Cochlear Implant.</i> <i>The Lived Experiences of Adult Musicians with Dyscalculia: Implications for Mental Health.</i> <i>Music Therapy and Children/Adolescents With Attention Deficit Hyperactivity Disorder: Literature Review</i> <i>Music learning and Tourette Syndrome</i> |
| 6:00 | Closing Remarks Dr. Steve Jackowicz | |

Interdisciplinary Society for Quantitative Research in Music and Medicine

Sunday, June 20, 2021

| Time | Sunday June 20 th , 2021 | |
|-------|--|---|
| 10:00 | Opening Remarks – Dr. David Akombo - Music: Tad Calcara - Good Mornin' | |
| 10:30 | Mike Ishii, MSTOM Liaoning University of TCM, PRC | <i>Clinical Trial Results: Ability of 'Five Phase Nodal Sounds' to Affect Hypertension in Humans.</i> |
| 11:00 | Roy Kennedy, PhD, MT-BC, LPMT Director of Music Therapy University of Georgia, GA, USA | <i>The Effects of Music Listening on Levels of Academic Motivation and Burnout Among College Students.</i> |
| 11:30 | Coffee Break # 1 with music : Morikeyba and Partick K. (Kora Music) | |
| 12:00 | PANEL DISCUSSION Steve Jackowicz, PhD Chair The University of Bridgeport, CT, USA Dena Gold, MS Licensed acupuncturist, NY, USA Tim Klemt, DACM Tim Klemt Acupuncture, NY, USA Michael Ishii, MSTOM Liaoning University of TCM, PRC Adina Dabija, MSTOM Founder, Sol Center, NY, USA | Music in Ancient China <i>The 樂記 Yue Ji Record of Music , the 19th chapter in the Book of Rites 禮記.</i> <i>Analysis of Passages from the Zuo Zhuan 左傳.</i> <i>Examination of the chapter on Five Sounds and Five Flavors (wu yinwu wei 五音五味) from the Yellow Thearch's Inner Canon (Huangdineijing 黃帝內經).</i> <i>Investigation of the correlation between the musical significance of the five elements, the ten celestial stems and human health.</i> |
| 1:00 | Lunch | |
| 2:00 | CT Holman, MS, LAc | <i>Drumming and Acupuncture to Treat Emotional Trauma and Post-Traumatic Stress Disorder.</i> |
| 3:30 | Dr. June Leslie Wieder | <i>Healing with sound and vibration with tuning forks</i> |
| 4:00 | Coffee Break # 2 Eluv - Music for Healing & Relaxation with Crystal Singing | |
| 4:30 | David Akombo, PhD The University of the West Indies | <i>The Effects of Music on Anxiety and Depression in Patients Diagnosed with Covid-19 Disease</i> |
| 5:00 | Andy Zadrozny | <i>Creating Sounds that Feel Good</i> |
| 5:30 | Greg Bulaj, PhD College of Pharmacy The University of Utah | <i>Transforming Music into Medical Treatments for Epilepsy and Pain.</i> |
| 6:00 | Closing Remarks – Dr. David Akombo / ISQRMM Board | |

ABSTRACTS

In order of the conference presentation schedule

Saturday June 19th, 2021

An Original Harmonic and Scientific Approach to the Pythagorean Music of the Spheres and its Practical Application in Music Therapy

Tony Crisos, MM

Independent Scholar/Research, USA

Abstract

The purpose of this study is to preserve, revive, and present the ancient Pythagorean philosophical and theological idea known today as Music of the Spheres, originally made known to us by Plato in the myth of Er, in the tenth book of the Republic, and to reintroduce it as a working system. In favor to achieving this, I will draw information exclusively from the ancient Greek tradition, with particular focus on the Pythagorean and Platonist philosophers. For the application of my original system, I will employ the various musical scales implied or even proposed directly by the aforementioned philosophers as a correspondence to the planetary sounds. Moreover, I will include one original composition on the ancient Greek Lyre and various music examples to underline the system. Furthermore, I will apply the moral theory of Plato, the idea that ancient Greek scales invoke certain types of ethos, the Pythagorean Tetractys, live astronomy, as well as ancient astrological models, in order to highlight the structure. Finally, through extensive personal research using the aforementioned system, I will propose further optimization techniques so it can be adjusted beneficially to modern music and the scientific field of music therapy.

Finding Hope in the Face of Trauma: Prisons, Borders, and Mental Health

André De Quadros, EdD

Abstract

This presentation focuses on mental health in different locations – the refugee environment, American prisons, and psychosocial rehabilitation. The presenter has undertaken considerable fieldwork in these marginalized locations. Although the circumstances of these locations are completely different, there are shared intersections of trauma and marginalization. The approach to engagement for pedagogy or research calls for a deep understanding of the ways in which trauma is experienced, and the role that music can play in alleviating suffering. It is particularly important for musicians, researchers, and teachers to understand that this kind of work calls for situated knowledge, deep listening, and a defined approach to healing. In this presentation, examples will be shared from these three contexts in order to arrive at a justification for how and why music can play a role in generating.

Keynote Speech

Inspiring Your WHY"?

Lillieth Grand, MS, MT-BC
Director, Licensed Music Therapist
Milestone Music Therapy

Abstract

As people who know that music can make a real difference in medicine, all of us have the same commitment - that others know it too. But why? Why is quantitative research essential? Have you ever felt like your research maybe doesn't have a large enough sample size, or like no one will want to hear what you have to show, or your name/discipline isn't big enough, or some other dis-empowering conversation around publishing your research? Let's disappear that conversation! The intention of this Keynote is to leave you inspired and excited to have what you have to contribute to the world unleashed.

A New Medical System Based on Vibration

David Gibson
Sound Therapy Center, USA

Abstract

How does the body work based on vibration? This is the holy grail of health. We all know that everything is vibration. It is the most primordial aspect of all dimensions of reality. When we understand the laws of physics behind all vibration, we are given the key to the Universe. The basic concept is that the entire human body is a flowing symphony of music that all works together in perfect harmony when a person is healthy. David Gibson has identified a "hierarchy of vibration," to explain how it all works at every level of vibration. The hierarchy is pure frequencies, timbres (combinations of frequencies), musical intervals (relationship between frequencies/timbres), and musical flow. In the body this can be seen as cells, organs, relationship between cells and organs, and musical flow through each of the 11 systems. In the hierarchy the most important aspect is flow – though it is impossible to separate it out since the frequencies, timbres and intervals are the components of the flow. A healthy system is smooth flow without blockages -- physically, mentally, emotionally and Spiritually. David has now created the Medical Sound Association to help figure out how all the aspects of the hierarchy can be used to cure every disease in the world (we can now say cure because we will be working directly with doctors and hospitals) . The first important research to be done is the relationship between the three primary rhythms in the body: the heart, brain and breath. Once we have the song of health for each of the systems in the body, we can apply the entire hierarchy using a full spectrum of vibration: sound, electromagnetics, color, light and even quantum energy. For sound, we can use electrodes or acupuncture needles with frequencies to run the song through each of the 11 systems. Then, the next step is to run smooth flow through the emotional, mental and spiritual bodies. David will also discuss how this can be done. This is the medical system of the future. .

On Music and Grief: Using Song to Help a Community in Trauma

Jonathan Seligman, MA
Chula Vista, CA

Abstract

The purpose of this workshop is to showcase how music aids communities in healthily processing grief. To achieve this objective, the presenter will discuss: 1. the events and impact of a death at their school site Casillas Elementary in 2018; 2. how the varying ways the community processed their grief; 3. the song they chose for their choir to sing in response to the grief, Sleeping At Last's "Saturn"; and 4. the community's response to the "Saturn." Through observations and conversations with community members, this performance allowed the students and parents alike to process emotions and thoughts that they lacked to say. While focusing primarily on the events between 2018 and 2019, this workshop will conclude by discussing the macrocosmic: the importance of grief and the music educator's role in assisting their community in trauma.

Voice Disorders

David Palmer, MD
Salt Lake City, Utah, USA

Abstract

Voice disorders are common. Therefore, appropriate and timely referral to an otolaryngologist is important regarding pathophysiology, diagnosis, and treatment. Because of the potential serious consequences of delay in referral (including laryngeal carcinoma), it is important to be familiar with contemporary perspectives on this disorder, current standards of patient care, and the need to know when to refer.

A Review of Current Research of Utilizing Music with Pediatric Patients

Amy Painter MSN, FNP, PNP

Abstract

A review was done on Medline and OVID of international studies published in peer-reviewed journals over the last decade with a search pertaining to "pediatric" and music". The articles were then sorted and categorized by the reviewer into the following themes: neonatal/infancy; use in procedures as analgesia/distractor; rehabilitation; environmental studies; palliative care; chronic illness; mental health, educational device(s) or other. The text was then analyzed and key points were highlighted and summarized by the reviewer. The last decade has seen a wide variety of pilot and well designed studies that would be very applicable to use and replicate in many pediatric populations. Music has been shown to be very beneficial to treatment and healing. It is difficult to find music and medicine literature as it is spread throughout journals of varied disciplines and often requires a broad search. Further research with specific questions and replication of study designs is needed. Music is an effective adjunctive therapy in pediatric populations. More research is needed to understand why it is an effective therapy, although current research suggests it works by vibroacoustic therapy and a relaxation response to various frequencies at an unconscious and neurological level.

Panel Discussion:

Music With a Disability: A Comparative Overview of Individuals Outside the Norm

Dr. Kent Nelson, Raina Saunders, Dr. Sheerin Hosseini, Dr. Roy Kennedy

This panel discusses a range of neurodevelopmental and sensory disabilities in learners and how these disabilities affect their music learning skills as well as their overall and therapeutic needs. These individuals learn tasks and behaviors at different rates of ease. In our education system, the average learning rate becomes the norm, with individuals outside this norm being classified either as talented or in need of remedial attention. In effect, the norm dictates the classification for education and behavior. Despite the full range of IQ possibilities, individuals with disabilities are often outside the norm and may experience harmful emotional and health issues attributed in part to their difficulties in formal education and everyday life. In other cases, talented individuals with learning disabilities have excelled in academic settings given the proper opportunities. The four-person panel will each present their research on music and a specific disability:

A Case Study of an Advanced Violinist With A Cochlear Implant

Raina Saunders, MM
University of Ottawa, Canada

Abstract

Music and audiology research shows that cochlear implant (CI) users normally experience multiple hearing limitations in playing music. Few studies investigate the described musical experiences of CI users who achieve excellent music perception and ability. None consider pediatric implantees grown to adulthood playing pitch sensitive instruments solely with bimodal hearing. My focus is such an individual, an advanced violinist without musical training prior to implantation, to determine the factors contributing to his musical success and to suggest the potential of bimodal pediatric implantees entirely dependent on CIs and hearing aids (HAs). This study uses data from semi-structured interviews with the participant, his parents and music teachers and a Demographic and Music Background Questionnaire. Reflexive Thematic Analysis (TA) is applied to interview data. Three significant themes stand out: the violinist's exceptional experience and performance; his perception of the structural elements of music; the specific methods enabling him to reach an advanced level. The study suggests that pediatric implantees with bimodal hearing have the potential to play at a level comparable to those with normal hearing, proposes learning strategies for musicians with CIs, and invites medical professionals and music teachers to consider individual cases holistically rather than assume musical capacity based on standard CI outcomes.

The Lived Experiences of Adult Musicians with Dyscalculia: Implications for Mental

Health Sheerin Hosseini, PhD

Abstract

Dyscalculia is a specific mathematical learning disability marked by severe difficulties understanding number sense, mathematical reasoning, remembering number facts, and performing basic arithmetical tasks" (5th ed.; DSM-5; American Psychiatric Association, 2013). This presentation will describe the results of a qualitative phenomenologically aligned research study conducted by Hosseini (2020), which examined the lives of ten adult musicians with dyscalculia. The findings indicated that the participants' learning disabilities impacted

music learning areas, including sight-reading, counting, and understanding music theory. Furthermore, some participants struggled to distinguish left from right, participate in movement activities, and master the motor skills required to play an instrument. Music was essential to these participants' lives despite the various challenges they faced, and they developed coping strategies to overcome musical challenges. Dyscalculia also affected the participants' lives outside of music, and some of the participant's experiences negatively impacted their self-esteem and posed mental health challenges. Understanding the various ways dyscalculia may affect a person's life can help music teachers create more rewarding musical experiences for their students. Music educators need to recognize the signs of dyscalculia so that they can help students develop strategies to deal with the various ways dyscalculia may affect their lives.

Music Therapy and Children/Adolescents With Attention Deficit Hyperactivity Disorder: Literature Review

Waverly Claire Noble
The University of Georgia

Abstract

The purpose of this presentation is a literature search on music therapy and children/adolescents with Attention Deficit Hyperactivity Disorder. ADHD is a common neurodevelopmental disorder with cognitive and behavioral aspects that can cause difficulties in many areas. The rhythmic patterns, multiple stimuli, and structured nature of music make it incredibly engaging for even those who struggle with sustained attention; this has been shown in the literature time and time again. However, specific music therapy interventions such as Musical Attention Control Training (MCAT), improvisation, and social skills training are still emergent techniques with this population. This review of literature will support a need for more research on the effectiveness of music therapy for children with ADHD, as well as which interventions are most efficacious in practice.

Music Learning and Tourette Syndrome

Roy Kennedy, PhD, MT-BC, LPMT
Director of Music Therapy
University of Georgia, GA

Abstract

Tourette Syndrome (TS) is a disorder that involves repetitive movements and unwanted sounds (tics) that cannot be easily controlled. TS is best known for motor and vocal tics, which usually begin when a child is 4 to 6 years old, with the peak of symptoms occurring between 10 to 12 years of age. At first, tics are simple and limited to a few muscle groups. Over time, other muscle groups may become affected, as the tics get worse. Although there is no definitive cure for Tourette syndrome, a combination of therapy and medication may help. The purpose of this paper was to conduct a related literature review on the effects of music on the stereotypical behaviors and characteristics of individuals with Tourette Syndrome, especially as it applies to learning disabilities. Experimental research has shown that listening to and playing music and musical imagery reduces tics in individuals that have Tourette syndrome; thus, music offers a therapeutic approach and may assist in dissipating behaviors, which may interfere with social/emotional well-being, academic learning, and professional/employment success as well.

Sunday June 20th, 2021

Clinical Trial Results: Ability of 'Five Phase Nodal Sounds' to Affect Hypertension in Humans

Michael Ishii, MSTOM, PhD candidate

Abstract

This panel will discuss Traditional Chinese Medicine clinical research findings addressing the use of a sound based protocol to affect the hypertension in human subjects. The clinical trial is based on both quantitative (N=60) and qualitative research (N=5). A panel of the researchers will present on the clinical methodology, use of Five Phase Nodal Sounds' treatment in the TCM clinic and their research findings.

The Effects of Music Listening on Levels of Academic Motivation and Burnout among College Students.

Roy Kennedy, PhD, MT-BC, LPMT
Director of Music Therapy
University of Georgia, GA

Abstract

The purpose of this study was to examine the link between music listening habits, academic motivation, and burnout levels of college students. It is known from previous research that music directly affects the mesolimbic system, which contains portions of the brain connected to reward and motivation processing (Levitin, 2005). There are not many studies, however, that investigate a direct link between motivation levels and music listening. With rising levels of mental illness and stress related illnesses in college students it is imperative to find new and innovative ways of allowing university students to feel more connected and motivated. After receiving survey results from 100 college age students the data in this study did not show a significant correlation. However, there was a slight non-significant positive correlation with music listening and motivation and a slight non-significant negative correlation with music listening and burnout. This study may not have had the power to show strong correlation in its sample size. Background research supports the need for further investigation into this area of study.

Panel Discussion:

Music in Ancient China

Dr. Steve Jackowicz, Michael Ishii, Dena Gold, Dr. Tim Klemm, Adina Dabija

This panel brings together five scholars of Traditional Chinese Medicine and classical Chinese culture. Taking four classical selections from influential texts, they will present a view of music as depicted in these works thereby expanding and developing our understanding of the conception of music as a modality of influence in health, medicine, society and governance. Starting with ancient sources.

Dena Gold will examine the 樂記 Yue Ji *Record of Music* which is the 19th chapter in the *Book of Rites* 禮記. The *Book of Rites* is a Warring States Period text that was canonized as one of the *Five Canons* by Confucius. It represents much of the ritual understanding and behaviors of the Zhou Dynasty. The *Record of Music* explains the conception of music within the geomantic model of the ancient Chinese world.

Tim Klemm will analyze some passages from the Zuo Zhuan 左傳, composed in the 4th century BCE. The passages therein speak of music, and pronounce that when it is played in a harmonious and balanced manner it brings balance and regulation to human beings and society. He will explore the implications of music as an important vector of social management.

Michael Ishii will examine the chapter on Five Sounds and Five Flavors (wu yinwu wei 五音五味) from the *Yellow Thearch's Inner Canon* (*Huangdineijing* 黃帝內經), a third century BCE text considered the foundational text of East Asian Medicine. He will endeavor to clarify theoretical application of the five nodal sounds in treatment and to illuminate questions regarding theoretical application of the five nodal sounds in Chinese medicine related to the treatment of disease in the twelve meridian systems.

Adina Dabija will investigate the correlation between the musical significance of the five elements, the ten celestial stems and human health in the Neo-Confucian Ming Dynasty text entitled *Discourse on the Five Notes Health (Cosmic) Movements* (论五音建运 Lun Wu Yin Jian Yun) from the *The Great Compendium of Ancient and Modern Medical Traditions* (古今医统大全 GuJin Yi Liu Da Quan) by Xu Chunfu in 1556.

Drumming and Acupuncture to Treat Emotional Trauma and Post-Traumatic Stress Disorder

CT Holman, MS, LAc
Redwood Spring, PC

Abstract

Background: The first sound a human hears is the heartbeat of their mother. For centuries, healers have used the drum to shift energy and transform illness by playing a simple, steady drumbeat to soothe a person and connect them with this first sound of existence. A resurgence of employing vibrational treatments using tuning forks, singing bowls, and chanting is occurring in Chinese medicine clinics and is proving effective in the treatment of emotional trauma. Combining drumming with specific acupuncture prescriptions creates a synergistic healing approach in treating emotional trauma and post-traumatic stress disorder (PTSD). CT Holman describes methods to effectively reduce the emotional and physical symptoms resulting from trauma by utilizing drumming and acupuncture. Playing a steady drumbeat over the patient while they receive acupuncture stimulates the needles which act like antennas, activates the various acupuncture channels, and calms the spirit. Holman has used drumming with acupuncture for over 10 years and has found this combination helpful in reducing anxiety, fear, grief, digestive issues, respiratory distress, insomnia, and other symptoms resulting from trauma. A case study is included to demonstrate the compelling effects of this pairing.

Healing With Sound and Vibration with Tuning Forks

Dr. June Leslie Wieder
Song of The Spine, Ridgecrest, CA, USA

Abstract

Music has been used for healing. Not only musical instruments, and singing, but also humming, chanting, bowls, bells, gongs, and tuning forks. Many use the sound of tuning forks. I have studied the use of the vibration of tuning forks to help the body get back in tune. Is it possible, I thought, that some kind of energy echoes between the primary and secondary curves of the spine in order to maintain the structural and neural integrity of the spine and nervous system? This led to a long period of research into the resonances of the spine. Using tuning forks, I tested the frequencies of each vertebra of the spine and found that each vertebra responded to specific tones. This research is described in my book *Song of the Spine*. The Spine is similar to piano that needs to be tuned. Using the vibration of tuning forks is not practical for extended periods of time because they have to be struck repeatedly. So, I commissioned the development of an electronic tuning fork. The first was the *Song of the Spine Bonetoner*. Next came to *Harmonic Resonator* for the entire body. And finally, the *Adjustable Electronic Tuning Fork*. I am continuing my research with the *Adjustable ETF*. The vibrational treatment can be used for different neuromuscular conditions such as depression, chronic and acute pain, MS, and autism.

The Effects of Music on Anxiety and Depression in Patients Diagnosed with Covid-19 Disease

David O. Akombo, PhD
The University of the West Indies, Barbados

Abstract

Objective: Music has been reported to reduce anxiety and depression during illness. Anxiety and depression are generally linked to cortisol levels while listening to music has been linked to a reduction in the cortisol levels during illness. This research will examine the effects of music on anxiety and depression on patients diagnosed with Covid-19 who have recovered from the disease. Coronavirus disease 2019 (COVID-19) is defined as illness caused by a novel coronavirus now called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2; formerly called 2019-nCoV) (CDC. 2019). Severe cases of COVID-19 may be associated with hypoxemic respiratory failure, acute respiratory distress syndrome (ARDS), septic shock, cardiac dysfunction, elevation in multiple inflammatory cytokines, thromboembolic disease, and/or exacerbation of underlying comorbidities. Patients diagnosed with Covid-19 experience anxiety and depression on varying levels. Although the effects of music on anxiety have been examined, very few studies have specifically examined the effects of music on anxiety and depression on patients who were diagnosed with Covid-19 and have since recovered from the disease. This study contributes to knowledge on the effects of music on pandemic-induced anxiety and depression. **Methodology:** Patients (n = 200) will be randomly selected to participate in the study. Participants will include people aged 18 and above who have recovered from Covid-19 in the Caribbean Island of Barbados. Subjects will respond to a questionnaire examining their music listening habits during the period they were diagnosed with Covid-19 virus and the time they were quarantined, isolated, treated and recovered. **Hypothesis:** (1) Patients undergoing Covid-19 treatment during isolation and isolation listen to music. (2) Patients undergoing Covid-19 treatment during isolation and isolation and listen to music exhibit lower levels of anxiety and depression. (3) Patients undergoing Covid-19 treatment during isolation and isolation and listen to any kind of music experience some kind of relief.

Creating Sounds that Feel Good

Andy Zadrozny

Abstract

Resonance is the primary way in which matter interacts with its environment. The feeling of one's body vibrating in sympathy with its surroundings is fundamental awareness, common to all life. My musical sound healing practice is based on three key points: 1: It's about the feeling of sound, rather than the hearing of it. Sound loses almost all of its energy passing through air. My inventions facilitate the direct transmission of sound vibration. 2: Different parts of the body resonate with different sound frequencies. In general ways we are the same. We feel high-pitched sounds high, in our heads, and lower-pitched sounds down below, in our bodies. Each of us is unique in specific ways, which we explore in sound healing sessions. 3: The person receiving the sound is the best judge of which sounds are healing to them in that moment. Every session is a collaboration, improvised in the moment. In this presentation I will demonstrate the technique I've developed for toning into another person's body. I'll tell the story of the genesis and evolution of this practice, using recorded examples of sounds from sessions with clients, and finish with a live demonstration with a client.

Transforming Music into Medical Treatments for Epilepsy and Pain

Grzegorz Bulaj, PhD
College of Pharmacy
The University of Utah, UT USA

Abstract

Despite clinical studies showing clinical benefits of music for people with epilepsy or pain, there are many challenges to transform music into medical treatments. It is well-known that specific musical compositions by Mozart (such as sonata K.448), can reduce seizures in people with refractory epilepsy. Herein, I review our efforts to harness "medicinal" properties of Mozart music in order to create digital interventions for seizure control and pain management. I present our preclinical studies in animal models of epilepsy and pain, also showing how combinations of music and analgesics can improve pain relief. In addition, I describe our prototypes of digital therapy delivering music to reduce epileptic seizures in adults and children with epilepsy. In conclusion, digital health technologies offer unique opportunities to create music-based interventions for epilepsy, pain and other chronic conditions, including depression.

Conference Presenters



David O. Akombo, PhD is Associate Professor and Dean of the Faculty of Culture, Creative and Performing Arts at the University of the West Indies, Barbados. Dr. Akombo previously served as Diversity Fellow at Weber State University in Utah and Faculty Fellow at Jackson State University in Jackson, MS. Intrigued by the peculiarities of music and its interdisciplinary confluence with medical and psychological practices, Dr. Akombo has studied and researched the effects of music on children and young adults both in schools and in hospitals. As scholar and performer, Dr. Akombo balances his research interests amicably as a music educator, ethnomusicologist, composer and singer/drummer, having worked in Africa, The United States, and Southeast Asia where he studied with Balinese artists. His books, *Music and Healing Across Cultures* (Ames, Iowa: Culicidae Press, 2006) and *Music and Medicine: Connections Found* (Seaburn,

2009) unfold the mechanics of the relationships between music, culture, physiological and spiritual states in people from the anthropological and epistemological inquiry regarding music and healing. Dr. Akombo has worked jointly with the University of Florida's Center for Arts in Healthcare Research and Education (CAHRE) with which he collaborated to establish the Arts in Medicine (AIM) program in Nairobi, Kenya. Located at Mater Hospital and funded by the Legislature and State of Florida Center for Cultural Affairs in Tallahassee, USA, this is the first known Arts in Medicine program in Africa. Dr. Akombo continues to be active in music education research, and interdisciplinary scholarship having conducted clinics in several countries. He is a 2017 recipient of the NSF Research Training Scholarship. He is the President and Co-Founder of ISQRMM.



Grzegorz Bulaj, PhD is an Associate Professor of Medicinal Chemistry in the College of Pharmacy at the University of Utah. Earlier positions include: Entrepreneurial Faculty Scholar, advising on commercialization of academic research; Founder of OMNI Self-care, LLC, creating digital content to promote health and well-being; Co-founder of Epicadence, Public Benefit Corporation, developing digital technologies as treatments for epilepsy; Co-founder of NeuroAdjuvants, Inc. in Salt Lake City, specialized in development of anticonvulsant neuropeptides; Director of Peptide Chemistry in Cognetix, Inc., involved in preclinical and clinical development of analgesics and antiseizure drugs. Dr. Bulaj received his PhD degree in biochemistry from the University of Wroclaw, Poland. Dr. Bulaj's research is focused on developing digital interventions and their integration with pharmacotherapies (drug+digital combination therapies) for epilepsy, pain, depression and cancer. The long-term goal of his research is to combine music and other non-

pharmacological interventions with digital health technologies to improve therapy outcomes for chronic disorders.



Antonios Chrysovergis (Tony Crisos) is a musician, educator, philosopher, and lecturer. He studied Music Performance at Berklee College of Music (BA) with special focus on Jazz, and received his Masters in Music Education at Boston University. He has studied ancient Greek Philosophy, as well as Kabbalah, and now teaches and performs on both the guitar and the ancient Greek Lyre. While running a private home studio, he lectures throughout the country. He has also published several articles on music and philosophy.



Adina Dabija, LAc, MSTOM, Dipl OM Adina Dabija is a New York State Licensed Acupuncturist, nationally certified in Oriental Medicine by the National Commission for Certification of Acupuncture and Oriental Medicine, nation-ally certified by the American Board of Anti-Aging Health (ABAAHP) and Certified Hypnotist. She holds a Clinical Master Degree from Pacific College of Oriental Medicine and formal certifications in Medical Qi Gong and Korean physical manipulations (Kyo Jung) from the Institute of Classical Asian Studies. With over ten years of clinical experience, Adina has been helping thou-sands of people from New York City to improve their health. Founder of several acupuncture clinics, Adina also created a holistic and meditation center in Port Washington, New York, with the focus on the top down (mind to body) approach in 2017.

Since 2021 Adina is also working in holistic dentistry as a BioScan MSA Certified practitioner to prevent oral diseases. Adina has been teaching qi gong at Sands Point Preserve, Port Washington New York since 2018. Adina previously presented a pilot study with the title “Plato’s Harmonious Man: a musical journey with-in using “charms”, silence and remembrance of the cosmic harmony” at the ISQRMM 2019 Conference.



David Gibson is the founder and director of the Globe Sound Healing Institute in the San Francisco Bay Area (and online), offering Individual Classes and State approved Certificate Programs in Sound Healing and Therapy and also Audio Recording (www.SoundHealingCenter.com). David has written the #1 selling books in both the fields of Audio Recording, “The Art of Mixing,” “The Art of Producing,” and Sound Healing, “The Complete Guide to Sound Healing” (www.CompleteGuidetoSoundHealing.com). He is also a top selling producer of Sound Healing music (www.SoundHealingCenter.com/store/music/). His music is in many

hospitals around the country including Boston General and U.C. Medical Center. He also runs the Sound Therapy Center at the Institute (and online) offering 15 types of sound healing treatments (www.SoundTherapyCenter.com) . David has produced 9 International Sound Healing Conference and is also the founder of the Sound Healing Research Foundation (www.SoundHealingResearchFoundation.org), which is researching sound for Pain, Sleep, PTSD, Autism, ADD/ADHD, Dementia, Anxiety, Depression and Grief. He has now setup the Medical Sound Association (www.MedicalSoundAssociation.com) with a group of doctors and Sound Therapists to figure how to cure every disease in the world with sound, music and vibration. He has created over 2500 exercises for children based on all of the books on brain development for children at every age level (www.SoundEducationCenter.com).



Dena Gold is a licensed acupuncturist and massage therapist working in private practice for over five years. She has Master's degree in Acupuncture from Tristate College of Acupuncture and Master's degree in Chinese Herbology from University of Bridgeport. Through her study of both modern and classical Chinese, she is committed to expanding her understanding of Chinese medicine via primary sources. Her deep interest in music has always compelled her to seek to understand the music of other cultures. As an aerial dancer Dena has collaborated with New York based musicians including Gabriel Marin, Dan Kurfirst, Tom Swafford, and Joshua Torres.



CT Holman, a clinician with over 20 years of practice, teaches internationally and authored two textbooks, *Treating Emotional Trauma with Chinese Medicine* and *Shamanism in Chinese Medicine*. To emphasize the effectiveness of music in medical treatments, he recorded and produced a CD/MP3 titled *Resonating Vitality – Chinese Medicine Drum Treatments*. CT trained in China three times, teaches at the Oregon College of Chinese Medicine for its doctoral program, maintains the position as the Director of Development for the Lotus Institute of Lillian Bridges, conducts a mentoring program, and has several video courses available on his website: www.redwoodspring.com.



Sheerin Hosseini, PhD is a music educator from Boston, Massachusetts. She holds a Ph.D. in music education from the University of Miami Frost School of Music. Dr. Hosseini's research interests include special education in music education focusing on learning disabilities, Iranian music education, and pre-service teacher training.



Michael Ishii is both a clinician and educator in the field of East Asian medicine. After a 20 year career as a classically trained French hornist, he retired from performance to pursue an interest in Chinese medicine. He is a graduate of Pacific College of Oriental Medicine, maintains a private practice in New York City, and is the former education director of the Institute for Classical Asian Studies. He is a former faculty member of the University of Bridgeport Acupuncture Institute where he served as clinical faculty chair. He is currently a PhD candidate at Liaoning University of Traditional Chinese Medicine where he is studying the use of nodal sound therapy in the treatment of hypertension. Outside of medicine, Michael is recognized as a national leader in immigrant rights and anti-detention organizing.



Steve Jackowicz, PhD began his study of East Asia as an undergraduate at Harvard University. He then studied traditional East Asian Medicine at the Korea Modern School of Acupuncture and the Hand and Foot Acupuncture Institute in Seoul. During that time he further apprenticed in traditional physical manipulation and therapeutic breathing techniques. He then pursued a Master's Degree at the New England School of Acupuncture. Dr. Jackowicz became fascinated with the divergence of Chinese, Japanese, Korean, and Vietnamese medicine and studied for a Ph.D. at Boston University examining the historical evolution of East Asian Medicine. He is currently finishing a second Ph.D. through Liaoning University of Traditional Chinese Medicine examining the Yellow Thearch's Inner Canon (Huangdi Neijing 黄帝内经). His research has taken him to China and Japan. He currently serves as the Chair of the Doctoral Program in Traditional Chinese Medicine at the University of Bridgeport.



Roy Kennedy, Ph.D., MT-BC, LPMT is an associate professor of music therapy at the University of Georgia, USA. While previously providing music therapy services to various populations, his primary research interests include guitar pedagogy for music therapists, music therapy for English-as-Second Language learners, adults with substance abuse problems, and skill generalization of students with developmental disabilities. Dr. Kennedy has presented his work in the USA, Brazil, South Korea, and Costa Rica. He continues having an interest in the international development of the profession.



Dr. Tim Klemt is a New York State Licensed Acupuncturist. He received his Doctorate and Masters degrees in East Asian Medicine from the Pacific College of Health and Science. He currently treats patients in his private practice in Manhattan. Prior to studying East Asian medicine, he completed his Bachelor of Arts in Music at the University of Wisconsin – Parkside as a percussionist. While still completing his B.A. he began studying Indian tabla with Ustad Kadar Khan and his father Ustad Reheman Khan. He immersed himself in the music and culture of India, and went on to perform with legends of Indian music Ustad Sultan Khan and Ustad Aashish Khan. He began working with the Kalavant Center for Music and Dance in New York almost 20 years ago, where he has taught Indian tabla to private students

as well as New York City public school teachers and ethnomusicology graduate students at New York University.



Dr. Kent Nelson retired as a junior high school instrumental music teacher after 30 years of service. Prior to his retirement, he was a freelance musician including 22 years as principal trombone for Ballet West and as adjunct professor at Weber State University. In retirement, he conducts and serves as music director of a local community orchestra. His interest of research includes assisting all students to learn music, including those with dyslexia. His article, “A Comparative Case Study of Learning Strategies and Recommendations of Five Professional Musicians with Dyslexia,” coauthored with Dr. Ryan Hourigan, was published in *Update: Applications of Research in Music Education* (2016). Dr. Nelson received his bachelor’s (University of Utah) and doctorate (Boston University) degrees in music education. His master’s degree was in trombone performance (University of Cincinnati). Dr. Nelson currently works as an independent researcher.



Waverly Noble is in her second year of studies as a Music Therapy major and Human Development and Family Science minor at the University of Georgia. She is from Raleigh, North Carolina, and has a special interest in early childhood development, as well as working with children with special needs. This interest was sparked last summer while doing a baby music class with two twin 12-month-old babies who were formerly micro-preemies in the NICU. Waverly's principal instrument is voice; she has been singing since elementary school, starting with involvement in choir and branching out into musical theatre and classical repertoire by high school. She currently serves as social media manager of her Music Therapy Student Association and a Music Therapy Education Now board member.



Amy Painter is a board certified as a Family Nurse Practitioner and Acute Care Pediatric Nurse Practitioner and has worked in pediatrics for the last 10 years. Her passion for music and its application as therapy stems from an active musical life as a child and her experiences with live music and neuroscience while studying at the Medical University of South Carolina where she received her graduate degree. She currently works as a Pediatric ICU Nurse Practitioner in Orlando, FL at Adventhealth taking care of acutely ill children.



David Palmer, MD is a board certified otolaryngologist in private practice in Salt Lake City, Utah since 1992. His education includes attending the University of Utah, Harvard, Medical College of Pennsylvania, and Penn State University. He also currently serves as Medical Director of the Tabernacle Choir at Temple Square., and is a former Tenor with the Tabernacle Choir. He is completing his 25th year teaching at the University of Utah as an Assistant Professor. Early in his training he received an NIH training grant and tuition scholarship from Harvard. He served as President of the American Academy of Otolaryngic Allergy. He is married and has five children and almost 12 grandchildren.

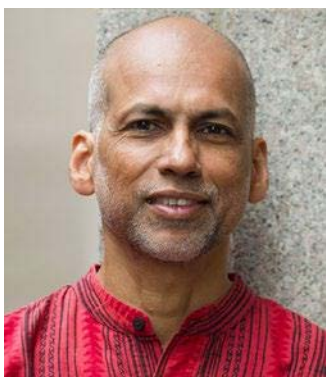


Raina Saunders is a music researcher and a classically trained violinist. She earned her BMus in Violin Performance from UVic and her MMus and Graduate Diploma in Violin Performance from uOttawa. Her classical training has led her to Europe and across Canada. She has won a number of awards and scholarships, including the Johann Strauss Foundation Scholarship Competition for music study in Austria. An interest in multidisciplinary research in music and health led her to join a team of researchers, health professionals and students to launch the Musicians' Wellness Centre at uOttawa. While helping to launch and run the Centre, she completed an MA in Music Pedagogy, conducting a case study about an advanced violinist with bimodal hearing. She

graduated in 2020 and is currently a Teaching Artist with OrKidstra and a freelance musician. Raina is hoping to make a dual career as a Music Therapist and an orchestral violinist.



Jonathan Seligman has been teaching choir, band, and general music for TK- 6th grade at Casillas Elementary for 6 years, creating a new music community from the ground up. Academically, Seligman has received his B.Mus in Music Composition and a MA in Teaching from Point Loma Nazarene University, bearing a Single Subject Teaching Credential in Music and Special Education. He has furthered his learning, being fully Orff-Schulwerk certified as well as being trained in Feierabend's First Steps's and Conversational Solfege's methods. Accolades aside, Seligman's mission in all his groups is to teach beyond music literacy and discipline. While they are vital, his goal first and foremost is for students to be exposed to music of differing cultures and in tune with their musical expression.



Dr. André de Quadros is a musician, scholar, music educator, and human rights activist, with professional work in the most diverse settings in more than 40 countries, spanning professional ensembles, and projects with prisons, psychosocial rehabilitation, refugees, poverty locations, and victims of torture, sexual violence, and trauma. He is a professor of music at Boston University, where he holds affiliations in African, African American, Asian, Jewish, Latin American, Muslim studies, and prison education. He directs numerous ensembles in Indonesia, Sri Lanka, the Middle East, the US, and the Mexico-US border. In 2019, he was a Distinguished Academic Visitor at the University of Cambridge. Recent publications are his 2019 book, *Focus: Choral Music in Global Perspective* (Routledge), and a 2020 co-edited book, *My Body was Left on the Street: Music Education and Displacement*, (Brill).



Dr. June Leslie Wieder has extensively studied the relationships between sound, movement, and form, and how they relate to health and healing. A classically trained pianist and now studying the cello. She has been a practitioner in the health field for more than 36 years. After earning a B.Sc. in Psychology from Brooklyn College, she worked in the mental health field. She is a graduate of the Swedish Institute of Massage, and has taught medical massage in California. In addition to her studies of various forms of bodywork, she was trained in the Trager Approach® personally by Milton Trager and has been a practitioner since 1986. She obtained her Doctor of Chiropractic degree from Life Chiropractic College West, and started a private practice in New York City. She has been in private practice for over 26 years and currently has a clinic in Southern California. Her book, *Song of the Spine*, describes how sound can heal the spine (www.songofthespine.com) and her second book, *The Human Symphony*, expands vibration therapy to the entire body using the Harmonic Resonator, an electronic tuning fork. For more information go to www.thehumansymphony.com and www.drwieder.com



Andy Zadrozny is a Musician, Teacher, and Sound Healer. He received his education from Weber State University and The University of Utah, Utah, USA. He has taught music in several colleges and universities including Seattle College. He has performed with renowned world musical ensembles and musicians including being First-call bassist in Seattle, WA in jazz, classical, Latin, and world music and Principal bass for the Federal Way Symphony, Seattle Philharmonic, and Philharmonia Northwest. His research interests include Resonance and Vibration of the Human Body

Musicians



The Center City Brass Quintet is an all-star ensemble of renowned soloists and members of America's finest orchestras, who convene throughout each season to produce chamber music of the highest caliber. The quintet, originally formed at Philadelphia's Curtis Institute of Music, now comprises members of the Cleveland Orchestra, Pittsburgh Symphony and Seattle Symphony, and the Buffalo Philharmonic, and its players have performed as soloists with such notable ensembles as the New York Philharmonic and the Boston Pops. Called "one of the strongest of today's brass quintets", and "a virtuoso outfit which plays like no other" by American Record Guide, and "an exquisitely blended ensemble" by Gramophone, the [Center City Brass Quintet](#) is known world-wide for its superlative renditions of the standard

brass quintet repertoire, as well as for original arrangements which span from Bach to Bernstein. Working around the many commitments of each of its members, the Quintet presents a limited number of recitals each year.



Healing Music Artist, Channel/Medium & Radio Personality **Eluv (Elise Zotos)**, was born and educated in Melbourne, Australia. Eluv is the host of ["Ultrasounds" radio show on WMNF, 88.5 FM Tampa](#). Thursday's 10pm-Midnight. She creates beautiful inspirational music, guided meditations, and visualizations for relaxation and healing. Her music covers many genres and is a unique blend of musical elements from around the world and spoken meditations, giving the listener a truly unique and relaxing recorded experience. Her recordings are featured on the Monroe Institute's Hemi-

Sync label, with binaural sound healing technology added to balance the left and right hemispheres of the brain. Her singing style is a unique immersion into grace with her angelic vocals and sacred songs. Eluv combines her vocals with a tapestry of pure tones of the Crystal Singing Bowls, lush harp strings, and other beautiful sounds. Known for her open-hearted intuitive approach to healing, Eluv's music awakens joy, heart opening, well-being and deep relaxation. She is a featured guest speaker on sound healing and performs live "Sound Healing" concerts globally. Her practice features multiple modalities; Sound Healing with Crystal Singing Bowls, and Angel Harps, Live Healing Music Performances, Composing Music & Guided Meditations, Voice Overs, Mantra, Kirtan, Mandala Art, Essential Oils, Flower Essences. She is a Shamanic practitioner and an Advanced Ancestral Healing practitioner, offering private sessions for people and animals. <https://eluvmusic.com>



A native of Bulgaria, **Milena Rusanova** joined the Mississippi Symphony in January, 2010. Rusanova began studying the violin at age of five at the School of the Arts in Ruse, Bulgaria. She graduated from the Bulgarian National Conservatory with a Bachelor's Degree and from the Southeastern Louisiana University with a Master's Degree in Violin Performance. Ms. Rusanova's principal teachers include Dr. Yakov Voldman and Professor Espen Lillenslatten. While pursuing her Master's Degree, Milena was a finalist of the MTNA Young Artist Competition in Canada, Toronto. In 2008 she was one of the winners of the Monroe Young Concerto Competition and Southeastern Concerto Competition, performing with the orchestra as her prize. Milena has participated at different music festivals and concert series, including the Klavier Chamber Music in Reichenay, Austria, Las Vegas and Aspen Music Festival and also performed with different orchestras: Baton Rouge Symphony, Acadiana Symphony, Mobile Symphony

Orchestras. Ms. Milena has a great passion for teaching and is part of the [MSO string program](#), teaching at several locations.

Morikeba Kouyate is a Jali, a carrier of the oral traditions of the Mandinka people. Born in Bounkiling, Senegal, he inherited his sacred profession from over 700 years of both maternal and paternal family lineages. He has been travelling and professionally performing songs, stories, and history since he was 14 years old. In the USA, Morikeba has played at hundreds of festivals and cultural events and conducted many workshops on the history of the Jali and the music of the kora. He has recorded 3 albums of traditional kora music.

Patrick Klemawesch is an allergist and immunologist from Florida, USA. A lifelong musician and recording artist with multiple groups, he has been studying the kora with Morikeba for 5 years.

About the Kora

The kora is a 21 string bridge harp originating in the Manding empire of west Africa around the 13th century. It is made from a large calabash gourd, a calfskin, four sticks, and a wooden bridge, with two separate rows of skin or monofilament strings. Along with the balafon and ngoni, it is one of the instruments of the clans of Jalis ("Griots" in French). Jalis are musicians, advisors, oral historians, and essential performers at ceremonies including naming of children, marriages, and funerals. The kora is traditionally used by Jalis to perform songs of praise and to recount clan histories, but also as a vehicle for more subtle emotional influence on the meditations and decisions of rulers and patrons. Modern Jalis can recount up to a dozen generations of their ancestors and use the stories of the past and the moods of the kora to educate and guide their descendants.



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Acknowledgments

We would like to thank all the presenters and attendees who make this conference possible and continue the work the ISQRMM seeks to support. Without all of you, this conference could not be possible.

We look forward to seeing you in our next conference in 2023. Please check our website for updates as we plan our next conference. If you would like to be more involved in ISQRMM please let us know. Our institution can always use your support and involvement.