

Courtney Fox
Rising Fourth-year Music Major
Advisor: Michelle Kisliuk

College Arts Scholars Summer Grant 2012

To begin to explore the many paths open to me after graduation, I would love to spend the summer before my fourth year gaining a better understanding of the intersection of music and health. As an enthusiastic yoga and group exercise teacher and a passionate musician, I am thrilled by the possibility of combining music and health in a fulfilling career.

Over the course of the summer, I plan to attend several classes and conferences. At the end of the summer, I will draw parallels between the various events to combine all that I have learned about the role of music in the profession of healing into one piece of writing. This experience will be invaluable as I prepare myself to depart from the comfort of my undergraduate career and pursue further studies in physical therapy.

Most of the grant money will go towards tuition and living expenses during the 11th annual Arts in Healthcare Summer Intensive at the University of Florida. The two-week long program brings together professionals and students to learn about the role of the visual arts, music, dance, theatre and writing in healthcare and healing settings. While the music will be the primary component of my research, it will be helpful to have a well-rounded perspective at the way in which the arts as a whole fit into the healing process. Over the course of two weeks, I will have the opportunity to participate in arts-specific workshops and apply this knowledge through hands-on clinical experience.

Before departing for Gainesville, I will attend a conference geared towards flutists hosted by the Schwob School of Music at Columbus State University. Summerflute is a five day workshop bodymapping and body awareness to improve performance and to prevent injury. After attending the classes at the University of Florida, I would be able to reflect back on my experience at Summerflute and consider how approaches such as the Alexander Technique and body mapping could be used in rehabilitative settings as a physical form of music therapy.

To conclude the summer, I will spend a long weekend at Monclair State University for the Second International Health Humanities Conference. This year, the theme of the conference is "Music, Health, and Humanity." I will have the opportunity to network with academics working in the fields of health and music, as well as professional music therapists. One of the featured speakers at this event is Benedikte Scheiby, a music therapist from the Institute of Music and Neurologic Function, and a member of CenterLight Health System. Attendance at this conference will help me to better understand the current status of music therapy in the US, and how it is beginning to enter other healthcare professions.

During the final weeks of the summer, I plan to spend time reflecting on the intersections of these three events. In addition to integrating my new knowledge and experiences into my graduate school applications, I will also write a report detailing my experiences and reflections upon them.

Budget:

	University of Florida Gainesville, FL	Montclair State University Montclair, NJ	Summerflute Columbus, GA	Total
Tuition	\$850 Textbooks - \$75.48 + \$31 Apron for volunteering - \$10	\$200	\$530	1696.48
Lodging	\$200	Free	Staying in the university dorms - \$16/night x 4 nights = \$64 Linens - \$14	274
Travel	Plane ticket to and from Gainesville, FL - \$383.20 Taxi – \$18.00	N/A	Flight to Atlanta, GA - \$295.60 Shuttle to Columbus, GA - \$87.00	783.80
Living Expenses	\$150	N/A	\$45	245
Total:				2999.28