

Thanks to a generous grant from the Arts Scholars program at the University of Virginia, I spent the summer of 2012 studying the intersection of music and medicine at three educational institutions. I look forward to continuing this personal edification as I begin work on my Distinguished Majors thesis this fall!

GEORGIA

I kicked off my summer by attending *Summerflute* at Columbus State University in Georgia. Fondly referred to as “flute camp,” *Summerflute* brought together musicians of various ages and experiences to learn more about the role of the body in music making.



We had the opportunity to take classes in body mapping, the Alexander technique, and the Feldenkrais method. As an aspiring physical therapist and passionate flute player, I was thrilled to come to a better understanding of how to coach young musicians to improve their form and build awareness in their bodies in order to prevent injury.

FLORIDA

Spending two weeks at the University of Florida’s Arts in Healthcare Summer Intensive allowed me the opportunity to see music at work in a medical setting. I also made invaluable connections with musicians and medical professionals from around the world with whom I look forward to networking in the near future! Through a series of lectures and workshops, we spent the first week understanding how to use different artistic mediums to enhance the healthcare setting. During the last five days of the Intensive, I

shadowed “artists in residence” at the university hospital. This experience involved singing to patients, improvising with them at the bedside, and making sculptures out of pipe cleaners. The value of art in the experiences of these patients was undeniable and truly



reinforced to me the importance of including these interventions in the wider practice of medicine.

NEW JERSEY

My final trip of the summer involved spending three days at Montclair State University in New Jersey for the Second International Health Humanities Conference. The theme – “Music, Health, and the Humanities” – aligned perfectly with my personal and



professional interests. I met music therapists, professional musicians, and musicologists from across the country as well as from the United Kingdom. I learned a great deal about what it takes to be involved in music and healing in many different capacities through the various lectures given over the course of

each day. This helped me to better understand the distinctions between music therapy and music *as* therapy which in turn led to a clarification of my own professional goals.

The most valuable aspect of this conference was the realization that music unified the entire group regardless of their role (or not) in a healthcare profession.

Overall, these three experiences helped me to explore the world of opportunity that occurs at the intersection of music and healthcare. In the coming months, I eagerly anticipate learning more about movement, music, health, and the body through personal research and reconnecting with all of the incredible individuals I met through my travels.