

The Academy of  
Neurologic Music Therapy  
Fall 2019



[www.nmtacademy.co](http://www.nmtacademy.co)

Welcome to the First Edition of the NMT Academy Newsletter! This newsletter has been established to not only keep Affiliates up to date on NMT happenings, but also to inform those outside the Academy. Please feel free to share this newsletter with your colleagues. Also, please note the Academy's new logo! We will be updating all marketing items to reflect this exciting new change.

## From the Board of Directors

Dear NMT Academy Affiliates and Followers,

We hope you had an enjoyable summer and also found time for some relaxation and respite. The summer highlight for the Academy was the 2<sup>nd</sup> training institute in Montpellier at the University of Montpellier Paul Valery. The training was highly successful and the university has requested a 4-year agreement with the Academy for annual NMT institutes in Montpellier, thanks to the great initiative of Professor Pierre Luc Bensoussan, music therapy program director at the university, for which we are very grateful. Also, the Oxford Handbook of Neurologic Music Therapy has been translated into French by Mael Grand NMT and is available via Deboek Superieur Publishers, another exciting development.

The Academy will offer a second NMT institute this year on November 1- 4 at the University of Toronto. The May institute was very well attended with almost 60 participants and we look forward to another strong enrollment. The training will be held in the stunningly beautiful historic buildings of Trinity College, founded in 1850 and part of the University since 1904. We hope this ambience will be a real treat for all. Spread the word.

CHROMA, which hosted the UK training again, is helping make excellent continuing clinical inroads for NMT in the UK. Below are 2 great testimonials from a leading acute Stroke Service:

*"The Neurologic music therapy programme has been providing therapy to our stroke patients since Jan 2019. This has been a collaborative effort with our existing therapy team and Chroma and is the first programme of its kind in an acute stroke unit setting in the UK. NMT has served to improve the well-being and mental-state of many of our patients at a time which is often so dark. Furthermore, its multi-faceted therapy has enriched our therapy programme and allowed the therapy team to reach many patients who were previously unable to engage in rehabilitation. The programme to date has been remarkable and I am extremely supportive of this continuing within our stroke service and beyond into our neuro rehabilitation service. This has been an exemplar service and we look forward to highlighting this work at a regional and national level."* - Dr Soma Banerjee, Head of specialty and consultant in stroke medicine

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*“Thank you for inviting me to the NMT project event at Charing Cross Hospital yesterday. I can only echo the positive comments heard during the question session and after the meeting. The patient success stories were particularly moving. On a personal note, it was interesting to learn more about the specific details of the therapy last night. As you know, my research expertise is in the field of neuroplasticity. I was genuinely impressed at how well NMT adheres to the fundamental principles that drive neuroplasticity. I am confident that your colleagues at Charing Cross are well placed at to develop the evidence base necessary expand this service throughout the country. Mike Hope and I were both impressed with what you are doing and we can confirm that this project has the support and encouragement from the United Kingdom Acquired Brain Injury Forum (UKABIF). We wish you success in taking this project forward.” - Dr. Michael J. Grey | Reader in Rehabilitation Neuroscience, University of East Anglia*

This is a great reflection of the wonderful and important NMT work you all do.

Our Music and Health Research Institute at the University of Toronto has published 18 research papers in the past 12 months, most of them in direct support of clinical interventions and brain mechanisms in NMT. All of them are available as PDF on the Academy website. I am attaching a summary of one fMRI study with Parkinson’s Disease looking at changes in brain network connectivity induced by rhythmic stimulation typically used in RAS, TIMP, and PSE.

Also, the [Oxford Handbook of Music and the Brain](#), which I edited with my colleague Don Hodges, has appeared in print. It is the most comprehensive tome on brain research in music to date with 33 chapters and 55 authors from 12 countries, including 3 chapters on NMT.

Together with Drs. Gerard Francisco from TIRR Memorial Herman/Houston and Volker Hoemberg/WFNR I hosted a special topics section for Frontiers in Neuroscience, entitled ‘The Clinical Neuroscience of Music: Evidence-Based Approaches and Neurologic Music Therapy’. The topic has published 9 papers so far, received over 3000 downloads and about 135,000 views. Truly amazing numbers bringing NMT to the forefront.

The clinical practice of NMT and research-based evidence continue to build in amazing strength all over the globe, thanks to all of your great work and dedication for the benefit of your clients.

With best wishes,  
Michael Thaut, PhD  
Board of Directors, The Academy of Neurologic Music Therapy  
Professor of Music  
Professor of Neuroscience and Rehabilitation Science  
Collaborator Scientist CAMH Neuroimaging  
Affiliate Scientist, Li Ka Shing Knowledge Institute at St. Michael Hospital  
Director, Music and Health Research Collaboratory MaHRC  
Director, Music and Health Sciences Graduate Programs  
University of Toronto  
CANADA RESEARCH CHAIR TIER I

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## Latest News from The Academy

It is exciting to share with you a chapter on Neurologic Music Therapy included in the new textbook, "Handbook of Interdisciplinary Treatments for Autism Spectrum Disorder". This chapter can be found here:

[New Chapter on Neurologic Music Therapy](#)

Be sure to check out our evolving website, now including a "[For Affiliates](#)" page, exclusively for NMT Affiliates containing important marketing and practice information.

Also, please update your contact information at:

[Update Contact Information](#)

## Industry Updates

Look here to find out what your colleagues are doing!

- Brian Harris, NMT Fellow delivered a keynote at Harvard Medical School's Neurorehabilitation Course on June 14.
- Brooks Rehabilitation Hospital in Jacksonville, FL is hiring a full-time NMT! Find the job posting [here](#)
- Melody Boyd, who recently started the NMT program at the Jewish Home of Rochester in July 2019, was asked to sit on a panel with an audience of past and current patients with Parkinson's from the Jewish Home's rehabilitation program as well as caregivers from the community in October, demonstrating the growing awareness and importance of her work.
- Over the past year, Sam Snyder, NMT at the Friendly Home in Rochester, NY, has developed and implemented an NMT program for residents in his skilled nursing home. This month he is being interviewed by the Rochester Business Journal and by the local pop radio station about his recent work bringing NMT to the Friendly Home.
- Neurologic Music Therapy Services of Arizona/NMTSA, in collaboration with Barrow Neurological Institute/BNI, DUET, and Foundation for Senior Living/FSL, will be providing NMT for the Central Phoenix Memory Cafe beginning 10/14. Sarah Cowan, NMT Fellow will be facilitating the treatment groups.



## Upcoming Trainings

**November 1-4, 2019**

Toronto, ON

**December 5-8, 2019**

Boston, MA

**March 25-28, 2020**

Houston, TX

**April 16-19, 2019**

South Brisbane, Australia

**May 28-31, 2020**

Toronto, ON

**July 6-10, 2020**

Montpellier, France

[Click Here for More Information about Trainings!](#)

## Upcoming Face to Face Fellowships

**December 4-5, 2019**

Boston, MA

[Click Here for More Information about Fellowships!](#)

Information for Online Fellowship Options available [here](#)

[Is your facility looking to host a training? Contact Corene Thaut at corene.thaut@utoronto.ca](#)

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Please send us your NMT Updates so that we can include them in a future newsletter! Tell us about new NMT positions, Awards, and News Coverage!

## Council News

The Academy has several Councils that are actively working to serve Affiliates of the Academy. Look here for the latest news.

The NMT Academy Advisory Council was established in order to provide objective input to the NMT Academy related to actions that impact the future direction and growth of NMT. On May 7-8, the Advisory Council met and welcomed two new members to the Council, Carolyn Dobson (NMT Services of Dallas) and Brian Harris (MedRhythms). They joined existing members Suzanne Oliver (NMT Services of Arizona), Sandra Holten (Struther's Parkinson's Center), and Cheryl Jones (Con Brio Music Therapy).

The council had strategic discussions about the future of Neurologic Music Therapy and how to advance the ever-growing practice. Projects in development included:

- Increased Affiliate access to resources and support
- Updated Competency Guidelines
- NMT Education Structure
- Marketing Strategy

Updates on these projects can be expected in the near future.



### Local NMT Chapters

Are you looking for peer support? Please visit [NMT Local Support Chapters](#) to register, find, or learn more about local NMT Support Chapters.



## What's New in Research - Are You Looking for Cutting Edge Research to Inform Your Practice?

- ***Rhythmic priming across effector systems: A randomized controlled trial with Parkinson's disease patients-*** Yuko Koshimori, Michael H. Thaut
- ***Preliminary Neurophysiological Evidence of Altered Cortical Activity and Connectivity With Neurologic Music Therapy in Parkinson's Disease,***
- ***Motor Synchronization to Rhythmic Auditory Stimulation (RAS) Attenuates Dopaminergic Responses in Ventral Striatum in Young Healthy Adults: [11C]-(+)-PHNO PET Study***
- ***A review on the relationship between sound and movement in sports and rehabilitation***
- ***Rhythmic auditory cues shape neural network recruitment in Parkinson's disease during repetitive motor behavior***

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- *Rhythmic auditory stimulation for reduction of falls in Parkinson's disease: a randomized controlled study*
- *Future perspectives on neural mechanisms underlying rhythm and music based neurorehabilitation in Parkinson's disease*

[Click Here To Learn More about What's New in Research!](#)

## Photo Gallery

Check out these photos of NMT events around the world over the last quarter!



NMT Training - Montpellier, France



NMT Training - ArtEZ, Holland



NMT Training - University of Toronto



NMT Fellowship - Minnesota

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