

Robin Spielberg

Music Therapy Presentation

Nurses noticed that when Robin's music was playing beside her prematurely born infant's incubator, her vitals improved. Robin's own research on Music Therapy confirmed their findings: certain music can help a heart rate steady, oxygen saturation levels increase, and pulse to normalize. Intrigued by this pattern during her daughter's four-month hospital stay, Robin continued to research the topic of "music and healing".

After her daughter's full recovery Robin began meeting with the people at the American Music Therapy Association (AMTA). In 2002 she was named their Artist Spokesperson, introducing young people to careers in music therapy, facilitating seminars and lectures on the topic of the transformative power of music, and giving her own "informances" at public schools, community centers and hospitals throughout the United States.

DESCRIPTION OF PRESENTATION

Robin opens by briefing the audience how she became involved with AMTA

- What is the American Music Therapy Association?
- What is music therapy? |What does it accomplish?
- Who can benefit from music therapy?
- How can you find a music therapist?
- How can you learn more about music therapy?
- What training is necessary to become a music therapist?



Performance/demonstration (one hour): During this portion of the program, Robin performs on piano some of the music that she wrote specifically for babies receiving medical care in the early stages of their lives. Robin then performs two contrasting original pieces to demonstrate the mood-enhancing effects of music.

Contemporary popular music, recognizable standards as well as original pieces by the artist are used to explore how artists and composers communicate emotion through composition and performance. Using music as the 'script' and the musician as the 'actor', Ms. Spielberg will perform several interpretations of pieces to communicate actions that are suggested by the audience.

If a music therapist is on hand to participate in the session, he/she is now introduced to discuss current research and advances in music therapy, the various populations that benefit from MT, examples of music therapy at work. Group participation is followed by a Question and Answer period facilitated by both artist and therapist.

What is Music Therapy?

Music therapy is an established health service similar to occupational therapy and physical therapy. It consists of using music therapeutically to address physical, cognitive and/or social functioning for patients of all ages. Because music therapy is a powerful and non-invasive medium, unique outcomes are possible. In addition to its applications with hospital patients, music therapy is used successfully with persons of all ages and disabilities.

Robin Spielberg has participated in workshops/lectures on music therapy throughout the U.S. She is currently acting in her 15th year as Artist Spokesperson for AMTA. Selected venues include:

- The Mayo Clinic (Minnesota)
- Eastern Tennessee State University
- Louise Lincoln Kerr Cultural Center/Scottsdale, Arizona
- Millersville University/Lancaster PA (TEDx TALK)
- Eastern Tennessee State University/Johnson City, TN
- Kirtland Community College/Roscommon, Michigan
- University of Arkansas/Little Rock, AR
- Juniata College/Huntingdon, Pennsylvania
- The American Music Therapy Association (National Conference, Minneapolis)
- Arts Place/Portland, Indiana
- Bristol Manor/Sedalia, Missouri
- Utica College/New York
- The Adult School of Montclair/Montclair, New Jersey
- Colby-Sawyer College/New London, NH
- Franco-American Heritage Center/Lewiston, Maine
- White Sulphur Springs, Montana
- Jewish Community Center/York, Pennsylvania
- Lake County Youth Home/Ronan, Montana
- Challis Community Center/Challis, Idaho
- Saint Joseph College School of Nursing/West Hartford, Connecticut
- Saint Anselm College/Manchester, New Hampshire
- Castleton State College/Castleton, Vermont
- Memorial Hospital/Jasper, Indiana
- 15 Montana workshops & residencies in rural towns: Chinook, Dodson, Saco, Malta, Hinsdale, Glasgow, Sidney, Lambert, Hobson, Stanford Schools,

