



Music: Can It **STOP** Pain?

USE™ Music for Pain Management

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Special points of interest:

- Half an hour of classical music may equal ten milligrams of Valium. (www.jeffconet.jeffco.k12.us)
- You can create a pain management program USEing music you like — with new music you discover — that may reduce your pain level.
- Funding sources for music therapy include insurance, grants, medicaid, medicare, other government funds, private pay and facility budgets.

What kinds of pain can music affect?

Homotopic pain —

point of physical injury.

Psychalgia pain —

mental effort resulting in mental distress which may cause insomnia, depression, loss of appetite or exhaustion.

Psychasthenia pain —

unresolved emotional conflicts caused by fear or anxiety, obsessions, feelings of inadequacy or guilt.

These pains are found in health care environments as well as other workplaces, homes, schools — and now more often, while traveling. Increased PTSD (Post Traumatic Stress Disorder) has been predicted since 9-11, with depression and anxiety magnifying challenges of insomnia, loss of appetite, exhaustion, headaches, or panic attacks, to name a

few. The following studies reveal how music can positively affect pain.

Nurses studied the effects of music on anxiety. Patients awaiting arthroscopic procedures experienced significant reductions of respiration rates and anxiety test scores with the use of sedative music prior to the invasive procedure (Kaempf & Amodei, 1989).

Music in a special sequence can reduce physical pain. Spinal cord injury patients reported the most significant reduction of perceived pain when “entrainment” music was used (Rider, 1985).

The MEE™ Concert, “entrainment” music, significantly reduced “unsettledness” for audiences, cancer patients, and UNLV subjects, in three separate studies

(Pinkerton, 1994).

CCTA provides your link to USEing music for pain management. Access our website (www.MusicRx.org), purchase Pinkerton’s book *The Sound of Healing*, or CDs/tapes that incorporate the entrainment mechanism for emotional catharsis that may reduce pain.

Kaempf, G & M. Amodei (1989). *The Effect of Music on Anxiety*, AORN Journal, 50 (1), 112-118.

Pinkerton, J. (1994). *The effects of the MEE™ Concert as a music therapy intervention on cancer patients*. <http://www.MusicRx.org> (click on “Research” icon).

Rider, M. (1985). *Entrainment mechanisms are involved in pain reduction, muscle relaxation, and music-mediated imagery*. Journal of Music Therapy, 23 (4), 183-192.

FAQs (Frequently Asked Questions)

What is music therapy?

... the scientific application of music to achieve non-musical goals through active or passive music-making or music-listening activities, helping to restore physi-

cal balance and emotional resolution.

What does USE™ mean?

... an acronym that identifies recommended sequencing (first→next→last) of

moods with matching music for a specific health program: **Unsettled** (i.e. anger, anxiety, depression, grief) → **Neutralizing** **Soothed** (i.e. relaxed, peaceful) → **Energized** (i.e. happy, joyful).



Message from New Executive Director

Dear Friends,

This is my first newsletter as CCTA's Executive Director. I felt the timing is right to tell you where I see CCTA headed, and something about myself.

I've been involved with health care and personal development since the mid-70's. I graduated from Palmer College of Chiropractic (PCC) in 1978 and immediately moved to Sedona, Arizona to practice. After five years in Sedona, learning about life and myself, an opportunity to teach at PCC and a private practice took me back to Iowa in 1983. When my wife received an opportunity to move to Las Vegas, we relocated and I felt a need for personal change to occur in my life.

I decided to get involved with nutritional manufacturing, ultimately reaching the level of General Manager for the manufacturing division and private label sales. When the company was sold, I accepted a position in St. George, UT in 1992 to develop and run the purchasing department of a similar manufacturing company. Moving my family to Utah was both educational and challenging. The tough part occurred when my wife commuted to Las Vegas for one to ten day stretches of work, leaving me with four kids -- one being a 6-month old. In 1996 we deemed this no

longer acceptable for the family and moved back to Las Vegas where I secured a position with another nutritional company. One year ago I departed that company to help CCTA get to the next level as Executive Director.

CCTA has had Judith Pinkerton as Executive Director since its inception in 1990. Judith, along with the Board of Trustees, felt it was time for her to devote full attention to programs, thereby leaving the volunteer Executive Director position vacant.

In preparation for this transition, I attended a variety of courses from grant writing to non-profit management. I met with our numerous community partners, Catholic Charities of So. Nevada, New Hope Hospice, EOB of Clark County and United Way of So. Nevada, to learn how we can become an even larger influence within our community.

My vision for CCTA strengthens our community leadership. The opportunities are limitless in Nevada. CCTA's workshops and personal development classes will expand through other non-profit organizations to directly assist people who aren't able to provide themselves with the basic necessities of life. Personal growth begins with feeling good inside: music therapy helps people feel better.

The second area is with the business commu-

nity, developing more B2B partnerships. We are currently in discussion with airline and fitness industries to include music therapy programs.

I've heard Nevada described as 20 years behind the times when it comes to culture, health and education programs. Through CCTA, I think we can speed up the process, mainstreaming Nevada's strong arts & entertainment focus into health programs, enhancing the quality of life for everyone around us and ourselves.

We as a community have to request these types of programs from our employers and community leaders. CCTA's programs can put Nevada ahead of other states.

I will continuously advocate for music therapy programs that enhance and utilize our community's resources, and enrich our way of life here in Southern Nevada.

I leave you with this quote: "What we do in life echoes in eternity." Let's amplify CCTA's *echo* now!

All my best,

Dennis D. Burkhardt, D.C.
Executive Director

"Through CCTA, I think we can speed up the process, mainstreaming Nevada's strong arts & entertainment focus into health programs, enhancing the quality of life for everyone."

Dennis D. Burkhardt, D.C.
Executive Director, CCTA

To schedule a program:

Telephone
(702) 363-8166

or

E-mail
CCTALV@aol.com



B2B and Community Programs

CCTA contracts with nonprofit organizations, government agencies and businesses to provide Business 2 Business programs for stress or pain management to improve the health of clients and employees.

Catholic Charities of So. Nevada [Regina Hall agency] has provided CCTA's music therapy programs to at-risk teens since 1996. The Economic Opportunity Board of Clark County [Lied and Hollyhock Centers] have provided CCTA's music therapy programs to adults since 1998. New

Hope Hospice donates proceeds from families to fund on-going patient services with CCTA's Hospice Music Medicine in Memory of Hellen Cooke Warner program.

CCTA provides individual programs community-wide, utilizing assessment kits, do-it-yourself books, and research-validated therapeutic CDs and tapes.

Speeches, seminars and up to 8-hour accredited workshops are presented for company programs, conventions, and support groups.

Spring Schedule

April 10 Wednesday
9:30am—11:30am
EOB Staff Training

April 11 Thursday
12pm—1pm
Regina Hall
Staff Training

April 24 Wednesday
2pm—9pm
Sunrise Hospital & Medical Center
Alternative Care Fair

May 13 & June 10
7pm — 8pm Mondays
FREE workshop at CCTA's office.

"We're using less pain medication since implementing the music medicine program."

Donna Ogilvie, R.N.
Executive Director
New Hope Hospice

Funding Will Start-up Hospital Study in Las Vegas

The **MANTRA** (Monitoring and Actualization of Noetic TRainings) Project is a study administered by Duke University Medical Center. Over 12 sites are ap-

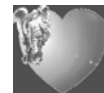
proved nationally to participate in Phase II goal of 1,500 patients.

More than 500 cardiac patients are enrolled. They were randomized, prior to coronary balloon angioplasty, into one of three noetic trainings: prayer, music with guided imagery, and touch therapy.

In the feasibility study conducted by Duke University and Durham Veterans Affairs medical centers, angioplasty patients with acute coronary syndromes, who were simultaneously prayed for by seven different sects around the world, did 50-100% better during their hospital stay than patients who were not prayed for by these groups.

Other angioplasty pa-

tients who received either guided imagery with music or touch therapy showed a 30-50% trend of improved outcomes during hospitalization compared to patients who didn't receive such noetic therapies, the researchers found.



Local Principal Investigator Dr. Robert Wesley has teamed up with CCTA to administer the MANTRA Study's local sites, already **approved by IRBs at Sunrise and Desert Springs hospitals**. CCTA requires \$120,000 in start-up funds to begin enrolling 450 Las Vegas patients over a two-year period into the MANTRA Study. For more information, contact Judith Pinkerton at 363-8166.

"Music therapy is an alternative treatment that I endorse for functionally impaired adults because their anxiety level, and the emotional pain that is associated with anxiety, is reduced."

Mary Jo Greenlee
Manager
EOB Adult Day Care Centers

Website Access

Visit CCTA on the web:

www.MusicRx.org

Learn about our people, programs and research. Read about program benefits, testimonials, products and listen to recommended music bites.

Answer this question:
Why would I want to

(cont'd on page 4)



CENTER FOR CREATIVE THERAPEUTIC ARTS

a nonprofit, accredited, United Way education and research center for the creative arts therapies.

501 So. Rancho Drive
Suite B-11
Las Vegas, NV 89106

Founded in 1990, CCTA is a driving force behind music therapy to reach all generations with a positive tool to deal with emotional, mental, physical and spiritual problems affecting their lives. Through concerts, workshops, groups, individual consultations and research, music therapy presents a viable avenue to help our troubled population deal with their lives.

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"Judith, your initiative and vision has set you apart as a leader in your industry as well as in the community. Congratulations on your many great accomplishments."

*Oscar Goodman
Mayor, City of Las Vegas*

Music Therapy Graduate Student Performs with Wayne Newton

In September 2001, the Las Vegas Chamber of Commerce awarded Judith Pinkerton the Community Achievement Award in Arts & Entertainment, recognizing her 8,000-plus volunteer hours serving Southern Nevadans with CCTA's programs as Executive Director, speaker, author, and violinist.



JUDITH PINKERTON

Judith now Chairs CCTA's Board of Trustees and serves as Program Director to steer expansion of creative arts therapy programs.

She works directly with children, adults, geriatric and hospice clients at CCTA's office and at various facilities throughout the valley. Her accredited workshops have taught thousands of people, from all walks of life, how to implement the *USE™ method for

improved health.

Undergoing the final stages of music therapy board certification, Judith is a graduate student at Arizona State University, Tempe, and also performs on violin in Wayne Newton's orchestra six nights a week.

*Judith began research and development of the USE™ method after a 1986 hospital experience: her solo violin music replaced routine, post-surgical medication. The USE™ method creates Music Rx [music prescriptions] that are health programs with specific USE™.

(cont'd from page 3)

match my anger or grief or anxiety or depression with music that would keep me stuck in that mood?

Find out the answer by clicking on the homepage "Music Rx" icon.

We're on the Web!
www.MusicRx.org