

Rounds Corner

International Fellowship between Shaanxi University of Chinese Medicine & the Louis Armstrong Center for Music and MedicineRuiguang Yu^{1,2}¹Mount Sinai Beth Israel, New York, United States of America²Shaanxi University of Chinese Medicine, Xi'an, China.

It is wonderful to have a voice as a member of the international team in 'Rounds Corner' and to take this opportunity to share my place in the unique forum of rounds, in writing for this journal. I'd like to share a bit about myself to provide a context for my home place which is rooted in China. I completed my undergraduate and graduate degrees at the Xi'an Conservatory of Music. My undergraduate major was in music education, and graduate studies were majoring in piano teaching and performing. I have some psychological foundations as part of these studies. I worked in developmental and educational psychology, as these were compulsory to my coursework. In the year I graduated, I was lucky to be hired as a elective course teacher by Shaanxi University of Chinese Medicine- which was not only at a Chinese medicine university but also had a lot of Western medicine majors.

As an elective teacher in my university, I am responsible for some elective courses in music and in students' cultural activities in general. I feel this has been a fortunate position because I can make music an important initiative within a medical school. This led me to want to learn about the profession of music therapy.

Music is used to express inner feelings and inspire emotions, including music that reflects social development and cultural prosperity, which are characteristics that music is well known for, but perhaps not so readily understood as it connects to medical outcomes. I have taken a year at the Louis Armstrong Center for Music and Medicine in the USA as an International Fellow to learn about music therapy. I now feel as though I have an updated and in-depth understanding. The music therapy discipline based on Western psychology not only works on the solution of psychological problems (which may not be difficult to understand). What surprised me is that music therapy is also gradually developed for use in medically-related areas such as pain, trauma, autism, and brain damage, etc.

是故治世之音安，以乐其政和；乱世之音怨，以怒其政乖；亡国之音哀，以思其民困。声音之道，与政通矣。

It is pointed out that the rule of society, disorder and the rise and fall of the country will inevitably affect people's thoughts and feelings, so it will certainly be reflected from the music; The generalization of "the way of sound and the common sense of politics" is not only historical, but also of practical significance.

- 《Book of Ritual and Music》

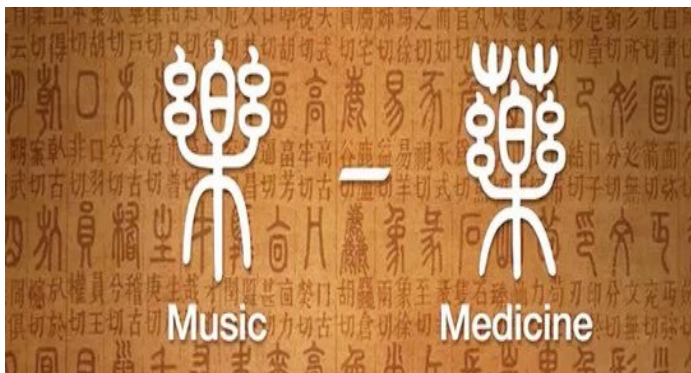
In addition to the interest and attraction that music therapy itself brings to me, the current academic environment in China encourages university teachers and researchers to conduct innovative and cross-disciplinary collaboration and research. This is not only relegated to the fact that, Xi'an, is host city of the China Integrated Medicine Conference, holding a national conference on integrated medicine every year, but it reaches out to cross disciplines having to do with mind-body-spirit in other forums. These externally favorable environments have reinforced my determination to make music therapy accessible in China, for the rest of my life.

At present, many people in China are very interested in music therapy, and music therapy is developing rapidly there. The main audiences are children with autism, drug abusers, trauma treatment, and rehabilitation. These areas are not dissimilar to the United States' areas of need. But China has also has developed a new model of music therapy with its own characteristics - such as music electrotherapy. It refers to electrotherapy using music. In general electrotherapy, the frequency of electrical signals is too regular and is easily adapted by the human body to affect the efficacy of physiological outcomes. Converting music signals with rich changes in frequency, amplitude and waveform into electrical signals will influence the electrical stimulation to change constantly. People can enjoy music while listening to music through headphones. This may be considered by some to be 'passive' but, in fact, it can be an active process, effecting change.

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In traditional Chinese culture and Chinese medicine culture, there is a very old concept of music therapy - five sounds into the five internal organs. It is the concept that the traditional Chinese five-tone type I, II, III, V, and VI correspond to the healing function of the human body. This concept of music therapy is mentioned in the earliest medical classics in China, the Yellow Emperor's Canon. It has been more than 2,200 years ago. But the time, perhaps, has been too long, and there are currently nor defined or specific steps nor model implementations depicting this. Chinese scholars are currently conducting in-depth research to restore the traditional Chinese music therapy concept.



This concept is not difficult to see from the traditional Chinese characters. “+” It stems from a radical Chinese which means “herb” “plants”. Chinese medicine is an herbal medicine. According to the principle of Chinese characters, the radical was added in part to an original word, in order to establish a new word.

In addition to the above, more and more focus of music therapy has been developed and applied to the college students. First, the demand is urgent. As of 2018 statistics, the number of college students in China is 26.958 million. Second, it is very necessary. The characteristics of college students are distinct. The university period is the procedure in which the world outlook and values are fully established. The comprehensive needs and necessity point of view of the application of Chinese music therapy in the group of college students is an inevitable result, and there will be more room for development in the future.

Since being deeply attracted to music therapy, I have been looking for opportunities to learn from the birthplace of music therapy--the United States. So I applied for the Visiting Scholars Program of the China Scholarship Council and as a Research Fellow and I've been hosted by the Louis Armstrong Center for Music and Medical (LACMM) for a one-year study term. The reason why I chose this center as a window to pry into music therapy is because I was attracted by LACMM's intensive clinical work report at the 4th International Music and Medicine Conference. At that time, I browsed into programs across the world and saw that they are a department integrating scientific research, with clinical

training which is based on the Mount Sinai Health System such as Pediatrics (Peds, NICU, Mental Health, Neurologic-stroke, Asthma Initiative Program-AIP), Adult (Family Medicine, Respiratory Step-Down, Music & Health Clinic, Pain Medicine & Palliative Care/Oncology, Spine & Orthopedics, etc.). These are exactly the kind of populations that related to what I wanted to learn. The Founder and leader of the LACMM, is also well known in the field of Chinese music therapy.

The LACMM is full and busy. As a research fellow, I was primarily responsible for a stroke study. It aims to use the group singing model for a six-month intervention on stroke survivors and caregivers. The study was divided into randomized control groups to measure and compare the effect by music group singing in this process. As a responsible and involved member, I deeply felt the changes that music provoked within them. The participants' attitude towards life changes with music. They are willing to participate in social activities - research shows that participation in effective social activities can reduce the danger of another potential stroke within 5 years. The dynamic during the choir is the translation and commutation between survivors and caregivers that may improve their quality of life and rehabilitation levels.

My clinical work as a music support part to help a mother with an

In addition to research and clinical work, I am the coordinator in charge with "Visiting Artists Series" (hereinafter referred to as VAS). As a pianist, I also provided "Environmental Music" at Mount Sinai Hospital campuses via VAS. This is their star project. In one hand, it is helping contributing to a healing environment for patients and relaxing environment for doctors, nurses and staffs. In another hand, this is an effective window into the medical function of music for all to see. VAS also running an important role via special events, "Christmas Caroling", "Lunar New Year Event" and "The Dragon Boat Festival", that shows the influence of culture in the medical environment through music.

Taking advantage of what I have learned here, it is my mission and goal to return to China to develop and enhance music therapy.

1. Research

Music therapy emphasizes and respects cultural background. While drawing on the modern Western music therapy technology, I'll combine the Chinese culture to make meaningful attempts and explorations to music therapy with Chinese characteristics.

I am the principal investigator on study "the health benefits on music", which is sponsored by Shaanxi University of Chinese Medicine. Investigation of music therapy in traditional Chinese medical science. I would like do the comparison of the mechanisms of music therapy between Chinese and Western medical science once I return to China.

Many music therapists in China now have a background in studying abroad, and they have accepted traditional and complete Western music therapy. Not only that, but the curriculum framework of the Chinese music therapy major is also modeled after the American curriculum. However, we trust in Chinese medicine. Chinese medicine is not only a medicine, but also a profound Chinese medicine culture. It has deeply influenced the Chinese people in their long history. How to link the two truly meaningful links to benefit mankind is a hard and long-term need. As I plan, more research works will be carried out in combination with the characteristics of the culture.

2. Establish music therapy major in my university

Firstly, in the beginning of my article, I have introduced that Xi'an as the host city of the China Integrated Medicine Conference that holds the national conference on integrated medicine every year, where the city my university is in. It is a good environment for establish music therapy. Secondly, the cities with better development of music therapy are currently in Beijing, Shanghai and Chengdu, where famous universities have music therapy majors. However, Xi'an is the most profound city in China's history and culture. It is the ancient capital of the 13th dynasty but there is no music therapy major opened in any university. Thirdly, Shaanxi University of Chinese Medicine has 22 affiliated hospitals and is a good soil for combining music therapy with clinical practice.

3. Cooperation and exchange

The development of music therapy in China is still in its infancy, and popularizing the common sense of music therapy is an important task to expand the influence of music therapy. The management model of LACMM is worth using for reference.

I have learned a lot of knowledge in my year here. I hope that I will establish, a cooperation and communication that will keep continuing in the future.

Medical research in the United States pays great attention to cross-culture and diversity, which has benefited me a lot. China is more and more gradually paying attention to such cross-integration. This makes me feel lucky because it is such a rare opportunity in era. Giving my sincere appreciation to the LACMM and US that their collaborative team membership has provided for me, imparting knowledge so generously. Grateful for my sponsorship by the CSC and Shaanxi University of Chinese Medicine, I will keep my initial heart to reach my mission and goals. I will continue to attend rounds and stay abreast of developments and IAMM by keeping up with this journal!

Biographical Statements

Ruiguang Yu is a pianist, assistant professor in Shaanxi University of Chinese Medicine in Xi'an, China. Ruiguang began her career with the courses: Music Appreciation and Introduction to Art. Numerous professional articles has been published by her in leading journals of music education. Furthermore, she using music to psychological services for students. She is committed to research related to music therapy. As the principal investigator, she has a study on the health benefits of music therapy which sponsored by Shaanxi University of Chinese Medicine. In order to seek international cooperation and in-depth exploration of music therapy, Ruiguang, sponsored by China Scholarship Council, has been a research fellow at Louis Armstrong Center for Music and Medicine since August 2018 to August 2019. The research she is responsible for is progressing well under her efforts. In additional, as a good speaker and educator, she won the competition of Shaanxi Province Public Art Education for College Students on second prize in 2016.