

MUSIC & THE BRAIN: SESSIONS OUTLINE SUMMARY

Session 1: April 11

1st Hour

1. Opening/Introduction
2. How We Hear
3. Where the Brain Processes Music
4. Music's Impact on the Brain
 - a. Neuroplasticity
 - b. Neurotransmitters and Neurohormones
5. Role of Neurotechnologies

2nd Hour

1. Music & Quality of Life
2. Music as Social Glue = **with Jeremy Geffen, Exec and Artistic Director, Cal Performances**
3. The Importance of Personalized Music
4. The Role of Song = **with Lauren Carley, OLLI Faculty: Joy of Singing**
 - a. Singing and the Brain
 - b. Benefits of Choir Singing

Session 2: April 18

1st Hour

1. Two Types of Interventions: Music Therapy & Music Medicine
2. The Role of Music Therapy = **with Matthew Logan, MT at UCSF Medical Center**

2nd Hour

1. Music Therapy for Disorders: Parkinson's Disease
2. Music Therapy for Disorders: Stroke/Asplasia
3. Music Therapy for Disorders: Dementia and Alzheimer's Disease

Session 3: April 25

1st Hour

1. Music's Impact in Daily Life
 - a. Anxiety and Stress
 - b. Pain
 - c. Exercise, including Music & Dance
 - d. Sleep

2nd Hour

1. Impact of Music Exposure and Playing and Instrument: Children & Adults
2. Major Research Initiatives
3. Take-Aways: Consensus Statements and Recommendations