



"Music is more than just art and entertainment."

Healing Sounds

by Stormy Ballenger

On March 10 and 11, noted conductor, author, and musician Don Campbell visited the SOU campus to provide a series of free lectures about the healing and transformative power of music. Cosponsored by the SOU Department of Music, Associated Students of SOU, Music Matters Concert Board, SOU School of Education, Oregon Health and Science University, SOU Foundation Darby Lecture Series, and Asante Health System, Campbell's lectures focused on music as a tool in healthcare and classroom settings.

Author of the book *The Mozart Effect* (which has been published in twenty-two languages) and many other books on

the subject of music and healing, Campbell first became interested in music as a small child surrounded by a family of musicians. In his twenties, he taught music education in Japan, and Campbell gradually began to realize how music affected people in different ways. "The more I have come to know about music and how people listen to it and use it, the more I have realized its effect on health," he says. "Music can be used to reduce the stress of being ill."

Over the years, Campbell developed his theories based on the work of Dr. Alfred Tomatis, a groundbreaking scientist in the field of auditory physiology. Inspired by a lifetime of music and firsthand experience with different musical styles from across the globe, Campbell conducted his own research on the physical and psychological relationship between sound and mental function. "The ears need a better marketing agent," says Campbell. "The heart can beat and the lungs can breathe, but without speech, without movement, without coordination, you may not really be alive."

In addition to his busy lecture tour and writing schedule, Campbell has been involved in the innovative field of "soundscape architecture." Working with Exempla Good Samaritan Medical Center in Lafayette, Colorado, he has compiled more than 9,000 individual pieces of music for the hospital's waiting areas, wings, hallways, parking lots, and patient rooms. "We've done wonderful assessments of what we call 'the flow' of each of these healthcare settings," Campbell says. "We have looked at all of these different zones . . . there's an outpatient rhythm, there's an emergency room rhythm, and so forth. We have built each space to have a different kind of program." Campbell's auditory programs allow music—and, at times, silence—to enhance the harmonic quality of the environment, which aids in patient healing and staff rejuvenation.

Southern Oregon's Asante Health System is no stranger to the ideas of auditory therapy. When constructing Three Rivers Community Hospital (TRCH) in Grants Pass in 2001, the design team placed particular emphasis on helping people feel at ease when they walk through the doors. Not just a place to treat the sick and injured, TRCH was designed as a healing environment where state-of-the-art technology and whole-person healing philosophies could be combined. Design elements—such as an integrated speaker system that plays Brahms's *Lullaby* throughout the hospital when a baby is born, a two-story central waterfall that provides a soothing central environment, and fish and dragonfly glass sculptures displayed on a lobby wall—have been reported to increase patient and employee satisfaction and decrease employee turnover rates.

Communicating the benefits of auditory awareness in design choices is only one element of Campbell's mission to prove music is a vital component of overall health. Some of his most popular lectures, "Using Your Musical Brain for Health and Intelligence" and "Orchestrating the Ear/Brain Connections: Improving Your Classroom with Music," deal with the connection between certain types of music and the ability to make synaptic connections. "It's been a growing demand of looking at how many different ways I can help the public begin to realize that music is more than just art and entertainment." ☺

MOZART'S 250TH BIRTHDAY EVENTS

SOU's Department of Music celebrated the 250th anniversary of Wolfgang Amadeus Mozart's birth with a four-month series of concerts and events, beginning with the March 10 and 11 lectures by Don Campbell, author of *The Mozart Effect* (see article, right).

On April 8, Southern Oregon Repertory Singers, Siskiyou Singers, and the Rogue Valley Chorale joined the SOU Chamber Choir in a collaborative concert of Mozart's choral music. This event marked the first time the region's major choral organizations have performed together, and the collaborative concert raised more than \$4,000 for music scholarships.

On May 6 and 7, the SOU Chamber Choir joined Southern Oregon Repertory Singers and a 27-piece orchestra in performing Robert Levin's new edition of Mozart's *Mass in C Minor*. Levin's edition was premiered at Carnegie Hall in January 2005, and the SOU performance was the West Coast premiere of this significant addition to the Mozart canon.

Singers from Rogue Opera joined SOU vocalists on May 21 and 22 as they presented scenes from Mozart's operas, including *The Marriage of Figaro*, *The Magic Flute*, and *Così van Tutte*.

Finally, the SOU Concert and Chamber choir presented Mozart's choral and solo vocal music during their final concert of the year on June 11 in the SOU Music Recital Hall.