

Frequently Asked Questions

Making Our Own Kind of Music

The Foundation for Music and Healing, Inc. announces publication of *Making Our Own Kind of Music*, a new book designed to inspire people to bring music and movement to students who have special needs.

Author of the book is Dr. Chris Robinson, founder and president of the Foundation for Music and Healing, Inc. Dr. Robinson is a researcher and music instructor who holds a Ph.D. in sociology from the University of Notre Dame. He is a longtime musician and educator and has held managerial positions in business, education and healthcare.

Why was this book written?

To inspire music instructors, parents and students who want to become involved in music and movement activities. The focus is to provide a practical and theoretical framework to bring music to exceptional individuals who have special needs.

Who are the target audiences?

Among the many audiences who should be interested in this book are:

- Parents of children with special needs and disabilities
- Music, art and dance therapists
- Educators
- Health professionals
- Researchers (psychologists, psychiatrists, sociologists, others)
- Legislators and thought leaders
- Community activists, non-profit professionals
- Mental health professionals and counselors
- School counselors
- General public

What are the objectives of the book?

Objectives of this book are:

- To use the example of South Bend, Indiana (home of the Foundation for Music and Healing, Inc.) to inspire other communities to provide music experiences for exceptional people who have special needs.
- To document stories of dramatic improvement involving people of all ages who have a wide range of disabilities.
- To create a framework for further investigation into health benefits of music and movement.

How is the book organized?

The book is divided into three sections:

The first part presents how people saw a vision of service and organized to provide music instruction for students who have a wide range of special needs:

Part I: Creation of the Foundation for Music and Healing, Inc.

Chapter 1: Getting Started

Chapter 2: Metrics, Methods and Miracles

The second part presents elements of a unique program designed to assist those with special needs to participate in music and movement activities:

Part II: The Foundation's Instructional Process

Chapter 3: Overview of the Instructional Process

Chapter 4: Students and Their Challenges

Chapter 5: The Music Coach

Chapter 6: The Foundation Experience: Raise Everyone!

Chapter 7: Theoretical Issues

Chapter 8: Research and Effects

The third part details inspirational stories of students who have participated in the Foundation's program to improve their daily lives:

Part III: Student Success Stories

Chapter 9: Autism and PDD (Pervasive Development Disorder)

Chapter 10: Cerebral Palsy

- Chapter 11: Visually Impaired
- Chapter 12: Cognitive Disorders
- Chapter 13: Spina Bifida and Physical Impairments
- Chapter 14: Down Syndrome
- Chapter 15: Williams Syndrome

The fourth part contains documents used by instructors to bring specialized services to individuals:

Part IV: Appendix

How will the book help people to create their own programs in their communities?

Two features make this a dynamic book designed to help people take decisive action:

First are *Responses from Parents* of students enrolled in activities sponsored by the Foundation for Music and Healing, Inc. Questions, designed to create a dynamic book and to encourage readers around the country to get involved in a program of music and movement, were administered in a questionnaire to parents of students. Responses in their own words are printed at the end of chapters 1 through 8.

A second feature is a series of *Discussion Starters* designed to inspire parents, families and book discussion groups to develop ideas based on this book that work more suitably in their communities. Hopefully, groups of parents, music and movement instructors or other community leaders will be able to use these *Discussion Starters* to launch initiatives in their own communities similar to the one existing in South Bend.

How will readers be able to use this book?

This book is the first complete statement of what the Foundation has accomplished during its formative years. It contains a description of theory and methods, as well as details of how a group of teachers, parents and caregivers assist students who have a wide range of special needs and disabilities, ranging from mild to severe, to participate in music. It tells of support received by a network of community and healthcare organizations that have dedicated resources to this project.

Reading this book will give people useful perspectives and encouragement to start similar programs in their communities.

How will parents and others be helped by this book?

Making Our Own Kind of Music highlights the Foundation's unique approach of using broad psychological and sociological principles in bringing regular weekly instructional music and movement experiences to students. The book is filled with inspiring stories, useful information and practical tips. Rich in perspective and detail, the book's objective is to inspire people to take positive action to bring the benefits of music to those who never thought it possible, and, specifically, to serve their own children who are exceptional students with special needs.

Chapter endnotes also contain testimonials from parents, family members, and friends and from students themselves about what the addition of music and movement has meant in their lives. Specific chapters, under the banner of *Success Stories*, contain details of dramatic improvement experienced by people of all ages who have participated in the Foundation's program.

Are there more books planned?

A second volume envisioned in this series is a practical, "How to" manual. It will give specific, practical steps concerned parents can take to create mechanisms for serving fine arts needs of students in their communities. This manual is being prepared in response to inquiries the Foundation for Music and Healing, Inc. has received from communities throughout the United States.

"This is an interactive workbook full of ideas, forms and meeting agenda items," said Dr. Chris Robinson, author and editor of the manual. "We intend to help groups wherever they are to bring music, rhythm and dance movement to students in need."

A third volume in the series will focus on clinical aspects of music and movement. It will contain useful information developed by physicians, psychologists, educators and parents associated with the Foundation for Music and Healing, Inc.

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