

Renowned music therapist, **Dr. Joanne Loewy**, presented at LSU Health Sciences Center on Friday, April 19th sponsored by the LSU Music Therapy Department (Dr. Kamile Geist) & LSUHSC.

### ***Background***

Dr. Joanne Loewy, DA, LCAT, MT-BC, is the Director of the Louis Armstrong Center for Music and Medicine at Mount Sinai Beth Israel and an Associate Professor at the Icahn School of Medicine at Mount Sinai. She founded the Department of Music Therapy at Beth Israel in 1994 and is a leader in the field, having conducted research in a wide array of areas including sedation, assessment, pain, asthma, and NICU music therapy. Dr. Loewy's work spans serving musicians with unique ailments such as chronic fatigue and performance anxiety, as well as children with developmental delays, teens with emotional issues, and adults with neurological disorders. She is an active educator, teaching at the Hahnemann Creative Arts Therapy graduate music therapy program at Drexel University in Philadelphia and the University of Barcelona, among others.

### ***Research Interests***

Dr. Loewy's research interests are vast, focusing on the intersection of music therapy with various health conditions. Her work with the AMEND lab, for instance, studies the impact of music on depression and social/emotional well-being across a diverse population, including children, teens, college students, parents of neonates, and older adults with mild cognitive impairment. The research aims to understand how music programs can influence the quality of life, mood, affect, and resilience within both educational and medical communities. Her studies utilize mixed-methods research approaches, examining the impact of music through concerts and therapy sessions on depression, resilience, mood, affect, sleep quality, and quality of life.

Ongoing research projects include studies on the effects of music therapy on post-COVID-19 respiratory symptoms, cognitive impairments, and preterm infants, highlighting the breadth of her interests and the potential of music therapy to contribute to various aspects of healthcare.

### ***Cross-Disciplinary Impact***

Dr. Loewy's work has significant cross-disciplinary implications, showcasing how music therapy can bridge gaps across healthcare disciplines. By integrating music therapy into treatments for a wide range of conditions—from chronic illnesses like asthma and COPD to acute conditions like COVID-19—her research offers innovative approaches to care that complement traditional medical treatments. Her collaborations and partnerships, including those with Carnegie Hall's Weill Music Institute and various healthcare institutions, further emphasize the potential for music therapy to enhance emotional and physical health in diverse patient populations.

Her leadership roles, such as serving as the Editor in Chief of the international, peer-reviewed journal 'Music and Medicine', and her involvement in the International Association for Music & Medicine, underscore the importance of interdisciplinary collaboration and research in expanding the reach and effectiveness of music therapy across health care disciplines.