



"THE UNIT IS TRANSFORMED WHEN THE MUSIC BEGINS. WE BECOME A PLACE OF JOY."

MARGO CHASE-DOBRIAN, R.N.,
BMTU NURSE AND CANCER SURVIVOR

CATHY DeWITT
MUSIC IN MEDICINE CONSULTANT

IT IS WIDELY KNOWN THAT MUSIC LOWERS ANXIETY, REDUCES PAIN, AND ENHANCES SLEEP PATTERNS IN PATIENTS. BUT IT'S ANOTHER THING TO BE AT THE BEDSIDE WHEN THIS TRANSFORMATION IS TAKING PLACE.

A little boy curled up in pain reaches out to strum the harp that is held out to him by the musician. Soon, he is sitting up and strumming, mesmerized by the sound, his eyes shining, his pain forgotten. Two patients in beds separated by a curtain are being visited by their families. The musician starts singing for one patient, and the family on the other side of the curtain sings along. "Mind if I open this?" the musician asks, and as she starts another song both families join in. Later, when the musician leaves, they are all still singing together.

CREATE A COMMUNITY OF MUSIC IN YOUR HOSPITAL!

The success of your music program depends on properly trained musicians and the creation of community in the hospital. Cathy DeWitt, Musician in Residence and Coordinator of Music Programs for Shands Arts in Medicine since 1995, offers specific workshops and residencies to help you successfully experience and share the healing power of music in your facility. Her programs are user-friendly and designed to produce results right away.

In the training programs you will learn to:

- Screen, train and organize artists
- Choose the right music and instruments for different situations
- Establish a sense of trust from administrators, nurses, doctors and staff
- Create community partners for increasing resources and public awareness
- Utilize successful fundraising techniques
- Learn the secrets of recruiting and retaining artists
- Harness the power of music to transform the hospital experience

“Cathy’s workshops give me an inner calmness and peace, while inspiring me with the extra energy and knowledge I need to work with elder adults. I particularly like the rainforest experience with her percussion instruments.”

STEFANIE THOMPSON — PROGRAM SPECIALIST,
ALZHEIMER’S ASSOCIATION, FLORIDA GULF
COAST CHAPTER

Here is a sample of Cathy’s workshops which can be customized for your situation, whether your program is in its infancy or you are looking to take it to the next level.

- **Nuts, Bolts & Notes: Building a Hospital Music Program from the Ground Floor Up**
This workshop shows the best ways to start, expand and maintain a music program in YOUR healthcare setting.
- **Marketing Your Program: From Recruitment to the Gala Fund-Raiser!**
Learn to use partnerships, public relations and the press to enhance awareness in the community and visibility within the institution.
- **Melody, Memory, Modes, and Moods: Using Music to Trigger Memories, Create Community and Enhance Mood.**
This program has an experiential aspect, and offers a specialization for Alzheimer’s and dementia clients. Explore the unique way music creates both an individual subjective experience and a community experience.



CATHY DeWITT

MUSIC IN MEDICINE CONSULTANT



“While at Shands for a site visit, I was most impressed with the diversity and scope of Cathy DeWitt’s music programs throughout the hospital. Her versatility is amazing. She has an intuitive ability to play for and fulfill the needs of so many different types of patients, from relatively healthy to those who are desperately ill, and include their family members, visitors and even healthcare providers in the process.”

JOAN VOYLES — EXPRESSIVE ARTS THERAPIST & ARTS IN MEDICINE ARTIST, MOFFITT CANCER CENTER, TAMPA.



An eclectic professional musician since the 1970’s, Cathy DeWitt has shared the stage and the airwaves with Tom Paxton, Pete Seeger, Garrison Keillor, Florida folk legend Will McLean, and jazz pianists Dave Frischberg and Rob Bargad. A jazz vocalist and

pianist, bluegrass guitar picker and folksinger, she serves on the Boards of the Gainesville Friends of Jazz and the Friends of Florida Folk. She is a nationally published writer, a public radio host, and a concert producer. In 1995 she found an unexpected setting for her musical versatility: the Shands Arts in Medicine program in Gainesville, Florida, where she has spent the last eleven years creating a pioneering, world-renowned Music in Medicine program. From piano playing in the hospital lobby to elevator singalongs, and from hallway concerts to bedside harp in the ICUs, Cathy uses music to transform the hospital environment and the patient experience.

In 2001 she was commissioned by VSA arts of Florida and the Department of State to write and edit “Piece by Piece: Building Successful Arts in Healthcare Programs.” This handbook is based on eleven consults with healthcare facilities throughout the state. Since then she has presented workshops and seminars for many universities, arts agencies, and hospitals, including conferences for the Society for the Arts in Healthcare and retreats for Unity Association of Churches. Her consultant clients include Vanderbilt University, San Diego Hospice, Chelsea & Westminster Hospital and the Royal Hospital in London. She is the winner of a Fetzer Grant for her Healing Music Programs, the Florida Arts Council Individual Artist Enhancement Grant, and the National League of Penwomen Award for Music.



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