

Welcome to the first issue of the *VIBRAC Skille-Lehikoinen Centre for Vibroacoustic Therapy and Research* newsletter! Here you will find information on the 1st International VIBRAC Conference, to be held in October 2016 in Lahti, Finland.

Since its conception in the late 1980s, vibroacoustic therapy has been quickly developing into a field with multidisciplinary and multi-focal applications. Originally, Olav Skille realised sound vibration to treat spasticity in cerebral palsy patients, however the ball has been quickly gathering speed over the years and one year from now the

## VIBRAC Newsletter

### Updates on the 1st International VIBRAC Conference

first international VIBRAC conference on the multidisciplinary applications of vibroacoustic therapy will take place in Lahti, Finland. Finland has also played an important role in the development of vibroacoustic therapy - or as it is known here, Physioacoustic therapy. Petri Lehikoinen, Skille's contemporary and fellow sound vibration enthusiast, helped to establish the application and research of vibroacoustics in Jyväskylä, Finland, which now serves as the home of the VIBRAC centre. Nowadays, vibroacoustic therapy is used in medical and clinical settings and its applications are rapidly expanding as research into its efficacy for various target groups is continuously broadening the horizons. Some of these include treating depression and anxiety, insomnia or poor sleep quality, menstruation/menopausal issues, acute or chronic pain, or

The conference is to be held in Lahti, Finland on October 14. - 15. 2016.





general wellbeing. The broad applicability of this therapy means that the treatment can be tailored to suit the needs of the client and affords great variability and options in treatment plans.

### Conference

The conference is to be held in Wanha Walimo, Vesijärvenkatu 25, Lahti, Finland from 14. - 15. October, 2016. The location is an ideal platform for presentations, workshops, and generating discussions on the multidisciplinary nature of vibroacoustic therapy. The conference has been much anticipated as the field of vibroacoustics is relatively young, despite the large amount of case studies and experiences reported by practitioners. This anticipation is heightened by the announcement of the keynote speakers, who have been seminal in the development of vibroacoustics for target groups such as those suffering from depression, stroke, and Parkinson's disease among others and neurological disabilities.



### Keynote speakers

**PhD Heidi Ahonen** is Professor of Music Therapy at Wilfred Laurier University, Canada, and Director of the Manfred and Penny Conrad Institute for Music Therapy research. She has also developed the music therapy programme in North Karelia, Finland, and worked at the Polytechnic there, as well as having trained music therapists at the Sibelius Academy and psychotherapists at the Finnish Mental Health Association. Her research interests lie in group analytic music therapy, clinical improvisation and evidence-based Music Medicine research.



**PhD Ana Katusic** received her Bachelor and Master in Education and Rehabilitation Sciences and her Doctorate in Neuroscience at the Croatian Institute for Brain Research, University of Zagreb. She currently works at the Mali Dom Centre for Rehabilitation with neurologically challenged young infants and children. Her special interests lie in vibroacoustic therapy, and neurological music therapy in sensorimotor rehabilitation and visual attention, as well as focusing her research on the effects of vibroacoustics on motor performance and oculomotor control.

**PhD Lee Bartel** is Professor of Music and Associate Dean of Research at the Faculty of Music, University of Toronto and Acting Director of the Music and Health Research Collaboratory. He



teaches Research Methods, Music and the Brain, Evaluation, and Social Psychology of Music at graduate level. He also has extensive experience as a music teacher at elementary and high school levels and as a performing choral conductor, singer, violinist, and guitarist.

**PhD Esa Ala-Ruona** is a music therapist and psychotherapist working as an Associate Professor and Senior Researcher at the Music Therapy Clinic for Research and Training at the University of Jyväskylä, Finland. He is a clinical teacher and supervisor, and coordinator of the International Master's Degree Programme in Music Therapy. His research interests lie in assessment and evaluation, improvisational psychodynamic music therapy, and rehabilitation of stroke patients. He is the co-founder of the VIBRAC Skille-Lehikoinen Centre, and co-developer of the first extensive Vibroacoustic Therapy (VAT) training in Finland. He has been advancing and studying the possibilities of VAT in specialised healthcare, especially within psychiatry and neurology, and also for patients suffering from pain and psychosomatic symptoms.

The conference will be an unforgettable and unique experience, resultant of the combination of the keynote speakers, oral presentations and workshops, exhibitions from leading vibroacoustic device and other healthcare related device manufacturers, and the idyllic Nordic setting.

Join us in this exciting event which is sure to generate fascinating discourse on the multidisciplinary uses of vibroacoustic therapy in various settings and contexts, and open the doors to interdisciplinary and international collaboration!

For more information on participating in and attending the conference, contact [elsa.campbell@vibrac.fi](mailto:elsa.campbell@vibrac.fi), visit [www.vibrac.fi](http://www.vibrac.fi), or see the [VIBRAC Skille-Lehikoinen Centre for Vibroacoustic Therapy and Research](#) Facebook page.

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