



RÉSUMÉ

Audun Myskja

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Tel: 64 91 39 90

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Date of birth: 1 January 1953

Married, 3 children

- Since 2006 Ph.D. Project *Integrated music in nursing homes* at the University of Bergen/Red Cross Competence Centre.
- Since 2005 Chief physician at Bergen Red Cross nursing home (20 %)
- Since 1999 *Medical director at Center for LifeAid*. General practice, workshops in medical self-care and healing techniques, national and international activity with lectures and workshops on music in medicine, integrative medicine and empowerment as philosophy and practical approach to treatment.
- 1998-1999 *Chief Physician at Hospice Lovisenberg*
- 1992 *Certified specialist in general medicine, renewed 1997, 2002 and 2007*
- 1988-98 General practice
- 1983-88 General practice and internal medicine
- 1981 *M.D., Trondheim, Norway*
- 1973-76 University studies in psychology and religion
- 1972-75 Humanitarian and farm work with mentally handicapped individuals in France and Ireland

PROJECT MANAGER

- 2005-2008 *Music and health in a local community* - a project on integration of music and other cultural activities in the health services. In cooperation with HINT and HUNT in Nord-Trøndelag, supported by Levanger kommune.
- Since 2006 Research project *Long-term effects of rhythmic exercise for patients with Parkinson's disease*.
- 2005 *Videre*. Research on the effects of music on the chronically ill – released 3 CDs 2005-06. Production of Oslo Church City Mission/Health and Rehabilitation.
- 2004-06 *Music in palliative care*. With Red Cross Norway/Bergen Red Cross Nursing Home., supported by the G C Rieber Funds. Consultant for integration of a systematic method for therapeutic use of music in nursing homes.
- 2003-05 *Finding rhythm – rhythmic auditory stimulation and neurological music therapy as support in rehabilitation of patients with Parkinson's disease*. With the Norwegian Parkinson Union/Health and Rehabilitation.

- 2002-04 ***Music in late stages of life – song and music as relief for residents in a nursing home.*** (50 %), development of methods to achieve optimal effects from music therapy and other measures for nursing home residents who are in terminal stages or seriously ill. With Oslo Church City Mission/Health and Rehabilitation.
- 2000-02 Chief physician at GERIA (Resource Center for gerontopsychiatry and dementia in Oslo municipality, Ullevål University Hospital). (50 %) Manager for the project ***Individualized music in geriatrics.*** The project has become part of GERIA's main activity; since 2003 a resource group has been working with Myskja for consolidation and further development of the method at the three nursing homes involved and other selected institutions in Oslo.

PROJECT CONSULTANT

- 2006-07 ***The creative hospital,*** EU-project in Sweden and Norway involving 6 hospitals.
- 2006-08 ***Culture and health in a local community*** Supported by The Research Council of Norway. Comparative use of music and dance at nursing homes and junior colleges. Levanger, Nord-Trøndelag.
- 2005-07 ***Memories for life,*** with Oslo Church City Mission/Health and Rehabilitation.
- 2004-06 ***Music as sensory stimulation in gerontopsychiatry.*** supported by State Organization Health and rehabilitation.
- 2001-02 ***Lyden av lys,*** music for the terminally or seriously ill, with Oslo Church City Mission/Health and rehabilitation. CD *Lyden av lys* released 2002, evaluated 2002-04.

TEACHING

- 1988-2001 More than a hundred courses and seminars on recreation, music and meditation as self care
- Since 2000 Lecturer at the *University of Oslo, Faculty of Medicine*
- Since 1999 Lecturer at the *Music Therapy Studies* in Oslo and Bergen

Counselor to patient unions and self-help groups, such as groups for eating disorders, anxiety syndromes, sleeping disorders, rheumatic diseases, and cancer. Several lectures given for different patient unions on prophylactic and alleviating measures via nutrition, mental and emotional exercise, physical exercise, in addition to therapeutic use of music and voice.

Since 1999 given more than a hundred lectures and seminars a year within the health services, on music, medicine and alleviation, pain treatment, complementary treatment, palliative and prophylactic medicine, nutrition, music and medicine, qualitative research methods, self care, terminal care, and facing death.

Activity lists, evaluations and recommendations can be provided on request.

Conference presentations (examples):

- *Nordic Conference on Nursing Research 2002*
- *Scandinavian Congress of Geriatrics and Gerontology 2002*
- *2nd Congress of Complementary Cancer Therapies 2004*
- *Nordic Conference in Palliative Medicine 2005*
- *World Congress of Music Therapy 2005*
- *World Congress of Geriatrics and Gerontology 2005*
- *Sound and Science Conference 2006*
- *Philosophy of medicine 2006*
- *International Congress of Complementary Science 2006*
- *Nordic Parkinson Conference 2006*
- *1st National Conference of Culture and Health 2006*

PUBLICATIONS

Books, music in medicine:

- *Den musiske medisin (Musical medicine)*. Oslo: Cappelen 1999/2004. (transl. Danish, Russian).
- Chapter about music therapy in *Helsehåndboken*, Lillehammer: Faun forlag 2001.
- *Metodebok – systematisk bruk av sang og musikk for ansatte i eldreomsorgen*. (Manual in the use of song and music for nursing home employees). Oslo: Unikum forlag 2005.
- *Den siste song (The last song)*. (Commissioned curriculum book on music in medicine for health care workers. Bergen). Fagbokforlaget januar 2006.
- Chapter about music therapy in *Aasgaard T (Red.) Musikk og helse*, Oslo: Cappelen 2006.

Articles on music and medicine published in several magazines and journals:

- *Hvordan virker musikk på menneskekroppen?* Tidsskr Nor Lægeforen 2000; 120: 1182-5.
- *Myskja A. Eksempler på bruk av musikk i klinisk medisin.* Tidsskr Nor Lægeforen 2000; 120: 1186-90.
- *Myskja A. Kan musikkterapi hjelpe pasienter med nevrologiske sykdommer?* Tidsskr Nor Lægeforen 2004; 124: 3229-30.
- *Myskja A. Bruk av musikk som terapeutisk hjelpemiddel i sykehjem.* Tidsskr Nor Lægeforen 2005; 125: 1497-9.
- *Myskja A. Rytmisk auditiv stimulering - i rehabilitering av pasienter med Parkinsons sykdom og andre nevrologiske lidelser.* Fysioterapeuten 2005; 9: 9-13.
- *Myskja A. Musikk i eldreomsorgen.* Demens i allmennpraksis 2005; 4: 3-4.

More than 30 other scientific articles in the field of medicine, several refereed, e.g. *Nordic Journal of Palliative Medicine*.

Music releases - CD/(DVD):

- *Ut av egget (Audun Myskja's own songs)* Aion 1993
- *Lyden av lys (with Anders Rogg)* KKV 2002
- *Aum (with the group Aum)* Stable Records 2003
- *Symphony of bowles (with Leif Johansen)* Stable Records 2003
- *Kon-tiki – a tribute to Thor Heyerdahl (with the group Aum)* Aum Records 2004

- Videre (with Anders Rogg) KKV 2005
- Videre avspenning (relaxation CD) KKV 2006
- MusiCure avspenning (with Niels Eje, relaxation CD) Gefion Records 2006
- Å finne rytmen (“Finding rhythm”, instructional DVD) The Norwegian Parkinson Union 2006

FURTHER EDUCATION

- 2001-06 Educated in Neurologic music therapy (NMT) and Rhythmic Auditive Stimulation (RAS). Certified fellow in NMT 2004 by prof. Michael Thaut, Center for Biomedical Research, Colorado State University
- 2002-03 Certified in DCM (Dementia Care Mapping) at the University of Bradford November 2002. Advanced in February 2003
- 2001-05 Certified neurological music therapist 2001, Fellow in neurological music therapy 2005
- 1995-99 Educated in the Tomatis method, certified consultant 1999
- 1977-99 Educated in the use of sound and voice by Anne Parks, Fabien Maman, Iegor Reznikoff, Vemu Mukunda og Valerie Drouot.
- 1978-98 Psychotherapeutic education by Bob Moore, Danmark (ca. 400 days)

AWARDS AND HONORARY FUNCTIONS

- 2002 Awarded the Quality Prize of the Norwegian Medical Association for method development of music in nursing homes.
- Since 2004 Board member (Norwegian representative), the research group *Musica humana*.
- Since 2005 Member of the medical advisory committee, Norwegian Parkinson Union.
- Since 2000 Referee Norwegian handbook of medical treatment (chapter on Palliative medicine)
- Since 2006 Referee Nordic Journal of Music Therapy
- Reviewer Journal of the Norwegian Medical Association
- Awarded several scholarships for music in medicine.

THERAPEUTIC SOUND AND VOICE

- 1977-78 Educated in toning (Anne Parks, L. E. Keyes)
- 1980-88 Education and general practice

- Since 1988 Frequent workshops in self-healing through sound and voice for different professions and patient groups.
- Since 1995 Education oriented courses in toning for competence in therapeutic use of voice in Norway and Denmark
- Since 1997 Research on use of therapeutic frequencies, in collaboration with Olav Skille and Randall Gray

BACH FLOWER ESSENCES

Educated 1974-78, later practiced Bach flower essences with over 3000 patients, systematic follow-up on over 200 cases with duration of several years.

Teacher of Bach flower essences since 1988, educated over 100 practitioners; taught at several natural therapy colleges.

Books, articles, lectures on Bach flower essences:

- Blomstermedisin til vekst og helbredelse. (Flower essences for growth and healing) Oslo: Noras Ark 2000.
- Blomstermedisiner fra hele verden (Flower essences around the world). Oslo: Noras Ark 2003.
- Feature article in Calix, 1st issue of International journal for research on flower essences, 2005.
- Chapter on flower essences in Helsehåndboken, commissioned to write overview of flower essence therapy by National research institute.
- Several general information articles on flower essence therapy in periodicals.
- Lecturer at 1st International Conference on Flower essence therapy