

Singing Hospitals

International Network for the Promotion of Singing in Healthcare Settings
www.singende-krankenhaeuser.de

Information for friends and supporters

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Who we are

“Singing Hospitals” is the first International Network for the Promotion of Singing in Healthcare Settings

What we do

“Singing Hospitals” works to bring **singing as a shared activity** into all areas of health and wellbeing and to promote **therapeutic approaches to singing** within specialist health areas such as aphasia, dementia, depression, premature birth, palliative care, chronic pain, trauma and stress in children and adolescents.

Our work is based on **scientific research projects** which explore the health promoting effects of singing; these are designed and run in association with leading international researchers.

The experience and understanding developed through our projects is passed on in **advanced training courses** to health professionals in hospitals, healthcare facilities and nursing homes.

We award qualifying establishments with a certificate for either a **“Singing Hospital” / “Singing Health Facility”** or a **“Singing Nursing Home”**.

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Our vision

Our vision is a health system that enables people to experience the healing power of shared singing. We aim to empower each person to draw on this experience in both healthy and ill states of being, to enhance quality of life and enjoyment of living, and so contribute towards their own health and wellbeing.

“There are no wrong notes – only variations”

Wolfgang Bossinger, Dipl. Music Therapist, Executive Director of “Singing Hospital”

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“I started crying at once after the first few bars, and I would have never thought this possible ... this wasn’t despair – but the soft flow of my feelings. It was wonderful and deeply moving – this sense of community. These different women with their stories of ill health – old women, young women, with varying degrees of illness – all of us singing together and this really moved me – the feeling of connectedness.”

Renate, Paracelsus-Klinik Scheidegg, ill with cancer

“I can access feelings which I haven’t felt for a long time, and through this I can deal better with problems in my living environment. I experience myself in creative ways – dealing with myself and others creatively, feeling able to build heart connections, which allow new ways of meeting people and surely initiate improvements.”

Florian, Psychiatric Unit Christophsbad Göppingen, admitted for several months due to psychosis

“The pain is always there, nagging, piercing, with each movement, With everything I do...The singing really resonates through my whole body. The sounding of vowels - Ah Oh OOM – it works in different areas and relaxes, loosens, warms...”

Katja, Paracelsus-Klinik München, pain patient

The Registered Association “Singing Hospitals“

Our network originated in a singing group called into being by Wolfgang Bossinger in the Psychiatric Hospital Christophsbad in Göppingen in 2006. This group was so popular with patients and staff that the participants decided to carry the idea out into the world.

At the beginning of 2009 the initiative “Singing Hospitals” was born. In May 2010 “Singing Hospitals – International Network for the Promotion of Singing in Healthcare Settings” was founded in its current form of a charitable organisation.

At present the network has 90 supporting members (individuals) and 20 corporate members (establishments and surgeries).

We are financed by membership fees, advanced training receipts and donations.

Since December 2011 the association is under the patronage of Gerlinde Kretschmann, wife of the First Minister of Baden-Wuerttemberg. Based on her own personal and professional experience of the power of singing she enthusiastically supports our aims and concepts.

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Our Areas of Activity

Advanced Training

We research the health promoting effects of singing through practise and science.

Since April 2011 the results of this work are being delivered in the **Advanced Training Course “Singing facilitator in health care settings and hospitals”** in 5 modules, each run in a 2 day course.

From February 2012 the Advanced Training Course “Singing facilitator for the Elderly / in Nursing Homes” will be run in 4 modules, each run in a 2 day course.

These training courses take place in the *Evangelische Akademie, Bad Boll* and are spread over the period of a year.

Designed for individuals who are active in the area of health and wellbeing, the courses are led by experienced professionals who have practised singing for health over a number of years.

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Certification of Hospitals, Health Facilities and Nursing Homes.

Establishments which fulfil the criteria of the guidelines will be awarded “Singing Hospital / Nursing Home / Singing Health Facility” certification. There are expected to be 20 certified establishments in Germany, Austria, Switzerland and England by 2012.

Certification of the Hospital Christophsbad in Göppingen

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International Research Project

The main objective of our research activity is to scientifically explore the health promoting and therapeutic effects of singing.

Above this, a theoretic framework is being developed to deepen the understanding of the great value of active singing and to specify its practice.

This research is being conducted in an intensive cooperation between Wolfgang Bossinger, Dipl. Musiktherapeut, Executive Director of “Singing Hospitals” and

Prof. Dr. Stephen Clift

Director of the Sidney de Haan Research Centre for Arts and Health, Professor for Health Education, Canterbury Christ Church University, GB

and

Prof. Dr. Grenville Hancox

Director of the Sidney de Haan Research Centre for Arts and Health, Professor for Music, Canterbury Christ Church University, GB

and

Prof. Dr. Gunter Kreutz

Musicologist,

Carl von Ossietzky University, Oldenburg

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Annual Conference

To mark the certification of the Hospital Christophsbad in Göppingen “Singing hospitals” organised its first annual conference on 19th & 20th May, 2011.

International speakers and a variety of working groups stimulated discussion and the exchange of knowledge between colleagues and interested visitors.

The 2nd Annual Conference will take place in the Psychiatric Hospital Lueneburg from 25th to 27th of April, 2012.

1. Annual Conference in Göppingen

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International Development

Ambassadors for “Singing Hospitals”, and certified “Singing Health Establishments”, now exist outside Germany in **Austria, Switzerland and Great Britain.**

To date, we have found ambassadors for our association (individuals who are interested to help establish a respective network in their country) in the following countries:

Finland
Netherland
Rumania
Spain
Turkey
Canada
USA
Argentine
Brasilia
China
Iran
Sri Lanka

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Future Prospects

The **international extension of the network** is to be developed. In order to empower respective national associations to offer advanced training courses under the umbrella of “Singing Hospitals”, effective organisation will be a priority.

A professional **Corporate Identity** will be created to develop the public image of “Singing Hospitals”, including a revision of the website.

The **English language Website**, www.singing-hospitals.com, needs to be extended, as soon as our staff and financial capacity allow us to deal with the incoming requests.

We want to **develop additional modules for our existing advanced training courses** so that we can work in more depth with specific client groups. We would like to include children (schools), premature babies and people with learning difficulties.

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...Future Prospects

In Germany, our work has so far been concentrated in the South but we would like to create additional **training courses in the North and East**. We are working towards **cooperation with health insurance companies** to ensure additional financial support for the therapeutic singing work in hospitals and for health promotion through singing.

A **Book project** with the title **“Singing is Medicine”** is being planned. This will be a compilation of research articles, reports about singing projects in hospitals and nursing homes as well as therapeutic concepts and approaches to singing introduced by international experts.

The **international film “Singing as medicine”**, currently in the making, will show the healing effects of singing by example of a variety of hospitals and health facilities in Germany, Austria, Switzerland and Great Britain.

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*“Any other activities are essentially based on achieving to get back to the level of wellbeing one was used to before the illness. And I think that the mantra singing gives people the chance to – or let’s say, has allowed **me** – to grow beyond that level. The singing is what I will take home from here. And I’d say: I have grown, I am stronger, more female and beautiful, more spiritual than I was before I came here, and this is a wonderful experience.”*

Sahrah, Paracelsus-Klinik Scheidegg, cancer patient

“Singing - better - than - talking.”

“I - have - fun - and - that - does – me - well.”

Participant of the first Aphasia Choir, Luzern, Switzerland