

PERSONAL AUTOBIOGRAPHY

Jinyi Li, Female, lecturer, chief of Medical Humanities department of the Third Military Medical University. Member of World Federation of Music Therapy (WFMT), American Music Therapy Association, Committee of burn and rehabilitation medicine of Chinese Association of Rehabilitation Medicine, Committee of Chongqing Children Rehabilitation Medicine. Music Therapist of China, The National secondary qualification of psychological counseling, WMECC hypnotherapist, IHNMA hypnotherapist. Since 2009, She have started to learn music therapy from Professor Tian Gao in China. She studied music therapy at Augsburg college and university of Minnesota in USA from 2012 to 2014. She is committed to the application and research of music therapy in clinical field including burn, Obstetrics and Gynecology, leukemia, cancer and Alzheimer's disease. She is focusing on the effect of music therapy on pain. She have had some publications on the research of music therapy and pain management.

In 2004, she started her master program of Vocal Performance in Xi'An Conservatory of Music and began to learn theories of music therapy since then. After graduating in 2007, she continued her music therapy study from Dr. Gao Tian, "Father of Music Therapy in China". In 2011, she passed all the exams and became a board certified music therapist of China.

In 2010, she participated in the clinical project of Music therapy for cancer patients. She started the research of effect of music therapy intervention for liver cancer patients during perioperative period. The first patient she worked with happened to suicide several times before the treatment. The whole therapy was very challenging but valuable. A few months later, the patient became much more positive and improved compliance with his cancer treatment. This case, was a strong evidence of the power of music therapy to her. From her experience in this general hospital, she realized that music therapy not only has positive effects on reducing the anxiety of cancer patients, mood improvement, but also improving the quality of life for those patients.

In this project, she also used music therapy to treat leukemia Children, alleviated the side effects of chemotherapy and improved their compliance with the doctors. In 2011, she started the clinical trial of music therapy for postpartum women.

In 2012, she was invited to Augsburg college and University of Minnesota in the United States as a visiting scholar.

During her stay in the US, she has finished all music therapy courses at Augsburg college. Besides basic theory study, she also participated in clinical practice of music therapy in many fields. She worked with the former president of international music therapy association, Dr. Annie Heiderdeit each week at the

University of Minnesota Amplatz Children's Hospital, Providing clinical music therapy sessions to children and their families at the pediatric intensive care unit (PICU).

There she worked with Annie and students from Augsburg College music therapy program for pediatric patients awaiting heart transplantation, post-surgery patients, renal failure patients and infants with mechanical ventilation. During her clinical practice at Amplatz Children's Hospital, she also started clinical research of the effect of music therapy on pediatric patients with mechanical ventilation. With Annie, they studied the effect of music therapy on oxygen saturation, heart rate of those patients. Based on those data, they have finished a literature review and started a pilot study.

She also had clinical practice at Fraser school which mainly focused on special education in Minnesota. This school had a long history of music therapy practice and was famous in north-central US for the treatment of autism. Her mentor at Fraser school was Kay Smith, who served Fraser school over ten years as an experienced music therapist. She had music therapy practice on pre-school children with autism or developmental retardation (including mental or physiological retardation) and also normal children.

The third clinical practice was at Johns Harrison senior living community located in Minnesota. She mainly gave music therapy to dementia, Parkinson's Disease and stroke patients. Her clinical practice mentor Judy and she created a series of multi-Sensory Stimulation methods which proved to have positive effect on moderate to severe dementia patients.

In recent years, she mainly conducted her music therapy research and clinical practice in burn department of the first affiliated hospital of the Third Military Medical University. This department ranks top 3 in burn treatment field of China.

In the past five years, she has conducted music therapy clinic practice for burn patients during their rehabilitation period. Besides that, she also carried out clinical researches on the effects of music therapy for burn patients. She studied the effect of music therapy on pain, anxiety and muscle tension for burn patients. She found that music therapy had a positive effect to reduce burn patients' pain, anxiety and muscle tension, comparing with the control group.

This clinical study is still in process and more valuable data are expected to come in the future. As a young generation of music therapist in China, Jinyi is working hard in both clinical and research fields of music therapy.

Jinyi is an intelligent, talented music therapist and has become a valued and respected colleague. I look forward to continued collaborations even after her

return to China. She is a strong asset to the music therapy profession and to any client and student.—from Dr. Annie Heiderdeit