

## ERIK BAUMANN



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### PERSONAL DATA

Name: Erik  
Last Name: Baumann  
Date of Birth: April 5th 1984  
Place of Birth: Lima - Perú  
Civil Status: Single  
Nationality: Peruvian/Italian

### PROFILE

Music therapist, clinical psychologist, with experience in the clinical environment and focused on music therapy research. Has worked over the last couple of years in the development of clinical music therapy and music psychotherapy through research and teaching in several countries like U.S.A., Sweden, Peru and Spain. Has also worked in promotion and prevention in mental health with children, working through the development of the bond with the parents, as in promotion and prevention in mental health with teenagers mostly from risk zones in the city of Lima. Creative, with capacity for leadership and likes teamwork, with facility to learn and perform in new environments and good with problem resolution. Good to handle with people and communicate in foreign languages, such as German and English, among others.

### WORK EXPERIENCE

January 2016 – nowadays **Production Editor, Music and Medicine Journal**  
I have the role of Production Editor on the Journal of the International Association for Music and Medicine.

Nov. 2014 – December 2015 **Assistant Production, Music and Medicine Journal**  
I supported the work of the Production Editor on the Journal of the International Association for Music and Medicine.

May 2014 – nowadays

**Casa Polila**

I work as music therapist with individual patients of all ages as part of an interdisciplinary team on a mental health center focused on Creative Arts Therapy.

April 2014 – nowadays

**Music Therapy promotion (Lima)**

I give and participate in several events, workshops, interdisciplinary roundtables where I explain what music therapy is, as well as giving workshops on meditational drumming and Music Resources for mental health professionals.

October 1st 2013 – nowadays

**Private Praxis Music Therapy (Lima)**

I have a private praxis where I see patients, as well as supervise the work of fellow music therapists in the city of Lima (Peru)

September 2012 – Sept. 2013

**Louis and Lucille Armstrong Center for Music and Medicine (New York)**

During this year I was granted a position as a International Research Scholar. I oversaw all the different research projects in different stages, from development of implementation of the research in “The Effects of Environmental Music Therapy on the Perception of Waiting Time at the Radiation Oncology Waiting Room” to creating how to process the data in studies like “The Effects of Music Therapy in State Anxiety in Patients undergoing Radiation Simulation in Radiation Oncology”, “The Effects of Clinical Music Therapy on Resiliency and Anxiety in Adults Undergoing Infusion Therapy” and “The Effects of Music Therapy in the Recovery of Patients Undergoing Spine Surgery”. I also supervised the research study “Effects of an Integrative Music Therapy Program on the Perception of Noise in the SICU: A Patient, Caregiver, and Physician/Nurse Environmental Study”. My labors included coordinating interns participation in research and supervision of their work, coordinating visiting artists’ participation in the SICU and supervising constantly and simultaneously all the research. I also had to manage the data and coordinate with the Biostatitician in order to analyze the results. I was in charge of developing the Color Analysis Scale (C.A.S.), a Scale which, through coloring, helps to have a more accurate description of pain experienced by patients. For this I conducted next to Dr. Joanne Loewy a roundtable of several experts in their fields, which included among Art Therapists, Music Therapists, Social Workers, Psychologists and Biostatiticians, the presence of one of the top pain specialists nation wide, Dr. Russel Portenoy. I also kept working within palliative care, pediatrics, and orthopedics and had a group for caring for the caregivers on the oncology unit. I was also managing the department’s online resources and editing video contents. I was also part of the organization team behind a fundraiser event and a music therapy symposium. Finally I was in charge of selecting which instruments and equipment would the department buy for future projects. I was

also part of the Music and Health Clinic for Musicians and Performing Artists to treat pain, disability and performance-related ailments.

July 2012 – August 2012

**Private Praxis Music Therapist (Lima).**

I had a private practice where I saw patients individually.

July 2012 – August 2012

**Music Therapy Workshops in Perú (Lima)**

While being in Perú, I was able to dictate a total of three workshops that focused on the use of music resources for gestalt psychotherapists and life coaches. There were given in “Gestalt Center of Perú” and “HBC Consultores” (Coaching Center).

May 2012

**Kungliga Musikhögskolan Stockholm (Royal School of Music – Stockholm)**

I was invited by the head of the Music Therapy department to talk to Masters level students about my work as music therapist on Caring for the Caregivers through meditational drumming.

September 2011 – June 2012

**Louis and Lucille Armstrong Center for Music and Medicine (New York)**

Music Therapy Intern. I worked on different areas of the Beth Israel Hospital as well as on the chemotherapy infusion suite at St. Luke’s Roosevelt Hospital. I also helped to organize a fundraiser event, and a music therapy symposium. I also produced Internet Podcasts for the department, as well as participating in research in the chemotherapy infusion suite at Saint-Luke’s Roosevelt Hospital, titled: “The Effects of Clinical Music Therapy on Resiliency and Anxiety in Adults Undergoing Infusion Therapy”, study which was later presented at the International Music Therapy Congress in Thailand in 2012. I also had a group on Caring for the Caregiver at the Oncology unit at Beth Israel.

July 2011

**Mares, princesses i pirates (Barcelona)**

As a music therapist I was given freedom to create two workshops for parents and their children to work on the parental bond while working on a personal and unique set of songs for two groups of children (0-3 year old and 3-5 year old).

October 16th 2010

**3rd Congress of the Peruvian Children and Teenagers Psychoanalytical Association (APPPNA)**

I was invited to present my work in a National Congress, where I was part of a Roundtable discussing mental health in teenagers focused on violence prevention.

July 2008 – August 2011

**Bach Flowers Therapy (Lima – Barcelona)**

I’ve had several clients as a Bach Flowers therapist.

November 2008 - June 2009

**Ángeles D-1 Dance School (Lima)**

This dance school has a social project in which they teach people from some of the poorest areas of Lima to dance and generate their own economical income through this art.

I began working as an external psychological evaluator and then I helped the psychologist to plan and organize the group workshops and also stood in for her on occasion. We worked with teenagers and young adults and helped the tutors in their work with the younger children. We ran CV writing and sexual education workshops, as well as working on respecting for the limits and laws, counseling, and supervising the work of the tutors.

January 2007 – June 2009

**La Casa de la Familia (Lima)**

I worked in a declared at-risk zone in one of the most poorest areas of the city of Lima, in a center that worked to promote and preventing mental health through a psychoanalytical model, working on the bond between parents and their children between 0 and 8-years-old, and also with teenagers.

January 2007 – May 2009

**Psychological Evaluations (Lima)**

During this time I also did several psychological evaluations, mostly with children and teenagers.

July – September 2008

**Therapeutical process (Lima)**

I had a 3-year-old child as a patient who needed therapy for a short time in order to improve his self-confidence in order to go to pre-school and gain more independence from his brothers. The therapy was successful.

January – February 2008

**Qualified friend (Lima)**

For two months, I worked with an adult accompanying him through the process of coming off drugs.

2006 - 2007

**Spanish – English translator for *Transiciones* magazine from the APPNA (Lima)**

I was in charge of translating the abstracts of this psychoanalysis magazine from Spanish to English and also translated some of the English articles into Spanish.

March 2000 -2008

**Private drums teacher (Lima)**

I've taught drums to several students (10 to 26-years-old) at beginner and intermediate level, including a teenager with autism.

**MUSICAL EXPERIENCE**

I play music on several professional bands and musical projects in the city of Lima, as well having supported foreign musicians as backup musician on their live presentations.

**Drums and percussion:**

Advanced level. For more than 15 years I've played drums and percussion instruments for different bands and on recordings, and have won a couple of awards in contests in Lima, as well as appearing in the rankings of the best of 2015 acts on several music focused media.

**Guitar:** Played in several locations in New York and Rhode Island, Barcelona (Spain), as well as in the cities of Lima and Trujillo (Peru). Currently playing music as part of several bands in the city of Lima, where I play lead and rhythm guitar.

**Piano:** Basic level.

**Harmony:** Basic harmony studies.

**Voice:** Vocal lessons with Brooklyn Conservatory of Music professor Kate Geller MT-BC, LCAT, as well as Cleia Luna in the city of Lima.

## **STUDIES**

Elementary school **Peruvian – German School A.v.Humboldt**  
(1991 - 1996)

Highschool **Peruvian – German School A.v.Humboldt**  
(1997 - 2001)

University **Antonio Ruiz de Montoya University:**  
(2002-2003)  
**Humanities Studies**  
(2002-2003)  
**Pontificia Universidad Católica del Perú (PUCP):**  
**Human Science Faculty**  
**Psychology Specialty**  
Clinical Psychology. Upper third of the class(2004 - 2007).

Master **IL3 Universitat de Barcelona**  
Music therapy Master (2009 – 2011)

**Complementary Studies:**

Music Therapy Research **Louis Armstrong Center for Music and Medicine, Beth Israel Medical Center**  
Training as a International Research Scholar in Music Therapy

Music and Health Clinic **Louis Armstrong Center for Music and Medicine, Beth Israel Medical Center**  
Music and Health Clinic Trainig

## **Publications:**

### **Books:**

Hicks J, Baumann E, Garrido N. Culturally Informed Music Psychotherapy: Using Latin American Music and Repertoire in the Treatment of Pain and Anxiety Experienced by Individuals Receiving Chemotherapy. In Mondanaro J, Sara G Eds. Music and Medicine: Integrative Models in the Treatment of Pain. 2013 (USA).

Baumann E. Explorando los sonidos, de la individualidad al grupo. In Cornejo, L. El Espacio Común. 2012 (Spain)

**Journals:**

Baumann E, Cornejo D, Vecco P. Escuela Ángeles D1: La danza como alternativa para el crecimiento psíquico. *Transiciones 15: Revista de la Asociación Peruana de Psicoterapia Psicoanalítica de Niños y Adolescentes*. 2010 (Perú).

**Press:**

Diario El Comercio AÑO 173 - N° 88.111 (Full Page A18). "Post Data – Erik Baumann: Music Therapist (Interview).

Nuna Magazine (June 2013) Los Beneficios de la Musicoterapia: Entrevista a Erik Baumann Psicólogo – Musicoterapeuta (Interview).

**TV:**

Plus TV (Perú) La hora sana: 5min special on Music Therapy for a show on Medicine and health.

Plus TV (Perú) Oh Diosas!: Roundtable on the role of music in life, next to Carolina Araoz (Peruvian saxophonist) and the former director of the Conservatory of Music from Lima.

**OTHER ACTIVITIES**

June – July 2013

**Musician**

I supported a band from the Dominican Republic during their 3 months residence in New York as a rhythmic guitarist.

January - December 2005

**PUCP**

Psychology Faculty's Students Center – Organization Secretary. Through this year I was in charge of coordinating and supporting the work of all the different departments.

January - December 2005

**PUCP**

XII Psychology Students Symposium – Organizing Committee. I formed part of the organizing committee which worked throughout the year for the Faculty of Psychology of the Pontificia Universidad Católica del Peru (PUCP).

April 2004 – May 2009

**Asociación Peruana de Hockey en Línea (APHL)**

I played inline hockey for my country in a South American championship and belonged to the Peruvian Inline Hockey Association (APHL). I also formed an inline hockey school and worked as an inline hockey coach.

**LANGUAGES**

Spanish (native language)

English advanced level

German advanced level (**Sprach Diplom I y II**)

Catalán advanced comprehension, intermediate spoken.

Italian basic level.

Swedish basic level.