

**Cell 2 Soul Fall 2007 Retreat  
Healing Through Music, Story and Community  
September 29 – 30, 2007  
Mason Hill, Cheshire, MA**

Contact person: Dave Elpern – [djelpern@gmail.com](mailto:djelpern@gmail.com)

Please try to join us for a weekend of collegiality and inspiring presentations at [Mason Hill](#), Cheshire, Massachusetts in late September. This will be an opportunity to hear inspiring presentations, mingle with some old friends and meet some new ones in an idyllic Berkshire setting.

The retreat will be limited to the first thirty registrants. Tuition is reasonable and will just allow us to recoup our costs. Cell 2 Soul has no paid administrative staff.

Overview (see below for full details)

**Saturday, September 29**

<b>8:45 - 9:30</b>	<b>One Story, Two Voices: Film and Discussants</b>
<b>9:30 – 9:45</b>	<b>Satya Ferreira: Mbira Music for the Soul</b>
<b>9:45 – 10:15</b>	<b>Refreshments and Conversation</b>
<b>10:15 - 11:15</b>	<b>Anne Bewley: The Healing Power of Music</b>
<b>11:15 - 1200</b>	<b>Peggy Rambach: All that Matters</b>
<b>12:00 - 2:00</b>	<b>Lunch</b>
	<b>Brian Maurer: Teaching Through Story</b>
<b>2:00 - 5:00</b>	<b>Writer's Workshop led by Peggy Rambach</b>
<b>6:30</b>	<b>Optional Group Dinner</b>

**Sunday, September 30 (Optional) Picnic and Drum Circle with Otha Day 11:00 am - 2:00 pm**

Sincerely,

Dave Elpern

## **Course Outline and Speaker Bios**

### **One Story, Two Voices**

First Author: Julie Goldman

Other Author: Dr. Lidia Schapira

Discussion led by Bill Zeckhausen.

“Not every patient can be saved, but his illness may be eased by the way the doctor responds to him. In doing so the doctor may save himself. He has little to lose and everything to gain by letting the sick man into his heart.” Anatole Broyard, *Intoxicated by My Illness*.

These words pose challenge for the caregiver-patient relationship. What risks and rewards might arise? *One Story, two Voices*, produced by the Kenneth B. Schwartz Center ([www.theschwartzcenter.org](http://www.theschwartzcenter.org)) seeks answers through a doctor-patient interview. A cancer patient and her oncologist transform their relationship by sharing the most difficult medical happenings they face together, ranging from treatment failure to an unexpected, near-death crisis. They strengthen communication precisely where it could break down. Discussion will follow the video.

Objectives of this package include that the learner will:

- \* identify psychosocial issues in patient care
- \* increase appreciation for integrating doctor/patient viewpoints
- \* recognize new opportunities to foster support and partnership with patients.

### **Mbira Music for the Soul**

Satya Ferreira is an accomplished musician. Her mbira performance will set an inspirational tone to the program. “In a ceremonial gatherings – bira -- musicians provide a framework for group participation—including dance and song. At some point, performers may put down their instruments and step forward in a sort of awakening. Younger musicians refer to the high-level performance of ancient Shona poetry as “deep Shona,” a language that only elders can truly understand.

### **The Healing Power of Music: Ann Bewley**

The beneficial relationship between music and healing has been well established for centuries. Current scientific research shows that music can

alter brain chemistry, affect heart and respiration rate, facilitate relaxation, and improve immune system functioning. At least as important as the physiological effects of music are its influences on quality of life. Healing music promotes peace of mind, eases pain, relieves suffering, and offers comfort beyond words. This presentation addresses the fundamental science of vibrational medicine and the ways in which elements of music affect physical, emotional, and spiritual wellbeing. Live harp music will illustrate the healing power of music.

### **All that Matters and Writers' Workshop**

Author, Peggy Rambach, has taught memoir writing, poetry and fiction writing to the chronically ill, the elderly, and staff in healthcare and eldercare facilities across New England. At her presentation she will run a brief writing workshop, share her experiences, and read the work of previous students to demonstrate her approach and philosophy and to illustrate the myriad benefits of artist residencies in healthcare. She will also show the clip of the new documentary, Healing Arts: New Pathways to Health that features her work with Cancer patients and staff at Union Hospital in Lynn, Massachusetts.

### **Drum Circles with a Hearbeat**

Otha Day facilitates lively communal drum and rhythm circle events from the deep belief that rhythm has the power to build community, promote well-being and create joy. A Drum Circle is a highly interactive group of people who play drums and percussion instruments together to create in-the-moment music. Through the experience of rhythm and sound we will experience what it means to beat as one heart: we become a vibrant community. With playful and accessible rhythm activities and ensemble pieces and improvisation, DRUM TO THE BEAT! drum circles encourage:

- \* creativity and problem-solving
- \* communication and active listening
- \* teamwork and conflict resolution
- \* stress reduction

## **FACULTY BIOS**

### **ANNE BEWLEY**

Anne Bewley, PhD, LCMHC, LADC is a Licensed Clinical Mental Health Counselor and a Licensed Alcohol and Drug Counselor. A Certified Therapeutic Harp Practitioner, Anne integrated her training and experience in therapeutic music and counseling to help clients achieve greater harmony with themselves and others. She has earned her certification as a therapeutic harp practitioner through the International Harp Therapy Program, Mt. Laguna, CA. Anne is continuing her study of sound therapy with Jonathan Goldman, director of the Sound Healers Association.

Her skills are well suited to helping people with issues related to significant life changes, loss, and grief, as well as some anxiety and mood disorders, compulsive overeating, pain management, and substance abuse / dependence.

Anne's primary approach to counseling is psychosynthesis, a psychospiritual and holistic perspective focused in resolving inner conflict and finding greater meaning, balance, and expression in life.

In addition to her experience in music therapy and counseling, Anne has taught for over 15 years. She directed the Substance Abuse / Addictions Counseling Program and was the Director of Curriculum for Counseling Psychology at Antioch New England Graduate School, Keene, NH, and is currently an associate professor of psychology at Colby-Sawyer College, New London, NH.

She has a masters degree in clinical / community psychology from Chapman University and a doctorate from The Union Institute, Cincinnati, Ohio. She completed training in psychosynthesis at The Synthesis Center, Amherst, MA, Anne enjoys digging in her garden and creating beautiful music.  
Email:

### **OTHA DAY**

Otha has a Masters of Music Degree in Piano Performance, Piano Pedagogy and General Music Education. He is a professional musician who has operated a successful and very busy Private Piano Teaching Studio for more than 25 years in Illinois, Colorado, Connecticut and Massachusetts. In addition to drumming he teaches Classical and Jazz piano to students of all ages and levels from Pre-School through University Piano Performance Majors.

Otha facilitates fun and lively drum and rhythm circle events from the deep belief that rhythm has the power to build community, promote well-being

and create joy. Working with groups of participants from 3 to 300, he supports awareness of the presence of rhythm in every act of living. Otha participated in the East Coast Drum Circle Facilitation Playshop with Arthur Hull, the father of the Modern Drum Circle movement. He has studied African, Caribbean and Japanese drumming with internationally known performers and teachers in the US and at The Tribe of Doris Intercultural Drum Camp in the UK. He is a member of the Drum Circle Facilitators Guild.

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### **BRIAN MAURER**

Brian T. Maurer has practiced pediatric medicine as a Physician Assistant for the past three decades. As a clinician, he has always gravitated toward the humane aspect in patient care — what he calls the soul of medicine. Mr. Maurer has published numerous vignettes, editorials and essays in both national and international journals. He has recently released his first book, *Patients Are a Virtue*, a collection of 57 patient vignettes illustrating what Sir William Osler called "the poetry of the commonplace" in clinical medical practice..

Mr. Maurer and his wife of thirty years have raised their four children in a small hamlet in New England. Email: [btmaurer@comcast.com](mailto:btmaurer@comcast.com)

### **PEGGY RAMBACH**

Peggy Rambach is the author of *Fighting Gravity*, a novel based on her marriage to writer, Andre Dubus, and a collection of short stories entitled *When the Animals Leave*. She was awarded the Massachusetts Cultural Council Individual Artist Grant in Fiction, was a fellow at MacDowell and Yaddo Artist Colonies and named a 2005 Literacy Champion of the Massachusetts Literacy Foundation. Ms. Rambach is a resident teaching/artist in healthcare with a grant from the Kenneth B. Schwartz Center as part of The Healing Arts: New Pathways in Health Initiative in collaboration with the Massachusetts Cultural Council and the Vermont Arts Exchange. *All That Matters: Memoir from the Wellness Community of Greater Boston* was edited by Ms. Rambach and was published in 2006. She lives in Andover, Massachusetts. Email: [PRambach@aol.com](mailto:PRambach@aol.com)

### **BILL ZECKHAUSEN**

Williams College, '56, Philosophy Major  
Theological School: 2 years, New College, Edinburgh

Andover Newton Theological School, M.Div., D. Min. in Pastoral  
Counseling

2 years study: C.G. Jung Institute, Zurich

Ordained minister, Congregational (UCC)

Clinical internships, year at Worcester State Hospital & year Boston City  
Hospital

8 years, certified clinical pastoral education supervisor, ACPE,

Diplomate, American Association of Pastoral Counselors

Practice of adult psychotherapy, individual, couples, family, group

Facilitator for weekly physician support groups, 22 years

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