

## **Dr Ralph Spintge**

Recently retired as Director of the Dept of Interdisciplinary Pain Medicine Sportklinik Hellersen; Luedenscheid Germany. He is currently Director at Institute for Medical Music Research IMUR, since 1999 lecturing as Professor of MusicMedicine at University of Music and Drama, Hamburg, he is founding member and Board Member of VIBRAC at University of Jyvaeskylae Finland; he served as Adjunct Professor at Institute for Music Research, University of Texas at San Antonio, and as Associate Editor International Journal of Arts Medicine MMB Saint Louis USA, since 2010 he is Co-Editor-in-Chief Journal Music and Medicine IAMM New York. Spintge conducted psychophysiological RCTs on anxiolytic effects of music in various medical settings collaborating with scientists, medical doctors, Music Therapists, and psychologists from universities in Japan, Austria, Germany, USA and Australia, he was principal investigator within a 10-years research program with German Max-Planck-Society, Free University of Berlin, Institute for Synergetic Mathematics at University of Stuttgart and National Research Centre Juelich looking into rhythmicity (Cardiorespiratory Variability) as basic principle of life processes and potential musical interventions. Spintge inaugurated MusicMedicine describing evidence based clinical use of musical stimuli. His current area of research is about impact of medicofunctional music in chronic pain (personalized) , burn-out & fatigue, sleep disorders and sports, functional music in human evolution including epigenetics. Spintge's publications comprise numerous articles and 22 books about innovations in anesthesia, pain medicine and applications of medicofunctional music / MusicMedicine. He is founding member (1982) and currently President of the International Society for Music in Medicine ISMM Inc. In his capacity as Executive Director and later President of ISMM since 1982 he realised 11 international conferences about Music In Medicine in Germany, USA, Australia, and Scandinavia.