



OSTEOPATHIC CENTER FOR CHILDREN AND FAMILIES

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April 9, 2008

**Jean Guy Sicotte, MD, DO, (Q)
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Cher Jean Guy,

I have not overlooked your note regarding therapeutic music. I do not yet perceive how I can present this in an even pseudo-scientific manner when it is far more of an intuitive activity. It is something that has to be experienced. In fact in the very beginning I would lie on the treatment table while various compositions were played in order to feel within myself how they affected my body or my feelings and therefore what effect they might have on my children. Another aspect is that we use live music exclusively. In the beginning I experimented with recorded music and I soon found out that it did not have the positive influence on the children. It might be compared to feeding them a refined cereal instead of a whole grain. We have given a demonstration of it use when we have the piano and the musician to play it. Then the audience feels and appreciates the effect in their own being. The first time I ever saw music used was with severely hyperactive children who had to be held in order to keep them on a chair. Gradually as the music (live) was played they gradually became serene and no longer needed restraints.

I do not have any other references for this topic, and I am being taught that references or a bibliography are necessary before articles will be published in this 21st century.

But I will carry your request with me and see if any inspiration emerges.

Very Sincerely,

Viola

**Viola M. Frymann, DO, FAAO, FCA
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Director**