

Welcome to the XIII World Congress of Music Therapy

of the World Federation of Music Therapy



Congress Newsletter for June 2010

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We appreciate the many music therapists who have already sent us their papers for the 2011 WCMT. As it is a chance to share one's experiences and knowledge with other music therapists, we greatly recommend you to send any papers you might have.

It is not too late, as **the last day for proposal submissions is August 31st. Together**, we can make the 2011 congress a meaningful event that will aid even the music therapists of the next generation.

Byungchuel Choi, Chair for the 2011 WCMT

A short introduction of you?

I am the Director of Music Therapy at the University of Minnesota and conduct research at the University's Medical Center. My research interests include psychiatric music therapy, how musical elements can facilitate memory, and music therapy student education. I have never been to Seoul before and am thrilled to travel and experience the culture.

Email greeting from the U.S.A.



What attracted you to the world congress in Seoul?

I am excited to learn about music therapy in a global perspective. This learning will broaden my teaching perspective and enable me to become a more effective and sophisticated educator. Specifically, I am especially interested in learning about different types of healthcare systems and how psychiatric music therapy functions within those models.

Mike Silverman is a resident of Minnesota in the US. We expect that he will enjoy his first travel to Korea and the time he spends immersed in modern Korean culture.

What you wish to do while you are in Seoul?

I am excited to experience the Korean culture and to continue learning about music therapy. The conference promises to be exciting and I look forward to meeting clinicians, educators, and researchers.

Mike Silverman, PhD

A quick estimate for Mike == >>	2011 World Congress
Airplane tickets from Chicago to Seoul	US\$1100
Flight hours (Chicago - Seoul)	14 hours
Registration fee (Express)	\$200 + 1 free meal at Korean restaurant
Hotel cost (eg. Best Western Premiere)	\$600 (\$120 x 5 nights)
Food Cost	\$300 (\$50 x 6 days)
Complimentary activities (no cost)	city tour, shopping, & special activities
Total Cost	\$2200

The 13th WCMT in Seoul, Korea during July 5-9, 2011

Korean Food is casually represented by bulgogi and kimchi. In fact, however, Koreans are proud of their diet, quite varied and full of nutrition. It is richly endowed with fermented foods, vegetables and grains, soups, teas, liquors, confectionery and soft drinks. Kimchi and doenjang paste made of soybeans are the best-known examples of Korean fermented foods, and these have recently become highly valued for their disease-prevention effects. Korea boasts hundreds of vegetable and wild green dishes. The Korean meal is almost always accompanied by a big bowl of hot soup or stew, and the classic meal contains a variety of vegetables. Korean foods are seldom deep-fried like Chinese food; they are usually boiled or blanched, broiled, stir-fried, steamed, or pan-fried with vegetable oil.



Typical Summer Food



Naeng Myun literally means cold noodles and it is one of Koreans favorite dishes during the summer. It consists of thin noodles typically made from arrowroot or buckwheat flour, and is served in a large bowl with a tangy iced broth. It is garnished with sliced beef or pork, a boiled half egg, slices of Asian pear, and sliced cucumber, sprinkled with chopped scallions and sesame seeds.

Two main varieties of naeng myun exist: mul-naeng myun and bibim-naeng myun. The former variety is served as a cold soup with the noodles contained in broth (usually beef). The latter variety is served as more of a salad in a spicy dressing made primarily from chili peppers. Although these are the two major variations of the dish, several others do exist, typically varying either the composition of the broth of mul-naeng myun, the meat or vegetables added to the noodles, or both.

Price:

\$5 for most restaurants

Please let other friends in music therapy know about this Congress.

Enewsletter

musictherapy2011.org