From fall 2009 to summer 2010, I volunteered my time to learn more about the field of music therapy, to gain a larger perspective on the benefits of music beyond artistic appreciation, and to create a connection between myself as a recording artist, and the music therapy community.

I think many artists have a desire to help people through their music, and it behooves them to learn different methods for engaging their listeners. Music therapists have unique skills in this area: they apply various techniques depending on their clients’ physical and/or mental needs. Music therapists utilize the characteristics inherent in music to remedy issues with motor coordination, speech, and cognitive issues, for a variety of diseases, syndromes, and disorders. Most importantly, music therapists have a basic desire to improve the lives of others. My conversations with music therapists from around the world have enlightened me on the benefits that their patients can
derive from their services. Music is their tool to get people healthy, and as an artist, I hope to do the same.

I would like to set an example for other artists to follow; to view their creation in a way that benefits more than their radio audience, but instead to benefit those with serious needs. Now, as I’m completing my first full-length album, “Beanstalk,” under the alias “Grandmother Clock,” I plan to donate my album proceeds to the WFMT to help fund research and programs designed to expand the field of Music Therapy.

The World Federation of Music Therapy has shown me the remarkable advancements that people can have with this type of therapy. They are a fantastic resource for individuals to discover more about this exciting field of work. It has been a pleasure to work with the WFMT Council on this project and I hope it motivates a large audience to support their cause.

About Mike

Mike Simms is a composer, musician, recording engineer, and filmmaker from Sacramento, CA. He is an entrepreneur and his company, Skyrider Studios, has been producing a number of albums and educational videos since 2007. Mike's passion is in writing and recording music. You can hear his upcoming release “Beanstalk,” under the alias “Grandmother Clock.” Expected Date of Release: December 2010.

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