

Janalea Hoffman

Janalea has been called a pioneer in the field of Music Therapy. She is the creator of the Healing Concert and founder of her company, Rhythmic Medicine. The Healing Concert was inspired by her bedside music therapy work at Shawnee Mission Medical Center. She realized that everyone needs music therapy experiences, not just people in hospital beds. The comments from Healing Concert participants range from powerful insights to listening more effectively to how to use music on their healing journey in a more personal way. One comment was, "This healing concert was as powerful as a week at Esalen Institute!"

A primary aspect of Hoffman's work lies in how music affects our bodies physiologically. She has developed specific techniques for using music to help lower heart rate and blood pressure and to help alleviate pain. She is a pioneer in the uses of music and guided imagery to help clients get deeper insights into themselves. Hoffman authored the book, *Rhythmic Medicine - Music With a Purpose* and has published fourteen CD's specifically for therapeutic purposes. She was one of the first people to write music for specific medical uses, for example, Musical Acupuncture to help alleviate pain, Musical Biofeedback to help slow down body rhythms and Music, Imagery and Parkinson's which is specifically a holistic technique for Parkinson's patients. Hoffman founded a non-profit organization, Sounds of Comfort, whose mission is to provide appropriate music for people who are ill in hospitals and for the dying.

Hoffman received a Bachelor's degree from UMKC and her master's degree from the University of Kansas in Music Therapy and is the recipient of the Madonna Spirit Award given by Madonna Rehabilitation Hospital for innovative work in music and medicine. She gives seminars on Music and Wellness for Health Care professionals for CEU credits, as well as, the general public.