

Excerpts from Professor Vachs' publications

Vachs, S. (2015a) "The Sound of Music" *The Lancet* 1: 357–367.

"Music therapy aimed at children has a medium to large positive effect ($ES = .61$) on clinically relevant outcomes that was statistically highly significant ($p < .001$) and statistically homogeneous. Effects tended to be greater for behavioural and developmental disorders than for emotional disorders; greater for eclectic, psychodynamic, and humanistic approaches than for behavioural models; and greater for behavioural and developmental outcomes than for social skills and self-concept." (365)

Vachs, S. (2015b) "No Kidding!" *BMJ* 2: 21-45.

"I have asked myself often since then, what is my love strategy? I know, at my deepest levels, that deciding in my teens to be universally and publicly friendly and a celebrant of life, was the strongest strategic step I've ever taken for love. Surely love and humour will never defeat violence and injustice, for they never exert power-over. But they are capable of irresistible transformation. We must practise compassion and generosity in ways that seduce those drunk on personal power and greed and lovers of power-over and money to consciously choose compassion and generosity. So how does that seduction work? The strongest transforming mechanism I know is to give people the opportunity to help others who suffer. Over time, many feel a powerful inner glow that drives them to make helping part of their life. Add learning about the problems and solutions and you're primed for creative leadership. It is inherent in these concerns that clowning needs to be a context, not a therapy. It is funny to this clown to say "clown therapy". Of course it is therapeutic! If a love strategy existed in our society, no one would need clown therapy. But modern hospitals and medical practices around the world scream out to reconnect the delivery of care to compassion, joy, love, and humour. For over 30 years I've heard thousands of medical students, doctors, nurses, and patients weep for love's absence in their medical setting. The lost "love strategy" is the single strongest cause of the dramatic and growing shortage of nurses." (37)



Professor Sol Vachs