

9/17/20 CI Music Hour Recap

Hello all,

This past Thursday, we enjoyed a very informative presentation from audiologist, Dr. Brad Ingrao. Dr. Ingrao shared his insights into his extensive work with the hearing loss community. He presented a variety of challenges that come with relearning music, particularly among CI users. Some of these challenges include hardware limitations of cochlear implants, poorly fitting hearing loss devices, and over-challenging oneself with music training too soon after implantation. We also discussed the importance of cleaning one's hearing device regularly in order to ensure that the user is getting optimal use out of their hardware.

Dr. Ingrao explained to the group that while there is no set "fix" for hearing music again after implantation, one can relearn to appreciate music given the appropriate training. He led us in a listening activity in which he played the same melody several times with varying instrument timbres. Participants then rated the quality of the perceived sound on a scale of 1 to 5. Dr. Ingrao explained that these ratings could be used to create a rehabilitation plan to help listeners appreciate music again. He emphasized the importance of beginning by listening to music with instruments that are easier to hear, and then building up to more difficult instruments. This way, users will be more likely to maintain a positive emotional response and outlook to music from the start of their rehabilitation.

For those who would like to try completing the rating scale again, we have attached the sheet to this email. You can use this [video](#) of a similar presentation that Dr. Ingrao gave, where he uses musical examples to guide listeners through the rating scale. Additionally, for those of you who would like to reach out to Dr. Ingrao with any remaining questions, you can reach him at brad.ingrao@gmail.com.

Next week, our very own Dr. Ray Goldsworthy will be leading our CI Music Hour to share some updates with the group regarding his research and answer questions.

Lastly, Chrysa and I would love to hear from each of you about your experiences with the CI Music Hour thus far and what you would like to see next! If you have not already done so, we would appreciate if you took a few minutes to share your thoughts by filling out [this survey](#).

We look forward to seeing you all next week!

Julianne & Chrysa