



## DONATELLA MOLTISANTI

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**FOR IMMEDIATE RELEASE**

**Top Chicago Neurologist Collaborates with Globally-Renown Sound Healer for Local Events on Music as Medicine**

From May 23-24, Northshore's [Dr. Trupti Gokani](#) and Sicilian sound healer [Donatella Moltisanti](#) offer scientific discussions and experiential journeys through the healing powers of music.

**Chicago, IL** – Our brains are neurologically wired to respond deeply and immediately to music, in ways that activate the parasympathetic nervous system and promote healing, on the physical and emotional levels. Through brain imaging studies conducted over the past decade, at leading research institutes worldwide, scientists can now identify and understand the mechanisms that enable this profound transformation.

Meanwhile, whether singing lullabies or sacred chants, mothers and religious leaders have known for millennia what research is only beginning to uncover: Singing has the extraordinary power to uplift, transport, and heal us. This shift in consciousness is why, after hearing a particular song, our mood may change abruptly, or we suddenly may feel transported back in time. Singing bypasses our mental process, both awakening and soothing us at the core, without effort. Among other benefits, we are able to access, release, and heal from the experience of trauma, without having to recount and risk getting triggered by painful memories.

In the upcoming events, “Your Brain on Music,” neurologist Trupti Gokani MD will introduce the concept of music as medicine, discussing how music interacts with the brain, and by extension, the physical body – activating the body’s internal healing mechanisms. Following this discussion, sound healer Donatella Moltisanti will guide participants through a profoundly healing journey combining operatic vocalization, crystal singing bowls, and guided meditation. Dr. Gokani and Donatella will be available for Q&A following this event.

“Your Brain on Music” events will take place on Thursday May 23 at 7 pm, at Evolution Yoga, located at 841 Waukegan Rd Glenview, IL 60025, and on Friday May 24 at 1:30 pm, in the Lakeview Room of East Wing Glenview Senior Center, located at 2400 Chestnut Avenue, Glenview, IL 60026.

### **Sample Endorsements**

“Moltisanti Soul Singing brings you on a deep and timeless journey, to your truest essence.” – Christa Santangelo PhD, author, *A New Theory of Teenagers*, and Clinical Psychologist and Assistant Clinical Professor at the University of California at San Francisco (UCSF).

“Donatella Moltisanti is an extraordinary artist. Her work combines her exquisite and skilled operatic voice with a profound understanding of healing bowls, to produce a unique experience that is moving and uplifting. Indeed, in today’s frenetically paced world, Donatella offers us some essential medicine for the soul.” - Michael Finkelstein MD, author, *Slow Medicine: Hope and Healing for Chronic Illness*, and Executive Director at The Slow Medicine Foundation.

### **About Trupti Gokani MD**

Author of *The Mysterious Mind*, Dr. Gokani is an award-winning, board-certified neurologist, as well as a highly sought after speaker and health coach. She has been featured in popular media like *The Dr. Oz Show* and in medical journals like *American Journal of Pain Medicine*. She offers integrative medicine consultations to pharmaceutical giants like Teva, and she provides individualized medical guidance to patients with a wide range of symptoms, from debilitating migraines to chronic fatigue. She’s best known by those in Chicago’s North Shore for her revolutionary, integrative approach to treating headache pain and other neuropsychiatric disorders, using a model that blends Eastern and Western medicine.

Dr. Gokani earned her medical degree from the University of Illinois at Chicago, where she also completed her training in neurology, was Chief Resident, and pursued additional post-doctoral training and certification as a Master Clinical Psychopharmacologist. She has continued to educate herself for the benefit of her patients, gaining experience and/or credentials in Ayurvedic medicine, Transcendental Meditation, and Functional Medicine. She is certified by the American Board of Neurology & Psychiatry and is licensed to practice in Illinois and California. She has published articles in medical journals and has lectured extensively at medical conferences, on the topics of neurology and psychiatry – specifically regarding headaches, mood disorders, insomnia, adrenal fatigue, hormonal issues and adult attention deficit disorder (ADD). Visit Dr. Gokani at <https://truptigokanimd.com/>.

### **About Donatella Moltisanti**

Donatella Moltisanti has been featured in top media including ABC, CBS, and PBS; she has presented at venues including Stanford University, Bastyr University, and Arizona Center for Integrative Medicine; she has collaborated with integrative medicine pioneers including Kenneth R. Pelletier PhD MD, Fred Luskin PhD, and Michael Finkelstein MD; and she has facilitated healings for A-list celebrities, Fortune 50 executives, elite athletes, and everyday people – bringing her innovative work to those in need worldwide, on a mission to help heal humanity, one soul at a time.

A naturally-gifted healer with a music conservatory degree in opera performance and teaching, Donatella is the founder of Moltisanti Soul Healing method, a six-step process that helps individuals access their core being, let go of residue from trauma, and express themselves authentically. At the core of this work are the Moltisanti Soul Singing method, a music-based healing that fuses classical opera, sacred Eastern music, and improvised vocalization, and the Moltisanti Conscious Breathing method, a tool for awakening the body and becoming both spiritually aligned and emotionally grounded, by mastering the breath. Through her wellness company, VitalitySoul, Donatella teaches these methods and additionally offers group programs, international retreats, and private sessions. Donatella’s debut CD, *Moltisanti Soul Singing*, was released in the Spring of 2017. Donatella can be found at [www.donatellamoltisanti.com](http://www.donatellamoltisanti.com).

For more information, please contact Loolwa Khazzoom, publicist, at 916-546-8238 or [press@donatellamoltisanti.com](mailto:press@donatellamoltisanti.com).

**Sample Media Clips**

How Your Mind Can Make You Sick  
Trupti Gokani MD on The Dr. Oz Show

Two Ways to Fight Your Fatigue  
Trupti Gokani MD on The Dr. Oz Show

The Medicine of Music  
Donatella Moltisanti on KOMO (ABC) in Seattle WA

The Healing Power of Singing  
Donatella Moltisanti on WCAX (CBS) in Burlington VT

Can Music Change Your Genes?  
Donatella Moltisanti on KPFA (Public Radio) in Berkeley CA  
With Kenneth R. Pelletier PhD MD

How an Opera Singer and Psychology Professor Use Music to Heal  
Donatella Moltisanti in KQED (PBS) in San Francisco CA  
With Fred Luskin PhD