

(continued from Page 7: Interview with Behrad Gorgani)

I personally have had a once-in-a-lifetime opportunity to study with master luthier Trevor Gore. Trevor comes from an engineering background, over the years he has managed to find ways to scientifically measure the different elements and how they shape the sound effects of a guitar.

I try to implement his methods in every instrument I make. I try to measure material elasticity in order to figure out the optimum thicknesses to get the best sound of instruments as well as be able to reproduce those results.

CM:

Do you have any favourite woods to work with?

BG:

I do, red cedar over wenge is my favourite combo. The other one would be Swiss Spruce over Katalox.

CM:

And why do you think the woods make such a difference to the sound of a guitar?

BG:

Good question, the more guitars I make the more I realize that it's not necessarily the species of wood that affects the sound but rather the properties and characteristics of the particular pieces I use in each guitar.

During my studies with Trevor I learned that I can measure the material properties and build my guitars to specific target numbers to get the sound I desire out of my instruments.

This in theory sounds straightforward but it actually is not. Based on the type of instrument I'm making and the client's requests I would measure a few different sets and try to find the one that fits best for our project. This is a very crucial step for me as I've pretty much determined the tonal characteristics of the guitar.

CM:

So would how much would you say the tone is due to the wood and how much is due to the builder?

BG:

Well that's a difficult question to answer. It's a mixture of both. A good builder should be able to make a great sounding guitar regardless of the materials.

CM:

Thank you for your time Behrad, before we let you go, can I ask if you had any advice for anyone exploring the idea of a handmade guitar?

BG:

Thank you for taking your time interviewing me. I would suggest they do their research and study the different guitar maker's build philosophy. I often get clients asking me to build a guitar similar to someone else's, while I can technically do that, it may not be a very successful project. In my opinion it's best to allow the luthier build with their own philosophy.

CM

Intimacy and Sexuality Workshop 2019

Mind Body Interest Group

by Dr Jean-Jasmin Lee FCFP(S), FECSM
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2019 kicked off to a roaring start with the College of Family Physicians (CFPS) holding its first ever workshop for the new Mind Body Interest Group (MBIG).

This is the brainchild of former College President A/Prof Cheong Pak Yean who strongly believes that psychosocial dimensions are integral to the holistic management of patients in family medicine (FM). There is now increasingly more family physicians (FPs) that are now formally trained and accredited in various psychosocial settings of FM e.g. continuing care, palliative care and sexual health etc. The MBIG hopes to engender interest in FPs as well as gain recognition from patients, colleagues and others for the expertise.

The speakers were A/Prof Cheong, Dr Ang Seng Bin, Dr Angela Tan and myself. A/Prof Cheong obtained his Masters

in professional counselling in 2004 and wrote his first book called 'Counselling within the Consultation' in 2015 together with A/Prof Goh Lee Gan and Dr Ong Chooi Peng. They subsequently published a second book, 'The Extended Consultation, Mind Matters!' in 2017. Dr Ang Seng Bin, Dr Angela Tan and myself trained in sexual medicine with the European School of Sexual Medicine, which runs an annual training course in Budapest. Subsequently we passed our fellowship exam in 2018 in Lisbon, which gave us the qualifications of Fellows of the European Board of Sexual Medicine (FECSM). Dr Ang and myself run menopause and osteoporosis clinics at KKWCH. We also manage women and their partners with sexual problems in the multidisciplinary Sexual Health Clinic. Dr Angela Tan is a private GP who is a trained Life coach. She juggles making house visits for geriatric and palliative care services for the

Home Nursing Foundation and Singapore Cancer society as well as running a Life coaching practice.

During the first half of this workshop A/Prof Cheong spoke on the important topic of how to identify, broach, understand sexual issues and if needed refer patients for appropriate care. He also highlighted the boundaries and intrusions that need to be navigated during consultation.

I then shared during my talk about how couples trying to conceive can face disruption in intimacy and their relationship. This is even more so when these couples struggle with subfertility problems.

Dr Angela Tan then gave an interesting insight into how infidelity can affect intimacy in a couple's relationship. She also explored on how to extend the consultation therapeutically to understand the issues and relate these to the management of the bio-medical and relationship problems.

Dr Ang Seng Bin wrapped up the lecture series with his talk on intimacy in mid-life women and how to approach intimacy and sexuality issues in menopausal women.

After the tea break, participants were divided in two smaller groups and able to experience a more hands-on approach through role play on how to discuss sexual issues in patients in a ten-minute consultation using two different scenarios.

There was a good turnout of 36 doctors for this workshop.

I spoke to a few private GPs who attended. Dr Lim Jia Qing registered for this workshop as he thought the topic looked interesting and was something new that he would like to learn more about. Dr Lim Liang, age 42, a family physician with 13 years of practice said he attended as the topics looked intriguing and certainly were not taught in medical school during his training.

Participants gave feedback at the end of the workshop that they found this workshop interesting and useful as reflection to how they can improve their practice. Some suggested that in the future, CFPS should consider holding a larger and more comprehensive practice skills course on sexuality and sexual health issues as they found these topics interesting and relevant in family medicine and their practice.

CM



The speakers who made the session possible (clockwise from bottom left): Dr Angela Tan, A/Prof Cheong Pak Yean, Dr Ang Seng Bin, Dr Jean-Jasmin Lee

