



The Music Practitioner

e-Newsletter of The Music for Healing & Transition Program

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February 2014

A Day in the Life of a CMP®: As Unique as Snowflakes

by Chuck Beckman, CMP®



We are all as unique as snowflakes, and our experience with our own mortality will be just as unique. No two experiences will ever be the same. If cancer or some debilitating disease diverts our journey, we may likely have time to ponder how we will want to die. Will we want our family gathered around us, or will we want to pass in private? The choice is ours alone, and there is no right or wrong answer.

I played for an older gentleman at a local hospice inpatient facility. Before my session, his nurse told me he had been lingering for days, and she couldn't understand why he was still alive. I asked if anyone was with him, and they told me that no one had been to visit him for days. My heart sank!

When I entered his room, I introduced myself and told him that his nurse had asked me to play for him and that we hoped that my music would bring him peace and rest. His breathing was deep and steady—almost forced—like one would breathe when a doctor says, “breath in and out deeply for me” during a routine physical exam.

I began playing soft, arrhythmic music and soon focused on his breathing. At five minutes, there was no change. Then suddenly, he paused between breaths. Silence. Then he breathed once and paused again. As his breathing slowed, my pauses in the music followed him. Ten seconds passed with more silence. I have played for transitioning patients on many occasions before, but I have NEVER paused 10 seconds between notes before this session. It seemed like an eternity! With each breath, the time between breaths grew longer, until he had gone over one minute without breathing. Then, there was only silence. My new friend had quietly slipped away while my music accompanied him on his journey.

Over the past few years, I have shared this sacred time and place with many patients. Each passing was unique. But I have noticed that on several occasions, those who lingered near death's door and

were isolated often responded to my presence by passing as I played for them. Was it coincidence? Do I have an un-worldly sense of timing? Or does the music simply help carry them away?

In contrast, I have seen family and friends surround a patient around the clock during their final days. Mysteriously, when the family leaves for a brief meeting, to grab a quick snack, or to meet someone in the lobby, they return to find their loved one has passed. Could it be that some of us want to slip away in peace and quiet without constant stimulation?

We are trained to have NO expectations about how a patient is going to respond to our music. There is NO formula for how someone dies. It is not our role to attempt to understand why one lingers while another passes more quickly. But my experience with these patients has prompted me to discuss this with my family. If I find myself in hospice care, I want to pass with family and friends gathered around me for one last joyous celebration. I have always loved a good party!

As CMPs, we are to focus on being present without expectations, never judging the path that a patient chooses and to offer ourselves as agents of peace and compassion. What might be heartbreaking for one might be the chosen path of another. What a privilege it is for us to accompany these patients along the path of their choosing!

Chuck Beckman, CMP, lives in Johns Creek, GA. Chuck works as a CMP, providing therapeutic music at the bedside for Embracing Hospice and Northside Hospital Forsyth in metro Atlanta. This article was written during his MHTP internship.

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2014 MHTP Conference News

The Heart-Centered Musician: Honoring Our Past, Envisioning Our Future

October 23-26, 2014
Camp Allen, Navasota, Texas
<http://campallen.org>

We are ready to receive your conference registration! Early-bird registration forms and detailed information about the conference site are now on the MHTP website at <http://mhtp.org/mhtp-conference.aspx>. The detailed conference schedule will be posted on the website in the spring.

The Conference Planning Committee is delighted to announce these three Keynote and Plenary Speakers:

Russill Paul

Russill Paul (aka Anirud Jaidev) is a musician, author, performer, teacher, and one of the pioneers who introduced the connections between music and yoga in the U.S. and Canada, also writing the first trade book on the subject: *The Yoga of Sound: Tapping the Hidden Power of Music and Chant*.



Regarded highly for his expertise and knowledge in the field, he has presented workshops and seminars at numerous prestigious educational centers around the U.S. and Canada over the last 25 years. Russill Paul's credentials are documented not only in his numerous publications, but also by the fact that his expertise has permitted him to teach in accredited graduate (Master of Liberal Arts) and postgraduate (Doctor in Ministry) educational programs in the state of California, which he did for 15 consecutive years. He presently serves as the founding director of Yogic Mystery School, an innovative, online spirituality training program attended by more than 350 students from around the world since its launch in 2008.

F. Nicholas (Nick) Jacobs

Nick has been President of a hospital, founder of a molecular research institute, and is the author of the MHTP Module 4 book, *Taking the Hell Out of Healthcare*. He has been a senior leader in healthcare for more than 20 years. Nick is a Fellow of the American College of Healthcare Executives, and has been a speaker for the U.S. Department of Health and Human Services, the World Health Organization, and the American Hospital Association.



Prior to entering the healthcare arena, he was a professional trumpet player and music educator. He also served as president of a convention and visitor's bureau and was the executive director of an arts organization.

Nick is a very dynamic and engaging speaker, passionate about seeing integrative medicine practices in every healthcare system nationally and internationally. He is knowledgeable about the big picture scenario with healthcare reform and works with decision makers about policies, reimbursements, and other issues. Nick is on the speaker's bureau for Planetree and several other patient-centered care, integrative medicine organizations.

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Bethlyn Gerard

Bethlyn is a biofeedback specialist trained in over 40 health optimizing approaches. In the healthcare profession, she maintains credentials as a National Committee for Quality Assurance (NCQA) Patient-Centered Medical Home Certified Content Expert and a Healing Touch Certified Practitioner. Her articles are published in *Energy Magazine* and the peer-reviewed journal of the American Holistic Nursing Association. Her 3N system of helping patients, "Notice, Neutralize, and Navigate stressors," is included in Debra Kahnen's *Stress Neutralizers* mobile app (available in iTunes and Google Play stores). Bethlyn is the author of the 8-week course: *YES! Your Energetic Self*. Together with Claudia Harsh, MD, she created classes and biofield therapies to accelerate healing using resiliency training. Bethlyn's sessions have assisted veterans and sex trade survivors to reduce their PTSD episodes. Her interactive presentations are popular at cancer, compassion fatigue, integrative care, and national parenting symposiums. Trained as a CPA, clinician, and process improvement consultant, Bethlyn currently guest lectures on consumer health and facilitates clinical integration across the continuum of care.



An MHTP Memorial Scholarship Fund in Memory of Steve Green, Harp Maker

Recognizing the extraordinary contribution of Steve Green, builder of Steen Harps (www.steenharps.com), to the realm of therapeutic music, CMP, harpist, Virginia MHTP Area Coordinator Virginia Bethune and Richard Bethune have established a memorial scholarship fund through MHTP. This fund is intended to provide tuition scholarship assistance to those who wish to become therapeutic musicians by completing the MHTP certification training.



Steve died at the age of 64 on July 26, 2013, with his family by his side at his residence near Roderfield, West Virginia. He was a pilot, motorcyclist, kitchen designer, harp builder, bass singer, and local businessman. Steve's harps are used by many CMPs and other therapeutic musicians, because of their exceptional quality of sound, depth, and resonance. Truly, Steve enabled a bit of heaven to bless the world. Accolades from many harpers/harpists and friends over a wide geographical area attest to his artistry and kind and gentle spirit.

You may send your tax-deductible contributions in honor of Steve Green to MHTP, P.O. Box 127, Hillsdale, NY 12529.

Continuing Education Opportunities in 2014

Extending the Module Sale!

Retaking a module is the best way to make sure that you are up to date on the advances in, and standards of, our profession. If you pay by April 2014, Modules 1 through 4 are \$99 each. That is 15 MHTP CEUs per module. Module 5 is \$110 for 20 CEUs—a bargain! The usual price for CMPs is \$220 for Mods 1 through 4 and \$265 for Module 5.

Sound, Music, and Healing

February 14-16 - Immanuel Retreat Center, Bellows Falls, VT

This is a retreat exploring and experiencing the cross-cultural healing elements of acoustic sound and music. Primarily using our own voices, we will experience the natural power of vowels and consonants, the musical intervals, and learn how to use our own voices for self-care. Together, we will spend time immersed in the magic and beauty of simple melody, song, and chant as profound prayer. Led by Melinda Gardiner. Information: <http://www.stonechurcharts.com> or 802-463-3100.

Business Development MHTP Enrichment Day

Saturday, May 3, 8:30 a.m. – 4:30 p.m., with an option for a second half day on May 4.

St. Francis Hospital, Federal Way, WA

Presented by Cheryl Zabel, CMP, Washington Area Coordinator, MHTP Board of Directors

So many of you have asked for tips and ideas to make your CMP work viable. There IS plenty of therapeutic music work out there, and not just in hospitals or hospices. Too often, business opportunities even have to be turned away. MHTP Module 4 gives a good overview of the business side, but there is a real need to talk most CMPs through how to develop your own specific market niche. Over the last four years, I have been making a living as a CMP singing and playing harp and would love to share the “how to’s” with you.

Contact Cheryl at cheryl_zabel@comcast.net for more information.

Somerset Harp Festival

July 31-August 3, 2014 – Parsippany, NJ

There are more than 30 workshops that qualify for MHTP CEUs at this harp conference. See the Festival website to see which classes qualify. You can pick up CEU certificates to be signed by the Festival teachers at the MHTP booth. For information, see <http://www.somersetharpfest.com>.

The 2014 MHTP Conference

October 23-26, 2014 – Navasota, Texas

When you attend the conference, you receive 20 MHTP CEUs.

CEUs at Music or Healthcare Conferences

Are you going to instrument-specific or healthcare conferences that may have relevant workshops for MHTP? Contact mhntp@mhntp.org to find out how the organizers can apply to offer MHTP CEUs.

Congratulations to these new CMP®s!

South

Chuck Beckman – guitar
Pattie DeWitt – keyboard, voice

Northeast

Elizabeth Barbour – violin, viola

Mid-Atlantic

Mindy Cutcher – harp
Fran Baker – harp, voice

Midwest

Judy Pfanz – keyboard, piano

West

Michael Setz – guitar
Sally Oswald - harp
Glenda Grimmer – harp, flute
Elizabeth Bogdanovich – harp
Joyce Burrill – harp
Andrea Antognoni - voice, ukulele, kalimba
Sonja Naylor - harp, hammered dulcimer, voice
Carlene Toy - harp
Verna Owens - harp, bowed psaltry

Northwest

Jane Leeson-Jackson – flutes
Barbara Ford - harp
Steven “Buck” Mueller - guitar

Annual Giving

Thank you for your continued generosity! These Annual Giving Donations were made in honor of:

- Catherine Hurley – from Theresa Hurley
- Marjorie Sherman - from Carolyn Ancell
- Joyce White - from Kathleen Kasley
- Sr. Virginia Falk, CMP – from Melinda Gardiner
- Shirley L. Russell – from Robin Russell Gaiser
- Dona Wonacott, CMP “greatest AC!” – from Janie Alexander
- Betty Willaver- from Carol Rohl
- Dr. Gerald Schultz – from Cheryl Zabel (uncle)
- Tony Jacalone & Josephine Guida – from Lori Brady-Neuman (parents)
- All therapeutic musicians – from Carol Joy Loeb
- Vic Kibler – from Susan Casler
- Fred Wilkie – from Martha Lewis (brother)

MODULE NEWS

Check <http://www.mhpt.org> for additional 2014 module dates, or e-mail mhpt@mhpt.org, as we will be adding new sites over the next month, especially in NY and NH. Contact the MHTP office if you are interested in enrolling in any of the class sites listed below.

Scheduled Modules March through August 2014

MODULE ONE (Patient Assessment for Live Therapeutic Music/Injury Prevention)

Chicago, Illinois	March 15-16, 2014
Craryville, New York	April 26-27, 2014
Ontario, Canada	May 3-4, 2014
Tampa, Florida	June 7-8, 2014
Federal Way, Washington	June 7-8, 2014
Harrisonburg, Virginia	June 15-17, 2014

MODULE TWO (Music as a Language)

Chicago, Illinois	May 10-11, 2014
Harrisonburg, Virginia	June 17-19, 2014
Federal Way, Washington	July 12-13, 2014
Tampa, Florida	August 9-10, 2014
Ontario, Canada	August 23-24, 2014

MODULE THREE (Paradigms of Healing/Sound, Music, & Healing)

New Orleans, Louisiana	March 1-2, 2014
Denver, Colorado	March 1-2, 2014
Baltimore, Maryland	March 22-23, 2014
Harrisonburg, Virginia	August 10-12, 2014

MODULE FOUR (Etiquette and Internship/Profession of CMP®)

Sacramento, California	April 5-6, 2014
Denver, Colorado	April 26-27, 2014
Baltimore, Maryland	May 3-4, 2014
Knoxville, Tennessee	May 17-18, 2014
New Orleans, Louisiana	May 25-26, 2014
Harrisonburg, Virginia	August 12-14, 2014

MODULE FIVE (Alterations in Health/Care of the Dying/ Clinical Practicum)

Denver, Colorado	May 31-June 2, 2014
Sacramento, California	June 6-8, 2014
Baltimore, Maryland	June 6-8, 2014
New Orleans, Louisiana	Aug. 30-Sept. 1, 2014

We Want to Hear From You

If you have a "Day in the Life of a CMP®" story to share; if your activities as a CMP have been featured in a recent newspaper, radio, TV, or online story; or if you have tips on marketing, raising funds, getting grants, documenting your work, or other ideas that CMPs could use, please submit your information to MHTP™ newsletter editor Linda Grobman at lindagrobman@gmail.com. If you are interested in writing an article for the newsletter, please send Linda a brief e-mail describing your story idea prior to writing the article.

Spreading the Word

There are many ways to spread the word about our profession so that other musicians might be exposed to this fulfilling path of service. The Directors of MHTP invite CMPs and students to consider writing and submitting an article about your experience in the program and/or work as a therapeutic musician to your college or music school newsletter or alumni magazine. Or, perhaps you are part of an alumni or instrumental online group. For example, many of your final summaries before graduation are quite inspiring. Consider sharing your experience more widely with colleagues and friends.



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Certified Music Practitioner (CMP) is a registered certification mark of the Music for Healing and Transition Program Inc.
Music for Healing and Transition Program is a trademarked name.

CMP®s In the News & the Community

Terri Fevang, CMP, is featured in this clip from WBAL-TV, *Cancer Patients Find Music To Be Therapeutic*: <http://www.wbalv.com/news/health/Cancer-patients-find-music-to-be-therapeutic/-/9379230/23055750/-/153tfyh/-/index.html>

Martha Johnson, CMP, was featured in a local newspaper article titled *Stress Can Be Restrained*, in the *Sunday Times Record*.

Recent Headlines Relating to Therapeutic Uses of Music

20 Surprising Science-Backed Health Benefits of Music: <http://www.ksdk.com/story/life/2014/01/17/music-health-benefits/4599851/>