



The Music Practitioner

e-Newsletter of The Music for Healing & Transition Program

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July/August 2011

A Day in the Life of an MHTP Intern: “We’ve Been Trying To Find You”

by Anne Trott

The first time I played in the 7th Floor ICU at the hospital was on December 8th. The evening was dramatic for just about every patient. About 10 minutes before I arrived at the room of a young lady in her 30s, her parents had left. The young lady had been in a coma for a long time. The doctors had declared her brain dead, and her parents had just that evening decided to pull the plug the next day. The nurse was sitting outside her door. She was sad, quiet, introspective. She said the patient’s parents would have loved to have heard me play for their daughter, and she asked me to play for the young lady.



Anne Trott

I chose carefully. I sang and played on guitar, slowly, in a soothing key, the song *Shenandoah*, because somewhere in the beautiful notes there is a sense of longing, which in all of us, I believe, is a longing for true home. Then I sang and played on harp, a song I wrote called *There is a Love That Will Always Remain*, which in its simple way has to do with the love that flows through the universe.

For this lady, I was very clear about my intention as I sang and played. I played in honor of her and to offer her hope—hope in the universe, in the big scheme of things, wherever her journey may take her. The session was very short. Then, because of stress, I took a break from interning for about two months.

Last night, I went back to the hospital to play and went to the 7th Floor ICU. There was a nurse who said, “Oh, we missed you. We’ve been trying to find you.” I said, “Huh? Me? I only played here one night.” “Yes,” she said, “Right before Christmas, right? Yes, you’re the one. Have you heard what happened?” Of course, I had not heard what happened.

The young lady I played for had woken up two hours after I played for her. She is perfectly fine and is getting married this Saturday!

I am just floored by the beauty of this. I also think one must be careful not to lay claim. Nevertheless, it is quite a conjunction of things. The nurses are convinced it was the music and convinced of the power of music, which is a great thing. I’m so glad for the young woman! And her parents! Can you imagine?!

MHTP Development News

MHTP’s primary mission is to provide educational services. The economic downturn over the last several years has had an impact on the ability of our students to pay the tuition for the MHTP certification program. To help solve this growing problem, MHTP is expanding its Scholarship Funds Project by aggressively applying for grants in order to have more financial resources to offer to students. Potential grantors wish to see that the graduates of a program support it, so our goal is to raise at least \$2,000 in scholarship funds from our graduates and other supporters over the next three months.

The Board of Directors appreciates your generosity in the past, and hopes that you can contribute to this effort for future students. Any amount will be appreciated!

Development Director

MHTP is looking for a Development Director whose job would be to help fundraise for the endowment (see article below) and to write grants for a variety of MHTP’s financial needs. This would initially be a volunteer position, but would become funded as funds are raised. If you would be interested, please contact Melinda Gardiner at harp@taconic.net.

Melinda Gardiner, RN, CMP

MHTP Endowment Fund

The MHTP Board of Directors is happy to announce the formation of an Endowment Fund for MHTP. At the annual Board meeting this past April, the Directors voted unanimously to create the Endowment Fund and personally contributed the initial donation of \$250.

Our long-term goal for the endowment is \$100,000. The purpose of the Endowment Fund is to help MHTP continue to be financially healthy and support the various projects of MHTP, such as scholarships for students and research opportunities, with the interest from the principal amount. We have a long way to go, but we will be doing it “step by step.” Our first step, or goal, is to reach \$10,000.

We are accepting donations of all sizes. I often refer to the lesson learned from the tortoise and the hare story. By initiating the Endowment Fund and slowly and steadily adding to it, we might be amazed at how soon we will be able to reach our first step.

Please send your donation to: MHTP, P.O. Box 127, Hillsdale, NY 12529.

We will periodically have more information in the newsletter regarding the growth of the Endowment Fund and other opportunities for giving. Thank you for your consideration.

Barbara Lepke-Sims, Board of Directors

MODULE NEWS

Scheduled 2011-2012 Classes

Check <http://www.mhtp.org> for additions or changes. Please watch for these new class schedules on our website in the next month: Ann Arbor, MI, Minneapolis, MN, and Bay Area CA.

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

Tucson, Arizona	July 23-24, 2011
Atlanta, Georgia	September 24-25, 2011
Cleveland, Ohio	September 24-25, 2011
Baltimore, MD	October 22-23, 2011
Tampa, Florida	February 4-5, 2012

MODULE TWO (Music as a Language)

Tucson, Arizona	September 24-25, 2011
Cleveland, Ohio	November 12-13, 2011
Atlanta, Georgia	November 19-20, 2011
Baltimore, MD	January 14-15, 2012
Tampa, Florida	March 31-April 1, 2012

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

New York Camp	August 7-9, 2011
Denver, Colorado	September 10-11, 2011
Tucson, Arizona	November 12-13, 2011
Cleveland, Ohio	January 14-15, 2012
Baltimore, MD	March 10-11, 2012

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

New York Camp	August 9-11, 2011
Federal Way, Washington	September 24-25, 2011
Denver, Colorado	November 5-6, 2011
Tucson, Arizona	January 21-22, 2012
Cleveland, Ohio	March 10-11, 2012
Atlanta, Georgia	April 14-15, 2012

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

Emeryville, California	July 22-24, 2011
Federal Way, Washington	November 4-6, 2011
Denver, Colorado	January 13-15, 2012
Tucson, Arizona	March 9-11, 2012
Cleveland, Ohio	April 27-29, 2012

MHTP now has over 600 graduates. Congratulations to these new CMP®s!

South

Linda Carter – harp
Martha Johnson – Native American Flute
Mary Predmore - flutes
John Finch - mountain dulcimer and voice

West

Zia Shapiro - voice and tamboura
Dorian Carter - harp, piano, and voice
Marion Nowakowski – keyboard
Pauline McRae - harp and voice
Rick Chinisci - guitar

Northeast

Charlene Paden – violin
Dona Wonacott – harp and voice

Mid-Atlantic

Sharon Bitner - harp and voice
Sandra Lumpkin – harp
Cindy Lewellen - harp

Midwest

Judy Goodrich - harp

Joan Sweet, CMP®, Receives VITAS Hospice Award

Joan Sweet, a CMP since 2005, currently works with VITAS Hospice in San Diego, CA. She was recently chosen to receive VITAS' Leadership Council Outstanding Achievement Award for outstanding service for 2010, both locally and nationally. The national award was presented



Joan Sweet accepts her award from VITAS hospice.

in March at an all expenses paid trip to Las Vegas with a three-day stay at the Wynn Encore hotel. "I am honored and overwhelmed at the same time," Joan said. "I love the work I do with my harp



Joan Sweet

playing for patients at the bedside and don't need an award, but it was really nice to be recognized and I'm so glad the medical community is becoming more and more aware of the work we do and the benefits of live music in healing."

Congratulations, Joan!

Are You One of MHTP's Next Teachers?

by Carol J. Spears, MS, CMP®, President of MHTP Board of Directors

The Music for Healing & Transition Program, Inc.™ (MHTP) professionally trains and certifies musicians to provide live therapeutic music at the bedside to create a healing environment....

From the MHTP Mission Statement

MHTP's mission clearly states that our primary purpose for being is to teach others to do therapeutic music work. Speaking to you as both a teacher for MHTP (Module 3), and as President of the Board of Directors, I urge you to consider whether a position as an MHTP teacher resonates with you. MHTP is currently recruiting for two teachers for Module 2 and two teachers for Module 5. Please see the article on this page that gives you details on qualifications and how to apply.

I can tell you from personal experience what a joy, as well as a challenge, it is to teach other musicians about the great gift of therapeutic music. If it is right for you, and if you meet the qualifications listed for the particular module for which you have an interest, you will find teaching gives you great rewards. You will learn from the wide array of experiences and talents students bring to the classes. You will form good and lasting friendships with the Area Coordinators, who work diligently to make the classes go as smoothly as possible. You will gain satisfaction that you helped create even better classes as you work with the Curriculum Coordinator and Faculty Administrator in review of the module material. And you will relish the expressions of understanding and clarity that come from the students as you help open to them this world of music for healing.

MHTP, through its recruitment, application, and evaluation process, seeks to find the best-qualified teachers, as the teachers are "where the rubber meets the road" in fulfilling our mission. Are you one of MHTP's next teachers?

NSBTM Site Offers Helpful Information to Certified Therapeutic Musicians

by Stella Benson, Chair, NSBTM

Many certified therapeutic musicians are in the throws of collecting continuing education units (CEUs). The National Standards Board for Therapeutic Musicians (NSBTM) has regular updates on its Events page (<http://www.therapeuticmusician.com/events.html>), which lists NSBTM-accredited, program-approved on-site workshops and online webinars for CEUs. The Events page is the one-stop place to go when looking for events that offer CEUs to graduates of accredited programs, including the International Harp Therapy Program, Music for Healing and Transition Program, Clinical Musician Home Study Program, and anyone else wishing to augment his or her practice.

The NSBTM site also offers a page titled News, Research, & Articles for those wishing to keep up with the therapeutic music industry. This is a great place to find research papers and news articles about practitioners in the U.S. and around the world.

Please go to <http://www.therapeuticmusician.com/index.html> to access these very helpful sites.

Now Recruiting New MHTP Teachers

by Greg Maxwell, MHTP Faculty Administrator

One of the great parts of my MHTP student experience was being inspired by our teachers. I always looked forward to being exposed to a new teacher and enjoyed seeing how they each used their unique styles and gifts to make the class special for the students. My fellow students often told me how impressed they were with the depth of knowledge and experience of the teachers, and how the teachers' guidance and insights enriched their understanding of the material. MHTP teachers stoked my motivation, and I always left our classes eager to use what we had learned. Our teachers made all the difference in the quality of our classroom experiences.

Might you be a potential MHTP teacher? MHTP is recruiting candidates to teach Module 2 and Module 5. We are looking for highly skilled and experienced CMPs who are capable of leading our classes, sharing their knowledge and insights into providing therapeutic music, and guiding and reinforcing new students in developing their new skills.

Potential teachers must have a foundation of music theory knowledge and appropriate musical skills, including the ability to improvise and work with musical modes and scales. Module 5 teachers must be medical professionals (e.g., RN, MD, DO, etc.). Potential teachers must also hold up-to-date CMP certification and be working currently as a CMP at the time of employment by MHTP.

To learn more about these positions and information on how to apply, click on the following links:

Module 2: Teacher Job Announcement

<http://www.mhtp.org/data/web/2011mod2announce.pdf>

Teacher Job Description

<http://www.mhtp.org/data/web/2011mod2desc.pdf>

Module 5: Teacher Job Announcement

<http://www.mhtp.org/data/web/2011mod5announce.pdf>

Teacher Job Description

<http://www.mhtp.org/data/web/2011mod5desc.pdf>

CMPs who are interested in learning more about these positions may also contact Faculty Administrator Greg Maxwell. Greg can be reached at gmaxina2@yahoo.com. Please contact Greg by July 15.

A Day In the Life of a CMP

One of the most popular features to our newsletter has been the column "A Day In the Life of a CMP." In our classes, our students speak enthusiastically about reading what "real" CMPs do. Students and grads both address topics brought up by these articles on the MHTP Yahoo! group. There has been so much talk about these articles that the Board of Directors has decided to create a fundraising project that supports both the scholarship and endowment funds—a book: *A Day In the Life of a CMP!*

But we can't put the cart before the horse! We are calling for a volunteer editor for this project. We are looking for someone with experience in organizing diverse material into a cohesive whole. The goal is to have the book ready for sale at the 2012 conference.

If interested, please send your résumé to mhtp@mhtp.org.

You Can Help: Your Data About Your Healing Music

by Karen Peterson, MHTP Research Committee Chair

CMP®s, interns, and students who have begun playing for patients have witnessed the benefits of therapeutic music, but some of us have experienced difficulties in finding paid work. One of the reasons for this can be around providing peer-reviewed, scientific “proof” that our work influences healing.

To this end, the MHTP Research Committee gathers research abstracts of studies that support the healing properties of music. You can access them here: <http://mhtp.org/research.aspx>

The Research Committee also created a patient data collection form for CMPs and other therapeutic musicians to gather data on the results of your live music sessions. The form gives information about whether observable changes occur in a patient, comparing from before to after a music session. This form was presented at the 2010 MHTP conference.

A hope is that the more research that is available about the benefits of therapeutic music, the more funding facilities will be willing to devote to your work as CMPs.

The data that we’re gathering is not part of a current research study. However, we are using this data from your work to generate scientifically testable hypotheses for empirical research.

You can help us by filling out this form for each of your sessions. Everything you record is from your own observations. You do not have to alter your session to acquire any of the in-

formation. The forms do not ask for any data that would violate HIPAA.

Prior to using this form, you must get the appropriate permission from each healthcare organization where you will use it. If you experience resistance, please contact me. We would like to help anyone who needs assistance, and we would like to learn from any obstacles that you’ve encountered so as to smooth the way for others.

Even if you do not receive permission to provide your data to MHTP at this time, please consider obtaining permission to use the form for data collection within your organization. It could help with how your facility charts therapeutic music sessions.

If you are part of the MHTP Yahoo! group, you can access the instructions and the Word version of the form at <http://launch.groups.yahoo.com/group/MHTP/files/>. A PDF of the form and instructions can also be found at <http://mhtp.org/research.aspx>.

The form can be e-mailed to mhtp@mhtp.org, or you can send it by regular mail to the address on the form. You can e-mail a Word version of the form, or you can scan your paper forms and e-mail a PDF of the scan.

If you have any trouble downloading the form or the instructions, or if you have any questions about the data collection form, please let me know at karen@soothingharp.com.

CMP®s In the News

Paula Settle, CMP, VAHTP, was featured on Channel 5 in Appleton, WI. See video at: <http://www.wfrv.com/news/local/In-Focus-Harpist-113020494.html>

Rachel Allen, CMP, was featured on HealthCast. See video and article “Area Hospital Promotes Nurturing Environment,” at: http://www.philly.com/philly/columnists/20110321_Daniel_Rubin_At_Philadelphia_hospital_musician_dispenses_tranquilizer.html

MHTP intern John Finch’s article, *Perspectives on Music and Healing*, is featured in the Music and Healing column in *Autoharp Quarterly*, Spring, 2011, pages 32-33. See <http://digital.nexsitepublishing.com/issue/32878> and scroll to page 32 to read John’s article. John has since been certified as a CMP.

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.

Upcoming CEU Opportunities for CMP®s

Somerset Harp Festival

July 14-17, 2011

Parsippany, NJ

See the website for the courses that may be CEUs

<http://sometersharpfest.com/>

Two workshops with harpist Sunita Stanislow in Denver, CO

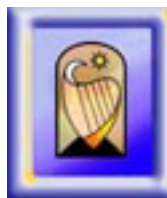
2.5 MHTP CEUs each

1. *Improvisations for the Body and Soul*
August 5, 2011 - Friday evening 6:30 to 9:00
6:00 6:30 - Registration and set up
2. *The Passion of Jewish Music*
August 6, 2011 - Saturday PM: 1:00 – 3:30
12:30 - 1:00 Registration and set up

Pre-registration is required. Call Kolacny Music at 303-722-6081 or e-mail harpdavidk@kolacnymusic.com.

Cost: \$35.00 per workshop

Place: Unity Church of Denver, 3021 S. University, Denver, CO



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