



# The Music Practitioner

e-Newsletter of the Music for Healing & Transition Program (MHTP)<sup>TM</sup>

*A free newsletter from MHTP. You indicated your desire to subscribe to this newsletter. You may unsubscribe at any time via the unsubscribe link at the bottom of the announcement email. Please add us to your safe senders list.*

March 2017

## Welcome Renee Ebert, MHTP's New Executive Director!

On behalf of the Board of Directors of MHTP and all of the MHTP community of graduates, students, and friends, we welcome MHTP's fifth Executive Director, Renee Ebert. Renee comes to MHTP with a background that includes development, public health, and extensive experience in nonprofit management.

Renee holds a master's degree in public health from UCLA, where she combined her education and career in health services and community-based nonprofits. She is the former Executive Director of the Pennsylvania Public Health Association and was the Vice President of the Southern California Public Health Association.

Her work and experience include raising funds for nonprofits through grants, campaigns, and cultivation of major donors. Her chief interests in health are prevention of disease wherever possible and improvement of life through the integration of sciences to achieve health. Renee and her husband currently live in Orlando, Florida.

With Renee's experience and her appreciation for what we do in therapeutic music, we are excited to begin a new emphasis in MHTP on development and growth to help us provide the best service to our students and graduates. The Board and Renee will work to foster more locations for classes, encourage more research in live therapeutic music, and partner with organizations to help provide employment for CMPs.



Renee Ebert

## Reflections of a Certified Music Practitioner



*Photo of Carolyn Brodgerski playing mountain dulcimer. Photo credit: David Gallipoli*

*by Carolyn Brodgerski, CMP*

I am a therapeutic musician, not a music therapist.

I play for those just entering this world, those leaving this world, and everyone in between.

I play for others in need of healing. Family members, doctors, nurses, janitorial staff, security guards...but my focus is on the one most in need. The patient.

I have seen some many times, and they have become my friends.

I pray that they will be free from the disease, free from suffering...one way or another.

I feel like a contestant in a beauty pageant, walking around the hospital with this beautiful instrument strapped across me like a banner.

I am a broken record. "It's a mountain dulcimer. An original American folk instrument."

Then I drag my finger across its three strings, so they can hear its beautiful voice.

It is a voice created several hundred years ago by Scottish and Irish immigrants settled in some place called Appalachia (is that a long or a short a?), missing their homes.

I love this instrument and its soothing, healing sound.

Thank you Jean Ritchie for taking it down from the foothills of the Cumberland Mountains and introducing it to the world.

Did you ever imagine that the instrument your ancestors created to play the ballads they brought with them from their homeland would be used as a tool to heal the soul?

In the end, I think that is what it was really created to do.

I am welcomed in, often at the most painful and vulnerable time in patients' lives.

And I play.

*continued on page 4*

## Scheduled Modules 2017/2018

Check [www.mhpt.org](http://www.mhpt.org) or email [mhpt@mhpt.org](mailto:mhpt@mhpt.org) for new sites for 2017 class cycles.

\*Our Salt Lake City Modules 1-4 will be held on Fridays and Saturdays instead of Saturdays and Sundays.

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

|                           |                       |
|---------------------------|-----------------------|
| Concord, New Hampshire    | March 25-26, 2017     |
| Tampa, Florida            | April 8-9, 2017       |
| Fort Worth, Texas         | April 22-23, 2017     |
| Baltimore, Maryland       | June 24-25, 2017      |
| Craryville, New York Camp | July 16-18, 2017      |
| Salt Lake City, Utah      | August 25-26, 2017*   |
| Federal Way, Washington   | September 9-10, 2017  |
| Denver, Colorado          | September 17-18, 2017 |

### MODULE TWO (Music as a Language)

|                           |                      |
|---------------------------|----------------------|
| Sacramento, California    | April 1-2, 2017      |
| Concord, New Hampshire    | May 20-21, 2017      |
| Chicago, Illinois         | May 20-21, 2017      |
| Tampa, Florida            | June 3-4, 2017       |
| Fort Worth, Texas         | June 17-18, 2017     |
| Craryville, New York Camp | July 18-20, 2017     |
| Baltimore, Maryland       | September 9-10, 2017 |
| Federal Way, Washington   | November 4-5, 2017   |
| Denver, Colorado          | November 11-12, 2017 |

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

|                           |                      |
|---------------------------|----------------------|
| Sacramento, California    | June 10-11, 2017     |
| Chicago, Illinois         | July 15-16, 2017     |
| Tampa, Florida            | August 11-13, 2017   |
| Fort Worth, Texas         | August 11-13, 2017   |
| Craryville, New York Camp | August 27-29, 2017   |
| Baltimore, Maryland       | November 11-12, 2017 |
| Denver, Colorado          | January 12-14, 2018  |
| Federal Way, Washington   | January 19-21, 2018  |

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

|                           |                       |
|---------------------------|-----------------------|
| Atlanta, Georgia          | March 25-26, 2017     |
| Portland, Oregon          | May 13-14, 2017       |
| Sacramento, California    | August 26-27, 2017    |
| Craryville, New York Camp | August 29-31, 2017    |
| Concord, New Hampshire    | September 9-10, 2017  |
| Chicago, Illinois         | September 23-24, 2017 |
| Fort Worth, Texas         | October 7-8, 2017     |
| Tampa, Florida            | October 13-15, 2017   |
| Baltimore, Maryland       | January 27-28, 2018   |

|                         |                   |
|-------------------------|-------------------|
| Denver, Colorado        | March 3-4, 2018   |
| Federal Way, Washington | March 10-11, 2018 |

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

|                         |                      |
|-------------------------|----------------------|
| Atlanta, Georgia        | June 2-4, 2017       |
| Portland, Oregon        | July 14-16, 2017     |
| Sacramento, California  | November 3-5, 2017   |
| Concord, New Hampshire  | November 3-5, 2017   |
| Chicago, Illinois       | November 10-12, 2017 |
| Fort Worth, Texas       | December 1-3, 2017   |
| Tampa, Florida          | December 8-10, 2017  |
| Baltimore, Maryland     | March 2-4, 2018      |
| Denver, Colorado        | May 4-6, 2018        |
| Federal Way, Washington | May 18-20, 2018      |

### Enrichment Day for CMPs

**Date:** June 10, 2017

**Place:** Concord Hospital, Concord, NH

**Contact:** [kwdallaire@hotmail.com](mailto:kwdallaire@hotmail.com)

New Hampshire SoundCare is planning an enrichment day for CMPs and graduates or students of therapeutic music programs accredited by the National Standards Board for Therapeutic Musicians, to be held on Saturday, June 10, 2017 at Concord Hospital in Concord, NH.

The program will include two parts. The morning session will include an overview of our work and its benefits to inform clinical staff or the public who are unfamiliar with it. This will be followed by a panel discussion with clinical and spiritual care staff who have experienced the effects of therapeutic music for their patients at the hospital.

The afternoon session, which will be limited to therapeutic musicians, will include a presentation by the Manager of Therapeutic Arts and Activities at Concord Hospital about the use of therapeutic music to support patients with delirium and those who are at risk of delirium. There will be an opportunity for discussion and sharing by CMPs on topics such as: use of technology, self-care, types of precautions, and other topics requested by participating CMPs. 5 CEUs will be available for CMPs who enroll for the full day.

For more information, call Kathy Dallaire at 603-345-4656 or email: [kwdallaire@hotmail.com](mailto:kwdallaire@hotmail.com)

NH SoundCare is a group of certified music practitioners dedicated to informing others about our work and continuously working to enhance it through professional development.

## Spring Continuing Education Offerings

### A Primer on Gregorian Chant for Therapeutic Musicians

**Date:** Saturday, May 13, 2017

**Time:** 9:30 a.m. – 4:00 p.m.

**Place:** Our Lady of Hope Church, State Rt. 22, Copake Falls, NY 12517

#### You will learn:

- The history of earlier notation and the evolution of Gregorian chant
- The principles underlying the performance of Gregorian chant
- How to read Gregorian square notation (neumes)
- The eight Gregorian Modes & the moods they create
- How to creatively use this music as part of your therapeutic repertoire: from notation, for improvisation, and in composition.

**Cost:** \$65.00 for graduates of NSBTM accredited programs, \$45.00 for students

**Who may attend:** Graduates and students of NSBTM accredited programs. This is an interactive and experiential offering for singers and instrumentalists.

**CEUs:** 6 MHTP CEUs are offered.

**Presenter:** Melinda Gardiner, RN, CMP

[melindacgardiner@gmail.com](mailto:melindacgardiner@gmail.com)

518-325-5546

### Business Development for Therapeutic Musicians Live Webinar Marketing 101 & Book-keeping 101

Are you looking for new creative ideas to get your therapeutic music business off the ground? This is the webinar for you!

**Date:** Saturday/Sunday, April 22-23, 2017

**Time:** 8:30 a.m. – 4:30 p.m. PST

**Cost:** \$200 TOTAL per attendee for both days of webinar.  
3% handling fee added for credit card payments

**Who May Attend:** Attendees may be CMPs, students of MHTP (although it is recommended that they have started the independent practicum), and certified graduates of therapeutic music programs accredited by the NSBTM.

**CEUs:** 15 MHTP CEUs. CEUs are not applicable for therapeutic musician students, but they are welcome to attend.

Deadline for registration is April 15, 2017.

**Presenter:** Cheryl Zabel, CMP

[cz56cmp76@icloud.com](mailto:cz56cmp76@icloud.com)

253-307-0999

### MHTP Conference Recordings

The 2016 conference recordings are available on the MHTP website at: <http://www.mhtp.org/purchase?category=Conference%20Audio%20File>

The sessions are downloadable MP3 files and are \$10.00 each. The 2016 recordings offer a total of 8.5 CEUs.

We also have available all of the 2012 conference CDs (total 10.5 CEUs) and most of the 2014 conference CDs (11.5 CEUs). Contact [mhtp@mhtp.org](mailto:mhtp@mhtp.org) to order them.

### CEUs for MHTP Modules

As you know, MHTP curriculum is revised and updated each year. Re-taking a class or an entire module is an excellent way to receive MHTP CEUs and become completely current with MHTP curriculum. See the schedule on page 2 for currently scheduled classes.

### Loving Gratitude to Melinda Gardiner

*by Carol J. Spears, CMP, President of MHTP Board of Directors, on behalf of the MHTP Community*

In 2002, MHTP hired its fourth Executive Director (ED), Melinda Gardiner. The organization had been teaching and certifying students for eight years and was moving into a growth period. For 15 years, more than half of MHTP's existence, Melinda has helped MHTP through an exciting, and sometimes challenging, evolution. She represented to most of us what MHTP is and does, through her teaching of Modules 1 and 3, her webinars and live workshops, her participation at our conferences and on the email list, and by being the person everyone goes to for answers.



*Melinda Gardiner*

In addition, Melinda has represented and spoken for us with myriad outreach conferences, programs, speaking engagements, medical facilities, and other therapeutic music organization meetings. Her role on the National Standards Board of Therapeutic Musicians (NSBTM), communicating MHTP's program and standards, has helped to make the NSBTM a dynamic and congenial force for the field of therapeutic music.

And speaking for the Board of Directors, many who have been on the Board for almost the entire time that Melinda has been ED (and one on the Board even longer), the working relationship and love we all share for MHTP and for one another has been a major part of our lives over the years.

It is with joy that we see Melinda stepping onto the pathway of more time to pursue some of her dear dreams and passions. It is with sadness we encounter our own feelings of her absence, and it is with loving gratitude we wish Melinda (and Bruce) deep happiness and fulfillment.

## Congratulations to these new CMPs! MHTP now has more than 845 graduates.

All graduates who have returned contracts and are current with the continuing education requirements are listed on the MHTP website.

### Northeast

Meredith Kohn Bocek - Harp  
Cathy Ekeland - Harp

### Mid-Atlantic

Robin Burk - Native American Flute, Handpan  
Stacy Nickell - Cello

### West

Rosanna (Ro) Rains - flute  
Brad Hartman - Guitar, voice  
Anne-Marie Hoffman - violin

### Midwest

Janet Reed - Piano, voice  
Kristine Johnson - harp

### Southeast

Charles (Chuck) Gee - Guitar, voice

### Canada

Paul Haslem - Hammered dulcimer

*continued from page 1*

Did you know that 30 minutes of soothing music produces the same calming effects as 10 milligrams of valium?

I see it in their faces. Eyes close, facial muscles relax.

I hear it in their voices. A deep sigh. Words thanking me for helping to relieve their pain, or the tedium of being in the hospital. At least for a little while.

Sometimes no words, just tears washing away feelings they haven't been able to get out.

And they thank me for giving them a "gift." And I thank them right back.

I love my work.

I am a therapeutic musician, not a music therapist.

*Carolyn Brodgerski, CMP, plays live therapeutic music on the mountain dulcimer at the Integrative Medicine Department at St. Francis Hospital in Hartford, CT. This piece is reprinted with permission from the hospital's literary journal, Echoes.*

## 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](mailto:lindagrobman@gmail.com). If you are interested in writing an article for the newsletter, please send Linda a brief email describing your story idea prior to writing the article.

## CMPs in the News

Rachel Allen, CMP, was inducted into the Bottle Works Artists' Hall of Fame. See: [http://www.dailyamerican.com/ourtownjohnstown/entertainment/allen-being-honored-for-her-talents-volunteerism/article\\_3e17e7b6-71d8-5c93-a13f-59ac08d2d86b.html](http://www.dailyamerican.com/ourtownjohnstown/entertainment/allen-being-honored-for-her-talents-volunteerism/article_3e17e7b6-71d8-5c93-a13f-59ac08d2d86b.html)

Millie Crocker, CMP, was featured in an article about Celtic music for Lent. See: <http://knox.villagesoup.com/p/celtic-music-for-lenten-st-patrick-s-day/1631972>

## 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.



Copyright © 2017 MHTP

As of April 1, 2017: MHTP, 8815 Conroy-Windemere Rd., #386, Orlando, FL 32835

[www.mhtp.org](http://www.mhtp.org) | Subscribe to newsletter at [www.mhtp.org/newsletter/](http://www.mhtp.org/newsletter/)

Email: [mhtp@mhtp.org](mailto:mhtp@mhtp.org)

Certified Music Practitioner (CMP)<sup>®</sup> is a registered certification mark of the Music for Healing & Transition Program Inc. Music for Healing & Transition Program (MHTP) is a trademarked name.