



The Music Practitioner

e-Newsletter of The Music for Healing and Transition Program

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.

February 2016

The Heart-Centered Musician: Navigating the Tides of Healthcare Save the Date: July 14-17, 2016, Los Gatos, CA

Another blink or two of the eye and the 2016 MHTP conference will be underway! The dates are July 14-17 at the Presentation Center in Los Gatos, California. We have most of the presenters under contract, and we want to give you a first look at some of the particulars. We've only focused on our outside presenters here. There is much more to the 2016 conference, and we are still working on contracting a few additional presenters. Stay tuned for further information!

Bruce Gardiner, for the MHTP Conference Committee

Wednesday – July 13

Announcing a July 13th Pre-Conference Workshop: **Marketing 101 for Therapeutic Musicians**, presented by MHTP Director, Cheryl Zabel. This is an opportunity for eight additional CEUs. There is an additional charge for this workshop. Full details to follow.

Thursday Evening – July 14

The Thursday evening keynote presentation, **SpiritArts: Transformation Through Improvisation**, will be presented by Lynn Miller and Eric Miller, Ph.D., two music therapists



Lynn and Eric Miller

with a broad range of experience. Improvisation entails deep listening to the sounds of our voices or instruments and being guided by the sound, which helps take us out of our thinking mind or “the critic” that often impedes our process. When we are present with the music, we go into a “flow state.” The Millers will provide tools to help facilitate music from the inside out, including techniques from SpiritArts and Music for People (MFP). Bring your voice or instrument for this experiential workshop.

Lynn Miller is the author of **SpiritArts, Transformation Through Creating Art, Music, and Movement**, which is a culmination of her experience in arts and healing. She is on the faculty for Music for People, an international improvisational music training program founded by Grammy award-winning cellist, David Darling. Lynn is also on the staff for Flute Haven

Native Flute School, a humanistic educational approach to developing Native flute skills. Lynn is a certified music therapist who is also trained in sound healing and expressive arts therapy. She has been an adjunct faculty member in music therapy at Immaculata University and teaches a music therapy class at Gwynedd Mercy University in PA. She and her husband Eric Miller have facilitated workshops in Switzerland, Canada, India, Italy, France, and throughout the U.S.

Dr. Eric Miller, Ph.D., MT-BC, biofeedback therapist and board-certified music therapist, is author of **Bio-Guided Music Therapy** (2011), published by Jessica Kingsley Publishers. He serves as Coordinator for the Ott Lab for Music & Health in the Music Therapy Department at Montclair University. Recent international presentations include sessions at the World Music Therapy Congress in Seoul, S. Korea; Hsien Chuan University in Taipei, Taiwan; Bangalore University, India; and workshops in Kiental, Switzerland; Cogolin, France; and Torino, Italy and Omega in the U.S. Dr. Miller served as Executive Director for Music for People and founded the Biofeedback Network, Association of Integrative Medicine, and Expressive Therapy Concepts. He is a board member of the Interdisciplinary Society of Quantitative Research in Music and Medicine.

Friday Morning - July 15

Plenary Session: **Integrative? Alternative? Functional? Where is Medicine Headed and How Do CMPs Fit In?** (speaker to be announced)

Friday Afternoon

Instrument/Repertoire Sharing Groups: Conference attendees divide into groups based upon their instrument (or vocal) specialization, such as guitar, harp, flute, voice, and the like.

Concurrent Sessions. There will be three Friday concurrent sessions, one of which is **Bio-Guided Music Therapy and Our Changing Healthcare System** with Lynn and Eric Miller. This workshop provides the music practitioner with a rationale, historical context, and a step-by-step “how-to” demonstration utilizing real-time physiological data to inform therapeutic music playing, with outlines for approaches to various purposes and populations.

continued on page 2

Afternoon Plenary Session

Fearless Presence – How To Cultivate the Courage To Be a Compassionate Presence in the Face of Suffering will be presented by Kirsten DeLeo. In this experiential presentation, we will explore and internalize practical ways to practice compassionate presence for others and ourselves. Presenting a view that weaves together contemplative practice, science, and hands-on experience, Kirsten DeLeo will offer a framework that will enable you to stay present with others while remaining open, spacious, and centered in yourself.

In leading seminars and retreats for professionals and the public in North and South America and Europe, Kirsten draws on more than 20 years of experience in accompanying terminally ill people and their families. She is on the faculty of “Contemplative End-of-Life Care,” a professional certificate program launched at Natrona University in 2003. Kirsten is trained in Hakomi body-centered psychotherapy and is the senior teacher in Rigpa’s Spiritual Care Program (www.spcare.org). Kirsten is known for her clarity and warmth.



Kirsten DeLeo

Friday Evening

The MHTP Café – An Open Mike Night...and our legendary jam sessions

Saturday Morning - July 16

Medical Panel Discussion: Navigating the Tides of Healthcare—New Legislation and Regulations and Their Impact (panelists to be announced)

Saturday Afternoon

Afternoon Plenary Session: I’d Rather Have Music!: Exploring the Effects of Individualized Live and Pre-Recorded Music for People With Dementia Nearing the End of Life and Their Caregivers will be presented by Claire Garabedian, CMP, Ph.D.

Claire Garabedian is an Associate Researcher in Creative Arts and Dementia at the Association for Dementia Studies, University of Worcester, United Kingdom. A professional cellist, Certified Music Practitioner, and experienced research assistant, Claire completed her Ph.D. at the University of Stirling, focusing on the impacts of individualized live and recorded music for dementia patients at end of life. See a video of Claire at <https://www.youtube.com/watch?v=b9fTxQuBbTQ>.

Concurrent Sessions

Kirsten DeLeo will present one of the three concurrent sessions. Her session on ***The Practice of Compassionate Presence*** will provide experiential opportunities to explore some of the key practices of the contemplative approach of accompanying another. These will include using our physical presence, sounds, and sights as methods to become mindful and aware, as well as compassion practices for self and others. These methods are drawn from the contemplative tradition of Tibetan Buddhism, with its long-standing and effective methodologies for deepening the human capacity for compassion.

Claire Garabedian will present the second of our three concurrent sessions. Her session will be on ***A Ph.D. in Applied Social Science at 54: The Unexpected Journey of a CMP***. By sharing her unexpected journey from professional cellist to Ph.D. researcher at a university in the United Kingdom, Claire takes listeners through life’s unexpected twists and turns to remind us all that we never can be quite sure what we will be when we “grow up.”

Stay tuned for information on the third concurrent session.



Claire Garabedian

Patient Condition Groups

Sub-groups of conference attendees gather to discuss new insights in dealing with particular types of patients—for example, dementia, neo-natal ICU, hospice, and others.

Saturday Evening

Dances of Universal Peace and/or Improvisational Dance, and Jamming the Night Away

Sunday Morning

CMP Panel Discussion: Four CMPs discuss how they have established unique relationships and partnerships with healthcare facilities.

Conference Chair Positions Still Available

Conference chair positions are still available. They offer reduced conference fee benefits. If you would like to apply, please email the Conference Coordinator, Bruce Gardiner, at brucegardiner@yahoo.com.

ENVIRONMENTAL & STAGE MANAGEMENT COORDINATOR

Benefit: \$150 conference fee reduction

HOSPITALITY COORDINATOR

Benefit: \$50 conference fee reduction

BREAKDOWN/CLEAN-UP COORDINATOR

Benefit: \$50 conference fee reduction

Please email brucegardiner@yahoo.com to let us know if you would be interested in these jobs, or if you would like to become a member of the Conference Planning Committee.

Save the Date:
2016 MHTP Conference
The Heart-Centered Musician:
Navigating the Tides of Healthcare
July 14-17, 2016

Scheduled Modules 2016/2017

For additions to the schedule below, check www.mhtp.org or email mhtp@mhtp.org, as we will be adding new sites over the next months, including the rest of the Syracuse, NY, modules; Portland, OR; Ann Arbor, MI; and others. Please email mhtp@mhtp.org if you are interested in enrolling in any of the class sites listed below.

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

Denver, Colorado	February 20-21, 2016
Concord, New Hampshire	March 5-6, 2016
Wilmington, North Carolina	April 2-3, 2016
Federal Way, Washington	April 9-10, 2016
Syracuse, New York	April 16-17, 2016
Dallas, Texas	April 23-24, 2016
Harrisonburg, Virginia	June 12-14, 2016

MODULE TWO (Music as a Language)

Baltimore, Maryland	March 5-6, 2016
Sacramento, California	March 12-13, 2016
Denver, Colorado	April 9-10, 2016
Concord, New Hampshire	May 21-22, 2016
Wilmington, North Carolina	June 4-5, 2016
Federal Way, Washington	June 11-12, 2016
Harrisonburg, Virginia	June 14-16, 2016
Dallas, Texas	June 25-26, 2016

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

Tampa, Florida	February 6-7, 2016
Baltimore, Maryland	May 14-15, 2016
Sacramento, California	May 14-15, 2016
Concord, New Hampshire	July 30-31, 2016
Wilmington, North Carolina	August 6-7, 2016
Harrisonburg, Virginia	August 7-9, 2016
Federal Way, Washington	August 13-14, 2016
Dallas, Texas	September 10-11, 2016
Denver, Colorado	September 17-18, 2016

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

Livingston, New Jersey	March 5-6, 2016
Tampa, Florida	April 2-3, 2016
Harrisonburg, Virginia	August 9-11, 2016
Sacramento, California	August 20-21, 2016
Baltimore, Maryland	September 10-11, 2016
Concord, New Hampshire	September 24-25, 2016
Wilmington, North Carolina	October 1-2, 2016
Federal Way, Washington	October 22-23, 2016
Dallas, Texas	November 5-6, 2016
Denver, Colorado	November 12-13, 2016

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

Livingston, New Jersey	May 6-8, 2016
Tampa, Florida	June 3-5, 2016
Sacramento, California	October 21-23, 2016
Baltimore, Maryland	November 4-5, 2016
Concord, New Hampshire	November 18-20, 2016
Federal Way, Washington	January 6-8, 2017
Dallas, Texas	January 13-15, 2017
Denver, Colorado	February 3-5, 2017

CMPs in the News

Hospital Chaplain Plays Guitar for Babies in NICU, features Rev. Dale E. Wratchford, BCC, CMP, MHA, <http://www.wowt.com/home/headlines/Hospital-Chaplain-Plays-Guitar-For-Babies-In-The-NICU-351222991.html>

Volunteer “Angel” Plays Music to Ease Pain, Give Comfort, features Karen Bragado, CMP, <https://www.uchealth.org/news/volunteer-angel-plays-music-to-ease-pain-give-comfort>

Local Woman Using Musical Talent to Help Patients, features Karen Bragado, CMP, <http://www.koaa.com/story/30532926/local-woman-using-musical-talent-to-help-patients>

Related Articles in the News

Songs of Transition, article by a music thanatologist, http://opinionator.blogs.nytimes.com/2015/12/30/songs-of-transition/?_r=1

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 email describing your story idea prior to writing the article.

**MHTP-Partnered Educational Opportunity
BUSINESS DEVELOPMENT
for THERAPEUTIC MUSICIANS**

**LIVE WEBINAR:
MARKETING 101 & BOOKKEEPING 101**

March 5 & 6, 2016

8:30–4:30 PST

Registration Deadline: February 5, 2016

Cost: \$200 TOTAL per attendee for both days of webinar. Attendees may be CMPs, students of MHTP (though it is recommended that they have started their Independent Practicums), and certified graduates of therapeutic music programs accredited by the NSBTM.

- Minimum of 12 attendees needed to hold this webinar.
- **Deadline for registration is February 5, 2016.**
- 15 CEUs will be earned by class participants at one CEU per seat hour. CEUs are not applicable for therapeutic musician students. Students may attend the webinar.

Instructor:

Cheryl Zabel, CMP, Washington Area Coordinator and Treasurer for MHTP
(253) 307-0999
cz56cmp76@icloud.com

Cheryl Zabel, CMP, has been working full time as an independent contractor with hospices, skilled nursing facilities, and hospitals. With extensive outside sales experience in her previous life, let her walk you through the basics of starting your own therapeutic music business.

Marketing 101 will include how to prepare for and start your own therapeutic music business, how to find new customers, networking strategies, presentation techniques, and creative ways to approach various organizations.

Bookkeeping 101 will set you up with easy-to-manage spreadsheets for tracking your accounts receivable, customer invoices, mileage tracking, state requirements for starting a new business, tax basics, other documentation requirements, and how to keep your accountant happy!

For a registration form and webinar computer access requirements, please email Cheryl Zabel:
cz56cmp76@icloud.com

MHTP Modules

As you know, the MHTP curriculum is revised and updated each year with input from the Board of Directors and the faculty, always taking into consideration student feedback in classes, graduate suggestions in their Final Summaries, and developments in therapeutic music and music medicine research. Re-taking a class or an entire module is an excellent way to receive MHTP CEUs and become current with the MHTP curriculum. See the schedule in this newsletter for currently scheduled classes.

Congratulations to these new CMP®s! MHTP now has more than 800 graduates.

Northeast

Pam Stohrer – harp
Maggie MacNichol-Skau – harp
Ami Sarasvati - Native American flute

South

Patrice Fisher – harp

Mid-Atlantic

Laura Hotinger – autoharp, voice

West

Shawna Smith Vassiliev – viola
Karen Bragado – harp

Ontario, Canada

Carol Boychuk - harp

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 © 2016 MHTP

MHTP, P.O. Box 127, Hillsdale, New York 12529
www.mhtp.org | Subscribe to newsletter at <http://www.mhtp.org/Newsletter.aspx?Action=SUBSCRIBE>

E-mail: mhtp@mhtp.org

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.