



The Music Practitioner

e-Newsletter of The Music for Healing and Transition Program

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August 2014

A Day in the Life of a CMP: Going Home

by Judy Phillips, CMP

I work in a fairly large hospital, and even after a year, I can still get lost. One of the chaplains asked me to visit a woman who was in a part of the hospital I had not visited before. I wound around and through hallways, completely losing my sense of direction. When I finally found the room, I checked in at the nurses' station and told them I had a referral to play my harp for that particular patient. But the nurse did not want me to go in. She said that the patient had just been visited by the whole family, including several children, and really needed to rest. She did not even want me to play outside the room.

As I left the nurse, I contemplated how best to find my way out of that wing, when I caught the eye of a woman in another room. She motioned me to come in. The patient was her mother, and she was sure that her mother would not be able to hear the harp, because she was hard of hearing. Still, she thought she might like to see it. I suggested to the daughter that I could move the harp right next to her mother's chair so that it was touching, and that perhaps the vibrations might be nice for her mother to experience.

I began to play some very low strings and also some big chords. The patient opened her eyes wide and began to sit up. I played "Going Home," slowly and with big, low chords. The patient began to smile and lean forward. When I finished the song, she began to talk about music and her youth and the radio and phonographs they listened to. She told me of taking piano lessons in the upstairs rooms of Carnegie Hall. She spoke of her father and the musical heritage he had given her. While she was talking and holding my hands, the daughter moved behind the chair and began to wipe away the tears that she did not want her mother to see.

I asked the patient if she would like me to play again, and she said, "Yes." She smiled and sighed and leaned her head back against her chair. I could tell she was remembering.

When I prepared to leave the room, the daughter said to me, "That's the first time she's been able to enjoy music since she lost her hearing. Thank you so much."

As I found my way out of that wing, I thought about how we never know where our steps will take us when we enter the hospital each day. What a privilege it is to be able to feel that our steps are



Judy Phillips, CMP

directed and that we will see exactly the person we were meant to see.

Judy Phillips, CMP, works as a therapeutic musician at Sutter Roseville Hospital and Mercy Folsom Hospital, in the Sacramento, CA, area. She has served with several hospice organizations and also Citrus Heights Manor Care.



**The Heart-Centered Musician:
Honoring Our Past,
Envisioning Our Future**
October 23-26, 2014
Camp Allen, Navasota, Texas
<http://campallen.org>

Honoring Our Past: MHTP Founders' Roundtable

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

Twenty years ago, the individuals who started what was to become the Music For Healing and Transition Program, Inc.™ (MHTP) had no way to know what a profound impact their visions and actions would have on the lives of thousands of people. Not only has MHTP greatly affected all of us who have taken the MHTP classes, but think of all of the ill and dying patients and their loved ones who have been lovingly supported by the healing sounds of therapeutic music played and sung by hundreds of CMPs over the past two decades.

At the MHTP biannual conference on October 23-26 outside of Houston, Texas, we will all get the chance to hear directly from the four women who co-founded MHTP. What brought them together at the right place, at the right time? How did they know how to even get started on this uncharted journey? Why did they sacrifice so much of their personal time in bringing to fruition their shared vision?

Martha Lewis, Laurie Riley, Mary Radspinner, and Maryann Schulz will grace us with their presence to answer these questions and many more about the inception and early years of MHTP. They are living throughout the country now and may not be in the same place again for quite a while. This is an opportunity you won't want to miss—a chance to honor the foundation of MHTP, as we welcome its future.

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>

The 2014 MHTP conference is taking on a unique form, embodying the theme. Don't miss it! Here is a brief overview.

Conference Keynotes and Plenary Sessions

Thursday evening

- *Knockin' on Heaven's Door: Mantras & Music as Sacred Portals to the Afterlife*—Russill Paul

Friday morning

- *Mantras and Modes for Spiritual Transition: Tapping the Hidden Power of Music and Chant*—Russill Paul

Friday afternoon

- *Magic Behind the Music - Vibrational Science and Health*—Bethlyn Gerard
- *Honoring Our Past*—Founder's Roundtable

Saturday morning

- *Are You in Treble? Want to Jump Off a Clef? Tune Up Your Resiliency*—Bethlyn Gerard

Saturday afternoon

- *When the Planets & Stars Align: Bringing Established, Evidence Based Practices Together To Move Our Profession Forward*—Nick Jacobs
- *Live Therapeutic Music Research Presentations*—CMPs Terri Fevang, Lloyd Goldstein, Karen Peterson for the MHTP Research Committee

Sunday morning

- *Envisioning Our Future* - Nick Jacobs with the MHTP Board

Conference Break-out Sessions

Friday afternoon: Clinical Specialization Groups

Saturday afternoon: Therapeutic Repertoire Sharing Groups

Other Activities

We will gather together each morning as a community for special activities: singing, music, movement, meeting the NSBTM Board, recognizing MHTP Directors and staff past and present, and so forth. There will be a host of activities offered in the evenings: song and music sharing and jams, the Dances of Universal Peace, an experiential Native American flute listening presentation by RuthiE Neilan, CMP and hospice RN, a drum circle, and others. And of course, there will be wonderful vendors, our silent auction, ergonomic lessons offered by Laurie Riley, and the added activities offered by Camp Allen, including massage.

Camp Allen provides hotel-style rooms, so there is no need to stay off site for privacy.

Transportation from the Houston Airports

Our Assistant Conference Coordinator, Karen Stowe, is coordinating van service from Bush International and Hobby airports.

The van company requires that we reserve vans 60 days prior to our event. Therefore, Karen has reserved the vans as of August 15. She will inform van users of how much they owe and at what time and where they will be picked up. Once she has reserved a van, we are committed to pay for it, so we are expecting payment (preferably in the form of a mailed check) from everyone who was on the list as of August 15.

AFTER AUGUST 15: The closer we get to the conference, the more difficult it will be for us to provide you with transportation. If there is an open seat on the reserved vans, late transportation requests can be added to the van list. Once the reserved vans are full, if there are enough late requests for van transportation, Karen may be able to reserve another van. However, this is not guaranteed. Karen's e-mail is twinks44@yahoo.com.

Those wishing to request van transportation (if available) need to contact Karen after booking their flights. We suggest that you book your flights to arrive as close to noon or 1:00 p.m. on Thursday, October 23, as possible. Be sure to arrive before 3:00 p.m., or you may miss supper. Karen will need the following information: 1) your name; 2) a mobile phone number (in case of emergency, delayed flight, or other issues); 3) the airport, carrier, flight number, and time of arrival of your flight; and 4) the airport, carrier, and time of departure of your flight on Sunday. The cost of van service depends on how many sign up. Based on a minimum of eight people, it will be \$34 or less one-way. Renting a vehicle for two people can range from \$17.50 to \$43 one-way.

You can still register for the conference. The registration form and other conference information can be found here: <http://www.mhtp.org/mhtp-conference.aspx>

There is still a committee chair position available for a \$50 reduction in the conference fee. Contact Gil Wade at ghwade3@yahoo.com if you are interested.

Continuing Education Opportunities

The 2014 MHTP Conference

October 23-26, 2014 – Navasota, Texas

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

Southeastern Harp Conference

October 24-26, 2014 - Arden, North Carolina

CEUs at Music or Healthcare Conferences

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

Building for MHTP's Future—Inspiring Our Students

by Greg Maxwell, CMP, MHTP Faculty Administrator

MHTP continues to grow and evolve, and we have added new classes in numerous locations over the past three years. We are now developing future CMPs in Knoxville, New Orleans, and London, Ontario, and we're excited to be active in these new geographical areas. As MHTP grows, demands on our teaching staff also grow. We recognize the need to continually expand and refresh our teaching capacities.

MHTP is now recruiting new teachers for Modules 1, 2, and 4. We are looking for CMPs who can engage and inspire our students through their experience and teaching skills.

Some brief highlights of qualifications for teachers for these modules include:

Module 1

- Deep knowledge of MHTP, its history, mission, vision, policies, its therapeutic music principles, and educational program.
- Substantial experience in the field as a CMP and in practices and concepts that are specific to MHTP, e.g., unitative listening, patient conditions, and appropriate musical styles.
- Strong ability and extensive experience with improvisation.
- Experience in personal practice of ergonomics and ability to evaluate and guide students in best ergonomic practices for a range of instruments.
- Strong experience in teaching groups and background in principles of adult education.

Module 2

- Extensive knowledge of music theory and substantial skill in teaching music theory to others.
- Ability to improvise fluently and skilled in describing various approaches to improvisation and able to demonstrate without hesitation.
- Knowledgeable about modes and scales, and ability to teach those concepts to others.
- Skilled in teaching and guiding students on a variety of instruments, as well as voice.
- Strong experience in teaching groups and background in principles of adult education.

Module 4

- Must have substantial experience in the field as a CMP and at the time of employment by MHTP must be a working CMP.
- Must be experienced as an independent businessperson with proven skills in marketing techniques and private business management.
- Must be able to improvise fluently with a complete understanding of musical modes and scales.
- Must be able to work with singers and students who play different instruments in the context of the module curriculum.

Candidates must be practicing CMPs, be able to arrange travel logistics, be comfortable with air travel and handling the rigors of travel, and have experience transporting their teaching instrument(s).

If you would like to learn more and/or apply for one of these positions, contact Faculty Administrator Greg Maxwell at gmaxina2@yahoo.com. I'll be happy to answer your questions about what's involved in becoming a teacher for MHTP and how MHTP will evaluate and select its new teachers.

MHTP's Newest Advisory Board Member

Andrew Grose, M.D., is an orthopaedic trauma surgeon practicing in the Hudson Valley at Westchester Medical Center, the academic hospital for New York Medical College. A member of the Orthopaedic Trauma Association, he specializes in reconstruction of pelvic and extremity trauma in the severely injured patient. At WMC, he is co-chair of the steering committee dedicated to promoting teamwork for safety and quality. He has presented at the National Patient Safety Foundation Congress and spoken at the Association for Healthcare Research and Quality National TeamSTEPPS meeting. He is the recipient of a 2014 American Hospital Association-National Patient Safety Foundation Fellowship, supporting his research on the evaluation of teamwork in the healthcare setting.

Dr. Grose is a founding member of the New York Zen Center for Contemplative Care (zencare.org), the only accredited Buddhist chaplaincy program in the U.S.. He became interested in medicine after graduating from Syracuse University with a BFA in Drama and a short career as a dancer on Broadway. In 1999, he was named a Syracuse University Visual and Performing Arts Scholar, in recognition of his performing and teaching career in the arts and his subsequent medical degree.

Dr. Grose is the cousin of Rachel Allen, CMP, member of the MHTP Executive Board of Directors.

Congratulations to these new CMP®s!

Northeast

Lida Black – voice, guitar
Heide Cerrigioni – autoharp
Relizando Cayabyab – guitar, voice
Angela Brown – piano, keyboard
Katy Gibney – guitar, voice
Jennifer (Parrott) Zanes – flute
Maurizio Paura - guitar
Nancy Haney – harp

South

Pamela Woodcock – viola da gamba, guitar, voice
Judy Raab – harp
Judy Weiss Kramer – voice, recorder

Mid-Atlantic

Donna Bennett - harp

Midwest

Melissa Angel Staus – double bass
Linda Weirwille – piano, keyboard
Tess Miller – alto flute
Sue Popelka - harp
Edie Herrold - double bass, guitar, voice

West

Mary Lou Elliot – flute
Peggy Bruns – flute
Julie Soh Harbin – harp
Stephanie Scheffler – harp
Mark Beckwith – Native American flute

Upon the Passing of Stella Benson, CMP, CHTP

by Carol J. Spears, CMP, Martha Lewis, CMP, and Melinda Gardiner, CMP

It is with gratitude for all she did for MHTP, and with sadness upon hearing of her death, that we honor the life of Stella Benson. Stella became a CMP in 1997 and was an instructor for MHTP from 1997-2003. From 2000-2002, she served as the third out of the four Executive Directors (ED) of MHTP. At that time, MHTP was still a fledgling organization, and Stella was asked to be ED because not only was she familiar with MHTP, but she had an excellent professional background in business systems, with which she improved the operations of MHTP.

Some of the accomplishments during the time she was ED include: getting MHTP's policy and management documents in order, creating job descriptions for the staff who were already carrying out MHTP's work, supporting the expansion of MHTP's teaching sites nationwide, putting in place the mentor program, and beginning the process of getting the curriculum standardized and upgraded.

Stella also created and chaired the first biannual MHTP conference in 2002 in Seattle, Washington, setting the precedence that brings us all together in community and education.

When she left the MHTP ED position, Stella continued her love of and experience in therapeutic music by founding the International Healing Musician Program. She pushed for the creation of a collaboration among therapeutic music training programs, in what would become the National Standards Board of Therapeutic Music (NSBTM). Her work in chairing the initial meetings, instilling the consensus method for decision-making, archiving materials, and serving as the first Chair of the Board of NSBTM were invaluable contributions to the profession of therapeutic music that greatly helps each of us today.

Stella was a true healing musician, always giving from her heart. She played at numerous hospitals, authored books, recorded CDs, and led and presented at many conferences. Stella's passion for bringing relief to the ill and dying through therapeutic music has helped countless people over the years. She will be deeply missed by her family, friends, colleagues, and students.

MHTP Well Represented at the 41st American Harp Society National Conference in New Orleans, June 2014



Barbara Lepke-Sims, CMP, MHTP Denver Area Coordinator, and Aileen Kelley, CMP, MHTP Module II instructor, joined forces and gave a presentation concerning "live therapeutic music" at the American Harp Society 41st national conference in New Orleans, LA, June 22-26, 2014. In addition, the AHS national conference Chair was Cathy Anderson. Cathy is also the New Orleans Area Coordinator for MHTP. The first cycle of MHTP modules is currently being held in the New Orleans area.

Interest in the field of live therapeutic music includes pedal harpists, not just

lever harpists. Aileen and Barb presented a well-organized PowerPoint, which they used as a springboard for sharing personal anecdotes and instructional information. The presentation was well received, and many people signed up for more information and stayed late to ask questions.

MHTP was also well represented in the exhibit area by having an informational booth. Barb and Aileen helped answer questions through this medium, as well.

As a follow up to the presentation and the exhibit, Barbara wrote an article titled, "The Confluence of Three Major Influences in the Field of Music and the Delivery of Medical Care." This article will be published this summer in the American Harp Society Summer 2014 Journal and will soon be available online at <http://www.harpsociety.org>.

Our hope is that many harpists who have been introduced to the field of live therapeutic music will desire to become involved and become Certified Music Practitioners through MHTP.

CMPs In the News & the Community

Sue Popelka, CMP, was featured in the article "Harpist Brings Joy to Wisconsin Rapids Hospital Patients" at: <http://www.postcrescent.com/article/20140530/APC0101/305300435/Harpist-brings-joy-Wisconsin-Rapids-hospital-patients>

The Daytona Beach News Journal featured new CMP Marvin Sherzer. Read here: <http://www.news-journalonline.com/article/20140622/NEWS09/140629976?Title=Florida-Hospital-Peninsula-Rehabilitation-launches-therapeutic-music-program> and here: <http://www.news-journalonline.com/article/20140629/NEWS/140629395?Title=After-46-year-hiatus-hospital-music-practitioner-hits-a-healing-note>

WEDU featured the Moffitt Cancer Center's Arts in Medicine program, including CMPs Cheryl Belanger and Lloyd Goldstein. Watch and listen at: <http://www.wedu.org/artsplus/#/cove/bcb64697-ae17-4825-acec-f83abd32810d>

Mary Paul, CMP, was featured on SeacoastOnline: <http://www.seacoastonline.com/articles/20140706-LIFE-407060313>

MODULE NEWS

Check <http://www.mhnp.org> for additional 2014-2015 module dates, or e-mail mhnp@mhnp.org, as we will be adding new sites over the next months. Contact the MHTP office at mhnp@mhnp.org if you are interested in enrolling in any of the class sites listed below.

Scheduled Modules August 2014 through May 2015

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

Concord, New Hampshire	August 23-24, 2014
Sacramento, California	September 27-28, 2014
Wilmington, North Carolina	October 4-5, 2014
Denver, Colorado	November 1-2, 2014
Baltimore, Maryland	November 1-2, 2014
Ann Arbor, Michigan	January 24-25, 2015

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

New Orleans, Louisiana	Aug. 30-Sept. 1, 2014
Knoxville, Tennessee	September 12-14, 2014
Chicago, Illinois	November 14-16, 2014
Federal Way, Washington	January 30-Feb. 1, 2015
Ontario, Canada	March 27-29, 2015
Concord, New Hampshire	May 15-17, 2015
Sacramento, California	May 29-31, 2015

MODULE TWO (Music as a Language)

Ontario, Canada	August 23-24, 2014
Concord, New Hampshire	October 11-12, 2014
Sacramento, California	November 15-16, 2014
Wilmington, North Carolina	December 6-7, 2014
Denver, Colorado	January 10-11, 2015
Ann Arbor, Michigan	March 28-29, 2015

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

Federal Way, Washington	September 20-21, 2014
Hudson Valley, NY Camp	September 27-28, 2014
Ontario, Canada	October 4-5, 2014
Concord, New Hampshire	December 6-7, 2014
Sacramento, California	January 24-25, 2015
Wilmington, North Carolina	February 7-8, 2015
Denver, Colorado	March 7-8, 2015
Baltimore, Maryland	March 21-22, 2015
Ann Arbor, Michigan	May 30-31, 2015

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

Chicago, Illinois	September 13-14, 2014
Federal Way, Washington	November 7-9, 2014
Hudson Valley, New York	November 15-16, 2014
Concord, New Hampshire	March 14-15, 2015
Wilmington, North Carolina	April 11-12, 2015
Denver, Colorado	April 25-26, 2015
Baltimore, Maryland	May 2-3, 2015

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



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