



The Music Practitioner

e-Newsletter of The Music for Healing and Transition Program

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May 2016

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

2016 MHTP Conference Update

by Bruce Gardiner, Conference Coordinator

In this article, I would like to highlight aspects of the conference that we have not communicated in previous newsletters.

If you would like to see a day-by-day overview of the full conference, check the Conference Overview (mhtp.org/Data/web/pdfs/confOVERVIEW2016.pdf). You will find the form to register at mhtp.org/Data/web/pdfs/confreg2016.pdf.

The Presentation Center Environment and Services

Let's start with The Presentation Center itself. Why? Because this is frankly the most beautiful retreat/conference venue that we have ever used. You will be treated to the Center's breathtakingly beautiful surroundings...with a pond, a nature trail, redwood groves, and maybe even deer in the meadow grass. Independent of the conference, it is a wonderful place for rest,



relaxation, and regeneration. That's why we have scheduled 1½ to 2-hour lunch breaks on Friday and Saturday.

For spouses who are not attending—or if you're inclined to play hooky and miss a session or two—The Presentation Center has a number of recreational opportunities.

And if you are coming in early on Thursday (July 14) or staying on Sunday (July 17) after the conference closes, there are a number of local attractions. The Center staff is ready with additional suggestions and maps.

Navigating the Tides of Healthcare

We have two sessions that speak directly to our conference theme on understanding what is happening and what is changing

in the world of healthcare. The first is a plenary session on Friday morning, *Navigating the Tides of Healthcare: The Place of the Arts and Spiritual Care in the Emerging Hospital Paradigm*. This includes how patient experience and patient satisfaction assessment has evolved in one hospital. It will also show how CMPs can make a difference in patient experience, individually or as members of integrative care teams.

Our second medical session, on Saturday morning, is *Navigating the Tides of Healthcare: Legislation, Regulation, Innovation—Opportunities and Challenges*. In this session, three hospital senior managers will discuss and take questions about how legislation and regulation are driving change and innovation in hospital care.

We have some changes in the speakers for both the medical plenary and the medical panel discussion. I will update you on these presentations as soon as the speakers are confirmed.

Concurrent Workshop Sessions

We will have concurrent sessions both Friday and Saturday afternoons. The first three listed below will be presented by plenary session speakers:

Bio-guided Music Therapy and Our Changing Healthcare System with Eric Miller: This session will be a “how-to” demonstration utilizing real-time physiological data to inform therapeutic music playing.

The Practice of Compassionate Presence with Kirsten DeLeo: This session will explore key practices for the contemplative approach to accompanying another, drawn from long-standing and effective methodologies from Tibetan Buddhism for deepening the human capacity for compassion.

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If you're thinking about the 2016 conference, now is a great time to make your decision to attend. Early Bird prices will be in place until June 1, after which the full conference prices will prevail. Also, single rooms are filling up and they will most probably be gone by June 1. See conference registration at mhtp.org/Data/web/pdfs/confreg2016.pdf for complete details.

Also, we have a few conference jobs remaining that offer a \$50 reduction in conference tuition. Contact Bruce at brucegardiner@yahoo.com if you are interested. We look forward to seeing you in Los Gatos.

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A Ph.D. in Applied Social Science at 54: The Unexpected Journey of a CMP with Claire Garabedian: Claire will share 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."

Your Voice and How to Use it to Create Your Best Life and Practice with Jan Cercone, RN, MA, CMP: During this experiential workshop, you will learn how your voice is the fulcrum for your life experience in life, love, and manifestation and how to "release" limiting vibrational harmonics.

Introduction to Qi Gung Exercises for Health and Relaxation with Myrt Hawkins, D.O.

Overcoming Compassion Fatigue/Constructing a Self-Care Plan with Rachel Allen, CMP, RYT 200, and MHTP Director. During this experiential workshop, you will learn how to identify signs and symptoms of compassion fatigue, engage in hands-on practice of a five-step process that includes a movement and recognizing signs of tension in the body. There will also be an opportunity to construct a plan for self-care.

CMP Panel Discussion

This could well be the highlight of the entire conference. On Sunday morning, we are bringing together four CMPs who have created unique relationships with hospitals and other healthcare



providers. Sue Wohld will describe how she successfully created a relationship with Loyola Hospital in Chicago. Judith Ritchie will review the steps she took in creating a therapeutic music program at Baylor Medical Center in Dallas and also how to fund CMP work with grants. Finally, Aileen Kelley

and Laura Caravello will talk about their founding of the 501(c)3 nonprofit organization Music Partners in Healthcare (MPH). MPH helps place CMPs with a number of hospitals throughout the Sacramento area by underwriting a trial period, after which facilities decide to commit to a long-term therapeutic music program. They also oversee billing to ensure that CMPs are properly compensated.

Instrument/Repertoire Groups

As at earlier conferences, participants will divide themselves into groups by instrument or voice specializations to share repertoire and tips for working as therapeutic musicians with their specific instruments.

Patient Condition Groups

Participants will break into smaller groups to discuss "what works" for different patient populations. They will have a choice to sign up for a group or create their own groups. At past conferences, these groups have specialized in neonatal ICU, hospice, memory care and dementia groups, oncology, and others.

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

Friday Night Café and Open Mic

You may want to play two or three songs, lead the audience in singing, recite a poem, read or tell a short story, or just listen, sip an adult beverage, nibble on munchies, and applaud. Sign-up for the open mic will be at the conference itself.



Something Else: The Intangible Factor

Every time MHTP gathers for our biennial conference, we—that is, the Conference Committee, the MHTP Board, and all of you who attend the conference—create an ad hoc, temporary, informal learning community. And magic happens. We come with questions and run into someone with just the experience we want to know more about. Of course, we get new information during formal presentations and workshops, but we also gain a great deal in chance encounters over meals or during our protracted mid-day break time. Perhaps it's just being with like-minded people; perhaps it's the shared experience of becoming a CMP; perhaps it's the common challenges of finding work and building a new career. Who knows? Here are a few comments from prior conference attendees that begin to capture the magic.

"Fills heart and soul." "Great affirmation of our work."
—from 2014 at Camp Allen, Texas

"I feel renewed and inspired." "Even as a new student, I felt welcomed." "I enjoyed the spiritual leaning of the conference."
—from 2004 at Harrisonburg, Virginia



"The conference was refreshing, recharging, refocusing."
—from 2012, at Luther Ridge, North Carolina

Los Altos, here we come!

MHTP-Partnered Educational Opportunity

MARKETING 101 FOR THERAPEUTIC MUSICIANS

Live Class on Thursday prior to MHTP
Conference at The Presentation Center,
Los Gatos, CA

Thursday, July 14, 2016
9 a.m. - 4 p.m. Pacific Daylight Time

Class Registration Deadline: June 13

**Registration Deadline for Wednesday night
lodging and meals:** June 1

Marketing 101 includes 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, including hospitals.

Who May Attend: CMPs, students of MHTP and other NSBTM-accredited programs (although it is recommended that they have started their independent practicums), and certified graduates of therapeutic music programs accredited by the NSBTM.

CEUs: Six CEUs will be granted to workshop participants who are graduates of a therapeutic music program. Although they do not require CEUs, therapeutic musician students are welcome to attend the workshop.

Cost: \$75 TOTAL per attendee

About the Presenter: Cheryl Zabel, CMP, works full time as an independent contractor with hospices, skilled nursing facilities, and hospitals. She has had extensive outside sales experience in her previous life, so she is more than qualified to walk you through the basics of starting your own therapeutic music business.

For a registration form, please email Cheryl Zabel:
cz56cmp76@icloud.com

Announcing MHTP's New Faculty Administrator: Donna Snead, CMP



Over the past couple of months, the Faculty Administrator Search Committee (Melinda Gardiner, Carol Spears, and Debby Hix) advertised and evaluated applications for the position of Faculty Administrator, to replace Greg Maxwell who resigned as of early 2016.

We were gratified to receive several applications, all from outstanding candidates. After careful, objective evaluation, the Commit-

tee offered the position to Donna Snead, CMP. A 2006 graduate of MHTP, Donna is exceptionally qualified to be Faculty Administrator. She has been an MHTP Director, serving as Treasurer during most of her term. As Treasurer, she implemented new reporting procedures to help Directors more accurately and easily track MHTP's finances. She has also served as an MHTP Advisor and on the CEU Committee. This experience has given her deep knowledge of MHTP. Donna also has exceptional managerial, supervisory, and administrative experience from her career in multiple positions for the government, including leadership positions with the Missile Defense Agency, Naval Air Systems Command, and Ballistic Missile Defense Organization. Her initial tasks as Faculty Administrator will involve oversight of recruiting, hiring, and training some new MHTP teachers, as well as helping to plan and lead the Teachers' Retreat Day immediately prior to our conference in California this July.

We would like to express our appreciation and best wishes to Greg as he moves on. Greg was our inaugural Faculty Administrator, who accepted the position in 2011. Faced with creating policies, procedures, and documents for many different facets of the position, Greg essentially defined this then-new job. He also managed personnel issues as they arose. He handled all these challenges with great diplomacy, grace, and skill. Thank you, Greg.

Re-Take Updated MHTP Modules for CEUs

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.

Music For Healing & Transition Program™, Inc. Job Announcement For Executive Director

As previously announced, MHTP's long-time Executive Director Melinda Gardiner is retiring in 2017. MHTP is taking applications for the position of Executive Director. Please see "Requirements for Application" below.

The position of Executive Director (ED) is a part-time (average 30 hours per week) position responsible for overall management and leadership in implementing the MHTP Board of Directors (Board) policy in a manner consistent with the mission and goals of the organization. The majority of the work is managerial and administrative. Some travel is required, paid for by MHTP.

MHTP's ED is engaged as an independent contractor. Compensation is currently (2016) \$39,000 per year. The ED must be able to have flexible work hours for monthly and annual Board of Directors (Board) and committee meetings, conferences, and other duties.

The ED works from her or his home office. MHTP covers reasonable expenses for any office equipment used primarily for MHTP work. All other miscellaneous office expenses for MHTP work are paid for by MHTP. For financial purposes, the ED must conduct all MHTP monetary business through separate accounts set up at his or her local bank.

The complete job description for the MHTP ED is available from Carol Spears (caroljspears@cs.com).

PLEASE NOTE: We are starting the recruitment early for this position so the new ED will have some time to overlap and learn from the current ED. We anticipate the new ED will start on a reduced time basis sometime in late 2016 and take full responsibility and position in the spring of 2017.

MHTP is an equal opportunity employer. MHTP prohibits discrimination in all of its programs and activities on the basis of gender, race, color, national origin, age, disability, or sexual orientation.

Requirements for Application

Interested applicants must submit the following materials electronically to the MHTP President of the Board, Carol J. Spears (caroljspears@cs.com).

1. Your current résumé. Include details of positions held (paid and unpaid) that relate to the duties of Executive Director as described in the job description.
2. Your written responses explaining how you have gained the Knowledge, Skills, and Abilities (KSAs) listed below. Address each of the KSAs thoroughly, individually, and clearly, noting how you obtained the KSAs through prior positions or life experience.
3. Your written response to the following: Please reflect on and tell us why you would like to become the Executive Director of MHTP.
4. Three letters of reference from individuals who can speak to your abilities related to the position of the MHTP ED as described in this Job Announcement and in the Job Description.

Application Process

Applications will be accepted immediately with a final deadline of **August 31, 2016**. Please send all materials listed above electronically to the MHTP President of The Board at: caroljspears@cs.com. Any questions about the position are also to be directed to Ms. Spears.

Any supplemental application materials, such as evaluations from prior positions, if not available in electronic format, may be mailed to Carol at: 1305 Ballesteros Drive, The Villages, FL 32162.

Applicants will be rated based on their qualifications for this position as shown by the education, experience, and training related on their résumé and responses to the Knowledge, Skills, and Abilities. Paid and unpaid experience will be considered. Please be specific and detailed in responses to the KSAs.

Knowledge, Skills, and Abilities Required for Incumbent

1. To implement MHTP Board policy and decisions:
 - Ability to work collaboratively with a Board of Directors
 - A broad knowledge of not-for-profit organization management
 - Ability in managerial skills
 - Skill in development and monitoring of operational goals
2. To monitor and oversee financial management:
 - Demonstrated skill in all aspects of sound financial management, budget development and management
 - Ability to use financial management software programs, e.g., Quickbooks
3. To manage and oversee development:
 - Knowledge of fund-raising and donor relationships
 - Knowledge of grant writing and management
4. To conduct outreach to the community:
 - Ability to represent MHTP to, and network proactively with, others, e.g., therapeutic music professionals and healthcare professionals
 - A strong ability to communicate effectively in writing and orally, use of presentation tools, e.g., Powerpoint
 - Knowledge of media relations, including social media
 - Skill in marketing
5. To manage MHTP's education program:
 - Knowledge of, or ability to learn about, therapeutic music principles and application
 - Knowledge of adult education principles
 - Ability to think creatively to assess and develop educational programs
6. To provide supervision:
 - Ability to manage extensively through virtual communication
 - Skill and experience with all aspects of supervision of others
 - Ability to delegate and monitor work to others
7. To manage administrative operations:
 - Ability to work with common electronic media, e.g., Microsoft Office Suite, social networking
 - Ability to manage a complex and varied work environment
 - Ability to create and/or manage documents, e.g., policies, Standard Operating Procedures
 - Ability to be flexible in work hours as needed

Music For Healing & Transition Program™, Inc. Job Announcement for Module 5 Teacher

The Music for Healing & Transition Program, Inc. (MHTP) is taking applications for a Teacher position for Module 5. More than one Module 5 Teacher may be selected from this announcement. Please see “Requirements for Application” below. MHTP Teachers are employed as independent contractors on an annual contract, with eligibility for annual renewal. Salary for Module 5 Teachers currently is \$1,000.00 per module (plus \$150.00 travel time/loss of wages compensation for travel of four hours or more). Teachers instruct an average of three to five modules per year. Extensive travel is required; all travel expenses for teaching, once the training period is completed, are paid for by MHTP. MHTP is an equal opportunity employer. MHTP prohibits discrimination in all of its programs and activities on the basis of gender, race, color, national origin, age, disability, or sexual orientation.

Module 5 Teachers need the following experiences and qualifications as prerequisites for applying:

- Must be a medical professional (RN, MD, DO, etc.) with varied hospital and hospice experience.
- Must have experience teaching adult learners; teaching in a medical setting is preferable, though not required.
- Must be able to communicate and work confidently with healthcare staff.
- Must be able to work well under stress to creatively and calmly solve unexpected problems.
- Must have substantial experience in the field as a CMP, and at the time of employment by MHTP must be a working CMP.

Following selection as a new MHTP teacher is a training process; all expenses related to the training are covered by the teacher-in-training. This training includes the following activities:

- Read all books for the assigned module and write a short book report on each.
- Observe the assigned module being taught by a current MHTP Teacher (once or twice, depending on MHTP staff assessment).
- Teach the assigned module, without pay or reimbursement for expenses, while being observed by an experienced Teacher.
- Receive a favorable recommendation from the observing Teacher, Area Coordinator, and Faculty Administrator.
- Agree to, and sign, the MHTP Teacher Contract (reviewed for renewal each year, based on teacher performance).

Requirements for Application

The following materials are to be submitted electronically, in three separate documents, to the MHTP Faculty Administrator (see “Application Process” below):

- Your current résumé. Include details of therapeutic music positions, medical profession experience, and teaching positions you have held.
- Your written responses explaining how you have gained the Knowledge, Skills, and Abilities (KSAs) listed below. Address each of the eight KSAs individually.
- Your written response to the following: Please reflect on and tell us why you would like to become a teacher for MHTP.

Application Process

Applications must be received by **June 9, 2016**. Please send all materials listed above electronically to the MHTP Faculty Administrator: Donna Snead (donnamariesnead@gmail.com)

Any supplemental application materials, such as evaluations from prior teaching or CMP experiences, if not available in electronic format, may be postal mailed to Donna Snead, 20841 Wheelock Drive, N. Ft. Myers, FL 33917.

You will be rated based on your qualifications for this position as shown by the education, experience, and training on your résumé and your responses to the Knowledge, Skills, and Abilities. Paid and unpaid experience will be considered. Please be specific and detailed in your responses to the KSAs.

Knowledge, Skills, and Abilities (KSAs)

1. Fully knowledgeable about MHTP policies, procedures, and history, and keeps up to date on changes as issued by the MHTP Board of Directors. Ability to completely support the MHTP mission, policies, and teaching requirements.
2. Ability to completely understand and implement Module 5 curriculum, including any audio-visual teaching tools and required readings. Ability to adhere strictly to the official MHTP curriculum as given in the current Teacher’s Curriculum Guide for Module 5.
3. Firsthand knowledge of working as a medical professional (RN, MD, DO, etc.) in a hospital and/or hospice.
4. Demonstrated abilities and experience in teaching the adult learner; knowledge of key adult learning and teaching concepts.
5. Firsthand knowledge of playing/singing as a CMP at the bedside of patients in medical facilities and the ability to share those experiences as appropriate in the classroom setting.
6. Ability to work collaboratively with the Faculty Administrator, Curriculum Reviewer, and Area Coordinators in a professional manner, with flexibility as needed.
7. Ability to communicate and work collaboratively and confidently with healthcare staff.
8. Ability to complete, in a timely manner, all administrative tasks as described in this Job Description, as assigned by Supervisor, and as in Teacher’s Curriculum Guide and Teacher Contract.
9. Ability to work well under stress to creatively and calmly solve unexpected problems.

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. A 2017 summer camp in New York is planned, as well as others. Some Module 5 classes for the sites below will be listed soon. 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)

Harrisonburg, Virginia	June 12-14, 2016
Atlanta, Georgia	September 17-18, 2016
Portland, Oregon	October 29-30, 2016

MODULE TWO (Music as a Language)

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
Fort Worth, Texas	June 25-26, 2016
Syracuse, New York	August 6-7, 2016
Atlanta, Georgia	November 12-13, 2016

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

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
Fort Worth, Texas	September 10-11, 2016
Denver, Colorado	September 17-18, 2016
Syracuse, New York	October 1-2, 2016

MHTP Annual Giving

We are very grateful for your donations!

These friends sent donations in honor, or in memory, of someone:

Sue Bohlman — in honor of Raymond Kudla
Karen Conway — in memory of Steve Conway
Melinda Gardiner — in memory of CMPs Leslie Williams, Virginia Falk, and Steve Conway
Joyce Elliott — in memory of Stella Benson
Kate Arnold — in honor of Suzanne Goddard
Faye Clerget — in memory of Doug Clerget
Carol Joy Loeb — in honor of all therapeutic musicians
Carol Rohl — in honor of Laurie Riley
Karen Stowe — in honor of Melinda Gardiner
Nancy Downie — in honor of her parents, Kenneth & Genevieve Cary
Suzanne Popelka — in honor of Marion Pagel
Donna Youngblood — in memory of Suzie Prough
Martha Lewis — in memory of Fred Wilkie

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

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
Fort Worth, Texas	November 5-6, 2016
Denver, Colorado	November 12-13, 2016
Syracuse, New York	February 11-12, 2017

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

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
Fort Worth, Texas	January 13-15, 2017
Denver, Colorado	February 3-5, 2017
Atlanta, Georgia	June 2-4, 2017

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.

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.

Day in the Life of a CMP®

Love Found a Way

by Janet Satterthwaite, CMP

Fourteen...boys, soccer, phones, schoolwork...harp? For years, I have been practicing and playing the harp in my home. Although my children always said they enjoyed it (put me to sleep!), they didn't really understand what I was trying to accomplish as a Certified Music Practitioner. Last week, the miracle occurred! She lay exhausted, on the couch, eyes closed...I sat down quietly to play while she rested after an entire weekend of soccer. Gently, peacefully, fluidly, I played—intent on creating a healing environment for her “recovery.” It was a simple moment. After I finished, she slowly sat up and lovingly told me how the music had affected her.



She became enveloped in the sound of it, listened, felt the vibrations, relaxed, and recovered. So many times, I try to bring this to strangers. I was blessed this day to bring it to my daughter.

CMPs in the News

CMPs Juliette Keelan and Janie Woods Alexander were featured in an article, “Live Music Heals Patients and Practitioners”— m.ajc.com/news/classifieds/jobs/live-music-heals-patients-and-practitioners/nqQCM/

Denver area CMPs were featured in a TV spot: “Hospital helps heal mind, body, and spirit through art”— www.9news.com/news/local/features/massage-art-helps-heal-at-hospital/102074755

Linda Macfarlane, CMP, was featured in a local newspaper, “Dulcimer Music Soothes Rutland Hospital Patients.”

Congratulations to these new CMP®s! MHTP now has more than 825 graduates.

South

Carol Moser - harp
Nikki Carnahan - harp, violin, piano
Sara Matayoshi - violin

Mid-Atlantic

Elizabeth Leverage Hilles - harp & violin

West

Suni Smith - harp
Bill Johnson - hammered dulcimer
Susan Kaplan - harp

Midwest

Lisa Godde - voice
Linda Johnson - harp



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