



The Music Practitioner

e-Newsletter of The Music for Healing and Transition Program

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May 2014

A Day in the Life of a CMP®: Maestro, If You Please

by Matt Peroutka, CMP®

When I think of my work as a CMP at the University of Maryland Medical Center, I usually say, “Pinch me.” It’s a dream come true. I work with a wonderful team of nurses and practitioners as part of an integrative care team. Most of my work days are filled with experiences at the patient bedside. Occasionally, I will also play my guitar “in the open” in various spaces. The Post-Anesthesia Care Unit (PACU) is one of those spaces, and that is where this story is set.

I was playing my usual music in the PACU—dreamy but stabilizing, 50-70 beats per minute. I noticed that a woman in one of the bays was waving. She was lying in bed, looking up at the ceiling, and conducting. Me. It’s common for our PACU patients to have a small sponge mounted on the end of a paper stick when they are not allowed to eat or drink. For this woman, however, that sponge was her baton, and I was her orchestra.



Matt Peroutka, CMP

I played forte, and her motions became larger. I played piano, and her motions became delicate. I played a bit faster, then slower, and she stayed right with me. The staff closed the curtains and changed her bed sheets. I lost sight of her for a few minutes. Sure enough, when the curtains opened, the baton was still waving. I suppose she never missed a beat.

By now, I had been improvising for a while, and it was time for me to move on to other parts of the hospital. I began working into the “big finish.” The tonic, the sub-dominant, the minor sub-dominant (just to build some tension). She conducted me all the way. Finally, a dramatic rallentando on the dominant. She followed. A nice, big caesura. She held her hands lower to wait for it, wait for it. I finished on the tonic with a big, fat fermata.

Her hands were raised, holding up the note. Done! Her hands dropped by her side.

It was quite the experience.

Matt Peroutka, CMP, lives in Ellicott City, Maryland. He divides his time between his day job and the Integrative Care Team at the University of Maryland Medical Center.

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>**

Our conference is taking shape beautifully. It is always exciting to experience how each MHTP conference comes into being to embody the theme!

We will be posting the draft schedule on the MHTP website in early May, but like all of our conferences, this one will include many extra riches that you won’t see detailed on the schedule. For example, two of MHTP’s founding group, Laurie Riley and Mary Radspinner, will be vendors at the conference, offering their sheet music, recordings, and books in person. Mary is the proprietor of Melody’s Traditional Music in Houston. Laurie Riley will be offering individual ergonomic lessons at the conference—another unique opportunity!

You can register for the early-bird prices until July 1. The registration form and other conference information can be found at: <http://www.mhtp.org/mhtp-conference.aspx>

There are still a few committee chair positions available for a reduction in the conference fee. Contact Gil Wade at ghwade3@yahoo.com if you are interested.

MHTP Board of Directors Annual Meeting



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

Eight members of the MHTP Board of Directors and the Executive Director met in April at Bon Secours Retreat Center outside of Baltimore, Maryland, for the Board's intensive 3.5 day annual meeting. What an exciting time for MHTP and for the profession of therapeutic music! Many of the topics discussed and decisions that were made during the meeting focused on ways to improve our existing curriculum and CEU offerings, reach out to collaborate with more healthcare facilities, and involve MHTP with cutting-edge research on the effects of live therapeutic music.

One highlight of the meeting was meeting with three Certified Music Practitioners working as part of the Integrative Care Team at the University of Maryland Medical Center (UMMC), as well as the medical staff managing that program. Dialogue will continue with UMMC on possible collaborations with MHTP. Review and updating of the prioritization of the goals and objectives of MHTP's Five-Year Strategic Plan, along with the entire meeting's discussions, resulted in more than 70 tasks for various Directors and the Executive Director to accomplish over the next several months.

Because Directors are scattered all over the country, monthly meetings are conducted by phone. Once a year, the Board meets to work on the larger and deeper current issues and future planning for managing the business of MHTP. This year, we very much missed one Director who had a serious family emergency and could not attend. We bid a very heavy-hearted adieu to our Treasurer, Donna Snead, who will be focusing her time on enjoying her retirement. All of the Directors carry out their work and spend the time at meetings as volunteers, for their deep love and honor of what MHTP accomplishes. We all look forward to meeting new friends and seeing old ones at the 2014 MHTP conference, and sharing with you all some of the ideas for envisioning our future.

Introducing MHTP's New Logo and Tagline

by Carol J. Spears, CMP, & Karen Peterson, CMP

The Board of Directors and Executive Director are excited to announce the result of eight months of careful work and reviews that have led us to a new logo and tagline for MHTP.

MHTP is marking its 20th anniversary, which will be celebrated at the 2014 biennial conference this October. This milestone, along with exciting things happening in research and collaboration with healthcare in the field of therapeutic music, inspired us to revisit how we present MHTP to the public. Our original logo is a beautiful representation of using music for healing purposes. MHTP is the largest therapeutic music training program, and it includes all types of acoustic instruments. So, we desired to develop an image that is inclusive and emphasizes music—not just one type of instrument. Going forward into our next 20 years, our desire is that MHTP evokes our connection with music and healing without being instrument-specific.

The new logo shows a staff with a treble clef. The center line turns into an EKG rhythm surrounding a heart shape. This merges a heart-

centered focus with music and medicine. Similarly, the original logo's harp had also suggested a heart shape, "signifying the link of the music with the intention of the human player," according to Maryann Schultz, the creator



of MHTP's original logo. With this, and by using the same vibrant blue and bright orange colors from our first logo, we have kept a connection with MHTP's past, going into our future.

The treble clef touches the MHTP letters, with the H and T lying over the staff, connecting our name with the image. Below our name, we've introduced an official tagline for the first time: "Serving patients, enhancing healthcare." The tagline emphasizes the service aspect of what we do, which benefits not only our patients, but everyone involved in the healthcare experience. It can be applied to MHTP as an educational program, as well as our graduates.

The logo was developed by Prime Design Solutions, a design firm in Pennsylvania. The tagline was written by our own Website and Branding Committee: Karen Peterson, Carol Spears, Debby Hix, and Melinda Gardiner. The rest of the Directors, the teachers, and other staff provided input on variations of the logo and tagline, helping us come to this final version.

MHTP print and online materials, including the website, will be gradually updated to incorporate the new logo.

Save the date!

The Heart-Centered Musician: Honoring Our Past, Envisioning Our Future

October 23-26, 2014, Camp Allen, Navasota, Texas

<http://campallen.org>

Continuing Education Opportunities in 2014

HarpGathering

May 15-18, 2014 - Sauder Village - Heritage Inn, Archbold, Ohio

Three workshops qualify for MHTP CEUs at this harp conference. See the festival website to see which classes qualify. You can pick up CEU certificates to be signed by the festival teachers at the MHTP booth. http://www.harpgathering.com/home_ohio.html

Somerset Harp Festival

July 31-August 3, 2014 - Parsippany, NJ

More than 30 workshops qualify for MHTP CEUs at this harp conference. See the festival website to see which classes qualify. You can pick up CEU certificates to be signed by the festival teachers at the MHTP booth. <http://www.somerset harp fest.com>

The 2014 MHTP Conference

October 23-26, 2014 - Navasota, Texas

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

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.

A Giving Opportunity

MHTP has begun a Conference Transportation Fund to assist some of MHTP's pioneers and a few of our CMP presenters in attending this year's conference. A generous donor has committed to match the first \$500 we raise, and we are almost there. If you would like to help, please send your donation to MHTP Conference, P.O. Box 127, Hillsdale, NY 12529. All donations to MHTP are tax-deductible, in accordance with IRS regulations.

Congratulations to these new CMP®s!

South

Marvin Sherzer – keyboards & piano
Sherry Nalsen - harp

Mid-Atlantic

Robin Prechter – tenor recorder
Janice Stegall-Siebert - mountain dulcimer & voice

Midwest

Laura Richardson – mountain dulcimer

West

Victoria Lidmark – harp & voice
Susan Tourjee- keyboard
Rod Taylor – voice & guitar
Loren Depping - voice & guitar

“Missing” CMPs

Once again, we are trying to make sure that ALL CMPs know about our policy changes, can complete CEUs if they wish to do so, and generally have the opportunity to stay in touch. We have no contact information for the following 82 people. A few of them are fairly new grads who have not returned contracts. We request that if you know any of these people, please tell them to contact us.

Thanks for your help! Please do not send us information you might have yourself, but please tell the person to contact us at mhtp@mhtp.org.

Doug Bennett
Trudy Bishop
Lyndal Bronwyn
Barbara Bruce
Greg Buie
Mecca Burns
Anne Butcher
Susan Cantone
Karlene Cantrell
Diane Carter
Bette Chambless
Lin Coleman
Amy Collins
Gayle Copeland
Jane DeVries
Sue Duffy
Catherine Faver
Dr. Cyndi Galloway
Margaret Gaspard
Deborah Geer
Gail Gerdin
Holly Gloff
Sandra Lea Gonzales
Rev. Belicia Govine
Joyce Velma Grant
Mary Beth Gray
Donna Greco
Dilynn Guern
Elisabeth Gut
Catherine Haebler
Theresa M. Hanlon
Barbara Harris
Harry A. Herd
Laura Hughes
Chilali Hugo
Tim Hulley
Kate Hungerford
Debbie Jennings
Sandy Johnson
Ken Jones
Anna Jopling
Sharon Keller

Lisa Kempeskie
Patty Keteltas
Karen Kohl
Beth Krauskopf
Barbara Kruszewski
Victoria Kumor
Frances Kurtz
Sally Lay
Carolyn Lyons
Gayle Matuszak
Susan Maxwell
Betsey W. McCrory
Martine Miller
Lois Morton
Sandra Nelson
Eileen Paugh
Bonnie Pulliam
Jennifer Rhodes
Beth Robinson
Mary Roth
Elizabeth Rudkin
Nancy Sabatini
Pamela Schulte
Terry Schumaker
Deborah Seiler
Carol Anne Smith
Carol Marion Smith
Cynthia Snodgrass
Cindy Speer
Jacqueline Spring
Tiah Swanson
Ronald G. Thomas
Barbara Ann Tronsgard
Mauri Tyler
Cheryl Webb
Paula Wentz
Connie Whiteside
Sandra Wilson Harris
Joanna Wood
Dale E. Wratchford
Mary Lou Wurts
Sharon Yofan

MODULE NEWS

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

Scheduled Modules May through December 2014

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

Federal Way, Washington	June 7-8, 2014
Harrisonburg, Virginia	June 15-17, 2014
Concord, New Hampshire	August 23-24, 2014
Portland, Oregon	September 13-14, 2014

MODULE TWO (Music as a Language)

Harrisonburg, Virginia	June 17-19, 2014
Hudson Valley, NY Camp	July 5-6, 2014
Federal Way, Washington	July 12-13, 2014
Ontario, Canada	August 23-24, 2014
Concord, New Hampshire	October 11-12, 2014
Portland, Oregon	December 6-7, 2014

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

Chicago, Illinois	July 19-20, 2014
Harrisonburg, Virginia	August 10-12, 2014
Federal Way, Washington	September 20-21, 2014
Hudson Valley, NY Camp	September 27-28, 2014
Ontario, Canada	October 4-5, 2014

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

Knoxville, Tennessee	May 17-18, 2014
New Orleans, Louisiana	May 25-26, 2014
Harrisonburg, Virginia	August 12-14, 2014
Chicago, Illinois	September 13-14, 2014
Federal Way, Washington	November 7-9, 2014
Ontario, Canada	December 6-7, 2014

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

Denver, Colorado	May 31-June 2, 2014
Sacramento, California	June 6-8, 2014
Baltimore, Maryland	June 6-8, 2014
New Orleans, Louisiana	Aug. 30-Sept. 1, 2014

Knoxville, Tennessee	September 12-14, 2014
Chicago, Illinois	November 14-16, 2014

CMP®s In the News & the Community

Dr. Frances Baker, a psychiatrist and CMP, was featured on delmarvanow.com in February. Read the article at: http://www.delmarvanow.com/article/20140221/LIFESTYLE/302210013/?gclid=1&nlick_check=1

Allen Dec, CMP, was featured on nvdaily.com. Read the article, "Therapeutic Musician Uses Harp to Heal Patients," here: <http://www.nvdaily.com/news/2014/04/therapeutic-musician-helps-heal-patients-through-harp.php>

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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