



# The Music Practitioner

## e-Newsletter of The Music for Healing & Transition Program

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January 2013

## A Day in the Life of a CMP®: A Tale of Two Roommates

by Marguerite Sprague, CMP®

Upon entering the room of one of my assigned patients for the day, I saw that the patient had a roommate, and the roommate had three visitors—her adult son, daughter, and granddaughter of college age. The room was large, and my assigned patient was on one end of the room. Her roommate was directly opposite her, and up in the wheelchair by her bed, surrounded by her family.

My patient was an 89-year-old woman who was chronically ill and at a late stage of her dementia. She was often a bit despondent and nonverbal.

The first thing that struck me, however, was how the bed curtain was completely drawn around her bed. There was little to no room at all to sit near the patient. The roommate, also with dementia, was very talkative and rambling at times with her family, who tried hard to listen patiently.

After introducing myself to everyone, I went over to my patient, poking my head in through the curtain. She was lying with her eyes closed. I leaned down nearer to her and gently asked if she would like it if I played music for her on my flute. She seemed to nod, and I knew she could hear me by her receptive response, even though her eyes remained closed.

After turning off a small scratchy sounding radio that was left on for her, I asked the roommate and her family if it would be alright if I opened the curtain, so I could play my flute for her. The son, who I later learned sings professionally in an ensemble, immediately replied, “By all means, play!” and waved me over toward the patient.

The daughter agreed and, referring to the curtain, stated, “We didn’t want to bother her,” and, “She just lies there and doesn’t do anything.”

So I opened the curtain fully and nudged a chair over so I could be nearer to her.

I knew this was a challenging situation. I calmed myself internally and meditated for a few moments on the purpose of my playing. I hoped I could somehow serve my patient, and not offend, or distance, the others.

I began by playing a mix of some traditional folk melodies and lullabies. My assigned patient seemed to enjoy the sound of the flute and the music. I had initially matched her slightly rapid respirations, which then soon slowed. The roommate continued to talk a bit loudly and was rambling at times.

I then switched to a beautiful Native American piece. The roommate instantly stopped talking and turned her head to

listen. My patient also turned her head toward the music and opened her eyes. The room went silent.

Next, something led me to play “Smile” by Charlie Chaplin and “Blue Skies” by Irving Berlin. No one spoke. The roommate was listening, and she seemed to begin to relax more than when I had first come in to play. She remained quiet and turned her head toward the music for the rest of the session.

The family seemed surprisingly pleased to see how this music had such a profound, positive, and calming effect on their mother.

After the session ended, I leaned down to my patient, who was smiling! She reached for my hand and clasped it, tightly squeezing it, and said in a weak, soft voice, “Thank you.” I told her that I would be happy to come again and play for her. She appeared comforted and more alert. The bed curtain remained open, and my “other” patient and family members thanked me.

It felt on that day, in those moments, barriers had come down. The isolation of one patient, and perhaps the fear of the unknown of another, and her family, seemed to dissolve.

With one music session and the opening of a curtain, we had all become one, and we had shared a moment in time together, bringing peace and healing to two very special patients, and to everyone in the room.

This was a truly memorable and rewarding “day in the life” for me as a CMP.



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## The Heart-Centered Musician: Manifesting the Vision – MHTP’s 2012 Conference

“The best conference yet!”

### Conference Recordings

CDs for each of the sessions of the conference are available for purchase now. The Conference CD Set is \$75.00, which includes 10 CDs, some session handouts, postage, and handling. You may also order single sessions at \$10 per CD plus shipping.



1. Session 1 - Expanding the Energies of the Heart - Dr. James Oschman – 1.5 CEUs
2. Session 2 - The Biophysics of Heart Entrainment - Dr. James Oschman – 1.5 CEUs (2 CDs)
3. Session 3 - Panel - Cultivating Spiritual Sensitivity - Ahmad Abu Amara, Rev. H. Byron Ballard, Nick Magerl, Rev. Jim McKinley, Lucy Oliver, Rev. Mark Stanley, Caroline Yongue, Rabbi Phil Cohen – 1.5 CEUs
4. Session 4 - Panel - Creating a Hospital Program - Greg Maxwell, CMP; Eve Watters, CMP; Cheryl Belanger, CMP - 1 CEU
5. Session 5 - Panel: Pioneering Applications of Therapeutic Music - Laura Sperling, CMP; Carol Joy Loeb, RN, CMP – 1 CEU
6. Session 6 - Experiences, Explanations, and Expectations of the Interface of Sound and Health - Dr. Lee Bartel – 1.5 CEUs (2 CDs)
7. Session 7 - Crafting Your Sound for Effect - Dr. Lee Bartel – 1.5 CEUs
8. Session 8 - Participating in and Growing our Profession – Alice Freeman, Ivan Iriarte (NSBTM Board) – 1 CEU

See the MHTP website for ordering information.  
<http://www.mhtp.org/Data/Web/ConferenceCDS.pdf>

### Continuing Education Opportunities

**Sound & Music Alliance (SAMA) Free Teleconferences** – SAMA is offering a series of free teleconferences with leaders in the field of intentional sound and music. Each teleconference is 1 MHTP CEU. See <http://www.soundandmusicalliance.org/upcoming-sama-teleconferences.html> for more information on the 2013 teleconferences and how to sign-up for them.

**Module Re-Take** – If you graduated two years ago or more, you can earn 15 CEUs by re-taking a Module. Advisors may take Modules for free. For other CMPs, the cost is \$230.

**2012 MHTP Conference CDs** – 10.5 MHTP CEUs can be earned by listening to the entire set and writing a paragraph summary of each session.

### Reflections on the MHTP 2012 Conference

by Joanne Does, CMP®

<http://www.healingsounds.ca>

The MHTP conference: I just returned home from a great conference. I took home so many tips that I can incorporate into my work, and listening to the panel discussion of other CMPs that work in hospitals gave me hope that my dream of working in a hospital might be possible for me someday. Thank you to the entire conference team, volunteers, the Board, and everyone else who contributed to this conference.

Donations to MHTP: We are fortunate to belong to a professional association that supports our work providing music in healthcare. I have been so affected by the dedication of our Board, teachers, researchers, area coordinators, advisors, and of course, Melinda. I am grateful for the amount of work they do for us in order to improve our future. This is largely unpaid work for them. As graduates of the MHTP program, we have the privilege of focusing on finding and working at paid work, either as CMPs or in our other professions, while they are hard at work in their free time to provide a good future for us. I am amazed that there are no annual association fees to help support this organization. Most professional organizations have annual fees that can range from \$75 upwards to over \$1000. The cost of the conference is the most reasonable I have ever encountered in my professional life. In this light, I have realized that we need to support MHTP in whatever way we can. As a member, I would urge other members to consider making a yearly donation to MHTP to ensure it has a healthy future. “Pay what you can,” keeping in mind what they do for us.

Not all of us are cut out to be Board members, advisors, and so forth, so this is a way for us to contribute. They make it possible for us to work without worrying about the details of running an organization. There is so much happening behind the scenes for us—that became very clear to me during the conference. I am very excited with what I learned at the conference and the health of our profession, and I know that music in healthcare is quickly emerging!

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### Retaking Modules

by Joanne Does, CMP®

I graduated as a CMP in 2007. This past year, three of my classmates retook the modules in Ann Arbor, Michigan. It was not only a happy reunion for us, but an excellent refresher. I learned so much the second time around. It was also helpful for the students to hear our stories and experiences. MHTP is offering MHTP graduates the opportunity to retake modules at a discounted rate (see Continuing Education Opportunities). I urge you to consider doing this! Thank you MHTP for all you do, and for giving us this opportunity!

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### Silent Auction Thanks

Thank you to all who helped with, contributed to, bid, and won items for the silent auction at the 2012 conference. We raised \$1705 for the MHTP Scholarship Fund!

## MODULE NEWS

MHTP is holding 2013 classes in three places where we have never held classes before: Ontario, Canada, and New Orleans, LA, and possibly Knoxville, TN. If you are interested in enrolling in these places, let us know. The Canada classes are already scheduled and filling very fast. Other dates will be announced very soon. We are still enrolling all of the Module 1 scheduled classes listed below. Check [www.mhtp.org](http://www.mhtp.org) for module additions or changes.

The on-going Denver, Baltimore, and Atlanta classes have room for a few more students.

Please note that we are scheduling the NY Summer Camp Classes differently as a trial in 2013. The June Camp will be Module 1 and 3. The August Camp will be Module 2 and 4.

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

Tampa, Florida	February 2-3, 2013
Federal Way, Washington	February 9-10, 2013
Syracuse, New York	March 2-3, 2013
Ann Arbor, Michigan	March 9-10, 2013
Concord, New Hampshire	March 16-17, 2013
Minneapolis, Minnesota	April 20-21, 2013
Dallas, Texas	May 4-5, 2013
Woodstock, Ontario, Canada	May 25-26, 2013
Hudson Valley Camp	June 16-18, 2013

### MODULE TWO (Music as a Language)

Tampa, Florida	April 6-7, 2013
Federal Way, Washington	April 13-14, 2013
Syracuse, New York	April 27-28, 2013
Concord, New Hampshire	May 4-5, 2013
Ann Arbor, Michigan	May 11-12, 2013
Minneapolis, Minnesota	June 1-2, 2013
Dallas, Texas	June 22-23, 2013
Hudson Valley Camp	August 4-6, 2013
Woodstock, Ontario, Canada	August 10-11, 2013

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

Atlanta, Georgia	February 8-9, 2013
Baltimore, Maryland	March 2-3, 2013
Tampa, Florida	June 1-2, 2013
Hudson Valley Camp	June 18-20, 2013
Federal Way, Washington	June 22-23, 2013
Syracuse, New York	June 29-30, 2013
Ann Arbor, Michigan	July 13-14, 2013
Concord, New Hampshire	July 27-28, 2013
Minneapolis, Minnesota	August 3-4, 2013
Dallas, Texas	August 30-31, 2013
Woodstock, Ontario, Canada	October 5-6, 2013

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

Denver, Colorado	March 9-10, 2013
Sacramento, California	March 16-17, 2013
Atlanta, Georgia	April 12-13, 2013
Baltimore, Maryland	May 4-5, 2013

Tampa, Florida	August 3-4, 2013
Hudson Valley Camp	August 6-8, 2013
Federal Way, Washington	August 17-18, 2013
Ann Arbor, Michigan	September 21-22, 2013
Syracuse, New York	September 28-29, 2013
Minneapolis, Minnesota	October 4-6, 2013
Concord, New Hampshire	October 12-13, 2013
Dallas, Texas	October 27-28, 2013
Woodstock, Ontario, Canada	December 15-16, 2013

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

Harrisonburg, Virginia	February 1-3, 2013
Portland, Oregon	April 5-7, 2013
Sacramento, California	May 17-19, 2013
Denver, Colorado	June 7-9, 2013
Baltimore, Maryland	June 7-9, 2013
Atlanta, Georgia	June 21-23, 2013
Tampa, Florida	October 4-6, 2013
Federal Way, Washington	October 18-20, 2013
Syracuse, New York	November 8-10, 2013
Ann Arbor, Michigan	November 15-17, 2013
Minneapolis, Minnesota	December 6-8, 2013

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### CMP®s In the News

Greg Maxwell, CMP, was featured in a radio piece on holiday music for patients at University of Michigan Hospitals: <http://www.wemu.org/post/bringing-holiday-spirit-hospital-patients>

Brenda Cox, CMP, was interviewed for a TV feature. Watch the interview here: <http://www.4029tv.com/news/health/Local-musician-helps-hospital-patients-with-the-power-of-music/-/8897344/17814856/-/cpx4rxz/-/index.html>

A building at Suncoast Hospice was named after CMP Mary Jean Etten. Read about it: <http://www.thehospice.org/Our-Life-s-Work/November-2012/Suncoast-Hospice-Dedicates-Center-and-Building>

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### Recent Headlines About Therapeutic Music

Arts in Healing Music Program Launched: <http://louisville.edu/medschool/news-archive/arts-in-healing-music-program-launched-at-james-graham-brown-cancer-center>

## MHTP Annual Giving: Manifesting Our Vision Together

Thanks to your wonderful generosity during our 2011 Annual Appeal, and the dedicated work of our wonderful volunteer Board, the MHTP staff, teachers, Area Coordinators, and the volunteers who are members of MHTP committees, 2012 has been a very successful year. Because of your help in 2012:

- MHTP held classes at 14 sites, enrolling 135 new students - a record!
- We were able to award a total of \$4,700 in scholarships to help 17 individuals who may have not been able to enroll in the program without that help.
- Our research fund has increased, and our research committee has been entering the data from the Patient Data Collection Forms you have been submitting into a database, so that the committee can create some good research questions.
- We were able to offer monthly prospective student webinars.
- MHTP has been able to be a presence at four conferences, including one in Canada, opening the way to Canadian classes in 2013.
- MHTP has hired a Development Administrator, who will research and apply for grants, helping us benefit as a 501c3 not-for-profit, expand, and deepen our services. We hope to apply for and receive grants to fund curriculum and faculty development, research, scholarships, website development, and graduate enrichment.
- MHTP has been able to be on the forefront in monitoring and responding to the legislation initiatives of the American Music Therapy Association, especially in Washington State, where the efforts of the Washington CMPs helped stop the bill's progress and educated the AMTA.

Because of your generosity once again in 2012, MHTP will be able to continue and grow the work begun in 2012. Thank you!

Some of you sent in donations to honor loved ones and mentors. We are in turn honored to be able to publish their names here.

Debby Hix - in honor of Bill & Kathy Hix  
Ruthie Neilan - in honor of "Aunt Fritz" Frances Oster  
Elsa Littman - in honor of Charlotte Carter  
Stella Benson - in honor of Lucille Benson  
Martha Lewis - in honor of her brother, Fred Wilkie  
Mary Atwood - in honor of her daughter, Becky Atwood  
Cynthia Haring - in honor of her mother, Caryl Haring  
Linda Grobman - in honor of Abe & Fay May  
Julia Embly - in honor of her beloved family  
Linda Minor - in honor of Kay Frank Benzel & Harold Frank  
Margaret Warczak - in honor of Norbert & Margaret Kubiak  
Carol Joy Loeb - in honor of Melinda Gardiner  
Carol Rohl - in honor of Arthur D. Rohl  
Robin Gaiser - in honor of her musician mother, Shirley L. Russell

## Congratulations to these new CMP®s!

### West

Kate Tamarkin-Arnold - harp  
Debbie Green - hammered dulcimer  
Sandra DeVore - harp  
Nancy Hartwig - harp

### South

Carla Siegesmund - harp  
David Reeves - trumpet  
Earl J. Fowler - guitar and voice

### Mid-Atlantic

Andy Vought - guitar and voice  
Martha Vance - cello  
Anne Apynys - harp

### Northeast

Dennis Dominick - guitar

### Midwest

Alice Richmond - hammered dulcimer, mountain dulcimer, and recorder

## In Memory

### Sara Ann Buckelew Olsen

Sara Ann Buckelew Olsen, 66, of Millstone Township, NJ, died at her home on Wednesday, September 5, 2012, following a six-year battle with cancer.

Sara retired from the Middlesex County Board of Social Services where she had worked in various positions, retiring as Senior Investigator in 2002. Sara had a nurturing spirit coupled with a love of books and music. She played flute and piano as a child, but discovered her true love of the harp as an adult. She was a member of the Philadelphia Harp Chapter of the American Harp Society and performed and taught for more than 25 years. Sara loved her work as a music practitioner, having completed the Music for Healing and Transition Program. She enjoyed traveling the halls playing for distressed and ill patients and staff. Sara had been a student and teacher of Tai Chi Chuan and Moulan Fan form at Andy Lee's Tai Chi Chuan Center of NJ. She achieved a level three ranking of the International Yang Tai Chi Association. She was also a member of the Labyrinth Society. Sara was an active volunteer, health permitting, at the Kateri Environmental Center in Wickatunk.

## 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 Board of MHTP invites 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.



## MHTP Job Announcement—Curriculum Reviewer

### Application Deadline: February 1, 2013

The Music for Healing & Transition Program, Inc. (MHTP) is taking applications for the position of Curriculum Reviewer. Please see “Requirements for Application” below. The MHTP Curriculum Reviewer (CR) is primarily responsible for annually revising and keeping up-to-date the Teacher’s Curriculum Guides and all associated documents for each of the five MHTP modules. Once each year, the CR:

- solicits suggestions for revisions from all teachers,
- gathers and reviews all suggestions from teachers and MHTP Board,
- incorporates appropriate suggestions into the relevant module Curriculum Guide(s),
- electronically circulates revised Curriculum Guides for review, and
- electronically circulates final version of each Curriculum Guide to each module’s teachers.

In addition to annual Curriculum Guide revisions, the CR helps the MHTP Faculty Administrator organize and run annual Teachers’ Retreats, in which all teachers come together to share experiences and ideas to improve overall MHTP training. A face-to-face retreat is held one day prior to the beginning of each Biennial MHTP Conference, and in non-conference years, a virtual retreat is held via telecon. The CR may help with other teacher telecons and curriculum-related activities as necessary.

The MHTP Curriculum Reviewer is employed as a part-time independent contractor through a signed annual agreement with MHTP, which is renewable yearly upon a satisfactory job performance. This is an hourly position, with a maximum salary not to exceed \$3,000 per year. Number of hours worked per week will vary throughout the year, with the bulk of the work generally occurring between January and May. Majority of the work can be done electronically from home, so access to a computer and Internet are mandatory.

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

Please electronically submit the following two items to the current MHTP Curriculum Reviewer (see Application Process below):

- Your current résumé. Include details of therapeutic music positions, teaching experience (especially with adults), and curriculum (and other) writing/editing experience. Also include any experience with creating or delivering online/distance learning materials.
- Your written responses explaining how you have gained the Knowledge, Skills, and Abilities (KSAs) listed below. Address each of the KSAs individually.

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 below. Paid and unpaid experience will be considered. Please be specific and detailed in your responses to the KSAs.

#### Knowledge, Skills, and Abilities:

1. Broad knowledge of MHTP, its history, philosophy, mission, and management. Ability to completely support and advocate for MHTP’s mission, policies, and certification requirements.
2. Extensive knowledge of the broad scope of the MHTP educational and training program.
3. Experience as an MHTP teacher, or a comparable program teaching adult students.
4. Ability in curriculum development and writing. Knowledge in delivering educational materials using alternative methods, e.g., online/distance learning, home study, etc.
5. Extensive skill in writing and editing, plus advanced abilities to create documents in commonly used computer programs (Word and PDF format), and to share large e-mail attachments.
6. Ability to work in collaboration with other MHTP staff, the Faculty Administrator, MHTP teachers, MHTP Board, and MHTP Executive Director, sometimes being arbitrator among conflicting opinions and suggestions.
7. Exceptional skill in administrative organizational tasks and attention to detail. Ability to complete, in a timely manner, administrative tasks in the MHTP Curriculum Reviewer Job Description and as assigned by Supervisor.
8. Ability to supervise others.
9. Ability to work independently with very little supervision.

**APPLICATION PROCESS:** Applications must be received by **February 1, 2013**. Please send all materials listed above electronically to Debby Hix, Curriculum Reviewer, at the following e-mail: [hix@vt.edu](mailto:hix@vt.edu)

#### 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 e-mail describing your story idea prior to writing the article.



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