



The Music Practitioner

e-Newsletter of The Music for Healing & Transition Program

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June 2012

The Heart-Centered Musician: Manifesting the Vision

October 18-21, 2012

Lutheridge Retreat Center, Arden, North Carolina

Early Bird Deadline Extended to June 15, 2012.



MHTP Conference News

Early-bird conference registration for the MHTP conference is extended to June 15. The early-bird, all-inclusive registration is \$495.00 and includes shared (two-person) room, 8 meals, all conference sessions, and all events. After June 15, the fee will be \$550.00.

The conference schedule is now available on the MHTP website at <http://www.mhpt.org/conference.aspx>.

Our conference featured speakers will each be presenting a plenary workshop for us, in order to deepen the information presented in their keynote addresses.



James Oschman, Ph.D.,
physicist and author of
Energy Medicine
Keynote: Thursday,
October 18, 8 p.m.
*Expanding the Energies
of the Heart*

This presentation will engage the community in a heart-centered process of connection. We will use a variety of rhythms, including sounds, breath, and movements to create a sacred space. Dr. Oschman will describe the living matrix, referred to as the divine matrix by Greg Braden, and how we can use this pervasive system as an antenna that can receive information about those around us and that can also broadcast peaceful loving feelings throughout our own bodies and to others.

Plenary: Friday, October 19, 10 a.m. The Biophysics of Heart Entrainment

The workshop by Dr. Oschman will present new and practical information we have about the heart and its role in the healing process. The heart can have profound healing effects on both the practitioner and the patient, as is well known in the MHTP community. This workshop will provide information

on the mechanisms by which this occurs. Specifically, we will discuss how healing frequencies (vibrations or rhythms) are produced by the heart and communicated to those around us via our bioenergetic fields. We will also discuss the role of intuition and intention and the source of their profound effects.

Posters

Conference participants are invited to bring a poster about their work to hang in our main gathering space. This is a way for each of us to let our colleagues attending the conference know about the interesting things that we are each doing. It is another way to network and support each other. There will be opportunities on Friday and Saturday for brief poster presentations. See the MHTP website conference page (<http://www.mhpt.org/conference.aspx>) for the particulars on creating a poster.

Some Unique Offerings at the 2012 Conference

Vibroacoustic Harp Therapy - Sarajane Williams, editor and publisher of the *Harp Therapy Journal* and creator of Vibroacoustic Harp Therapy (VAHT) will be at the conference offering private sessions on VAHT.

Laughter Yoga - Lisa Harris, LCSW, will be offering a session of Laughter Yoga Friday evening as part of our evening activities.

Individual Ergonomics Lessons - Harper, ergonomics specialist, and MHTP student Jen Narkevicius will be offering ergonomics lessons that are focused on your interaction with your instrument to improve technique.

Sacred Circle Dance - Tarleton Brooks will lead all who wish to participate in Sacred Circle Dance on Saturday night. This dance is sometimes called meditation dance, is simple, and is based on traditional European and middle-eastern dance forms.

Morning Singing - Ana Hernandez will be our morning "sounding focalizer." Ana is an MHTP student, well-known workshop presenter, and author of *The Sacred Art of Chant*.

First Ever Harp Study Conducted on Infertility Patients

Infertility specialist Dr. Larry Barmat has conducted the first ever harp therapy study on infertile patients to show that the merger of music and medicine helps soothe the soul, relieve patient stress, and ultimately improve the outcome of in vitro fertilization embryo transfers. The harp study is the first of its kind to evaluate the effect harp music has on assisted reproductive technologies. In the past, studies have shown that harp therapy has a positive effect on stress and anxiety in patients, but these parameters have never been tested on infertile patients.

Dr. Larry Barmat understands the stress that goes along with infertility and wanting a baby. Approximately fifteen percent of reproductive age couples face the emotional, financial, and physical stressors of infertility and subsequent treatments. Since the introduction of IVF in 1978, there have been dramatic improvements in the procedure and its outcomes. However, there is still only a fifty percent chance that the IVF procedure will be a success. In vitro fertilization involves the retrieval of eggs from a woman's ovaries for fertilization of the eggs with the sperm in the

laboratory. After several days, embryos are transferred into the woman's uterus for implantation and pregnancy.

Dr. Barmat initiated the harp study with the help of an Innovator's Circle grant from Abington Memorial Hospital in Abington, PA. The harp study results help to show that alternative medicine, and specifically harp therapy, continues to play an increasingly important role in western medicine. Harp therapy has been shown to have an overall positive effect on observed behaviors of premature infants. The harp study took approximately one year to complete.

This was a prospective randomized trial conducted at a community hospital based reproductive medicine office. The harp study included infertile women ages 21-44 who were undergoing IVF transfer and willing to participate. The women were divided into a harp therapy group and a control group. All patients had their blood pressure, heart rate, and respiratory rate assessed before and after embryo transfer to determine their stress levels. At the conclusion of the transfer, patients also completed a questionnaire about the study.

All IVF transfers occurred at the Toll Center for Reproductive Sciences. The harpist is Gloria Galante, a certified music practitioner and music professor at West Chester University in West Chester, PA. Ms. Galante is also an advisor for the Music for Healing and Transition Program. She has provided harp therapy for patients undergoing cancer therapies and surgical procedures now in her fourth year. She is also training therapeutic musicians to be a part of her service, GMG Therapeutic harpists/music practitioners.

The results and discussion of this study are posted on the MHTP website at: <http://www.mhtp.org/Data/Web/InvitroHarp.pdf>.

For more information, see:

- <http://www.abingtonreproductivemedicine.com>
- <http://www.abingtonreproductivemedicine.com/harp-music-ivf-study>

*Ms. Gloria Galante, MM, CMP
Professor, founder of WCU/CVPA Harp Program*

Notice to MHTP Students and Advisors

Need an Extension?

Students have 3 years from the start of their first module to complete the program requirements for graduation. Occasionally, there may be a "life situation" that makes the student unable to meet this time requirement. When it becomes apparent to the student that he or she is unable to meet the 3-year deadline, the student is to contact the advisor and request a 6-Month Extension Form.

- The student fills out the student section of the form and returns it to his or her advisor.
- The advisor fills out the advisor section of the form and sends it to the advisor administrator (preference is electronically).
- The advisor administrator reviews the contents and informs the student and the advisor of the outcome. Should it be necessary, the advisor administrator will involve the executive director.

Once the student's request for a 6-month extension is approved, the student must mail \$100 directly to his or her advisor. Hopefully, the student will be able to finish the remaining requirements during those six months. If the student is not able to finish within that time, the student may apply for one more 6-month extension period (same procedure as listed above). If a student has run out of extensions and wishes to continue to pursue certification, the student will need to reapply to the program.

Kris Snyder, CMP
VP, MHTP Board of Directors
Advisor Administrator

Research Abstracts Now Available on MHTP Website

The in-vitro study abstract described above is available now on the MHTP website Research Abstracts page at <http://www.mhtp.org/research.aspx>, along with population-specific research abstracts and articles. In all, there are about 75 pages of information available to you there.

CEU Opportunity

MHTP wishes to keep the research abstracts page updated for you. We are looking for CMPs who would be willing to update our research abstract offerings in exchange for CEUs. Contact mhtp@mhtp.org if you are interested.

MODULE NEWS

Scheduled 2012 Classes: June through December

Our East Coast camps are in Harrisonburg, VA, and the Hudson Valley of New York. The West Coast camp is in Colorado Springs. Check <http://www.mhtp.org> for additions or changes.

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

Colorado Springs, Colorado Camp	June 4-6, 2012
Harrisonburg, Virginia Camp	June 11-13, 2012
Hudson Valley, New York Camp	June 24-26, 2012
Portland, Oregon	July 14-15, 2012
Sacramento, California	August 18-19, 2012
Atlanta, Georgia	September 15-16, 2012
Denver, Colorado	September 22-23, 2012
Baltimore, Maryland	November 3-4, 2012

MODULE TWO (Music as a Language)

Colorado Springs, Colorado Camp	June 6-8, 2012
Bay Area, California	June 9-10, 2012
Harrisonburg, Virginia Camp	June 13-15, 2012
Hudson Valley, New York Camp	June 26-28, 2012
Portland, Oregon	September 22-23, 2012
Denver, Colorado	November 10-11, 2012
Atlanta, Georgia	November 10-11, 2012
Sacramento, California	November 17-18, 2012

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

Tampa, Florida	June 2-3, 2012
Syracuse, New York	June 16-17, 2012

Concord, New Hampshire	July 7-8, 2012
Colorado Springs, Colorado	August 6-7, 2012
Harrisonburg, Virginia	August 13-15, 2012
Berkeley, California	August 25-26, 2012
Hudson Valley, NY Camp	August 26-28, 2012
Portland, Oregon	November 10-11, 2012

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

Ann Arbor, Michigan	July 14-15, 2012
Tampa, Florida	August 4-5, 2012
Colorado Springs, Colorado	August 7-9, 2012
Harrisonburg, Virginia	August 15-17, 2012
Hudson Valley, NY Camp	August 28-30, 2012
Syracuse, New York	September 8-9, 2012
Concord, New Hampshire	October 13-14, 2012
Berkeley, California	October 27-28, 2012

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

Atlanta, Georgia	June 22-24, 2012
Baltimore, Maryland	June 22-24, 2012
Ann Arbor, Michigan	September 14-16, 2012
Tampa, Florida	October 5-7, 2012
Syracuse, New York	November 9-11, 2012
Concord, New Hampshire	November 30-Dec. 2, 2012
Berkeley, California	December 7-9, 2012

Continuing Education Opportunities

The 2012 MHTP conference is an opportunity to receive 20 MHTP CEUs. The sessions will be recorded as well, so that CMPs unable to attend will be able to receive approximately 8 CEUs by listening to the CDs and writing a brief report.

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. June 15 will feature Alex Doman, author with Don Campbell of *Healing at the Speed of Sound*. See <http://www.soundandmusicalliance.org/upcoming-sama-teleconferences.html> for more information on how to sign-up for the teleconferences.

Classes at Harp Festivals—The Somerset Folk Harp Festival – July 26-29, 2012 in Parsiphany, NJ, and the Southeastern Harp Weekend, October 26-28, Arden, NC, both offer classes that are eligible for MHTP CEUs.

MHTP now has more than 640 graduates. Congratulations to these new CMP®s!

West

Nancy Nelle – voice & autoharp

Mid-Atlantic

Kate Tarmarkin Arnold – harp

Michaeline Shay – harp

Rafael Scarfullery - guitar

Midwest

Linda Sherman – harp & voice

Theresa Palmersheim – harp

Mary Livingston - accordion, keyboard, harmonica, voice

Bonnie Melzarek - harp

News From the National Standards Board for Therapeutic Musicians (NSBTM)



The National Standards Board for Therapeutic Musicians (NSBTM) has been actively supporting its accredited programs and their graduates.

The Therapeutic Musician Employment Survey was created to track issues around employment, including volunteering, so that therapeutic musicians could use that information to enhance their job searches and inform employers of trends in the profession. The first results are now available at http://www.therapeuticmusician.com/files/survey_20120516.pdf.

The survey is a resource for information about types of employment sites, wages paid, and so forth. The survey is on-going, and results will be posted quarterly on the NSBTM website. All therapeutic musicians are encouraged to participate in the survey. See <http://www.therapeuticmusician.com>. Thank you, CMPs, for participating so actively! Remember, you may take the survey repeatedly as your work situation changes.

The Legislative Committee is forming with the intention of being a clearing house on information about state and national proposed legislation that may affect our practice as therapeutic musicians. The current focus is music therapy practice acts that are being proposed in quite a few states. **The committee needs your help. Please inform us if you hear about legislation being proposed in your state. You can e-mail harp@taconic.net with any information.**

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.

Congratulations to Kathy Metras LaBerge, winner of the 2012 MHTP Somerset Folk Harp Conference Raffle!

Thank you to all who supported MHTP by entering the raffle.

CMP®s In the News

Sue Wohld, CMP, was featured in the TribLocal Hinsdale. See <http://triblocal.com/hinsdale/community/stories/2012/04/healing-through-music-at-adventist-hinsdale-hospital/#.T34lnuzr0ZA>. email.

Linda Grobman, CMP, was interviewed for an article on music in nursing homes (see end of article): http://www.pennlive.com/bodyandmind/index.ssf/2012/04/the_healing_power_of_music_the.html

Barbara Lepke-Sims, CMP, was featured in an article on the Children's Colorado Hospital website: <http://www.childrenscolorado.org/news/inthenews/2012-news/harpist-brings-calm-to-hospital.aspx>

Judith Ritchie, CMP, was featured in the Columbus Dispatch: <http://www.dispatch.com/content/stories/local/2012/03/25/health/music-gaining-respect-in-medical-circles.html>

CMPs Jean Ann Walth and Elizabeth Wendt were interviewed in the Roseville Journal: <http://rosevillept.com/detail/204999.html>

Recent Headlines About Therapeutic Music

Turkish Doctors Call the Tune With Traditional Music: <http://mg.co.za/article/2011-08-29-turkish-doctors-call-the-tune-with-traditional-musical-cures>

MHTP Development News

MHTP is very grateful to the Grace Jones Richardson Trust and Mr. and Mrs. Herrick Jackson for their generous grant. The funds are being used to support our Berkeley, California, classes.

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.



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