



The Music Practitioner

e-Newsletter of The Music for Healing & Transition Program

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September 2012

The Heart-Centered Musician: Manifesting the Vision

October 18-21, 2012

Lutheridge Retreat Center, Arden, North Carolina

The MHTP Conference Is Almost Here— Please Come!

There is still room for you at our conference. Come for the whole conference or a day! **Conference information and registration forms are available at <http://www.mhpt.org/conference.aspx>. You may also e-mail mhpt@mhpt.org for the forms.**

Would you like to come to the conference at a reduced rate? We still have a few work scholarships available for people to chair committees. Contact Conference Coordinator Linda Kavak if you are interested, at alls_possible22@hotmail.com.

Our Conference Vendors

MHTP conferences always feature some unique vendors from the local area. Vendor chairwoman Robin Gaiser has done a wonderful job assembling some exceptional North Carolina craftspeople. They will offer handmade small harps, hammer dulcimers, mountain dulcimers, bowed psalteries and accessories, flutes, tone drums, wearable art, pottery, and gifts. Dave Woodward of Heartland Harps will be with us with his amazing light-weight carbon harps. Planetharp will offer books, music, and the opportunity to experience Vibroacoustic Harp Therapy yourself.

Silent Auction To Benefit MHTP Scholarship Fund

There will be a silent auction at the MHTP conference, as well—always great fun! All participants are encouraged to bring something to donate! It doesn't have to be music-related. You could bring a quilt or some jewelry. It can be something new, something gently used, or something you have made. Use your imagination and look around—there is likely something you have that someone else would love!

We have an exciting item that has been anonymously donated—a Native American-style flute made by Brent Haines of Woodsounds Flutes. Brent is one of the best-known flute makers working today, and his instruments are played by many of the top

Native American flute recording artists. You can learn more about Brent and his flutes at his website, <http://www.woodsounds.com>. The flute is in the key of low C, and because of its low timbre, it is highly suitable for healing music work. It is made of Mopane, an African hardwood,

and has Ebony trim and block. Mopane is a heavy wood, and is known for producing a warm, rich tone. The flute was purchased new from the maker in 2009 and is in excellent condition. It is a large flute and was donated because the donor is a very small woman with tiny hands. She ultimately found the flute too large for her to play for a length of time at the bedside. However, most of you are not 5'1", 95 pounds, and size 4 fingers, so be sure to check out this lovely instrument at the auction table!

If you have items that you would like to donate but are not attending the conference, you can mail them. If you have questions or would like more information about the silent auction, contact Janice Stegall-Seibert at clayhorse7@earthlink.net.



Posters at the Conference

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, and it is another way to learn about exciting ways to serve as a CMP, as well as network and support each other. There will be opportunities on Friday and Saturday for brief poster presentations. See the MHTP website conference page at <http://www.mhpt.org/conference.aspx> for the particulars on creating a poster.

**Room 217 Music Care Conference
November 10, 2012
Toronto, Ontario**

5 MHTP CEUs

The Room 217 Foundation Music Care Conference will be held at the University of Toronto on November 10, 2012. This is the fourth Music Care Conference and the first in Toronto.

Dr. Connie Tomaino, Executive Director of the Institute for Music and Neurological Function, in New York, is one of the keynote speakers, as well as Deborah Salmon, who is the subject of a documentary film, *On Wings of Song: Music Therapy at the End of Life*.

A workshop by Melinda Gardiner will discuss the field of therapeutic music. This workshop will be an introduction to this relatively new and very rewarding profession for musicians. Therapeutic musicians are trained in the art and science of providing live, acoustic, therapeutic music to people, one-to-one, in hospitals, hospices, and nursing homes to support healing of mind, body, and spirit.

This conference is for palliative caregivers, funeral home personnel, research students and faculty, nurses, social workers, recreation therapists, music therapists, parish nurses, Stephen ministers, family caregivers, physicians, grief counselors, music lovers, music educators, and teachers.

The Room 217 Foundation Music Care Conference brings together community members in pursuing the issues and themes around caring for people with music. The conference identifies and integrates common themes and issues using music across the care spectrum and highlights the social implications of music in care. Participants experience music in a way that contributes to body-mind-spirit care.

Topics include sound health, music care, music therapy in Parkinson's and Alzheimer's disease, music and whole person care at end of life, music technology in care, music care across cultures, music and parent/infant bonding, and music care in long term facilities.

Early bird registration is \$140 (plus HST) prior to September 15. Regular registration is \$160 (plus HST). Student and senior rate is \$100 (plus HST).

For more information, see the Room 217 conference website at <http://www.room217.ca/index.php/music-care-conference-2012-TO>. The conference organizers can be contacted at 905-852-2499 or by e-mail at info@room217.ca.

Continuing Education Opportunities

The 2012 MHTP conference is an opportunity to receive 20 MHTP CEUs. The sessions will be recorded, as well, so CMPs unable to attend will be able to receive approximately 8 CEUs by listening to the CDs and writing a brief report. See <http://www.mhtp.org/conference.aspx> for conference details.

Sound and Music Alliance (SAMA) is offering a series of free teleconferences with leaders in the field of intentional sound and music. Each teleconference is one (1) MHTP CEU. The October conference features Open Ear Institute director, cross-cultural sound healer, and anthropologist Pat Moffat-Cook.

See <http://www.soundandmusicalliance.org/upcoming-sama-teleconferences.html> for more information on how to sign up for the teleconferences.

Opportunity Is Knocking at Amedisys Hospice!

The hospice branch of Amedisys Home Health and Hospice, Inc., is starting to discuss providing therapeutic music for its clients! At this time, the site directors have been informed of the benefits and have been instructed to search for volunteers to provide music.

We CMPs need to make ourselves available to them, to support their growth into an understanding of the benefits of therapeutic music. As we know, listening and watching the changes in a patient's status is the most convincing way to learn about the benefits of therapeutic music.

If there is an Amedisys Hospice office in your working area, now is a good time to make yourself known. Definitely, the best goal is to have a paid position of therapeutic musician at every Amedisys Hospice office. Hopefully, that will happen eventually. Whatever approach, paid or volunteer, works best in your area, seize the moment and speak with the director. The care centers, both for home health and for hospice, are at "find a care center" on the company website at <http://www.Amedisys.com>, and also at the bottom of the home page.

The list of the positions on a hospice care team doesn't yet include "therapeutic musician." We need to make ourselves essential parts of that care team so that "CMP" can be added to the list.

Speak up! Advocate for the hospice clients! Both the actively dying and the actively living hospice patients need us to bring the benefits of therapeutic music into their lives.

Kathy Dallaire CMP
Amedisys 2011 Volunteer of the Year, Northeast Region



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Register today at: <http://www.mhtp.org/conference.aspx>

MODULE NEWS

Scheduled 2012 to Winter/Early Spring 2013 Classes

Exciting News - New class site possibilities

MHTP is working on scheduling 2013 classes in several places where we have never held classes before, including New Orleans, Louisiana, and Red Deer, Alberta, Canada. We are also planning right now for Dallas and Minneapolis dates and will be announcing the New York Summer Camp dates soon.

Check <http://www.mhtp.org> for modules date additions or changes, and let us know if you are interested in enrolling in any of the above class sites.

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

Atlanta, Georgia	September 15-16, 2012
Denver, Colorado	September 22-23, 2012
Baltimore, Maryland	November 3-4, 2012
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

MODULE TWO (Music as a Language)

Portland, Oregon	September 22-23, 2012
Denver, Colorado	November 10-11, 2012
Atlanta, Georgia	November 10-11, 2012
Sacramento, California	November 17-18, 2012
Baltimore, Maryland	January 19-20, 2013
Federal Way, Washington	April 13-14, 2013

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

Portland, Oregon	November 10-11, 2012
Denver, Colorado	January 12-13, 2013
Sacramento, California	January 19-20, 2013
Atlanta, Georgia	February 8-9, 2013
Baltimore, Maryland	March 2-3, 2013

Congratulations to these new CMP®s!

West

Gale Brown – harp
Patsy MacGregor Sadowski – harp, voice, piano
Donna Youngblood - harp

South

David Reeves – trumpet
Juliette Keelan – harp, voice
Lisa Rhea - harp

Northeast

Carolyn Pine Stern – flute
Rafaelle MacKay Smith - voice and tambura

Midwest

Shirley Sparhanks - guitar, voice and accordion

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

Syracuse, New York	September 8-9, 2012
Concord, New Hampshire	October 13-14, 2012
Berkeley, California	October 27-28, 2012
Portland, Oregon	January 19-20, 2013
Denver, Colorado	March 9-10, 2013
Sacramento, California	March 16-17, 2013
Atlanta, Georgia	April 12-13, 2013

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

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
Harrisonburg, Virginia	February 1-3, 2013

CMP®s In the News

Sabrina Falls, CMP, was featured in the *Indianapolis Star*. See <http://www.indystar.com/article/20120603/LIVING19/206030317/Why-Did-Harpist-plays-soothe-sick-dying-patients?odyssey=tab|topnews|text|Living>.

Alex Jacobs, CMP, was interviewed on KPFA Music of the World. Listen to the interview here: <http://www.mixcloud.com/lexjacobs/alex-jacobs-sound-healing-therapeutic-music-kpfa-music-of-the-world-2012-07-11/>

Recent Headlines About Therapeutic Music

Easing Pain With Music (Plexus Institute): <http://www.plexusinstitute.org/blogpost/656763/144050/Easing-Pain-With-Music>

Listen Up: Music Affects Longevity: http://health.yahoo.net/experts/drmao/listen-music-affects-longevity#.T_jrWF7HVvc.email

Study Explores Effects of Harp Music on ICU Patients: <http://uanews.org/story/study-explores-effects-harp-music-icu-patients>

A Day in the Life of a CMP®: Spreading the Awesomeness of Therapeutic Music

by Linda Grobman, MSW, LSW, CMP®

In July, I presented on therapeutic music at the National Association of Social Workers “Restoring Hope” conference in Washington, DC. My presentation, titled “That Was Awesome! Hope Through Live Music at the Bedside During Illness and End of Life,” was one of three chosen for this session. One of my co-panelists did a humor presentation on ethics, and the other talked about animals in social work. We had 60 minutes, of which I was allotted 20 minutes. It was one of numerous concurrent sessions.

I have given various versions of this presentation to groups of nurses, high school students, hospital volunteers, and others, varying in length from 5 minutes to an hour. I find it important to customize the presentation to the particular group, just as we tailor our music to the individual patient for whom we are playing.



I have presented to national, state, and local groups of my professional social work peers many times over the last 30 years. However, this was my first time presenting this material to them. Social workers can be an analytical bunch, and I wondered what kind of reception I would get and whether I would be prepared for whatever questions they might ask.

The room had a capacity of 40 people. (There were 1,000 total at the conference.) People were lined up out the door and down the hall. I was told that many were turned away. Someone told me that a woman was in line and being turned away and was very upset, because her husband had died the day before (!), and she had come to the conference specifically to attend this session! Someone overheard this and gave up his/her seat, so she could come in.

For my 20 minutes, I gave a brief introduction, then demonstrated live therapeutic music on several different flutes. I then talked about the training, the differences between therapeutic music and music therapy, some stories from my experience, a couple of research studies, how social workers can refer their clients and/or possibly become CMPs themselves, and additional resources. I provided two hand-outs with further info/resources.

Over the next 24 hours, several people came up to me and told me they had been in my session and loved it. One woman said she really needed that time to close her eyes and relax, which was part of the demonstration portion of my presentation. And one woman who plays guitar said she might look into getting the training to be a CMP.

So, 20 minutes is a limited amount of time, but with planning, can be used effectively. I would have liked to have shown the MHTP video and had more time to elaborate on things, but I had to work with the time I was given, and there was no “wiggle room.” To make up for the lack of time, I put the information that I wasn’t able to present verbally into the hand-outs.

I thought the three presentations really complemented each other, as the goals in using music, humor, and animals are similar in many ways. From the feedback I received, both during the presentation and after, I think the live music demonstration had a great impact. Also, the fact that so many people wanted to attend the presentation (and, unfortunately for some, were turned away) says that there is a lot of interest in alternative/complementary forms of treatment.

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Keynote Speakers:

Dr. Lee Bartel

Dr. James Oschman

**Plus: panel discussions, repertoire sharing,
special interest sessions on research, jam
sessions, silent auction, and more!**

Register for the 2012

MHTP conference at:

<http://www.mhtp.org/conference.aspx>

or e-mail mhtp@mhtp.org

for registration forms

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.

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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