



# The Music Practitioner

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

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March 2012

### A Day in the Life of a CMP®: A Couple of Songs

by Joan Sweet, CMP®

Pausing, before wheeling my harp into a patient's room, I always say a little prayer that the music I bring will be what the patient needs for relaxation and comfort. Remembering my training to begin where the patient is, I recently entered the room of a 93-year-old man who was blind and unable to walk.



The nurse was just finishing up and said, "Oh, the harpist is here to play for you." He said, "Oh, I don't much feel like listening right now." He sounded very depressed. Since I had just driven a half an hour to see him and had made an appointment with the care facility, I said, "Well, I'll just play a couple of songs and then leave." He agreed. I began playing some soft minor chords and then, for some unexplained reason, "The Tennessee Waltz" popped into my head and I began to play it. He perked up, turned toward me, and said "OH, that's my FAVORITE song! My wife and I danced to that at our wedding. You can see a picture of her on the desk." I then began to play "Shenandoah," and again he interrupted me and said, "Oh, I used to sing that song when I was in the Navy chorus. I love it." We continued on with sort of a "name this tune" session, and we conversed about who recorded some of the songs I played. He was very cheerful, and at the end of my time with him, he said, "Oh, thank you so much for coming, and how soon can you come again?" He was a different man than when I arrived in the room.

After I left, I was totally in awe of the great power that music can have in patients' lives. The nurses at the desk were amazed at his transformation, also.

*Joan Sweet, CMP, works with two hospice organizations in the greater San Diego County area. She was certified as a CMP in 2005.*

### MHTP Development News

Thanks to your generosity, our annual giving in 2011 has been the most successful campaign yet. You contributed more than \$14,000 in 2011, which has grown the MHTP endowment fund, provided more scholarships, and helped MHTP remain financially sound during challenging economic times. Thank you!

### Somerset Harp Festival 2012 Raffle

Drawing date extended to April 1, 2012

MHTP is offering a raffle for all of you who would love to attend this wonderful July harp festival, but have hesitated because of the cost! We are extending the drawing to April 1, 2012, so there is still time to enter. See <http://somerseharpfest.com> for information on the festival.

The winner will attend the full festival with hotel room provided for three nights. For raffle tickets, see: <http://www.mhpt.org/Data/Web/RaffleTickets.pdf>.

### The Heart-Centered Musician: Manifesting the Vision

October 18-21, 2012

See page 3 for conference details!

### Conference Positions

The 2012 MHTP conference is coming in October! (See page 3 for details.) There is still the opportunity to receive a conference tuition reduction by becoming chair of one of these conference committees. Contact Linda Kavak, Conference Chair, at [alls\\_possible22@hotmail.com](mailto:alls_possible22@hotmail.com) if you are interested.

#### Environmental and Stage Management Coordinator

Benefit: \$150 conference fee reduction

The Environmental and Stage Management Coordinator will supervise and coordinate Environment Committee volunteers. Stage management duties include maintaining a list of all AV equipment required for staff and presenters, locations for set up, and times. The coordinator will work with Lutheridge tech staff to make sure all AV needs are met. The Conference Environment Committee keeps the main conference room neat and welcoming, keeping chairs orderly and setting them up as the conference proceeds. It also assists in setting up the general areas, registration tables, as well as tables and chairs in presentation rooms. Other duties include making and setting up signage for the registration table and room locations, as well as arranging for flower arrangements in main conference area. This committee assists the Breakdown/Clean-Up Committee at the end of the conference, if needed.

#### Breakdown/Clean-Up Coordinator

Benefit: \$50 conference fee reduction

Supervises clean-up of all the spaces used for the conference by the committee volunteers, as required by Lutheridge. Checks and makes sure that the residences are left as required. Removes all signage.

# The Heart-Centered Musician: Manifesting the Vision

October 18-21, 2012 — Early Bird Registration Deadline: June 1, 2012  
Lutheridge Retreat Center, Arden, NC

We are anticipating a wonderful, enriching event with an inspiring group of presenters, interesting vendors, and enjoyable activities at a beautiful place. Come join us!

You will find the conference registration form and all conference information on the MHTP website at <http://www.mhtp.org/conference.aspx>. **Please Note: The early-bird registration ends on June 1, 2012.**

## Our Conference Venue

Lutheridge sits on 160 acres of wooded land in Arden, North Carolina, not far from Asheville. October is a beautiful time of the year to be in North Carolina. Lutheridge is easily accessible, with the interstate close by and Asheville Airport (AVL) 3 miles away. It offers trails for walking and comfortable accommodations with shared bathrooms. Our primary conference space will be the new Faith Center, which is large enough to accommodate our entire group, as well as our vendors. The Faith Center has free wi-fi. The dining hall is very close by, as is the largest residence.

## Join Us at the MHTP Conference!

Here are some of the sessions and activities planned:

- Panel discussion/Q&A with four or five Certified Music Practitioners® who have begun or currently supervise well-established hospital-wide therapeutic music programs with a team of therapeutic musicians. Find out how they did it and how you can apply their knowledge.
- Panel discussion/Q&A with religious leaders of a variety of faith traditions. Topic: The place of music during illness and end-of-life care in different faiths.
- Sessions for repertoire-sharing on specific instruments.
- Round-robin introduction of unusual instruments for therapeutic use.
- Special interest sessions on research and different patient populations: veterans, hospice, elders, ICU, NICU, and others.
- Circle dancing, jams, drum circle.
- Optional individual sessions for your relaxation and enjoyment: Massage, ergonomic lessons with your instrument, and Vibroacoustic Harp Therapy. Individual instrumental and/or vocal music lessons may be available from MHTP faculty attending the conference.
- Informative sessions on current trends; services available to you through the NSBTM, SAMA, and MHTP; and the many ways that you can participate in growing the profession.

## Primary Presenters

Each will offer a keynote and a workshop.

*Dr. Lee Bartel: Sound in Body & Mind: Scientific Foundations and Applications*

This presentation examines a model of music's effect on body and mind applicable to music medicine and music therapy. It looks at response at the sensory-cellular level, at driving neural response in several ways, at the neural channels, and at the social and emotional response level. It will clearly differentiate among types of entrainment and give numerous examples of how sound can have an effect in specific illnesses. It draws heavily on stories of experience, explanations of the effects observed, and expectations for future applications.

Dr. Bartel is Professor of Music at the University of Toronto, Faculty of Music and Director of the Canadian Music Education Research Centre. Initially a performing choral conductor, singer, violinist, guitarist, and music educator, Dr. Bartel began doctoral studies and graduated in 1988 from the University of Illinois at Urbana. He began research on people's response to music with a special focus on emotional and intellectual response and social psychological connections. He founded the Canadian Music Education Research Centre in 1989. His involvement in research in music and medicine began in the early 1990s at Bloorview Kid's Rehab with rehabilitation of attention deficits resulting from head injuries. He also conducted a noteworthy stress study of the 19 professional orchestras in Canada with the Centre for Health Promotion at University of Toronto. He is the Director of the Sonic B.R.A.I.N. Lab at the University of Toronto and is actively involved at Sunnybrook Health Sciences Centre in Toronto in perceptual ability diagnosis and music response research with cochlear implant recipients. Within the Canadian Music Education Research Centre, he is the Coordinator of the Music, Mind, and Brain Special Research Interest Group and Coordinator of the Music Therapy and Health Special Research Interest Group.

*Dr. James Oschman*

Dr. James Oschman is the author of two books, *Energy Medicine: The Scientific Basis* and *Energy Medicine in Therapeutics and Human Performance*. These two books give the most skeptical academic scientists a theoretical basis for exploring the physiology and biophysics of energy medicines.

Dr. Oschman has the academic credentials and the background in alternative therapies to carry out his explorations. He has degrees in biophysics and biology from the University of Pittsburgh and has worked in major research labs around the world. These include Cambridge University in England; Case Western Reserve University in Cleveland, Ohio; the University of Copenhagen; and Northwestern University in Evanston, Illinois, where he was on the faculty; and the Marine Biological Laboratory in Woods Hole, where he was a staff scientist. To learn about the theories and practices underlying complementary methods, Jim has both taught and attended classes at various schools around the world, and experienced a wide range of bodywork techniques. This has brought him some distinctions, including acting as President of the New England School of Acupuncture, as well as a Distinguished Service Award from the Rolf Institute. Jim continues his research and writing in Dover, New Hampshire, where he is President of Nature's Own Research Association.

Dr. Oschman is a member of the Scientific Advisory Board for the National Foundation for Alternative Medicine in Washington, DC. On November 16, 2002, Jim was presented with the Foundation's Founders Award. The Foundation is currently focused on researching electromagnetic devices for treating cancer. This is the only organization that sends scouts throughout the world searching for alternative therapies with the goal of subjecting these methods to scientific investigation and reporting the results to the American public on its website: <http://NFAM.org>.

## MODULE NEWS

### Scheduled 2012 Classes: January through July

Our East Coast camps and Western camp are filling up! The 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.mhpt.org> for modules scheduled August through December and for additions or changes.

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

Concord, New Hampshire	March 3-4, 2012
Syracuse, New York	March 24-25, 2012
Bay Area, California	April 14-15, 2012
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

### MODULE TWO (Music as a Language)

Ann Arbor, Michigan	March 24-25, 2012
Tampa, Florida	March 31-April 1, 2012
Syracuse, New York	April 28-29, 2012
Concord, New Hampshire	May 12-13, 2012
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

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

Baltimore, Maryland	March 10-11, 2012
Ann Arbor, Michigan	May 12-13, 2012
Tampa, Florida	June 2-3, 2012
Syracuse, New York	June 16-17, 2012
Concord, New Hampshire	July 7-8, 2012

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

Atlanta, Georgia	April 14-15, 2012
Baltimore, Maryland	May 12-13, 2012
Ann Arbor, Michigan	July 14-15, 2012

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

Atlanta, Georgia	June 22-24, 2012
Baltimore, Maryland	June 22-24, 2012

## MHPT now has more than 630 graduates. Congratulations to these new CMP®s!

### South

Nena Combs-Kirkland — voice

### West

Mary Lantz — guitar, voice  
Joy Sponseller — harp  
Stephanie Bacon — keyboards  
David Pardee — guitar  
Alexander Jacobs — guitar, voice  
Sandra DeVore — harp

### Northeast

Karen Peterson — harp  
Joanne Merisotis — violin, viola, guitar, voice  
Theresa Hurley — harp

### Mid-Atlantic

Raven Deborah Hunter — guitar, harp, voice  
Kristin DeHainaut — harp

### Midwest

Peggy Stern — harp  
Bonnie Melzarek — harp

## Amedisys Names Kathy Dallaire, CMP®, Hospice Volunteer of the Year

Kathy Dallaire, CMP, a volunteer for Amedisys Hospice Care, was named 2011 Hospice Volunteer of the Year by the company. Dallaire was nominated by her peers at Amedisys Hospice of Londonderry, NH, and was selected from more than a hundred of the company's volunteers across the United States.

"Taking care of our patients is the heart of what we do at Amedisys," stated Bill Borne, CEO. "Our clinicians and volunteers travel from home to home caring for and sharing compassion with our patients and their caregivers. It takes a special person to do what they do every day, a person with a mission or a calling that inspires them to go beyond doing just a job. We honor these special members of our Amedisys family with our Spirit of Excellence awards program."

The Hospice Volunteer of the Year Award was presented to Dallaire for demonstrating commitment in terms of time and amount of responsibilities assumed, the impact she made in strengthening the hospice care center's program and/or on the lives of patients/families served, and serving as an inspiration to others in the community.

A certified music practitioner and therapeutic music volunteer, Dallaire plays the bass recorder and cello for hospice patients and their families.



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



As you may remember, the NSBTM is the organization that accredits therapeutic music programs in the USA. It is THE organization representing, championing, and supporting our profession as a whole. MHTP is accredited as meeting the standards of the NSBTM.

Recent 2011 work has included:

- Keeping tabs on the bills in states setting practice laws for music therapy. These laws could affect our profession.
- Creating a therapeutic musician work survey, which will provide us all with helpful data when we seek employment. Please participate by going to <http://www.therapeuticmusician.com>.
- Creating a presentation packet available to all therapeutic musicians. See the website at <http://www.therapeuticmusician.com>.

## The Representative Council of the NSBTM

Each accredited program and affiliate member of the NSBTM may have a member on the Representative Council. Council members advocate for the program they are representing and are able to participate in discussions and decisions of the NSBTM Board.

**MHTP needs a representative on the National Standards Board for Therapeutic Musicians (NSBTM) for 2012. Would you be interested in taking up that post? It is a volunteer position, and requires:**

- Attending a monthly meeting on the 3rd Wednesday of the month, 7-9 p.m. EST (8 meetings required out of 11—the group does not meet in December). The meetings are via Skype audio (not video). Skype is a free download.
- Participating in a committee — perhaps an hour or two of service a month at most.
- Representing MHTP's interests at the Board meetings.

This Board strives to work by consensus, so even though representatives do not have a vote, their input is welcome and taken seriously.

The NSBTM folks are a lovely group! **Let Melinda Gardiner know if you would be interested by contacting her via e-mail at [harp@taconic.net](mailto:harp@taconic.net).**

## CMP®s In the News

Kathy Kasley, CMP, was interviewed for the January 2012 issue of *Next Door Neighbor*. Read the article online at <http://www.wburgndn.com/issues/Jan12NDN.pdf> (pages 34-35).

Linda Dunn, CMP, was featured on *CBS Nightly News* in a segment titled, "No Vet Dies Alone." See <http://www.cbsnews.com/video/watch/?id=7391475n&tag=mncol;lst;1>.

Beverly Rush, CMP, was recently featured on NewHampshire.com. Read about her work at <http://www.newhampshire.com/article/20111222/NEWHAMPSHIRE01/111229968>.

## Recent Headlines About Therapeutic Music

There Is Healing Power in Sound and Vibration  
<http://www.guampdn.com/article/20120226/OPINION02/202260311>

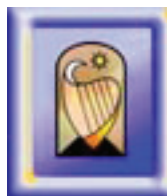
Tapping Music's Power to Heal the Brain  
[http://www.theglobeandmail.com/life/health/new-health/conditions/brain-health/tapping-musics-power-to-heal-the-brain/article2342397/?utm\\_medium=Feeds%3A%20RSS%2FAtom&utm\\_source=Home&utm\\_content=2342397](http://www.theglobeandmail.com/life/health/new-health/conditions/brain-health/tapping-musics-power-to-heal-the-brain/article2342397/?utm_medium=Feeds%3A%20RSS%2FAtom&utm_source=Home&utm_content=2342397)

## MHTP is providing more scholarships!

In addition to your donations, MHTP is grateful to the E. Rhodes and Leona B. Carpenter Foundation for a \$5,000 grant for east coast area scholarships. Thank you to our New Hampshire Area Coordinator, Alice Kinsler, and Concord Hospital for their work in obtaining a grant from the New Hampshire Council for the Arts for NH student scholarships. The grant also provides funds supporting presentations around the state about therapeutic music.

## 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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