



# The Music Practitioner

e-Newsletter of the Music for Healing & Transition Program (MHTP)<sup>TM</sup>

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June 2018

## “Who Cares?” and “How Can I Help?” A Message From the MHTP Board President

by Karen Peterson, CMP

In the 1990s, when everyone suddenly needed to have a web presence, the heads of companies could not help but have their home pages start with a “Letter From the President.” As a web designer, my job was always to convince the President that this message was usually the least important thing on their customers’ minds.

Now I’m wearing the President’s shoes, and I still believe that what I think is less important than what you need.

When I wonder, “Who cares what the President has to say?” it reminds me of my favorite book from our module reading, *How Can I Help?* by Ram Dass and Paul Gorman. So, first I would ask you: As an MHTP student, a CMP, healthcare staff, or just someone who is interested in MHTP, how can I help you?

MHTP has made a commitment to you to be an institution that does not fade, but that continually takes stock in its position, that makes changes when necessary to remain relevant and proactive. In the time that I have, I need to make sure we are helping you and that we continue to help you. You are going to see announcements about ways in which the Board and the Executive Director are soliciting input from you, about how we are finding more ways to have CMPs and students connect with each other meaningfully throughout the years instead of just at the biennial conference, and about how we can do more to assist with paid jobs for CMPs.

Next, I reflect on one of the most important learnings from that book, which I try to instill in the students I advise: *It is not given to us to know all the ways in which we have helped.* We offer our music to patients with the intention to serve, to provide healing when possible, but we don’t know where that will lead. Sometimes the patient falls asleep, or smiles, or gives us a compliment. Sometimes patients ask us to stop. And sometimes they appear exactly the same when we leave as when we arrived.

At the same time, if we never received any feedback about our service, then we would never be able to say that our work as



CMPs has value or is beneficial to patients or visitors or staff. You will see future announcements about the reinvigorated Research Committee, about fundraising goals with targets and purpose, and about partnerships whose benefits we can measure.

Lastly, if you want to help, there are so many ways you can serve MHTP. You have seen our appeals for donations (because, for many of us, money is easier to give than time). If you would like to contribute a Thursday evening, I will happily sign you up for Thursdays with Therapeutic Music on Facebook Live. There are job openings for many teacher positions. We can use you on the Research Committee or Conference Planning Work Group. We always welcome new Area Coordinators (in particular, we have a site available in New Jersey that needs someone to nurture it!). And for graduates, when you look back on your time as a student, so many of you recognize the care and attention you had from your advisor. Please consider becoming an advisor yourself.

Unlike many other therapeutic programs, MHTP is not about a single person’s vision. Nor is MHTP the vision of a permanent group of people—directors have to step down for at least a year if they reach nine years of service. And officers are only elected for a single year. I am honored to work with and support all of you in the time that I have. I am: *Karen.Lee.Peterson@gmail.com*

### Preparing for the 2020 MHTP Conference

We are excited to energize and catapult MHTP to its next level over the next decade. To do that, we are currently evaluating sites and dates to hold our next conference in the summer of 2020. In the meantime, we are developing additional opportunities to earn continuing education units (CEUs) that will be available in the next few months. Watch for conference and CEU updates on the MHTP Facebook page, in the Yahoo! group, and in our next newsletter.

## Spotlight on MHTP Teacher: Sandra Lumpkin-Embry

A Texas rodeo barrel racer as a youth, 30-year career speech pathologist, university adjunct faculty, therapy dog trainer, water-color and pastel visual artist, and MHTP Module 5 teacher, Sandra Lumpkin-Embry brings a rich background of experiences into the MHTP classroom. Since 2016, Sandra has loved meeting students as they complete their module studies and hearing about their diverse backgrounds. What led her to apply to teach Module 5 was the memory of observing the good role model of Carol Joy Loeb, who taught Sandra's own Module 5 class, and the realization that the job description for Module 5 teacher seemed tailor made for her education and experience.

When asked about teaching her first Module 5 class, Sandra expressed that with the support of then Module 5 teacher Janie Alexander, with whom she co-taught, and the wonderful Concord Area Coordinator, Alice Kinsler, everything seemed easy. Her favorite part of teaching is seeing Module 5 students go from being so nervous prior to playing for patients in the clinical practicum (we all remember that feeling) to returning from that experience pumped up, excited, and ready for the independent practicum.

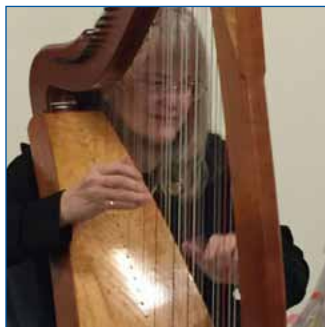
Sandra has this to say to someone considering teaching for MHTP: "It is a fabulous way to give back to MHTP. Module 5 is such a powerful module on many levels, such as conversations that we have on end of life and hospital culture. Students have said to me that it is profound, life altering."

That personal satisfaction, the yearly-updated MHTP curriculum that teachers contribute to in order to keep it fresh and timely, the diversity of students' backgrounds, and the support from MHTP all make teaching Module 5 a joyful addition to her varied life. Thank you, Sandra, for the knowledge, support, and love you give to MHTP's Module 5 students.



## Spotlight on Advisor: Kris Snyder

I currently have 12 students I work with as their advisor and several students going through their independent practicums. So



on any day, I might have 20+ patient logs that I need to read and provide feedback on (and then track any corrective issues). Other students are moving through the modules, so I read their book responses (I think calling these papers "book reports" makes it sound like we are children) or answer general questions via email. Others are in between the modules and the practicum and just

seem to be in a "holding pattern." Some students are incredibly needy, requiring hours of coaching. Others seem to sail through the program with little need for hand holding. I am always SO proud when a student successfully completes the requirements for graduation. I LOVE seeing people become successful CMPs!

Kris Snyder, CMP  
Music for Healing & Transition Program Advisor Administrator,  
VP, Board of Directors, Module 1 and Module 4 Instructor

## Area Coordinators on the Move

Without Area Coordinators (ACs), MHTP would have no classes, no students for teachers to teach, no advisees for advisors to advise, and no CMPs to provide patients a healing environment through therapeutic music. Here's a rundown of ACs recently on the move:

Retiring ACs: *Cathy Maglaras*, with 12 module cycles in Maryland; *Sue Wohld*, three cycles in Illinois; *Gil Wade*, two cycles in Texas; *Peggy Cann*, one cycle in Utah; *Michelle Friedman*, one cycle in Georgia; and *Joanne Arnst*, in Oregon

New ACs: *Ellen Vikestad*, Maryland; *Kirk Moore*, Illinois; *Dirje Childs*, Texas; *Aline Benoit*, Longy School of Music, Massachusetts; *Emily Olson*, Michigan.

For a full list of our ACs, see <http://www.mhpt.org/mhpt-staff/> on the MHTP website.

If you feel inspired to be an MHTP AC and bring MHTP classes to your area, or if you have questions, contact Carol Spears, Program Director: [programdirector@mhpt.org](mailto:programdirector@mhpt.org)

## There Is Still Time to Register for Summer Onsite, Residential Modules!

In addition to teaching Modules 1, 3, and 4 as live videoconference modules, MHTP created, in collaboration with Longy School of Music in Cambridge, Massachusetts, an opportunity this summer for students and CMPs to experience these usual videoconference modules as onsite, with onsite teachers and students. Module 1 is June 3-5, and Module 2 is June 5-7. Check the MHTP website (<http://www.mhpt.org>) for the August dates for Modules 3 and 4. There are still open spaces in each of the modules.

We look forward to future collaborations with partners, or other methods to bring these opportunities for fully onsite modules to our future students and to CMPs to enhance their learning and opportunities to earn CEUs.

## Interview with Karen Peterson, MHTP Board President

Karen Peterson has held several positions with MHTP and was elected President of the Board when Carol Spears recently resigned to become Program Director. Karen led the design of, and fully implemented, our new website that launched in 2016, and has served on and chaired several MHTP committees. She and her husband live in Jersey City, NJ.

*Tell us briefly about your background/history with MHTP and why you were interested in being President.*

I've been on the Board for six years. As Chair of the Research Committee, I oversaw the presentation of MHTP's first research paper at a national conference. As Chair of the Website and Branding Committee, and with 20 years of experience in the software and website development world, I helped guide us through creation of our current logo, transition to a new website with online payment capabilities, and introduction of online videoconferencing for our classes. As for being President, I love that MHTP is not about a single personality at the helm. We need to change to meet the new needs of new students, new federal mandates, and new technologies, and yet we need to remain who we are. How do we do that? I'm thrilled to continue to work with Carol as Program Director and with John as our new Executive Director to finally shed all vestiges of MHTP as a "mom and pop" program, while retaining our mission and attention to students and grads that we have always had.

*Tell us about your CMP work, and outside being a CMP, what is your other professional life?*

I play double-strung harp. Since 2012, I've worked a half day a week at St. Barnabas Medical Center in New Jersey. For the rest of my work days, I manage websites for companies like Nikon. I love the balance between directly helping patients for part of the week and indirectly helping website customers for the other part.

*What is your most memorable or meaningful experience with a patient?*

I'm particularly touched by patients who go out of their way to tell me later how much a session meant to them. I've received mailed letters, emails, and phone calls from former patients who took the time during or after their hospital stay to tell me how the music touched them. Some of these people were patients that I might have logged as "no visible response" when I was still a student. And yet, think of the effort they had to go through to make contact with me later. Just imagine any patient that you've played for when you've thought you weren't making a difference: You were! You are!

*What do you do for fun?*

I am a bodybuilding figure competitor—that means I try to build as much muscle as I can without being so big that my veins pop out. I also hike, take road trips, and do needlepoint. This summer, I'm thrilled to be presenting two workshops at the Somerset Folk Harp Festival, which is work, but also very, very fun.

## Are You One of MHTP's Next Teachers?

*by Carol J. Spears, CMP, Program Director, Module 3 Teacher*

*The Music for Healing & Transition Program™, Inc. (MHTP) professionally trains and certifies musicians to provide live therapeutic music at the bedside to create a healing environment...*

From the MHTP Mission Statement

MHTP's mission clearly states that our primary purpose for being is to teach others to do therapeutic music work. Speaking to you as both a teacher for MHTP (Module 3) and as Program Director, I urge you to consider whether a position as an MHTP teacher resonates with you. MHTP is currently recruiting for skilled and experienced CMPs to teach Modules 1, 3, 4, and 5. Each module requires its own specific knowledge and experience. Potential teachers must also hold up-to-date CMP certification and be working currently as a CMP at the time of employment by MHTP.

I can tell you from personal experience what a joy, as well as a challenge, it is to teach other musicians about the great gift of therapeutic music. If it is right for you, if you meet the qualifications listed for the particular module for which you have an interest, you will find teaching gives you great rewards. You will learn from the wide array of experiences and talents students bring to the classes. You will form good and lasting friendships with the Area Coordinators who work diligently to make the classes go as smoothly as possible. You will gain satisfaction that you helped create even better classes as you work with the Program Director and Faculty in review of the module material. And you will relish the expressions of understanding and clarity that come from students as you help open to them this world of music for healing.

MHTP, through its recruitment, application, and evaluation process, seeks to find the best-qualified teachers, as our teachers are "where the rubber meets the road" in fulfilling our mission. Are you one of MHTP's next teachers?

Please see the links below that lead you to each module's job description and job announcement on the MHTP website for details on qualifications and how to apply.

Link to Module 1 information:

<http://www.mhtp.org/module-1-teacher-position-available/>

Link to Module 3 information:

<http://www.mhtp.org/module-3-teacher-position-available/>

Link to Module 4 information:

<http://www.mhtp.org/module-4-teacher-position-available/>

Link to Module 5 information:

<http://www.mhtp.org/module-5-teacher-position-available/>

## An Interview With Carol Spears, MHTP Program Director

MHTP is excited to have Carol Spears as our first Program Director (PD). Earlier this year, she resigned as President to take the PD position. She has deep, broad experience and history with MHTP, uniquely qualifying her to fulfill the variety of responsibilities of PD.

*Tell us briefly about your background/history with MHTP and why you were interested in being Program Director.*

Having graduated from MHTP in 2002, I was so impressed with MHTP's teachings that I became an advisor in 2003, in 2004 a member of the Board of Directors, in 2006 began teaching Module 3, and in 2010 was elected Board President. After serving as President for eight years, early in 2018, I applied for and was selected as MHTP's first PD. I was excited about this position because of the opportunity to work directly with all aspects of MHTP's educational program, including helping to recruit students; supporting ACs, teachers, and the Advisor program; overseeing webinars and our CEU program as continuing education for our graduates.

*Tell us about your CMP work, and outside being a CMP, what is your other professional life?*

I was certified in harp and was thrilled to start working as a CMP in a Cleveland, Ohio, hospice immediately after graduation. For 10 years, I worked 10 to 15 hours per week covering three northeast Ohio counties. I love bringing therapeutic music to hospice patients and their families. Educated as a wildlife biologist, I retired in 2008 from my 28-year career dream job as a Park

Ranger with the National Park Service. In retirement, I continue to teach frequently about the national parks and other environmental topics.

*What is your most memorable or meaningful experience with a patient?*

A story I tell when teaching Module 3 is about a hospice patient, not diagnosed as actively dying, in pain and anxiety, for whom I played loosely metered music. After the session, appearing more relaxed and comfortable, she thanked me and told me I had made her day. We had one of those eye-holding, connection moments that I know all CMPs experience at times. An hour later, she died, unexpectedly to the hospice team and her family. I forever treasure her look, her eyes, her appreciation, our in-the-moment connection, and the knowledge that the "day" that the music and I made for her was her last hour on Earth.

*What do you do for fun?*

Tai Chi; ballroom dancing; and being one with, and caring for, all the butterflies, bees, birds, caterpillars, snakes, anoles, bunnies, flowers, trees, and other forms of life in my all-native-plant garden at my central Florida (The Villages) home.



### MHTP Welcomes Cheryl Zabel, New Module 4 Teacher

Cheryl Zabel, certified in voice and harp, graduated from MHTP in 2007. In addition to teaching Module 4, Cheryl teaches Marketing 101 and Bookkeeping 101 live webinars for CMP business development. She served on the Board of Directors from 2013-2017, including time as the MHTP Treasurer. Prior to her therapeutic music work, Cheryl worked for almost 30 years in outside business-to-business sales, primarily in industrial rental laundry services. She has been working as a full-time CMP since 2010, serving in hospitals, hospice, skilled nursing, memory care, and adult family group homes.



Cheryl applied to teach Module 4 when MHTP began to offer it as a live interactive videoconference. She was successfully teaching business development webinars for therapeutic musicians and was comfortable teaching using that format.

Her favorite part of teaching Module 4 is the opportunity to work with so many interesting musicians and to help them to gain confidence in their personal ability to find paying jobs in playing therapeutic music.

In her spare time, Cheryl loves to work in her garden, growing lots of flowers. She also loves singing silly songs to her granddaughter.

### Where Can I Take MHTP Modules?

MHTP modules 1, 3, and 4 are offered as live videoconferences, which do not require travel. Modules 2 and 5 are currently offered in the following locations:

- Ann Arbor, MI
- Boston, MA
- Chicago, IL
- Concord, NH
- Denver, CO
- Federal Way, WA
- Fort Worth, TX
- Harrisonburg, VA
- Sacramento, CA
- Salt Lake City, UT

For more details on modules, see:  
<https://www.mhtp.org/locations>

## Karen Stowe, MHTP Board Secretary—An Interview

Karen Stowe has worked tirelessly on several MHTP conferences, backing up the Conference Chair and doing pretty much anything asked of her (and there have been some doozies!). She recently joined MHTP as Board Secretary, to fill the large shoes left by the retirement of our long-time Secretary, Susan Krysiak.

*Tell us briefly about your background/history with MHTP and why you were interested in being a Director.*

I graduated from MHTP in 2005 and have worked as a CMP ever since. I have been an advisor almost the entire time, which is such a rewarding pursuit with lots of benefits like staying up to date on changes in the program, free module re-takes, and a discount to our MHTP conference. I joined the Board this year and serve as Secretary, which just seemed like a natural progression of service. It's enjoyable being on the leading edge of what's going on, with an opportunity to participate in shaping the future of MHTP.

*Tell us about your CMP work, and outside being a CMP, what is your other professional life?*

I use the lever harp in my therapeutic practice, and have a carbon fiber harp to help with all the hauling. I also own a petite pedal harp and use that for those "big dollar" gigs. After working with Bon Secours over my career of 12½ years, my position was eliminated last month. I am actively pursuing other hospital work, but I keep busy with music-making at assisted living facilities, doing more than 120 musical programs a year. I also play at Lake Taylor Transitional Hospital in their rehab and pediatrics units. Outside of music, I do administrative work for Liberty University College of Osteopathic Medicine, overseeing third- and fourth-year medical students rotating in my city. This is done from my home computer and mostly via phone and email, so it fits wonderfully around my music-making.

*What is your most memorable or meaningful experience with a patient?*

Whew, there are so many, it's impossible to find a single stand-out memory. From the huge sacred honor of being able to accompany the dying to playing lullabies for newborns and their parents, every day is filled with something that makes me stop and think: "I'm the most blessed person ever to get to do this!" It's amazing to be able to take music into a place where it is totally

unexpected and being an agent of shaping the whole experience with the combination of 15 different musical tones.

*What do you do for fun?*

In my non-musical time I like to read, crochet, and run. I'm liking destination half marathons as a motivator, and after a Disney half last year am doing a Diva run—pink T's, tutus, and tiaras for all, because who doesn't want to be a Diva?! I actively volunteer with my local crisis pregnancy center, teaching weekly prenatal and infant care classes to expectant parents. I have two adult daughters who are mostly out of the house, and I live in Norfolk, VA, with my husband and our current menagerie of a cat, dog, and canary.



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## A Journey With MHTP From 2008-2018: Student to AC to CMP to MHTP Module 5 Teacher in 10 Special Years

by Janie Woods Alexander, MSN, RN, CMP

What a difference 10 years can make! Little did I know that the MHTP principles of unitative listening would be my guide, especially "remaining open." Beginning with a neck injury resulting in bed rest and a cervical spine fusion, what came my way was the love of flute and harp, beginning music lessons, the MHTP program from 2008-2009, MHTP Atlanta Area Coordinator 2010-2012 and Module 5 Teacher 2012-2017.

Yes, I have stopped teaching Module 5 for now. Looking back, I realize the joys of being surrounded by wonderful, caring MHTP student musicians in my role as Atlanta AC led me to be drawn to use my nursing and teaching backgrounds to teach Module 5. It has been an incredible epiphany for me with each Module 5 group in cities all over the U.S. and in Canada! I continue now as a funded CMP at Emory Healthcare and a volunteer at Grady Hospital in Atlanta, GA.

My next 10? By remaining "open," I see for myself continued CMP work, but with a return to being a student again myself. I am drawn to explore neuroscience and the physics of sound in healthcare.

Stay tuned! And let me know what YOU are doing as a CMP!



## Welcome Martha Lewis to MHTP Board of Directors

MHTP is thrilled to welcome one of our founders, Martha Lewis, back to the Board of Directors. Martha's legacy with, and deep love of, MHTP make her an invaluable resource as we are energized to move MHTP into new and exciting directions in the next few years.



*Tell us about your background/history with MHTP and why you were interested in being a Director.*

As a founder and first executive director of MHTP in 1994, I had the privilege of forming the original Board of Directors. I served on it until 2002, when I moved back to

Texas to focus on my full-time church ministry.

*Tell us about your CMP work, and outside being a CMP, what is your other professional life?*

I've seen many changes in MHTP over the years, as it continued to become one of the most outstanding therapeutic music programs being offered to students. MHTP is now taking another new and exciting direction as it continues to grow and make classes more accessible to students everywhere. I am humbled and honored to once again serve on the Board and hope to bring my knowledge of the many challenges and successes MHTP has overcome from a historical perspective.

*What is your most memorable or meaningful experience with a patient?*

From MHTP's beginning in 1994, I played for patients and taught classes, continuing to do so until Christmas 2017. I am now semi-retired and no longer actively do either. My most memorable moments have come from watching my many students grow and blossom from their hearts, using their gift of music ministry in so many, many ways. To me, every little bit we do, no matter how small or large, will help make this world a better, more peaceful place.

*What do you do for fun?*

For fun I am a dancer, dancing country-western three nights a week with my dance partner of 28 years, and dancing with my clogging team one night a week and on many weekends at various festivals throughout Texas, where I live in Houston. I also am very into yoga, and immensely enjoy my five grandchildren every chance I get.



## Congratulations to These New CMPs!

All graduates who have returned contracts and are current with the continuing education requirements are listed on the MHTP website.

*Constance (Connie) Muscenti*, Piano, Concertina, Virginia  
*Sophia Bouwsma*, Violin, Viola, Michigan  
*Barbara Drazin*, Harp, Maryland  
*Kim D. Bennett*, Guitar, Voice, Florida  
*Alexander Strachan*, Violin, Maryland  
*Megan Kwiatkowski*, Harp, Louisiana  
*Juliana Basilius*, Harp, California  
*Susan Creasy*, Harp, North Carolina  
*Tawnya (Gregory) Van Brocklin*, Harp, Nevada  
*Charlene Elderkin*, Harp, Voice, Illinois  
*Nancy E. Brockman*, Harp, Voice, North Carolina  
*Nancy Neveitt Stagner*, Harp, Voice, Indiana  
*Sheryl Coleman*, Ukulele, New York  
*Angela Bruton*, Keyboard, Voice, New York  
*Keith Barnhart*, Guitar, Colorado  
*Lynne Boney*, Harp, North Carolina  
*Shari Hancock*, Harp, North Carolina



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