



# The Music Practitioner

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

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November 2011

### A Day in the Life of a CMP®: Meeting Patients Where They Are

by Lloyd Goldstein, CMP®

If being a music practitioner is about meeting patients where they are and offering a gift of music that connects with them, then today was an absurdly challenging and incredibly fulfilling day (so far!).

I am warming up in a lounge area. The husband of one of my patients sits down quietly behind me and listens. When I realize he is there, I smile and greet him and we are happy to see one another. The adult son of another patient joins us, and I play a variety of tunes for them. I offer to play for this man's mother and follow him to the room.

She recognizes me immediately and is happy to see me. Almost everything I play for her is energetic, lively, and phrased with freedom and gusto. Even one of my more tender tunes I adjust and add a lilting, dancelike feeling, imagining her as a younger woman dancing and enjoying each moment of life. When I look up, she is smiling. Her eyes meet mine, and we connect in these happy moments. Her son sits by and is happy for the opportunity to share this music and these moments with his mother, and with me. His wife calls on the telephone, and he holds up the receiver so that his wife, who is an expressive arts therapist up north, can listen to me play. Afterwards, we talk for a few minutes and I promise to look in on them on Monday.

My next visit is a request by a patient who hears the music from afar and asks a nurse if I can come to visit. He is with his wife and is eager to listen. He says, "You have my complete and undivided attention. The whole nine yards." He is interested in soothing, relaxing music. I play as tenderly and beautifully as I know how, but still with a feeling of hope and romance mixed in. When I glance at them, I see that they are finding the music beautiful and are feeling connected and present in these moments. Between tunes he tells me, "I almost completely forgot my pain. It just takes you away." After another piece, "I didn't notice my pain at all. It seemed completely gone." The look on his wife's face, priceless.

I get a call from my colleague asking me to visit another room. This visit is time sensitive. On my way there, I am stopped by the husband I played for earlier; he wants to know if I know Pablo Casals. I say yes, that he has been a hero of mine for a long time. He shows me a video on YouTube of Casals playing Schumann. His playing is so human, not classical, not a stylistic



Lloyd Goldstein

statement, but completely from the heart and deeply affecting. He tells me that he has always wanted to go to the Casals Festival in Puerto Rico, his home, and that now he plans to realize that wish, because of me, a bass player who reminds him of Casals. I feel like crying with joy.

When I get to where I am going, the nurse tells me that this patient, for whom I have played previously, has become unresponsive. His wife remembers and thanks me for coming, requesting *Danny Boy*. I play without fear and with my whole heart, more freely and sincerely than I thought I could or would in this circumstance. I am not afraid. She asks him if he hears, then is quiet listening. They are all quite moved and request another song. I play my own composition, which is full of happiness, hope, and good memories. Staff are gathered around behind me in the hallway. They all seem moved by the music and the situation. She thanks me so sincerely. I say that I am honored. This is a day in the life of a music practitioner!

*Lloyd Goldstein, CMP, is an Artist in Residence at the Moffitt Cancer Center and Research Institute, Tampa, FL, with the Arts in Medicine Program, where he has been employed for five years.*

### Upcoming Events

#### New York Enrichment Day—November 19

In the Hudson Valley of New York, we are hosting an Enrichment Day on Saturday, November 19, from 10 a.m. to 4:30 p.m. There is still space, so if you are interested, please contact Melinda at [harp@taconic.net](mailto:harp@taconic.net).

#### Benefit Concert—November 19

On November 19th at 7 p.m., there will be a benefit concert for MHTP at Our Lady of Hope Church, 8074 Rt. 22, Copake Falls, NY 12517. CMPs participating are Deborah Phelps, Dawn Dae Collins, Susan Wright, Melinda Gardiner, Susan Howland, and MHTP intern Betty Barbour. We will create a healing environment for our audience with a round-robin of therapeutic music on a wonderful array of instruments: wire-strung and lever harps, voice, guitar, Native American flutes, viola, recorders, dulcimer, and shruti. There will be a display about MHTP and a reception after the concert. We have decided to ask for a free-will donation, and we will report to you on the results! Would you be interested in hosting a similar concert in your area? Let us know! [mhpt@mhpt.org](mailto:mhpt@mhpt.org)

## MODULE NEWS

### Scheduled 2012 Classes: January through June

Our East coast camps are in Harrisonburg, VA, and the Hudson Valley of New York. See dates below for Virginia. New York will be announced soon—watch the website. The West coast camp is going to be in Colorado Springs. Watch the website for those dates. Check <http://www.mhnp.org> for additions or changes, or e-mail [mhnp@mhnp.org](mailto:mhnp@mhnp.org).

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

Ann Arbor, Michigan	January 28-29, 2012
Tampa, Florida	February 4-5, 2012
Concord, New Hampshire	March 3-4, 2012
Syracuse, New York	March 24-25, 2012
Berkeley, California	April 14-15, 2012
Harrisonburg, Virginia Camp	June 11-13, 2012

### MODULE TWO (Music as a Language)

Atlanta, Georgia	December 3-4, 2011
Baltimore, Maryland	January 14-15, 2012
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
Berkeley, California	June 9-10, 2012
Harrisonburg, Virginia Camp	June 13-15, 2012

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

Atlanta, Georgia	February 4-5, 2012
Baltimore, Maryland	March 10-11, 2012
Ann Arbor, Michigan	May 12-13, 2012
Syracuse, New York	June 16-17, 2012

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

Atlanta, Georgia	April 14-15, 2012
Baltimore, Maryland	May 12-13, 2012

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

Denver, Colorado	January 13-15, 2012
Atlanta, Georgia	June 22-24, 2012
Baltimore, Maryland	June 22-24, 2012

## MHTP now has more than 600 graduates. Congratulations to these new CMP®s!

### South

June Clarke - keyboard/piano  
Janine Chimera - guitar, voice, piano, and Native American flute  
Maureen Shelton - Native American flute, guitar, voice, and freenote  
Anne Trott - guitar, harp, and voice

### West

Shelly Nebuhr - piano, voice, guitar, Native American flute, and harp  
RuthiE Neilan - Native American flute, and voice

### Northeast

Kim Hoffman - voice, guitar, and violin  
Diane Friese - lyre  
Donna Cerny - harp

### Mid-Atlantic

Lucy Stevens - harp  
Kim Skogfeld - flute

### Northwest

Deborah Bena - harp and voice

## Continuing Education News

### Module Sale for CMPs

Once again, we are offering a module sale for CEUs (15 CEUs per module). Our curriculum is enhanced every year, and we have found that “older” graduates, especially those who graduated before 2006, are unaware that we have quite substantially changed and improved how to assess a patient’s condition and what music is appropriate for that condition. We have also added much new insight into how music heals, and other scientifically-based information, gleaned from research and our ever-deepening experiences in the field of therapeutic music. The usual cost for a CMP to attend a module is half price: \$215. If you register for any module in 2012 by April 1, 2012, you may attend for \$125. The only limitation may be class size, as we limit classes to 15 people. Check with the MHTP office before registering.



MHTP Module 3 students and staff at Pumpkin Hollow, NY, Summer 2011.

## MHTP Conference News

Remember, our conference is taking place in Arden, NC (near Asheville), October 18-21, 2012, at Lutheridge Retreat and Conference Center. Registration information for discounted early-bird registration will be on our website by January 15.

**Breaking news!** The Conference Planning Committee is delighted to announce our opening keynote speaker: biophysicist and cell biologist James L. Oschman, Ph.D. Dr. Oschman is author of *Energy Medicine: The Scientific Basis*, and *Energy Medicine in Therapeutics and Human Performance*. Dr. Oschman is a member of the Scientific Advisory Board for the National Foundation for Alternative Medicine in Washington, DC, and one of the very few academic scientists focusing on vibrational and energy medicine. Dr. Oschman will also be offering a workshop on Friday.

### Conference Positions

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.

#### **Hospitality Coordinator**

Benefit: \$50 conference fee reduction

The Hospitality Coordinator will train volunteers, put welcome bags and candies in presenters' rooms, and serve as question and answer person (example: "where is my room"). This person also makes sure that all presenters have a host who assists them as needed throughout the conference and helps the registration committee with registration packets, bags, and other details.

#### **MHTP Sales Table Assistant**

Benefit: \$50 conference fee reduction

Bruce Gardiner will train the assistant, who will in turn train the committee on the procedures for the sales table. Each committee volunteer will work in 1-hour shifts. Bruce will be present as supervisor most of the time.

#### **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.

### **Book Review: *The Tao of Sound: Acoustic Sound Healing for the 21st Century***

By Fabien Maman with Terres Unsoeld

This is a beautiful, hard-bound book with stunning full-color photographs and illustrations. It could be called a "coffee-table" book. Fabien Maman is not only one of the foremost and articulate visionaries in the field of acoustic sound healing, but his body of work is a unique and beautiful integration of the musical wisdom and healing systems of both east and west.

Volume I of the book contains 80 pages of full-color photographs and a careful record and explanation of the pioneering work exploring the influence of acoustic sound on human cells that Fabien undertook in 1981 at the University of Jussieu in Paris.

Volume II is titled *Acoustic Sound Therapy* and comprises two-thirds of the book. There are eighteen chapters, covering the scope of Fabien Maman's work over the last 30 years. The material addresses a very wide range of subjects. The information particularly for us, as therapeutic musicians, includes: acoustic sound and its qualities, how our being processes sound, and particularly the overtones and their essential importance in healing.

It also covers musical relationships, and Fabien names the Fundamental Sound® and exercises for discovering one's Fundamental Sound. There is a beautifully illustrated and very clear description of how each musical interval affects us energetically on the physical and emotional levels. Chapter fourteen is a treasure-trove: an extensive exploration of the qualities of musical modes, from the more familiar Greek modes to the many pentatonic modes: Hindustani, Japanese, and Chinese. Also in that chapter is an explanation of Fabien's unique application of the pentatonic modes appropriate to each season, which some of us experienced and participated in at our 2006 MHTP conference.

There is much more in this book well worth exploration. For example, there are chapters on Kototama, the Japanese science of pure sound, and sound and the five elements of Chinese medicine; a chapter on the musical instruments Fabien has created; and chapters on sound and acupuncture, seasonal healing concerts, and the music of the future.

For a more complete review, see the December 2011 issue of *Harp Therapy Journal*.

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

The NSBTM Board has been quite busy over the summer, and the fruits are available on the board's website at <http://www.therapeuticmusician.com>.

First, if you are a CMP, please participate in the employment survey that is available on the home page. It has been carefully created to gather as much information about therapeutic musician employment trends as possible. This information will be available to the accredited programs and their graduates and will be reported on periodically by the NSBTM survey committee.

Also completed is a therapeutic musician presentation packet. This packet provides presentation templates, fact sheets, and worksheets to help in the preparation of different kinds of therapeutic music presentations. It is available for \$25 until the end of the year, after which the price goes up to \$29.95.

## Fundraising Report

Our fundraising efforts have encouraged some creative responses from some of us.

We sent our annual appeals letter in late September, explaining MHTP's vision for the future relative to emergent trends we currently are experiencing. We have many people who want to become students, but face financial difficulties in attending. We have universities and healthcare facilities wanting to host classes and hire CMPs, but they also are facing budgetary restrictions. Your Board of Directors remains committed to students and graduates, providing support in many different ways. However, we need funds to provide this support, including through our general operating expenses as well as our new Endowment Fund, our Research Fund, and our Scholarship Fund.

Thank you all! So far, we have raised more than \$5,000 toward our goal of \$20,000. Please remember MHTP in your year-end giving to help us reach our goal!

The MHTP board heartily thanks Nick Magerl and Cheryl Zabel (and their helpers and encouragers!) for hosting a Northwest Enrichment Day that has raised \$615 for Washington-Oregon area scholarships. They have promised

us a report on their very successful event in the next newsletter.

### The Tao of Sound

Our sale of Fabien's new book has been very successful. We are delighted to be able to offer this beautiful book and raise money for MHTP at the same time. The book is available from MHTP for \$79, which includes postage. See the brief review on page 3 in this issue of the newsletter.

## Development Director

MHTP is looking for a Development Director whose job would be to help fundraise for the endowment and to write grants for a variety of MHTP's special projects and other financial needs. This would initially be a volunteer position, but would become funded as funds are raised. If you would be interested, please contact Melinda Gardiner at [harp@taconic.net](mailto:harp@taconic.net).

## CMP@s In the News

Dona Wonacott, CMP, was recently featured on public radio ([http://www.publicbroadcasting.net/wrvo/news.newsmain?action=article&ARTICLE\\_ID=1819076](http://www.publicbroadcasting.net/wrvo/news.newsmain?action=article&ARTICLE_ID=1819076)) and on the Upstate Medical University website (<http://www.upstate.edu/news/article.php?title=3159>).

Read about Emily Mills, CMP, on the Concord Hospital website at <http://www.concordhospital.org/news/news.php?shownews=true&iid=1182&artid=1182&arttype>.

John Finch, CMP, wrote an article titled "Preparing Playlists for the Elderly," published in the Music and Healing column of *Autoharp Quarterly*, Summer, 2011, pp. 36-37.

## Headlines

How Music Changes Our Brains  
[http://www.salon.com/2011/10/23/how\\_music\\_warps\\_our\\_minds/singleton/](http://www.salon.com/2011/10/23/how_music_warps_our_minds/singleton/)

Music: The Medicine of the Mind  
<http://brainblogger.com/2011/09/11/music-the-medicine-of-the-mind/>

## 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://somersetharppfest.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.mhtp.org/Data/Web/Raffle%20Tickets%202012%20Somerset.pdf>

## Advisor Administrator Address Change

Congratulations to Kris Snyder, CMP®, on her new role as MHTP Advisor Administrator! All forms for the Advisor Administrator should now be sent to Kris at the following address:

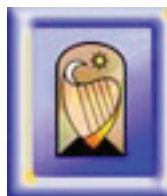
Kris Snyder, CMP  
MHTP Advisor Administrator  
P.O. Box 127  
Glenville, PA 17329  
[harperkris@hotmail.com](mailto:harperkris@hotmail.com)

If you are an intern or an advisor, please make sure that this address is on all relevant forms. Mona Peck, former advisor administrator, has moved to a new address and is no longer accepting mail at the address previously listed on the forms.

Thank you!

## 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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