

## **About the *Music for Healing & Transition Program, Inc. (MHTP)***

A 501c3 Not-for-Profit, Educational Organization

MHTP was conceived in 1994, and was incorporated in the state of Texas in January, 1995 as an educational not-for-profit corporation. MHTP became a 501c3 not-for-profit organization in June 1996, and has been offering its certification Program since 1995 nationally at various sites, beginning in Houston, TX in 1995, and expanding to 25 states since then. In 2009, the Program is offered in 12 training sites. MHTP is accredited by the National Standards Board for Therapeutic Musicians: [www.therapeuticmusician.com](http://www.therapeuticmusician.com).

Students become Certified Music Practitioners® by completing five Modules of weekend classes or intensive retreats (a total of 80 hours), a 45 hour internship, mentorship, a required reading list, music lessons if needed, and by developing at least 90 minutes of Repertoire in the four categories of healing music.

MHTP graduates serve the ill and or dying at the bedside with live, acoustic therapeutic music. They serve people of all ages, non-exclusive of religion, age, race, gender, physical ability and sexual orientation, or ethnicity. The printed materials are available in Braille for visually impaired students. Many graduates work in hospices, nursing homes and hospitals. MHTP students and graduates are people who wish to be of service. They may be professional musicians or healthcare workers who are amateur musicians, or simply musicians wishing to be of service.

As of June 2010, over 560 people have completed the Program and become Certified Music Practitioners®, practicing in the US, Canada and Japan. Approximately 230 students currently are working to complete the Program. Classes in 2010-11 are being offered in AZ, MD, NY, NH, FL, OH, WA, MN, OR, CA, TX and CO. Class sites vary from being held in a community venue or retreat center to being affiliated and/or sponsored by a Hospital or Hospice.

MHTP held its first International Conference in Seattle in 2002, then Virginia in 2004, Ohio in 2006, Portland, Oregon in 2008 and Litchfield, Connecticut in 2010. MHTP has held regional Continuing Education Days and Retreats for students and graduates every year since 2000. MHTP also offers a bi-monthly educational e-publication and various specialty e-lists to its graduates and students.

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## Summary of MHTP Requirements

These are listed nominally in order of required completion. See the *MHTP Student Handbook* at [www.mhtp.org](http://www.mhtp.org) for additional details.

### **☐ Completion of All Required Classes**

All classes (80 hours) must be completed before beginning your internship. Modules 1 through 4 must be completed before you can attend Module 5. MHTP will not allow any exceptions to this.

### **☐ 10 Required Reading/Book Reviews**

A review, at least 300 words long, of two books for each module.

### **☐ Module Exam**

An exam of the basic principles of Music Practitionership, based on contents of all five modules.

### **☐ Internship**

Forty-five hours of clinical experience in an approved medical facility. This is 45 hours of playing time, and doesn't include other time in the facility or with the patient. MHTP strongly prefers that *all* 45 hours be done one-on-one with individual patients. However, if this is not possible, at least 30 internship hours must be one-to-one, and up to 15 hours may be for small groups of no more than 3 patients as long as each patient can be observed and documented separately.

### **☐ Patient Logs during Internship**

Documentation of internship hours by completing one Patient Log for *each* patient.

### **☐ Graduation Recording**

A CD no more than 30 minutes long, with sufficient sound quality so that the music is *clearly* discernible; should demonstrate your ability and understanding of therapeutic music as taught in MHTP modules and include music of all 4 categories equally.

### **☐ On-site Liaison form**

To be completed by a supervisor at *each* facility where you intern.

### **☐ Repertoire List**

A written list of therapeutic music you play/sing, organized according to the 4 patient categories.

### **☐ Final Summary**

A one-page report summarizing your experience with MHTP, including what you learned or gained, a description of your self-nurturing practices, and any constructive criticism or feedback for improving the program.

## **MHTP MODULE OVERVIEWS**

### **Module 1**

#### **Patient Assessment for Live Therapeutic Music**

The CMP must be able to choose appropriate music based on a patient's condition and environment. Additionally, a CMP must be flexible enough to change the music according to a patient's immediate needs and response to the music. Instruction, discussion, demonstration, and practice are given for matching conditions of patients to suggested types of therapeutic music, as well as processes that develop the student's intuitive and objective assessment abilities. Students are expected to participate fully in class exercises.

#### **Injury Prevention for Music Practitioners**

Because the prolonged playing of musical instruments and singing can lead to chronic physical discomfort and injury, this class is designed to educate the musician in the pitfalls of poor posture and stressful uses of voices and instruments. It includes explanation, demonstration, and experiential learning of neutral posture and relaxation techniques to prevent potential problems.

### **Module 2**

#### **Music as a Language**

Students will learn the language of music as it applies to being a CMP, while delving into music theory, improvisation, composition, memorization, and experiential playing. When the "moving" language of music is fundamentally understood, appropriate uses of music may be applied to meet the immediate needs of a patient. By breaking down the elements of music and realizing each element's power, each student learns to appreciate the simplicity of this work as a CMP. Students learn that music is a human birthright which naturally elicits responses in the human body.

### **Module 3**

#### **Paradigms of Healing**

This class is an exploration of the scope of practice, methods, and attitudes of both alternative/complementary and conventional medical practices that CMPs are likely to encounter as they interact with their patients and healthcare professionals. Students will understand how practice as a therapeutic musician fits into the wide spectrum of the healing arts, and the unique contribution CMPs make in conventional medical settings.

#### **Music, Sound and Healing**

This class is the exploration and experience of the basic physics of sound and music, its effect upon the human body, and multi-cultural approaches to the use of music for healing the human being. Students will learn the uses of music as a healing art through the ages; review the basic elements of music, and how these elements can be used for healing body, mind, spirit, and soul. Students will learn how to understand and how to find current music research to form a logical and persuasive justification for this work. With this background, the student can confidently approach the community to provide service as a CMP.

### **Module 4**

#### **Etiquette & Internship**

The focus of this class is planning for internship, doing patient assessments, and learning about clinical protocol and expectations by caregivers, patients, and their loved ones. The class includes role-playing by all students using instruments and voices, with debriefing afterwards. Students will explore rules of conduct via role-playing in clinical situations in which CMPs will be singing and playing live music at the bedside. The class presents key methods for introducing and maintaining a therapeutic session and addresses the decision as to what music should be sung or played first for a patient.

#### **Profession of Music Practitioner**

The student will learn where the CMP fits into the healthcare community and in the hierarchy of other clinicians and healthcare workers. The student will learn what defines a CMP, and how to go about starting one's own practice including promotional strategies and sample documents to use in obtaining paid work as a CMP. Students will learn how to address the practical aspects of CMP work: setting fees, creating networks,

approaching institutions, giving presentations, marketing, and more.

## **Module 5**

Note: Modules 1 through 4 **must** be completed before taking Module 5.

### **Alterations in Health**

This class is an introduction to major diseases and injuries, symptoms, and treatments, as well as commonly used medications and how they affect the body, mind, behavior, and awareness of a patient. This knowledge helps the CMP understand a patient's response to therapeutic music. It also helps with the selection of appropriate therapeutic music for an individual patient, and is directly related to the Patient Assessment for Live Therapeutic Music class in Module 1.

### **Care of the Dying**

This class explores palliative care issues, including expectations of the dying, survivors, and medical staff. An important part of this class is discussion of the issues CMPs might have with care of the dying. This includes grief, signs and symptoms of approaching death, gifts the dying may bring, and coping with stress, loss, and death. Students will learn about hospital policies, advanced care directives (e.g., living wills), Do Not Resuscitate (DNR) orders, ethics, legal documents, insurance issues, patient privileges, and issues for healthcare choices. This will help the CMP understand end-of-life choices made by patients and their families. Appropriate therapeutic music repertoire will be reviewed.

### **Clinical Practicum**

This is an introduction to, and experience of, clinical work in a nursing home, hospice, or hospital. Students will be oriented to clinical work in a healthcare facility, learn about infection-control, safety and confidentiality policy and requirements as part of the healthcare team, and will sing or play for patients in a clinical setting under supervision of their instructor, Area Coordinator, and/or an experienced CMP. There will be opportunities for post-clinical discussion and evaluation.

## **Partial List of Hospitals Employing CMPs**

(Many facilities employ more than 1 CMP) \* also have sponsored or are sponsoring MHTP classes

### **Arizona**

- Flagstaff Medical Center, Flagstaff, AZ

### **Arkansas**

- University of Arkansas Medical Center (UAMS), Little Rock, Arkansas

### **California**

- O'Connor Hospital, San Jose, CA (\* all classes)
- Stanford University Hospital, Palo Alto, CA
- Lucile Packard Children's Hospital, Stanford, CA
- El Camino Hospital, Mt. View, CA
- Mercy Hospital, Sacramento, CA 2 CMPs employed

### **Colorado**

- Children's Hospital, Arora, CO
- St. Anthony's Hospital, Denver, CO

### **Connecticut**

- Danbury Hospital, Danbury, CT

### **Georgia**

- Union General Hospital, Blairsville, GA
- Northside Hospital, Atlanta, GA

- Piedmont Hospital, Atlanta, GA
- St. Joseph's Hospital, Atlanta, GA
- Cancer Treatment Center at Union General, Blairsville, GA.
- Regency Hospice in Hiawassee, GA.
- Scottish-Rite Children's Hospital, Atlanta, GA (\* Module 5 classes)
- Gwinnett Hospital System, Lawrenceville, GA
- Joan Glancy Hospital, Duluth, GA
- Joan Glancy Rehabilitation Center, Duluth, GA
- Emory Hospital, John's Creek, GA

#### **Florida**

- Moffitt Cancer Research Center, Tampa, FL (\* Module 5 classes)

#### **Indiana**

- Clarion Health System in Indianapolis, IN  
(Methodist, Indiana University & Riley Hospital for Children)
- St. Mary's Medical Center, Evansville, IN
- St. Francis Hospital, Beech Grove, IN

#### **Kansas**

- Wesley Medical Center, Wichita, KS

#### **Louisiana**

- Our Lady of Lourdes Hospital, Lafayette, LA

#### **Massachusetts**

- Beth Israel Hospital, Boston, MA
- Franklin Medical Center, Greenfield, MA
- Brockton Hospital in Brockton, MA
- Radius Health Care and Hospital School, Plymouth, MA
- Baystate Medical Center, Springfield, MA
- Children's Hospital, Boston, MA

#### **Maryland**

- Anne Arundel Medical Center, Annapolis, MD
- Calvert Memorial Hospital, Prince Frederick, MD
- Howard County Hospital, Johns Hopkins Medicine, Columbia, MD
- Mercy Medical Center, Baltimore, MD

#### **Michigan**

- University of Michigan Medical Center, Ann Arbor, MI (\* all classes)
- St. Joseph Mercy-Oakland, in Pontiac, MI

#### **Minnesota**

- Immanuel St. Joseph's-Mayo Health System, in Mankato, MN

#### **Montana**

- North Valley Hospital in Whitefish, MT

#### **Nebraska**

- Children's Hospital in Omaha, NE
- Fremont Area Medical Center in Fremont, NE

#### **New Hampshire**

- Elliot Hospital, Manchester, NH (\* all classes – also provide scholarships for students)
- Lakes Region General Hospital, Laconia, NH
- St. Joseph's Hospital, Nashua, NH

- Concord Hospital, Concord, NH

### **New Mexico**

- Heart Hospital, Albuquerque NM
- Kindred Hospital, Albuquerque, NM

### **New York**

- Columbia Memorial Hospital, Hudson, NY (\* Module 5 classes)
- Hudson Valley Hospital, Westchester, NY
- Saratoga Hospital, Saratoga, NY
- [Nathan Littauer Hospital Extended Care, Gloversville, NY](#)
- Clifton Springs Hospital & Clinic, Rochester, NY

### **Ohio**

- Cleveland Clinic, Cleveland, OH

### **Oregon**

- Albany General Hospital, Albany, OR

### **Pennsylvania**

- UPMC Northwest in Seneca, PA
- Lancaster General Hospital, Lancaster, PA
- Windbur Medical Center, Windbur, PA One CMP full-time

### **Tennessee**

- Baptist Memorial Hospital

### **Virginia**

- Montgomery Regional Hospital, Blacksburg, VA
- Bon Secours DePaul Medical Center, Norfolk, VA
- Lake Taylor Hospital, Norfolk, VA
- Montgomery Regional Hospital, Blacksburg VA
- University of Virginia Health System, Charlottesville, VA (\* all classes) 5 CMPs employed
- Bon Secours Maryview Medical Center, Portsmouth, VA

### **Washington**

- Highline Rehabilitation Hospital, Seattle, WA
- St. Francis Hospital, Federal Way, WA (\* all classes)
- Swedish Hospital, Seattle, WA
- United General Hospital, Sedro Woolley, WA

### **Wisconsin**

- Agnesian Healthcare, Fond du Lac, WI

### **West Virginia**

- West Virginia University Hospitals, Morgantown, WV
- Morgantown General Hospital, Morgantown, WV
- Ruby Memorial Hospital Morgantown, WV

## Partial List of Hospices Employing CMPs

(many hospices employ more than 1 CMP)

### Alabama

- New Beacon Hospice, Birmingham, AL

### Arizona

- Casa de la Luz Hospice in Tucson, AZ

### California

- Hospice Partners of the Central Coast in San Luis Obispo, CA
- Heartland Hospice, Monterey, CA
- VITAS Hospice, San Diego, CA
- Hospice of the North Coast, Carlesbad, CA

### Florida

- Hospice of the Suncoast, Tampa, FL (also hosted MHTP classes)

### Georgia

- Hospice of Northeast Georgia, Gainesville, GA
- Regency Hospice in Hiawasse, GA

### Indiana

- Yellow Rose Hospice, Indianapolis, IN
- Odyssey Hospice, Indianapolis, IN

### Kansas

- Hospice of Salina, KS

### Maryland

- Gilcrest Hospice, Baltimore, MD

### Minnesota

- Our Lady of Good Counsel Home in St. Paul, MN
- Heartland Hospice in Roseville, MN (CMP is Bereavement Coordinator)
- Asera-care Hospice, Bloomington and St. Paul/Minneapolis, MN

### New Hampshire

- Home Health & Hospice Community Hospice House in Merrimack NH
- Concord Regional Visiting Nurse Association Hospice House, Concord, NH.
- Merrimack Home Hospice

### New York

- Community Hospice, Albany & Rennsalaer, NY
- Community Hospice, Schenectady, NY
- Community Hospice of Columbia & Greene, Catskill, NY
- Hospice Care of Westchester, Mt Kisco, NY
- Jansen Hospice, Tuckahoe NY
- Hospice and Palliative Care of Westchester and Putnam, White Plains, NY
- Phelps Hospice, Sleepy Hollow, NY

### Ohio

- Montefiore Hospice, in Beachwood, OH

**Oregon**

- Providence Hospice of Medford, OR
- Evergreen Hospice, Albany/Linn County, OR

**Tennessee**

- Baptist Memorial Hospice

**Washington**

- Swedish Home Health Care Hospice, Seattle, WA
- [Providence Hospice of Seattle, WA](#)
- Franciscan Hospice, Tacoma, WA
- Providence Hospice, Olympia, WA.

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