



International Harp Therapy Program An Education Certification Program

At-Home Study Student Handbook

“A harp player for every hospital & hospice by 2020”

Second edition, January 2017

(previously revised, January 2016)

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Welcome!

Welcome to the International Harp Therapy Program!

2017 marks our twenty-third year and the expansion of the complete At-Home Study Program. We are privileged to work with students from 28 countries.

The International Harp Therapy Program is an accredited member of the National Standards Board for Therapeutic Musicians (NSBTM), the professional body of therapeutic music programs in the USA. Visit: <http://nsbtm.org>

Greetings from the IHTP team:

Christina Tourin - founder and course director

Bambi Niles, director of mentors and CEU administrator

Betty Truitt, vice-president, IHTP

IHTP CORE Team, Bambi Niles, Kevin Roddy, Rachel Christensen, Sharon Stoll, Margie Bekoff, Laurence Marie, Betty Truitt.

Core Curriculum Instructors: Judith Hitt, Barbara Crowe, Richard McQuellon and Christina Tourin (see biographies at: <http://harptherapycampus.com/campus-2/instructors/>)

Program Contributors: Deborah Noland, Jeff Volk, Joshua Leeds, Sarajane Williams, Richard Groves, Jeanne Martin, James Peterson and Don Campbell.

International leaders and organizers include:

European Director – Liesbeth Schroen (NL) and her core team of Alix Colin (BE), Margaret Forrest (NL) and Lisa Joosten, (NL); UK Director – Sue Caden (UK); Brazilian Director – Claudia Miranda (BR); Australian and Asian Directors – Carla Whiteley (AU) and Lau Suet Ting (CH) and core team Miu Toto, Carmen, Lee, and Rebecca Leung.

Mentors are listed on: <http://harptherapycampus.com/campus-2/instructors-2>

IHTP Goal

A harp player for every hospital and hospice by 2020!

IHTP Motto

We hear your voice

IHTP Mission

The International Harp Therapy Program trains practitioners to assist patients in healing or transitioning in a supportive and comforting environment. Utilizing interactive therapeutic harp music, the practitioner is able to evoke and recognize each patient's resonant tone. Practitioners provide bedside therapeutic music, and may also engage the patient with interactive music-making when appropriate. This combination of active and passive elements offers each recipient his or her own musical journey – a cradle of sound for every individual. Skilled Certified Therapeutic Harp Practitioners can provide physical and emotional comfort and release to patients and family members.

Code of Ethics

The Code of Ethics is located in [Appendix A](#) of this Handbook. To be granted certification at the end of successful study, you must read, agree, sign, and submit it to your mentor at the end of Unit 2. Keep a copy for your records and Portfolio.

National Standards Board for Therapeutic Musicians (NSBTM)

NSBTM is the accrediting body for therapeutic music programs, and refers to students from these programs with the generic title “Therapeutic Musician.”

The NSBTM's mission statement is “To define a body of knowledge and applications of that knowledge that represents competent practice for therapeutic musicians, and to create and maintain educational standards for diploma programs and continuing education programs that offer training for therapeutic musicians.”

The NSBTM defines Therapeutic Musicians as professionals who “use the intrinsic healing elements of live music and sound to provide an environment conducive to the human healing process.” The NSBTM defines healing as “movement toward mental, physical, emotional and spiritual wholeness.”

The accreditation standards on the NSBTM Web site provide the framework of IHTP curriculum. Take a moment to familiarize yourself with the standards you will be following as a student in the IHTP, as well as when you are a certified practitioner, at:

<http://www.nsbtm.org/training-and-professional-standards/accreditation-standards/>

The absolute minimum number of hours you must serve in a healthcare facility is 45 hours, according to NSBTM standards.

Note: Therapeutic Music programs, *not individuals*, are accredited by the NSBTM. Program graduates (such as “Certified Therapeutic Harp Practitioners” in the IHTP) are granted certification by their Program’s administrator at the end of successful study. Only accredited therapeutic music programs may use the NSBTM logo on their Web sites. Graduates of these programs *may not use* the logo on their professional Web sites. For more information, visit the NSBTM Web site.

Once you are graduated and certified by the IHTP, your professional title is “Certified Therapeutic Harp Practitioner” (CTHP).

Program Tracks

In addition to our complete At-Home Study Program, we offer two Attendance Study weeks for those who want to learn in-person.

We currently offer Level 1 Attendance Programs for our International Affiliates. Future plans include offering Level 1 programs for those in North America (the United States and Canada) wishing to attend an eight-day training program in-person.

We also offer our *Level 2 Certification Experiential Specialty Module* (ESM) for students and for graduates of similar programs who wish to study Resonance and Interactive Therapeutic Harp. Level 2 certification is required for students and Other Program Graduates (“OPGs”) involved in hospice work.

The Purpose of this Handbook

This handbook has been designed as a “Go-to” reference source to answer questions about program policies and procedures, course content, how to record and submit your work, and more. Please keep it handy!

Sections of the Handbook will be updated from time to time with a “date revised” note attached to the section that has changed. You will be informed when revisions/updates are available.

IHTP Guiding Principles

Students, faculty and staff strive to:

- bring to each client the intention of caring and acceptance and the purpose of service with live harp music;
- be diligent in studying music, sound and medicine so that the application of your practice is professional, sensitive and knowledge-based;
- recognize the client's resonant tone and utilize interactive techniques to engage the client *when appropriate*;
- support each client in a healing or transitioning environment by creating a "cradle of sound;"
- be a representative of the International Harp Therapy Program, and uphold program as well as professional ethics;
- engage in lifelong learning by participating in professional development activities via Continuing Education Units (CEUs) to enrich and expand one's knowledge of music and medicine; and
- be respectful of all complementary healing modalities in healthcare environments.

IHTP Student Expectations

Christina, Bambi, Mentors, and IHTP graduates are all very committed to your learning, and we fully support you on this path you have chosen! The IHTP has developed over the years, and now, follows many of the same standards and expectations of colleges and universities. Prospective students apply to enroll, and applications are reviewed by a committee. If a student is accepted, s/he pays tuition, makes the time to attend conference calls and in-person training, and turns in required work. Instructors work with students, evaluate and provide feedback for improvement. Your mentor may ask you to re-submit a musical piece after listening to it based on the criteria established in the curriculum. Students progress from one Unit to the next once the work from a Unit has been accepted.

Acceptance into the International Harp Therapy Program and the payment of tuition *does not guarantee that you will graduate and be certified.*

Your tuition entitles you to access all learning materials, including audio and video lectures, real-time conference calls (to participate and ask questions) as well as recordings of past conference calls. You learn and implement the IHTP methods of practice as you go along. You learn how to create individualized music for specific clients/patients in healthcare environments. You also learn how to take care of yourself through self-care. Your mentor is there to guide you and answer. You also have access to other IHTP students and graduates on the blog and on Facebook.

You have the freedom - and the responsibility - to complete the program according to your own schedule within the IHTP time limits that you agreed upon when you accepted a seat in our Program.

Other responsibilities as an IHTP student include:

- *keeping up to date with registration information and tuition payment(s)* - Make sure you are properly registered with your application form filled out in detail. The Application filing fee and tuition [payments can be made either by check](#) to IHTP or through the payment link at:

<http://harptherapycampus.com/getting-started/application/payment-options-paypal/>

- Students are required [to purchase the following texts](#).
- Attend periodic conference calls, and participate in discussions; see [Schedule](#) posted on the campus Web site.
- Read texts, and PDF documents available within each lesson - Complete all assigned papers, book reviews, and recordings as outlined in the Units. It is recommended that you create and adhere to a schedule to ensure your work is submitted on time. Allow your mentor time to review and respond (2 weeks is appropriate). Late submissions of work may delay your promotion to the next Unit.
- Develop your improvisational skills using the Creative Harping Video Series by completing the Music Development activities in each Unit, and submitting audio files of your music to your mentor in a timely manner.

The purpose of regular music submissions is to receive regular evaluations, guidance, and valuable feedback. If your music submission needs work, your mentor will provide specific actions to take and will ask you to re-record and re-submit it.

Mentors are looking for your ability to keep an even tempo, to play smoothly, and to use expressive transitions when improvising. It is not about how many patterns you can play, or speed, but about the flow of the music. Remember, "Less is more." This means that you can simply play the melody with the right hand, and add an occasional bass note to the melody.

You must be able to demonstrate the ability to play your harp in the following modes: Dorian, Aeolian, Mixolydian, Locrian, Ionian, Angel (Pentatonic), Middle Eastern, and the modulations as taught in the Celtic Circle lesson.

When your mentor has determined that you have finished the required work for a particular Unit, you will receive access to the next Unit.

- Expect to spend between 45-60 hours per unit reading, writing, recording, and studying;
- *Harp practice time is not academic time.* Recommended *minimum* practice time is 15 minutes per day, 5 days a week;
- Please keep to the schedule of completing each unit within the 6 months allowed;
- Regular contact with your mentor *is absolutely essential* to ensure that you understand what is required of you, and to stay on schedule;
- Notify your mentor immediately if any of your contact information (email address, mailing address, and/or telephone number) changes;
- If you are having any difficulties with any of the work in the program, or if you are experiencing a serious illness or have other serious personal difficulties that will interfere with your studies, contact your mentor and the IHTP administration as soon as possible. We can arrange an extension or On Hold status for you.
- *You are responsible for all materials that you produce and submit to your mentor. You MUST maintain your own backup system, and keep ALL of your work in a safe place.*

- If you exhaust all 15 mentor hours that your tuition pays for, you must arrange to pay your mentor directly, according to his or her own fee schedule for any additional time that you need. Your mentor will let you know if/when your balance of hours is low. Plan your 15 hours with your mentor accordingly!
- Maintain confidentiality of your clinical experience and materials. It is essential (and required by law) that names of clients and healthcare staff members not appear in any document - written or electronic - as a student of the IHTP. You may change names when relating an event - a good practice is to include a very common name enclosed in quotation marks, e.g., "Jane," "John," etc. You must always ask and secure a client or resident's permission to take and use their photograph. The rules, regulations and laws of the [Health Insurance Portability and Accountability Act](#) (HIPAA) - apply to healthcare professionals in the United States, as well as to you!
- Demonstrate practical knowledge of how to work in a medical facility during your internship (e.g., policies, procedures, etc. particular to that facility);
- Maintain a practice of healthy self-care. Working in healthcare environments can be uniquely stressful. It is important that you take care of yourself by eating well, keeping yourself hydrated, and getting enough rest and sleep.

It is also important to engage in outside physical activities, events with community groups, commune in natural settings, and other ways keep your mind and spirit engaged to reduce and eliminate stress. Do not go to a facility if you have a fever, sore throat, cough, rash or diarrhea. Wear a mask when near clients with precautions (posted on their room door), and follow all health directives from medical staff.

- Lastly, successfully complete all course work in a timely fashion with the goal of graduating within 2 1/2 years. You may finish earlier if you wish - It's all up to you!

The Program now assesses fees if a student [wants to extend study time](#).

If you feel there is a conflict with your mentor, or that you have been treated unfairly, you may petition Christina Tourin for a committee of other mentors to review your work. The decision made by the committee is binding and final. We will do all we can to help you achieve the standards set forth for our graduates.

Mentor Responsibilities

- Your mentor is your primary contact as a student in the IHTP.
- S/he is there to provide guidance and advice as you move through the Program. Your mentor will review reflection papers, book reviews, and quizzes. S/he will provide valuable feedback and advice on your music pieces. *Your mentor maintains strict confidentiality concerning all of the work you submit.*
- Your mentor will give clear and specific guidance on your progress. Should you need to resubmit a music piece, your mentor will provide clear instructions on how to improve it.
- You and your mentor will assess your strengths and interests *prior* to arranging for your Internship.
- Your mentor wants you to succeed in the program and graduate on time. However, s/he is not a personal counselor, life coach, information technology specialist, or your private music teacher. Contact your mentor if you feel your studies are not going well, or you are experiencing personal challenges that will interfere with your studies.
- Your tuition pays for 15 hours of mentor time over the five unit, 2 1/2 year program. Your mentor maintains a record of time spent reading and responding to your emails, reading and evaluating your written work, listening and providing feedback on your musical submissions.

One example of using mentor time wisely is to send an email in advance with the question(s) you need answered, so s/he has sufficient time to do research if needed, and respond.

- You and your mentor decide on how to send and receive work (email is recommended and preferred). If you opt to submit your work via postal mail, expenses are the student's responsibility.

Please send your work to your mentor in a timely manner so that s/he has adequate time to evaluate it and return it to you. Your mentor may ask you to re-submit a piece of music after providing constructive feedback to improve it.

Student Status Designations

Each student in the IHTP holds one of the statuses below:

1. A *Currently Enrolled Student* (includes new students to therapeutic music and Other Program Graduates) is one who is progressing on schedule.
2. An *Extended Student* is a currently enrolled student who petitioned, and received, a three-to six month extension to finish the student's current Unit. A student is limited to one extension per Unit, with a three extension maximum over the entire Program. As of January, 2017, the fees for the first extension will be \$50; a second extension, \$100, and a third extension (very rare!) \$200. If a student has not completed the program by the third extension, the student will be dropped. After receiving the first extension, a student must make substantial progress for the IHTP Administrator to consider granting a second extension request.

Extension fees cover administrative costs and additional mentor time. We cannot stress enough that extensions be requested only as a last resort, and for compelling reasons. Once the student has completed the Unit in which the extension was granted, s/he reverts back to the "currently enrolled student" status as s/he enters the next Unit.

3. *ON HOLD* - for *extremely serious situations and circumstances*, the IHTP Administrator may grant a period of time to suspend a student's studies so that s/he can address serious, personal priorities. On Hold status will secure any tuition you have been paid. A re-entry fee of \$100 will be assessed to revert On Hold status back to current active student status.
4. *Inactive students* are those who do not maintain contact with their mentor in a six-month period. If a mentor has repeatedly contacted a student and has received no response, the student becomes inactive. Should the student wish to begin work again, s/he must reapply to the Program with an application fee of \$100, and pay tuition again.
5. *Withdrawal from the Program* - A student wishing to withdraw from the program may be eligible for a partial refund depending on the date the withdrawal request is made. Withdrawal requests are handed on a case-by-case basis by the IHTP

Administrator.

6. A *Return* student is one who withdrew from the program and now wants to be reinstated as a student. A re-entry discounted tuition will apply depending on the status of the student and the tuition previously paid.

Honor Code

The International Harp Therapy Program shares a wide spectrum of knowledge, experience, and original research in curriculum materials. A great deal of what you will learn comes from the personal lives of instructors, other students, patients, and healthcare professionals.

Please respect this by maintaining an honor code. Do not email or print or produce in any form, copies of the IHTP curriculum, including text, recordings, videos, or audio files to friends or associates. All material is copyrighted, and disseminating it is a breach of confidentiality and professional integrity as well as a violation of the law.

As an IHTP student, you have accepted this Honor Code as part of your commitment to the Program.

And a reminder: as an IHTP student, you become a representative of the program, and have granted permission that any photos taken of you in group situations be used for educational and promotional purposes only.

At-Home Study Program Course Content

There are 5 Units in the At-Home Study Program. Six months is allowed to complete each unit.

The approximate time to finish each Unit - reading, writing book reviews and reflection papers, viewing videos, and completing quizzes is approximately 45-60 hours per Unit over six months - 8-10 hours per month. *This time estimate does not include the time spent learning required music pieces and practice time at the harp.*

Program content, by Unit:

Unit 1A

- Read the Student Handbook and complete the Student Handbook Quiz

- Video lectures
 - ✓ The History of Therapeutic Music - Jeanne Martin (video run time: 27 minutes) and Quiz
 - ✓ Music, Magic and Medicine - Amy Kanner (31 minutes) and Quiz
- *Cradle of Sound* reading assignment - write two paragraphs on the assigned content.
- Music Development – How to Find the Mode - Creative Harp Series DVD #1 (75 minutes)
- Music Development - take the Quiz (Prep students who completed this prior to enrollment in the Program should forward these files to their mentor)
- Music Development - There are no required musical submissions for #1
- Review Music: “Over the Rainbow”
- Read and write [Book Review #1](#) (any book)
- Maintain your Checklist for Unit 1

Unit 1B

- *Cradle of Sound* reading assignment - write two paragraphs on the assigned content.
- Self-Discovery through Transactional Analysis (TA) - You may read the book OR watch the videos. Use the video packet of materials as you work through the video series, or use the reduced packet of materials as you read the book.
- Music Development - review The Dorian Mode - Creative Harp Series #2
- Music Development - record and submit a Dorian tune and an improvisation
- [Book Review #2](#) - required book “TA Today: A New Introduction to Transactional Analysis”
- Maintain your Checklist for Unit 1
- [Video demonstrations of beginner improvisations](#) for Dorian, Aeolian, Mixolydian, Locrian and Ionian modes

Unit 1C

- *Cradle of Sound* reading assignment (20 pages) - write two paragraphs on the assigned content - then append written paragraphs from 1A, 1B, and 1C and submit at the end of the Unit
- Empathic Listening - Video presentation by Dr. Richard McQuellon (146 minutes)
- Neural Linguistic Programming (NLP) Video presentation by Jim and Neysa Peterson - 3 videos (65 minutes)
- Alexander Technique, Self-care - Video presentation by Jacqui Bell - 2 videos (56 minutes)
- Music Development – review The Aeolian Mode - Creative Harping Series #3
- Music Development - record and submit an Aeolian tune and improvisation
- [Book Review #3](#) (any book)

- Submit your Unit 1 Reflection paper containing your thoughts, personal insights and reflections on TA, NLP, AT, and your music making skills at this point - [follow this link for instructions on how to write your Reflection Papers](#)
- Maintain and submit your Checklist for Unit 1

Unit 2A

- *Cradle of Sound* reading assignment (20 pages) - write two paragraphs on assigned content.
- Cymatics
- Awakening the Spirit with Sound - video presentation by Don Campbell - 11 Videos (5 hours)
- Music Development - review The Mixolydian Mode - Creative Harping Series #4 (Beginning harp players may choose a song from Color My World series rather than *Illuminations*). See [Appendix D](#) for *Color My World Series* contents
- Music Development - record and submit a Mixolydian tune and improvisation
- Read and write [Book Review #4](#) (You may wish to [select books that complement](#) the content in this unit)
- Cymatics - Videos by Jeff Volk (28 minutes)
- Rosslyn Cube Singers - audio, 2 minutes
- Video interview with Dr. Masaru Emoto “The Magic of Water” - 10 minutes
- “Healing Sounds” article by Jonathan Goldman - 8 pages
- Ani Williams
- Maintain Checklist for Unit 2

Unit 2B

- *Cradle of Sound* reading assignment (9 pages) - write two paragraphs on assigned content
- Acoustics - Barbara Crowe - 10 videos (run time: 4 hours, 40 minutes)
- Acoustics - Barbara Crowe - 5 audio recordings of conference calls (total listening time: 90 minutes)
- Music Development – Review the Locrian Mode - Creative Harping Series #5
- Music Development - Record and submit a Locrian tune and improvisation
- [Book Review #5](#) (Crowe: *Music and Soulmaking* - write your review on Chapters 1, 2, and 8)
- Maintain your Checklist for Unit 2

Unit 2C

- *Cradle of Sound* reading assignment (54 pages) - write two paragraphs on assigned content, and then append all of your written paragraphs from 2A,2B, and 2C and submit at the end of the Unit
- Living Anatomy - Read 2 PDFs: 37 pages

- Living Anatomy - Watch 1 video: 19 minutes
- Living Anatomy - Take the Quiz
- Hospital Etiquette and Procedures, Deborah Noland, RN - 4 videos – (60 minutes)
- Liability Insurance
- Ethics - Barbara Crowe - Read “Professional Ethics - Key to Professional Acceptance” (PDF of Powerpoint presentation)
- Ethics - Barbara Crowe - Listen to audio recording - 20 minutes
- Music Therapy - Barbara Crowe - Listen to audio recording - 15 minutes
- Grant Writing - Susan Raimond
- Professional Skills – An introduction to the professional skills set required of members on a healthcare team in diverse healthcare facilities. Topics covered include accountability and liability issues, policies and procedures, and medical and administrative terminology specific to healthcare settings.
- Marketing and Administrative Skills
- Music Development – review the Ionian Mode - Creative Harping Series #6
- Music Development - record and submit an Ionian tune and improvisation
- [Book Review #6](#)
- Unit 2 Reflection Paper on Insights gained in Unit 2 - [follow this link for instructions on how to write your Reflection Papers](#)
- Maintain and submit your Checklist for Unit 2

Unit 3A

- *Cradle of Sound* reading assignment (54 pages) - write two paragraphs on assigned content
- Sacred Art of Living and Dying - Rediscovering Our Ancient Roots - Richard Groves
 - ✓ listen to 4 audio files (107 minutes)
 - ✓ watch 3 videos (44 minutes)
- The Death and Dying Process
- Grief Process
- Music Development – review the “Angel” (Pentatonic) Mode - Creative Harping Series #7 - Follow this link to [Instructions on how to record this mode](#)
- Music Development - record and submit a pentatonic tune and improvisation
- [Video demonstrations of beginner improvisations](#) for Dorian Aeolian, Mixolydian, Locrian and Ionian modes
- Maintain your Checklist for Unit 3

Unit 3B

- *Cradle of Sound* reading assignment (9 pages) - write two paragraphs on assigned content
- The Convergence and Education of the Various Roles of Music in Medicine
- Music Therapy - A Look - 8 videos, 1 hour total viewing time
- Therapeutic Harp Training - Christina Tourin - video, 7 minutes
- Music Thanatology

- ✓ video, 8 minutes
- ✓ audio with Jennifer Hollis, 14 minutes
- Read “Definitions of Sound/Music Modalities,” “American Music Therapy Association - Music Therapy and Medicine,” “What is Music Therapy?” (total reading: 11 pages)
- Music Development – Review the Middle Eastern Mode - Creative Harping Series #8 - Follow this link to [Instructions on how to record this mode](#)
- Music Development - record and submit a Middle Eastern tune and improvisation
- Gentle Muses Hospital Program - video, 8 minutes
- VibroAcoustic Harp Therapy - video, 12 minutes
- Psychoacoustics - Joshua Leeds, audio recording, 19 minutes
- Sound Healing Modalities
 - ✓ audio with Don Campbell, 26 minutes
 - ✓ audio with all other presenters, 23 minutes
 - ✓ audio with Christina Tourin, 12 minutes
- Maintain your Checklist for Unit 3

Unit 3C

- *Cradle of Sound* reading assignment (105 pages) - write two paragraphs on content and then append all of your written paragraphs from 3A, 3B, and 3C and submit at the end of the Unit
- Working with various populations using Music Therapy (Autism, Cerebral Palsy, Asperger's, Alzheimer's, psychological disorders) - 12 videos, total run time: 27 minutes
- Business skills for marketing and job applications
- Read and write [Book Review #7](#)
- Music Development – Elemental Music/The Chinese Five Elements, Creative Harping Series #9 - there is no submission due for #9 at this time
- Listen and begin to choose Elements pieces from *Illuminations* you will record for your Portfolio
- Begin to select, learn, and [record three tunes each](#) from 11 genres - See also [Appendix E](#) for ideas - you may also use tunes not on this list, but ones that fit the genre
- Begin to think through and plan your Internship - four audio files present what other students have done in the past - audio run time: 1 hour
- Unit 3 Reflection Paper on your personal insights Insights of Unit 3 - Death and Dying, Music Therapy, Using Harp with Special Needs populations, Chinese Five Elements Study - [follow this link for instructions on how to write your Reflection Papers](#)
- Maintain and Submit your Checklist for Unit 3

Unit 4A

- *Cradle of Sound* reading assignment (38 pages) - write two paragraphs on assigned content
- Barbara Crowe - 4 videos, 83 minutes
- Inclusive Attention - Judith Hitt - 6 videos, 138 minutes

- Resonance and Learning to Find Resonant Tone
Music Development – Review the Celtic Circle of Music 1 - Creative Harping Series #10
- Music Development - begin to learn “Over the Rainbow”
- Music Development - begin to select, learn and record your 33 tunes

Unit 4B

- *Cradle of Sound* reading assignment (35 pages) - write two paragraphs on assigned content and then append all of your written paragraphs from 4A and 4B and submit at the end of the Unit
- HeartMath - Thomas Winn, video, 31 minutes
- Resonant Kinesiology - Judith Hitt, 4 videos, 113 minutes
- The Ancient Roots of our Work - Jeanne Martin, 2 videos, 40 minutes
- Read and write [Book Reviews #8, #9, #10, #11](#)
- Music Development – The Celtic Circle of Music 2 - record and submit a Celtic Circle piece - Follow this link to [Instructions on what to record and how to record](#) it
- Double Resonance
- Double Resonance Quiz
- Experiential Specialty Module (ESM) 2 videos, 14 minutes
- Additional beautiful modulations
- Unit 4 Reflection Paper on Personal Insights (3-4 pages)

Optional: - you may attend a Level 2 Experiential Specialty Module (ESM) in Resonant Studies and Interactive work at an Attendance Week *instead of completing the Unit 4 workbook*. By taking the Level 2 attendance program, you will receive a designation on your Graduate listing for Hospice work. If you choose this option:

- ESM dates and locations around the world will be posted on the [Schedule](#) on the campus site.
- Level 2 includes: Inclusive Attention, Resonant Tone Identification, Interactive work with the harp, and Music Development.
- Level 2 requires that you reserve 35 hours of your internship in Unit 5 for working with resonant tone.
- Students are asked to complete their study of Creative Harping DVDs (or have completed several of the DVDs) before attending Level 2.
- A paper is due to your Mentor within 6 weeks after Level 2 attendance. The paper will discuss: your personal growth and understanding of Harp Therapy in practice; and review of your understanding of resonant tone and how to apply it.

Note: If you choose the At-Home Study Unit 4, you may take the ESM/Level 2 Attendance Week later as a Refresher course, to receive required CEUs, and the designation for hospice work.

Unit 5A

Interactive Harp Therapy work - 11 videos, 107 minutes

Children, Teens, and Adults on Harp - 2 videos, 12 minutes
Rainbow of Sound, Harp Circles, Color My World - 3 videos 16 minutes
Children with Disabilities - 3 videos, 18 minutes
Easter Day Parade theme, St. Patrick's theme - 2 videos, 6 minutes
Creating an interactive program for a group

Unit 5B

Establishing and Developing your Career as a Professional Harp Therapist - Patricia Dewey - 2 videos, 50 minutes

Cradle of Sound - assemble all of the paragraphs you have written about the content in each Unit and assemble it into a single document to submit in your portfolio

Internship

Keeping Records

Keeping a Journal

Music Submission reminders and guidelines for your Portfolio

Assembling and submitting your Portfolio

Information for the newly certified

In Unit 5, students will design one interactive program or presentation targeted to a specific population: memory care (Alzheimer's) residents, a special needs group (autistic, physically challenged, etc), retirement center residents, and/or particular school groups from kindergarten to college. The group-specific and age-appropriate program will consist of 45 minutes of activities and music.

- Begin by choosing a theme, and consider how you would design a unique program for a particular social or religious group. How would you design a program for a holiday?
- Your program may use PowerPoint and background recorded music.
- Your program may include poetry, age-appropriate physical activities, and encourage music-making, singing, and playing simple musical instruments.
- The program may include age-appropriate physical activities (such as the paper plate rhythmic activity that Don Campbell has taught) or a "make and take" project - something that participants create in the presentation and take away with them afterwards.
- Include an outline, a detailed summary of activities and the amount of time allocated to each, and a list of equipment needed for the program. Be sure that

you know how to operate all electronic equipment that you plan to use!

- Be sure to have plenty of “manipulatives” - shakers, paper plates, etc. for each participant.
- Have the presentation ready to go before the participants enter the room if at all possible.
- PRACTICE presenting your program to another person, or video yourself. Watch with a critical eye.
- After you have presented your program, ensure that all instruments and materials are thoroughly disinfected.

Student Types

Beginning in 2017, new students will enter the program twice per year: March 1 and September 1.

1. *Prospective students* (absolute beginners to the harp and to music making) will study the first three Creative Harping Lessons (#1 Finding the Mode of a Piece, #2 the Dorian mode, and #3, the Aeolian mode) and *submit the quiz and two musical submissions as part of their application to the program.*

Students will be notified if they have been accepted into the Program, and a mentor will be assigned to them. If the student’s entry date is a few months away, we strongly recommend that they continue studying the remainder of the Creative Harping Video Series, and record submissions. Doing this will set them ahead when they formally enter the program.

To prepare for study prior to applying for the Program, prospective students may:

1. contact the IHTP Office for the name of a harp teacher familiar with IHTP standards in the student’s local area;
2. request the name of an IHTP SKYPE teacher from the IHTP Office; or
3. study the three lessons independently if they are an Advanced Beginner/Intermediate/Advanced player.

*Note: The student is responsible for the expense of a private teacher.

To complete the music portion of the application, the prospective student is asked to:

- a. Complete the “Finding the Mode” quiz (Creative Harping Video Series #1);
- b. Choose and play one tune from the Dorian and Aeolian lessons, and segue into an improvisation, keeping in the same tempo, mode, and time signature. The improvisation must have at least 2-3 alternating left hand patterns. For the Aeolian mode, reviewers will look for a few third intervals in the Right Hand. The piece and improvisation should be played as if the student is playing by the bedside.

The submission does not need to be perfect! We realize for many, this is the first time they have worked with improvisation, and for some, the first time they have recorded and shared their music. However, the application review committee will determine if the student has grasped the concepts of the lessons. The student may be asked to re-record a music submissions after feedback is given. Students may also re-record and submit the first 3 lessons in Unit 1 once accepted into the program.

We are looking for a student’s potential in their playing. Simplicity is the key. Embrace smooth playing and flow. Have your harp in tune, and follow the guidelines above regarding left and right hand playing. We are looking for heartfelt playing.

Other IHTP student types include:

2. Currently enrolled students in the At Home Study program. Each student is assigned a mentor, and is responsible for successfully completing the material in all five Units.

3. Graduates from Other Therapeutic Programs (“OPGs”). These are advanced students who are seeking IHTP certification *who are already certified* as a Music Thanatologist (M-Th), Certified Clinical Musician (CCM), certified in another NSBTM-accredited therapeutic music programs, or a Board-Certified Music Therapist.

OPG students are assigned a mentor, and working on an advanced level, they are required to:

- a. Read the *Cradle of Sound* and submit two paragraphs for each reading assignment beginning in Unit 1. They will submit their paragraphs for Units 1-3 at the end of Unit 3; and will submit a cumulation of *Cradle of Sound* paragraphs as a single part of their Portfolio.
- b. Attend an ESM (Experiential Specialty Module).
- c. Complete *45 hours* of Internship in a healthcare facility, and apply the methods learned in resonance training.
- d. Submit the Creative Harping improvisations as follows:
 - Unit 1, Dorian and Aeolian;
 - Unit 2, Mixolydian, Locrian and Ionian;
 - Unit 3, “Angel” mode and Middle Eastern;
 - Unit 4, 1 minute each for Mixolydian, Aeolian, and Ionian improvisations if the mentor determines they are needed;
 - a four minute Celtic Circle composition in the key of G, your own resonance, or your key of choice; and
 - A four minute Celtic Circle improvisation using double resonance;
 - [five pieces from Illuminations](#) are designated as Elemental songs (Your Dorian recording of “Scarborough Faire” or “The Chanter” satisfies the Metal Element.
 - Two additional pieces: “Over the Rainbow” and “Clair de Lune.”
- e. Review the At-Home Study Units without completing the quizzes.
- f. Other Program Graduates are responsible for two Reflection papers. The first one, after Unit 3, will include an introduction and discussion of any ideas or information in any of the IHTP materials and how they relate to their previous training. The second required reflection paper will document their experiences and insights after the ESM Resonance training module.

- g. In Unit 5, the OPG will submit a digital portfolio of their work, including the recordings cited above, along with any additional work and certificates issued from the therapeutic music program from which they are certified.
 - h. Create one 45 minute interactive program for a specific-needs group.
4. Refresher Student - Graduates of the IHTP who wish to review their previous training may take any of the following for Continuing Education Credits;
- Take an Attendance Level 1 or Level 2 program at any of the worldwide locations for \$300.00.
 - Take the At-Home Study Program (Units 1-5) online for \$300.00. The student will be required to submit a final paper discussing new insights gained as a result of the Refresher.
 - Refresher Students are not assigned a mentor nor do they submit the quizzes. A 3-4 page Reflection paper is due:
 - after the Attendance Level 1;
 - after Attendance Level 2; or
 - Unit 5

The paper will be submitted to the CEU Administrator along with a \$50 processing fee.
 - CEUs will be granted after receipt of your paper according to the CEU schedule. [See the Student and Practitioner Support page on the Web site for more information about CEUs](#) [enter **IHTPINFO** as the pass code/access code]
 - Refresher students are encouraged to attend periodic conference calls.

Basic Computing Technology Skills Required

To satisfy the IHTP requirements for coursework, you must know how to:

1. Connect to the Internet/World Wide Web;
2. Use a Web browser of your choice;
3. Send and receive email messages;
4. Download, view and save a document from a Web page to your local device (desktop computer, laptop, tablet, or smartphone);
5. Watch a video created in YouTube, Vimeo, and other video platforms Note: you may need to install Adobe Flash Player - <http://get.adobe.com/flashplayer/>
6. Record, edit, and email your musical submissions to your mentor;
7. Ask for help from friends or family when you have questions about the device you are using for your IHTP studies.

IHTP Document Formats

All materials on the IHTP Web site can be used by all major computer operating system platforms: MacOS/iOS, Windows, Android, and Linux. All IHTP text documents will soon be in the “Portable Document Format,” or PDF. Additionally, some of these will be converted to PDF Form-Fillable documents, which will enable you to download the PDF, enter text into the document (e.g., Book Reviews, etc.), and save it to your desktop. When ready, you can then email completed documents to your mentor.

Form-fillable PDFs can be used on any device. If you are using a tablet device (Apple iPad, Windows Surface, etc.) you may have to download a free app to fill out the form. Windows and Mac operating systems have PDF fillable capabilities built into the software.

How to record, edit, and send music

Nearly every desktop computer manufactured since 2008 has a built-in Webcam and microphone that offers video and audio recording capabilities. Smartphones (including Apple iPhones, Windows phones, and phones using the Android operating system) now offer superior recording technology, and simple ways to record, edit, and send files anywhere.

“Audacity” is a open-source free program for all major computer platforms, and can be easily downloaded from the Web. We recommend this program, as it is fairly easy to use. With it you can easily record and edit sound.

<http://www.audacityteam.org/download/>

Once you have recorded your piece and get the file to your computer desktop, we suggest that you learn how to edit it - for example, you might want to remove sounds before and after your piece (such as rustling of paper, scraping chair noises, snoring dogs, etc.) and have silence before and after your piece. Since you will be doing a fair amount of recording, it is good to develop this habit and practice early on of making your pieces sound professional.

There are many audio recording file types, two of which will be mentioned here - .wav and .mp3. Unlike Windows written documents with a.docx extension that can only be read on a Windows machine, .wav and .mp3 can be used on any system.

A .wav file is an uncompressed file, meaning it has the richest quality of sound, and it is the format that compact discs use. However, .wav files are very, very large. You can

record in .wav on your own machine if you wish, but when you send a file to your mentor, you must convert it to a size that can be easily sent over the Internet.

You may also create an account to a service like Soundcloud - <http://soundcloud.com>, upload your music files there, and send the links to them to your mentor.

Almost all audio programs on all devices allow a user to convert a large sound file to a smaller one through a compression procedure. mp3 files are much smaller and can easily be sent via email. We suggest that you record your files using the .mp3 format. mp3 files sound remarkably like .wav files - there is no noticeable difference in quality.

Conference Call Technology

We look forward to hearing you on our periodic conference calls! Most students connect directly, and successfully, to the Maestro Conference platform using their desktop computers or smartphones. International students are encouraged to use Skype. Be sure that you have funds in your Skype account before making the call.

Occasionally a student may experience technical issues hearing the call or being heard. Rather than take up valuable time trying to resolve technical issues during a call with as many as 50 students connected simultaneously, we suggest that *you test your computer before the call* to check for problems. You may call the Maestro Conference number as soon as you get the upcoming conference call email to test your system.

If you are experiencing problems with your Internet Service Provider or other issues unrelated to Maestro Conference, you will be able to access a recording of the conference very soon after.

Prior to the Conference call, you can easily check your microphone preference and sound volume by searching for the “preferences” tab on your computer’s settings.

Viewing Videos

Your iPad may not be able to view certain older videos produced with Vimeo. As the majority of our students use desktops or laptops and view these videos successfully, we ask that you use a desktop or a laptop to view videos if you are experiencing problems with your iPad.

Some of video and audio segments throughout the program were recorded in less-than-optimum conditions, but their content is both very interesting and valuable.

We suggest using headphones if the audio is difficult to hear.

To ensure that your device plays videos without difficulty, we suggest that you close all other programs when viewing videos.

View videos at off-peak times - Internet service in your locale varies during the day and night. Videos may take time to download.

For older videos, do not expand the viewing area to full-screen. You may experience a volume decrease and screen blur, or the video may disappear completely.

Support for Creative Harping DVD Series

If you have purchased the Creative Harping Series as DVDs or streaming video, and want to access the Support Papers containing music and other information for each of the videos:

1. Go to <http://Emeraldharp.com>
2. Click on SUPPORT on the top of the page.
3. If you are using the streaming format, your support papers access code will be available to you after purchase

Troubleshooting

In the past, the IHTP attempted to provide troubleshooting assistance and instructions on any problems that students experienced, from formatting a document to how to record tunes, how to download documents, etc. for every major operating system, and often for multiple versions of a single operating system, e.g., Windows 95, Windows 98, Windows 7, 8, 9, 10, etc.)

We now ask that the student take on the responsibility of maintaining your own computing device. If you experience a problem with our Web site, and you have determined your computing device is working properly, please contact us as soon as possible. An example of this is entering a URL link for a document, and receiving the message "404 DOCUMENT NOT FOUND."

When contacting us, tell us:

1. What were you trying to do?
2. What happened....or what did *not* happen?

3. What kind of device were you using at the time (desktop, laptop, tablet, smartphone, and what version of the operating system were you using?

Your mentor may not have the same computing system as you have. S/he *may* be able to help you - it doesn't hurt to ask! However, mentors are not there to provide technology support. If your issue is more complex, and *deals directly with your own computer and Internet connection and not the IHTP Website*, we ask that you find support for your device from family, friends, or others in your locale to resolve problems.

Conference Calls

Periodic conference calls consist of informative lectures, presentations, special speakers and group discussions. You are strongly encouraged to attend and participate in these calls and to get to know your classmates.

Conference calls are considered part of your instruction, and last 60-90 minutes. They are also available as recordings you can listen to later if you are unable to make the call.

You will be notified by email for an upcoming conference call. The email message will contain: the date and time of the call according to your local time zone; the number for you to call in at the scheduled time, and a personal PIN number to enter to gain access to the call. Please enter the call five minutes before it begins.

Prior to the call, the conference call service we use will send out a notice 24 hours in advance, and two hours in advance. The IHTP Administrator will try to contact everyone a few days before the call, *but it is the responsibility of the student to keep an eye on the Schedule on the HarpTherapyCampus.com Web site.*

See the Campus site "Schedule" page for dates of the conference calls:

<http://harptherapycampus.com/campus-2/schedule/>

Creative Harping Music Development

This video series is vital to your development as a therapeutic musician and demonstrates basic harp technique and how to create improvisations in the modes.

- Please purchase the "Creative Harping Series," available at the Emerald Harp Web site. The current cost is \$480.00 for the set. The first lesson and the accompanying

support papers is available free on the Emerald Harp Web site:

<http://www.emeraldharp.com/creative-harp-series-1-10/>

This series may be purchased as streaming videos - take advantage of the lower cost of streaming video, and no postage fees! Be aware, however, that *you must be online* to view streaming videos.

- Begin by working through each DVD with harp in hand, and play along with Christina. Practice each lesson until you have a good working knowledge of the content. Your submission should be less than 4 minutes long and address the mode/tuning in each DVD. Think of these as personal lessons with Christina. Plan a minimum of 15 minutes practice on the harp, 5 days a week. Remember that practice time is not academic time!
- The first Creative Harping video, Find the Mode (#1) shows you how to determine the mode of a tune. After you have viewed the video (and feel free to view it as often as needed) you then complete the “Find the Mode” quiz in Unit 1. This first Lesson is available for free online: <http://www.emeraldharp.com/creative-harp-1-free-lesson/>
- Record one of the songs in the DVD lesson. Follow it with an improvisation based on the same tempo, mode and rhythm of the song. Your submissions are to be no longer than 4 minutes.
- Strive to utilize at least 2 left-hand patterns interchangeably in your improvisation. You do not need to return to the tune at the end of your improvisation.
- Strive for an even tempo and good improvisation. Smooth transitions and use of varying left hand patterns are important. Use as many Left Hand (LH) patterns as you feel comfortable with after your study. Avoid using LH patterns that will affect the flow of your music. We are not looking for perfection, or complexity in either the LH accompaniment, or the Right Hand (RH) melody. We are looking for smoothness, and flow. Your mentor can provide valuable guidance here.
- You are required to record and submit one tune and an improvisation for each of the following Creative Harping Series DVDs: Dorian (#2); Aeolian (#3); Mixolydian (#4); Locrian (#5); Ionian (#6); Angel/Pentatonic (#7); Middle Eastern (#8); and the Ancient Celtic Circle of Music (#10). There are no submissions for #1 or #9.
- The Chinese Five Elements (#9) songs are [pieces from *Illuminations*](#)

- While you are studying a particular Unit, aim to record music submissions and submit to your mentor as early on as possible, in case you need to re-submit after your mentor has provided constructive feedback. [Go here for instructions](#) on how to record.
- Your mentor will evaluate and critique each of your music submissions. We strongly recommend that you sincerely try to keep on schedule with the modes presented in each Unit. Record the mode(s) presented in the the current Unit you are studying, and submit it via email to your mentor. It is possible that your mentor will determine that your piece needs additional work, and that you redo the submission according to the feedback s/he provides. You may also send your music on a USB drive to your mentor using the postal service, but you are responsible for the postage. Lastly, you may opt to create an account on Soundcloud mentioned above, and send links to your music files that way.

If you are a beginning harp player, consult [Appendix D](#) for the *Color My World Series* tunes, designated for the various Elements for balancing energy that can be substituted for the *Illuminations* songs.

- The Celtic Circle of Music submission requires only improvisations on the Mixolydian, Aeolian, and Ionian modes and *not the modal tunes themselves*. Your submission should be at least four minutes long. Make transitions flow such that we hardly notice the change from *Suantraighe* (soothing and restful) to *Goltraighe* (sorrowful and melancholic); to *Geantraighe* (graceful and expressive).
- To best understand what we are looking for, watch Christina's demonstrations:

<https://player.vimeo.com/video/18492719>

SKYPE Instruction Available. You or your mentor may discover that additional supplemental music instruction and development would be helpful. You may contact the IHTP graduates below who are also professional teachers.

You are responsible for the cost of private music lessons. The teacher you hire will provide his or her fee per lesson.

1. Susan Zevenbergen - myharpsdelight@gmail.com Web site:
<http://www.myharpsdelight.com>

2. Martha Lawrance - harpheals@gmail.com -
<http://www.myharpheals.com/#!/about-martha/cjg9>

General Music Development

You will find that recording your music is time-consuming, but the effort is well worth the work. We highly recommend that you spend at least a minimum 15 minutes a day, five days a week. More time spent will produce optimum results in less time.

Your mentors are the quality control experts of your music. When you graduate, you will represent the IHTP and be expected to produce an acceptable level of music for your clients. Remember that the mentor is looking for flow, variation in your left hand patterns, and phrasing of the melody in your right hand (explained below).

Each submission must be specific to the mode studied. Record one of the songs on the DVD (refer to the Support Papers for the written music), and follow it with an improvisation using the same tempo, mode and rhythm. Utilize at least 2 left-hand patterns in your improvisation. You do not need to return to the tune. We are not looking for perfection; rather we are looking for even tempo, good improvisation, smooth transitions and simple, stable left hand patterns. Your mentor will be listening for the above elements in your submissions, and can provide guidance.

We strongly suggest that you put in enough time to develop your music, and turn in your work early on in your Unit study in case you need to redo your selection again.

Below are some suggestions on how to approach creating your improvisations with each mode. All of your modal submissions should be played as if you are with someone at the bedside. Watch this video of Christina demonstrating what she wants students to do for your submissions - <https://player.vimeo.com/video/18492719>

Since the Dorian mode is the first required submission, you may be hesitant to jump in and improvise. We suggest that you just do it, and not worry about perfection. Your mentor is well aware of what to expect. "Less is more."

The Aeolian mode will be easier after your experience of the Dorian mode. Your mentor will begin to look for your musicality - your flow. It is very important to begin to develop an easy flow. At this stage, have 2-3 alternating patterns in your left hand. Students sometimes create complex left hand patterns that affect the flow of the melody in the right hand. As you become more familiar about what notes in the right hand interact with your left hand patterns, you will begin to develop phrasing in your music. You will discover that if your right hand is busy with the melody, your left hand will be sparse -

conversely, when your left hand is busy, your right hand will be sparse.

The Locrian mode (modified on an Aeolian bass) should be very sparse, and slow.

The Mixolydian mode is relaxing. How do you feel when you play it and hear it yourself? Now is the time for some fine tuning.

You will find that you will play the Ionian mode much of the time, and your mentor will be listening for your best effort.

For the “Angel” mode, select only one tune. Glissandos should be smooth and follow a circular pattern. Begin the descending glissando with your thumb, and follow the contour of the harp’s harmonic curve. Doing so prolongs the glissando and emphasizes its beauty! Glissandos should not overpower the song.

Follow this link to [view a demonstration of this mode](#)

Middle Eastern Mode – Christina has prepared a short video that demonstrates how to approach this particular submission: <https://player.vimeo.com/video/21306471>

Reflection Papers and Book Reviews

Throughout the program you will be asked to write very short and concise papers about program texts, videos, and lectures. The purpose of these papers is to reflect on how the information has changed your perspective and how you might incorporate some of this knowledge into your practice. It is not a summary of the content.

Please format your papers according to the following instructions:

1. Include your name, the date, and email address at the top of each page;
2. Title of paper;
3. Provide a short “abstract:” one or two concise sentences that describe the paper’s content;
4. For font size, please use Times New-Roman, Arial, or Verdana, 11 or 12 points, and space your sentences using 1.5 or double spacing;
5. Please provide an analysis of the content you are reading. This means reading the content with a critical eye; making connections with what you read and what you experience as a developing therapeutic musician. Provide any relevant evidence to support your own ideas and conclusions.

6. If you create arguments in your writing - acknowledge the opposing view, and justify and support your ideas with sufficient evidence and detail. Take personal responsibility for the opinions you state, e.g.: "in my opinion..." Back them up with evidence!

Please review and proofread your paper before submitting. These papers are considered professional documents. Check your spelling and grammar!

The IHTP supports an online environment where all documents can be accessed by all desktop and laptop computers, tablets, and smartphones. *Please convert all textual information you write in the form of papers or book reviews to the PDF format* - All word processing programs can easily convert documents from their 'proprietary' formats - e.g., ".docx," "pages," etc. to PDF.

Your mentor will read your papers, and may comment on them or ask you a follow-up question or two. Papers are not 'graded;' rather, the mentor is more interested in your growth and use of IHTP ideas, concepts, and procedures.

Book Reviews

The IHTP Program assigns seven required texts, and five elective texts you choose.

The seven required texts are:

1. Harp Therapy Manual - Cradle of Sound, with CD - Christina Tourin. This is the primary textbook for your Harp Therapy studies.
2. Illuminations Healing Music Book - Christina Tourin - The book contains beginner and intermediate arrangements for core IHTP repertoire used in clinical work, along with a CD. [Follow this link for a list of the required pieces.](#)
3. Music and Soulmaking: Toward a New Theory of Music Therapy - Barbara Crowe This text is a very scholarly work. For our purposes, you only need to read the first, second and last chapters of the book for your review. International students may have a substitute book suggested by your program director/mentor for any of the IHTP required books with exception of the Harp Therapy Manual.
4. The Healing Musician - Stella Benson
5. Color My World - Blue Series - Songs of Stillness and Tranquility - Christina Tourin (you need not complete a written review of this item. The songs here are

extremely useful in therapeutic music settings. There are five more sets in the Color My World you may consider purchasing for clinical use.

6. Grace Notes - Tami Briggs
7. At the Heart of the Matter - Anne R Bewley

All of the above books can be purchased at the Emerald Harp Store. If you purchase the books as a set you are given a discount:

<http://harpterapycampus.com/getting-started/reading-list/>

You are to choose five books to read, reflect upon, and submit a short review.

Suggestions are available at <http://harpterapycampus.com/getting-started/reading-list/>

In your written reviews, we do not want a summary of what the book contains - rather, we are mostly interested in what you have learned from the text and how you might apply it in your harp therapy practice. What was a valuable takeaway for you? What did you learn? What do you now consider important or useful that you didn't know before? Book reviews are read, but not graded by your mentor and are acknowledged on your Unit Checklists.

We have created a standardized format for your review which can be found in [Appendix B](#). We are not looking for a particular length for your review -two good paragraphs to one-half page per review will suffice. You may use this form-fillable PDF to complete your review. If you write your review with your computer's word processing, please use the same format as the PDF - and, don't forget to convert your book review to PDF before you send it to you mentor!

International Students may check the International list for suggested books in their own language or suggest a book. See Reading List:

<http://harpterapycampus.com/getting-started/reading-list/>

Internship

The IHTP requires a total of 80 hours of work in the field to be considered for graduation and certification.

Remember that the NSBTM requires 45 hours playing by the bedside. To complete your 80 hour commitment, you may choose to simply complete 35 additional hours in the facility, totaling 80; 35 hours in focused and directed musical development studies; 35

hours in a directed independent study (this could include doing a research study on the effects of music and the body in the facility you are in; translating IHTP materials into another language; or other projects); or 35 hours in a facility with a focus on implementing resonance training from your attendance at an ESM.

Begin the discussion about your Internship with your mentor early on to give you valuable time to think about what you want to do, as well as time to select an appropriate facility. You may already have a good relationship with a local facility (hospital, hospice or nursing home, etc.) in your locale.

Your Internship does not commence until Unit 3 has been completed.

How to Approach a Facility for your Internship

Work with your mentor to determine an appropriate facility in your locale that matches your interests. Contact the facility and ask to speak with the person who oversees activities or volunteers. Explain what you offer by describing the benefits of harp therapy and what you can do in their facility. The person who will directly oversee your work as an intern in the facility is your *site supervisor*.

Your site supervisor should be a nurse, doctor, caregiver, chaplain, or volunteer/activities coordinator who will connect you with the facility clientele, help you develop an attendance schedule, monitor your progress, be your liaison with facility administration, approve your charted time, and at the end, evaluate your work. Keep all copies of your work at the facility for your Portfolio.

Your Internship hours are provided to the facility free of charge. Once you are certified, a fee is appropriate. As you work at this facility, remember that you may be auditioning for a future professional position there!

Assembling Your Portfolio

One of the requirements for graduation and certification is creating a Portfolio that showcases your work. Regular students must record 3 tunes in each of the 11 genres below - a total of 33 tunes. Other Program Graduates need only record the selections from *Illuminations* given below.

The tunes you select and record in the .mp3 format must contain the essential melody and the most important refrain of the piece. Maintain steady rhythm. (*Color My World* cards are great for this).

Christina has created a video to show you exactly what she wants for your 33 tunes:

<https://player.vimeo.com/video/21295958>

The 11 genres include:

1. Classical/Medieval
2. Oldies
3. Children's Music
4. Holiday Music
5. Ethnic/Celtic
6. Country/Western (or folk tunes from your country)
7. Patriotic/National (international students may submit well-known folk tunes from your country, along with your national anthem):
https://en.wikipedia.org/wiki/List_of_national_anthems
8. Opera
9. Popular
10. Hymns
11. Broadway

You are also required to choose, record and submit one tune corresponding to each of the Chinese Five Elements from *Illuminations*:

- "Little Dove" OR "Unite" (Earth element)
- "Harbor Cove" OR "Tranquility" (Water element)
- "Shadow Spirit" OR "Annwryn" (Wood element)
- "Diamonds from Heaven" OR "Cherubim" (Fire element)
- "The Chanter" or "Scarborough Faire" (Metal element) - [You have already recorded one of these for the Dorian mode submission]

Three additional tunes to record and submit include:

- "Claire de Lune" - Christina Tourin's arrangement is available on page 132 of *Illuminations Healing Music*. Here is a suggested fingering of her arrangement: <https://player.vimeo.com/video/46765484> (You may use another arrangement if you wish)
- "Over the Rainbow"
- The Celtic Circle of Music you submitted in Unit 4

Ultimately you will want to have all the tunes memorized. If you have difficulty memorizing or find the above selections too demanding, you may wish to purchase *Color My World* music cards that clip to the harp. They serve as "training wheels" while learning the melody. Music stands are too cumbersome at the bedside and are

discouraged. The practitioner's attention must be on the patient, not on written music.

View a list of suggested songs from *Color My World* in [Appendix D](#). This list contains easier equivalent songs for the balancing of elements.

Your Final Submitted Work

Once you have submitted all five Units of work to your mentor (OPGs have different requirements) and your mentor has recommended you for graduation and certification, you have one final task:

You must assemble and create a final Portfolio containing all of your work. You may arrange your material any way you want, but an intuitive way for others to easily review your Portfolio like the one described below is best.

Create four folders on your desktop. Label them "Music," "Clinical Work," "Supporting Documentation," and "IHTP Written Work."

In the "Music" folder, place the following, in order:

- A three minute representation of your best playing - your choice of music. *Please do not exceed three minutes;*
- 33 tunes (3 from each of the 11 genres), along with a playlist (OPGs are not required to do these recordings);
- five pieces for the five Elements from either *Illuminations* or the *Color My World* series;
- two pieces - "Over The Rainbow" and "Clair de Lune" (or alternate music from *Color My World* cards - consult your mentor)
- The Celtic Circle of Music you submitted in Unit 4

NOTE: All tunes should be clearly identified with enough of the tune's title in the file name to figure out what it is.

In the "Clinical Work" folder, place the following:

- All of your Internship documentation, including:
 - including journals,
 - timesheets, and
 - site supervisor contact information;

- Your site supervisor's evaluation;
- Your self-evaluation.

In the “Supporting Documentation” folder, place the following:

- support letters from physicians, nurses, chaplains, or other healthcare personnel you have worked with;
- photographs of you at work;
- hospital newsletters where you are featured;
- newspaper articles where you are featured;
- any other article, photo, or video that showcases you and your work.

In the “IHTP Written Work” folder, place the following:

- Your Unit Reflection Papers (you may create a compilation of these as one document);
- Book Reviews (You may create a compilation of these as one document);
- Cradle of Sound paragraphs assembled into a single document;
- Your mentor's evaluation of each Unit you completed.

NOTE: create names for all of your files that would make sense to a person looking at them i.e., “timesheet,” “supervisor_evaluation,” “self_evaluation,” etc.)

Now, Create a folder with the following title “<Your Name> IHTP Portfolio” and move the Four Content Folders you created above inside.

Make a copy of this folder, label it “MY IHTP Portfolio backup” and keep for your records.

If you are sending a USB drive to your mentor, insert it into your device, drag the “<Your Name> IHTP Portfolio” on to it. Once it has finished, eject the drive, and prepare it for mailing to your mentor. A copy will be forwarded to IHTP Administration for their files.

You may also elect to use the free service called Dropbox (<http://dropbox.com>). Create an account and simply drop your IHTP Portfolio file in it, and share it by entering the recipient's email address.

You **may also submit your work in ‘hard copy,’** though you are responsible for postal charges. Due to storage concerns, we encourage you to consider the electronic method described above.

The Portfolio you have just created is for yourself and for IHTP files. However, you may wish to develop a slightly different Portfolio for potential employers. For example, you may decide to exclude the items in the “IHTP Written Work.” This decision is totally yours to make.

Information for newly certified practitioners

Congratulations! You have graduated from the IHTP and are now certified with the professional title “CTHP - Certified Therapeutic Harp Practitioner.”

The National Standards Board for Therapeutic Musicians accredits the IHTP, and as a graduate of our program, you are now certified as a therapeutic musician.

You will join the other CTHPs on the IHTP Web site, at <http://www.harptherapyinternational.com/practitioner-listing/> Please be sure we have the most up-to-date contact information for you.

As graduates, you have the following responsibilities to your employer as well as to your continuing education.

Liability Insurance is a *must* for working IHTP graduates. We have a reliable source for liability insurance - ABMP - Associated Bodywork and Massage Professionals - <http://www.ambp.com> It is best to call (800) 458-2267 (rather than apply online and ask for Nicole. Your policy will be listed under “Sound Therapy” and you will receive a discount if you are a subscriber to the *Harp Therapy Journal* (<http://www.harptherapyjournal.com/>)

Continuing Education Units (CEUs)

Health care professionals in all fields are required to earn CEUs for professional growth and development, and to maintain licensure or certification in their specific field.

You must obtain **20 CEUs** every **two years** to be in compliance with the NSBTM and maintain your certification.

CEUs may be earned by:

1. Attending a regional IHTP conference or Attendance Week. 20 CEUs are awarded, automatically, and without a fee.

See the [Schedule](#) on the Web site for more information.

2. Attending a local presentation or program or a Webinar on the Internet (e.g., [The Listening Program](#)) on a variety of topics: death and dying, hospice care, working with Alzheimer's patients, sound and healing presentations, and more. Attendees must supply proof of attendance with a receipt or a certificate of completion, along with the date, presenter topic, and a short one page review of what you learned and how this information will be applied to your work);
3. Reading a book from the Recommended Reading list and submitting a one page review of what you learned and how this information will be applied to your work as a CTHP. There is a limit of 5 books (10 CEUs) per two year cycle.
4. Engaging with a qualified instructor in intensive music development study. You will receive .5 CEUs per hour of intensive study. The CEU time must be spent your instructor's presence. You must supply a report detailing goals and objectives, how they were met, along with an evaluation from your instructor. Music Development is limited to 10 CEUs per two year cycle.

If you are uncertain whether a particular workshop, lecture, or class qualifies for CEUs, contact CEU Administrator Bambi Niles beforehand.

A fee of \$50 is charged to process CEUs awarded by non-IHTP workshops, conferences, or music development work. You may elect to scan and send documentation of CEUs by email or postal mail to Bambi Niles (220 Drake Avenue, Oneida, NY 13421 Bambi.Niles@gmail.com) between September 1 and December 1 of each odd number year. (i.e. 2017, 2019, 2021, etc.)

You may also submit payment vis this link:

<http://harpterapycampus.com/getting-started/payment-options-paypal/>

OR make check payable to Bambi Niles in US dollars.

For more information on CEUs visit the [Student and Practitioner Support Page](#) on the IHTP Web site, and enter **IHTPINFO** at the prompt.

Your CEU updates are made at the end of each odd-numbered year to your profile in the [Certified Practitioners Directory](#) on the Harp Therapy International Web site.

IHTP Websites

- <http://harpterapyinternational.com> – the main site for the IHTP, where to find practitioners, and information on Resonance
- <http://HarpTherapyCampus.com> – the site for students in training, tuition, schedule, requirements, instructors, mentors, students, class reviews, reading lists, materials required (linked to EmeraldHarp.com shop cart), forums, blogs, newsletters
- <http://PlayHarp.com> – is the main site for all of Christina’s work and programs, including her schedule, biography, and blog. PlayHarp.com covers all things related to getting started playing harp. Find information on the Rainbow Of Sound/Color My World program, how to start a career in schools, community groups, and special needs facilities, and everything you need to a harp circle.
- <http://EmeraldHarp.com> – is the shopping cart for the IHTP and Christina Tourin. Find and purchase all the materials and products you need for any of Christina’s programs here

Contact information

Christina Tourin may be reached at: harprealm@gmail.com

Bambi Niles may be reached at: bambi.niles@gmail.com

Tuition payments made by check can be send to Christina Tourin, Post Office Box 333, Mt. Laguna, California 91948

Payments to Bambi can be sent to: Bambi Niles 220 Drake Avenue, Oneida, NY 13421

Useful Links

1. Core Instructor Bios - <http://harpterapycampus.com/campus-2/instructors/>
2. Mentor Bios - <http://harpterapycampus.com/campus-2/instructors-2/>
3. Definition of Therapeutic Harp: <http://www.harpterapyinternational.com>
4. Definition of Resonant Tone: <http://www.harpterapyinternational.com/resonance>

5. IHTP online application form:
<http://harpterapycampus.com/getting-started/application/online-application-%20form/> <http://harpterapycampus.com/getting-started/music-development/>
6. Computing requirements for IHTP Program:
<http://harpterapycampus.com/getting-started/tech-req/>
7. FAQ's - <http://harpterapycampus.com/current-students/troubleshooting-faqs/>
8. Tuition Payment Link:
<http://harpterapycampus.com/getting-started/payment-options-paypal/>
9. IHTP Requirements -
<http://harpterapycampus.com/getting-started/program-requirements/>
10. Tuition Costs - <http://harpterapycampus.com/getting-started/tuition-rates/>
11. Reading List, Requirements, and ordering:
<http://harpterapycampus.com/getting-started/reading-list/>
12. Creative Harping DVDs:
<http://harpterapycampus.com/getting-started/music-development/>
13. Newsletters - <http://harpterapycampus.com/next-newsletter/>
14. Forums: <http://harpterapycampus.com/forums/> [You must be logged in to view this page with your personal student passcode]
15. Graduate Practitioners
<http://www.harpterapyinternational.com/practitioner-listing/>
16. CEU Information <http://www.harpterapyinternational.com/cthp-support/>
17. Graduate BLOG <http://www.harpterapyinternational.com/cthp-blog/>

APPENDIX A - Code of Ethics

(The Code of Ethics form is on the next page)

IHTP Code of Ethics

*Students in the program must follow the professional ethics of peers.
Please read, agree, sign and return to your mentor.*

As recipient of the International Harp Therapy Program IHTP Certificate, I agree to represent the IHTP and abide by the Code of Ethics. I agree to foster trust, ensure confidentiality, and show respect. I will never knowingly misrepresent the extent of my professional training.

I believe in the dignity and worth of every person and respect the rights of others to hold values and opinions that differ from my own. I will establish and maintain high standards and strive to give my best.

I will not discriminate in professional relationships because of race, ethnicity, language, religion, marital status, gender, sexual orientation, age, ability, socio-economic status or political affiliation. I will maintain professional confidentiality as defined by the IHTP course instructors.

As a Certified Therapeutic Harp Practitioner, I will observe the regulations, policies and procedures of my employers.

I will strive to increase my own knowledge and skills, and will do my best to stay abreast of current research within the profession.

I have met and will adhere to the standards of the International Harp Therapy Program. I will participate in professional development gatherings and conferences for continuing education.

As a CTHP, I will act in a professional manner at all times, and will represent to the best of my ability my profession and myself. I will give credit to the teachings of the professors and their gifts and talents to the profession. I will honor the copyrighted materials of the IHTP and its instructors as well as the personal discussions of my classmates.

I will care for myself physically and emotionally in ways that will assure I am at my best when working as a CHTP.

Signature: _____

Date: _____

APPENDIX B - Book Review Form

(The Book Review form is on the next page)

Your Name and Date

International Harp Therapy Program Book Review Form

Identify the book title, author, year, and publisher.

What part of the book did you find valuable – what stuck in your mind the most after reading it?

How can what you found valuable relate to your practice as a Certified Harp Therapy Practitioner?

What is the author's theme, or central purpose in the book?

After reading this book, what you would like to learn more about, and why?

APPENDIX C - Health Care Practices and Protocols

Information on Hospital Etiquette and the instructions for disinfecting your harp and strings is found in the *Cradle of Sound - Harp Therapy Manual*, on pages 353-354.

Two main methods of disinfecting instruments are currently used: Benzalkonium Chloride towelettes or Ultraviolet (UV) light. (Caution: if using UV light, be careful not to bring the light source close to your eyes)

For a review of all health care protocols involving you and your harp in a clinical setting, please read “Harp Therapy in the Clinical Setting: Ethics, Etiquette, Blood Pressure, Oxygenation, and Hospital Equipment in the *Cradle of Sound - Harp Therapy Manual*, pages 349-366.

Dusty Strings of Seattle has provided a page on how to disinfect their instruments, which can be used for harps built by other makers.

<http://manufacturing.dustystrings.com/blog/2015/03/sanitizing-harps-therapy-settings/>

APPENDIX D - Color My World songs

[may also be viewed on the IHTP Web](#) or directly below

Songs of Love and Beauty	Songs of Strength and Courage
<ol style="list-style-type: none"> 1. Ode to Joy - Ludwig von Beethoven 2. That's Amore - Jack Brooks and Harry Warren 3. You are my Sunshine - J Davies and C. Mitchell 4. Now I Walk in Beauty - (Hopi Prayer/G. Smith - Round) 5. Love, Love, Love - (Round) 6. Jubilate Deo (Michael Praetorius - Round) 7. Rise Up O Flame (Christophe Praetorius - Round) 8. Start Up the Day With Love (Words - Satya Sai Baba - Round) 9. Gathered Here - Round 10. Liebestraum - Franz Liszt 11. Believe Me If All Those Endearing Young Charms (words by Thomas Moore) 12. Aura Lee - (Love Me Tender) Words: W. W. Fosdick Music: George R. Poulton 13. Simple gifts - Shaker Tune 14. Cherubim - Christina Tourin 	<ol style="list-style-type: none"> 1. Michael Row Your Boat Ashore - African American Spiritual 2. Canoe Round - Margaret Embers, early 20thC 3. For Health and Strength - Old English Round 4. Surprise Symphony - J. Haydn 5. Shepherd's Hey - English Morris Dance Tune 6. Swedish Dance - Swedish Traditional Tune 7. Jensukkudansen - Norwegian Scottish Canon 8. Brian Boru's March - Irish Traditional 9. Cutting of the Fern - Scottish Traditional 10. Scotch Cap - Scottish Traditional 11. Spencil Hill - Irish Traditional 12. Water is Wide - English Traditional 13. Avenging and Bright - Irish Traditional 14. Marche Militaire - F. Schubert 15. Alla Danza (Water Music) - G. F. Handel 16. Toreador Song - G. Bizet 17. Farandole - G Bizet 18. Rights of Man - Scottish Traditional 19. Cridhe - Christina Tourin 20. The Rowan Tree - Scottish Traditional
Songs of Hope and Inspiration	Songs of Nature and Healing
<ol style="list-style-type: none"> 1. Sing, Sing Together - English Traditional Round 2. This Little Light of Mine - Gospel Tune by Harry Dixon Loes - 1920 3. Ringing Out The Old - French Traditional Round 4. Morning - Edvard Grieg 5. The Dawning of the Day = Thomas Connellan - 17th Century 6. Bunessan (Morning Has Broken) - Bunnesan - hymn tune, originally associated with the carol, "Child in the Manger by Mary M. Macdonald (1789-1872) English words by Eleanor Farjeon were set to the tune in 1931. 7. Finlandia - Jean Sibelius, 1899 8. Moonlight on the River Gota - Swedish Tune 9. Canon - Johann Pachelbel 10. Andante - Wolfgang Amadeus Mozart 11. Largo - Antonin Dvorak 12. Swan Lake - Pyotr Ilyich Tchaikovsky, 1876 13. Waltz of the Flowers - Pyotr Ilyich Tchaikovsky, 1892 14. You'll Never Walk alone - Rogers and Hammerstein, 1945 15. Musetta's Waltz - Giacomo Puccini, 1896 16. Reflections - Christina Tourin 17. Winter from the Four Seasons - Antonio Vivaldi, 1723 18. Hope - Used by permission of Daniela Tauchmann 	<ol style="list-style-type: none"> 1. This Land is Your Land - W. Guthrie 1940 2. Oh How Lovely is the Evening - Traditional German Round 3. The Chimes of St. Paul's - Traditional 4. In the Bleak Midwinter 5. The Blue Danube - J. Strauss 1866 6. Autumn - A. Vivaldi, 1723 7. Spring - A. Vivaldi, 1723 8. Morning has Come - Traditional Round 9. Neesa - Native American Seneca Trad. Round 10. Apple Trees in Bloom - Traditional Round 11. To a Wild Rose - E. MacDowell 1904 12. Cuckoo - German Folk Song 13. The Cuckoo Bird Has Come - French Folk Song 14. Sing, Nightingale - Danish Folk Song (Round) 15. the Foggy Dew - Irish Lament 1931 16. Mist Covered Mountains of Home - Scottish 1856 17. Sheep May Safely Graze - J.S.Bach, 1713 18. Jo's Vale - Christina Tourin 19. Harbor Cove - Christina Tourin 20. Mother Nature - Nath Hirsch (used with Permission)

<p>19. Un P'tit Rayon de Soleil - Used by permission of Alix Colin</p>	
<p style="text-align: center;">Songs of Tranquillity and Stillness</p> <ol style="list-style-type: none"> 1. Mighty Lak a Rose - Stanton & Nevin 1901 2. Brahm's Lullaby - Johannes Brahms 1868 3. Through Shadows Dark - Australian Aboriginal Lullaby 4. The Sandman Comes - Old German Melody 5. Schlaf, Kindlein Schlaf - Old German Melody 6. A La Rorro Nino - Spanish Lullaby 7. Deta Deta - "The Moon is Coming Out" Japanese 8. All The Pretty Little Horses - Appalachian Lullaby 9. Too-Ra-Loo-Ra-Loo-Ral - Irish Lullaby, J.R. Shannon, 1914 10. Flow Gently Sweet Afton - Scottish, Robert Burns, 1791 11. Sleep Baby Sleep - Dutch Lullaby 12. Suo Gan - Welsh Lullaby 1800 13. All Through The Night - Old WEIsh Air, J. C. Hughes 14. Orjankukka - Wild Rose - Finnish 15. El Noi de la Mare - Catalan Lullaby 16. Restful Sleep - Markey Sandhop (used by permission) 17. Acalanto - Brazilian Lullaby 18. Seal Lullaby - Christina Tourin 	<p style="text-align: center;">Songs of Faith and Gratitude</p> <ol style="list-style-type: none"> 1. Coire en Easa - Medieval 2. Gloria - Canon, Round 3. He's Got The Whole World - Spiritual by Obie Phillis - Cherokee Indian 4. Let Us Give Thanks - M. Tierra 5. Hashivenu - Jewish Round Lamentations 5:21 6. Om Mani Padme Hum - Buddhist Chant 7. Gathered Here In The Mystery - UU Call to Worship - Phil Porter 8. O Great Spirit - Native American 9. Amba Bhavani - Sanskrit Bhajan 10. Lokah Samastah Sukhino Bhavatu - Sanskrit Bhajan 11. Dona Nobis Pacem - Latin Traditional Canon 12. The Old Rugged Cross - George Bennard 1873-1958 13. How Great Thou Art - Swedish Folk Song, words by Carl G. Boberg, 1859 14. For The Beauty Of The Earth - Folliott W. Pierpoint 1835-1917 15. Amazing Grace - Traditional, Text by John Newton 1725-1807 16. I Believe - composed by Drake, Graham, Shirl and STillman 17. Panis Angelicus - composed by St. Thomas Aquinas/Cesar Franck 18. Ave Maria - J. S. Bach, Ch Gounod 19. Abide with Me - Henry Monk, tune; Henry Francis Lyte - words 20. Anam Cara - Christina Tourin

APPENDIX E - IHTP Repertoire Study at a Glance

The Seven Required Pieces - The first five song sets below address the Five Chinese Elemental modes. Select one from each set so you will have music to play and balance energies (you will learn about this in DVD Lesson #9 - The Chinese Five Elements. work on your selections at any level presented in *Illuminations* - you may make your own arrangements and create embellishments of these tunes.

1. "Little Dove" OR "Unite" (Earth Element) - Ionian Mode, played with moderate tempo, and light;
2. "Harbor Cove" OR "Tranquility" (Water Element) - deep Aeolian mode, played slowly;
3. "Shadow Spirit" OR "Annwryn" (Wood Element) - light Aeolian mode, played flowingly;
4. "Diamonds from Heaven" OR "Cherubim" (Fire Element) - Major Mode - Ionian, or sometimes Mixolydian played up tempo, and rather quickly.
5. "The Chanter" OR "Scarborough Faire" (Metal Element) - Dorian mode tunes for grounding
6. "Clair de Lune" (Page 132 in *Illuminations*) - here is the suggesting fingering for this arrangement <https://player.vimeo.com/video/46765484> (or another arrangement of this tune of your choice)
7. "Over the Rainbow"

These pieces have structure but are unfamiliar (except "Clair de Lune," "Over the Rainbow," and "Scarborough Faire") and serve the basic human elements.

Beginning students who need easier songs to meet the music development requirement may study the Color My World DVD Series, and learn any of these songs below to use in place of the above.

Water Element - Songs in the Deep Aeolian Mode

"Harbor Cove" - Green Series

"Tranquility" - Yellow Series

"Seal Lullaby" - Blue Series

"Hashivenu" - Purple Series

Wood Element - Songs in a Lighter Aeolian Mode

"Now I Walk in Beauty" - Pink Series

"Gathered Here" - Pink Series

"Swan Lake" - Yellow Series

"All The Pretty Little Horses" - Blue Series

"Cutting of the Fern" - Orange Series

"Orjankukka" - Wild Rose - Blue Series

"Apple Trees in Bloom" - Green Series

“Mother Nature” - Green Series

“Foggy Dew” - Green Series

Fire Element - Songs in Upbeat Mixolydian or Ionian Modes

“Simple Gifts” - Pink Series

“Jubilate Deo” - Pink Series

“Cherubim” - Pink Series

“This Little Light of Mine” - Pink Series

“Shepherd’s Hey” - Orange Series

“Swedish Dance” - Orange Series

“Jensukkandansen” - Orange Series

“Jo’s Vale” - Green Series

“Spring” - Green Series

Earth Element: Songs in a relaxed calm Ionian Mode

“Liebestraum” - Pink Series

“Believe Me If All Those Endearing Young Charms” - Pink Series

“Aura Lee” - Pink Series

“Finlandia” - Yellow Series

“Moonlight on River Gota” - Yellow Series

“Canon” - Yellow Series

“Andante” - Yellow Series

“Largo” - Yellow Series

“Waltz of the Flowers” - Yellow Series

“Winter” - Yellow Series

“Hope” - Yellow Series

“Un P’tit Rayon de Soleil” - Yellow Series

“Mighty Like a Rose” - Blue Series

“Brahm’s Lullaby” - Blue Series

“Schlaf, Kindlein Schlaf” - Blue Series

“Too-ral-loo-ral-loo-ra” - Blue Series

“Flow Gently Sweet Afton” - Blue Series

“Sleep Baby Sleep” - Blue Series

“Suo Gan” - Blue Series

“All Through the Night” - Blue Series

“Restful Sleep” - Blue Series

“Acalanto” - Blue Series

“Water is Wide” - Orange Series

“Cridhe” - Orange Series

“Rowan Tree” - Orange Series

“In The Bleak Mid-Winter” - Green Series

“Autumn” - Green Series

“To A Wild Rose” - Green Series

“Sheep May Safely Graze” - Green Series

“Dona Nobis Pacem” - Purple Series

“For the Beauty of the Earth” - Purple Series
“Amazing Grace” - Purple Series
“I Believe” - Purple Series
“Panis Angelicus” - Purple Series
“Ave Maria” - Purple Series
“Abide With Me” - Purple Series
“Anam Cara” - Purple Series

Metal Element - These are songs in the Dorian mode or lend to the feeling of Strength and structure

“Mist Covered Mountains of Home” - Green Series
“Spencil Hill” - Orange Series
“Scotch Cap” - Orange Series
“Brian Boru's March” - Orange Series
“Alla Danza” - Orange Series
“Rights of Man” - Orange Series
“Michael Row Your Boat” - Orange Series

APPENDIX F - IHTP Musical Categories

IHTP musical categories/genres are on the pages that follow



Music Categories and examples of music

CELTIC

Ash Grove
Believe Me if all those endearing
Young Charms
Carolan's Welcome
Castle of Dromore
Chanter
Danny Boy
Eleanor Plunkett
Famine Song
Fanid Grove
Flow Gently Sweet Afton
Foggy Dew
Galway Piper
Garryowen
Garten Mother's Lullaby
Gentle Maiden
George Brabazon
Greensleeves
Grenadier and the Lady
John O'Connor
Last Rose of Summer
Loch Lomond
Londonderry Air (Danny Boy)
Maid of Mourne Shore
Mairi's Wedding
Mary, Young and Fair
Minstrel Boy
My Little Welsh Home
My Wild Irish Rose
Rosebud by my Early Walk
Sweet Molly Malone
The Silkie
When Irish Eyes are Smiling

COUNTRY/WESTERN

Annie's Song
Davy Crockett
Home on the Range
I Can't Stop Lovin' You
King of the Road
Love Me Tender
My Home is in Montana
On Top of Old Smokey
Red River Valley
She'll be Comin' Round the
Mountain
Shenandoah
Sunshine on My Shoulder
Take Me Home Country Roads
Tennessee Waltz
The Long and Winding Road
Unchained Melody
When Johnny Comes Marching
Home Again
Yellow Rose of Texas
You are My Sunshine
Your Cheatin' Heart

CHILDREN

A Dream is a Wish You Heart
Makes
ABC
Alouette
Au Clair de la Lune
Ballad of Davy Crockett
Bingo
Blue Tail Fly (Jimmy Crack Corn)
Chim Chim Cheree
Chopsticks
Comin' Round the Mountain
Feed the Birds
Frere Jacque
Happy Hornpiper
Heigh Ho
I'm a Little Teapot
If You're Happy
It's a Small World
Itsy, Bitsy Spider
London Bridges
Mickey Mouse March
Muffin Man
Never Smile at a Crocodile
Old MacDonald
On Top of Old Smoky
Pop Goes the Weasel
Puff, the Magic Dragon
Round the Mulberry Bush
Row, Row, Row Your Boat
Sing a Song of Sixpence
Skip to My Lou
Small World
Supercalifragilistic
This Old Man
This Old Man (Barney Song)
Three Blind Mice
Twinkle, Twinkle Little Star
When You Wish Upon a Star
Yankee Doodle
Zip a Dee Doo Dah

CLASSICAL

Allegretto – Bach
Allegro - Haydn
Beautiful Dreamer
Canon in D – Pachelbel
Finlandia
Jesu, Joy of Man's Desiring – Bach
Liebestraume – Liszt
Lullaby – Brahms
Merry Widow Waltz
Minuet – Bach
Minuet in G
New World Symphony
Nocturne – Chopin
Ode to Joy – Beethoven
Reverie
Rondeau – Mouret
Serenade – Schubert
Sheep May Safely Graze – Bach

ETHNIC

Cielito Lindo (Mexican)
Jewish Round
La Cucaracha
La Vie en Rose
Navah Nagila
Raisins and Almonds
Sakura – Cherry Blossom
Santa Lucia
Spanish Eyes

HOLIDAY

Auld Lang Sine
Away in a Manger
Coventry Carol
Deck The Halls
Dreidel, Dreidel
Frosty the Snowman
God Rest Ye Merry Gentlemen
Hark, The Herald Angels Sing
In the Bleak Mid Winter
Infant Holy
It Came Upon a Mid-Night Clear
Lo, How a Rose Ere Blooming
O Holy Night
Oh, Chanukah
Rudolph, the Red Nosed Reindeer
Silent Night
The First Noel
What Child Is This?

HYMNS

Abide with Me
All Through the Night
Alleluia
Amazing Grace
Ave Maria
Be Not Afraid
Be Still My Soul
Come and Journey
Divinium Mysterium
Dona Nobis Pacem
Fairest Lord Jesus
For the Beauty of the Earth
Holy God
Holy, Holy, Holy
How Great Thou Art
I'd Rather Have Jesus
I'll Never Leave You
Immaculate Mary
In the Garden
Jesus Loves Me
Jesus Loves the Little Children
Jesus Remember Me
Joyful, Joyful, We Adore Thee
Just As I Am
Kumbaya
Morning Has Broken
My Peace – Surely the Presence
O Lord I Am Not Worthy
Praise God from Whom All
Blessings Flow
Prayer to St. Francis



Precious Lord
Simple Gifts
St. Basil's Hymn
Tender Mercy
The Old Rugged Cross
What a Friend We Have in Jesus
You are Near

SPIRITUALS

Do Lord, Do You Remember Me?
Go Down Moses
He's Got the Whole World
Kum Ba Yah
Michael Row the Boat Ashore
Nobody Knows the Trouble I've
Seen
Poor Wayfaring Stranger
Sometimes I Feel Like a Motherless
Child
Swing Low Sweet Chariot
This Little Light of Mine

MUSICALS

Beauty and the Beast
Bei Mie Bist du Shoen
Do, Re, Mi (great tune for
balancing all the charkas)
Edelweiss
Getting to Know You
Memories
Over the Rainbow
Somewhere Over the Rainbow
Sunrise, Sunset
Supercalifragilistic
Try To Remember

OLDIES

Auld Lang Syne
Around the World in 80 Days
Bicycle Built For Two
Black is the Color of my True
Love's Hair
By the Light of the Silvery Moon
Camptown Races
Clementine
The Daring Young Man (on the
Flying Trapeze)
Don't Sit under the Apple Tree
Down by the Old Mill Stream
Down in the Valley
Drink To Me Only With Thine Eyes
Fascination
For He's a Jolly good Fellow
Good Night, Irene
Hail, Hail, the Gang's all here
I Got Rhythm
I Love You Truly
I've Been Workin on the Railroad
In the Good Old Summertime
In the Mood
Let me Call you Sweetheart
Little Brown Jug
Michael, Row Your Boat Ashore

Moonlight Bay
Moon River
My Bonnie Lies Over the Ocean
My Old Kentucky Home
Oh, Suzannah
Oh, Dear, What can the Matter Be?
Old Folks at Home
Old Grey Mare
Polly Wolly Doodle
Put on a Happy Face
Red River Valley
Round Her Neck She Wore
Scarborough Fair
Sentimental Journey
Sidewalks of NY
Streets of Laredo
Summertime
The Band Played On
Wayfaring Stranger
What A Wonderful World
When I Grow To Old To Dream
When Irish Eyes are Smiling
When the Saints go Marching In
When You're Smiling
White Cliffs of Dover
Yellow Rose of Texas
You Are My Sunshine

MOVIES

Around the World
Ice Castles
Love Story
Moon River
Somewhere in Time
Tara's Theme
The Rose
Three Coins in a Fountain
Titanic
Whole New World

OPERA

Bohemian Girl
Can Can
Come Back to Sorrento
Evening Prayer – Hansel and Gretel
Farandole
Little Buttercup
March from Aida – Verdi
Merry Widow Waltz
Minuet from Don Giovanni
Miya Sama
Musetta's Waltz
O, Bambino Caro
O Sol O Mio
Santa Lucia
Suzy Little Suzy
Toreador Song
Un Bel Di

LULLABIES

All The Pretty Little Horses
All Through the Night
Brahms' Lullaby
Christ Child's Lullaby
Feed The Birds, Tuppence A Day
Jordanian Lullaby
Stay Awake
Suo Gan

PATRIOTIC

America The Beautiful
America – My Country 'tis of Thee
American Patrol
Anchors Aweigh
Battle Hymn of the Republic
God Bless America
God Save the Queen
Marines Hymn
Oh, Canada
Star Spangled Banner
The Caissons Go Rolling Along
This Land is Your Land
Yankee Doodle
You're a Grand Old flag

POPULAR

Both Sides Now
Chariots of Fire
Entertainer
From This Moment
I Will Remember You – Sarah
McLaughlin
Ice Castles
Imagine
Love Story
Memories
Music Box Dancer
Somewhere in Time
Somewhere Over The Rainbow
The Rose
Titanic
Watermark
Wind Beneath My Wings

On the next page you will find resources of popular oldie tunes. They are listed by year of release. Whereas there are many songs that are not mentioned, these are the songs that best fit the harp.



Resources

Here is a helpful list of songs that are familiar to people according to age appropriateness. We find that tunes that were popular during a person's courtship years are a valuable tool for communication. This is especially true for Alzheimer's patients. The titles that appear below are but a few that were popular during the time that a patient was about 18-22 years old. If I list their age, then this list will not be applicable in 4 years to come but if I offer the year they were born, then this list make more sense should someone pick it up a few years from now.

The songs listed are chronological therefore, if the person is born toward the end of the grouping, look to the bottom of the list. (This list represents the songs that were popular in those years – not necessarily when they were written. *Compiled from the Musicians Handbook guide of Popular Music by year, compose and category.* At the end of the list, I have included country/western tunes since that category tends to be sparse in people's repertoire.

Year Born	Year of Hit Song
1900-1905	1918-1920
Darktown Strutters Ball	For Me and My Gal
I'm always Chasing Rainbows	Jada
Ma, He's Making Eyes at Me	Rockabye Your Baby With a Dixie Melody
Till We Meet Again	Alice Blue Gown
Irene	Swanee
I'm Forever Blowing Bubbles	Let the Rest of the World Go By
Margie	My Man
When My Baby Smiles at Me	Whispering
Apple Blossom Time	

Year Born	Year of Hit Song
1905-1910	1921-1930
April Showers	I'm Just Wild About Harry
Say It With Music	Wabash Blues

- Caroline in the Morning
- Dark Eyes
- A Smile Will Go a Long Long Way
- Who's Sorry Now?
- California, Here I come
- I'll See you In My Dreams
- It Had To Be You
- Oh, Lady Be Good
- Rhapsody in Blue
- Serenade (Romberg)
- Shine
- Tea For Two
- The Man I love
- Five Foot Two, Eyes of Blue
- If You Knew Susie
- I'm Sitting On Top of the World
- Sweet Georgia Brown
- Yes, Sir, That's My Baby
- Always
- Bye Bye Blackbird
- Gimme a Little Kiss
- Heart of My Heart
- When the Red Red Robin
- In a Little Spanish Town
- Ain't She Sweet
- Blue Skies
- Can't Help Lovin'Dat Old Man
- I'm Looking Over a Four Leaf Clover
- Let a Smile Be Your Umbrella
- Me and My Shadow
- My Blue Heaven
- Ol' Man River
- Girl Of My Dreams
- Button Up Your Overcoat
- I Can't Give You Anything But Love
- Makin' Whoopee
- Ain't Misbehavin
- Louise
- Singin' In the Rain
- Star Dust
- Embraceable You
- Georgia On My Mind
- I Got Rhythm
- Memories of You
- On The Sunny Side of the Street

Year Born	Year of Hit Song
1911-1920	1931-1940
All of Me	As Time Goes By
Dream a Little Dream Of Me	Goodnight Sweetheart
I Don't Know Why	Lazy River
Love Letters In The Sand	You're My Everything
Goodnight My Love	Shanty in Old Shanty Town
Easter Parade	Everything I have is Yours
I'm Getting Sentimental Over You	It's Only a Paper Moon
Smoke Gets in Your Eyes	Stormy Weather
Blue Moon	Deep Purple
For All We Know	I Only Have Eyes for You
Moonglow	Cheek to Cheek
I Got Plenty O' Nuttin'	I'm Gonna Sit Right Down and Write Myself
I'm in the Mood for Love	Red Sails in the Sunset
Summertime	It's Delovely
Pennies From heaven	There's a Small Hotel
The Way You Look Tonight	The Whiffenpoof Song
Blue Hawaii	

- In the Still of the Night
- Nice Work If You Can Get It
- Thanks for the Memory
- We're In The Money
- Whistle While You Work
- Someday My Prince Will Come
- Heart and Soul
- My Heart Belongs to Daddy
- September Song
- You Must Have Been a Beautiful Baby
- Roll Out the Barrel
- All the Things You Are
- Over the Rainbow

Year Born	Year of Hit Song
1920-1930	1940-1950
Fools Rush In	The Breeze and I
When You Wish Upon A Star	I Don't Want to Set the World On Fire
You Aare My Sunshine	The Anniversary Waltz
Don't Get Around Much Anymore	The White Cliffs of Dover
White Christmas	Melody of Love
Oklahoma	People Will Say We're In Love
Oh, What a Beautiful Morning	The Surry With the Fringe on Top
Don't Fence Me In	I'll Be Seeing You
Sentimental Journey	Swinging On a Star
If I Loved You	June Is Bustin' Out All Over
The More I See You	It's a Grand Night For Singing
How Are Things in Glocca Morra	If This Isn't Love
I Got the Sun in the Morning	Old Devil Moon
Zip A Dee Do Dah	Almost Like Being in Love
Ivy	There But For You Go I
Once In Love with Amy	Bali Ha'I
Red Roses For a Blue Lady	Some Enchanted Evening
Younger Than Springtime	Cruising Down The River
Far Away Places	Tenderly

Year Born	Year of Hit Song
1930-1940	1950-1960
A Bushel and A Peck	Autmn Leaves
C'est Si Bon	La Vie En Rose
Mona Lisa	Music, Music, Music
Tonight	Goodnight, Irene
Tennessee Waltz	Getting To Know You
In the Cool, Cool of The Evening	I Talk To The Trees
I Whistle A Happy Tune	Tell Me Why
Unforgettable	We Kiss In the Shadow
Hello Young Lovers	Mockin' Bird Hill
On Top of Old Smokey	Blue Tango
Glow Worm	I Saw Mommy Kissing Santa Claus



When I Fall In Love
 You (Musetta's Waltz)
 Down By The Riverside
 Ebb Tide
 I Believe
 You're Cheatin' Heart
 Doggie In The Window
 Hi-Lili, Hi-Lo
 That's Amoure
 The Song from Moulin Rouge
 Mister Sandman
 Three Coins In The Fountain
 Young At Heart
 Cara Mia
 Melody of Love
 Ballad of Davey Crockett
 Cry Me A River
 Love Is A Many Splendored Thing
 Misty
 Moments To Remember
 Unchained Melody
 Yellow Rose of Texas
 Blue Suede Shoes
 Heartbreak Hotel
 Hound Dog
 I Could Have Danced All Night
 I've Grown Accustomed To Her Face
 Love Me Tender
 Marianne
 Shangri-La
 Standing On The Corner
 Little Child
 Whatever Will Be, Will Be
 April Love
 Fascination
 Forgotten Dreams
 Maria
 Old Cape Cod
 Tammy
 Till
 Tonight
 Catch A Falling Star
 Gigi Gigi
 He's Got The Whole World In His Hands
 I Remember It Well
 Seventy Six Trombones
 Thank Heaven For Little Girls
 Volare
 Yellow Bird
 Climb Every Mountain
 Do-Re-Mi
 Everthing's coming Up Roses
 High Hopes
 My Favorite Things
 Put Your Head On My Shoulder

Year Born	Year of Hit Song
1940-1945	1960-1965
Exodus	
Green Leaves Of Summer	
Hey! Look Me Over	
If Ever I Would Leave You	
Itsy Bitsy Teenie Weenie	
Portrait of My Love	
Put On A Happy Face	
Won't You Come Home Bill Bailey?	
Love Makes The World Go Round	
Moon River	
Satin Doll	
The Twist	
Where The Boys Are	
Fly Me To The Moon	
I Can't stop Loving You	
I Left My Heart in San Francisco	
If I Had a Hammer	
Look of Love	
Ramblin' Rose	
Stranger On The Shore	
Taste of Honey	

What Now My Love?
 As Long As He Needs Me
 Blowin' In The Wind
 Blue Velvet
 Call Me Ireponsible
 Days of Wine and Roses
 Domininique
 The Girl From Ipanema
 Tie Me Kangaroo Down, Sport
 Walk Right In
 Puff The Magic Dragon
 All My Loving
 Chim Chim Cherre
 Dear Heart
 Fiddler on the Roof
 A Hard Day's Night
 Hello Dolly
 I Want To Hold Your Hand
 Love Me With All Your Heart
 Matchmaker
 Red Roses For A Blue Lady
 Softly, As I Leave You
 Sunrise, Sunset
 What the World Needs Now Is Love

Year Born	Year of Hit Song
1945-1950	1965-1970
Dear Heart	
Downtown	
King of the Road	
Let Me Cry On Your Shoulder	
On A Clear Day	
The Shadow of Your Smile	
Try To Remember	
We'll Sing In The Sunshine	
Alfie	
Born Free	
Cabaret	
If I Were a Rich Man	
If My Friends Could See Me Now	
Mame	
Michelle	
My Cup Runneth Over	
Shadow of Your Smile	
Somewhere My Love	
Strangers in the Night	
Sugartown	
A Taste of Honey	
Winchester Cathedral	
Yesterday	
Georgy Girl	
Happiness "Charlie Brown"	
Light My Fire	
Penny Lane	
Sherry	
By The Time I Get To Phoenix	
Chitty Chitty Bang Bang	
Do You know the Way to San Jose?	
Gentle On My Mind	
Impossible Dream	
Little Green Apples	
Love is Blue	
Mrs. Robinson	
Put Your Head on My Shoulder	
Scarborough Fair	
Stand By Your Man	
This Guy's In Love With You	
Unicorn	
Eleanor Rigby	
Good Morning Starshine	
Hey, Jude	
I'll Never Fall in Love Again	
Jean	
Raindrops Keep Fallin' on My Head	
A Time For Us	

Year Born	Year of Hit Song
1950-1955	1970-1975
Bridge Over Troubled Water	
Close To You	

Everything Is Beautiful
 It's Impossible
 Let It Be
 Where Do I Begin?
 Cherish
 Go Away Little Girl
 I Don't Know How To Love Him
 I'd Like To Teach the World to Sing
 Put Your Hand in the Hand
 Rose Garden
 Take Me Home Country Road
 We've Only Just Begun
 The Candy Man
 First Time I Ever Saw Your Face
 Hands of Time
 Kiss An Angel goodmorning
 Love Theme "The Godfather"
 Morning Has Broken
 See You In September
 Theme from "Love Story"
 Speak Softly Love
 Delta Dawn
 Killing Me Softly With His Song
 Say Has Anybody Seen My Sweet Gypsy
 Rose?
 Tie A Yellow ribbon 'Round The Old Oak
 Tree
 You Are The Sunshine of my Life
 The Entertainer
 Time In A Bottle
 The Way We Were

Year Born	Year of Hit Song
1955-1960	1975-1980
Feelings	
Love will Keep Us Together	
My Melody of Love (B. Vinton)	
Rhinestone Cowboy	
Thank God I'm A Country Boy	
Theme From "Mahagony"	
Nadia's Theme	
Evergreen "A Star Is Born"	
Send In The Clowns	
Tomorrow "Annie"	
You Light Up My Life	
Can't Smile Without You	
You Don't Bring Me Flowers	
You Needed Me	
Garden Song	
Shadows in the Moonlight	

Country/Western suggestions:
 By The Time I get to Phoenix
 Galveston
 Gentle On My Mind
 Honey
 I Can't Stop Loving You
 Jambalaya
 King of the Road
 Little Green Apples
 Make The World Go Away
 Paper Roses
 Ramblin' Rose
 Release Me
 Rose Garden
 Stand By Your Man
 Take Me Home, Country Roads
 Tennessee Waltz
 This Land Is Your Land
 Your Cheatin' Heart

I'm currently working on a Fake Book of Therapeutic Harp Music which will contain basic melody lines of tunes for different categories. These are but a few that work well for the Therapy Harp. -Christina Tourin