

TO: xxx, Development Department, xxx Hospital
FROM: xxx
DATE: xxx
RE: Harp Therapy Endowment Proposal

Proposal

An endowment will be created to pay for regularly scheduled harp performances/therapy at xxx Hospital.

Benefits

- The services, provided by a professional harpist, can provide a calming environment for patients, visitors and hospital staff in a variety of settings.
- Harp music can be used as a palliative care measure for patients in transition.
- Harp music, used alone and in conjunction with vibrotactile devices, may decrease muscular tension, reduce pain, speed surgical recovery and elicit emotional catharsis.
- Harp music can provide a regulating and nurturing environment for premature infants, who often are in need of positive sensory stimulation.
- Harp instruction can be used as a rehabilitative exercise to strengthen and improve function of hand and arm muscles, build confidence, increase attention span and provide immediate pleasurable feedback.
- The endowment will directly support the arts by employing a harpist and increasing community awareness about the heritage and therapeutic value of harp music.
- The program can provide new avenues for research.
- The program will enhance the caring image of xxx Hospital and provide positive opportunities for community relations.

Background

Harp therapy programs and seminars, television and news highlights, *The Harp Therapy Journal*, and a packed audience at the 1996 World Harp Congress's harp therapy presentation indicate increased interest in the harp's use as a therapeutic instrument. Although controlled studies are lacking, there is significant anecdotal evidence that suggests the human body responds favorably to harp music. In general, the benefits of music are well documented in professional music therapy and medical journals. The harp, with its soothing timbre, has rich historical roots as a healing instrument.

Some hospitals around the United States (Evanston, Ill.; Coeur d'Alene, Idaho; Chattanooga and Nashville, Tenn.; Charlotte, N.C.; San Antonio, Texas; and Seattle, Wash.; for example) are already enjoying the benefits of live harp music. My experience as a harp therapist includes xxx.

Requirements

The trained harpist should have some clinical training/experience in medicine, psychology and/or music therapy. The harpist provides the instrument and accessories, as well as personal transportation. Overnight instrument storage may be desired if performances are scheduled on a daily basis.

Funding

Funding may be available from a variety of sources including corporate sponsorship, trust funds, grants and donations from visitors who request performances for patients.

Fees

A fee for service of \$ xxx for the first hour and \$ xxx for each additional hour is the suggested rate. (This is less than half of the normal fees for harpists in the xxx region) A maximum of four hours of performance per day per harpist is customary.

Attachments and Other Information

Information previously published in daily newspapers and *The Harp Therapy Journal* details harp therapy and its advantages. (Videos and demonstrations are available upon request.)

Dear Dr.

I'm writing to let you know that as of August 2000, I will have completed a comprehensive program of study in harp therapy and will have earned my certification as a harp practitioner.

Practitioners use a small harp as a bedside instrument with the intention of supporting the recipient's goal of healing which may be emotional, physical, mental or spiritual. The soothing sounds of the harp not only can enhance the quality of life, but create the possibility of interactive work in which the recipient might even play the harp.

I have elected to complete my required 80 hour internship this July at the San Diego Hospice in California, both for the opportunity of training at this world class facility, and of being able to work under the tutelage of Christina Tourin, Director of the International Harp Therapy Program, the program I am involved with.

The use of music in medical settings is not at all a new concept. In ancient Greece, the famed musician and mathematician Pythagoras taught his students the intricate ways in which certain musical notes, chords, and melodies could induce physical responses in the body. And the harp as an instrument of healing dates back even further--it is referred to as such in the Book of Samuel in the Old Testament.

Music's positive effects on the human body continue to be documented. Studies show that music can relax tense muscles, lower blood pressure, decrease basal metabolism and respiration rates, reduce stress, aid digestion, and stimulate the brain's output of endorphins. Indeed, the recipient of bedside music often becomes so relaxed and comforted by this cradle of sound, he or she is likely to fall asleep--a true compliment to the harp practitioner.

In the last ten years or so, the harp has been successfully used in operating rooms, hospital patient rooms, cancer centers, rehabilitation centers, burn units, children's wards, neonatology units, birthing centers, hospices, doctor's offices--the list goes on and on.

I am proposing to institute a program for _____ Hospital which, commencing in August or September of this year, would consist of sessions, consisting of a pre-determined number of hours, during which I would visit hospital rooms and other areas designated by you, to provide the comforting sounds of harp music to your patients and clients. The cost for this program would be \$35.00 per hour. One session would consist of 2 to 4 hours (the actual number of hours would be determined by you), and it is my thought that 1 to 2 sessions per week would be a good place to start. Should your hospital not have funds for such a project, it is likely that a grant would work to underwrite these expenses. Often there is money available for research and we could certainly carry out a research on the effectiveness of harp therapy.

I would very much appreciate the opportunity of meeting with you personally to further discuss the details of this program. Please feel free to call me at my number listed above, but should you not have that opportunity in the next ten or so days, I will take the liberty of calling your office the week of June 1st to touch base with you.

Thank you for your kind consideration. I look forward to speaking with you.

Respectfully yours,