

*What Can You Expect
From a Practitioner of
Therapeutic Harp?*



Qualifications

Education: Meets and adheres to the standards of the IHTP and participates in ongoing Professional Development at National Symposiums with the IHTP.

Clinical Internship: Successful completion of a closely supervised internship.

National Certification Board of Therapeutic Musicians recognizes graduates.



Skills

Musical: Is accomplished in harp repertoire and improvisation.

Clinical: Practical knowledge of a wide range of study including interpersonal skills and special needs to both acute and long term care. Practitioners are committed to fostering trust, insuring confidentiality, respectfulness and sensitivity.

The International Harp Therapy Training Program

Practitioners study at universities, hospitals and hospices throughout the world to receive excellence in education from institutions that recognize the importance of the Creative Arts and Medicine as both vital aspects of healing. San Diego Hospice serves as the National Training Center for the program. Arizona State University offers credit towards a music therapy degree.



www.HarpRealm.com

Where Do Practitioners of Therapeutic Harp Work?

Schools
Hospices
Hospitals
Burn Centers
Dentist Offices
Cancer Centers
Funeral Homes
Self Help Centers
Children's Homes
Alzheimer Centers
Women's Auxiliaries
Rehabilitation Centers
Correctional Institutions
Holistic Health Retreats
Yoga and Tai Chi Centers
Long Term Care Facilities
Health/Spas/Massage Centers
Corporate Stress Management



Where can you Find a Practitioner of Harp Therapy?

To find a Practitioner in your area
or for information, contact:

The International Harp Therapy Program
P.O. Box 333, Mt. Laguna, California 91948

Phone: 619-473-0008

Email: HarpRealm@aol.com

website: www.HarpRealm.com

Harps

for
Health
Comfort
Relaxation
Restoration



*Int'l Harp
Therapy
program*





People of all ages and circumstances benefit from the Therapeutic Harp



Introduction

For centuries, the beneficial relationship between music and healing has been well established. We now have substantial documentation of the responsiveness to and appreciation of music by peoples of all ages and cultures. Music played on the harp has several unique healing properties. The resonance from the strings, including the range of pitch and tonal color, set up an important relationship between the sound and the recipient. Historically, the harp has been a symbol of relief and comfort.



Harp for Health, Comfort, Relaxation and Restoration

Practitioners use the small harp as a bedside instrument with the intention of supporting the recipient's goal of healing. This goal may be emotional, physical, mental or spiritual in nature. 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 play the harp. Working with the therapeutic harp is as varied as our clients.



Children in hospital settings, and with other special needs such as developmental disabilities, respond well to the harp. Evidence of a range of healthy outcomes have been recorded. They include appropriate excitement, joy, empowerment, as well as relaxation.

In the Corporate Structure, harps have been utilized as part of a stress management program. The results area "timeout" refreshment and centering for employees. Increased concentration and motivation have been reported.



During childbirth, harp music helps to create an atmosphere of love and safety, with the possibility of supporting the rhythm of the mother's breathing.



Interactive work, touching and even learning to play the harp, increases the recipient's physical coordination and concentration. The benefit of a shared activity can also be important.



For People in Intensive Care Units, monitors show that the heart rate decreases and the oxygenation levels increase when soothing harp music is played. Harp music provides sound or focus other than the humming and beeping of hospital machines.



In Hospices, transitional stages are often an area where the harp music can be very supportive. The sounds of the harp comfort and soothe the patient who may be in pain or experiencing fear or anxiety. The families of these loved ones also benefit from the calming influence of the therapeutic harp as well as the reprieve from tension.



People who suffer from Alzheimer's Disease often access memory through songs from their past.