

THERAPEUTIC MUSIC IS...

- ◆ Live, acoustic music delivered at the bedside.
- ◆ For people facing physical, mental and emotional challenges
- ◆ A service provided to foster a healing environment.

Healing is defined as:

- ◆ Movement toward mental, physical, emotional and spiritual wholeness.

The trained musician meets the patient's need-in-the-moment with therapeutic music.

WHY MUSIC AT THE BEDSIDE?

LIVE THERAPEUTIC MUSIC CAN HELP:

- ◆ Calm & regulate heartbeat and respiration
- ◆ Reduce muscle tension, improve mobility
- ◆ Increase endorphin levels, reducing pain
- ◆ Reduce blood pressure
- ◆ Reduce stress, relieve anxiety and aid mental focus



WHY USE A CMP?

A CERTIFIED MUSIC PRACTITIONER:

- ◆ Understands and skillfully applies the principles of resonance, entrainment and the elements of music.
- ◆ is trained to be responsible and unobtrusive.
- ◆ Selects the type of music to play and the duration of playing time based on the condition of the patient.
- ◆ Provides music as a service, not as entertainment, performance or concert.

LIVE, ONE-ON-ONE THERAPEUTIC MUSIC

THERAPEUTIC MUSIC CAN BE PROVIDED IN:

- ◆ The home
- ◆ Hospice in- and out-patient
- ◆ Nursing homes
- ◆ Hospitals
- ◆ Other clinical settings



A SERVICE... NOT ENTERTAINMENT

THERAPEUTIC MUSIC CAN ALSO:

- ◆ Provide opening for verbal communication
- ◆ Ease delivery and child birthing
- ◆ Facilitate transition process of the dying

TO BRING COMFORT ... AND TO HELP HEAL



The CMP is a graduate of the Music For Healing and Transition Program (mhttp.org).

The program is accredited by the National Standards Board for Therapeutic Musicians.



WHAT TO EXPECT?

A Certified Music Practitioner (CMP) is a musician trained to bring appropriate live music to the bedside of the ill and dying.

Patients & Family: The CMP will Play live, beneficial, therapeutic music tailored to individual and changing patient needs.

Nothing is required of the patient except their physical presence and their permission, or that of a loved one or caregiver, to have music provided.

Medical Staff: The CMP will work closely with the healthcare provider to arrange for therapeutic music services for patients.

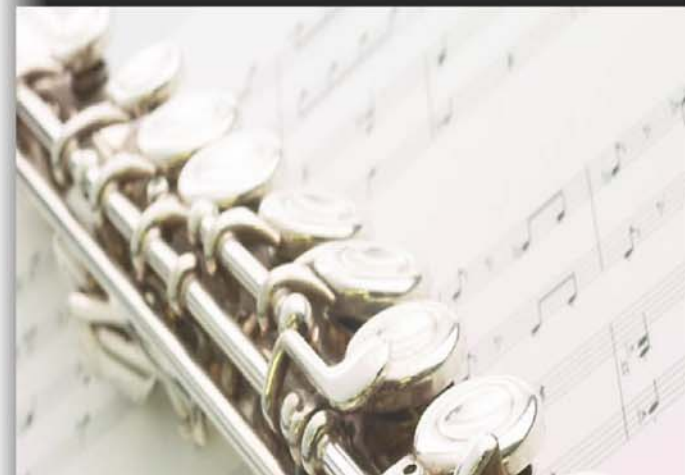


About: Vicky Jekich

Vicky is a healthcare professional and experienced flute player. She has served patients through music services for over 15 years and is trained and certified as a Certified Music Practitioner (CMP) by the Music for Healing & Transition Program (www.mhtp.org). Vicky currently serves as the MHTP Area Coordinator for Idaho.

"If our hearts provide us with the pulse of life, then music connects us in a direct way with our own natural rhythmical instrument--the body."

-Mehmet Oz, M.D



CREATING A HEALING

ENVIRONMENT THROUGH MUSIC

IN SUPPORT OF

PATIENTS, FAMILIES & CAREGIVERS

Music

for Healing & Comfort



MHTP.org

CMPs receive classroom and clinical practicum training, including a mandatory 45 hours of internship hours. All CMPs are required to follow established therapeutic musician standards and healthcare protocols to support the needs of the patient.

To request services or for more information, contact Vicky Jekich
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Information about arts in healthcare can also be found at www.merinahealingarts.org.

VICKY JEKICH, CMP

- ◆ CERTIFIED MUSIC PRACTITIONER
- ◆ IDAHO AREA COORDINATOR, MHTP (Music for Healing & Transition Program)