



International

Harp Therapy Program

Australia

Newsletter 1 ~ September 2020

From IHTP~AU Director Vimukti Warr

It is an honour and a privilege to be involved in directing IHTP-AU under the guidance of Christina Tourin, and with such a lovely team of representatives:

Anke Arkestyn, Louise Bell and Anna Muller.

We appreciate all the good wishes, help, love and support from the therapeutic harp community. We especially look forward to being able to offer you training programs, as well as opportunities to gather when circumstances allow.

In this our fledgling year we would like to keep you updated with a monthly or bimonthly newsletter/bulletin. Take care and keep safe.

Love, *Vimukti*



Module 1: November 27~29 and December 11~13, 2020

Over 2 long weekends: November 27-29; and December 11-13, 2020. Friday afternoon & evening / Saturday & Sunday morning & afternoon sessions with a lunch break. Please join Christina Tourin and other presenters at this virtual gathering on the Zoom platform.

For current and incoming IHTP-AU students, the Module is included in your overall study fees. For others who wish to refresh their skills the cost is only AU\$300!

<https://www.harptherapycampus.com.au>



Harp Therapy

exciting announcements FROM CHRISTINA

The Angels are with You!

IHTP WORLDWIDE - New Programs

Due to the Covid19 Pandemic, we are offering training with the International Harp Therapy Program remotely for Module 1 AND Module 2 the first time in 3 decades!

Study completely from home with these offerings:
Two choices to accommodate people around the world:

USA: Module 1 - November 9-11 and 21-22, 2020

Info: www.HarpTherapyUSA.com

AU: Module 1 - November 27-29, December 11-13, 2020

Info: www.HarpTherapyCampus.com.AU

Module 2 (ESM) -Resonant Tone training with

Christina and Judith Hitt ~ Early 2021

(contact USA or AU above for Info)

Module 2 (ESM Attendance) - June 28 - July 4, 2021

Glastonbury, UK INFO; HarpRealm@gmail.com

IONA IHTP Conference July 6-13 & July 13-20, 2021

Preparation Programs for upcoming Attendance classes in Netherlands ~ Italy and Hong Kong

Info:

NL - Dutch and English

<http://www.harptherapycampus.eu/index.php/en/>

<http://www.harptherapycampus.eu/index.php/nl/>

Hong Kong ~ <https://harpmony.com/>

Italy ~ <https://www.millearpoggi.com/arpaterapia>

THREE OFFERINGS by Christina

PREPARATION LESSONS for joining the program:

Beginning September 9th, our next group of students begin on the required lessons for the IHTP program. You will learn the songs in order to fulfill the application requirements. More Info at:

<http://www.playharp.com/christinas-tutorials-ch/>

CURRENT STUDENTS in need of Internship

hours? Sign up for 10 lessons for the Elemental Music for 8 Resonant Tones that you can use for your Internship Hours during the Module 2. We will meet on the weekends in September & October. 
HarpRealm@gmail.com

ALL GRADUATES will need 20 CEUs by

November 1, 2021 in order to maintain their certification. Each month the IHTP Main Office is hosting 2 hour Webinars that will give you your required 20 CEUs in time. For more information, HarpRealm@gmail.com

With Graduates and Students now from 28 countries serving on 5 Continents, Music is needed more than ever. If ever there was a time to prepare for this work, it is now. We will guide you in ways that you can share your music during Covid time and for years to come.



STARTING SEPTEMBER 12!! [11th in the U.S.]

Current students please click this link <http://www.playharp.com/christinas-tutorials-ch/>
Scroll down to **FOR CURRENT IHTP STUDENTS INTERNSHIP HOURS**





Feature Article

My Therapeutic Harp Journey by Carla Whiteley



Life is a journey. There are no roadmaps for the journey that unfolds daily, and when one is on a musical journey, it never ends. There are often times we stand at the crossroads of life, wondering which path to take.

I was placed at a crossroad on this journey of life and felt strongly led to the idea of Therapeutic Music via the Harp. I had only ever played wind instruments and was not really very familiar with the bass clef, but hey, I figured, what could be so difficult about learning to play the harp. Several people had told me that it was easier than playing the guitar...even if there were many more than 6 strings to tune. I had played music since I was a child and had been a music teacher for many years, so no problem thought I. When I mentioned my dream to a friend, an artist, she excitedly asked me when I would be able to play for her next exhibition. Oh, I said happily, give me 6 months.

So, let me share some of my journey, how I arrived at the point of wishing to learn to play the Harp and how I continued the journey onto studying Harp Therapy.

My personal music journey began, when, as a small post war European child, my parents, with not much spare cash, decided to sacrifice some money out of their tight budget to send me to music lessons and have me learn the recorder.

I loved playing, and as an older child with a very much younger sister, music gave me a space to be in. It gave me confidence when we migrated from The Netherlands to Australia, and I found that, although I did not excel at any sport, I could play music when many others could not. The inevitable teenage years arrived, and with them, the desire to play the guitar, not just rhythm and blues, but Classical Guitar. This stood me in good stead when I went to Teachers College where I was told by one of the Music Specialists that I had a "natural flute embouchure", so my musical journey continued, not on the classical guitar but on the flute, and the inevitable AMEB flute exams.

Just as an aside, when I pondered the idea of purchasing a harp to my husband he looked aghast, questioning how I would ever find the time to learn a new instrument. I happened to have been reading the Book of Genesis, the first book of the Bible, and lo and behold came upon this: *And his brother's name was Jubal, he was the father of all who play the flute and the harp* (Genesis 4.21). So there we have it, I thought, already being an accomplished flute player: the harp and flute belong together.

My Therapeutic Harp Journey by Carla Whiteley, contd,

Life's journey continued ~ teaching and then marriage. Children arrived on the scene, I stopped being a classroom teacher and spent the next 12 years at home being a house mum. But music remained by my side as a loyal companion, seeing me through the joyful moments of my life as well as some very dark days.

When our youngest daughter was at school, an opportunity arose for me to teach Music part time, and at a later date I was able to return to University to study for a Bachelor of Arts Music at Deakin University.

During the next phase of my life several major events occurred to bring a change in the direction of my musical journey. I came across an article in the Age newspaper, that caught my attention, about a Therapeutic Harp player called Peter Roberts who had trained as a thanatologist in the USA. Thanatology is the art of playing the harp for those who are dying. I kept returning to this article in my mind.

Our children began to leave home and one of our sons moved to study at the University of the Southern Cross, in Coffs Harbour, Northern NSW. He was living in Thora and not far from his abode there was, in Bellingen, a Celtic Harp Maker, Danny Warner. I visited his show room on one of our trips up north and fell in love with the Harp. The family had given me some money for my birthday and I bought my first Harp, a 31-string levered Celtic Harp.

Shortly after I bought my harp my father, who was suffering from advanced dementia, was moved into care. He loved music and I would arm myself with some CD backing tracks, a CD player and my flute and would regularly play at the care facility for him and the other residents. The residents loved hearing the familiar tunes I chose. One could see the joy on their faces, but I always felt that, as lovely as the flute music was, there was more that music could do in this environment. I was looking for something that was uplifting as well as more soothing and restful. I had for many years, in my life as a professional flautist and teacher, been strongly aware of the power of music and its effects on listener's emotions, which now became very evident to me as I interacted with the residents in the facility where my father was. I saw how familiar tunes and the gentle sound of the flute would connect with elderly folks, especially in care. However, I realised the flute would not suit all situations for comfort or care.

I was having some harp lessons by this stage and came across Christina Tourin's book called *Illuminations*. It made me realise that I did not want to play just for those who were palliative, what I really wanted was to bring joy, peace and comfort to the living, as well as peace and comfort for those who were at the end of their life. It was at this point that I realised what I was journeying towards. I wanted to share the gift of music that had been given to me but not to do this as a performer but as an instrument of peace and joy. It was 2005.

Fifteen years ago Music Therapy was available to be studied in Australia, but not much was known about Therapeutic Music, let alone how to study it and become qualified in the field. I had been inspired by Peter Robert's story, but recognised the fact that I would not be able to, financially and with family commitments, travel to the USA, live there for two years and study.

Researching online I discovered the International Harp Therapy Program was offering an online program, and to my delight was accepted as a student. I think I might have been the first in Australia studying that program in 2005. The course was different then, as one had to travel to complete the two face-to-face modules. At that stage one of our daughters was living in the USA and I reasoned that I could combine travelling to see her and fulfil the requirements of the face-to-face modules.

My Therapeutic Harp Journey by Carla Whiteley, contd,

The course has changed greatly since those early days, and is continuing to evolve, but the underlying philosophy has remained the same, to bring peace and healing via the medium of the wonderful resonance of the strings of that ancient and magical instrument, the harp. It took me close to three years to qualify as a Certified Therapeutic Harp Practitioner. Upon completion of the IHTP, I enrolled in the all online CCM, Certified Clinical Musician course.

So, my musical journey has led me to the place where I am able to share my gift of music with those in need, via the medium of the Harp. My dream had been to work in the local hospital, but my journey has led me elsewhere, and I am now employed by four different Aged Care Facility Providers sharing the gift of music. I play what I call 'Multi-Instrumental Diversional Concerts' using harp, flute, ukulele, recorders and poetry reading for residents, reconnecting them with their past. After the concert I have the privilege to sit with my harp at the bedside of the frail, ill, depressed and palliative residents and have watched the magic of the harp calm residents with dementia, increase the breathing level of those on oxygen and give comfort and peace to the dying and their relatives. At one facility I also play the harp in the dementia-specific area during the sundowner's time, playing familiar tunes and quiet music and watch the peace and tranquility that settles in the area. There are many stories there but these can be shared at a later time.

Did I play for the art exhibition? Yes, I did, but certainly not 6 months after purchasing the harp. It was more like 3 years before I felt confident enough to "perform".

My journey is not finished. I am continuing with lessons as there is always so much to learn. I continue to want to improve my playing, to be the best I can be for those in Aged Care. Allow me to quote Allen Attwood, a well known journalist with the Melbourne Age. He commenced piano lessons as an adult. Ysolde, his teacher, was brutally candid when she told him: "If you want instant gratification, eat chocolate. Don't take up a musical instrument." Alan desired to play Beethoven's *Moonlight Sonata* within 22 months. Five years into his piano lessons he has still not been to the moon and back.

No matter from where you commence, on this journey of therapeutic harp, there will always be more to learn. It doesn't happen overnight.

All of us have moments where we meet the divergence of roads and have to make a choice. I had come to a point where I had to choose whether to continue in my career as a music teacher or pursue ~ what??? Having been a musician nearly all my life, I questioned where the gift of music would take me next, but in the words of Robert Frost: *Two roads diverged in a woodland - I took the one less travelled by, and that has made all the difference, and for that I am grateful.*

Carla Whiteley. TPTC. BA Music, CTHP, CCM, August 2020.



Your IHTP~AU Representatives are...



Vimukti Warr
Director
Program Administrator



Anke Arkestyn
Co-Director
Internship Instructor



Anna Muller
Student Administrator
IT Consultant



Louise Bell
Mentorship Director
Harp Instructor

Items For Sale

CREATIVE HARP ~ Instruction DVDs ~ IHTP

\$60 each plus postage and handling. 1,2,3,4,5,6,7,8,9,10

COLOUR MY WORLD ~ DVD and music cards

\$25 each includes postage and handling.

Songs of Love and Beauty; Songs of Nature and Healing

RAINBOW OF SOUND ~ DVD. Learn to Play Harp Volumes 1 & 2

\$60 plus postage and handling

AUDIO CDs by Christina Tourin

\$20 each includes postage and handling

Illuminations / White Rose / Iona Inspirations

To purchase, please contact Carla Whiteley
at whitcarand@gmail.com or call 0409 389 529

IHTP~AU Newsletter is designed & edited by Louise Bell.
Please send any contributions to music@louisebell.com.au



Until next time, happy harping!