



Healing Music – **Musique pour guérir**

The Important Qualities of
Individualized Therapeutic Music

**L'importance d'une
musique thérapeutique personnalisée**



By Christina Tourin
Director, International Harp Therapy Program



Background Information

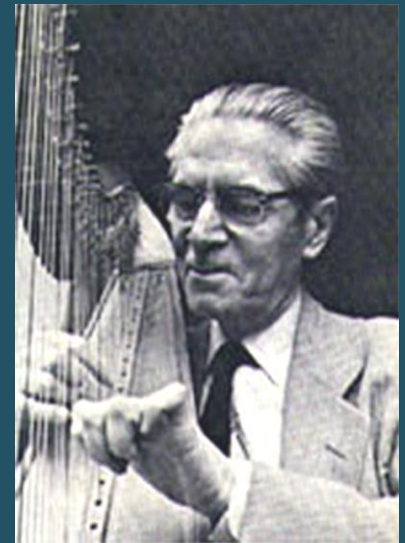


- Director and Founder, Int'l Harp Therapy Program
- Music Education – University of Vermont – public school teacher 20 years
- Harp Study – 2nd generation harpist under the study of Marcel Grandjany; McGill University, Montreal with Christine Dyke-Gabillet and Mozarteum, Salzburg Austria with Marianne Oberascher
- Masters work in Counseling and Psychology, UVM
- Resonant Kinesiology Training under Susan Borg
- Music Therapy equivalency from Arizona State University under Barbara Crowe
- Symphony and Broadway orchestral harpist, soloist
- Founder and conductor of the World Harp Orchestra tm
- Founder of the Scottish Harp Society of America
- Lecturer, Performer and author of Cradle of Sound – Harp Therapy Manual, Music Books and 14 Compact Discs (available here from Dreamharps in the Exhibit area.)

History



Ruth Marcelyn Hersey Cooper



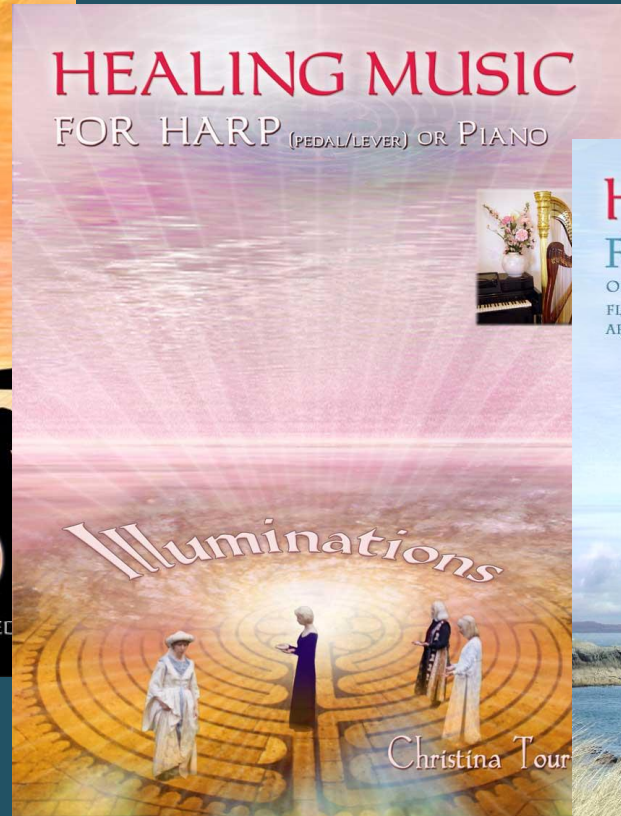
Marcel Grandjany



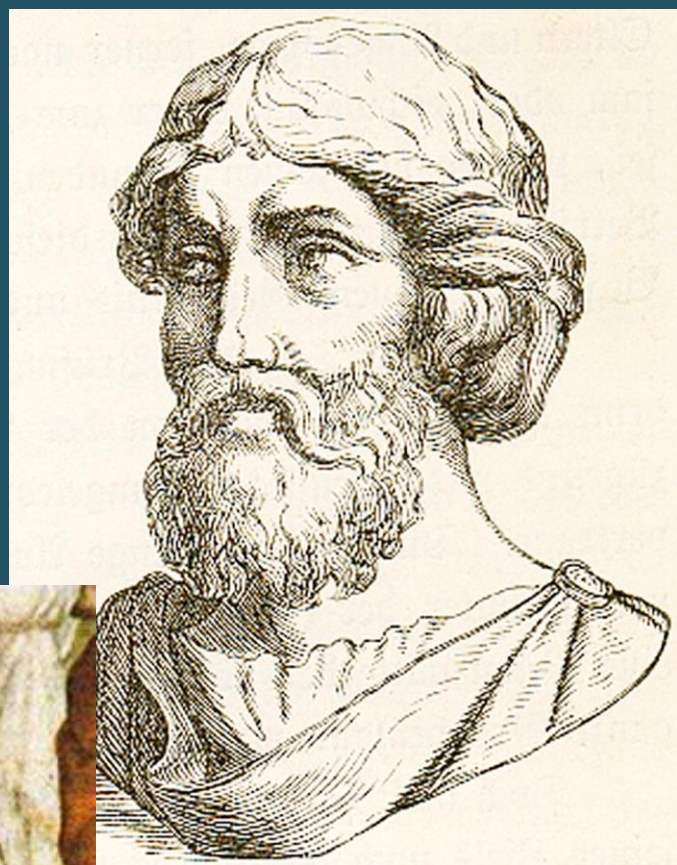
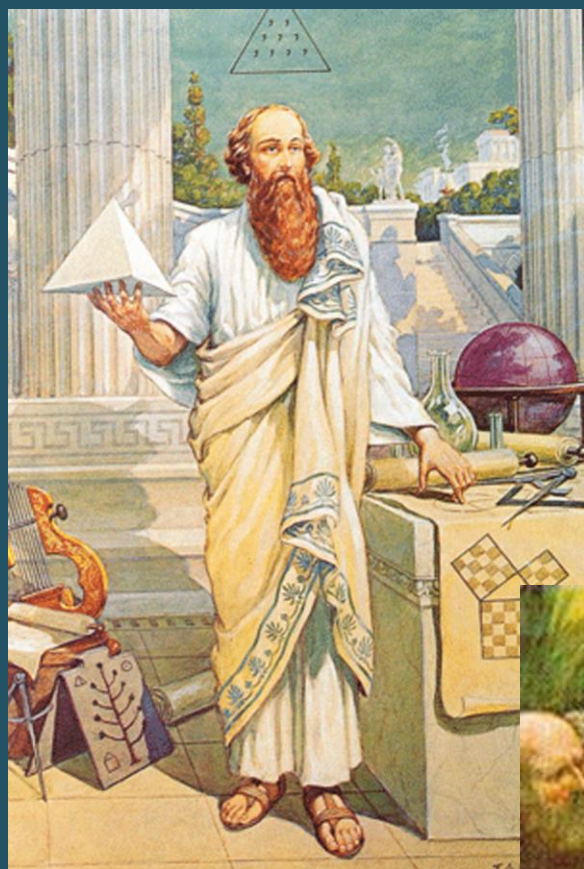
Christina Ruth Cooper Tourin

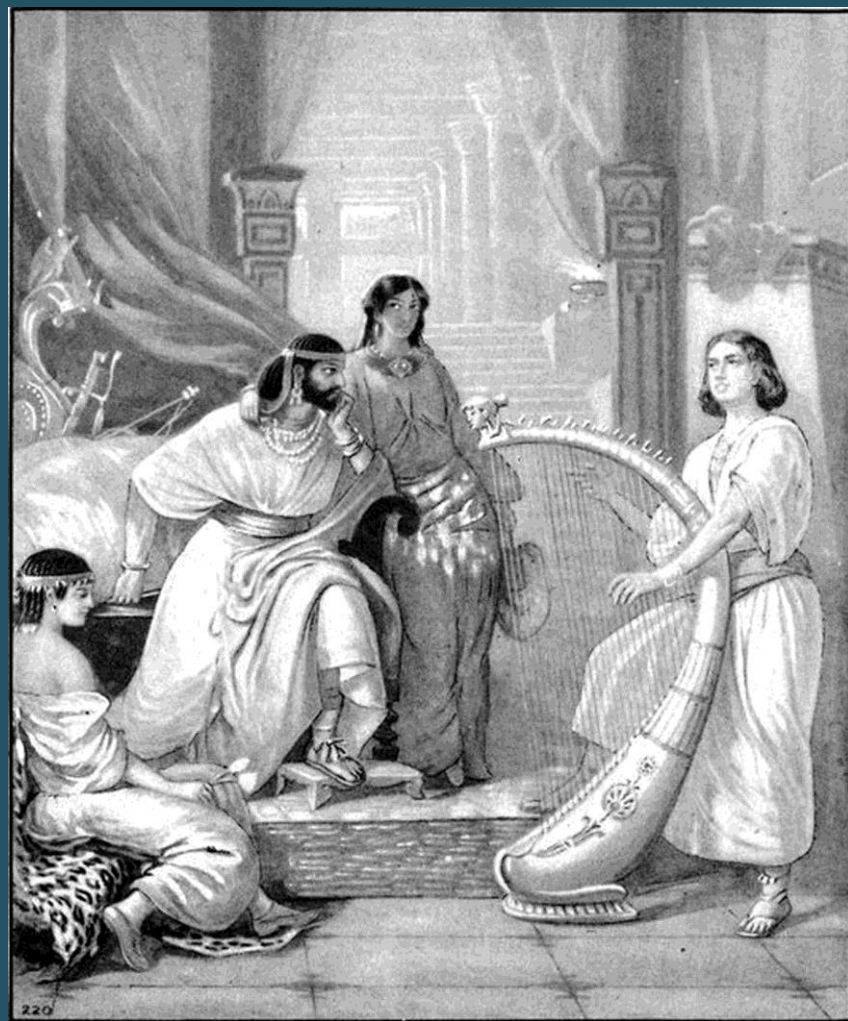


Publications





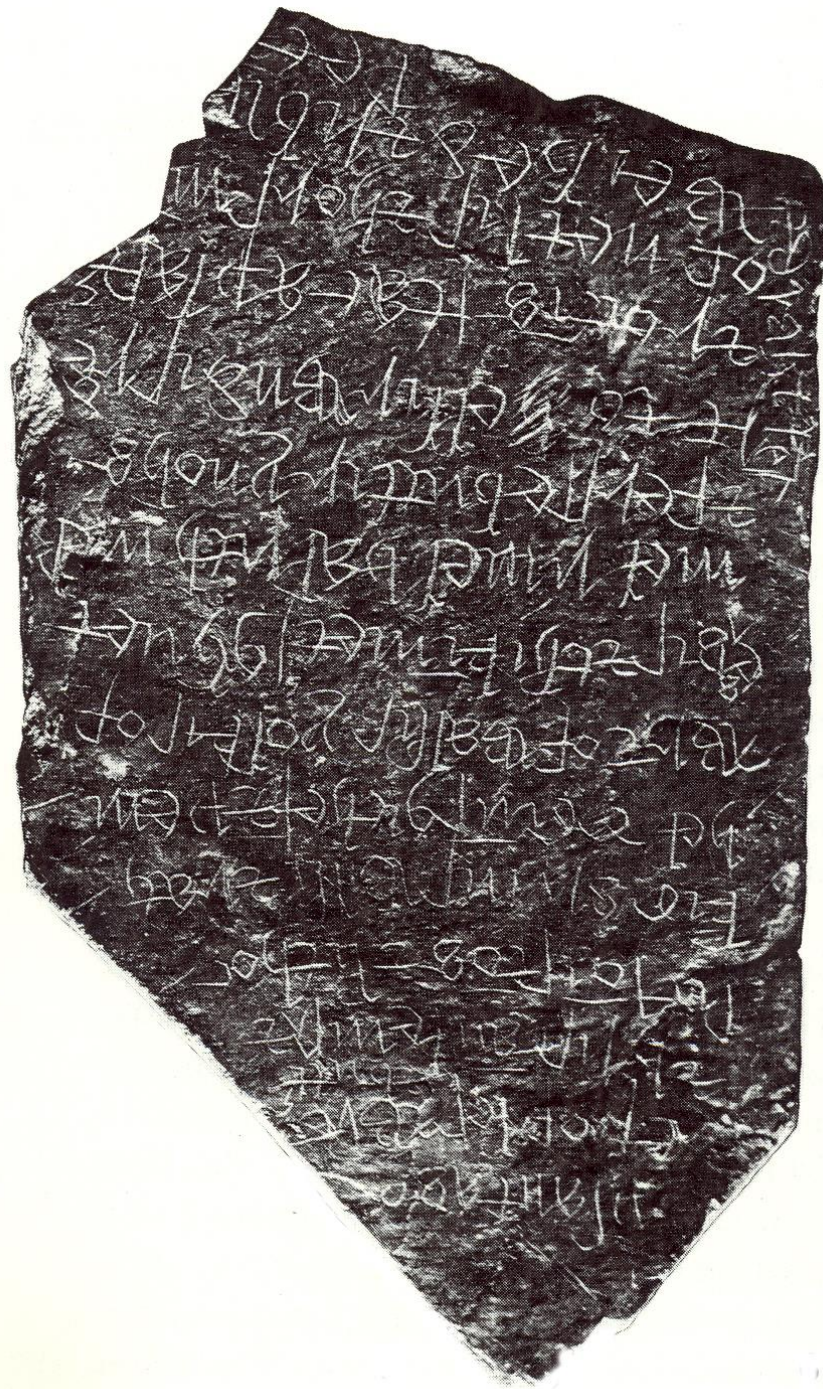




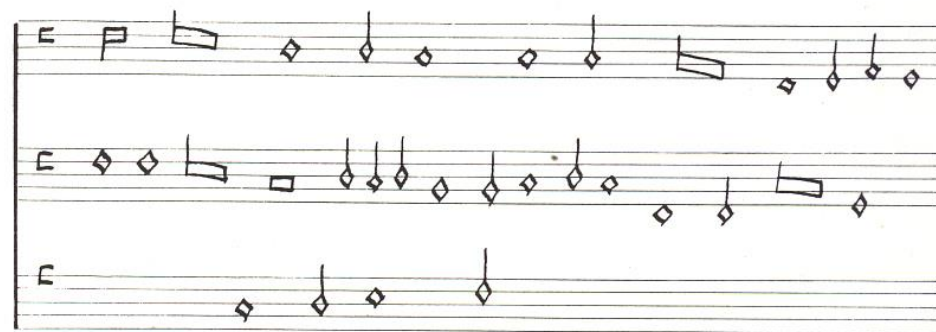




11th Century
Plaque
on the Shrine
of
St. Mogue
(National Museum)



Stone used to roof church at
Smarmore in Co. Louth



Great Harp
of
Trinity College
in
Dublin
14th - 15th century

Also known as the
Brian Boru Harp but...





Turlough O' Carolan
1670-1738

Early Music In Medicine

The oldest known text in English about the effects of music in medicine was written by Dr. Richard Browne in 1729. Called “Medicina Musica”, or “A Mechanical Essay on the Effects of Singing, Musick, and Dancing on Human Bodies”, it presents compelling arguments for the power of music in healthcare.

?

Do you know

People of all Ages and Circumstances Benefit from Therapeutic Harp Music

Les personnes de tous âges et de toutes conditions peuvent
bénéficier de l'effet thérapeutique de la musique de harpe



Certified Therapeutic Harp Practitioners use the Harp with the intention of supporting the listener:

Les professionnels diplômés en harpe thérapie utilisent la harpe dans le but de soutenir l'auditeur:

- Emotionally
Emotionnellement
- Psychologically
Psychologiquement
- Physiologically
Physiologiquement
- Spiritually
Spirituellement



INTERACTIVE THERAPEUTIC HARP MUSIC

Interactivité thérapeutique

Touching and even learning to play the harp, increases the listener's physical coordination and concentration.

Toucher et apprendre à jouer de la harpe augmente la coordination physique et la concentration de l'auditeur

The benefit of a shared activity can also be important.

L'avantage d'une activité partagée peut être important



THERAPEUTIC HARP MUSIC IN INTENSIVE CARE UNITS

La harpe dans les unités de soins intensifs

Monitors show that heart rate decreases and oxygenation levels increase when soothing harp music is played

L'écran du moniteur montre que la fréquence cardiaque diminue et que les niveaux d'oxygène augmentent lorsqu'une musique de harpe relaxante est jouée.

Harp music provides sound or focus other than the humming and beeping of hospital machines

La musique de la harpe émet un son qui neutralise les bourdonnements et les bips des équipements hospitaliers



THERAPEUTIC HARP MUSIC IN HOSPICES

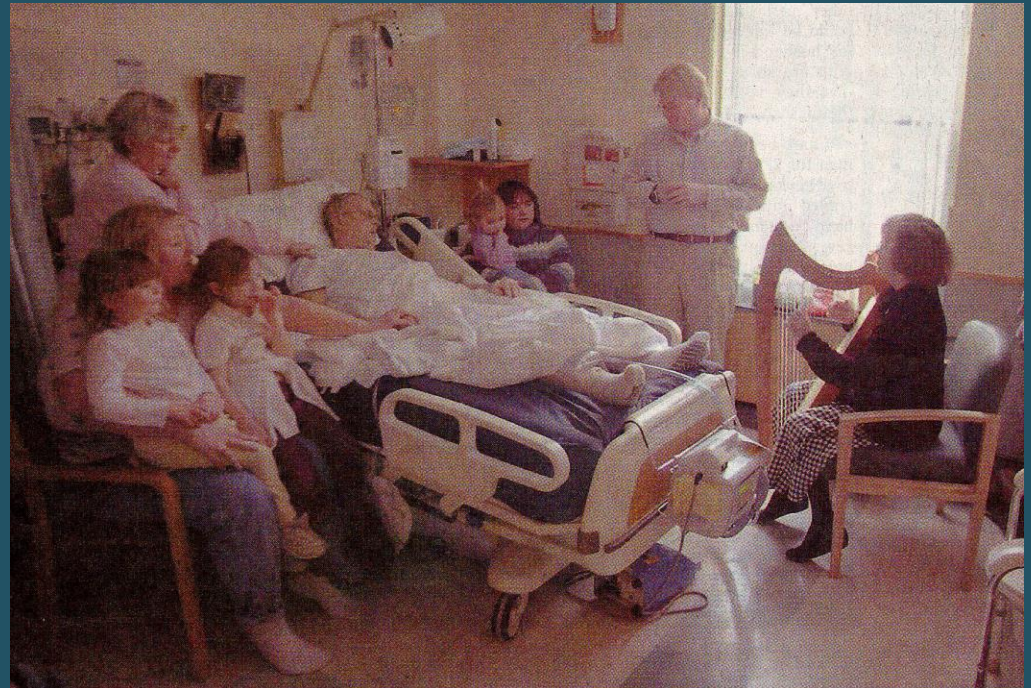
La harpe dans les hospices

The sounds of the harp comfort and soothe the patient who may be in pain or experiencing fear or anxiety.

Le son de la harpe comme soutien et réconfort pour les patients en état de souffrance et d'anxiété.

The families also benefit from the reprieve and calming influence of the therapeutic harp music.

Les membres de la famille bénéficient également de moments de distraction et de détente produits par la musique de la harpe.



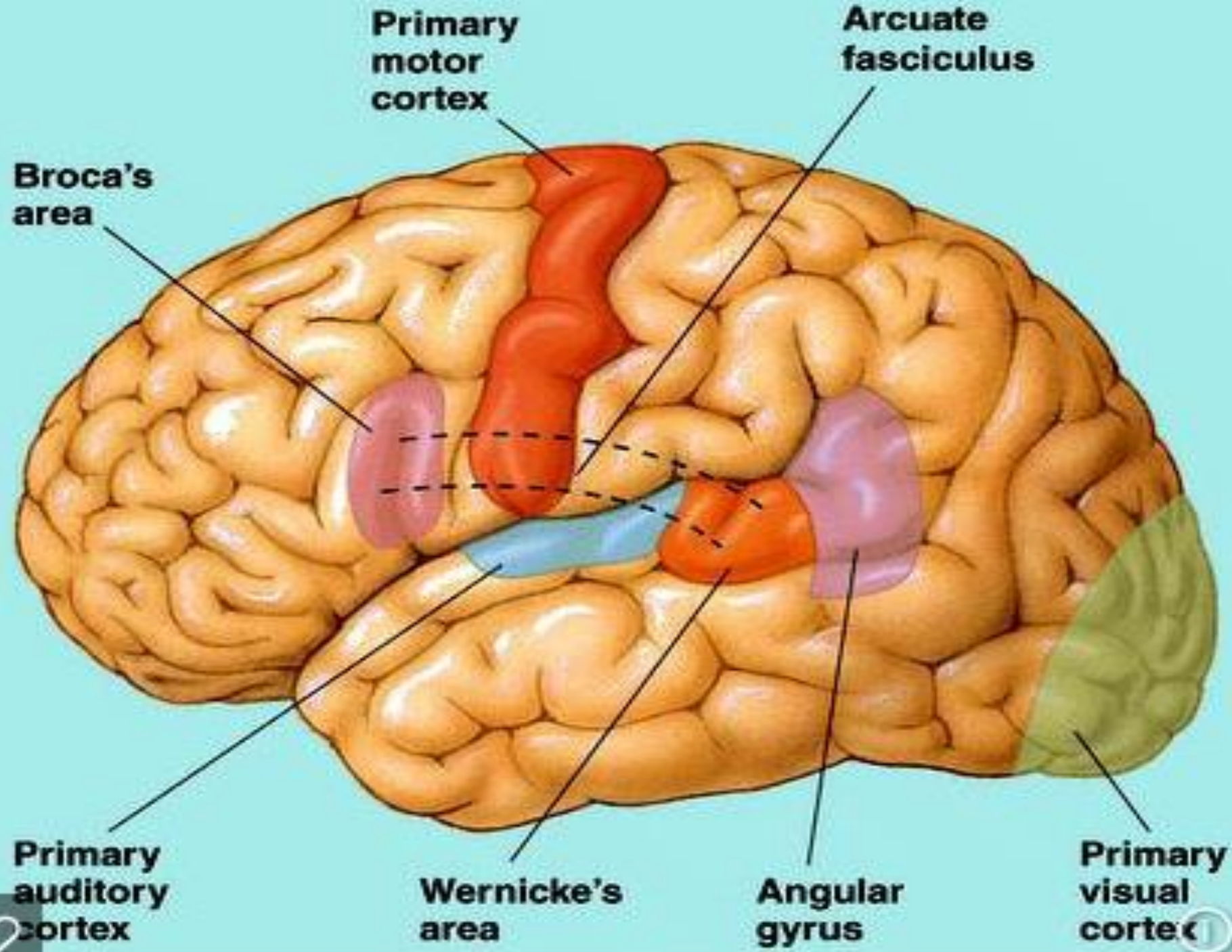
THERAPEUTIC HARP MUSIC FOR PEOPLE WHO SUFFER FROM ALZHEIMER'S DISEASE

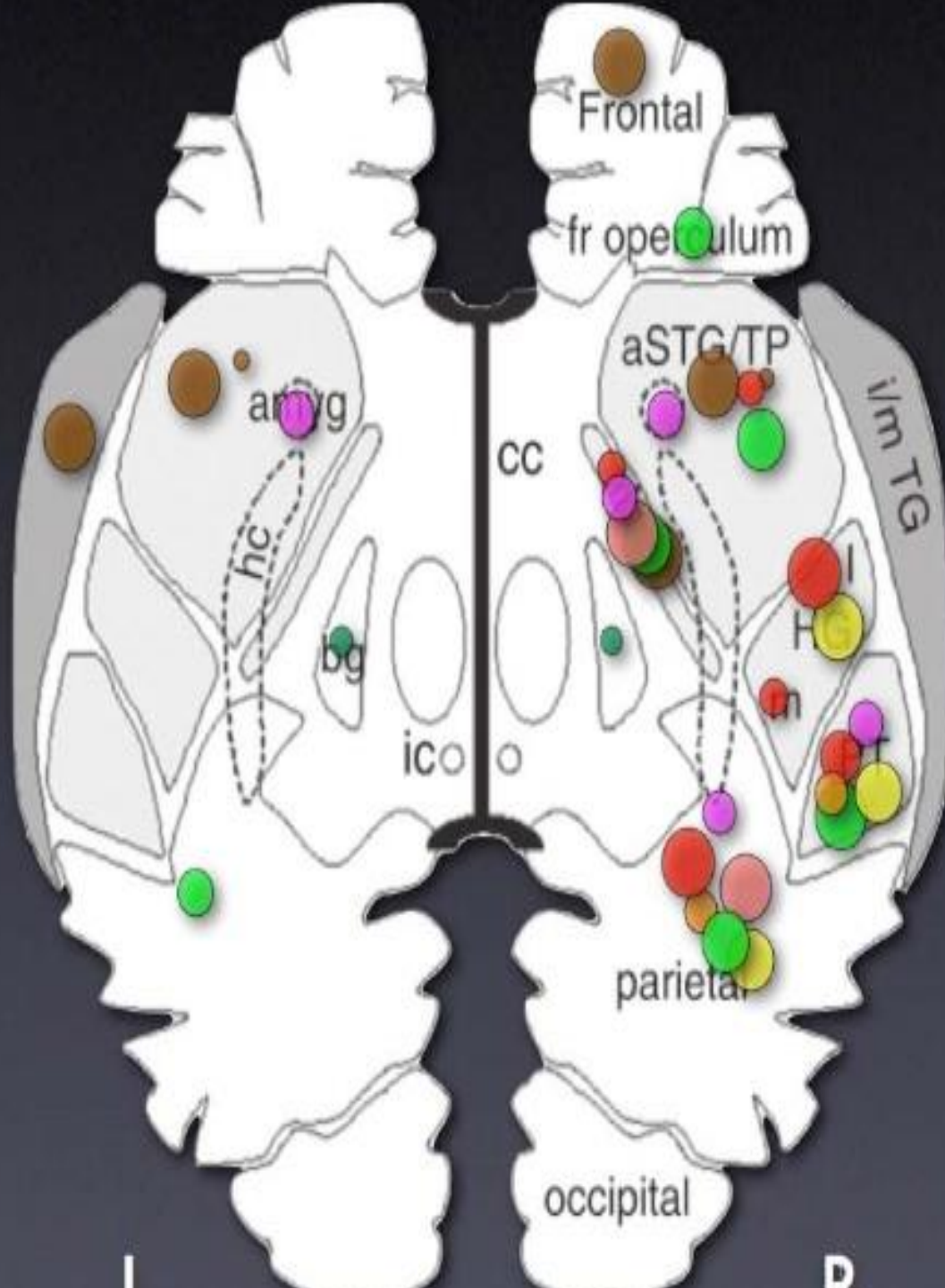
La harpe pour les malades d'Alzheimer

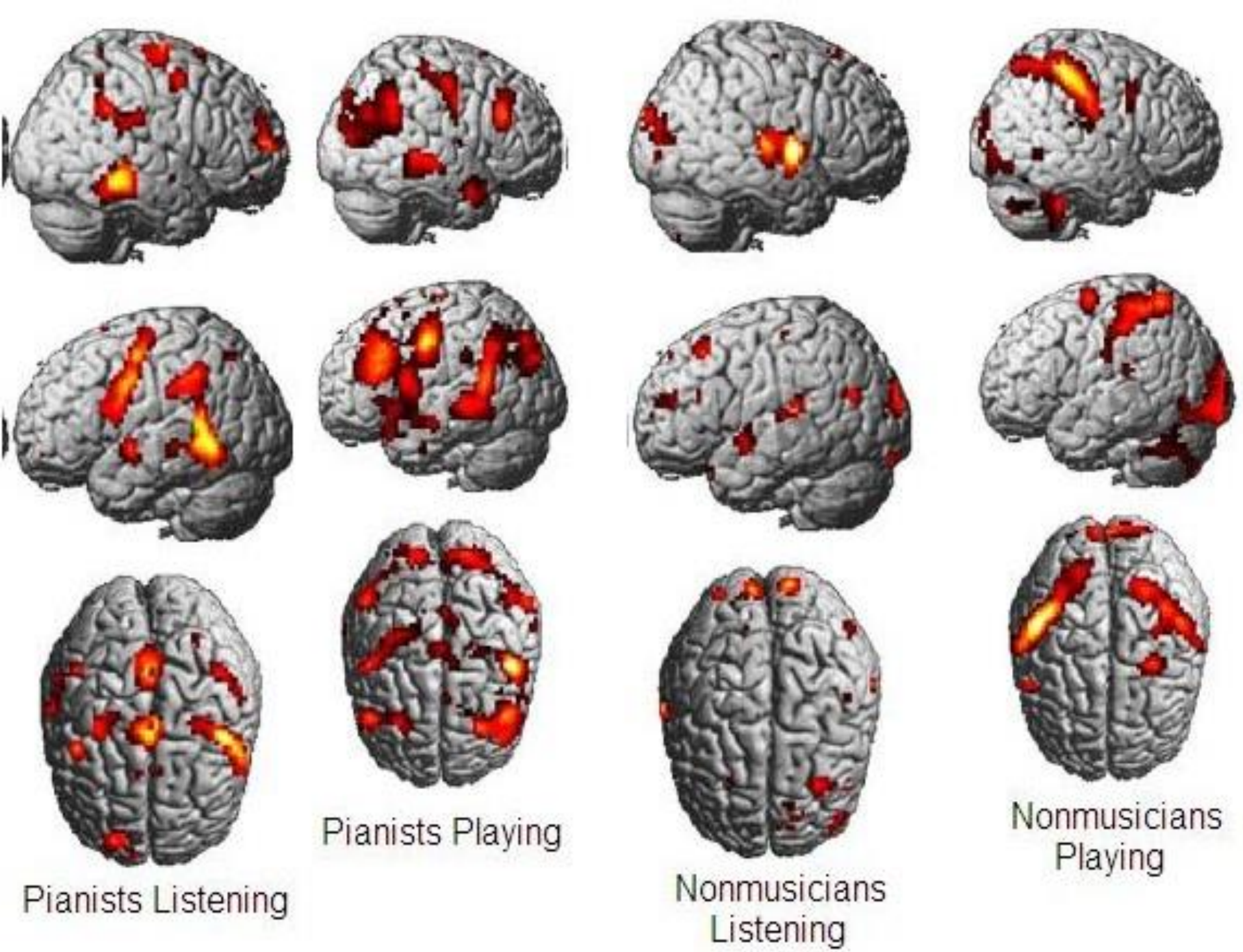


People who suffer from Alzheimer's Disease often access memory through songs from their past.

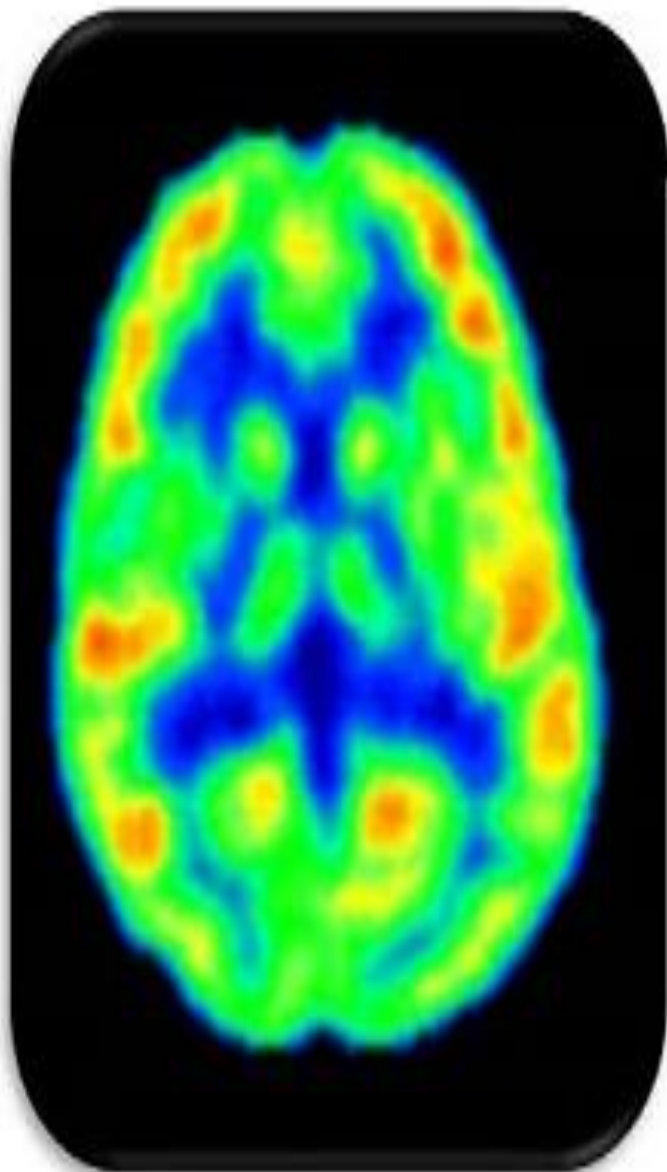
Les malades d'Alzheimer peuvent améliorer la mémoire en chantant ou écoutant des chansons de leur passé.



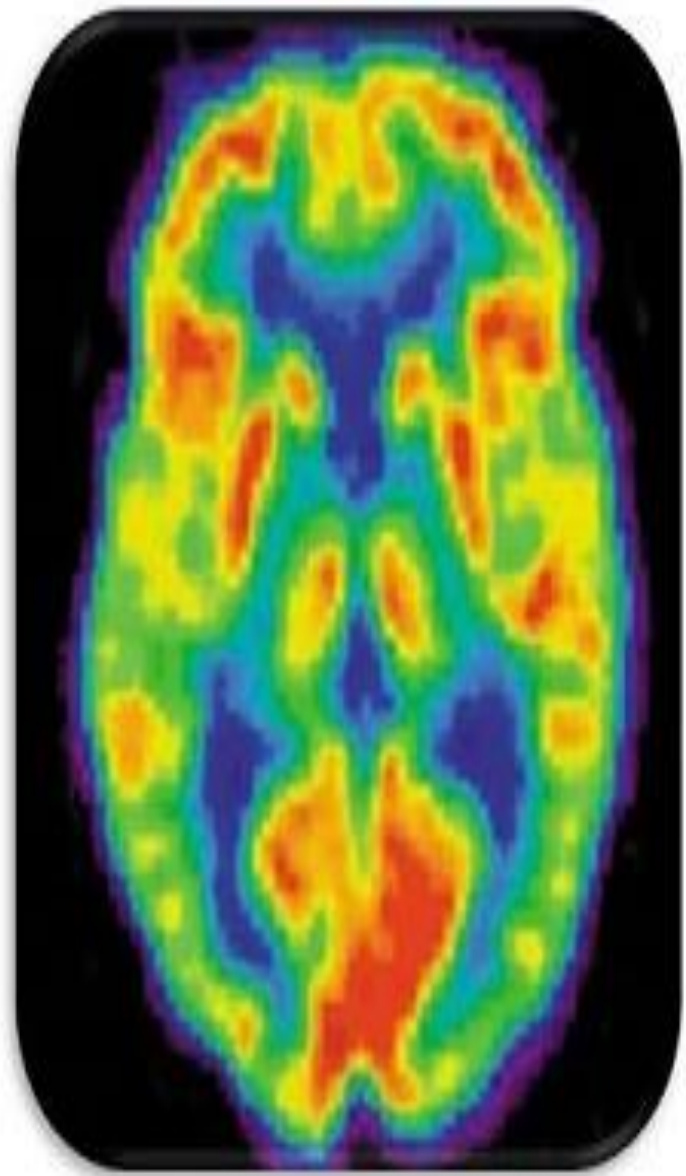




The brain at rest



The brain's reaction to music



Certified Therapeutic Harp Practitioners (CTHP) Provide the Listener with Harp Music Creating a Cradle of Sound to Match **Five** Distinct Qualities:

Des professionnels diplômés en Harpe thérapie (CHTP) créent un <<Berceau du Son >> qui requiert **cinq** qualités spécifiques:



1. the mode of music (mood of the listener)

Le mode musical (état émotionnel de l'auditeur)

2. the tempo based on the patient's body breathing & heart rates
Le tempo basé sur le rythme cardiaque et respiratoire du patient

3. the listener's resonant tone
La note de resonance de l'auditeur

4. the listener's preferred musical preference
Les préférences musicales de l'auditeur

5. the listener's preferred delivery of the music
La façon préférée d'écouter de la musique



1. Moods and Modes & The Effect Modes On the Mood of the Listener

Emotions et modes musicaux: L'effet des modes musicaux sur l'état émotionnel de l'auditeur



IONIAN MODE – Mode ionien
DORIAN MODE – Mode dorien
PHRYGIAN MODE – Mode phrygien
LYDIAN MODE – Mode lydien
MIXOLYDIAN MODE – Mode mixolydien
AEOLIAN MODE – Mode éolien
LOCRIAN MODE – Mode locrien
ANGEL MODE – Mode angélique (pentatonique)
MIDDLE EASTERN MODE Mode du Moyen-Orient



2. Using the Patient's Breathing and Heart Rate to Determine Meter and Tempo

Utiliser le rythme cardiaque et respiratoire du patient pour déterminer la mesure et le tempo



3. Determining the Patient's Resonant Tone

Déterminer la
note de resonance
du patient

An Ocean of Energy

10_{14} - 10_{19}	Spirit Energy (this category does not appear in our school books)
10_{19} - 10_{24}	Gamma Rays
10_{16} - 10_{19}	X-rays
10_{14} - 10_{16}	Ultraviolet
10_{14}	Visible Light (7-color spectrum)
10_{12} - 10_{14}	Infrared
10_{11} - 10_{12}	Heat
10_8 - 10_{11}	Microwaves
10_4 - 10_8	Radio Waves
10_4	Ultrasound
10_1 - 10_4	Sound Waves (7 notes of the scale)
10_1	Odors - Aromatherapy
	Flavors
	Infrasound
	Matter
Vibrations per second	

Ex. #1 - These categories are like a spiral staircase rather than steps on a ladder. They are all interconnected - thus the relationship of aromas to colors to sound. This is where we can create harmony among the frequencies.

Everything
is vibrating
energy

Tout est
énergie
vibrante

TRUST

Confiance

Trust that all possibilities are there.

Ayez confiance que toutes les
possibilités sont là



Inclusive Attention

We also can draw upon the resonance of a person's voice to help find their fundamental tone

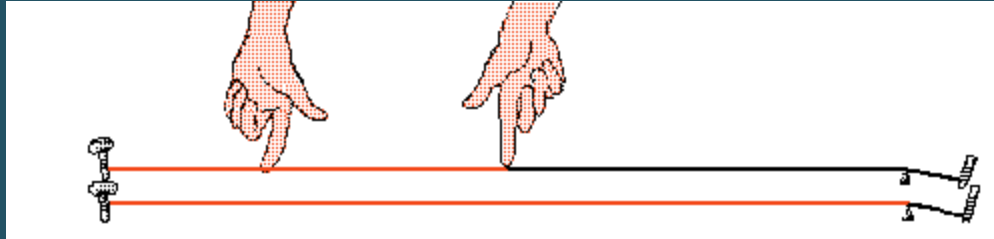
Nous pouvons également puiser dans la résonance de la voix d'une personne pour l'aider à trouver sa note de résonance



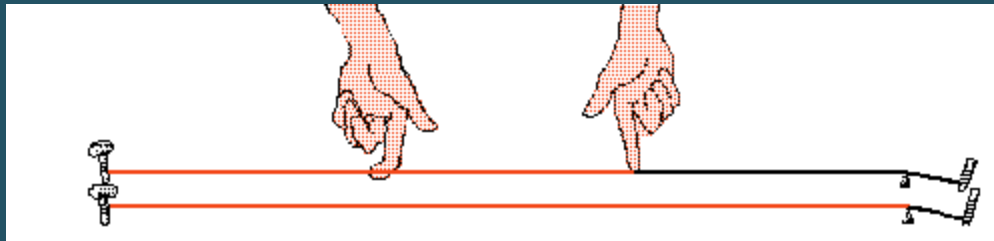
Judith Hitt – Resonant Kinesiology Instructor for the IHTP

Demonstration of Overtones

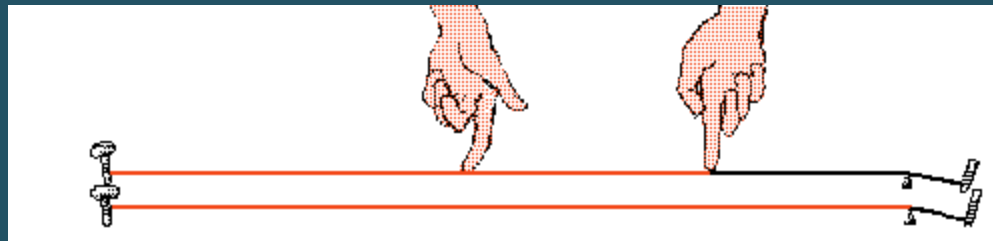
the length of the strings are in relation to each other **1:2**, then the difference is called a **octave**



the length of the two strings are in relation to each other **2:3**, the difference in pitch is called a **fifth**:



the length of the strings are in relation to each other **3:4**, then the difference is called a **fourth**.





Alexander
Technique

Sound
Vibrations

Double Resonance for G

Keys to play to match the resonance of the room and the mood of the patient

If the room resonance (machines etc) is:

C – play either GM (outreaching) or Gm (reflective)

C# - (this is one of the harder combinations) you can play DM (outreaching) and accent the G but it isn't all that satisfying. Bm (reflective) works the best with the G accented and then matching the machine with the C#. You can also create a haunting melody if you have 4 flats and can play in the key of Db.

D – play either GM(outreaching) or Gm (reflective) and accent the D

D#/Eb – play Gm (reflective) or EbM (outreaching) and accent the G

E – play either GM (outreaching) or Em (reflective) and accent the G

F – G mixolydian (dreamy) (I would use this as a cross between either major and minor. Again, we have an odd combination here.

F# - play DM (outreaching) accenting the G or Em (reflective) accenting the F# and G

G –GM (outreaching), Gm (reflective), G mixolydian (dreamy)

G#/Ab – play in key of Eb (Bb,Eb,Ab) (outreaching) and accent the G or in Cm (Bb,Eb, Ab) (reflective and accent the G

A – play either DM (outreaching) or D Mixolydian (dreamy) starting on the A and going to the G as an alternate chord.

A#/Bb – play either BbM (Bb, Eb) Outreaching, accent the G or Gm (Bb, Eb) reflective

B – play either GM (outreaching) or Em (reflective) and accent the G



4. Musical Genres

Genres musicaux



- Classical
- Children's
- Opera
- Ethnic
- Country/Folk
- Oldies
- Patriotic
- Broadway
- Hymns
- Celtic
- Christmas



5a. Tonal Quality of Delivered Music – *Qualité sonore de la musique*

PLAYHARP.com



5b. Understanding how intervals affect mood is essential. Each interval that the harpist plays delivers a message.

Comprendre comment les intervalles peuvent affecter les émotions est essentiel. Chaque intervalle joué par le harpiste offre un message spécifique.

- The interval of a major seventh (C up to B) septième majeure (Do – Si)
- The interval of a major sixth (C up to A) Sixte majeure (Do – La)
- A perfect fifth Quinte parfaite
- The ascending fifth (C followed by a higher G) La quinte ascendante
- The falling fifth (C followed by a lower F) La quinte descendante
- The Fourth interval La quarte
- The interval of a third (major) La tierce majeure
- The major second interval La seconde majeure

Heartmath Heartrate Variability

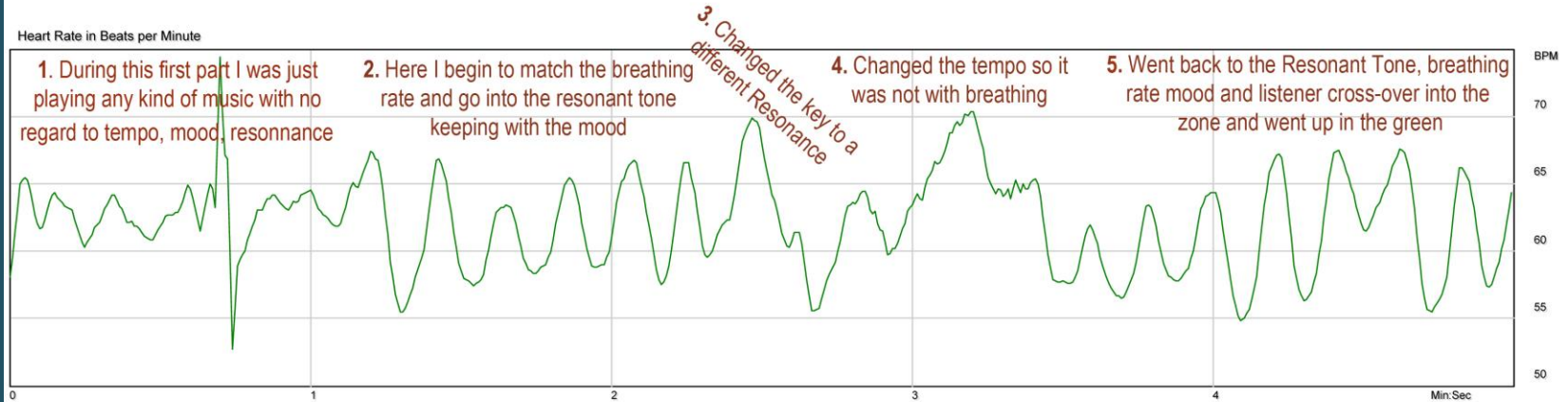
emWave® PC 1.0

Name :
Session Date: 6/4/09

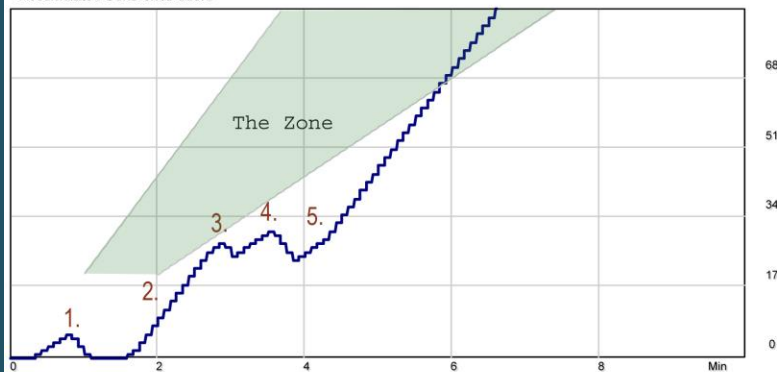
Age:
ChallengeLevel: 2

Gender: Fem
Time : 2:19:49 PM

Heart Rate in Beats per Minute



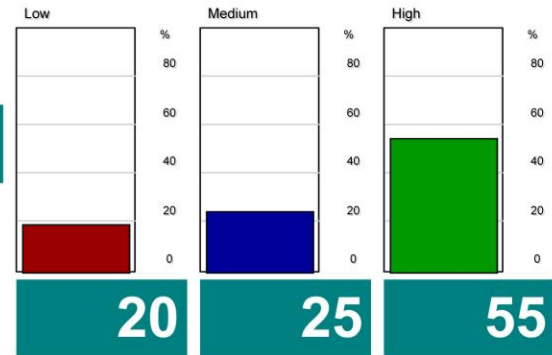
Accumulated Coherence Score



Average Heart Rate (BPM)

62

Coherence Ratio



Matching

Your song based on:
Mood

Breathing Tempo

Genre of Music

Musical Elements

Resonance/Double
Resonance

Votre chanson basée
sur:

Ambiance

Rythme respiratoire

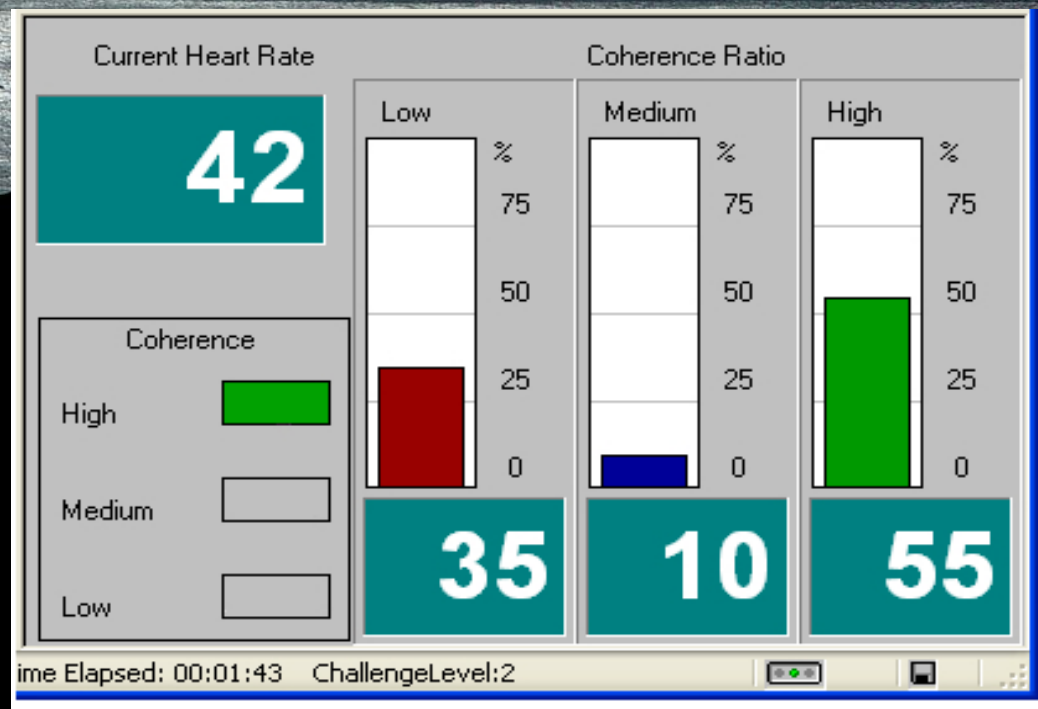
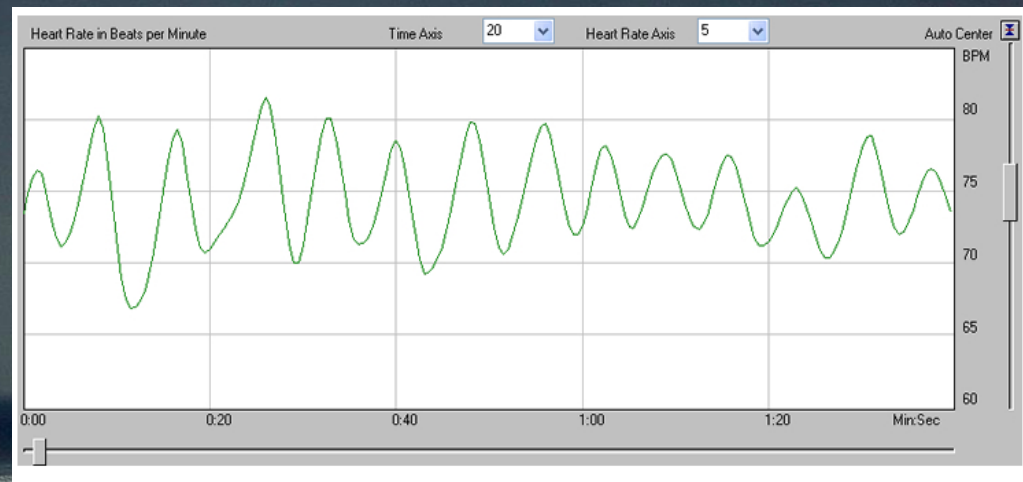
Genre de musique

Éléments musicaux

Résonance

(Double résonance)

Heartmath shows how music can relax a person



Benefits to Patients – **Avantages pour les patients**

Research carried out at the San Diego Hospice and other leading hospitals around the country show that harp music helps to:

Une recherche menée par l'hôpital de San Diego et d'autres hôpitaux du pays montre que la musique de harpe aide à:

1) Create easier breathing for 71% of patients

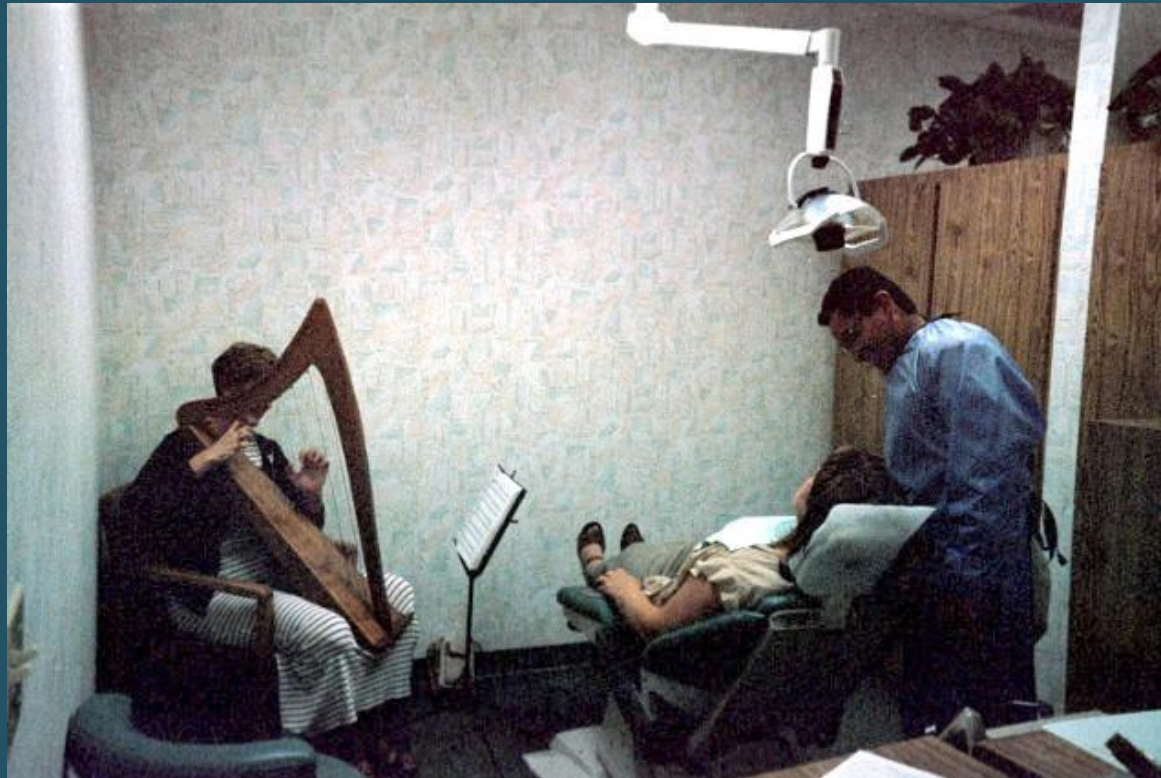
Améliorer la respiration pour 71% des patients



Benefits to Patients – Avantages pour les patients

2) Reduces anxiety levels in 84% of patients

Il réduit le niveau d'anxiété pour 84% des patients



Benefits to Patients – Avantages pour les patients

3) 63% of patients report reduction in pain when live harp music is present -

63% des patients ressentent une réduction de la douleur lors d'une séance d'aromathérapie en direct



- 4) Also provides a respite for family members and hospital staff
Il offre une pause agréable pour les membres de la famille
et pour le personnel hospitalier



Benefits to Patients – *Avantages pour les patients*

5) Harp music can help support the birthing process and welcome a newborn with soothing music

La musique de la harpe facilite l'accouchement et accueille le nouveau-né avec une musique relaxante



Benefits to Patients – Avantages pour les patients



- 6) NICU units report that babies cry less when harp music is played
Les unités de thérapie néonatale signalent que les bébés pleurent moins
lorsque la musique de la harpe est jouée

There are many comments from patients about how
harp therapy has benefited them

Il existe de nombreux commentaires de patients sur le bénéfice de la harpe
thérapie

“It was calming and helped to make the pain go away”

“C’était relaxant et cela m’a aidé à me débarrasser de la douleur”



“The sound caresses the air and
makes you forget where you are.”

“Le son caresse l’air et te fait oublier
où tu es.”

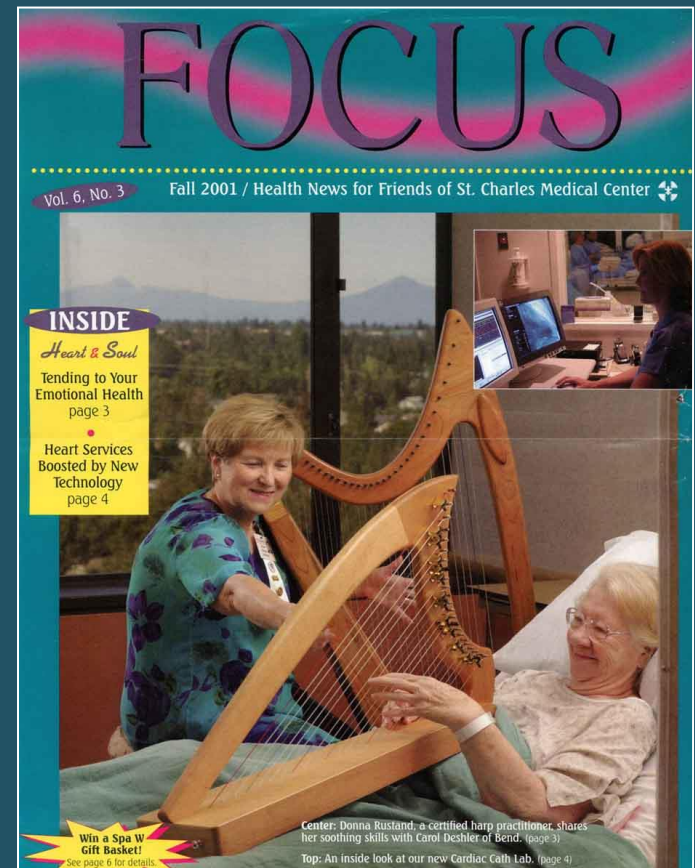


“It made the room seem full of floating angels.”

“J’ai ressenti comme si la chambre était remplie d’anges”

“Harp Therapy creates a wonderful atmosphere”

La harpe thérapie crée une atmosphère merveilleuse”





“It is soothing to the soul.”

“C’est relaxant pour l’âme”

“My child loves listening to the music, and the harp is visible to his limited peripheral eye vision.”

Mon fils adore écouter de la musique et la harpe est visible à sa vision périphérique limitée”





“It had a calming effect which helped her sleep peacefully.”
“La harpe a eu un effet calmant qui l’a aidée a s’endormir paisiblement.”

“My mother’s breathing was deeper!”

“La respiration de ma mère est devenue plus profonde !”





The International Harp Therapy Program
is affiliated with the
APREVA Hospice, San Diego, CA
L'International Harp Therapy Program
APREVA di San Diego, California



Christina Tourin is Director and Founder

For further information please visit:

<http://PlayHarp.com>
HarpRealm@gmail.com



Rainbow of Sound

Learn To Play Harp Series



Become a **Rainbow of Sound**™



Working Interactively with all ages!



And with teens and support groups



Our Affiliation with the Hole In The Wall Camps





Celtic Circle of Music

Cercle celtique de musique

Geantraighe

Uplifting - **édifiant**
G G C C D D G G
SOL SOL DO DO RE RE SOL SOL

Suantraighe

Calming – **Calmante**
G G G G
F F G G
SOL SOL SOL SOL
FA FA SOL SOL

Fix -F#'s **Réparer** Fa #



Transition Line

Transition

Em Em D D
C C D D

Mi minore Mi minore RE RE
DO DO RE RE

G SOL

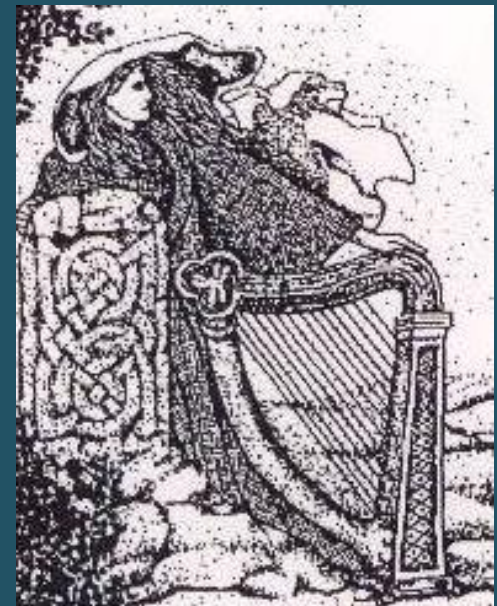
Goltraighe

Reflective –

Réfléchissante

Em Em Em Em
D D Em Em

Mi minore Mi min. Mi min. Mi min.
RE RE Mi min. Mi min.



on-line International Training program



<http://HarpTherapyInternational.com>



100 Certified Therapeuti Harpers Play St. Patrick's Day – San Diego





IHTP Workshops and Conferences with educators in the field





3 Decades later 2020 Affiliate Programs are Born!

IHTP – USA (Americas)

IHTP – Europe – NL

IHTP – Italy

IHTP – Asia

IHTP - Australia



The International Harp Therapy Program Headquarters, San Diego, CA



Christina Tourin - Director and
Founder

HarpRealm@gmail.com



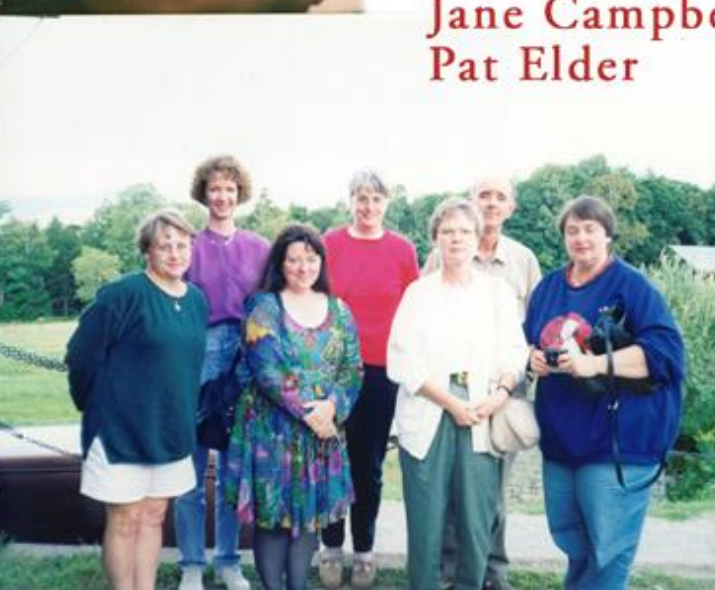
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visit:

<http://PlayHarp.com>



Class of 1996

Betz Schaubach
 Elsje Macaulay
 Kathryn Kuba
 Dandurand
 Helenora Smith
 Mary Lebus
 Judy Barone
 Tami Briggs
 Jane Campbell
 Pat Elder



Class of 1997

Teacher, can we go out and play?

San Diego Beach ~~Lesson~~ Party





CLASS OF 1997 IN VERMONT

Debi MacKay

Janelle Hicks

Melissa Collins

Ruth Charlies

Amy Lynn Kanner

Anita Lecheid

Martha Paradeis

Emily Weber

Carol Sharp

Fran Delaney

Jacquelyn Brown

Roxanne Ziegler

Roger McCormick

Norma Goldman





Class of 1998 - Vermont/Florida

Ann Holmblad	Ann Taylor	Joan Bowker
Carol Rohl	Miriam Gentle	Karen Whitlow
Bonnie Kelly	Irene Lewis	Christine Magnussen





Class of 1998 - Oregon

Gail Coon

Irene Lewis

Lyn Conklin

Irene Tukuafu

Kelly Giaramita

Lethea Erz

Michele Perez

Karen Cregan





Class of 1998

East/West Coast meet in

**S
A
N
D
I
E
G
O**

**Sue
Egloff
joins
us**



Class of 1999

Arizona State University - Tempe , Arizona

**Donna Rustand
Jude Francisco
Jonathan Reagan
Cyndi Bickel
Pat Wedemeyer
Ellen Maidman
Amy Raven
Jennifer Taylor
Bambi Niles
Barbara Broderick
Beverlie Fuller
Jacqueline Thea
Kathy Kavanaugh
Anne Johnson
Mary Lu Love
Melodie Anderson
Stella Benson
Carol White**



**Line Dancing
to Harp Music???**

**More Fun,
More Margueritas
New Friends!**



Class of 2000

Jenny Christofferson
Marianne Lounsbury
Donna Skudstad
Laurence Marie
Sarah Schwartz
Melanie Brown
Wendolyn Bird
Melodye Eisele
Kate Valentine
Donna Mast
Deahn Ayers
Betty Kibble
Tricia Fewer
Jan-Joy Sax
Edie Elkan
Dee Curci



Class of 2001

Alianna Boone
Anita Pazeian
Carole Cantrell
Muriel Willingham
Evergreen Erb
Lynette Edelson
Judy Bronleewe
Karen Fletcher
Deborah C. Swartow
Rochelle Savit
Sharon Stoll
Hilary Green
Jacqui Spring
Judy Hilton
Gilda Li
Ruth Bower
Kelly Yousoufian



Class of 2002

Liz Gilpatrick
Dana Mosser
Kathy Gault
Marilyn Johnson
Jan Demorest
Christine Sauer
Melody Anglin
Mary Fellows
Marie Withmore
Margaret Warczak
Joan Thompson
Ellen O'Brien
Lynn Luukinen
Sigrid Brooks
Jodi McQuillen
Patty Lengemann
Julie Darling
Isobel Stamford
Donnabeth Darnell
Carol Johnson



Class of 2003

Liz Westhead
Debbie Kiggans
Elisabeth Christenson
Arlene Favreau-Psyher
Cynthia Johnson
Margaret Stephens
Carol McCann
Anne Bewley
Wilma Liles
Rhonda Masure
Deborah Salomon
Linda Hill
Bethan Hughes
Keri Nakasone
Maureen Spadaro
Margaret Bell
Paula Windsor
Devora Susman
Masako Shinto
Carol Sack
Noriko Uujie
Lyn Weeks
Beatrice Rose



Class of 2004 - Canada



Jean Wellburn, Lois Lund, Deborah Peterson, Judith Hitt, Marilyn Bulger, Stancia DeBlasi
Kumiko Minato, Carol Sach, Sunita Staneslow, Christina Tourin, Keri Nakasone, Bev Ross



CLASS of 2004- Michigan

Kathy Grande, Debby Jennings, Cynthia Johnson, Christina Tourin, Chris Post
Margaret Stephens, Diane Leffler, Kathy Morris, Linda Hill

CLASS OF 2005



Sandie Reynolds
Beverley Ross
Susan Zevenberger
Deb Noland
Sunita Staneslow
Debby Hix
Susan Weirich
Kathy Morris
Maureen Mackay
Carolyn Worster
Rosemary McCreery
Kris DeWild
Joan Keay
Jeff Palmer
Leishja Blaxland-de-Lange
Shannon Ryan
Michele Spence
Tammy Stillwater
Jeannette Robertson
Lois Lund
Christina Fox
Kathy Grande
Julie Smith
Amerlia Gerlach
Sally Ann Henwood
Ellen Blaise
Anne Elizabeth Evans
Denside Llewellyn
Ann Bolton
Margie Bekoff

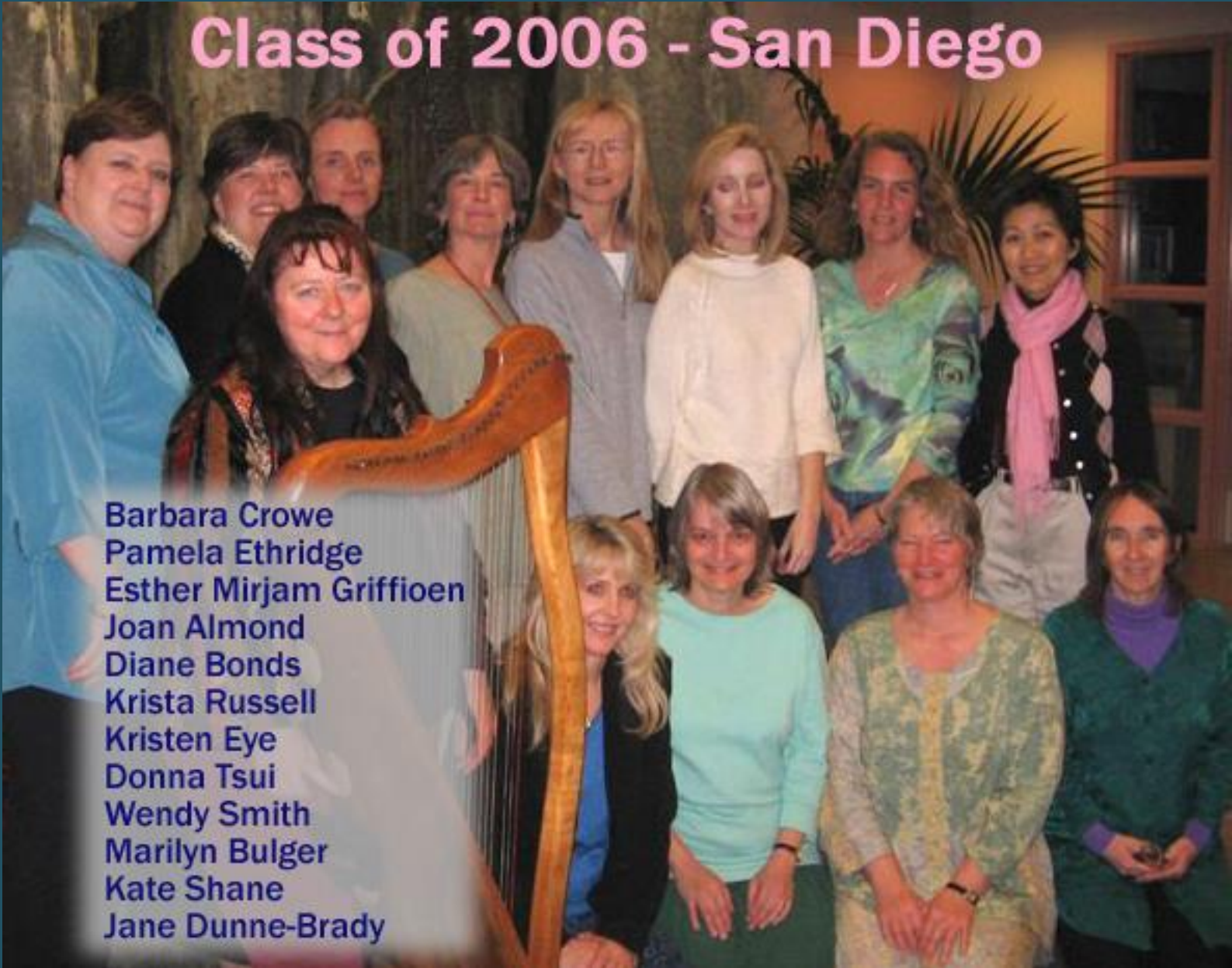
Class of 2005 - Ireland





Class of 2005 - Richmond Virginia

Class of 2006 - San Diego



Barbara Crowe
Pamela Ethridge
Esther Mirjam Griffioen
Joan Almond
Diane Bonds
Krista Russell
Kristen Eye
Donna Tsui
Wendy Smith
Marilyn Bulger
Kate Shane
Jane Dunne-Brady

Class of 2006 - Oregon

Mary Seidel
Denise Llewellyn
Krista Russell
Judith Hitt
Beatrice Rose
Kate Shane
Carolyn Worster
Wendy Smith
Joan Almond
Kristen Eye



2002/01/01
18:01:06

**Class of
2006
ALASKA**

**Deborah Leibee
Cathy Curby
Charlene Thompson
Sharon Walker
Cyndie Warbelow
Mary Margaret Davis
Rachel Kacsur
Meta Bravos
Leah Aronow-Brown
Phyllis Tickey
Kathryn Ferguson**

Class of 2006 - England

Judith Hitt
Deborah Radburn
Roxanne Leonard
Esther Mirjam Griffioen
Shannon Milsom
Sue Caden
Esther Hackett
Jaime Tourin - Chef
Britt Johanne Sommerstad
Donna Tsui
Elizabeth Gywnne
Emma Butler
Christina Tourin



2006 – Oslo, Norway



2007 Netherlands Intro Workshop



Class of 2007 San Diego



Class of 2007 Japan



2007 Montreal Quebec





Netherlands
2007

Class of 2008



SAN
DIEGO



Class of 2008 – UK and EU



Class of 2008 North Carolina



Class of 2009 – San Diego

Class of 2009 – Netherlands - Europe



Greetings to our Class of 2010!



Maria

Barten

NETHERLANDS



Michaela

Braveman

CALIFORNIA



Janice

Bullard

N. J.



Buvana

Gerlach

NETHERLANDS



Masako

Gray

JAPAN



Maya

Hasan

INDONESIA



Jan

Hirsch

NEW YORK



Masayo

Honjo

CALIFORNIA



Celia

Howard

VERMONT



Kim

Kirkman

AUSTRALIA



Cheryl

Kissling

IOWA



Jennifer

Kneale

AUSTRALIA



Judith

Leiby

UTAH



Tine Lilholt

Kristensen

DENMARK



Valerie

May

N. H.



Kevin

Roddy

HAWAII



Gaylord

Stauffer

IOWA



Karen

Thueme

MICHIGAN



Beverly

Tyack

CALIFORNIA



Glenda

Underhill

AUSTRALIA



Lia van der

Velde

NETHERLANDS



Sable

Shaw

NEVADA



Laura

Triana

NEW YORK



Linda

Brousaides

VIRGINIA



Claire

Guggenheim

NEW JERSEY



Marcia

Defrancesco

OREGON



Linda Fui

Tze Koh

MALAYSIA



Trine

Opsahl

DENMARK



Claudia

Miranda

BRAZIL



Doron

Peisic

CALIFORNIA



Kristin

Bowen

MICHIGAN



Margaret

Forrest

NETHERLANDS



Daniel

Funk

ILLINOIS



Gurie

Bosman

NETHERLANDS



Mary Anne

Brundage

VIRGINIA



Deniz

Aker

CYPRUS



Zahra

Love

ARIZONA



Junda

Maks

NETHERLANDS



Jaimee

Joroff

MARYLAND



Ana

Garcia

INDIANA

Class of 2010-2011 – ESM - Australia





Class of 2010 – San Diego

Class of 2010-2011 – ESM – Vermont



Class of 2011 - Europe



Class of 2012 - Hawaii



Class of 2012 – San Diego



Class of 2012 - Australia



Class of 2012 - Iowa



Class of 2013 -Florida



Class of 2013 - Netherlands



Class of 2013 - Brazil



Class of 2013 - Florida



Class of 2014 - Australia



Class of 2014 – San Diego



Class of 2014 - Germany



Class of 2014 - France



Class of 2014 – New Brunswick, Canada



Class of 2014 - England



Class of 2015 – San Diego, CA



2015 ESM Class – San Diego, CA



Netherlands 2015 Gathering of Students and CHTPs



Class of 2016 – Melbourne, Australia



New Zealand - 2016



Maui, Hawaii - 2016



Connemara, Ireland 2016



Mount Shannon, Ireland 2016



Class of 2016 – Heythuysen, NL



Bologna, Italy - 2017



Workshop Milan, Italy - 2017



Hong Kong ESM 2017



Class of 2018 – Singapore



IHTP - Europe NETHERLANDS 2019



IHTP – 2019 Phoenix, Arizona



Class of 2020 – IHTP Americas



Class of 2020-2021 – IHTP Australia



IHTP – ITALY 2020-2021



Class of 2020 – IHTP Asia





The International Harp Therapy Program Headquarters, San Diego, CA



Christina Tourin - Director and
Founder

HarpRealm@gmail.com



For further information please
visit:

<http://PlayHarp.com>