



IHMP Student Handbook

Stella Benson's
International Healing Musician's Program

Welcome!

The International Healing Musician's Program (IHMP) is an international educational certification program for musician's and healthcare providers who wish to become a Certified Healing Musician.

IHMP delivers training utilizing a comprehensive web-based course of study using new advances in technology for live music classes, on-line classroom settings, utilizing real-time student interaction, expertly facilitated learning tools, coordinated lesson plans, independent study, local mentors and student community debriefs and support. Those adequately completing the course receive a certificate as a Certified Healing Musician (CHM).

About Our Students

We welcome students who are highly innovative, motivated and interactive, and consider all applicants from all levels of musicianship, using voice and/or appropriate acoustic instruments. The program takes a vigorous approach to enabling students to perceive the personal and universal meaning in their daily experience with the ailing, injured and dying. Evaluations are uniformly outstanding, and students describe the experience of the course as unique in their personal and professional training.

Vision

Healing musicians serve the ailing and dying with healing music in all caring countries of the world.

Mission

To respond to the needs of the student and graduates we serve and enrich their lives through the learning of healing music and sound.

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Special Points to remember:

- Carefully Review these topics on-line at www.healingmusician.com:
 1. System Requirements
 2. Preparations
 3. Tele-class Schedule
 4. Curriculum
- Once accepted: send your digital head- shot picture & Skype Name

Send to:
sbagency@sprynet.com



Visionary, Founder and Executive Director

Founder and Director of the International Healing Musician's Program, and former executive director for the Music for Healing and Transition Program, Stella Benson is a leading educator, author and recording artist in the therapeutic music field. Beginning her healing music journey in 1992, Ms. Benson has provided healing music services to AIDS, oncology, and hospice patients, their families and loved ones. A pioneer in promoting healing music, her healing music recordings, educational books, and her international on-line program have proven to be invaluable to musicians, patients, and healthcare providers internationally.

Stella Benson has spent several years in training, private study, internship, and practice of her art, throwing her whole being into it. Pursuing fact and experience to such a degree has made her an authority among her peers. Her passion for her work is an example we may confidently emulate.

-Laurie Riley, CMP
Co-Founder of the Music for Healing and Transition Program



Frequently Asked Questions

1. Who is accepted to study in the International Healing Musician's Program?

Professional and amateur musicians of acoustic instruments and vocalists are welcome to apply. We welcome professionals and volunteers associated with healthcare and those wishing to advance their healing music skills.

2. How does International Healing Musician's Program compare with other training programs?

- On-line course and study material created specifically for best adult learning results
- Stella Benson 's personal mentorship & guidance
- Weekly therapeutic music training via Voice Over Internet Protocol (VOIP-Skype)
- 24/7 campus and classroom access, including library and student lounge
- Downloadable recorded tele-classes
- Uninterrupted collaboration with your classmates throughout your studies, and beyond
- Learn in your own home or office
- Graduate in eight months
- No extra mentor expense
- Weekly in-depth healing musical skills lessons
- Group discounts
- Graduate benefits

3. Is 56k dial-up okay?

With 56k dial-up you may have trouble downloading and printing files like musical score samples and music audio samples. The main issue with 56k dial-up is speed, depending on how long you wish to wait or if your download is interrupted by an incoming telephone call, and sometimes services will "time-out." If you can find another faster computer (at your local library, for instance) to at least download the hard copies of music that would be helpful.



Frequently Asked Questions

4. How much does the program cost?

- The program cost \$2175 (US Fund), plus books and supplies
- No additional travel, lodging or meal costs

5. Regarding technology: Is the instrument use and computer use at the same time absolutely necessary?

The computer is used for telephony during tele-classes once a week. It's important to have your musical instrument next to you for the live healing music lessons. This is one way our classes become personable, encourage student familiarity, and collaboration.

6. Does the International Healing Musician's Program support any religious affiliation?

We respect the religious belief of our students, instructors, employees, officers, directors, and shareholders. Our students are oriented to familiarize the religious and spiritual philosophies found in many client populations, as well as, ethnicities and cultures in the communities they intend to serve.

7. How does the International Healing Musician's Program compare healing with curing?

Curing is associated with the allopathic view of health, whereby, healing is submerged in the holistic view of human health, pertaining to all aspects of the human being, not just the physical. Music is one way to attend to the whole-person: physically, emotionally, mentally, and spiritually.

8. How much repertoire must each graduate have?

We begin with the compositions students bring to class that they already enjoy performing. For graduation, students are required to perform at 15 minutes of non-stop music, which exhibits modulation techniques, musical strains, and other techniques taught in the program to peers and the instructor during a tele-class.

9. What patients do the International Healing Musician's program address in the training?

Our students are trained to serve ambulatory patients, of all ages, in homes, hospitals, hospices and other healthcare facilities, using music, and aspects of music as the therapeutic medium only. We respect the work done by the Music Therapist. Our students do not do music therapy as a Music Therapist is trained to do.

10. What are the clinical independent study requirements?

Students are required to perform 45 hours of bedside (one-on-one) independent study in a verifiable healthcare facility during the course of the program. Our instructors personally coach, guide and support our students during their independent study. This allows for more in-depth learning and effective student debrief.

11. What scientific evidence supports music as a healing modality?

Beginning in 1862, when researcher Hermann Ludwig von Helmholtz published the first textbook titled *On the Sensation of Tone*, over 108 textbooks, more than 2000 various journals, published in 25 languages in 54 countries have expounded research in the affects and benefits of music.

12. As a Healing Musician, what are my career chances?

The movement to address the whole-person in healthcare has inspired the use of healing music in clinical environments. Healthcare facilities that wish to include healing music for their patients find ways to financially support this comfort care service. The interest has spread internationally, such as Japan, Australia and the United Kingdom. As of this writing 79% of graduates from accredited programs have earned monetary compensation This includes full-time and part-time employment.



Becoming a Student

To apply to IHMP please submit the registration/application form located at the back of this handbook. It may be emailed, faxed or sent via postal service to the address indicated on the form. The registration/application form may also be obtained from the IHMP website www.healingmusician.com. Or request a registration/application form by emailing Stella Benson at sbagency@sprynet.com.

Upon receipt of the registration/application form, the form will be evaluated carefully reviewed and assessed. When applicant is accepted the student will receive further instructions by email to proceed.

Of particular importance, sent to the student, is information about beginning the Independent Study. Additionally, students will be asked to set-up the basic Skype, and submit a digital head-shot photo via email. A login and password is sent to the student about the first scheduled date of Unit One.

Units are taken in order and paid as you go. The tuition for Unit One is submitted with the registration/application form. Subsequent tuition forms, for Unit Two and Unit Three are available at the back of this handbook.

What Graduates Say...

Loved the fact that most of the work could be done on my schedule, and at home.

I liked that it was high tech and I didn't have to go anywhere and find parking at night, in the rain and cold to participate in this.

It seemed like a really cool thing to be doing teleconferencing and being at the same website at the same time, and playing harp.

Well facilitated online classes - could cover a lot of ground because of that.

Benefits of Volunteering

Free volunteer training, usually in...

1. Basic department
2. Internal policies and procedures
3. Universal precautions
4. Emergency procedures
5. Usually offer immunization options for your safety (Hepatitis, Tuberculosis for example)
6. Orientation to the healthcare environment
7. Begin collecting industry alliances and networking contacts
8. Begin or expand your experience
9. Add to, or begin a foundation for your resume

Entertaining, or simply playing or singing for the joy of it, is the first level of healing musicianship. Most of you already do this. You play with friends, for your family, for yourself, or for the public. The first benefit of healing music is distraction. Research shows that distraction contributes to healing simply by virtue of your presence and playing or singing the music you like to perform.

Some potential benefits of distraction

- Disassociation from the present situation
- Refocus of attention
- Introduction to another physical space
- Alters the sense of time
- Temporary reprieve from the situation

We expect our students to start with this simple and easy method in order for them to get used to being at the bedside. As you continue your training you learn how to apply many more techniques and methods that increase your ability skill level as a healing musician. Each unit builds upon the previous one, taking you step by step into becoming a highly effective healing musician.



Teleclasses—Introduction to Telephonic Conferencing

Voice Over IP (Internet Protocol) is a telephonic (telephone-type) process that allows audio and data transmissions from one computer to another. Our official Voice over IP (VoIP) provider is Skype.

With Skype students do not have to pay for the teleclasses held weekly. Beginning 2008 all IHMP students will be required to download a free base copy of Skype in order to participate in the telephony music classes. The transmitted sound of the instruments and voice are picked-up distinctly and remarkably clear.

The free basic Skype can be quickly and easily downloaded. To use Skype, a headset with both a microphone and a speaker capability is needed to connect to the computer. Headsets can be purchased at any office supply store or directly from Skype. To download Skype go to skype.com. Upon student acceptance you will be invited to email your Skype Name.

Each of the class Skype Names will be entered into a conference group. Students are asked to stay by their computer to await the Skype call. One the call comes in, students pick-up the call and are automatically brought into the tele-class

On the first tele-class of Unit One students will have the opportunity to test the audio for instrument and voice.

Musically Capable

Students are asked to be prepared to play, or sing, a tune in the key of C Major, or A minor, for the first tele-class of Unit One. By the end of Unit One, students should be able to come to the bedside with the capability to play/sing for five minutes while demonstrating several modulation techniques taught during Unit One. Students are asked to be bring their own favorite music for healing music analysis. Students learn what it is about their own music t h a t m a k e s i t h e a l i n g .

Additionally, the program teaches simple yet potentially healing musical methods that add to the musician's repertoire. The intrinsic value of music is taught with known effective therapeutic applications, based on music theory. By the end of the course students should be able to play non-stop for 15 minutes. The final music exam will be scheduled during Unit three. The music final is fifteen minutes of non-stop music using techniques taught in the course for modulation between the three modal families, modulation between each of the three strains of music, and modulation from a major key to its relative minor key.

Students are responsible for their own lessons. We highly recommend students take music lessons to help them develop their musical skills, and to help them keep up with the class, if they ascertain they need lessons in order to do so.

More What Graduates Say...

I liked the personal aspect that afforded. Learning from different perspectives, hearing others play, expanding my knowledge base and increasing my confidence level through participation in the conference calls was valuable.

The feedback from the other students was most useful.

I liked being able to work in my own time at the computer.

The program provided me with learning that was both educational and experiential.



Requirements For Graduation as a Certified Healing Musician

- Book reports from the required reading book lists
- Satisfactorily completed homework lessons
- Attendance and participation in all on-line and off-line classroom forums:
 - Learning Circle Topics
 - Music Analysis
 - Patient Sessions
 - Case Study Analysis
 - Student Journals
 - Independent Study
 - Satisfactory Supervisor/Mentor report
 - Student Final Essay
 - Fifteen Minutes of Non-Stop Music
 - Completion of Program Survey.

Student status is available 24/7 so that students may keep track of accomplishments toward graduation regularly. Non-responsive students with outstanding requirements will be removed from the active list and be given incomplete status.

More What Graduates Say...

I'm thankful for the incentive to work with modes; knowing mysteries of music were to be found within them, I now better understand their form and function.

My role, my purpose, areas of skill strength and need have been better defined by my participation...

I am grateful to Stella initially for opportunities and challenges to increase my confidence...

Independent Study Requirement

The Curriculum is highly interactive and the quality of your training depends on your ability to do your Independent Study while taking the classes, in a verifiable healthcare facility, such as a hospital, hospice, retirement home, or any place where patients are at bed-rest or bedridden (non-ambulatory). The easiest way to get your foot in the door of a facility is through the volunteer department. Most volunteer managers welcome musicians. It is important to inform the manager that you are training to become a Certified Healing Musician and would like to begin by entertaining their patients at the bedside of non-ambulatory patients.

Students are required to complete the allotted, documented one-on-one, hours for each unit before credit can be given for that units completion. Example: All ten hours for Unit One must be completed before Unit One class time is over.

***Please note:** Unit One is the ONLY unit where students are allowed five hours to do Independent Study playing for ailing/dying friends or family members in a non-clinical environment. This is done for two reasons.

1. To help new students feel comfortable playing music at the bedside.
2. To give new students time to find a facility by mid - Unit One.

Forty-five hours of Independent Study approximates 90 to 180 patients, playing from fifteen minutes to half an hour for each patient, depending on the situation.

It is highly recommended that students begin Unit One already having a commitment from a facility (or several facilities), where they can begin, and/or complete, their Independent Study. Unit Two and Three require that students do their Independent Study in a verifiable healthcare facility, such as the ones already noted. Students have one year after the last day of Unit Three to complete their Independent Study with faculty approval.



Book Reports

Required reading books are carefully selected, that do not necessarily review class topics, but that build upon the course material. Only those books that are substantial in bringing to the student a new related awareness and knowledge are chosen. Students gain additional strength by reading and reporting on the content of each book. All reading material is available through www.healersway.com for convenient purchase.

Unit One Book Reports

1. *The Healing Musician*, by Stella Benson
2. *The Power of Now* by Eckhart Tolle
3. *Grace Notes*, by Tami Briggs

Unit Two Book Reports

1. *Rhythmic Medicine*, by Janalea Hoffman
2. *Effortless Master*, by Kenny Werner,
3. *The American Book of Dying*, By Richard Groves, Henriette Anne Klauser.

Unit Three Book Reports

1. *The Power of Sound*, by Joshua Leeds
2. *The Tao of Voice*, by Stephen Chun-Tao Cheng
3. *Good Vibrations*, by Sarajane Williams

Student Final Essay

The Student submits a final 250-word essay containing:

1. Three important skills they will take with them to use at the bedside
2. Three particularly moving bedside experiences.
3. Their aspirations and/or dreams for the future.

Unit I: Beginning Healing Musicianship - \$725 (US Funds)

The Basic Unit curriculum includes an introduction to the major elements of music that can directly affect the human body. Students learn about palliative and curative environments, the automatic/autonomic and basic human responses to music, personal preparation techniques, different types of healing music, and ways to organize it. Students work with mode* and intervallic aural recognition, diatonic scales and modulation techniques, in order to gain a musical foundation for meeting the immediate needs of the patient. Ten hours of Independent Study either at a healthcare facility and/or with friends and family.

- Three Major Music-Healing Elements
- Five Basic Human Responses
- Three Music Strains
- Deep Listening and Self-Care
- Modal Music Analysis and Improvisation
- Mode Ear Training
- Easy Methods for Memorization
- Inconspicuous Modulating Techniques for Modes
- Repertoire Development
- Clinical Department & Ethics
- Communicable Diseases and Sanitation
- Serving Different Patient Populations
- Palliative and Curative Care

*Required CD recording for Unit One is “HarpModes,” by Ruth Cunningham



Unit 2: Intermediate Healing Musicianship - \$725 (US Funds)

The Intermediate Unit curriculum teaches the natural physics of music and sound as it may be therapeutically applied, the human auditory system, patient assessment techniques, more how to meet the changing needs of the patient, introduction to basic patient observation and reporting methods, increasing your genre. This unit covers entrainment concepts and inconspicuous key modulating techniques for effective entrainment, specialty patient populations, and pharmacology. Fifteen hours of Independent Study at a healthcare facility.

- The Basic Science of Music and Sound
- Patient Assessment Techniques
- Referrals & Reporting Methods
- Modulating from Key to Key
- Healing Music Chords
- Anatomy and Physiology
- Organize Your Repertoire
- Intuitive Listening as a Healing Art
- The function of the Human Auditory System
- Therapeutic Principles of Entrainment
- Serving the Dying, Birthing, and Babies
- Introduction to Pharmacology

Unit 3: Advanced Healing Musicianship- \$725 (US Funds)

Unit Three broadens the student's healing musical skills by adding cross-cultural music choices for therapeutic application, reviews the benefits of recorded music, advanced entrainment methods, including the Resonant Point Technique, recommending recorded music, reviews natural tonality of the human voice, harmonic and intervallic healing music applications, what to know about patient monitoring systems, anatomy and addressing pain & anxiety. Twenty hours of Independent Study at a healthcare facility.

- The Iso-Principle: An Advanced Entrainment Method
- Prescribing Music
- Resonant Tone Technique
- Remote Intuitive Listening
- The Healing Musician as an Expert Therapeutic Music Advisor
- Patient Monitoring Systems
- The Affects of Music on the Whole Person
- Serving Those Suffering With Pain and Anxiety
- Therapeutic Uses of Musical Intervals
- Cross-Cultural Scales and Modes
- The Therapeutically Empowered Human Voice

Final Approval and Certification

Upon the completion of independent study, a satisfactory Supervisor/Mentor report, a performance of a satisfactory fifteen minutes of non-stop music as prescribed, the final essay, 100 percent completion of all on-line and off-line classroom homework, which includes lessons from the Learning Circle topics, Music Analysis, Case Studies, Student Journal entries, and the program survey, the student will be issued a Healing Musician's Certificate.

The certificate acknowledges the satisfactory completion of the coursework required to become a Certified Healing Musician (CHM). The certificate officially gives the graduate the privilege to address themselves as a CHM. The certificate indicates to healthcare professionals that the graduate is capable in the field of therapeutic music, and has the capable skill to use musical and clinical methods appropriate to effectively meet the need of a patient.



Corrective Action/Grievance Procedures for Students

1. Definition

Corrective Action is a change implemented to address a complaint, adverse or harmful behavior, or breach of trust. Corrective action is due when a student of the International Healing Musician's Program is found to have violated, misapplied, or misinterpreted the Registration/Application, the Scope of Ethics and the Scope of Practice.

2. Notification

Student will be notified in writing via email, hand delivery and/or USP of the offense within 7 days of the violation revelation.

4. Corrective Action

- a. Corrective action shall have three phases. Each phase of the corrective action shall be written, or recorded and be filed in the Student folder.

Phase 1: A documented conversation shall occur clearly identifying the grievance. Student shall have full opportunity to respond to allegations. The parties agree upon course of action two of which may be releasing student of Registration/Application agreement or pursuant of corrective recourse.

Phase 2: A documented conversation shall occur clearly identifying the results of previous agreement to pursuant of corrective recourse. At this time a final warning shall be verbally and in writing to the Student. The parties shall agree, at least in principle, that probation is begun or Student may be released of the Registration/Application Agreement.

Phase 3: A notice shall be sent to the Student identifying unresolved grievance and student is released from the Registration Application Agreement.

5. Refund and Cancellations

- a. Registrants shall receive no refund, accepting when cancellation occurs up to 7 days prior to official Unit One start date. A full refund less \$50 administration fee will be refunded.
- b. No refunds are permitted once course begins on the official start date of Unit One. Cancellation notice must be received in writing by email ONLY no later than 7 days prior to official Unit One start date.



**International Healing Musician's Program
Registration Application Agreement**

Instructions: PLEASE PRINT and answer all of the following questions on all five pages. If you run out of room, please use a separate sheet of paper. All five pages of this form must arrive no later than 10 days before Unit One begin date. You will be notified of acceptance via email. You may also go to www.healingmusician.com to register on-line.

Registration Agreement: (Please read the following carefully)

I want to register for the International Healing Musician's Program. My contact information, agreement and application are detailed below. By signing and returning this form, I understand and agree to the conditions thereof.

- I understand that I am responsible for my own equipment and technology.
- I understand that I am an integral part of this program and will participate fully.
- I understand that as an integral part of this program, any written contributions I make become - the property of the International Healing Musician's Program, and may be used for company purposes only.
- I understand that I am participating in a proprietary course and will respect the confidentiality of my classmates and clients.
- I understand that checks returned due to nonsufficient funds will be charged a \$50.00 USD fee.
- I have read and agree to the following cancellation and refund policy:
 - a. Registrants shall receive no refund, accepting when cancellation occurs up to 7 days prior to official Unit One start date. A full refund less \$50 administration fee will be refunded.
No refunds are permitted once course begins on the official start date of Unit One. Cancellation notice must be received in writing by email ONLY no later than 7 days prior to official Unit One start date.
- I understand and agree to abide by the Confidentiality and Non-Disclosure agreement below.

I agree: (check one) Yes No

Program Confidentiality and Non-Disclosure Agreement:

I understand that as part of my participation in the International Healing Musician's Program, (the Program) confidential information and materials will be provided to me by fellow students and instructors. Such confidential and proprietary information and materials includes, but is not limited to worksheets as well as verbal and written text. I agree to keep all such information and materials in confidence and not to reveal or provide such information or material to any third party. I further agree not to copy or use the confidential information and materials provided to me for any purpose not expressly authorized, in writing, by the Program.



International Healing Musician's Program

Patient Confidentiality and Care and Hold Harmless Agreement

I understand that client care and confidentiality is of utmost importance to my participation in the Program. Breach of client confidentiality may result in civil or criminal fines, penalties or litigation. I hereby agree that I am responsible for my conduct, actions, and client interactions that may occur while participating in the Program and I agree to indemnify, defend, and hold harmless the Program, its instructors, employees, officers, directors, and shareholders from any and all claims that may arise alleging a breach of confidentiality or improper or wrongful conduct arising out of or relating to my participation in the Program.

I HAVE READ AND UNDERSTOOD THE FOREGOING:

Signature: _____

Print Name: _____ Date: _____

Contact Information:

Name: _____ Position: _____

Address: _____ City: _____

State/Province: _____ Zip: _____ Country: _____

Telephone: _____ Skype Name _____

Email: _____



Application:

1. Level of Musician: (Check one) Beginner Intermediate Advanced

2. What instrument (s) do you plan on using during your training? Are you a vocalist?

3. How long have you been playing your instrument (s) or singing? Explain: _____

4. Do you have experience playing healing music at the bedside of the sick/ailing/dying? For whom? How long?

(Check one) Yes No Some: (Explain): _____

5. Eventually, I see myself using my healing musicianship skills as:

(Check one) Volunteer Professional Other: Explain: _____

6. Why do you wish to train with the International Healing Musician's Program?

Explain: _____

7. In what way (s) have you experienced spiritual self-discovery and healing? Be specific.



8. What is your work experience? _____

9. What is your professional training and formal education (degrees, certificates etc.)? Please list.

10. Why do you want to become a Certified Healing Musician? _____

11. Do you have experience in allopathic, comfort care, and/or alternative medicine? Please explain:

12. Do you have a regular practice for spiritual, mental and physical stress release? Tell us about it.

13. Help your classmates get to know you better. Write three sentences about yourself. We will post this next to your picture in the class roster.



International Healing Musician's Program

References:

#1 Name: _____ Relationship: _____

Telephone: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____. How long has this person known you? _____

#2 Name: _____ Relationship: _____

Telephone: _____ Email: _____

Address: _____ City: _____

State: _____ Zip: _____. How long has this person known you? _____

The statements herein are all true to the best of my knowledge:

Signature: _____ Date: _____

Print Name: _____



TUITION PAYMENT

Name _____ Position: _____

Address: _____ City: _____

State/Province: _____ Zip: _____ Country: _____

Telephone: _____ Fax: _____

Email: _____

I want to pay for: Unit One: Unit Two: Unit Three (circle one) at \$725 per unit.

() My check/money-order is written to **Stella Benson** enclosed for \$ _____

() Charge to my Visa/MC - Expiration Date: _____

Card Number # _____ - _____ - _____ - _____

() Charge to my American Express card - Expiration Date: _____

AmEx Card Number # _____ - _____ - _____

AmEx four digit code # _____ (located top-right of account number on card)

Signature: _____ Date: _____

Please email to: sbagency@sprynet.com, fax the application to 206-264-5657 or mail to:
Int'l Healing Musician's Program, PO 272, Lummi Island, WA 98262. You may also pay on-line at
www.healingmusician.com. Go to page Tuition page.



International Healing Musician's Program

"..spreading the healing with music"

"Lastly, but most important, my promise to you is that I will do anything in my power to help you graduate. That is my promise to you. "

Stella Benson, Director and Facilitator IHMP

More What Graduates Say...

The discussions were well led and closure was provided each time.

A lot of very practical information, thank you so much... It's very stimulating and more empowered.

It was so packed with all sorts of fantastic info that gets it going inside of me.

The live tele-classes were well organized and kept on track.

I have been strengthened by what Stella has offered.

I liked the encouragement to try some new things like the different modes and improvisation. Even though that was intimidating to me to do with people I didn't know, it felt safe because of the encouraging environment.

Thanks, Stella, for these great instructions!

International Healing Musician's Program

Phone: 206-729-1882

Fax: 206-264-5657

Email: sbagency@sprynet.com

www.healingmusician.com