

## 1. ABOUT CEUs

The International Harp Therapy Program is introducing a new perspective for Continuing Education Unit (CEU) submission for its Certified Therapeutic Harp Practitioners (CTHPs).

We would like to give CTHPs more leeway to select activities that align with their personal harp therapy practice and aspirations.

A practitioner who primarily works with groups of special needs adults has vastly different CEU needs than one who works on an individual basis with patients in a chemotherapy unit.

Activities will no longer be pre-approved for all CTHPs. Approval will now be based on the case for support that you write about your activity which makes a direct link between the activity and your practice.

### **Writing your case for support**

The basis of your CEU submission is your case for support.

The case for support is the way in which a Certified Therapeutic Harp Practitioner makes the direct link between the continuing education activity and her practice.

Writing a case for support is excellent practice for other types of writing that a CTHP will encounter, such as applying for grants or negotiating more hours at a facility.

The CEU case for support involves making a past, present or future direct link between your activity and your harp therapy practice by:

1. Describing how you have integrated the activity into your work.
2. Describing how you are currently integrating the activity into your work.
3. Describing how you intend to integrate the activity into your work.

**We are looking for at least 200 words per hour spent in an activity. For example, a 20-CEU activity writeup should be about six to eight pages long; a music lesson writeup, about a page long and a book report, about 1 ½ to 2 pages long.**

Please contact the CEU Director at [harptherapyceus\(at\)gmail.com](mailto:harptherapyceus(at)gmail.com) if you need help deciding on an activity and formulating the case for support. Please send a one- to two-sentence summary of the core argument for your case for support.

Keep the structure of your case for support simple: 1) Activity, desired or observed integration into your practice and 2) Results or projected outcome.

Examples of the core arguments of cases for support:

*“My intention to deepen my harp therapy practice by obtaining my Shiatsu certification was to gain a greater understanding of the Chinese Five Elements. This training helped*

*me learn much more about Water, Fire, Earth, Wood and Metal personality types, to recognize certain facial and physiological features and learn many different ways of balancing energies.”*

*“This 50-hour training in using meditation techniques to work with people diagnosed with cancer, experiencing chronic pain and anxiety and recovering from trauma couldn’t be more complementary to my work in therapeutic music on the palliative care unit. As three of the main areas where therapeutic music has been shown to be particularly beneficial (reducing pain, anxiety and insomnia) correspond directly with the content of these modules, the training provided me with a very diverse and complete set of tools to integrate into my work with respect to active communication and listening, specific meditation and visualization techniques, better understanding of symptomology and cultivating presence and attentiveness in difficult, emotionally charged patient and patient-family environments.”*

*“My training in Somatic Experiencing (SE) gave me two techniques for pain relief that I have now added to my toolkit. These are known in SE as pendulation or looping (moving from an OK, or blue area, to an area that is less OK, or red) and circle breathing (breathing up one side of the body and down the other). I have integrated therapeutic music with red-blue pendulation and circle breathing with the patients, suggesting that we use colors and music to see if we can help the pain sensations not to be so prevalent. To augment the instructions, I use the red and blue strings on the harp. A harmonic is used for “little blue,” a PDLT for “medium blue” and a mid-string for “big blue.” Same for red. As we move on to circle breathing, I begin to weave the red and blue notes together and synchronize with the person’s breath. The relationships of fourth and fifth improvised with the breath bring the harmony of these powerful interval relationships into the work. One reason I think red/blue works so well is that it is a way of integrating ourselves into wholeness, a way around rejecting the part of ourselves that hurts.”*

*“In the long-term care facility where I work, my most common request is for classical music. However, my teacher was a folk harpist and I also spent a lot of time in group classes at the Siamsa School of Irish Music. I mostly play Irish and Scottish music on the harp. I’ve never really listened to much classical music and didn’t know where to start. I decided to take some lessons with Alyssa Martin, a harp performance major at Oberlin. Alyssa helped me work on classical pieces from books by Deborah Friou. I learned some new ways of fingering, such as using the flat hand for the bass and very importantly, I learned how I can make a piece of music simpler. Alyssa helped me learn how to memorize pieces more easily, which makes it easier to keep a few pieces ready for those times when a resident asks for Bach or Mozart.”*

From the starting point of your core argument, flesh out your case for support with examples, objectives, case studies and other details and observations, keeping in mind that the writeup must comprise 200-300 words per hour claimed.

Be ambitious! You can set an objective such as offering musical meditation classes at five yoga studios in town. If it doesn’t work, you can share details about what didn’t

seem to work out with your plan. Remember you can learn just as much from projects that don't succeed as you do from those that are successful.

### **CEU cycles**

For the IHTP, you must submit 20 CEUs every two years. **CEU cycles end on Nov. 1 of odd-numbered years.**

All activities must be claimed in the two-year window of the CEU cycle. For the current cycle, this means all activities must take place between Jan. 1, 2020 and November 1, 2021. Activities that take place before or after those dates are not eligible, and you must submit proof of attendance or certification for the activity you are claiming that is dated within that two-year period.

The period begins on Jan. 1 of the even-numbered year. You have until Nov. 1 of the odd-numbered year to submit your CEUs.

The CEU cycle is based on the year you graduate, regardless of the month in which you graduated in that year. For example:

If you graduated anytime in an even-numbered year — 2020, for example — you must submit 20 CEUs at the end of 2023 to maintain your certification.

If you graduated anytime in an odd-numbered year — 2019, for example— your 20 CEUs are due at the end of 2021.

This gives people who graduate in even-numbered years a chance to rest from their studies and practice rather than being immediately due for CEUs in less than two years from graduation.

For this current cycle, the cycle began on Jan. 1, 2020 and will end Nov. 1, 2021. Any activity you claim must take place between those dates.

The next CEU cycles are:

**Jan. 1, 2022 to Nov. 1, 2023**

**Jan. 1, 2024 to Nov. 1, 2025**

Submissions past the Nov. 1 deadline will be charged an additional \$50 late fee, which gives them until Dec. 1 to submit.

**Graduates who are not current with CEUs from the last cycle must submit 40 hours and pay \$110 when they submit.** This is because the NSBTM requires four hours every four years, and since they did not keep current over the previous two-year period, they must submit 40 hours' worth of CEUs to be compliant with this requirement.

## **4. CEU Activities**

**For lists of CEU activities, visit the National Standards Board for Therapeutic Musicians:**

<https://www.nsbtm.org/educational-opportunities/>

**and join the Institute for Healing through Sound and Music:**

<https://ihsm.info/>

**At the IHSM, you can view a list of CEU activities, create a profile, connect with other certified therapeutic musicians, and much more!**

### **CEU activities with Christina Tourin**

Attending at least three days of an ESM or conference (21 hours) with Christina Tourin is worth 20 CEUs. No writeup is required and no fee is charged.

Attending fewer than three days (21 hours) of an ESM, conference or other workshop with Christina Tourin is granted on an hour-by-hour basis (1-19 CEUs, depending on the hours spent in the event). The usual fee of \$55 is charged in this case, but no writeup is required for the hours with Christina. A writeup is required for remaining hours.

Claiming these events is your responsibility. Please CC Christina when claiming these hours to the CEU Director by e-mail at the end of the cycle.

### **Activities suggested by the NSTBM and the IHSM**

A list of activities for all NSTBM-accredited programs are available at <https://www.nsbtm.org/educational-opportunities/> and by becoming a member of the Institute for Sound and Healing for just \$50 a year. Membership with the IHSM includes a number of benefits — you can also create a practitioner profile and network with other NSBTM-certified therapeutic musicians. Visit <https://ihsm.info/> to join.

### **Some ideas for CEU activities that you choose**

CEU approval will now be based on the written case for support (link to page) that the CTHP makes when submitting the activity. Whether you are making presentations to a facility or embarking on a degree or certification in a related field, you now have the flexibility to choose an activity that fits with your practice and aspirations. Of course, with this flexibility comes the responsibility of demonstrating a link to your personal practice of harp therapy.

Activities are counted on an hour-by-hour basis, for a maximum of 20 per two-year CEU cycle.

For example, whether you completed a bachelor's degree in music therapy, attended a 40-hour hospice conference or took a 100-hour meditation teacher training, you will receive 20 hours for that two-year cycle.

Book reports according to the IHTP book report guidelines would be worth 1-2 CEUs depending on length of book and reading time. As another example, music lessons which

directly address skills, repertoire and theory needed for therapeutic music practice would be worth 1 CEU per hour of lesson time.

You could also review the IHTP Unit Lessons and write a 10-page paper summarizing new learning from reviewing the Unit Lessons for a total of 20 CEUs. To receive PDFs of Unit lessons, e-mail the CEU Director at [harptherapyceus\(at\)gmail.com](mailto:harptherapyceus(at)gmail.com) and she will arrange for you to receive the Unit Lessons.

### **Writing a case for support for book reports**

You can select a book from the [IHTP Recommended Reading list](#) or select a book that is similar to those on the list in topic and scope. Book reports must identify the book title, author, year, and publisher and answer the following questions:

*What part of the book did you find valuable – what stuck in your mind the most after reading it?*

*How can what you found valuable relate to your practice as a Certified Harp Therapy Practitioner?*

*What is the author's theme, or central purpose in the book?*

*After reading this book, what you would like to learn more about, and why?*

### **SUBMIT CEUs**

E-mail your submission to [harptherapyceus\(at\)gmail.com](mailto:harptherapyceus(at)gmail.com). Postal mail submissions are accepted, but you are responsible for postage to Canada and the tracking option that you choose to ensure it is not lost in the mail. Your confirmation of CEUs will, however, be e-mailed to you.

Please indicate whether you wish to pay by PayPal or personal cheque in U.S. dollars. If you select PayPal, the CEU Director will invoice you.

You may pay by personal cheque, but you will want to allow time for your cheque to arrive in Canada, and you are encouraged to use a trackable option when you mail your cheque. **Please do not pay Christina Tourin as this will delay your processing considerably.**

See the [CEU fees page \(link to page\)](#) for a schedule of CEU fees.

We are discontinuing forms to cut down on the scanning load for you. When submitting your CEU case for support by e-mail, please send a copy of your certificate/diploma, registration or other proof of attendance, such as a short, signed letter from a music teacher for music lessons, or a short e-mail to the CEU Director from a facility at which you made a presentation about harp therapy.

Please keep your submissions in case you should need them later, as they will not be kept by the CEU Director past the cycle for which you are submitting.

Your CEU submission will be confirmed by e-mail once the CEU Director receives your processing fee. **If a printable PDF letter attesting your CEUs is needed to show to your facility, please request one when you submit your CEUs to the CEU Director at harptherapyceus(at)gmail.com. An additional \$15 fee applies for this letter.**

If you are submitting a CEU activity with Christina Tourin, you are responsible for claiming it when you submit by CCing Christina Tourin at harprealm(at)gmail.com

## **CEU FEES**

**Fee for current two-year cycle \$55USD**

**Late fee for submissions after Nov. 1 of the odd-numbered year \$50USD (extension to Dec. 31 of that year - past that point, you will have to submit for the next cycle and will forfeit your certification until then)**

**Fee for the past cycle and the current cycle \$110USD**

**Add a printable PDF letter on IHTP letterhead for your institution \$15USD**

## **Fee exemptions**

With the exception of active IHTP staff and IHTP graduates attending at least three full days (21 hours) of an ESM given by Christina Tourin, there is a processing fee to submit CEUs.

**Events with Christina Tourin under 20 hours are not exempt from the full fee.** They are, however, exempt from a case for support. When claiming such hours for CEUs, you must CC Christina when submitting to the CEU Director. You are then responsible for selecting activities and writing a case for support for the remaining hours.

## **Paying your CEU fees**

CEU fees are payable directly to the CEU Director. **Please do not pay Christina Tourin for CEUs. This will delay your processing considerably. You must pay the CEU Director directly.**

PayPal is preferred, but personal checks are accepted. You are responsible for postage to Canada if you send a check as well as conversion to your country's rate corresponding to \$55 US dollars.

Please be aware that delayed mail delivery or lost mail may delay the processing of your CEUs if you mail a check.

When you submit, please indicate which payment method you would like to use.

Once you have submitted all materials and paid all fees, your CEUs will be confirmed by e-mail. If you need a PDF on IHTP letterhead to print and show your institution, an additional \$15 processing fee must be added to your CEU fee of \$55.

**Late fees**

Submissions after Nov. 1 of the odd-numbered year (for this cycle, that date is Nov. 1, 2021) are subject to an additional \$50 late fee in order to be processed.

**This buys you an extension through Dec. 31 of the odd-numbered year.**

After Dec. 31, you will forfeit your certification for that two-year period.

You can, however, submit your activities along with activities for the next cycle and pay a \$110 fee to resume certification for the next cycle. See “Lapsed CEUs” below.

Please plan accordingly and ensure all materials and fees are submitted no later than Nov. 1 of the odd-numbered to avoid forfeiting your certification.

**Lapsed CEUs**

If you have let your CEUs lapse, you will need to provide proof of 40 hours of CEUs over the past four years and pay a \$110 processing fee, as the NSBTM requires 40 hours every four years for certification.