

curriculum vitae

Edith (Edie) Eileen Elkan

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Mission

*To do all the good that I can,
In all the ways that I can,
By all the means that I can,
For all the people that I can,
In all the places that I can.
For as long as ever I can.*

(adapted from an old indigenous Central American prayer, recited by Angeles Arien
on the cd, *Care for the Journey*)

Education

Degrees

Master of Arts, Liberal Studies, December 2007
Thomas Edison State College, Trenton, NJ

Bachelor of Arts, English, Non-Fiction Writing Concentration, May 1988
summa cum laude: G.P.A. 3.85
University of Pennsylvania, Philadelphia, PA

Associate of Arts, Liberal Arts, January 1985
G.P.A. 4.0
Bucks County Community College
Newtown, Pennsylvania

Certifications

Singing Bowl Master Level, eight day intensive on the cultural uses, history, scientific evaluation and applications, both ancient and modern, of Himalayan singing bowls, Mitch Nur, Ph.D., 9 Ways Academia, Quakertown, PA, September 18-25, 2011.

Reiki, Master Practitioner, Usui System of Natural Healing, 12 hours, Abington Memorial Hospital, Abington, PA, Elizabeth Degnan Kryak, RN, June 17-18, 2011.

Reiki Level II, Usui System of Natural Healing, 8 hours, Abington Memorial Hospital, Abington, PA, Elizabeth Degnan Kryak, RN, May 7-8, 2010.

Reiki Level I, Usui System of Natural Healing, 8 hours, Abington Memorial Hospital, Abington, PA, Elizabeth Degnan Kryak, RN, March 26-27, 2010.

“Protecting Human Research Participants,” National Institutes of Health (NIH) Office of Extramural Research, Certificate of Completion, Certification Number 209558, May 1, 2009.

“Protection of Human Research Participants Training” Certification February 10, 2005. Included: Ethical History, Belmont Report, Institutional Policies and Regulations, Roles and Responsibilities, IRB Review, and Case Studies: Online Course and Test., The University of Medicine and Dentistry of New Jersey.

Hospital-Certified Master Harp Therapist (HCMHT), August 2004
Completed 750 hours of playing harp at the bedside; 350 hours at RWJUH Hamilton, Bedside Harp and Robert Wood Johnson University Hospital at Hamilton, Hamilton, New Jersey.

Certified Harp Practitioner (CHP), August 2000, 80 hours classroom training and an 80 hour internship at the San Diego Hospice in San Diego, CA, International Harp Therapy Program, San Diego, CA.

Continuing Education, College Coursework, and Special Training

“Cultivating Mindfulness in Leadership,” four day retreat, University of Massachusetts Medical School, Center for Mindfulness in Medicine, Healthcare and Society, Worcester, MA, Saki Santorelli, Ed.D., MA. and Janice Marturano, March 2011.

Nursing 605 Research and Theory II, LaSalle University, Newtown, PA, Dr. Priscilla O’Connor, RN, Spring 2010, 12 week graduate level course.

“Understanding the Needs of the Dying,” David Kessler, CMI Education Institute, Cherry Hill, NJ, April 26, 2010, 8 hours.

“Gifts of the Imagination: Guided Imagery for Surviving & Thriving Beyond Cancer,” Belleruth Naparstek, Alexandria, VA, November 6-8, 2009, 9 hours.

Integrative Nursing Competency on Aromatherapy, Susan B. Krisiniak, RN, BC, MSN, IAC, Abington Memorial Hospital, Abington, PA, October 2009, 6 hours.

Nonviolent Crisis Intervention Training Program, Crisis Prevention Institute at Robert Wood Johnson University Hospital Hamilton, Hamilton, NJ, July 26, 2008, 8 hours.

Clinical Training in Mind Body Medicine, Harvard Medical School, Department of Continuing Education, Boston, MA, June 23-27, 2008, designated for 36.00 AMA PRA Category 1 Credits.

“Different Ways of Grieving, Different Ways of Healing,” May 27, 2008, CMI Education Institute, Princeton, NJ, 6.0 professional contact hours.

“Prepare Yourself For Surgery: Heal Faster,” Training January 12,-13, 2008
Peggy Huddleston, Director

Acutonics Sound Healing, Kairos Institute of Sound Healing, Yardley, PA, Levels I and II, November 2005, 24 CEU’s.

Sacred Art of Dying, Units 1,2 and 4, May to September 2003, Richard and Mary Groves, Sacred Art of Living Institute, San Diego and San Luis Obispo, CA.

Private Harp Lessons, Elizabeth Hainen DePeters, 1996-2002.

Westminster Choir College of Rider University, Princeton, NJ, 1989-2004,
Classes on Pedagogy, Suzuki Method, the Alexander Technique and Music Technology (Intro and Intermediate)

University of Pennsylvania, Philadelphia, PA, Fall 1991 through Spring 1994
Graduate Level Liberal Arts courses

Beaver College, (now Arcadia University) Glenside, PA, Summer 1988
Graduate level Literature course

Private Harp Lessons, Marilyn Costello, 1963-1965

Philadelphia Musical Academy (now The University of the Arts) Philadelphia,
PA, 1963-1965, Majored in Music Education and Harp Performance.

Private Piano Lessons, Winifred Atkinson, Philadelphia Conservatory of Music,
1962-1965

Professional Experience

Founder & CEO
BEDSIDE HARP, Inc.
Bensalem, PA 19020
February 2002 to Present

I founded Bedside Harp® when Robert Wood Johnson University Hospital at Hamilton, in Hamilton, NJ agreed to participate in a first-ever hospital-hosted harp therapy program which would provide harp therapy services throughout the Hospital, teach Beginner and Intermediate levels of instructional folk harp, and train and certify Intermediate-level harpists to work in a variety of medical settings including hospitals, rehabs, birthing centers, cancer centers, nursing homes, hospices, and doctors’ and dentists’ offices. Bedside Harp now offers full programs out of six hospitals: Robert Wood Johnson University Hospital at Hamilton, since February 2002, Robert Wood Johnson University Hospital at Rahway, since August 2003, The Valley Hospital in Ridgewood, NJ, since September 2004, Abington Memorial Hospital in Abington, PA, since March 2007, Saint Clare’s Hospital in Denville, NJ, since 2009, and Eastern

Regional Medical Center of Cancer Treatment Centers of America in Philadelphia, PA since 2010. In 2005 we were involved in a special hospice project with Beth Israel Hospital/Jacob Perlow Hospice in New York City, funded by a grant from Johnson & Johnson.

Bedside Harp also offers Instructional and Certification classes at Bucks County Community College (since Spring 2003), where students receive Continuing Education Credits (CEU's) for all of our courses and 12 college music credits for completing the Mastery level of our certification program. Since our first Instructional classes were held in June 2002, Bedside Harp has taught over 500 people how to play the folk harp and have certified nearly 60 students from nine different states in our Certification Programs. We are now completing our third formal research project in one of our host hospitals.

Receiving much praise and acclaim, Bedside Harp and I have received a great deal of recognition, including having been featured on NBC's Today Show, NPR, *The New York Times*, *The Star Ledger*, *The Home News Tribune* and *The Times* of Trenton, NJ.

Freelance Harpist
April 1999 to Present

Perform Classical, Pop, Broadway and International folk songs on the concert grand pedal harp and the 36-and 23-string Celtic harps for parties, weddings and special events.

Freelance Writer
May 1988 to Present

Write non-fiction articles on a variety of topics, including harp therapy in the hospital and cancer center settings and music theory. Have had number articles published in *The Bedside Harp Report*, *The Bedside Harp Review*, *The Harp Therapy Journal*, and the *Women's Newspaper of Princeton*.

Private Music Teacher
1963 to 2002

Teaching piano since 1963 and harp since September 2000, I maintained a roster of as many as 30 students per year. Because I believe that a student has a better chance of succeeding if she/he understands the logic of music, music theory was always a large part of my lessons. To balance the private lesson with a group experience, I hosted numerous musicales and masterclasses, offering students the opportunity to play before others, hear new repertoire, and meet others involved in a pursuit similar to theirs. I produced well over 30 formal recitals, holding the last 17 at the Westminster Choir College in Princeton, New Jersey. In 2000, I expanded my teaching to include presenting intensive daylong workshops devoted to music theory essentials. These workshops were attended by all levels of musicians, including concert artists and master teachers.

Freelance Harp Therapist 2000 to 2002

From biblical times it was known that the sounds of the harp offer unique comfort to the sick and ailing, but only in the past few years has the field of harp therapy emerged. Playing by ear and improvising on a Celtic (folk) harp, I ministered to patients in nursing homes, hospitals, hospice and private homes. Additionally, I played regularly in a dentist's office, for which I received local news attention, on Mark Drucker's segment of Philadelphia's KYW radio in February 2001.

Highlights of Presentations and Courses Taught

Keynote Speaker, South Jersey Healthcare's Sixth Annual Research Conference, "Striking a Notable Difference in Healthcare: Bedside Harp," October 21, 2011.

Grand Rounds (Presentation and Lecture), University of Medicine and Dentistry of New Jersey (UMDNJ), Newark, NJ, August 24, 2011.

"Pachelbel Boot Camp for the Right and Left Hands, Somerset Folk Harp Festival, July 2011.

Instructional Harp, Beginner through Advanced, Bucks County Community College and other locations, ongoing since February 2002.

"To Soothe The Savage Breast," "Glimpses Within," "Working with the Depressed, the Seriously Ill and the Dying," "Creating Work for Yourself/Creating Yourself for Work" Team leader of Bedside Harp Certification in Harp Therapy program modules, ongoing since September 2002.

"Harp Therapy as a Mind Body Modality": Two day mastery level retreat and workshop offers an overview of how the harp can be used in conjunction with other mind body modalities including yoga, guided imagery and meditation, ongoing since June 2009.

"Conversations on Research for Harp Therapists," 12-week online course, ongoing since March 2009, offered through Bucks County Community College.

"Conversations on Ethics for Harp Therapists," 12-week online course, ongoing, since January 2009, offered through Bucks County Community College.

"Harp Therapy for the Concert Harpist," Esther Boyer School of Music, Temple University, November 16, 2009.

"The Bedside Harp Report," "Playing in the Key of Bedside Harp," "I Got Rhythm," and other workshops, Somerset Folk Harp Festival, ongoing since 2002.

“What A Difference A Little Harp Makes,” 18th Annual Radiation Oncology Conference for Nurses, Therapists and Dosimetrists, sponsored by Fox Chase Cancer Center, May 2009.

“Good Vibes: Healing with Vibration”

Robert Wood Johnson University Hospital @ Rahway, Breast Cancer Support Program, April 2009.

Robert Wood Johnson University Hospital Hamilton, Life Changes Program, April 11, 2007.

Day for All Women, November 4, 2006, Bucks County Community College, Newtown, PA.

“A Day with Edie: Three Harp and Music Theory Workshops,” February 2007 at The Valley Hospital, Ridgewood, NJ; August 2006 at Robert Wood Johnson University Hospital Hamilton, Hamilton, NJ; January, 2006 at The Valley Hospital, Ridgewood, NJ and October, 2005 at Robert Wood Johnson University Hospital at Rahway, Rahway, New Jersey.

“Will a Daily Dose of Harp Therapy and/or Remote Intercessory Prayer Reduce Hospital Stays?” The Society for the Arts in Healthcare Annual Conference, June 2006, Chicago, Ill. “Bedside Harp: A Unique Hospital-based Program, presentations to freshmen C.P.E. students, Robert Wood Johnson University Hospital, New Brunswick, NJ, ongoing from March 2004 through March 2007.

“The Harp In Hospitals,” The Society for the Arts In Healthcare’s Annual Conference, June, 2005, Edmonton, Alberta, Canada.

Three Workshops on Harp Therapy and Music Theory, June 2005, Lyon-Healy Harp Therapy Gathering, Salt Lake City, UT.

“Music In Hospitals,” 2004 Music & the Mind: Music conference, Elizabeth, NJ, October 22, 2004.

“Bedside Harp on Campus: Highlights from A Successful Continuing Education Program at Bucks County Community College.” NCCET (National Council for Continuing Education and Training) in Portland, OR, October 18, 2004.

“Bedside Harp: A Unique Hospital-based Program” Union County HEART grant presentation:

To healthcare professionals at Robert Wood Johnson University Hospital at Rahway, April 29, 2004

To nursing students at Union County College, April 1, 2004

Highlights of Professional Achievements and Honors

- Featured in the book, *Coming Home to Yourself: Eighteen Wise Women Reflect on their Journeys*, by Patricia Gottlieb Shapiro, Gaon Books, Summer 2010.
- Nominated by Robert Wood Johnson University Hospital, Hamilton, Finalist, 2010 Healthcare Heroes of New Jersey finalist in the Volunteer category, April 2010.
- Featured in the chapter, “Exemplary Arts Projects” of the book, *Transforming the Healthcare Experience Through the Arts*, by Blair L. Sadler and Annette Ridenour, San Diego:Aesthetics Inc., December 2009.
- Featured on Philadelphia’s PBS radio station, (WHYY) “Coming of Age” project (<http://www.whyy.org/widerhorizons/comingofage.html>), May 26, 2009.
- Nominated by Robert Wood Johnson University Hospital, Hamilton to receive the newly created, New Jersey Governor’s Award for Volunteerism, in recognition of the 1,022 1/2 hours of harp therapy (during which we offered 2,728 patients a five or more minute private session of harp therapy) our interns and professionals delivered *pro bono* to that hospital, February 2007.
- First Place, The Blair L. Sadler Arts in Healthcare International Competition, sponsored by The Society for the Arts in Healthcare, April 2005 for my research on cancer patients receiving live harp therapy during chemotherapy in an outpatient setting at the Cancer Institute of NJ at Hamilton.
- Featured on NBC’s “Today” show with Katie Couric, April 1, 2005.
- Featured in *The New York Times, NJ Edition*, 2003, 2004, 2005 and in New Jersey’s *Star Ledger, The Trenton Times, The Nursing Spectrum*, 2004, 2005.
- Awarded a Johnson & Johnson grant to work on a special project with Beth Israel Hospital/Jacob Perlow Hospice in New York City, April 2005.
- Awarded the Frances Black Humanitarian Award by the Friends Health Connection, New Brunswick, NJ. Nominated by Robert Wood Johnson University Hospital at Hamilton, November 2004.
- Awarded a Union County, NJ HEART (History, Education, Arts Reaching Thousands) grant (throughout Robert Wood Johnson University Hospital

at Rahway) to present three lecture/demonstrations of harp therapy November 2004.

- Invited by Bucks County Community College to present a workshop at the Annual Conference of the National Council for Continuing Education and Training (NCCET) in Portland, OR, October 2004.
- Regional Winner, Spirit of Women Award, nominated by Robert Wood Johnson University Hospital, New Brunswick, NJ, April 2004.

Research

- Partnered in a study with Abington Memorial Hospital to study whether the early intervention of harp therapy with ischemic stroke patients resulted in their having fewer residual effects, ongoing from August 2009.
- Partnered with Robert Wood Johnson University Hospital Hamilton in a research project focusing on a harp therapy intervention with c-section moms' post-op pain, July 2007 to present.
- Partnered with Robert Wood Johnson University Hospital Hamilton and Robert Wood Johnson University Hospital at Rahway in a research study which asks the question of whether an intervention of harp therapy and/or remote intercessory prayer will shorten hospital stays. March 2005 to December 2006.
- Partnered with the Cancer Institute of New Jersey Hamilton in a research project to see if the intervention of harp therapy reduces anxiety and stress in patients actively receiving chemotherapy in an outpatient unit. June 2003 to December 2003.

Books, Papers, Articles, Instructional CDs and DVDs

Author, *Strike the Harp and Join the Chorus: Using the Harp as an Instrument of Accompaniment*, 2011.

Pachelbel Boot Camp for the Right and Left Hands, instructional dvd on harp technique, Summer, 2011.

Author, *(Almost) Everything You Ever Wanted to Know About Musical Navigating, Note Reading, Scales, Key Signatures, Modal Playing, Playing from the Heart...And Are No Longer Afraid to Ask!* 3rd Edition, 2009, harp technique, repertoire, and music theory text used in all Bedside Harp programs.

“A Missive to Harpists in Healthcare,” article published both in *The Bedside Harp Report, Research Supplement*, Volume 6, 2009, and *The Harp Therapy Journal*, Summer 2009.

Author, *Supplement to (Almost) Everything You Always Wanted to Know About...* 2008.

Oodles of Noodles, instructional cd on improvising, 2007.

Capstone project for Master of Arts degree: "The Edie Elkan Method of Teaching Folk Harp as an Instrument of Healing," 2007.

Non-fiction articles on a variety of topics, including harp therapy in the hospital and cancer center settings, spirituality in healthcare, death and dying, and music theory. Have had a number articles published in *The Harp Therapy Journal*, including,

"Harp Therapy in Hospitals: A Perspective," *Harp Therapy Journal*, Winter 2011.

"To Catch A Moonbeam: Capturing the Effects of Harp Therapy," *Harp Therapy Journal*. Summer 2009.

"Private Healing Sound Sessions at a Teaching Hospital and Beyond," *The Bedside Harp Review*, 2006.

"Bedside Harp Launches Groundbreaking Research Project," Summer 2005, *Harp Therapy Journal*.

"Taking Up the Harp As An Adult Sweetens Life," Summer 2004, *Harp Therapy Journal*.

"Getting through the Door: How I Got to Work at Robert Wood Johnson University Hospital at Hamilton," Summer 2002; *Harp Therapy Journal*.

"The Alexander Technique for Harpists" Winter 1998-99, *Harp Therapy Journal*.

Professional Affiliations and Councils

Member, American Harp Society, since 1995

Member, American String Teachers' Association, since 1995

Member, World Harp Congress, since 1995

Member, Philadelphia Music Teachers Association, since 2000; Board Member 2002-03.

Member, Society for the Arts in Healthcare, since 2004.

Member, Steering Committee, Alliance for Arts and Health in New Jersey, since 2008.

Member, Integrative Nurses Council, Abington Memorial Hospital, Abington, PA, since 2009

Member, American Holistic Nurses Association, since 2009

Member, Integrative Therapies Council, Abington Memorial Hospital, since 2009

Member, Curriculum Committee, Thomas Edison State College, Trenton, NJ, 2005-2006

Member, Sub-Committee on Strategic Planning, Thomas Edison State College, Trenton, NJ, 2006.