

*curriculum vitae*

# Edith (Edie) Eileen Elkan

811 Persimmon Lane  
Langhorne, PA 19047

Telephone: 215-630-0028  
e-mail: edie@bedsideharp.com

## **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*)

## **I. Education**

### **Degrees**

Master of Arts, Liberal Studies, December 2007  
Thomas Edison University, 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**

Certified Mindfulness Teacher Professional Level, International Mindfulness  
Teachers Association, August 2020.

Certified Mindfulness Meditation Teacher, 2 year program of study with Jack  
Kornfield and Tara Brach, June 2019.

Certified Laughter Yoga Teacher, Jeffrey Briar, Laughter Yoga International  
University, Bensalem, PA, March 2017.

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.

### **Certifications, con't**

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.

### **I. Continuing Education and Personal Development**

Insight Meditation Retreat: Conscious Contact and Mindful Recovery, Vajrapani Institute, Boulder Creek, CA, 7 day silent retreat, April 27-May 4, 2019.

Group Supervision for MBSR, taught by Diane Reibel, Ph.D., Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital, 2013-15.

Individual Supervision for MBSR Classes, taught by Aleeze Moss, Ph.D., 2013-15

Women’s Retreat: The Heart of Buddhist Meditation, led by Tara Brach, Luisa Montero-Diaz and La Sarmiento, teachers. 4 day silent retreat, Pearlstone Retreat Center, Reisterstown, MD, June 25-28, 2015.

## **I. Continuing Education and Personal Development, con't.**

Mindfulness-Based Stress Reduction (MBSR) Professional Education and Training taught by Saki F. Santorelli, Ed.D., M.A. and Jon Kabat-Zinn, Ph.D., Omega Institute, Rhinebeck, NY, 7 days, June 6-13, 2014.

Spring Insight Meditation Retreat led by Jack Kornfield, Trudy Goodman, Howard Cohn, Winifred Nazarko, Wes Nisker, Noah Levine, JoAnna Harper, Franz Moeckl (qigong), Joshua Tree Retreat Center, Joshua Tree, CA, 9 days, May 2-11, 2014.

Training in Mindfulness-based Inquiry, 20 hour workshop, taught by Diane Reibel, Ph.D. Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital, April 24-26, 2014.

Women's Winter Retreat, led by Tara Brach, Ph.D., Cherie Maples, La Sarmiento, Insight Meditation Community of Washington, Pearlstone Retreat Center, Reisterstown, MD, 4 day silent retreat, February 6-9, 2014.

Non-violent Communication Workshop: "Harmony in the Family," taught by Eliane Geren, Princeton NVC, 6 hours, January 4, 2014.

Mindfulness-based Inquiry workshop, taught by Diane Reibel, Ph.D. Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital, 7 hours, September 29, 2013.

The New Science of Resiliency and its Clinical Applications, 4-day intensive, Herbert Benson, Jon Kabat-Zinn, Ann Webster, et al., Harvard Medical School, Benson-Henry Mind Body Institute, Boston, MA, September 17-20, 2013.

Sounds True Wake Up Festival 2013, 5 days, workshops taken with Mark Nepo, Tara Brach, Rabbi Rami Shapiro, Donna Eden, Robert Peng, August 13-18, 2013.

Pranic Healing Advanced and Basic Levels, Master Choa Kok Sui System, 16 hour intensive, Michael and Natalie Borokhovsky, Marlton, NJ, January 26-27 and July 27-28, 2013.

Deepening Our Practice, 5 day silent mindfulness retreat for MBSR/MBCCT teachers and professionals, led by Diane Reibel, Ph.D. and Don McCown, MAMS, MSS, Pendle Hill Retreat Center, Wallingford, PA, June 23-28, 2013.

Mindfulness-Based Stress Reduction (MBSR) Practicum for Professionals, taught by Diane Reibel, Ph.D. Jefferson Myrna Brind Center of Integrative Medicine, Philadelphia, PA, 10 week, 60 hour course, January 28-April 1, 2013

Mindfulness-Based Stress Reduction (MBSR) taught by Diane Reibel, Ph.D. and Aleeze Moss, Ph.D. Jefferson-Myrna Brind Center of Integrative Medicine, Philadelphia, PA, 8 weeks plus a full day of mindfulness, March 2013.

## **I. Continuing Education and Personal Development, con't.**

“Women’s Retreat,” led by Tara Brach, La Sarmiento, Cherie Maples, Insight Meditation Community of Washington, Pearlstone Retreat Center, MD, 4 day silent retreat, January 17-20, 2013.

“Intimacy with Life,” led by Tara Brach, Jonathan Foust, Pat Coffey, instructors, Insight Meditation Community of Washington, Pearlstone Retreat Center, Reisterstown, MD, 7 day silent retreat, October 26-November 1, 2012.

“Ethics: Necessary and Essential Information for Mental Health and Related Healthcare Professionals,” taught by Samara C. Kezele Fritchman, LMHC, Ph.D., JD, CMI Education Institute, Mt. Laurel, NJ, May 8, 2012, 6 hour course.

“Cultivating Mindfulness in Leadership,” taught by Saki Santorelli, Ed.D. and Janice Marturano, University of Massachusetts Medical School, Center for Mindfulness in Medicine, Healthcare and Society, Worcester, MA,, 4 day retreat, March 2011.

Nursing 605 Research and Theory II, LaSalle University, Newtown, PA, taught by Priscilla O’Connor, PhD., RN, 12 week, 3 credit graduate level course, Spring 2010

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

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

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

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

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

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

## **I. Continuing Education and Personal Development, con't.**

“Prepare Yourself For Surgery: Heal Faster,” Professional Training, taught by Peggy Huddleston, January 12,-13, 2008.

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, taught by Richard and Mary Groves, Sacred Art of Living Institute, San Diego and San Luis Obispo, CA. May to September 2003.

Private Harp Lessons, Elizabeth Hainen DePeters, Principal Harp, Philadelphia Orchestra,1996-2002.

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

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

Arcadia University, Glenside, PA,Graduate level Literature course, Summer 1988.

Private Harp Lessons, Marilyn Costello, Principal Harp, Philadelphia Orchestra,1963-1965

Philadelphia Musical Academy (now The University of the Arts) Philadelphia, PA, Music Education and Harp Performance, 1963-65.

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

## **II. Professional Experience**

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

I founded Bedside Harp<sup>℥</sup> when Robert Wood Johnson University Hospital 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

## **II. Professional Experience, con't.**

centers, cancer centers, nursing homes, hospices, and doctors' and dentists' offices. Bedside Harp now offers full programs out of seven hospitals: Robert Wood Johnson University Hospital at Hamilton, ongoing since February 2002, Robert Wood Johnson University Hospital at Rahway, ongoing since August 2003, The Valley Hospital in Ridgewood, NJ, from September 2004 to October 2020, Abington Memorial Hospital in Abington, PA, from March 2007 to August 2013, Saint Clare's Hospital in Denville, NJ, from 2009 to 2013, Eastern Regional Medical Center of Cancer Treatment Centers of America in Philadelphia, PA from 2010 to 2015, St. Joseph's Regional Medical Center in Paterson, NJ since 2012 to 2017, Carrier Clinic, in Belle Meade, NJ, ongoing since 2017, Bergen New Bridge Hospital, in Paramus, NJ, ongoing since 2017 and two life care communities: Juniper Village in Bensalem, PA ongoing since 2017 and the Veterans Administration Memorial Home in Paramus, NJ, ongoing since 2018.

Bedside Harp has also offered instructional harp classes at all of our host hospitals as well as through Bucks County Community College (from Spring 2003 to Summer 2017). Since our first Instructional classes were held in June 2002, Bedside Harp has taught over 900 people how to play the folk harp and have trained and certified over 100 harpists hailing from all over the United States, Canada and Europe in our Harp Therapy Certification Program. Additionally, we have participated in five formal research projects—the last one being, “Harp Therapy in a Geriatric ED,” at St. Joseph's Regional Medical Center in Paterson, NJ.

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 Patch* (a national e-newspaper), *The Star Ledger*, *The Home News Tribune*, *The Times of Trenton, NJ*, *The Nursing Spectrum*.

**Mindfulness-Based Stress Reduction (MBSR), and Mindfulness Teacher  
Various Locations including Bucks County Community College, Newtown, PA  
and RWJ Hamilton Fitness & Wellness Center, Mercerville, NJ and online  
Ongoing since October 2013**

I have taught the classical 8-week mindfulness-based stress reduction course developed at UMass Medical School by Jon Kabat-Zinn as well as “graduate” MBSR, mindfulness meditation courses including, “Awakening the Heart: Cultivating Lovingkindness for Self and Others,” and “Contemplative Inquiry: Connecting with Your Inner Sage.” I currently teach Introduction to Mindfulness and Mindful Eating meditation courses online.

**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.

## **II. Professional Experience, con't.**

### **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*.

### **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.

### **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 s/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.

## **III. Highlights of Presentations and Courses Taught**

Workshops on harp therapy, music theory and harp technique at Somerset Folk Harp Festival, ongoing since July 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.

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

### **III. Highlights of Presentations and Courses Taught, con't.**

“Harp Therapy for the Concert Harpist,” Esther Boyer School of Music, Temple University, November 16, 2009 and at Curtis Institute of Music, Philadelphia, PA December 2014.

“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.

“Healing the Healer,” ongoing since 2009 at RWJ New Brunswick and elsewhere.

Mindfulness-based Stress Reduction program (MBSR): 2-1/2 hour/8 week course plus a full day (7 hours) of mindfulness, Bucks County Community College and Bensalem, PA, ongoing since Fall 2013; RWJ Hamilton Fitness & Wellness Center, Mercerville, NJ, ongoing since Spring 2014, Bedside Harp, Bensalem, PA, ongoing since Fall 2013.

“Pachelbel Boot Camp,” a 90 minute hands-on workshop on harp technique, ongoing since July 2011 at the Somerset Folk Harp Festival, Parsippany, NJ. and elsewhere.

“Awakening the Heart: Cultivating Mindfulness for Self and Others,” a full day workshop/retreat, ongoing since January 26, 2014.

“Good Vibrations: How a Little Harp in Healthcare Makes a Notable Difference,” a 3-hour lecture/experiential at the 2014 International Sound Therapy Conference, Rolling Ridge Retreat Center, North Andover, MA, June 20-26, 2014.

“I Got Rhythm,” a 90 minute hands-on workshop on rhythm and pulse, Somerset Folk Harp Festival, Parsippany, NJ, July 2013.

“Mindfulness Mini-Retreat, a 90 minute experiential workshop incorporating the harp and mindfulness meditation., Parsippany, NJ, July 2013

“Good Vibrations: An Introduction into the World of Sound Therapy,” A didactic and experiential three hour workshop., April 20, 2013.

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



### **III. Highlights of Presentations and Courses Taught, con't.**

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

“What A Difference A Little Harp Makes,” 18<sup>th</sup> 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.

#### **IV. Highlights of Honors and Media Coverage**

- Hour long interview by Hilary Murray on her show, “Stepping Stones” on New Jersey radio station, WDVR, June 3, 2014.
- Half hour interview by Cathy Roberts on her show, “Voices of Healing,” on VoiceAmerica.com, April 14, 2014.
- 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.

#### **IV. Highlights of Honors and Media Coverage, con't.**

- 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.

#### **V. Research**

- Partnered in a research project with St. Joseph's Regional Medical Center, Paterson, NJ. to study the effects of harp therapy on Geriatric ER patients and their caregivers. Of the 61 survey participants (36 females; 25 males). participants responded that live harp music made them feel: relaxed (90%;55) calm (91.8%; 61) and less anxious (80.3%; 49) The majority (83.6%;51) responded that the music was valuable to them and 95.1% (58) would recommend the music to someone in their situation.
- 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.

## **VI. Books, Papers, Articles, Instructional CDs and DVDs**

Composed and published, *Six more dreamy melodies for the therapy harp.*, 2014.  
Composed, performed and published, *Nine Dreamy Melodies for the Therapy Harp*, 2012. CD and book of music.

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

Composed and published, *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!* 3<sup>rd</sup> Edition, 2009, harp technique, repertoire, and music theory text used in all Bedside Harp programs.

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,

"To Soothe the Savage Breast," with Carol Carpenter, MT, CMHT, *Harp Therapy Journal*, Fall, 2018.

"Harp Therapy in the Geriatric ED: Bridging Art and Science," *Harp Therapy Journal*, Summer 2014.

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

"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.

"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,” *Harp Therapy Journal*, Summer 2005.

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

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

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

## **VII. Professional Affiliations and Councils**

Member, International Meditation Teacher Association, since 2020

Vice Chair, National Standards Board for Therapeutic Musicians (NSBTM), since 2017

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, American Holistic Nurses Association, since 2009.

Member, Bensalem Business Association, since 2012.

Member, Suburban Networking Group, since 2013, Vice President since January 2015.

Member, Huntington Bank Networking Group, since 2014.

Member, Bensalem Business Card Association, since 2015.

Member, Integrative Nurses Council, Abington Memorial Hospital, Abington, PA, 2009-2013.

Member, Steering Committee, Alliance for Arts and Health in New Jersey, 2008-2012.

## **VII. Professional Affiliations and Councils**

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

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