

## Harp Instead Program

Harp Instead provides complementary and alternative therapy appropriate in the management of chronic pain, hospice comfort, palliative care, and distraction from the complications of long term suffering or medical procedures. Individualized performances of music may bring relief from a myriad of symptoms when conventional medicine is not enough, doing so in a way that does not contradict medical treatments. Harp Instead provides **Private Visits** and **Concerts of Comfort**.

### Private Visits

As the harp is brought near the recipient, gentle and soothing sounds fill the room. The beauty and the intimacy of the music lingers for days. Harp music with its resonant and gentle qualities provides a gift far more beneficial and lasting than candy, cards or flowers.

Private visits are made by appointment pending prior approval of the visit's location no more than one week in advance. In general, Harp Instead visits are best during normal visiting hours.

- Visits last approximately 30 minutes.
- The Harp is played next to the recipient.
- Music is tailored to the recipient.
- The sponsor of the Harp Instead gift is encouraged to be present.
- Gift cards are available.
- Non allergenic

### Concerts of Comfort

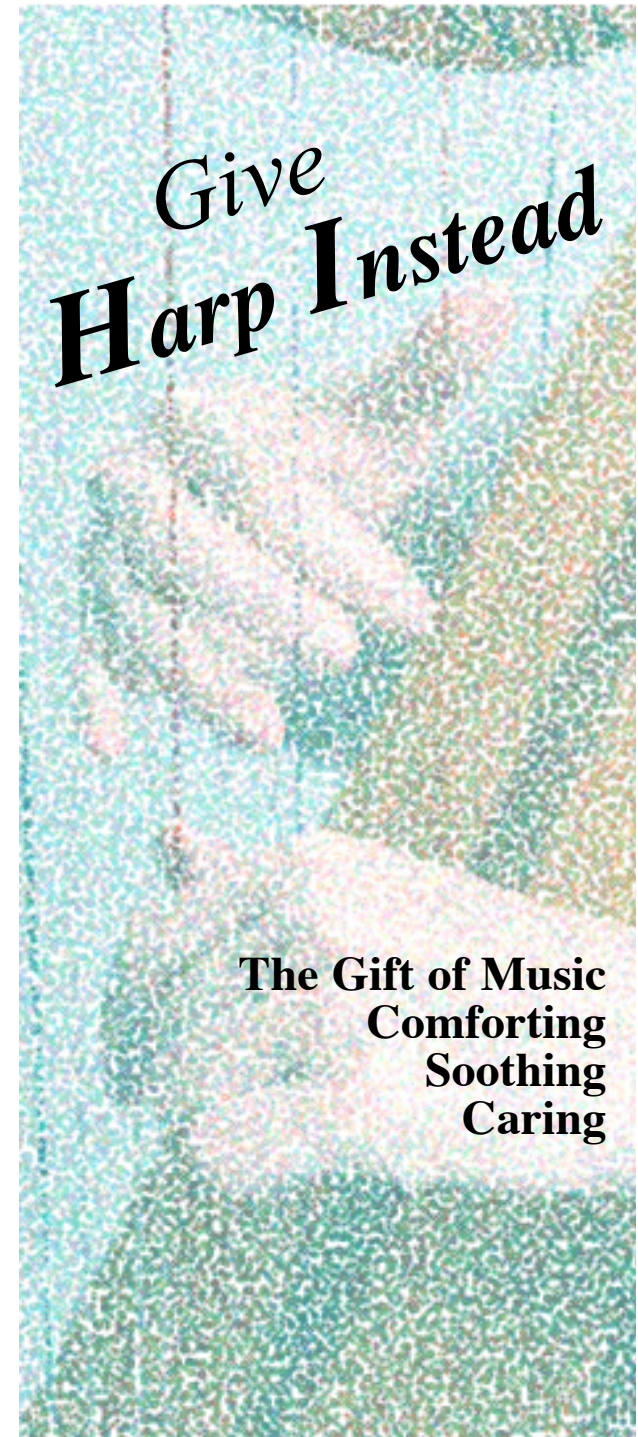
Concerts of Comfort provide valuable time of respite for all involved in long term illness. Concerts are scheduled by a hospital or nursing home at their facility, providing an opportunity for patients, family, caregivers and facility staff to enjoy live harp music in an informal and convenient setting.

Barbara Ann Fackler is an accomplished harpist with 30 years of performance and teaching experience.

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*The memory of beautiful music has a lingering positive effect.*

### **Music and Healing**

Recent studies report positive healing impacts of music:

- A Norwegian study found dementia patients less anxious and depressed when exposed to live music.
- A French study of Alzheimer's patients found music helped to improve patient's mood, self-expression, mental processing, speech, sensory stimulation and motor skills.

Soothing music by **Harp Instead** helps facilitate healing and improve quality of life. Visit [www.harpinstead.com](http://www.harpinstead.com) for stories about harp music and healing.

### **Health Benefits of Music**

The memory of beautiful music has lingering positive effects on patients. In all cultures, music uplifts and calms the listener providing health benefits:

- Oliver Sacks (*Awakenings*) wrote: "The power of music to integrate and cure...is quite fundamental. [It is the] profoundest non-chemical medication."
- Cardiologist Dr. Raymond Bahr claims an hour of music produces the same effect as ten milligrams of valium.

The sounds of harp music comforts and soothes patients. Recent studies by the International Harp Therapy Program found nearly 100% of patients reported anxiety relief and 72% found pain relief when harp music was part of their treatment. This relief also transfers to caregivers and family members! **Harp Instead** provides comfort to patients, caregivers and family.

### **Managing Pain with Music**

The therapeutic effects of harp music are noninvasive, free of negative side effects and completely personal:

- Music reaches a person beyond the influence of drug therapies.
- Personalization of the music can aid recollection of pleasant memories while providing diversion and relaxation for the recipient.

Since pain is a subjective experience, unique treatments like a Harp Instead performance provides a solution found no place else! Through its caring and personal approach, **Harp Instead** makes the recipient feel special.