

# HARP NOTES

Newsletter of the Australian Therapeutic Harpists Association

## Calendar of Events:

### ATHA Discussion Group

- Meets online third Tuesday evening of each month.

### ATHA Improv Magic

- Meets online 1st Monday of each month.

### IHTP-AU

- Module 1 April - November 2022

### NSW Therapeutic Harp Weekend

- October 27-30, 2022

### New Zealand HarpFest

- 3rd-6th February 2023, Auckland NZ

### IHTP-AU

- ESM June 2023

**\*See inside for all details\*.**

## Recent graduates.



## President's Report

Hello beautiful people,

I hope you are all going well and that you are continuing to find ways to gift your beautiful music to the world. A big "Thank you" to all those who contributed to this wonderful edition of Harp Notes.

Bookings are still open for The Healing Space, which will take place from the 27th to 30th of October at Hill End in New South Wales. There are just a few spaces still available. The early bird rate expires at the end of August. You can find information in this newsletter and on the events page on the ATHA website.

I recently read a news story about a couple who lost their house in a fire, then found that their insurance company wouldn't pay out their home and contents insurance because they ran a small business from home. It prompted me to read the product disclosure statement for my home and contents

insurance. I found that it is fine to run a small business from my home, but I should declare the business to the insurer. I plan to send an outline of my business and income to them and request written confirmation that I will be covered should I experience a disaster. If you run your harp business from your home, it may be wise to check with your insurance company that your insurance is appropriate for your situation.

It's membership season again. If you'd like to renew your membership, just transfer your fee using the details in the form at the end of this newsletter. You don't need to fill out a new form. Please include your surname in the payment description. If you have any suggestions to make about ATHA's activities in the year ahead, we'd love to hear from you.

Wishing you all the best,

Catherine Lyons-Nash

President

Australian Therapeutic Harpists Association

# ATHA State Rep Reports

## ACT

CANBERRA NEWS July 2022

The Therapeutic Harp Program continues to be offered across Canberra Health Services this year. The Program is continually adapting to meet the ever changing requirements of health care facilities and their Covid protocols. It has been a challenge to meet these changing needs.

Music is still offered on a referral basis at the bedside of individual patients, however I have expanded to playing outside patient rooms and in larger patient/public areas. This flexibility has worked well and enabled the program to continue.



### Exciting news in ICU

For the first time The Therapeutic Harp Program was actively included and recognised in the Canberra Hospital accreditation process.

ICU now has a complementary therapies policy which means that every patient in ICU has a journey board at the end of their bed. This board includes the option to have a music/relaxation session with me.

Patients and family receive an information sheet and brochure regarding the Therapeutic Harp Program on admission to ICU.

Mentoring program at Canberra Hospital

Unfortunately, the mentoring program is still in hiatus. Canberra Health Services has put in place strict COVID 19 protocols for volunteers and I am unclear when these restrictions will be lifted.

Staff days

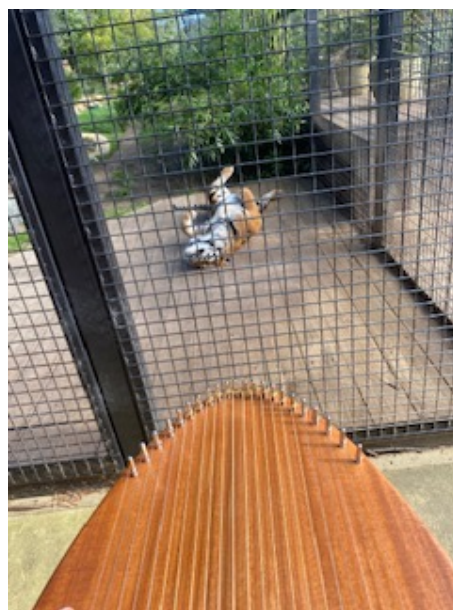
I continue to offer a separate staff wellness program once a month offering music, mindfulness meditation, wellbeing and relaxation sessions. This is an area that continues to grow as staff wellbeing has been identified as a priority.

National Zoo and Aquarium

I continue to be a volunteer at my local zoo providing audio and visual enrichment . The primate study is going well and is on a winter break. I recommence playing with the researcher in September for a further 6 months.

It is such a joy to play for the animals and is a welcome break from hospital /hospice work. It is interesting observing animal reactions and experimenting with different harps.

The tamarins seem to love the high pitch of the reverie harp whereas beautiful white rhino Ubuntu falls asleep to the sounds of my larger harp. The tiger settles to any harp!



HarpCare  
♥ Alison Ware

## NSW

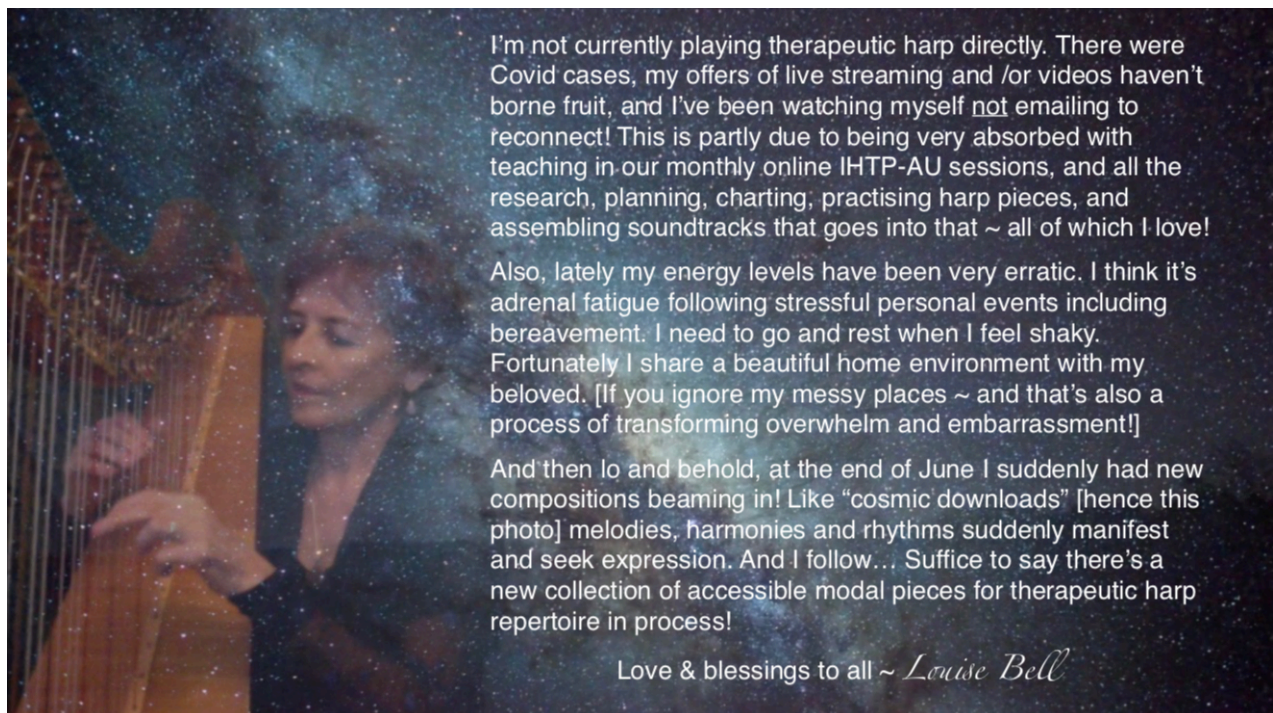
Plans are going well for The Healing Space weekend 27th – 30th October, at Hill End, NSW, and there are still a few places available. The THS committee will do all we can to assist interstate travellers who wish to attend this weekend. We strongly encourage anyone with students who might be even slightly interested in a future in therapeutic harp, to please encourage them to come along and look into a window of the wonderful work we do! It promises to be a fabulous weekend of harp fellowship, learning, and being immersed in healing music.

I am still working in two different aged care facilities, which are, like everywhere, juggling outbreaks and lockdowns at random times. I am grateful I can still work in the current climate.

Nicky Lock has applied to present a paper at the Palliative Care conference in November on the use of therapeutic harp in palliative care. If it gets accepted that would be great for promotion of therapeutic harp music.

If the paper concept gets accepted, Nicky would like to form a discussion group with any ATHA members who are working in this area, who would be interested in this collaborative enquiry project. Please contact her on 0415 312 557 or familylock@bigpond.com

**- Jenni Sawell**



## SA

There's not much change in SA, but Lyn continues to provide harp therapy for patients, visitors and staff at Flinders Medical Centre and Laurel Hospice, 2 days per week. At this time, visitors are again restricted due to a rise in Covid cases in the state. There has also been an increase in Covid patients across the hospital, which means some wards are closed to visitors and Arts in Health staff. Some staff take advantage of mindfulness meditation held in a suitable quiet place within a ward, or online for staff working remotely.

Illona has returned to playing at the Women's and Children's Hospital after a long break due to Covid. She also plays casually at Flinders Medical Centre.'

### Lyn Johnson

## TAS

St John's Hospital, Hobart

I am continuing to offer harp music in a therapeutic context within St John's Hospital - Calvary, Hobart. People have commented that the music is a beautiful welcome to the hospital. The Director of Mission (also a musician) and I were recently featured in promotional photos to be used in multimedia settings within the national Calvary hospital system. This will help to highlight the calming benefits of music and the arts to hospital management and the greater community.

Winter SoundHeart Sessions

This July and August I am offering four interactive music and arts sessions at the Hobart Breathing Space, featuring harp, poetry and creative activities in a supportive group setting.

Therapy Harp Training Program (THTP) Report – Helen Morrison

Students:

The past few months have been a busy time at THTP with several students enrolling in the course. I recognise that it is a big step to start a new course and newcomers will find plenty of support in the THTP community.

We continue our monthly Zoom meetings for all students and graduates as a way of connecting and building community. Each meeting has a theme and is recorded for students to review in their own time. THTP offers active Facebook pages, newsletters, and student groups to help support progress and motivation.

We celebrate with those students who have recently graduated from THTP. This is a significant achievement and has required commitment and tenacity through trying times. We look forward to hearing about their future endeavours as Certified Healthcare Musicians.

Promotion at upcoming festivals:

Somerset Harp Festival July 2022 – THTP advertisement in print program.

NZ Harp Fest February 2023 – THTP is proud to be a sponsor of the festival website, and I will be offering in-person therapeutic music workshops as part of the weekend program.

Thank you to ATHA for its ongoing support of THTP and the therapeutic music community in Australia.

- **Helen Morrison**

## The Therapeutic Harpist featured in this edition is...

### Eliza Bourgault du Coudray

My interest in therapeutic music evolved from a feeling of dissatisfaction whenever I performed music in concerts - simply, I felt music was more than mere entertainment and that I could touch people's lives in a deeper and more personal way (which I was not achieving when performing). I have completed the course-work of the International Harp Therapy Program but I have had to pause my internship plans due to COVID. I am hoping I can finally get started with my internship within the next few months and finally become certified!

I recently wrote an e-book called 'Thriving as a Freelance Musician'. I wrote this book for the person who is hoping to work as a freelance musician but is unsure of how to get their career set up and going.

I offer some very easy and practical tips, and all my advice comes from my experience and experimentation, having been a freelance musician for about a decade now.



## Thriving as a Freelance Musician e-Book

AUD\$15.00

Learn amazing tips to organise, manage and run your business as a self-employed freelance musician.  
No more fears of booking gigs and getting overwhelmed!

Comes with THREE SUPER PRACTICAL BONUSSES;

1. an invoice template for musicians
2. a gig info sheet template
3. a client email template

Link: <https://eldamusicstudios.com/shop/p/thriving-as-freelancemusician-ebook>



## World Labyrinth Day – Bunbury (WA) 7 May 2022

**By Helen Punch**

World Labyrinth Day is an annual event held every year on the first Saturday in May when thousands of people around the world participate in a moving meditation for world peace. In Bunbury we are very fortunate to have our own Bunbury Garden Labyrinth – a Place for Hope, Harmony & Community.

Over the last few years I have played harp on this special occasion when people are walking the labyrinth. The weather this year was just perfect and I was joined by Linda, who played the clarinet, and together we played music by John Lennon (Imagine), the Ukrainian national anthem, plus a lot of improvising. In Bunbury we dedicated this special occasion for peace in the Ukraine and having a Ukrainian parent this was particularly powerful and emotional. The event was open to the public and we had approximately 20 people who participated.

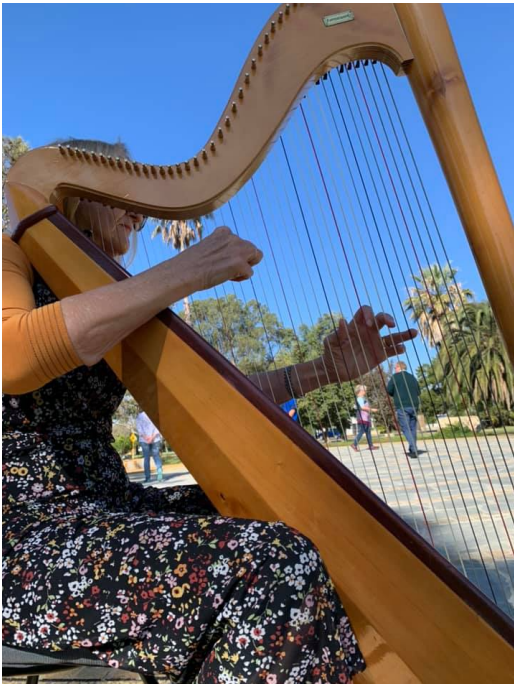
As I couldn't walk with others as a group I did move through the Labyrinth before I started. I set myself an intention for the day and was aware of my thoughts and feelings as I was walking. I don't really understand how it works but do know that whenever I walk a labyrinth I come out feeling much more calm and at peace within myself. I have learnt not to analyse why this happens and just allow myself to accept the positivity and beauty of my experience.

The Bunbury Garden Labyrinth website provides information on Labyrinths which I have included below -

“Throughout the ages and in every culture, Labyrinths have been created in natural settings and in places of ceremony, worship and healing to bring together the community. The Bunbury Garden Labyrinth is an ancient and simple Labyrinth, within seven unfolding circles coming to centre, and offers us the experience of the Journeying of Life. Especially now, in these fast, chaotic and uncertain times, we need places that invite us to Be, and come to that still Centre.

“Labyrinths are found all over the world, in churches, healthcare facilities, hospitals, schools, universities, community spaces, prisons, retreat centres, private and public gardens. Some are permanent installations, while others are created for one-time use. This universal pattern invites and welcomes people from all cultures, traditions and belief systems to contemplate, play, honour, celebrate and enjoy. They are used as a way to reduce stress, access intuition, encourage creativity, quiet the mind and to invite self-reflection. There are currently over 5,400 labyrinths in 80 countries, listed on the World-Wide Labyrinth Locator database.”

For our community, the Bunbury Garden Labyrinth is a shared place to come together, to connect, and to recreate. Through this natural way, we may discover an ongoing and renewing sense of hope, harmony and community spirit.



## Harp Workbench

**By Brandden Lassells**

As a service to the subscribers of this newsletter, Brandden Lassells of Harps and Harps will answer questions you may have pertaining to the making, maintenance or repair of harps.

Question: My tuning pin keeps slipping, how can I fix it?

Tuning pins do tend to slip, that is turn back, from time to time and generally it is easily remedied.

First, we need to determine what type of tuning pin is installed on your harp. The majority of harps have a tapered through tuning pin, that is the pin goes all the way through the neck, and this is the type that is easily fixed. The pin is tapered, like a wedge, and it is fitted into a tapered hole. So the tighter it is wedged into the hole the tighter the pin and no slipping. To do this you need to brace the neck with one hand and with the other using the tuning key, push the pin in further while applying gentle back and forth motion. If you cannot apply enough pressure, you may need to seek the assistance of someone stronger. Here is a link to a video by Steve Moss a well known harp technician demonstrating this technique. [https://www.youtube.com/watch?v=T\\_lxIjoOjyQ](https://www.youtube.com/watch?v=T_lxIjoOjyQ) There can be a number of causes for the slipping tuning pin from the pin getting knocked, becoming loose when removing and installing a string as well as changes in weather. When replacing a string it is advisable to remove the pin and clean the pin of any glazing and blow any dust out of the hole before reinserting the pin and installing the new string.

Another type of though tuning pin is a threaded tuning pin. This looks almost the same as the tapered pin when it is installed and the information that came with your harp should clarify if threaded pins are used. Threaded tuning pins are used by Dusty Strings, Harps and Harps used them on some harps and many harps from Pakistan have the threaded tuning pins. These pins have a fine micro thread. If you attempt to push them in deeper you are likely to strip the threads/wood and make matters worse. A properly installed threaded pin rarely slips, which is one of the advantages of this type of pin. When installing a new string make sure that you unwind the pin a number of turns equal to this existing string windings before installing a new string otherwise the pin will continue to get deeper and deeper

causing other problems. You should not totally remove this type of pin and then reinstall it as most likely the threads will be damaged and the pin will slip. If one of these pin types slips, you may need to consult a harp repair person.

Next is the zither pin or piano type of tuning pins. These do not go all the way through the neck but are tuned and have the string wraps all on one side. The tuning key fits on the end of the pin and then there is the string hole and then the string wraps. As with the threaded through pins, you must unwind the pin a number of turns equal to the amount of the wraps. Likewise, if these pins slip you may need to consult a harp technician.

Sometimes it might be possible to fix a slipping threaded pin yourself. In this case, remove the offending pin completely. Insert a length of string, say a .025 nylon string or the thickest that will work. Reinsert the thread pin and tighten it. The inserted string may make the hole just enough tighter so that the slipping pin has something to thread into.

Questions and comments for future "Harp Workbench" column of this newsletter can be addressed to the editor, Kerry at; [beached@me.com](mailto:beached@me.com) or to Brandden. Brandden Lassells is the proprietor of Harps and Harps, home of the light weight all carbon fibre harps. Brandden can be contacted on (07) 4125 8393, 0419 692 286 or through his website [www.harps.com.au](http://www.harps.com.au)



## The Healing Space

An exploration of different healing modalities including harp, voice and sound therapies



**Thu 27<sup>th</sup>-Sun 30<sup>th</sup> October 2022**

We warmly invite you to attend a therapeutic and educational gathering to be held in the historic town of Hill End, NSW, approximately 4 hrs drive west of Sydney, and just over an hour's drive from Bathurst airport.

Presentations and workshops will cover a wide range of topics such as sound therapy, harp and voice, lullabies and laments, improvising, practical applications of music theory, storytelling and music collaborations from Traditional, Celtic and Indigenous cultures.

All levels of harpists welcome.

### The Presenters and their topics in brief:

**Verna Lee Brown** – Combining classical theory and developing it into your own improvisation style.

**Gwenda Davies** – Sensory awareness, improvisation and the inner child.

**Jenni Sawell** - Self-therapy and creating a meditational space.

**Kim Deacon** – A personal harp journey and public concert.

**Mary Diggins** – Lullabies and laments: The power of creative ritual to give expression to the spiritual journey.

**Martyn Cook & Peter Swaine** - A collaboration of didgeridoo and harp: an exploration of vibration therapy and tonal resonance.

### Sponsored by:

Australian Therapeutic Harpists Association  
<https://www.atha.org.au/>



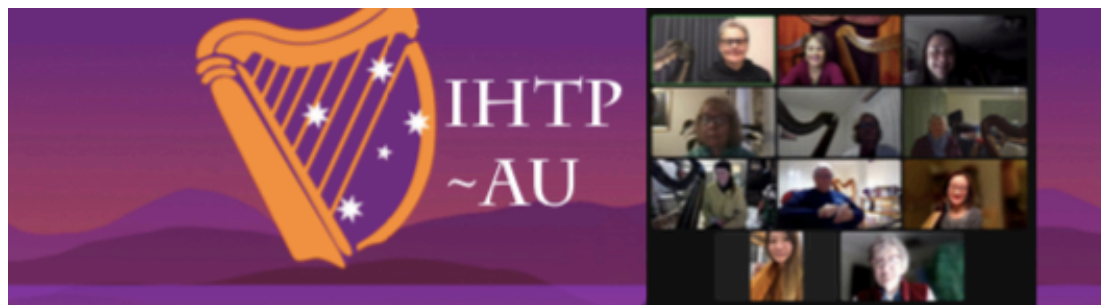
### Supported by:

Hill End Arts Council  
 National Parks and Wildlife Service  
 Harp Society of NSW

## Registrations NOW OPEN

**For Application Form and all enquiries please contact:**

**Jenni Sawell:** [butterflyharpist@gmail.com](mailto:butterflyharpist@gmail.com) Ph: 0429 923 903



*Module 1 ~ 2022*  
*Interactive Online Presentations*  
 3:30 ~ 5:30 pm AEST  
 \*AEDT October & November

New repertoire  
 + improv tips!  
 Still plenty of  
 time to join us!

DATE 4th Saturday	TOPIC	PRESENTERS
Sat April 23	Warm-ups / Intro to Modes / Ionian Mode	Louise Bell
Sat May 28	Dorian & Aeolian Modes	"
Sat June 25	Lydian & Mixolydian Modes	"
Sat July 23	Phrygian & Locrian Modes. 4th Octave Overtones	"
Sat Aug 27	Therapeutic Harp with Animals	Vimukti Warr & Alison Ware
Sat Sept 24	Kirtan & Bhajan	Vimukti
	Harp + Voice	Louise
Sat Oct 22 *	Middle Eastern & Pentatonic Modes	"
Sat Nov 26 *	Meditation & Reflection ~ Play Time ~ Sharing ~ Q & A ~ Conclusion	Anna Müller Vimukti & Louise

These presentations are included in the fee for 2022 students.  
 For Module 2 students and graduates seeking refreshers, or other interested harpers: AU\$20 per session, or \$135 for all 8.  
 [Video post-editing is in progress]

Please email Vimukti: [info@harptherapycampus.com.au](mailto:info@harptherapycampus.com.au)



Update on  
**Christina Tourin**  
*tourin' Down Under in 2023!!!!*

[Borders & Covid permitting of course]

~ *Live attendance Modules 1 & 2* ~  
 ~ *First 2 weeks in May* ~

An exceptional in-person experience complementing our online program. Picture yourself in beautiful peaceful rural Guildford, Victoria, for soulful connection and deep study with fellow student and graduate Harp Therapists, and the wonderful founder of IHTP. Graduates are welcome to join one or both Modules to refresh their skills & receive CEUs. We'll also have a concert, general skills day ~ and an inspiring time! And there's a special event at Port Arlington in the pipeline...



Please email Vimukti: [info@harptherapycampus.com.au](mailto:info@harptherapycampus.com.au)



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*Many thanks to all contributors to this edition of 'Harp Notes'.*

Enquiries about ATHA can be directed to;

Catherine Lyons-Nash - President [clyonsnash@hotmail.com](mailto:clyonsnash@hotmail.com)

Jenni Sawell - Secretary [butterflyharpist@gmail.com](mailto:butterflyharpist@gmail.com)

Kerryn Viner - Treasurer. [beached@me.com](mailto:beached@me.com)

*Australian Therapeutic Harpists Association*

**MEMBERSHIP FORM**

Membership is for a Calendar Year running from 1<sup>st</sup> July to 30<sup>th</sup> June

**PERSONAL DETAILS**

Title: \_\_\_\_\_ Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address:  
\_\_\_\_\_  
\_\_\_\_\_

Email:  
\_\_\_\_\_

Mobile Phone No:  
\_\_\_\_\_

**Application & Declaration**

I hereby apply to become a member of the Australian Therapeutic Harpists Association and as such declare that I am committed to the objectives of the Association. I declare that I meet the requirements for the type of membership that I have applied for and if applying for full membership I declare that I will comply with the ATHA Ethics Statement, professional development requirements and hold appropriate professional indemnity insurance. If requested to do so I will supply evidence of my professional development activities and insurance.

I give consent to being photographed at any ATHA event and accept that photographs may be displayed in advertising, on the website or on social media. (ATHA will use due discretion when displaying such photos).	Yes / No
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Signature \_\_\_\_\_ Date: \_\_\_\_\_

**PAYMENT DETAILS:** *please circle the payment you will be making*

Full Member	Graduate of approved therapeutic harp training program	\$90
Associate Member	Students undertaking an approved harp training program	\$45
Friends of ATHA	Anyone interested in the practise and promotion of therapeutic harp	\$35
Donation	Donations are very welcome to support the work of ATHA Thank you for supporting the work of ATHA	\$
Membership is from 1 July to 30 June. Due date of payment is 1 July.		Total

**DIRECT PAYMENT** - can be made into the ATHA bank account from your bank, credit union or building society account

**Bendigo Bank**  
**Australian Therapeutic Harpists Incorporated**  
**BSB: 633000**  
**Account No: 163189897**

**\*\*Remember to put your SURNAME in the payment description when transferring monies for easier identification**

Membership fee        \$ \_\_\_\_\_

Donation                \$ \_\_\_\_\_

**TOTAL PAYMENT**        \$ \_\_\_\_\_

**WHEN COMPLETED**, please scan or photograph the completed form and forward to the Membership Secretary [membership@atha.org.au](mailto:membership@atha.org.au) or 0419 526 550.