

*What healthcare  
professionals  
have to say...*

*“Half an hour of music produced the same effect as ten milligrams of valium.”*

*—Dr. Raymond Bahr, St. Agnes Hospital,  
Baltimore*

*“Music...is a service modality that can help to facilitate communication between the family and the patient who is actively dying, while also providing a comforting presence.”*

*—American Journal of Hospice and Palliative  
Medicine*

*“Music has been recognized through research as a safe, inexpensive and effective non-pharmaceutical way to relieve anxiety.”*

*—Dr. Brian Seeney,  
National Naval Medical Center, Maryland*

*“Music is such a powerful tool for alleviating many of the symptoms that the seriously ill and dying experience.”*

*—Dorothy L. Pitner, President and CEO,  
PalliativeCare Center and Hospice  
of North Shore*

## The Music for Healing & Transition Program™

The Music for Healing & Transition Program™ (MHTP™) is a course of study that prepares a musician to create, with live music, a healing environment that serves the ill, the dying and those who care for them. MHTP™ recognizes the benefits that music can bring to people of a wide range of ages and disabilities.

<http://mhtp.org>

## Chalice of Repose Project®

*“What is Music-Thanatology?”*

Music-Thanatology is a sub-specialty of palliative medicine for those patients who are on hospice care or actively dying. The goals of Music-Thanatologists are to provide relief of acute and physiological pain, interior suffering and support the patient and their family. It is a contemplative practice with clinical applications.”

<http://chaliceofrepose.org>

*Mona Peck*

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*Mona Peck,*  
CMP® & M-Th

Using Harp and Voice  
in the Clinical Setting

*“The prescriptive music  
reflects the constantly changing,  
dynamic physiological condition  
of the particular patient as  
evidenced by continually monitored  
vital signs and a body systems  
phenomenology.”*

*—Therese Schroeder-Sheker,  
Transitus—A Blessed Death in the Modern World,  
(St. Dunstan’s Press, 2001) 16.*



*Mona Peck,*  
CMP® & M-Th

[www.monamusic.com](http://www.monamusic.com)

Mona completed all classroom and internship requirements in 1999 for her certificate as a Certified Music Practitioner® (CMP®) from the Music for Healing & Transition Program™. She was a member of the Faculty from 2000-2011, President of the Board of Directors and Advisor Administrator.

She completed her Internships at Danbury Hospital – Danbury CT, Hudson Valley Hospital–Cortlandt, NY and Burke Rehabilitation Hospital in White Plains, NY.

She completed her Hospice Training at Phelps Hospice, Tarrytown NY and was employed as a CMP® & M-Th in Complementary Care

at Phelps Hospice. Mona also worked as a CMP® & M-Th at Hospice and Palliative Care of Westchester, White Plains, NY, Jansen Hospice, Tuckahoe, NY, Hospice Care of Westchester and Putnam, Mt. Kisco, NY.

Her clinical work also included Danbury Hospital, Rosary Hill Home in Hawthorne NY, Bethel Nursing Homes – Croton and Buchanan, NY and New York Presbyterian Hospital – NYC, NY.

Mona completed all requirements for her Certificate in Contemplative Musicianship Program in 2005 and classroom and internship requirements in 2009 to receive her certificate of completion as a Music-Thanatologist (M-Th) from Chalice of Repose Project (CORP). She fulfilled her nine-month Internship for Music-Thanatology at St. John's of Riverside Hospital in Yonkers, NY in the Holistic Services Department, also completing a Vital Signs Program at the Cochran Nursing School at St. John's.

Mona joined the Faculty for Chalice of Repose Project in 2010.

*“Here at Maryknoll Sisters, the exquisite harp music of Mona Peck has reached out to our dying women, filling their hearts and spirits with joy. So often at the end, one is tired of talking and the music allows one to relax and be at peace. I further believe that it has helped reduce the pain and anxiety of the spirit as one worries about those left behind. The music transcends this and helps each person reach the next phase while letting go of this one.”*

–Susie Fearon-Giannoni  
Director of Social Service  
Maryknoll Residential Care, NY

*Research proves that  
live acoustic music  
at the bedside can...*

- ♥ Stabilize Blood pressure
- ♥ Stabilize irregular respirations
- ♥ Relieve stress and anxiety
- ♥ Facilitate the transition process for the dying & their families
- ♥ Augment pain management
- ♥ Support the grieving process
- ♥ Relieve mental tension
- ♥ Provide time for contemplation
- ♥ Create a soothing, peaceful environment

*For centuries, the beneficial relationship between music and healing has been well established. We now have substantial documentation of the responsiveness to and appreciation of music by people of all ages and cultures.*

*The resonance from the strings, including the range of pitch, timbre and tonal color produced by the harp, create an important relationship between the sound and the recipient.*