

Benefits of Healing Music

Live acoustic music has beneficial effects that can enhance the overall quality of patient care.

- Distract the patient
- Provide respite from cares
- Stabilize heart and breathing
- Normalize body temperature
- Reduce blood pressure
- Stimulate digestion
- Equalize brain wave activity
- Provide emotional relief
- Calm anxiety and fear
- Reduce stress
- Increase endorphin levels
- Reduce muscle tension
- Improve mobility
- Help with the transition of death
- Provide release of emotions
- Facilitates grieving
- Reduce the need for medication
- Augment pain management
- Facilitate healing
- Boost the immune system
- Brings families together
- Ease delivery of child birthing
- Enhance neurological function
- Aid mental focus
- Evoke memories
- Provide time for contemplation
- Stimulate a feeling of well being
- Promote joy and healing

Give the Gift of Healing Music

Give yourself or someone you know the incomparable gift of beautiful, soothing, therapeutic music played one-on-one, live at the bedside. Music sessions are available in hospitals, other healthcare facility, hospice setting or patient's home.

About Rita

Rita is a Certified Music Practitioner, a graduate of the Music for Healing and Transition Program (MHTP). To learn more about this program, visit www.mhtp.org on the internet. MHTP is accredited by the National Standards Boards of Therapeutic Musicians (www.therapeuticmusician.com).

Spending several years on her own healing journey, Rita now shares the healing quality of music with others. Rita plays several acoustic instruments, participating in music clubs, harp circles, and performances in the area.

Rita is a grandmother of two lovely girls, one beautiful daughter, and enjoys her home in the country with her husband. She is also actively involved in the church, serving as a spiritual mentor to other Christians.

Beautiful, soothing music for healing!

Rita Schrimpf

Certified Music Practitioner

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For Consultation

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Live acoustic music at the bedside to help relieve pain and anxiety during illness and end of life.

Music for Healing



Music gives a soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, gaiety and life to everything. It is the essence of order and leads to all that is just and good and beautiful.

—Aristotle

Health Comfort Relaxation Restoration

For centuries, the beneficial relationship between music and healing has been well known and used by many cultures to aid those suffering physically and spiritually. Medical research has shown the responsiveness to and appreciation of music by people of all ages and cultures.

Music played on acoustic stringed instruments has several unique healing properties. The resonance from the strings, including the range of pitch and tonal color, set up an important relationship between the sound and the recipient. Historically, the harp has been an agent of relief and comfort. Other stringed instruments also embody similar healing properties.

Ample studies have documented the therapeutic value of music in hospitals, nursing homes, hospice settings and other healthcare facilities. Music is a valuable tool for psycho-spiritual integration and wholeness through pitch, resonance, rhythm and entrainment.

Therapeutic Music is being used successfully with many types of patients, including those who are acutely ill or injured, the chronically ill, the critically ill, those suffering from dementia, premature babies, birthing mothers, the comatose, and the dying.

Live acoustic music has been shown to relax the mind and body, allowing more effective responses to medical treatment and enhancing the self-healing work of the immune system.

As a Certified Music Practitioner, I use the harp or lap dulcimer with the intention of supporting the recipient's goal of healing. This goal may be emotional, physical, mental, or spiritual in nature. The soothing sounds of the harp and dulcimer can enhance quality of life.

What is Expected of the Patient?

Nothing is required of the patient except their physical presence. It is not necessary for the patient to interact physically or even verbally with the Music Practitioner. The music can be beneficial to patients during surgery and under anesthesia, and research shows that even unconscious and comatose patients can benefit from live therapeutic music. The patient does not have to be awake or conscious to benefit.

What is a Certified Music Practitioner?

A Certified Music Practitioner provides live music that fosters healing and comfort for managing physical ailments and for strengthening the spirit of the individual. Specifically, a certified music practitioner uses melody and rhythm at the bedside of the ill or dying to facilitate healing.

The Music Practitioner works differently than a music therapist who aims to rehabilitate or cure. By enhancing the quality of the patient's environment, the music practitioner complements what medical science can do, so that the whole human being is helped.

Music Practitioners work independently or affiliate with healthcare institutions and private healthcare providers.

Rita Schrimpf is trained to be responsive to the patient yet unobtrusive. The music session is a professional service that provides beneficial, therapeutic music tailored to each patient's individual and changing needs.

*Music is the principle that unites
body, soul and spirit.*

– Boethius