



HEALING MUSIC FOR WELLNESS SETTINGS

course handbook



Nicole E. Anderson, MS, CTM, CPC, CMMT

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A course offered by Healing Musicians Hub

COURSE HANDBOOK

2025 edition

WELCOME!

Congratulations on taking this important step in learning how to provide professional, healing, and relaxing music in wellness settings. The world of healing and therapeutic music is expanding in wonderful ways, and healing musicians are offering their services beyond the bedside. *Healing Music for Wellness Settings* will provide you a foundation for playing music that will enhance the wellbeing of your recipient. How is this done? By tuning into the surrounding atmosphere, as well as recipient cues, and adjusting your musical approach accordingly.

The idea for this course came about from a pressing desire for healing musicians to understand how best to offer music in wellness environments. I have spoken with directors of Therapeutic Music training programs about this void. Many students enroll in bedside music programs, looking for training that will allow them to play in less clinical environments. Other students have goals to play in clinical settings, but they would also like to incorporate wellness into their work. This course aims to fill that gap.

Whom is this course for?

- Certified Therapeutic Musicians, Music Therapists, Sound Healers who are seeking a deeper understanding of providing music in wellness settings such as yoga studios, spas, wellness centers, and accompaniment for complementary therapies including massage, Reiki, acupuncture, and meditation
- Current students of a Therapeutic Music Certification Program who wish to supplement their training
- Musicians who wish to use their music to enhance health and wellbeing and want to learn a safe and appropriate approach to offering such music in wellness settings

Can non-harpists benefit from this course?

Yes! Because harp is my main instrument, I teach and demonstrate music skills on harp, using playing styles that fit the harp. However, as long as you play an instrument that offers a soothing tone and resonance, you will find lots of information in this course helpful.

Vocalists: If you have an accompanying instrument, you're welcome to take this course. Otherwise, the applicable styles of singing are out of the scope of this course. If you would like me to offer a course devoted to singing in wellness settings, [email me](#) and I will keep the suggestion in mind.

What will you learn?

The course is divided into 10 modules, which are outlined below. Main objectives of the course include:

- Learning about various wellness settings, wellness modalities/complementary therapies, and healing music practices
- Playing appropriate styles of music to enhance wellbeing and to complement other wellness modalities
- Developing music skills aimed specifically for groups and individuals receiving complementary/integrative therapies or participating in a wellness practice
- Learning the differences between offering wellness music in a common area versus curating music to fit the structure of a practice, i.e. yoga class
- Applying your music skills and knowledge to wellness settings, to offer background music, healing music to individuals, and accompaniment of yoga and meditation
- Understanding the structure of various wellness practices and how musical offerings can integrate with them
- Incorporating music for purposes of physical, mental, emotional, spiritual, and energetic healing
- Debunking common myths about healing sound frequencies
- Creating your own self-care routine that will enhance your health, avoid injury, and build camaraderie with the wellness community
- Managing your wellness music practice through the processes of research, networking, marketing, preparation, and professionalism

Module Overview:

Module 1: What is Therapeutic Music for Wellness?

Module 2: Understanding Popular Wellness Modalities

Module 3: Appropriate Music for Wellness Settings

Module 4: Adapting Unfamiliar and Familiar Music for Wellness Environments

Module 5: Healing Musical Improvisation

Module 6: Therapeutic Applications: Background Music and Individual Sessions

Module 7: Therapeutic Applications: Meditation and Yoga

Module 8: The Science and Philosophy of Healing with Music

Module 9: Your Own Wellness is Important

Module 10: Your Wellness Music Practice

About your instructor:



Nicole Anderson, MS, CTM, CPC, CMMT

I have been a musician for my entire life, focusing primarily on piano and voice in my younger days and then taking up the harp a few years later. Harp ultimately became my primary instrument as I began training to play professionally in weddings, functions, and other entertainment venues. I attended college at Boston University, where I majored in psychology and minored in music. I also played harp in one of the university's orchestras and took a university-level harp independent study for credits towards my minor. After receiving my Master's degree in counseling from

Northeastern University, I became a Certified Life Coach, specializing in professional coaching and relationship/bereavement coaching. I opened my own life coach practice, but found myself wishing I could merge my backgrounds in mental health and music. That's when I decided to pursue my certification in Therapeutic Music. I enrolled in Harp for Healing's Clinical Musician Certification Program and focused most of my training on senior and end-of-life care. My music career had brought me to many nursing homes and assisted living facilities, and my main goal was to be able to offer bedside music in addition to music in common areas. However, as I continued my training, I discovered yoga as a form of self-care that would maintain my mental and physical health. The further I entered the world of yoga, the more connections I made, and soon I was being

asked to accompany yoga classes. My first opportunity was through a Visiting Nurse Association south of Boston, where I offered harp therapy accompaniment for a chair yoga class for cancer patients.

When I received my Clinical Musician Certification, I quickly began offering therapeutic music services in local healthcare facilities, but I wanted to continue my venture into wellness music. I reached out to several yoga instructors and studio owners. Soon, I had classes dotting my calendar for the next several months, with yoga studios all over Massachusetts.

Over the next few years, I brought my harp into more wellness environments. When the pandemic hit in 2020, I moved a lot of my work online so that I could offer music for relaxation and stress relief during that challenging time. That year, I took an online course to become certified as a Meditation and Mindfulness Teacher. This way, I could accompany my own meditations with the harp. 2020 was also the year I pivoted my therapeutic music business to be wellness-focused. I founded Harp & Wellness, through which I offered healing music services for health and wellness, both in-person and online. I also have amassed a portfolio of online digital resources for relaxation through music, often integrating harp and meditation.

On the administrative side of my work, I am a mentor for the Harp for Healing Clinical Musician Certification Program, and I serve on the National Standards Board for Therapeutic Musicians. I have an inside look at how the field of therapeutic music is growing, and I know how important it is to offer training to musicians who wish to enhance wellbeing through their music.

How this course works:

With your purchase of this course, you receive:

- The *Healing Music for Wellness Settings* handbook digital copy (this)
- The *Healing Music for Wellness Settings* coursebook in digital PDF and online readable forms
- Access to the Podia online course platform, which includes copies of your course book, images and infographics, supplemental videos, and assignments
- Discounted coaching calls with Nicole
- A discount on marketing materials design

Your course materials may be updated from time to time to reflect developments in facts and knowledge, for clarifications, or to correct errors. The materials will be automatically updated in your Course Platform. The Podia online course platform may change its interface or structure, which is out of the control of Healing Musicians Hub. These updates should not impact your progression through the course or the topics taught. If you run into any issues after an update, please email [Healing Musicians Hub](#).

Course Book:

The 119-page course book is your main source of your course material. The book is designed so that you can read it straight through, and along the way, you will be directed to the supplemental videos and assignments. The book is set up in modules. All of the relevant materials for each module can be found in corresponding sections on the course platform. If you prefer alternative access to the course book, you have the choice to read the texts of each separate module. These are available on your course platform under each respective module.

Videos:

Your online platform includes a series of supplemental videos to deepen your learning and provide demonstrations. Your videos can easily be accessed through the course platform on Healing Musicians Hub, or by clicking the links in the course book.

Let's try it now! Head over to Healing Musicians Hub to view the first video, or click this video link: [Introduction Video](#)

Program tracks:

Students have the choice of choosing a certification or non-certification track for this course.

- **Certification track:** This track includes quizzes/exams, assignment submissions, and final assignments. Upon satisfactory completion, you are granted a certificate and title of Certified Wellness Musician. You will receive direct feedback and guidance from your course instructor as you progress through the program.
- **Non-certification track:** This is an option for students who wish to purchase the course materials but do not wish to receive a certificate. You are not required to

submit assignments and are ineligible for assignment feedback. You will not be issued a certificate and cannot use the title of Certified Wellness Musician. If you are seeking the non-certification track, you may receive \$40 off your enrollment fee with the coupon code HMWSMATERIALONLY.

Assignments:

At the end of every module is a quiz or assignment. You will see the instructions for completion in your course book, at the end of that module. They will also be available on your course platform. Quizzes are submitted straight from the course platform. Other assignments you will submit it to me through the Assignment Dropbox. The link to the Dropbox will be provided in each assignment, or you can click the link in the “Getting Started” section of your course platform.

All quizzes and assignments must be submitted prior to receiving your course completion certificate. I recommend that you move through each module of the course in order, completing each assignment as you go. (This does not apply to students on the non-certification track).

Assignment Dropbox (certification track students only):

All assignments that are not quizzes should be uploaded to the Assignment Dropbox. You can find the link in the “Getting Started” section of your course platform, or in the Course Book at the end of each module that has an applicable assignment.

When submitting your assignments, **please write your name and module number as your file name.** For example, if I were submitting an assignment for Module 1, I'd save that file with the name “Nicole Anderson Module 1.” Further instructions will be included with the assignment in your course book. If you have any questions about this, please reach out at info@healingmusicianshub.com.

Once I receive your assignment submission, please allow up to a week for my feedback. I will often get back to you in just a couple of days, but this depends on how many submissions are coming in at once. My feedback will generally include a few takeaways from your assignment and, if applicable, some recommendations of things to work on.

Feedback will be sent to the email address you have on file at Healing Musicians Hub, so make sure that your login email is an inbox you check regularly!

Final assignments (certification track only):

After reading the course book and completing all of the module assignments, you are required to submit two final assignments and a final exam in order to receive your certificate. All of these can be found on pages 112-113 of the course book. You must receive a score of 75% or higher on the final exam to be eligible for your certificate.

Course Commitment (certification track students only):

Healing Music for Wellness Settings is a self-paced course within the span of one year. Once you enroll and sign your Course Agreement, you gain access to all of the materials indefinitely. However, upon enrolling in this course, it is expected that you commit to your training and complete your assignments in a reasonable timeframe. This is beneficial to you as the student because you will gain knowledge that you can use to bring your music to your community. It is beneficial to Healing Musicians Hub because we can collect feedback from course graduates and use it to improve the course. It also opens enrollment to new students who are waiting to join, as this course has limited spots.

We require a course completion no more than one year from your date of enrollment (the date your course is unlocked, NOT your date of purchase). Devoted students will be able to complete the course in far less time, but here at Healing Musicians Hub, we understand that sometimes life gets in the way. **If after a year, you have not completed the program or been offered an extension, you will no longer receive feedback on assignments and will be ineligible to receive your Wellness Musician Certificate. You will not receive a refund if you purchase the certification track and do not complete it.** However, you will still have access to the course materials, which you are welcome to use for personal reference. We set this deadline so that we encourage serious students to enroll and so that our waitlist doesn't grow too long.

Students who cannot complete the course within one year may request an extension for a small fee. A granted extension will extend your enrollment for another year. This will allow you to continue receiving feedback on assignments and be awarded your certificate upon course completion. If you need to request an extension, email [Healing Musicians Hub](#) before your course expiration date.

Course completion (certification track students only):

Before receiving your completion certificate, you must ensure that

- All modules, videos, and materials on the course platform are marked as complete. After you are finished with each section online, make sure the "Completed" button in the bottom right-hand corner is checked off.
- All quizzes and assignments have been completed (with a score higher than 0%),
- You've received feedback on all assignments submitted through the Dropbox. If you are missing feedback from me on an assignment, please [email me](#).
- You pass your final exam with a score of 75% or higher and you complete the two final assignments and receive feedback on them.
- When everything is complete, I will email you to let you know you've successfully completed the course and will have you fill out the name and credentials you wish to have displayed on your certificate. After getting this information from you, you can expect your certificate sent via email within 72 hours.
- **Please note: Completion of this course does *not* award you the credential of Certified Therapeutic Musician.** This term is reserved only for those who graduate from an NSBTM-accredited TM training program. Your certificate will indicate that you are a Certified Wellness Musician and have undergone foundational training for offering appropriate music for wellness settings. For more information on becoming a Certified Therapeutic Musician, visit www.nsbtm.org.
- As your course instructor, I reserve the right to withhold or rescind your (student's) certificate for the following reasons:
 1. Student shows a lack of understanding of musical or professional skills adequate for providing healing music in a wellness setting
 2. Student does not pass the final exam with a score of 75% or higher.
 3. Student or graduate fails to conduct self with the level of professionalism expected from a healing musician in regards to empathy, integrity, confidentiality, and any other characteristics outlined in this course and the Code of Conduct.
 4. Student does not complete and/or submit all portions and assignments of this course in the span of one year from the student's date of enrollment (date the course materials are unlocked)

Adequate Training:

When you enroll in this course, it is expected that you already have the adequate training necessary to succeed. Students enrolling in the course should be knowledgeable of basic music theory, able to understand musical terms and concepts such as key, scale, chords, modes, dynamics, phrases, tempo, etc., and be able to play comfortably on their instrument. The price of the course covers self-paced training and brief communications/feedback from the instructor. Any additional help must be sought after by the student at the student's own expense.

Discounts:

The course platform has discount codes available for enrolled students of this program. Discounts are available for one-on-one coaching sessions, as well as marketing materials design. These resources are to help you feel confident in learning the material presented in the course and embark on your journey as a Certified Wellness Musician. Please see the "Assignment Dropbox and Discount Codes" section of the course platform to learn more and access your discounts.

Code of Conduct:

All currently-enrolled, previously-enrolled, and graduated students of *Healing Music for Wellness Settings* are required to adhere to the Wellness Musician's Code of Conduct, found below.

As a student or graduate of *Healing Music for Wellness Settings*, I agree to the following:

1. I will use all provided materials for personal, educational purposes only and will not distribute or share them with any other party. Excerpts taken directly from the course book or other materials will be properly attributed and credited to Nicole Anderson and/or Healing Musicians Hub.
2. If I come across any information in the course materials that is incorrect (factually, a typo, broken link, etc.), I will email [Healing Musicians Hub](#) to alert them that a fix is needed.
3. I understand that the information provided in this course is accurate to the best of the ability of Nicole E. Anderson and Healing Musician's Hub but does not claim to be tried-and-true fact regarding the only or best methods for offering healing music. These lessons are based on years of research and personal experience and

aim to guide musicians in offering professional, appropriate music in wellness environments.

4. I will conduct myself respectfully and professionally both within the course and with recipients of my music, colleagues, and staff members. I respect the rights of others to hold diverse values, attitudes, cultural traditions, musical preferences, and beliefs. I will not engage with others in a disrespectful or argumentative manner, nor will I proselytize my personal beliefs in a professional context.
5. I will take the initiative to learn about the policies set forth by the facilities where I offer my music and adhere to them. When I offer music in a private capacity, I will practice ethically and adhere to rules of confidentiality whenever applicable.
6. I will do my best to offer music with the intent to boost wellbeing and will not deliberately play music that is harmful or unpleasant to the recipient(s). I will educate recipients by explaining the positive effects of music, while making no guarantees that a specific benefit will be achieved.
7. I understand that Healing Musicians Hub is not liable for the methods and approaches I choose to use when offering music for wellness. Healing Musicians Hub and staff are not responsible for any adverse effects received by recipients of my music.
8. I will not make fraudulent claims about my credentials, including but not limited to calling myself a Certified Wellness Musician if I have not completed this course, calling myself a Certified Therapeutic Musician if I have not graduated from an NSBTM-accredited training program, or calling myself a Music Therapist if I have not received the appropriate training and degree(s).

Course Agreement:

Before your modules are unlocked, you must acknowledge that you have read this handbook and accept the terms set forth by Healing Musicians Hub regarding this course. You will find your Course Agreement in the “Getting Started” folder of your course platform.

Best wishes on your wellness music journey!