

Contact:

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Population Served:

Older Adult Care; Alzheimer's/Dementia, long term care, skilled nursing and rehabilitation, terminally ill, hospice, Parkinson's, stroke, depression, anxiety, and other mood disorders.

Entry Level Requirements:

Interested internship applicants should possess:

- 1) A strong desire to work with older adults
- 2) Functional and competent guitar and vocal skills: fluid and accurate self-accompaniment while singing, proficient playing of I-IV-V chord progressions in at least 3 different keys, able to facilitate stylistic variances amongst at least 2 different genres, able to facilitate both finger picking and strumming with and without a pick, demonstration of in-tune singing.
- 3) Initiative, professionalism, and the ability to work independently
- 4) General knowledge of the needs of older adults and person-directed care
- 5) Experience with 1-on-1 and group facilitation
- 6) At least one semester of older adult practicum experience, preferred
- 7) A willingness to examine own behaviors and feelings, and the ability to accept constructive criticism and incorporate into future endeavors

Application Process:

In order for the Internship Director to assess the above-mentioned entry level requirements, interested applicants must complete and submit:

- 1) SVWC Music Therapy Internship Application
- 2) cover letter of interest
- 3) resume
- 4) letter of verification from Academic Director
- 5) three letters of recommendation
- 6) official copy of college transcript
- 7) two samples of clinical writing, e.g., assessment, progress or SOAP notes, etc.

Once the application materials have been received and reviewed, applicants may be invited to:

- 6) Complete an interview with Internship Director and Director of Resident Services
- 7) Complete an audition to demonstrate functional skills using guitar and piano while singing 1 hymn, 1 jazz/big band standard, and 1 population-appropriate song of choice

NOTE: Please submit all application materials together at one time, either via email or standard mail

Internship Experience:

Shenandoah Valley Westminster-Canterbury (SVWC), located in the small town of Winchester, Virginia in the beautiful and historic Shenandoah Valley, is a not-for-profit church-related Continuing Care Retirement Community (CCRC) with nearly 400 residents living throughout four different levels of living; Independent Living, Assisted Living, Skilled Nursing/Long Term Care, and Memory Care. The music therapy department was established in September of 2012 and is currently comprised of one full time MT-BC. In 2014, a music therapy internship program was established through university affiliation. The National Roster Internship Program began in 2017.

At SVWC, music therapy services are provided for appropriate residents in all levels of living through individual, small, and large group sessions, and are provided as part of a person-directed and interdisciplinary team (IDT) approach to care. Interns will gain experience working with varied levels of the aging population and in treating an array of needs associated with this population, potentially including but not limited to rehabilitation of gait, speech, and other physical needs, end of life/hospice care including bereavement and grief support, maintenance of varying cognitive functions, managing pain and distress, and spiritual and emotional wellness. As a result, interns will learn a variety of music therapy techniques and gain exposure to several music therapy approaches including Neurologic Music Therapy, Hospice and Palliative Care Music Therapy, and a person-directed humanistic approach to care. This internship incorporates experiences in co-treatment facilitation with other disciplines on the IDT, including; nursing, rehabilitation services (occupational, physical, and speech therapy), chaplains, activity department, social services, administration, resident families, and the registered dietician. Interns are expected to adhere to a work schedule of 8:30am-5pm Monday through Friday, with some potential additional hours when applicable, such as hospital visits, on call hospice services, or special performances. Interns are responsible for attending weekly meetings of the interdisciplinary team and care plan meetings with resident family members, in addition to developing their clinical skills of facilitating assessments, developing treatment plans, planning for sessions, facilitating 1-on 1 and group music therapy sessions, and documenting the therapy process. Additional internship opportunities may include professional presentations, music therapy advocacy, and attending educational in-services and presentations. In addition to music therapy interns, SVWC also trains students and interns in occupational therapy, physical therapy, speech therapy, nursing, and nutrition.

While at SVWC, interns will share an office with the supervising music therapist but will have access to their own laptop, desk, music cart, music books, musical instruments, office supplies and other necessary music therapy department resources. Interns will need to bring their own guitar and supplies such as binders, for any materials they are wishing to take with them after they have completed the internship. In addition, interns will be expected to complete the following additional assignments: learn required standards songs, read assessment and educational supplements as assigned, keep binder/file of session plans, keep repertoire binders/file, complete an individual project of advocacy or program development, update the abbreviations, diagnosis, medications, and techniques glossaries, shadow (spend at least half day) other departments including chaplains, social work, rehab (OT, PT, SLP), administration, marketing, keep a journal to assist with self-reflection during supervision, complete professional preparation including completing mock interview with HR and submitting resume for review. In addition, interns living at SVWC are required to attend at least one interactive activity a week after scheduled internship hours and must complete a journal entry to be turned into Internship

Director weekly. Journal entries must reflect upon what it is like for a young adult to live in a retirement community, emphasizing the intergenerational interaction. Interns will be provided monthly activity calendars for the 4 levels of living, of which they are expected to choose a variety of activities to attend, in addition to dining with residents, special events, and utilizing the vitality center and class offerings as other possibilities.

Music Therapy Internship Experience at SVWC:

The music therapy internship at SVWC includes:

- 1) Orientation
- 2) Observation of the supervising MT-BC and co-facilitation with MT-BC for first four weeks
- 3) The eventual responsibility of a full caseload including; assessment, development of plan of care, session planning, facilitation of 1-on 1 and group music therapy sessions, documentation, reporting of therapeutic progress by attending weekly meeting of the interdisciplinary team and care plan meetings
- 4) Weekly supervision with MT-BC to include four hours a week of clinical observation and one hour a week of consultation, in adherence with the requirements of the AMTA Clinical Training and National Roster Internship Guidelines
- 5) Completion of a midterm, final, self, and site evaluation
- 6) Exposure to various music therapy approaches including humanistic/person-centered, Neurologic Music Therapy and Hospice and Palliative Care music therapy
- 7) Possible co-facilitation of services and work with other disciplines on the IDT, including; nursing, rehabilitation services (occupational, physical, and speech therapy), chaplains, activity department, social services, administration, resident families, and registered dietician.
- 8) Opportunities for professional presentations and music therapy advocacy
- 9) Opportunities to attend educational in-services and presentations
- 10) Adhering to a work schedule of 8:30am-5pm Monday through Friday, with some potential additional hours when applicable; i.e. hospital visits, on call hospice services, special events

On-Site Student Training Programs:

In addition to training music therapy interns as an approved university-affiliated internship site through Shenandoah University, SVWC's music therapist also supervises music therapy clinical practicum students from the university. Additionally, many other departments at SVWC train university students and interns, including occupational therapy, physical therapy, speech therapy, nursing, administration, and nutrition.

On-Site Educational Programs:

Interns will be required to attend new staff orientation as well as any other mandatory staff in-services and meetings held during their internship. Topics covered in these educational opportunities can include but are not limited to dementia, person-centered care, resident rights, elder abuse, CCRC model, Minimum Data Set assessment, and nursing stand up meeting. Near internship completion date, interns will also be required to complete a mock job interview with SVWC's human resources department and will receive constructive feedback and guidance regarding their interview and resume in order to better prepare them for the employment seeking process. In addition, interns may have the opportunity to attend Staff Education Day and any webinars and continuing education opportunities offered to all SVWC staff. Interns are also encouraged to spend time shadowing other disciplines and departments.

Additional Information:

Housing: The music therapy intern may be permitted to live at Westminster rent free, occupying a furnished approved available apartment.

Meals: not provided

Stipend: not provided

Transportation: not provided

Liability Insurance: not provided; covered under intern's associated university liability insurance

Internship Start Dates: July (application deadline February 1st) and January (application deadline August 1st)

Administrative Requirements:

Once the internship offer has been accepted, start of the internship is dependent upon the intern's successful completion of reference checks, a criminal background check, drug screen, and TB test, with these associated costs paid for by Westminster-Canterbury. In addition, a Legal Affiliation Agreement must be established between the intern's academic faculty, the intern and SVWC then communicated to the AMTA Association Internship Approval Committee (AIAC) Regional Representative before internship can begin.