

MUSIC THERAPY CLINICAL INTERNSHIP INFORMATION AND APPLICATION PACKET

CarePartners Hospice and Palliative Care
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Asheville, NC 28803

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History of CarePartners:

The CarePartners story goes all the way back to 1938, but the hospice chapter begins in 1977

In 1977, the hospice movement began to take hold in Buncombe County. A class on death and dying at AB Tech Community College spurred interest in establishing a local program, and three years later Mountain Area Hospice cared for its first patient.

Though most hospice patients receive care where they live, the team at Mountain Area Hospice recognized a need for an inpatient facility for those who could not remain at home. The first Solace Center on Livingston Street had six beds. Within two years, that number doubled. In 1996, Mountain Area Hospice moved to a larger facility in the Montford neighborhood, and became a founding member of CarePartners Health Services.

Today, CarePartners Hospice & Palliative Care is located on the CarePartners campus. The John F. Keever, Jr. Solace Center opened in 2005 with 27 beds in private rooms, a chapel, a great room and family dining area, and gardens that can be viewed from every room.

History of Music Therapy at CarePartners Hospice

In the early 1990's, a music therapy intern from the local psych hospital gave a presentation, to the staff of Mountain Area Hospice, on the benefits of music therapy. The staff members were amazed and impressed by the presentation. So much so that in February of 1994, Mountain Area Hospice hired their first full time Music Therapist. Because this music therapist also had a degree in counseling, he was placed in the bereavement department. He provided grief counseling to griever and music therapy to the dying. Since then the program has expanded and developed a National Roster Music Therapy Internship program. Music therapy is now offered to griever and the dying.

Asheville

Asheville is a unique city in the south. Named the "Happiest City in America" based on New York Times best-selling travelogue *The Geography of Bliss* & featured on ABC's 20/20. It is also one of the "Most surprisingly vibrant food cities" by Livability.com as

well as #1 Small city for the Arts in 2010.

Please take lots of time to explore the many websites that describe the culture, history, accommodations and sites in this area of Western North Carolina. Here is a great place to start:

<http://www.ashevillechamber.org>

Description of Clinical Setting

No one should have to face end-of-life decisions or a chronic illness alone. CarePartners Hospice offers physical, social, emotional and spiritual support to patients with life-limiting or terminal illnesses. Music therapy is a part of the team effort to help people and their families cope with end of life issues.

We're dedicated to treating our patients and their loved ones with respect and compassion, and to providing the highest quality of life and comfort possible.

One of the first task of an intern, with the help of the Internship Director, is to decide what hospice team to join. Interns may choose to join a home care team, where they get to drive to a client's home and offer session in the house or they may choose to join the in patient unit where client's are a way from their home and often are experiencing symptoms that are out of control. All interns are apart of the bereavement program.

Once a team is assigned, interns begin to establish professional relationships. As a part of orientation, interns shadow RNs, Chaplains, Social Workers, and Certified Nursing Assistants. During this same period, interns are shadowing music therapists, learning the recommended repertoire, and doing foundational reading to help prepare the intern for eventual independence. When shadowing the music therapist, interns are getting to know the clients that will eventually be their responsibility. In bereavement, interns are learning about grief, theories of grief and how to interact with griever. They begin to make follow up phone calls and attend a grief education class designed to give griever information about grief and empower them to cope with their own grief issues. Interns will eventually co-lead and then lead the grief education class.

At the beginning of the internship interns are expected to learn learn learn! It is a slow process that leads to interns being independent. When interns have demonstrated an ability to be independent, here is what they do. Interns have their own caseload of dying clients that allows for them to see most of their client once a week. This caseload also accommodates time to make phone calls once a week, time to attend Grief Education, time to attend weekly team meetings, and time for supervision. Halfway through the internship, interns will move from grief education (after leading it) to a grief process group. Interns will co-lead a grief process group, prepare music experiences that are relevant to issues within the group and practice their verbal skills. After the halfway point, interns may have opportunities to provide 1:1 music therapy for griever as well. We try to tailor the intern's experiences to their strength, needs and goals as much as possible.

Throughout the entire experience interns will have homework assignments designed to challenge and help them develop as well as music assignments designed to increase musicianship. CarePartners does have a KidsPath program (for grieving youth) that is run by a music therapist. Interns may be a part of KidsPath if they express an interest in this population otherwise, most client are adults.

Important Facts to Know:

This internship site is 7 months (not 6).

7 months not only helps interns to meet the MINIMUM requirements from AMTA, but also allows us to help each intern learn about end of life issues and grief. Most academic programs do not have courses on death and grief, so interns are not expected to know this information. There is a lot to learn.

Money

There is a \$2,000 stipend. \$1,000 is given at the beginning of the internship and \$1,000 is given at the midterm evaluation.

Housing

Living arrangements are possible through the Mountain Area Health Education Center for a low cost fee. Interns are not required to use this housing. It is conveniently located to downtown Asheville and CarePartners.

Food:

Interns eat lunch for free at our cafeteria!

Transportation

Interns need to have their own car as driving is a part the hospice experience. Interns are reimbursed for mileage associated with the internship experience.

Equipment:

Interns are welcome to bring their own instruments or use ours. We have guitars, keyboards and other instruments (such as 6-string banjo, an Irish minstrel harp, tone chimes, xylophones, drums, and various hand-held rhythm instruments) that can be used during sessions and groups. Each intern will also have an iPad that has relevant music uploaded as well as other important documents.

Legal Affiliation

Yes, CarePartners will require a legal affiliation with each intern's university. This is a legal document that the intern's academic advisor should know about. This is different from the Internship Agreement where your academic advisor evaluates your skills before entering into your internship.

Are you right for this site?

Every National Roster Internship site has expectations about entry-level skills for their interns. Here are ours:

1) We expect interns to be good musicians. When we listen to your audition, we want to hear (in your music) that you enjoy playing, that it is a musical experience. There should be an aesthetic value in what you play.

2) We expect you to be better at some instruments than others. We need to hear that you are good on your primary instrument and can easily learn the repertoire on that instrument, but that on the others, you are improving and transferring your musicianship from your primary instrument to the other instruments.

3) Different music styles and grooves are important. We expect interns to perform some styles easier than others, and that interns are aware of which styles they need to improve upon.

4) Grades. We do not expect all As in class, however, if we see more than one C on a transcript the potential intern will need to explain that grade and articulate what they did to cope with that challenge.

5) Attitude. We want interns who are excited to learn and are open to discussions, thinking on their own and making their own decisions. Resiliency, dependability and perseverance are important qualities to us.

Other things to know:

We have Licensure with State of North Carolina, Department of Human Resources, Division of Facility Services; Medicare/Medicaid Certification; JCAHO Accreditation.

Students will have access to educational materials in CarePartners Hospice and at the Mountain Area Health Education Center Library. Music therapy educational materials will initially be through the clinical training director while resources are procured through the institution.

Informal and formal in-service opportunities are on a weekly basis throughout CarePartners. This includes taking class with the Asheville Hospice and Palliative Medicine Fellowship (Doctors specializing in End of Life Medicine).

Description of Music Therapy Services

We encourage interns to develop their own way of being a music therapist. We encourage interns to explore various methods of music therapy and to be mindful in how they practice. We do not expect interns to practice music therapy the way we do, however it is important for potential interns to know our philosophy because it influences us and therefore each intern. This is what we will role model:

While each music therapist at CarePartners practices a little differently we are all in the same family of theory and philosophy. First of all we are music centered. This means that musicianship is of the utmost of importance. We believe that each client's needs can be heard, and that resolutions can occur, within music experiences. We see our clients as musical beings. Secondly, we practice within a Humanistic-Existential theory. We create opportunities that allow each client to explore the meaning of his or her grief/dying process, and we facilitate music experiences that potentially enhance each person's ability to self-actualize. We work with a person's resources (Rolvjord, 2004), music entity (Nordoff & Robbins, 2007), community (Stige, 2002), and ability to engage his or her musical capacity (Aigen, 2005). Each person has strengths (Rolvjord, 2004). A person's inner self is able to find meaning in music (Robbins & Robbins, 1991). People need to belong somewhere to someone (Ruud, 1998). These are principles that guide our work.

Start Dates:

There are four start dates during each year: January, April, July and October. We do not have application deadlines. Instead we process each application as it comes in. Please remember that according to AMTA's guidelines, potential interns are only allowed to apply one year in advance of a start date. Also, students can only have four applications out at a time. Once students are accepted into an internship program, it is the student's responsibility to notify the other sites that their application is no longer valid.

Procedure for Music Therapy Internship Application

Here is what we need to consider an application complete:

1. A resume: pertinent personal information, relevant work experience, educational and professional learning experience (includes practicum).
2. A formal copy of all your transcripts.
3. Completed Application form
4. A letter of eligibility from your academic adviser
5. Two letters of reference. Included in all letters of reference should be information about the following:
 - (1) Discuss the student's musicianship
 - (2) Discuss what it has been like to supervise the student
4. A description of your philosophy and practice of Music Therapy. Please make this at least a one-page document to effectively articulate your thoughts.
5. A video of you auditioning. Which should include: 2 songs using piano and voice in different styles, 2 songs using guitar and voice of different styles and one instrumental of your choosing. The video should conclude with you talking about

why you are interested in the internship at CarePartners Hospice and what you hope to gain from your internship.

Then What?

The music therapy staff reviews all applications when they are complete and as they arrive. Those we are interested in are invited to the facility for an all day interview. The interview begins at 9am and ends at 5pm. The potential intern meets all music therapists and shadows them. They also meet several of the bereavement staff. The intention is to better know the student, let the student better know us and which helps each party decide if the intern will be successful at this site.

*If there are any questions, please do not hesitate to write or call me, Lauren DiMaio,
office phone (828) 255-2870, ex. 8397*
GOOD LUCK IN YOUR JOURNEY!