

Pacific Music Therapy, LLC

Music Therapy Internship

<http://www.pacificmusictherapy.org>

**Description of setting & internship:** Pacific Music Therapy (PMT) is a private music therapy practice based in San Diego, CA. PMT primarily provides music therapy services in end of life care, which includes aging, illness, dying and bereavement. PMT is now offering a university affiliated 1040-hour internship. Interns will work primarily in hospice, palliative care, and grief & loss with opportunities for hospital geriatric psychiatry and older adult groups.

Interns will receive extensive training in hospice, palliative care and grief & loss, learning a variety of approaches, techniques and theory exploration to gain a deeper understanding and experience of the physiological, psychological, emotional, cognitive, spiritual and social effects of aging, illness, dying, death and grief. The intern will ultimately manage his/her own caseload. Additionally, interns will gain comfort and familiarity with specific disease/diagnosis processes and symptoms, stages of grief, Medicare guidelines and team process. Students will learn and complete thorough and timely documentation procedures and coordinate plans of care (goals & strategies) with interdisciplinary team (IDT) members. Interns will attend and actively participate in weekly IDT meetings focused on patient care and will provide team building and supportive experiences for the hospice team on occasion. Interns will have the opportunity to co-facilitate either a bereavement group or caregiver support group (6-8 weeks). Frequent in services and brief educational presentations on music therapy in the community are expectations. Interns are also expected to complete at least 3 legacy projects (including 1 song writing experience) and build significant repertoire.

**Hours:** Internship work hours can be between 20-32 per depending on the intern's preference, however, if 40-hour weeks are desirable, this can be supported.

**The Hospice:** Sonata Hospice will be the intern's primary place of work. Sonata is a growing, vibrant, family-oriented hospice covering all of San Diego County. Sonata thrives on a positive and upbeat work environment and is very supportive of the music therapy program and open to seeing how it evolves and grows, which leads to many creative possibilities.

[Sonata Hospice](#)

**The Internship Projects:** These are to be explored and decided on between the intern and supervisor but should relate to end of life care and support the intern's growth and learning experience, as well as future interns'. A writing project and presentation are strongly encouraged.

**The Supervisor:** Mary-Ellen (Marlo) has been a board certified music therapist since 2009. After receiving her Bachelors of Arts in Music Performance in 2001 at the University of New Hampshire, she earned her Masters of Music Therapy in 2010 from Temple University, and completed her 9-month internship at Samaritan Hospice in 2008. Marlo is a certified Hospice & Palliative Care Music Therapist (HPMT), with additional trainings in Levels I and II of Guided Imagery and Music (GIM). Marlo has worked full time in end of life care since 2008 and has supervised 7 interns since 2012.

Philosophically, as a music therapist, Marlo believes that music is an energetic force that is a direct expression of one's well being. Each individual has her/his own unique relationship and connection with music composed of many layers. Marlo approaches clients as a compassionate, person-centered music therapist, and seeks to deeply understand people's musical connections, life stories and strengths, assess holistic functioning and creatively discover how to provide comfort and find opportunities during challenging times.

As a supervisor, Marlo intends to empower and support, and encourages freedom and flexibility within an organized foundational framework. Marlo supports her interns in finding their own voices and approaches to care, while offering many opportunities for observing other music therapists for a diversified experience. Marlo works on cultivating a safe and trusting space in supervision through weekly music experiences and dialogue, and understands that each individual has their own style of learning and growth.

## **Rough Internship Timeline**

### **Early internship:**

On site orientation to organization, observing each hospice discipline, shadowing supervisor, goal setting for internship and career, repertoire development.

**Early/mid:** Co-facilitating with MT-BC, leading some sessions independently with MT-BC present, project brainstorming, repertoire development.

**Mid internship:** Maintaining own caseload, MT-BC observes in the field average of 4 hours per week, more if needed. 60-90 minute direct 'office' supervision, project development, in services begin.

**Mid/Late internship:** Maintaining own caseload, MT-BC observes in the field average of 4 hours per week, more if needed. 60-90 minute direct 'office' supervision, project development, in services, support group begins.

**Late internship:** Closure: beginning to taper down and transfer caseload, supervision continues, in services, support group concludes, projects completed and presented.

### **Application Requirements:**

:::Complete Internship Application

:::3 Letters of Recommendation (1 from current professor; 1 from field supervisor; 1 of choice)

:::Copy of transcripts

:::Interview