



SUNSHINE TERRACE FOUNDATION

MUSIC THERAPY CLINICAL TRAINING PROGRAM

I. Clinical Setting

Sunshine Terrace Foundation, Inc.
248 W. 300 N.
Logan, UT 84321
(435) 752-0411
www.sunshineterrace.com

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II. Description of Clinical Setting

A. Location:

Rural valley surrounded by mountains with a population of approximately 70,000. Location is about 2 miles from Utah State University. Close access to ski resorts, camping, fishing, and hiking as well as cultural events such as local concerts, theater, a professional opera company, and art museums. Salt Lake City is 80 miles south of Logan.

B. Type of population served:

Sunshine Terrace is a non-profit Foundation founded in 1948 by local community members who saw a need in the area for free or inexpensive care for those who were unable to care for themselves. The Foundation has grown from a small 6 bed home to 4 businesses housed under one umbrella Foundation.

Rehabilitation Center: Skilled, Sub-acute Extended Care. The 120+ bed Nursing and Rehabilitation facility serves individuals of all ages who need care. The center offers 24-hour licensed nursing services, social services, registered dietary services, licensed therapeutic recreation activities, and family support. The Memory Care Unit offers licensed services, activities, and a safe environment designed to address the medical and social needs of clients with dementia and/or concurrent mental health issues. The Rehabilitation unit provides Speech (SLP), Occupational (OT), and Physical (PT) therapy under the direction of experienced licensed and skilled therapists. The Nursing Center also provides care for young special needs clients who require more involved nursing care.

The certified Home Health and Hospice care provides specialized care for those in need or in the end-stages of life. This business provides licensed nurses, certified aides, homemakers who help with meals, homemaking services, etc., social services, and chaplains. Licensed PT, OT, and SLP services, as well as wound care are also available through the Home Health portion.

The Terrace Grove Assisted Living Center provides 24 hour licensed nursing services, dietary services, dressing and bathing assistance, transportation services, and activities for older adults while still affording them as much independence as they are capable of.

C. Treatment Services provided:

A therapeutic activity and rehabilitation program which includes: music therapy, recreation therapy, educational and informational programs, bus tours, etc., carried out in large or small groups as well as one-on-one. Health services include:

nursing, medication management, physical therapy, speech therapy, and occupational therapy, restorative nursing services, exercise programs, counseling and referral, nutrition counseling and management, and care-giver education/support.

D. Accreditation/licensing:

Sunshine Terrace Rehabilitation Center is licensed by the Utah State Department of Health. The Rehab Center and Assisted Living Center are accredited by CARF as well.

E. Other clinical training programs provided:

Music Therapy practicum students from Utah State University are placed at the Rehabilitation Center each semester. There are also a number of other practicum students from nursing, social work, psychology, gerontology, business, and recreation therapy involved in the Foundation. Internships in social work and human resources are also available.

F. Library services available:

On- site library includes a variety of music CDs, MT Perspectives, JMT journals, the AMTA research thumb drive, and various books on music therapy, psychology, and gerontology, etc., as well as music song books. Other local libraries include Logan Regional Hospital Library, Logan City Public Library, and the Utah State University Library.

G. In-service training opportunities available in addition to music therapy:

Sunshine Terrace In-service programs include subjects such as: Alzheimer's Disease, Physical Therapy, Stress Management, Caregiver Relationships, Special Needs, Policies and Procedures, Traumatic Brain Injury information, Managing Aggressive Behaviors, First Aid and CPR training, HIPPA, Infection Control, Safety and Disaster training, Fire and Accident prevention, Elder Abuse, OSHA, Death and Dying, Aging, Back Safety, Customer Service, Resident Rights and Confidentiality, Sexual Harassment, Professional Staff/Client Relationships, etc.

III. Description of Music Therapy Services

A. Music Therapy Staff:

Clinical Training Director

1. Jennifer M. Birchell MT-BC

a. Education:

Bachelor of Science, Music Therapy,
Utah State University
1991-1995

b. Internship

Forbes Health System
Pittsburgh, PA
March 1995- September 1995

Carol L. Shultis, PhD, MT-BC, Clinical Training Director

- Forbes Regional Hospital Psychiatric Unit
- Forbes Regional Hospital Medical/Surgical Unit
- Forbes Metro Acute Care Center (rehabilitation)
- Forbes Nursing Center

c. Professional Music Therapy Service:

- Sunshine Terrace Foundation, Inc.
April 1996- present
- Utah State University Adjunct Faculty/ Practicum Supervisor
October 1996- present
- National Roster Internship Dir.
June 1999-present
- Davis Applied Technology Center RN program adjunct faculty
February 2003- 2015
- Western Region AMTA Treasurer
April 1997 to 1999

d. Additional Certification:

- Certified in Neurologic Music Therapy
Center for Biomedical Research in Music
Colorado State University
Dr. Michael Thaut
February 2003, re-cert February 2011
- Certified in Music Therapy Assisted Childbirth
Logan, UT
Sound Birthing
Lillieth Grand MT-BC
May 2004
- Certified in Hospice and Palliative Care MT
Berklee School of Music, Boston, MA
Dr. Russell Hilliard PhD MT-BC
June 2008

B. Available Space and Equipment:

The Music Therapy room is quite large and serves as the Music Therapy office as well as the treatment room. Smaller groups are held on the Memory Care unit in the living areas. There are clavichords available in each area.

Other equipment available includes:

- 1 portable Yamaha keyboards
- 1 PC and 1 laptop for intern use while at facility only
- photocopy machine
- various small rhythm instruments (bells, maracas, etc.)
- 1 large tubano drum
- 1 large gathering drum
- 20 paddle drums and frame drums
- Audio and video recording equipment, TVs, DVDs, CDS, etc.
- Library of songbooks and CDs
- multiple CD players
- several Bluetooth speakers
- Microphone, stand, and sound system in the central area
- 1 USB microphone for recording
- Omnichord and Autoharp
- Full range of Orff Instruments
- 2 sets of tone chime bells
- 1 set of colored hand bells
- colored scarves

*Guitars will need to be provided by the interns themselves.

C. Types of Sessions

Large groups:

Assisted Living Choir: usually about 10-15 residents. Clients have higher cognitive functioning and make all decisions in group concerning performances, songs to be sung, instruments to use, programming, etc. The group promotes independence, socialization, decision making, learning musical skills, and performing to increase self-esteem. Choir lasts 1.5 hours and the chosen songs are practiced several times each, going over parts (alto, tenor, etc.), repeating sections that need work, etc.

Long-term Care/Rehabilitation Music and Movement: Held in the Music Therapy Room. Emphasis is in movement and range of motion with music. Rhythm is used to stimulate neuromuscular response. Principles of NMT are used. Our groups are part of our facility's Restorative Nursing program.

Small groups:

Groups are held either in the Music Therapy room or on the wings and usually consist of 5-10 residents and the therapist. Clients are grouped according to age, cognitive functioning level, etc. Groups emphasize self-expression (verbal and non-verbal), socialization, reminiscing, sensory stimulation, cognitive stimulation, and sensory/motor control. A typical group begins with an opening experience (i.e. greeting song), a motor intervention, a rhythm intervention, a socialization intervention, a cognitive intervention, and a closing experience. Often these are combined in one or more processes throughout the group. These groups focus on the process of the therapy group not the activity.

Individual Sessions:

1:1's with residents are 1-2 times weekly or on an as-needed basis. One to ones may focus on relaxation/pain management, decreasing anxiety/combativeness, providing sensory stimulation, etc. Neurologic Music Therapy sessions in conjunction with the Occupational therapist, Physical therapist, and/or Speech therapist are determined according to client need and availability. Individual sessions may be scheduled anywhere from 3-5 times a week for several different clients.

***ALL MUSIC THERAPY STAFF MAY BE WORKING IN MASKS THROUGHOUT THE DAY WITH PATIENTS, PENDING COVID STATUS.**

D. Philosophy:

Music Therapy is used as an effective tool to promote an improved quality of life for each resident in the areas of physical, social, mental, spiritual, and cognitive health. Music is used to elicit socialization, expression of feelings and emotions, reminiscence, enhance self-esteem, rediscover talents, provide non-verbal communication, restore a sense of choice and control, and improve or maintain physical functioning through movement and relaxation exercises. The Music Therapy program utilizes a person-centered approach including techniques such as cognitive stimulation, therapeutic instrumental music play, patterned sensory enhancement, improvisation, reminiscence, expression of emotions through nonverbal interventions, relaxation and stress management, and client performance for self-esteem and independence. Specific therapeutic objectives developed for the clients are based upon the interests, desires, and needs of each individual.

Reminiscence with music is used to stimulate memories and promote socialization. Clients sing a familiar song that may spark a memory and then they share it with the group, which may cause another client to remember something and with the snowball effect, the group is reminiscing and socializing with one another regardless of their different social backgrounds, education, occupations, etc. Enhancing socialization promotes security, adaptation to surroundings, quicker adjustment periods, and less time in bed. Stimulating memories gives clients and families a chance to see that the person they were is still there. Their identity is intact and that enhances self-esteem and improves family relationships.

Using the various techniques of Neurologic Music Therapy, we can retrain motor functioning through anticipatory cuing of functional movement patterns. Through frequency entrainment of motor patterns, rhythm stabilizes the timing, kinematic control and force application in movement.

IV. Outline of Clinical Training Program

A. Program Requirements

The intern will fulfill 1040 training hours at the Sunshine Terrace Foundation, Inc. as required by AMTA

1. Orientation: approximately 40 hours
 - a. Tour facilities
 - b. Orientation to program philosophy, policies and procedures. (Code of Conduct, personnel standards, Clients Rights contract, etc.)
 - c. Orientation to AMTA Standards of Practice, organizational structure, Code of Ethics and Clinical Training Guidelines.
 - d. Orientation to the CBMT Code of Professional Practice and the Professional Competencies.
 - e. Intern Verification-
2. Provisions for music therapy experience: approximately 650 hours
 - a. Observation (40 hrs.)- The intern will observe various group and individual sessions, performing groups and client programs for a two-week period.

- b. Co-leading (100 hrs.)- The intern will assist the music therapist in conducting specific sessions approx. 2 weeks after initial observation.
 - c. Leading (405 hrs.)- The intern will coordinate, conduct and document group and individual music therapy sessions.
 - d. Formal/Informal Observation of intern (105 hrs.)- The intern will be observed in music therapy sessions by the Clinical Training Director with feedback provided.
- 3. Provisions for records and progress notes: approximately 170 hours
 - a. All techniques for assessment and data collection will be taught by the supervisor during daily procedures.
 - b. The intern will be required to conduct an assessment on each new client and develop a treatment plan, including defined goals and objectives specific to the client's needs. The treatment plan will be included in the client's chart.
 - c. The intern will keep a daily log of all sessions including anecdotal, collection of data and results, and other pertinent information to each session. Documentation will be recorded as soon after each session as possible.
 - d. The intern will be required to write monthly progress notes for each client they are working with one-on-one. The progress note will include a short summary of the treatment plan, client's progress of the stated goals, data and any suggestions for the following month.
- 4. Provisions for staff and in-service meetings: approximately 60 hours
 - a. Music Therapy in-service training including: appropriate music therapy techniques for this population, board exam study tips, interview skills, public relations and conference presentations, and other areas of interest to the intern. This training will occur every Wednesday afternoon in a combined meeting with both interns and the CTD. A de-briefing of the week's events will also occur at this time.
 - b. Department meetings are held weekly and include: weekly planning/coordination of sessions and programs, leadership in-service, brainstorming re: client needs and specific problem solving ideas.
 - c. Interdisciplinary team meetings are held 1x/wk. with the social worker and include care plan coordination among team members as well as brainstorming and problem solving for each client. Intern will attend as needed for clients they are treating 1:1.
- 5. Provisions for intern self-awareness and professional growth: approximately 25 hours
 - a. Self-awareness: The intern will be given opportunities to enhance self-awareness through self-evaluations, daily journal writing, and various personal growth activities to be offered monthly.
 - i. Personal growth activities will include journaling, discussions on short and long term goal setting, maintaining personal mental health care, etc.
 - ii. Any personal issues, therapeutic breakthroughs, successes and areas of improvement will be discussed as well as goals for the following week to improve in whatever area they feel is needed. This will occur on a 1:1 basis.

- b. Professional growth: The intern will be given opportunities to continue education and personal development including: attending regional and national conferences, workshop presentations, music therapy presentations at Utah State University, and media presentations and interviews.
- 6. Provisions for formal and informal observation of the intern, and constructive feedback: approximately 105 hours
 - a. Formal observation of sessions by the CTD will utilize the Intern Observation Review Form. Minimum of 2 hours per week.
 - b. Informal observation through direct feedback from the CTD after each session. Minimum of 2 hours per week.
- 7. Provisions for supervision: approximately 30 hours
 - a. Personal Consultation: The intern will receive at least one hour of personal consultation per week with the CTD. Areas of discussion will include: documentation, learning to write appropriate goals/objectives, administrative skills, verbalizing concepts/processes of music therapy, concerns with clients and /or staff members, personal concerns, etc.
- 8. Provisions for administrative skills: approximately 25 hours
 - a. During the internship experience, the intern will be exposed to various areas of administration pertaining to music therapy and a long-term care facility including: sample budgets, proposal/grant writing, scheduling, conference presentations, site visits (other local sites in the community), formulating a resume or improving interviewing skills, and in-services and workshops, etc.
- 9. Provisions for Special Requirements: approximately 30 hours.
 - a. **Case studies:** The intern will be required to document and discuss two separate case studies involving clients with whom they have been specifically working. The case studies must include: history of the client with diagnosis, age, etc., assessment, treatment plans complete with methodology and data procedures, results, graph and discussion, along with suggestions and further recommendations. The first case study will be due at mid-point; the second will be due at the end of the internship.
 - b. Required readings available onsite: The intern will be required to read Therapeutic Uses of Music with Older Adults, (Alicia Ann Clair, Jenny Memmott), Validation, the Feil Method, (Naomi Feil), Hospice and Palliative Care Music Therapy, (Dr. Russell E. Hilliard), Rhythm, Music, and the Brain, (Dr. Michael H. Thaut), and various in-service articles on aging and long-term health care, as well as watching several videos related to elder care, Alzheimer's disease, hospice care, etc.
 - c. **Research Presentation:** The intern will be required to research a topic related to the use of music therapy in a geriatric or rehabilitation setting and then implement a research project over the period of six months. The research project can involve residents, caregivers, or staff of SST as subjects of the research, with approval and permission from the appropriate sources. Data will be taken and collated. The intern will write a research paper in APA style

on their results and present the findings at an in-service to facility staff at the end of their internship. All research topics must be selected in consultation with the CTD.

B. Evaluations:

1. Intern Evaluation: 3 and 6 months

- a. Intern will be evaluated using the Standards of Clinical Practice by the clinical training director at 3 and 6 months. The clinical training director will discuss with the intern strengths and areas of improvement, etc. at each evaluation and assist the intern in setting goals to achieve progress.
- b. Each evaluation will be sent to the interns' academic supervisor at 3 and 6 months to show progress of the intern. The evaluations will also be kept in a confidential file at the internship site.

2. Self-Evaluation: 1 week, 1 month, 3 months and 6 months

- a. Each intern will be required to evaluate his/her progress, strengths/areas of improvement, etc. at the stated times throughout the internship, to track their progression throughout the internship.
- b. The evaluations will be kept confidential.

3. Site Evaluation by Intern: 6 months

- a. Each intern will be required to evaluate the internship site at the completion of the internship. The evaluation will then be sent to the Western Region Clinical Training Committee Representative to be reviewed and kept on file.
- b. Copies of the evaluation will be kept in a confidential file at the internship site, as well as sent to the academic site.
- c. AMTA also requires each intern to fill out a second internship evaluation 6 months' post internship in an online format that will be emailed to the intern.

C. Number of interns per training period

1. There will be up to two interns in six month intervals

- a. Music Therapy practicum students from Utah State University are trained at the same time during school semesters, usually averaging about 4-8 students per semester. Occasionally there are more or less practicum students but not usually more than 8.
- b. Interns will be expected to be more independent than practicum students. Practicum students will always co-lead sessions with the therapist. Interns will eventually be leading their own groups with just observation from the MT-BC.
- c. As part of the training, interns may be asked occasionally to observe practicum students and give feedback.

D. Internship dates

1. Dates - approximate beginning and ending dates are Jan- June, July- Dec. – with some flexibility available.

2. Applications can be received at any time, but no intern will be accepted more than a year in advance.

E. Availability and Provisions of the following:

1. Living Arrangements: Interns will be responsible for arranging and supporting their own living arrangements. Logan is a university town, so there are numerous apartments for rent, although it is usually necessary to make arrangements well in advance. Interns may request housing lists from Utah State University. There are also housing availabilities listed on the local Facebook community listings or on KSL.com. Assistance in making arrangements is possible through the CTD.
2. Meals: Lunch will be provided by the Nursing Facility Monday through Friday if desired. Other meals are the responsibility of the intern.
3. Stipend: No financial stipend is available at this time, unfortunately.
4. Liability: Interns are responsible for their own liability coverage. Check with your academic site to see if you are covered through their program.
5. Transportation: Bus transportation is available free of charge within Logan City limits. There is a bus stop directly in front of Sunshine Terrace. Taxi and shuttle services are also available. No transportation is needed during work hours.
6. **A current TB test is required for working in our facilities. SST will provide one if you do not have documentation of having one within the 6 months prior to beginning your internship.**
7. **IF INTERNS ARE EXPERIENCING COVID SYMPTOMS, TESTING WILL BE DONE ON-SITE- (BY ENTERING IN THROUGH A SEPARATE ENTRANCE), BEFORE COMING INTO THE OFFICE OR WALKING THROUGH THE BUILDING. A NEGATIVE COVID TEST IS REQUIRED TO CONTINUE WORKING.**
8. **YEARLY FLU SHOTS ARE HIGHLY RECOMMENDED.**

F. Acceptance Standards and Criteria:

1. The intern should demonstrate functional use of piano and guitar. Functional use is defined as the ability to accompany a simple four phrase song in at least two different keys harmonized with I, II, IV, and V7 chords. Interns will be asked to play prepared pieces and to sight read hymns or old standard songs during the internship interview.
2. The intern will demonstrate the ability to sing songs in music therapy sessions and will provide introductory cue, find starting pitch, sing songs with correct pitches and rhythm, articulate lyrics clearly and sing with a pleasant voice that is easily heard. Students will be asked to lead a small sample session with a group of clients during the internship interview. If the interview is conducted online, the sample session will take place with the CTD only.
3. Students will be able to sing at least 10 “old time” songs **from memory** with accompaniment. A list will be provided upon request. (i.e. You are my Sunshine, Let me Call You Sweetheart, or popular songs from the 50s and 60s, etc.)

4. The intern should have completed at least one university practicum prior to submitting the internship application. A letter of reference from the supervising MT-BC as well as the Academic Advisor will be required as part of the internship application.
5. The intern should be able to document client related observations and paperwork **with correct grammar, punctuation, and spelling**. This will be evaluated by reading the internship application and by asking the applicant to provide a sample of written observable and measurable objectives for clients observed in sessions.
6. Applicant will demonstrate good verbal and non-verbal communication both one on one and in a large group setting. Good grammar, enthusiasm, empathy and ability to be spontaneous and flexible are important qualities.

A Zoom (or similar format) interview is acceptable.

Applications for this program can be found at <https://www.sunshineterrace.org/volunteers/>

For more information concerning the Sunshine Terrace Foundation, Inc., please check the website at <https://www.sunshineterrace.org>

Jennifer is available by e-mail at jennifer.birchell@sunshineterrace.org or jenmbirch@yahoo.com or by calling (435)752-0411 ex. 272