



CLEVELAND CLINIC MEDICAL MUSIC THERAPY INTERNSHIP PACKET

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INTERNSHIP SITE LOCATIONS

Cleveland Clinic Main Campus
9500 Euclid Ave.
Cleveland, OH 44195

Hillcrest Hospital
6780 Mayfield Road
Cleveland, OH 44118

****Please see the Application Packet for information regarding how to apply and deadlines. ****

ABOUT CLEVELAND CLINIC

Cleveland Clinic is a nonprofit, multispecialty academic medical center based in Cleveland, OH that integrates clinical and hospital care with research and education. It is one of the largest and most respected hospitals in the country, named the No. 2 hospital in the world in *Newsweek's World's Best Hospitals 2023* rankings. Founded in 1921, its mission is: caring for life, researching for health, educating those who serve. The Cleveland Clinic health system has hospitals and clinics located in Northeast Ohio, Southeast Florida, Las Vegas, Toronto, Abu Dhabi, and London. The system employs 76,711 caregivers worldwide and includes 22 hospitals, 275 outpatient locations, and over 6,500 beds. In 2022, the Enterprise provided care for over 3 million patients.

MEDICAL MUSIC THERAPY INTERNSHIP PROGRAM OVERVIEW

The Arts & Medicine Program at Cleveland Clinic was established in 2008. It encompasses music therapy, art therapy, performance arts, research, and education. As of August 2023, the music therapy team consists of eight full-time and two PRN music therapists as well as a music therapy program manager. The team also receives support from a research coordinator who oversees research for the entire Arts & Medicine program. The medical music therapy internship program at Cleveland Clinic is committed to providing individualized, quality educational experiences and training to prepare students for a career as a music therapist. Cleveland Clinic offers a six-month, full-time internship designed for students who wish to obtain board certification and pursue a career in music therapy.

Students will gain experience in a variety of hospital areas with a core focus in adult settings. The intern will work with patients and their families as part of a multidisciplinary team in an individual bedside setting as well as music therapy groups. Each session consists of assessment, facilitation, evaluation, and documentation. The intern will learn and incorporate a variety of music therapy experiences to address patient health and well-being. The internship is divided into three rotations with time spent in each of the areas outlined below.

INTERNSHIP ROTATIONS

HILLCREST ADULT INPATIENT
<p style="text-align: center;"><u>Intensive Care Specialties:</u></p> <p style="text-align: center;">- Medical ICU (including trauma), Cardiac Surgical ICU, Coronary Care ICU</p> <p style="text-align: center;"><u>Music Experiences for:</u></p> <p>- Grief and bereavement support, end of life and family support, symptom management with vented patients, life review and reminiscence, coping skills, pain and anxiety management</p> <p style="text-align: center;"><u>Inpatient Medical Opportunities:</u></p> <p>- Trauma, Neurological Disorders, Nutritional Insufficiency, Respiratory Illnesses, Cardiac Recovery, Geriatric, End of Life</p> <p style="text-align: center;"><u>Music Experiences for:</u></p> <p>- Symptom management (pain, anxiety, agitation, nausea, etc.), coping skills, self-expression and control, emotional support, normalization of hospitalization, appropriate sensory stimulation, legacy projects, life review and reminiscence</p> <p style="text-align: center;"><u>Opportunities to:</u></p> <p style="text-align: center;">- Work within a multidisciplinary team & co-treat</p>
HILLCREST ADULT OUTPATIENT & INPATIENT ONCOLOGY
<p style="text-align: center;"><u>Music Experiences for:</u></p> <p>- Coping skills, emotional support, symptom management, self-expression, family dynamics and support, legacy projects, life review, end of life transitioning</p> <p style="text-align: center;"><u>Opportunities to:</u></p> <p>- Collaborate with multidisciplinary oncology team, support patients during infusion, offer continuity of care from outpatient to inpatient, provide staff support, discuss & observe ongoing research</p>
HILLCREST ADULT OUTPATIENT CARDIAC REHABILITATION GROUP
<p style="text-align: center;"><u>Music Experiences for:</u></p> <p>-Health & well-being, coping skills, emotional support, self-expression, group cohesion, anxiety management</p> <p style="text-align: center;"><u>Opportunities to:</u></p> <p style="text-align: center;">-Create song playlists, facilitate group experiences geared toward health & well-being</p>

MAIN CAMPUS ADULT GENERAL INPATIENT MEDICAL

Intensive Care Specialties:

- Medical ICU, Surgical ICU, Cardiac ICU, ECMO Unit

Music experiences for:

-Grief and bereavement support, end of life and family support, symptom management with vented patients, life review & reminiscence, positive coping skills, pain and anxiety management

Inpatient Medical Opportunities:

- Trauma, Respiratory Illnesses, Solid Organ Transplant, Oncology, Hepatology, Nutritional Insufficiency, Plastics, End of Life

Music experiences for:

- Symptom management (pain, anxiety, agitation, nausea, etc.), coping skills, self-expression and control, emotional support, normalization of hospitalization, appropriate sensory stimulation, legacy projects, life review and reminiscence, grief support

MAIN CAMPUS INPATIENT TRANSPLANT

Music experiences for:

- Coping with extended hospitalizations, self-expression, emotional support, respiratory support, relaxation, family support and interaction

Opportunities to:

- Engage in long-term therapeutic relationships with patients, collaborate with the multidisciplinary team, Participate in fundraiser concert for transplant families

PROGRAM PHILOSOPHY

REFLEXIVITY: The Cleveland Clinic medical music therapy internship program philosophy focuses on a reflexive practice that allows flexibility between approaches and is rooted in humanistic, existential, and music-centered theoretical models. Music therapists utilize reflexivity to impact the in-the-moment needs of patients. By establishing a therapeutic relationship, music therapists can focus on individualized ways to provide support, decrease suffering, empower patients, and create an inclusive hospital environment.

PATIENTS: In a fast-paced hospital setting, the music therapists focus on meeting the patient’s acute, in-the-moment needs. Utilizing assessment and observation, rapport-building, and collaborating with the medical team, music therapists advocate for the whole person while working with the patient during their hospitalization.

THERAPEUTIC RELATIONSHIP: The patient’s focus and needs drive and propel the session; the patient is a collaborator in the therapy process. Music therapists have the honor of mutually engaging with the patient’s disease process as it changes. Important characteristics of a music therapist working in this setting include vulnerability, genuine authentic connection, and a continued focus on self-awareness.

MUSIC & CULTURE: The continued focus on self-awareness includes engaging in ongoing education to address the individualized cultural needs of each patient. Therapists in the medical

setting provide care to all people with various life experiences and abilities from different cultures. It is within the music therapist's scope of practice to maintain a culturally responsive practice including recognizing one's own biases, values, and beliefs. Understanding and learning about the patient's unique relationship with music as it fits within their culture provides a normalizing and humanizing connection.

SUPERVISION PHILOSOPHY

MODES OF LEARNING: Interns who choose to learn at the Cleveland Clinic will be guided and mentored in a supportive environment that fosters independence and collaboration. Students will experience learning opportunities through observing, co-leading, and leading bedside sessions, reading relevant research and other articles, engaging in individual music exploration, participating in discussion, observing other disciplines, and exploring ways to reflect on experiences that are meaningful throughout internship.

SELF-CARE & BOUNDARIES: Interns will learn the importance of fostering relationships with colleagues and patients while establishing appropriate therapeutic boundaries to promote self-care. By establishing this routine early in a professional's career, the goal is to nurture the benefits of work/life balance to reduce the potential for burnout.

THERAPEUTIC & PROFESSIONAL SKILLS: The supervisor's role during internship is to nurture the existing strengths of each intern and identify goals for growth. Interns will demonstrate assessment, treatment, and documentation skills throughout each rotation with more autonomy as the internship progresses. Interns will have opportunities to communicate and collaborate with multidisciplinary team members.

MUSIC & THERAPY: Interns will expand upon musical skills by utilizing them regularly in sessions with patients at the bedside. They will learn and receive guidance from supervisors on how to incorporate these skills in the therapeutic relationship, as well as how to adapt in-the-moment to meet the acute needs of patients in the medical setting.

REQUIREMENTS & COMPETENCIES FOR APPLICANTS

The Cleveland Clinic medical music therapy internship seeks students who are currently enrolled in affiliated music therapy university programs approved by AMTA.

Preferred prior experiences:

- Work environment in which applicant demonstrated flexibility and adaptability
- Prior experience within the medical setting (volunteer or practicum)

The prospective intern must have:

- 3.0 GPA or higher
- Documented completion of all competency-based pre-requisites for internship (including completion of coursework and clinical experience required by AMTA)

- General knowledge of medical music therapy, basic medical terminology, and common diagnoses encountered in a medical setting
- Proficient music skills
- Strong interpersonal and written communication skills
- An awareness of the impact of culture on music and the therapeutic process
- A basic demonstration of therapeutic knowledge
- A willingness to learn

Examples of baseline competencies of a music therapy intern include but are not limited to the following:

Functional Music Skills:

- Proficient in guitar and piano, functional use of voice for hospital setting
- Ability to play in a variety of musical styles
- Appropriate repertoire for multiple populations from infants to older adults
- Ability to compose simple melodies and songs in a session
- Ability to sight-read simple melodies and chords
- Ability to improvise on piano, guitar, and various percussion instruments

Music Therapy and Clinical Skills:

- Principles of Therapy
- Assessment Skills
- Foundations of Music Therapy
- Treatment Planning
- Goal setting
- Treatment Implementation
- Verbal Processing Skills
- Evaluation of Treatment
- Observation skills
- Documentation
- Technology skills – iPad & computer

Professional Characteristics:

- Time management skills
- Verbal & written communication skills
- Aware of ethical expectations
- Professional demeanor and appearance
- Handle constructive criticism and feedback

Interpersonal Skills:

- Flexibility and adaptability

- Self-awareness
- Manage high-stress/face-paced work environment
- Self-expression
- Therapeutic boundaries
- Organization & prioritization skills
- Relationships & rapport building

These skills will be evaluated via application materials, interview, and audition.

INTERNSHIP EXPERIENCE

Hours and Schedule: The Cleveland Clinic internship is a six-month, full-time internship. The intern can expect to work 40 hours per week. Interns may take up to 5 days (40 hours) of personal time off in addition to holidays. The intern is **not** expected to work the following holidays: Thanksgiving Day, Christmas Day, or New Year's Day. The internship is divided into three rotations, as outlined above. The intern will be supervised by a rotation-specific music therapist. This experience allows for the intern to fully integrate into each specific population and learn from a music therapist with experience and expertise within those populations. The intern will then cycle through periods of observation, co-leading, and facilitating individual sessions. The progression of this cycle will vary depending on the individualized needs of the intern.

Communication, Technology, and Equipment: The intern will have access to a Cleveland Clinic issued iPad and internal email address. The intern will also be able to utilize a wide variety of instruments including guitars, portable keyboards, various large percussion instruments, ukuleles, reverie harps, assorted rhythm instruments, and Orff instruments. There is also a Cleveland Clinic MacBook available for recording and editing patient-related projects.

Housing: Cleveland Clinic can provide resources for interns searching for appropriate housing options in the area.

Transportation and Parking: The intern is required to have reliable transportation. Traveling between campuses during a shift is not expected. Parking assignments for all Cleveland Clinic student programs will be at an off-site surface parking lot at no charge. There is a complimentary shuttle bus to Hillcrest Hospital. The parking lot at the main campus is approximately a five-minute walk to the hospital.

Stipend: This internship is unpaid; however, we are able to offer you a small internship stipend of \$3,000 to help offset out-of-pocket expenses (i.e., for parking, meals). This internship stipend will be paid in increments over the course of the seven-month internship (approximately \$428/month).

Supervision: The intern will have opportunities to receive feedback and supervision from board-certified music therapy supervisors and other health care professionals. There will be

weekly, formal individual 1-hour supervision meetings each week as well as informal observation and feedback throughout each rotation.

Assignments: The intern will be responsible for completing all assignments in the internship syllabus which will be provided upon start of internship. These assignments will be communicated at the beginning of each rotation and include readings, a reflective journal, an internship project, and other assignments at the supervisors' discretion. Assignments are provided to enhance the intern's overall learning experience.

Expectations of Intern: Cleveland Clinic caregivers are guided by six core values: empathy, integrity, inclusion, quality & safety, innovation, and teamwork. Interns accepted into this program are also expected to adhere to these values and serve as a role model for others. Interns are also empowered to seek guidance when faced with challenges or difficulties.

Case Loads: Within each rotation, the intern will build and maintain their own caseload of individual patients. All of these sessions will be conducted at the patient's bedside or virtually. The intern's caseload will fluctuate depending on the needs of each patient, the hospital census, and the intern's schedule.

Multidisciplinary Team: In addition to the three supervising board-certified music therapists, the intern will have contact with many healthcare providers throughout the hospital including but not limited to: physicians, physician assistants, registered nurses, respiratory therapists, social workers, case managers, physical and occupational therapists, speech/language pathologists, art therapists, psychologists and psychiatrists, patient care assistants, nurse practitioners, child life specialists, healing service practitioners, and chaplains.

Professional Development Opportunities: The intern will have opportunities to attend live and live-streamed continuing education events offered by Cleveland Clinic and hosted by a variety of medical professionals.

AFTER ACCEPTANCE – ADMINISTRATIVE REQUIREMENTS

AFFILIATION AGREEMENT: Once an offer has been extended, the internship director and Cleveland Clinic's health profession's education department will collaborate to ensure a legal affiliation agreement is finalized with the intern's school.

LEARNING AGREEMENT: Once accepted, the student, Academic Supervisor, and Internship director will review an internship learning agreement outlining expectations for successful completion of competency-based prerequisites for internship including coursework and clinical experience completion. The internship learning agreement must be received and reviewed prior to the intern's start date.

ONBOARDING: The intern will participate in an onboarding process which includes guidance for completion of required documents and tests prior to the start of the internship. There is a \$50.00 administrative fee which will be charged to the intern's school at the end of the Cleveland Clinic Semester (December 31st). The onboarding process including the health

screening, TB screening, and background check must be completed prior to the start of the internship. The cost of these health-related screenings will be the responsibility of the student. RESOURCES: A basic repertoire of 50 of the most-requested songs will be given to the intern for reference upon acceptance.

STUDENT ONBOARDING: All new students will be assigned a virtual student orientation course in MyLearning during onboarding. Students will be introduced to the Cleveland Clinic mission, values, and history. Students will also be required to complete Core Compliance Courses mandated by The Joint Commission in MyLearning for additional safety information.

For any additional questions regarding this internship, please contact the Internship Director.