



Villa St. Joseph
1030 State Street
Baden, PA 15005

Villa St. Joseph

Villa St. Joseph is a non-profit charitable organization established to provide competent and compassionate care in a residential setting to persons in need of long-term care.

Music Therapy Internship Application Packet

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Villa St. Joseph: Music Therapy Internship

INTERNSHIP SITE:

Villa St. Joseph

1030 State St.

Baden, PA 15005

Phone: 724.869.6300

<http://www.stjoseph-baden.org/Villa>

POPULATION SERVED:

Villa St. Joseph is a non-profit, charitable organization established to provide competent and compassionate care in a residential setting to persons in need of long-term care (mission statement). Villa St. Joseph serves primarily the geriatric population, including short-term rehabilitation, long-term nursing care, end of life care, and Alzheimer's disease.

FACILITY DESCRIPTION:

Villa St. Joseph is located 25 miles north of Pittsburgh, along the Ohio River Boulevard. Villa St. Joseph is a sponsored ministry of the Sisters of St. Joseph and shares the 88-acre campus with the Sisters of St. Joseph Motherhouse and Girls Hope of Pittsburgh. This unique interpersonal environment offers various opportunities for intergenerational experiences and a natural extension of the Sisters of St. Joseph community. The beautiful campus, hosted by the Sisters of St. Joseph community, boasts an abundance of green space, including 54 varieties of trees, two walking trails, and a labyrinth.

Villa St. Joseph houses 120 beds in four "neighborhoods," serving residents with short-term rehabilitation needs, long-term skilled care needs, hospice needs, and Alzheimer's disease. The dedicated nursing staff is joined by physical therapy, occupational therapy, speech therapy, music therapy, pastoral care, social services, and activities staff in meeting resident care needs.

VILLA ST. JOSEPH MISSION STATEMENT:

Villa St. Joseph is a non-profit, charitable organization established to provide competent and compassionate care in a residential setting to persons in need of long term care. This mission, rooted in the tradition of the Sisters of St. Joseph of Baden, witnesses to a profound love of God and love of neighbor without distinction. Villa St. Joseph serves all people regardless of race, color, creed, religion, sex, national origin, age, familial status, handicap or disability.

Villa St. Joseph commits itself to excellence by:

- Ministering to the physical, emotional, and spiritual needs of the Villa St. Joseph community in a wholistic manner,
- Respecting the dignity and integrity of each person,
- Providing quality care that upholds the sacredness of human life,
- Striving to create a just and caring community among residents, staff, volunteers, families, and trustees, inviting diversity,
- Exercising responsible stewardship of resources to allow for the continuance of our charitable mission, and
- Collaborating with the wider community in providing intergenerational opportunities for mutual growth in faith and appreciation of life in all its stages.

ACCREDITATIONS/LICENSURES:

- CARF-CCAC: The Commission on Accreditation of Rehabilitation Facilities (CARF) and the Continuing Care Accreditation Commission (CCAC) merged in 2003. This international accrediting commission establishes standards to help organizations measure and improve the quality of their programs and services. Villa St. Joseph's accreditation, as a member of the Aging Services Network, marks the first accreditation of an aging services network by CARF-CCAC in the state of Pennsylvania and the third in the United States.
- Pennsylvania Department of Aging
- Pennsylvania Department of Health
- Pennsylvania Department of Public Welfare
- Pennsylvania Department of Labor and Industry
- Federal Medicare and Medicaid Program
- Medical Assistance Program of the State of Pennsylvania
- Pennsylvania Department of Agriculture

MEMBERSHIPS:

- American Association of Homes and Services for the Aging (AAHSA)
- Pennsylvania Association of Nonprofit Homes for the Aging (PANPHA)
- Southwestern Pennsylvania Partnership on Aging
- Faith Based Network
- Catholic Long Term Care Network
- Pennsylvania Catholic Health Association

MUSIC THERAPY PROGRAM DESCRIPTION:

Villa St. Joseph is the first long-term care facility in Beaver County to implement a Music Therapy Program directed by a full-time, board-certified music therapist. The program received initial funding through Staunton Farm Foundation and other generous donors with the goal of improving the lives of residents experiencing depression. Research in this context is currently being conducted at Villa St. Joseph through the Music Therapy Department.

The Music Therapy Program at Villa St. Joseph includes one music therapist and functions as an independent department. The Music Therapy Department partners most frequently with the Activities Department and is supported by a few students/volunteers at times. The Music Therapist serves as a member of the management team, as well as the broader interdisciplinary team. Music therapy documentation is incorporated in the medical record, and the music therapist is active in the care planning process.

Music therapy is facilitated five days a week, in individual and group settings, encompassing all four neighborhoods in the Villa and limited intervention in the Sisters of St. Joseph Motherhouse. Villa St. Joseph accepts music therapy practicum students and interns from Duquesne University.

The Music Therapy Program at Villa St. Joseph provides an ongoing opportunity for growth and development. These possibilities include:

- *Programming opportunities* such as various group/ensemble sessions, intergenerational activities/ensembles, community/family engagement, special events, etc.
- *Advocacy opportunities* such as employee education/in-services, community/family outreach, publications, peer interactions, etc.
- *Educational opportunities* through Villa St. Joseph or the greater community regarding general employee information, resident care topics, or music therapy.

MUSIC THERAPY PROGRAM PHILOSOPHY:

The Music Therapy Program at Villa St. Joseph is a quality of life program that encourages health and wellness through the use of music. Our residents are accepted as unique individuals whose needs encompass the mind, body, and spirit. They have abilities as well as limitations, preferences, and a potential role within the community. Each resident lives within the culture of his/her relationships, family, spirituality or religious preference, and geographic location, in addition to the culture within Villa St. Joseph. Each resident's past experiences continue to be a part of the individual. In accordance with the Active Theory of Aging (Havighurst, 1963), we

view successful aging to involve remaining active and involved in order to pursue the same, or adapted, preferences throughout life. Although residents may begin to withdraw from the community near the end of life, Villa St. Joseph remains a vibrant community that is full of life.

The therapeutic value of music at Villa St. Joseph is rooted in music's ability to create and restore order. Sears' processes of music therapy provide a thorough look at these characteristics of music and the responses they elicit. Music promotes healthy responses due to the familiarity, predictability, feelings of security, pleasure, and positive associations it offers to residents. It facilitates experiences within structure, in self-organization, and in relating to others, creating a successful environment for residents to achieve a variety of goals such as orientation, self-expression, and interaction goals. Music also structures the process of change, drawing on the iso principle to guide the patient from his/her present state to the desired state. This may involve decreasing pain or agitation, or engaging a resident in a group. In these ways, music enhances the restoration and coordination of declining abilities for successful and fulfilling experiences.

The music therapy facilitated at Villa St. Joseph is generally grounded in humanistic theory. The interdisciplinary treatment approach strives to remain person-centered, and the music therapy goals address quality of life issues. Each resident is viewed as a valuable individual with unique music experiences and associations. The relationships between a resident, the music, and the therapist are the vehicle for therapy. Therapeutic interactions, and the relationships they build, support each individual via acceptance, reassurance, reminiscence, empathy, affirmation, and trust. The music therapist works to renew and expand these relationships in order to improve quality of life, including the interconnected physical, cognitive, psychological, interpersonal, and spiritual aspects of life.

Music therapy takes place in individual and group environments, encompassing a variety of techniques and primarily using live music. Music therapy group sessions emphasize a theme that often encourages orientation to holidays, time of year, etc. Group sessions are structured, following a flexible routine that includes a variety of activities (active music making, music listening, imagery experiences, relaxation experiences, movement activities). Current music therapy groups include weekly neighborhood groups, Villa Bell Choir, Music and Movement, and Music Appreciation. Individual sessions allow for flexibility in order to meet the needs of the individual residents and may include song choice, music listening, reminiscence/discussion, instrument lessons, or other shared music experience. The nature of music therapy sessions and goals encourage creativity in adapting and developing techniques. The music therapy program also coordinates special events, such as the Villa Talent Show, and supports other music-related programming or needs.

INTERN TRAINING PHILOSOPHY:

The music therapy internship is a learning process that prepares an individual to enter the music therapy field as a competent and confident professional. The learning process, therefore, encompasses the development and application of theoretical, clinical, and professional skills, as guided by the AMTA Professional Competencies. Upon successful completion, the intern will be able to apply for board certification as a music therapist.

The music therapy internship at Villa St. Joseph will incorporate a variety of learning opportunities in order to create an environment for successful learning. Clinical opportunities and supervision remain priorities in developing and applying skills. Avenues for learning will include observation, research, documentation, self-evaluation and reflection, participation in interdisciplinary processes, musical supervision, and discussion. Clinical opportunities will involve group and individual sessions, as well as opportunities to assess, develop, and evaluate the effectiveness of music therapy programming.

Clinical skills are essentially learned by doing, a process made more successful by preparation, reflection, and supervision. Therefore, the intern will engage in a process of preparing skills, using skills, and evaluating skills. The intern will also have the opportunity to develop professional skills through education and advocacy as these concepts relate to staff, community, and/or government.

Many interns learn successfully through a combination of observation, questioning, imitation, exploration, feedback, and supervision. Therefore, the supervisor will provide observation opportunities, guidance in an interdisciplinary context, teaching, modeling, support and space for growth, and musical and verbal supervision. The intern also has the responsibility to direct his/her learning experience by asserting his/her supervision needs and preferences. The supervisor will guide the intern in preparing for clinical experiences and encourage the intern to reflect on those experiences. Other assignments will contribute to personal and professional growth by exploring relevant literature, programming possibilities, personal reflections, etc.

The goal of the music therapy internship at Villa St. Joseph is to grow personally and develop professionally into a competent and confident music therapist. The successful intern should be prepared to complete the board certification exam and meet the AMTA Professional Competencies. The successful intern should also be capable of continuing the process of preparing and evaluating skills to encourage continued growth as a music therapist.

INTERNSHIP DESCRIPTION:

Interns can expect to work with the one, full-time music therapist on staff in partnership with other departments and disciplines. Interns will develop and apply theoretical, clinical, and professional skills, as guided by the AMTA Professional Competencies, as they become increasingly independent in clinical experiences. Interns will participate in weekly supervision and other learning opportunities as recommended by the supervisor and requested by the intern, including a final project. A midterm and final evaluation will be completed and reviewed with the intern, who will also have the opportunity to provide feedback regarding the internship experience.

The orientation period includes general orientation to the facility and music therapy orientation. The intern will become familiar with facility policies and procedures, as well as music therapy policies and procedures. The intern will observe music therapy programming, interdisciplinary meetings, and other relevant events or trainings. The intern will focus on preparing music skills and will begin learning the documentation process.

The learning and development period will focus on skill development and the interdisciplinary role of the intern. The intern will move from observation to co-leading, beginning to take a more active role in session planning and preparation. The intern will also become more involved in the interdisciplinary team, including attending care conferences.

The transition period prepares the intern for professional work. The intern will gain increasing independence in planning and facilitating group and individual sessions. The intern will also assume documentation responsibilities for these sessions. The intern will explore the transition to professional through supervision and the completion of a final project.

ENTRY LEVEL REQUIREMENTS:

Interns should be prepared to demonstrate the following requirements:

Music Skills

- Basic skills on percussion instruments in rhythm-based experiences
- Ability to tune a guitar
- Ability to sing on pitch with and without accompaniment
- Ability to accompany self on piano and guitar
- Ability to compose or arrange songs using I, IV, V chords
- Ability to sight read and create accompaniment for a simple melody using I, IV, V chords
- Knowledge of population-appropriate repertoire

Clinical Skills

- General knowledge about the geriatric population, including abilities and limitations
- Basic knowledge of music therapy methods and techniques as appropriate to the geriatric population, including possible goals and objectives
- Ability to assess, observe, and document a resident's mood, affect, behavior and responses to music interventions
- Ability to communicate professionally and effectively in written and verbal forms
- Willingness to establish and maintain interpersonal relationships with residents as appropriate to therapy

Professional Skills

- Adherence to professional and ethical expectations
- Ability to meet responsibilities in a timely, organized, and professional manner
- Willingness to actively engage in supervision process
- Ability to communicate professionally and effectively with other disciplines
- Ability to follow facility and departmental policies and procedures
- Ability to seek guidance when needed

STAFF DESCRIPTIONS:

Interns can expect to work with the following departments:

- Music Therapy: internship director/supervising music therapist
- Activities Department: scheduling/coordinating programming, sharing resources
- Nursing Department: communication regarding residents
- Other departments: interdisciplinary communication

OTHER STUDENT TRAINING PROGRAMS (ON-SITE):

Interns may have the opportunity to interact with students of other training programs:

- Certified Nursing Assistant (CNA) certification classes: 2-3 classes per year
- Nursing students: occasional
- Physical Therapy students: occasional
- Occupational Therapy students: occasional
- Dietetic interns: 4-6 interns throughout academic year
- Informational Technology interns: occasional

OTHER EDUCATIONAL PROGRAMS:

Various educational programs are offered on-site and in the local region. Interns will be expected to participate in some of these programs, and may request to participate in others.

- Staff in-services (mandatory and voluntary): employee and resident care topics
- Employee Wellness Program: monthly seminars
- Professional trainings (related to music therapy, depression, or geriatric care): available in the Pittsburgh area
- Music therapy professional conferences: time available for attendance

OTHER INTERNSHIP INFORMATION:

Stipend: none available

Meals: Villa St. Joseph offers the Café during limited hours to employees, residents, and visitors wishing to purchase food. Meals are not provided for interns.

Housing: Housing is available in the local area, but not provided for interns.

Transportation: Parking lots are available for intern use at no cost. Villa St. Joseph is also accessible by bus via Beaver County Transit.

Insurance: Interns are responsible for obtaining professional liability coverage independently or through their school.

CLINICAL TRAINING DIRECTOR

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