

## BATON ROUGE GENERAL MEDICAL CENTER

Mid-City Campus

3600 Florida Blvd.

Baton Rouge, LA 70806

Bluebonnet Campus

8585 Picardy Ave.

Baton Rouge, LA 70809

### MUSIC THERAPY INTERNSHIP OVERVIEW

#### **Internship Director:**

Mary Malloy, MA, MT-BC (She/Her/Hers)

Music Therapist

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#### **Internship Supervisors:**

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Music Therapist

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Music Therapist

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#### **Location:**

Baton Rouge General (BRG) is in the heart of the State Capital, Baton Rouge, LA, in southeast Louisiana. About 80 miles west of New Orleans, Baton Rouge is on the Mississippi River and home to Louisiana State University, Southern University, and many businesses and industrial facilities. Known for its great people, its unique food, and its lively music, “Red Stick” has something for everyone.

The Capital City offers several world-class and local art exhibits. Downtown, the Shaw Center for the Arts features the LSU Museum of Art, the Manship Theatre and more. The Baton Rouge Gallery in City Park features contemporary art and special exhibits. The Louisiana Art and Science Museum includes the W. Pennington Planetarium.

Baton Rouge is home to the Baton Rouge Symphony Orchestra, the Baton Rouge Ballet, The River Center, and the Baton Rouge Little Theatre, and is host to the annual Bayou Country Superfest, Baton Rouge Blues Festival, and FestforAll. Baton Rouge offers several concert series in the spring and fall such as Live after Five, Rock ‘n’ Rowe, the Belle of Baton Rouge Concert Series, Sunday in the Park, and L’Auberge Concert Series, many of which are free.

Baton Rouge features charming neighborhoods such as Spanish Town, home of the Spanish Town Mardi Gras parade. From historic homes and scenic gardens to modern architecture and

technology, Baton Rouge is within an hour of historic plantation homes, outdoor recreation areas such as swamp tours, BREC Zoo, fishing, golf courses. The Downtown Trolley, CATS bus system, and ever-increasing bike paths make it easy to get around. Amazing restaurants abound. With an average temperature of 68 degrees, leisure activity opportunities are abundant.

### **Type and Number of Population Served**

Baton Rouge General Medical Center is a full-service community hospital, with 544 licensed beds between two campuses. As the first hospital in Baton Rouge, opening its doors in 1900, Baton Rouge General has a long history of groundbreaking milestones, as well as providing the Greater Baton Rouge community with high quality healthcare for generations. From our birth center to senior services, and state-of-the-art heart and cancer care, Baton Rouge General provides care for the whole family at every age and every stage of life.

BRG boasts two campuses that work together to provide exceptional healthcare to a diverse community. With a staff of more than 3000, BRG is one of the top ten private employers in the area. BRG is a regional leader in primary care and specialty programs. The hospital delivers the highest quality care because of its commitment to state-of-the-art technology, innovative ideas, and dedicated staff. Services at BRG include:

- 24-hour emergency room
- Medical/Surgical services
- Outpatient ambulatory services
- ICU/PICU/NICU
- Pediatrics
- Heart and Vascular Center
- Birth Center
- Behavioral Health
- Burn
- Gastroenterology
- Hyperbaric and Wound Care
- Imaging/Radiology
- Lab
- Oncology – Inpatient and Outpatient Care
- Orthopedics
- Neurosciences
- Rehabilitation – Occupational, Physical and Speech Therapies
- Seniors
- Weight Loss

- Wellness

BRG is a general hospital setting. Music Therapy services are available on the Behavioral Health Units, both inpatient and outpatient, and to all clinical departments that provide direct patient care through the Arts in Medicine Program. Music Therapy interns will have opportunities to provide services to the inpatient behavioral health units, orthopedic unit, cardiac unit, oncology units, pediatric unit, PICU, burn unit, skilled nursing unit, medical/surgical units, and the outpatient cancer center and behavioral wellness center.

### **Treatment Services Provided**

Inpatients and outpatients at BRG receive interdisciplinary treatment and care from a combination of the following:

- Physicians
- Psychiatrists
- Nursing staff
- Pharmacy
- Social Work
- Physical and Occupational Therapy
- Speech/Language Pathology
- Music Therapy
- Recreation Therapy
- Pastoral Care
- Family Education and Support Groups
- Respiratory Therapy
- Volunteer Services

### **Treatment Philosophy**

Baton Rouge General – A Community of Caring

#### **Our Vision**

*We will be the region's hospital of choice.*

#### **Our Mission**

*Improving lives and strengthening our community by providing exceptional healthcare.*

#### **Our Values**

- Caring - A deep abiding belief that caring moments reflect our compassion and respect, fostering a loving, healing environment.
- Excellence – An allegiance to the relentless pursuit of perfection, we individually and collectively demonstrate expertise, innovation, and accountability in all that we do.

- Service - The honor and privilege of giving of ourselves, creating one-on-one connections that respond to the deepest human needs.
- Integrity - Ascribing to the highest standards, we commit to integrity, respect and ethical stewardship of all resources entrusted to our care.
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### **Accreditation/Licensure of the Facility**

Baton Rouge General is accredited through JCAHO and licensed through the State of Louisiana.

### **Other Clinical Training Programs Provided**

Baton Rouge General, an accredited teaching hospital since 1991, is committed to exceptional medical education and serves a diverse population that is representative of the types of patients, injuries, illnesses, and healthcare needs most frequently seen by physicians in private practice.

- Family Medicine Residency Program
- Internal Medicine Residency Program
- Sports Medicine Fellowship Program
- School of Nursing
- School of Radiologic Technology

### **Library Services**

Baton Rouge General's Health Sciences Library is growing and expanding to serve and provide our community with free health information. Our library is open to the entire community and includes:

- Computer and internet access
- Document delivery
- Interlibrary loan
- Literature services
- Medline instruction
- Clinical Collection - journals, reference materials and online resources.
- Consumer Health Collection - books, journals, magazines, newsletters, pamphlets, and internet access.

### **Philosophy of the Music Therapy Program**

Music Therapy is an established healthcare profession and a complementary treatment modality. At BRG, the music therapist uses music and the patient/therapist relationship to promote healing and enhance quality of life. When applied in conjunction with other medical treatments, it can help patients cope mentally, physically, emotionally, and spiritually with their illness.

Within medical settings, music therapy allows a person to focus on the parts of themselves that are still healthy, creative, and expressive, no matter how ill one may be. Through the patient/therapist relationship that develops with and through the music, a healthy space is created, allowing for needed physical, emotional, and/or spiritual change to take place. This allows the patient to live their life rather than focusing on the illness.

From the moment of conception, we are all exposed to and respond to music, whether it is physiologically, behaviorally, mentally, emotionally, socially, or spiritually. It is this mind-body connection that makes music therapy such a valuable technique with medical patients. In medical settings, music therapy can:

- Facilitate emotional self-expression and provide a supportive environment with opportunities to confront fears and discuss concerns.
- Evoke memories, set a mood, capture a feeling, serve as a historical timeline and access and express emotions that might otherwise be difficult to share.
- Assist individuals in maintaining independence while keeping a sense of control over their life.
- Summon forgotten and necessary resources for survival.
- Allow for a significant effect on pain, decreasing pain perception and dependence on pain medication.
- Lessen feelings of isolation and loneliness by providing opportunity for social interaction and sharing.
- Lower blood pressure, heart rate, and respiratory rate.
- Provide motivation for physical activity.
- Enhance feelings of well-being.
- Provide opportunities for choice and decision making.
- Help reaffirm one's faith and facilitate hope.

A biopsychosocial model of care with a focus on crises intervention is used within the music therapy department at BRG. Specific techniques include the use of songs, including songwriting, song improvisation, song-based life reviews, lyric analysis, and song choice; music assisted relaxation techniques; entrainment for pain management; improvisation; multiple modalities for creative self-expression; identification and practice of coping strategies; reminiscing; and play. There is a heavy emphasis on the use of live music.

### **Music Therapy Intern Training Philosophy**

Students add a wealth of energy, enthusiasm, and knowledge to any clinical program. The music therapy program at BRG is committed to providing quality education and training for music therapy professionals. It is our philosophy that students learn best by observing, receiving feedback, practicing, and then implementing given techniques – or what we call supportive learning. The most successful intern will be one who is not only passionate about music therapy, but motivated to learn and experience by taking advantage of all there is to offer at BRG. Interns are expected to take ownership of their internship experience. This includes asking questions, sharing observations, bringing up concerns and fully participating in the supervision process. As the internship experience unfolds, every effort will be made to allow the intern to specialize in an area of interest whether it is music therapy with a specific

population, diagnosis, symptom, or a particular music therapy technique. Additionally, every effort is made to incorporate the intern's strengths and weaknesses into the training program to optimize intern growth and development.

### **Music Therapy Internship Experience**

The intern will be an active member of the interdisciplinary treatment team and will have the opportunity to observe, co-lead, and lead both individual and group sessions, participate in treatment team meetings, complete patient assessments and evaluation of treatments, document progress notes, participate in interdisciplinary committees and attend in-services and training related to the care of hospitalized patients. Weekly supervision, formal and informal observation, and performance evaluations will be provided along with assignments, special projects, and case studies.

During **ORIENTATION**, the music therapy intern (MTI) will be oriented to the facility, policies, individual units, and to the referral and documentation system. Additionally, the MTI will shadow various staff and disciplines at the hospital to gain a greater understanding of various roles in the hospital setting as well as begin to develop working relationships. At the end of the orientation period, the intern will be assigned to at least three units on a rotating schedule and will begin the internship's observation period. As the internship continues, the MTI will rotate to other units and select a unit of special interest to conclude their internship.

During the **OBSERVATION** period, the MTI will observe individual and group sessions on assigned units. The MTI will be asked to write observations after each session including observations of client behavior with and without music, interventions and goal areas, description of the music, what was and was not successful and why and what was learned about the client, self, music therapy while observing the session. Also, the MTI will provide a sample assessment and progress note related to the observed session and treatment recommendations. The internship director (ID) will provide verbal and written feedback on the evaluation of sessions and documentation. Lastly, the MTI will begin to attend weekly treatment team meetings on assigned units.

As the MTI continues to gain knowledge and skills, the **CO-LEADING** phase will begin. Prior to co-leading, the MTI will have to show beginning knowledge of specific assessment and treatment techniques used on the assigned units. The ID will work closely with the MTI to determine which interventions will be led by the MTI as well as provide verbal and written feedback. During this time, the intern will continue to fill out the observation report, in addition to the intern session review plan. Additionally, the MTI will begin entering assessments and progress notes into patient charts after approval from the ID. Finally, the MTI will be expected to start contributing to weekly team meetings.

As the MTI displays appropriate skills and ability to choose and implement techniques related to assigned units, the **LEADING** phase will begin. During this phase, the MTI will be expected to plan and lead individual and group sessions and independently complete assessments on assigned units. The internship director will be present during the first several sessions that the

intern leads, but after that supervision will take place on a weekly basis. Verbal and written feedback will be provided on assessment techniques, chosen interventions, documentation skills, and session evaluations. During this phase, the intern will be required to complete the session review form, daily contact log, and documentation in the medical charts including assessments and progress notes. Additionally, the MTI will be expected to be an active participant in treatment team meetings.

Most of the patient contact at BRG is in the form of group interventions on the Behavioral Health Unit (BHU). The ID will assign, on a rotating basis, units to be followed by the MTI. It will be the MTI's responsibility to review patient charts, assess the patient, and meet with the members of the treatment team to determine and design an appropriate treatment plan for the individual client. As part of the music therapy department at BRG, MTIs will gain advanced skills in music therapy techniques for treatment of anxiety, depression, chronic mental illness, substance abuse, and post-traumatic stress disorder.

Additionally, the MTI will participate in the Arts in Medicine (AIM) program, providing 1:1 interventions with patients throughout the hospital. The ID will assign, on a rotating basis, units to be followed by the MTI. It will be the MTI's responsibility to respond to referrals and requests for service, offer service, assess the patient, and provide service. The MTI will complete daily AIM contact log and AIM journal each day AIM services are provided.

### **Records and Progress Notes**

Documentation demands for BRG's Music Therapy program include:

- Completion of assessments on assigned units
- Completion of progress notes on assigned units
- Completions of intern session review forms and observation reports
- Completion of daily contact logs
- Completion of session plans

The MTI will be provided with various resources related to terminology and medical documentation.

### **Staff and In-service Meetings**

MTIs will function as part of the interdisciplinary team of treatment professionals on the BHU, providing multiple learning opportunities. When attending treatment team meetings, the MTI will be expected to be an active participant, contributing to patient progress and concerns, and educating on the use of music therapy with specific medical conditions and symptoms.

MTI will be expected to attend monthly staff meetings for BHU and AIM, and any in-services that arise.

### **Intern Self-Awareness and Professional Growth**

In addition to hospital and related in-service training, the MTI will be given the opportunity to attend either the National or Regional Conference for AMTA, and all state MT workshops. Additionally, the MTI will be given the opportunity to attend conferences, seminars, or related sites related to music therapy and deemed appropriate by the internship director. Five

educational days may be used and counted towards the required number of internship hours for supplemental training experience.

The MTI will also be encouraged to keep a journal or actively engage in a modality of choice as an outlet for feelings and/or experiences during the internship experience, as well as participate in activities related to this.

### **Formal and Informal Observations**

The ID will formally and informally supervise the MTI throughout the internship in the areas of direct patient contact and treatment, evaluation and documentation of sessions, assessment, treatment planning, supervision, participation in treatment team meetings, staff relations, and participation in training sessions. The MTI will have the chance to see the ID's completed formal observation form and engage in dialogue with the ID regarding strengths and areas for continued improvement. Emphasis will be placed on constructive feedback. Each MTI is entitled to at least four hours of observation per week with the ID.

### **Supervision**

The MTI is expected to be an active participant in formal and informal supervision by the ID. In addition to observations and reports, the MTI will meet with the ID weekly for formal supervision. This will be the time for the MTI to ask questions or express concerns about his/her MT experience. Each MTI is entitled to one hour of formal supervision weekly. While group supervision may take place, it will serve as an adjunct to individual consultation and will not replace aforementioned requirements. Additionally, the following is a list of potential topics to be covered during supervision:

- Conflict resolution
- Professional staff interaction
- Advanced verbal skills and techniques
- Music assisted relaxation
- In-service development
- Caring for the caregiver
- Avoiding burnout
- Music therapy and community outreach
- Documentation and goal writing
- Plans for special projects
- Expanding music repertoire
- Music therapy and end of life
- Family music therapy sessions

### **Projects and Assignments**

The MTI will complete several projects related to music therapy in medical settings to enhance their experience at BRG as well as gain a greater understanding of the role and potential of music therapy in medical settings.

In addition to a board-certified music therapist, the MTI will have the opportunity to work closely with certified therapeutic recreation specialists, art therapists, chaplains, social workers,



nurses, patient care technicians, physicians, physical therapists, and occupational therapists, artists, and musicians.

### **Provisions**

*Living Arrangements* – MTI will be responsible for providing their own living arrangements

*Stipend* – No stipend will be provided. A cafeteria discount will apply.

*Liability Coverage* – The MTI will be responsible for providing their own liability insurance through their university or independent insurer. Proof of liability insurance will be needed prior to starting.

*Transportation* – The MTI will be responsible for providing their own transportation to and from BRG, including between Mid-City and Bluebonnet campuses. There will be no additional funding for mileage.

### **Entry Level Skill Expectations**

Assessment of the following skills will be based on internship application, letters of recommendation, on-site interview and audition.

#### *Musical Skills*

- Ability to play and transpose I, IV, V chord progressions on the guitar/piano to accompany a song
- Ability to accompany a song using guitar/piano while leading a group in song
- Ability to sing in tune and in tempo
- Ability to compose songs or simple arrangements using I, IV, V chords
- Ability to improvise using rhythm instruments, guitar, and/or piano
- Ability to play guitar/piano in variety of tempos/styles
- General knowledge of repertoire with a variety of musical styles

#### *Clinical Skills*

- Ability to assess, observe, and document a patient's mood, affect, behavior and responses to musical interventions.
- Ability to document a patient's progress during music therapy sessions
- Knowledge of specific music therapy goals in relation to medical patients
- Ability to locate necessary medical information within medical dictionaries, Physician's Desk Reference, and other related sources
- Knowledge of basic medical terminology and common medical diagnoses
- Beginning ability to effectively plan, prepare, and implement 1:1 and small group music therapy sessions with supervision.

#### *Professional Skills*

- Respect towards other persons in response to a variety of situations or circumstances
- Ability to adequately express oneself in a professional manner
- Punctuality, professionalism, and organization necessary to fulfill ones assigned duties
- Ability to interact effectively with related disciplines
- Ability to follow hospital policies and procedures

- Openness to supervision process

### **Internship Requirements**

- Completion of required number of internship hours in accordance with AMTA internship guidelines
- Observe, co-lead, and lead both individual and group music therapy sessions
- Assessment, treatment, evaluation, and documentation of individual and group sessions
- Participation in formal and informal supervision
- Completion of performance evaluations
- Completion of a large music therapy project consisting of the necessary research needed to start a new music therapy group or targeted service area in a hospital setting, or a pilot study related to area of interest within the hospital setting, or a new music therapy program in the community
- Completion of a case study
- Bi-weekly reports related to articles on music therapy with medical patients
- Development of a hospital specific personal songbook
- Completed application to seek board certification at completion of internship

### **Number of Interns per Training Period**

BRG has one ID and 2 Internship Supervisors and can accept no more than **two-four** interns per training period. The internship start dates may coincide or be staggered. Interns are encouraged to work together, learn from one another, and eventually work independently.

### **Application Deadlines**

Applications should be received six months prior to preferred internship start time. All efforts will be made to send notification of internship acceptance or denial at least three months prior to the preferred internship start date.