



Site Contact Information:

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Internship Director Contact Information:

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I. Description of Earthtones Northwest

Earthtones Northwest is a company in the Portland-metro area that offers music therapy, horticultural therapy, art therapy, early childhood music classes, and wellness services. Our therapists provide individual and group sessions at locations in the community or in our clinical studio, located at Taborspace in SE Portland. Our therapists collaborate with clients, staff, and caregivers to assess strengths and areas for growth through active music making, art, and nature-based experiences. We identify attainable and meaningful goals to be met through engagement in ongoing therapy.

II. Philosophical orientation of Earthtones Northwest

Earthtones meets essential needs of well being for people of all ages and abilities through music and nature. Earthtones staff and therapists are passionate about providing heartfelt, quality services with an emphasis on kindness, success, and community. We are committed to bettering the lives of those in our immediate and surrounding communities through the professional application of the creative arts. We strive to create connection, relationship and therapeutic change that enhances the overall well-being and livelihood of our clients. Our commitment is to supporting the growth and enhanced quality of life for all those we serve.

III. Philosophy of music therapy services at Earthtones Northwest

Earthtones music therapists work from a humanistic and music-centered music therapy

philosophy with the understanding that all people have the right to develop, heal, and connect with others in ways that they find meaningful and life-giving. We have therapists on staff who have training/experience in Dalcroze Eurhythmics, neurologic music therapy, improvisational music therapy, community music therapy, early childhood music therapy, hospice music therapy, and Bonny Method of Guided Imagery and Music.

IV. Description of music therapy services and settings in internship program

Interns provide 50-minute sessions in a variety of settings, including day programs, assisted living facilities, group and/or private homes, and in our music therapy studio in SE Portland. Intern placements vary based on current demand and intern strengths/compatibility, but each intern can expect to work with elders, adults with mental health diagnoses, and developmentally disabled adults. Intern schedules average about 30% individual sessions and 70% group sessions. Group sizes range from small (3 members) to large (25+ members). Interns will be with a board-certified music therapist for approximately 50% of sessions.

Sessions are scheduled Monday-Friday between the hours of 9am-6pm. There are two evening sessions available which are optional to participate in; should the intern choose to participate in these sessions, they will be provided with a later start (11am-8pm) the day of.

V. Special Opportunities

In addition to the intern's weekly schedule, special opportunities will arise for the intern to participate in. These opportunities will be facilitated by a board-certified music therapist and may include events such as: early childhood music classes, consultative workshops, marketing booths, wellness groups, support groups, collaborations with the Oregon Symphony, and music therapy-informed birthday parties. Some of these opportunities occur on weekends and evenings and are thus fully optional. Should the intern choose to participate in weekend or evening events, they earn additional time off to use at their convenience.

VI. Intern entry level requirements

We accept interns who work creatively, who are sensitive to the needs of diverse clinical settings, and who enter internship with exceptional clinical musicianship. Musically, interns should be able to sing in-key with a pleasing tone, transpose keys quickly on both piano and guitar, and demonstrate musical responsiveness by matching another person's tempo, volume, and emotional quality during improvisation. Ideal applicants possess stellar communication skills and thrive in an energetic work environment. Applicant skill levels are assessed via our extensive internship application and an in-person/skype interview with our Music Therapy Program Director and Internship Director as well as our in-person/video demonstration of clinical and musical skills. All interns are expected to have passed all clinical training classes/practica successfully prior to beginning the internship.

VII. Number of interns per training period

Earthtones accepts 1-3 interns every 6 months.

VIII. Outline of clinical training program (approximate total number of hours spent in observation, co-treatment, treatment, documentation, planning, meetings, administrative work, supervision, projects, etc. throughout internship)

Category	Hours/week	No. of weeks	Total hours	Description
Observation	12	3	36	
Co-treatment	6	27	162	In session with MT-BC
Treatment	6	27	162	Without MT-BC, some sessions supervised by MT-BC via video
Supervision	6.5	27	175.5	Debriefs on-site, 1:1 supervision, video supervision, group supervision
Documentation	3	27	81	
Planning	5	27	135	
Meetings	1.5	27	40.5	Documentation meetings, administrative meetings
Projects	2	27	54	Presentations, final projects, additional assignments
Commutes	10	27	270	
Personal leave	40	1	40	
Federal holidays	20	1	20	
Total approximate internship hours	40/week		1116 total	

IX. Description of supervision experience

Earthtones Northwest prides itself on the breadth and quality of its supervision. Interns have the opportunity to experience individual and group supervision in a variety of formats during the internship.

- A. On-site supervision: For approximately 50% of their sites, interns will be placed with board-certified music therapists who have a minimum of two years of clinical experience. Following each session, the music therapists will spend 30 minutes debriefing with the intern, providing direct feedback and supervision and completing a written evaluation of the interns' facilitation. These supervisors submit a brief written reflection to be included on the interns' mid- and final internship evaluation.
- B. Individual supervision: The intern will receive one hour of supervision with their primary supervisor per week.
- C. Grounding group: This weekly supervision group is led by a board-certified music therapist (the music therapy program director) and a registered horticultural therapist. It is 1.5 hours. Horticultural therapy interns, when present, will also attend this group for a dual-modality supervision experience. This group focuses on creative processing of clinical issues and is facilitated by an intern each week as a way to learn the art of peer supervision with guidance from professionals.
- D. Rockumentation: This weekly supervision group is 1.25 hours and led by the internship director with a focus on logistical tasks of the internship (e.g. documentation and assignments), acquisition of musical skills (e.g. modal improvisation), and philosophical discussions on focused topics (e.g. systems thinking in music therapy).
- E. Video supervision: This weekly supervision group is 1 hour and led by the internship director. Each week, one intern brings in a video of a session (when approved with a video release by the client) for review. The group focuses on in-the-moment and during session emotional reactions, brainstorming session ideas, and exploring resistances.

X. Session facilitation progression

In month one, the interns overlap with the outgoing senior interns. For sites with a board-certified music therapist, they will observe the board-certified music therapist co-treating with the senior intern. For sites without a board-certified music therapist, they will observe the senior intern. They remain in observation mode for all sessions and are focused on building rapport with clients for healthy transition, observing a variety of philosophical and practical approaches, and building their musical repertoire.

In month two, the interns become responsible for facilitating the entirety of sites without a board-certified music therapist present. They will receive supervision on these sessions during their 1:1 supervision with their primary supervisor, through video supervision (when releases are available), occasional on-site visits from the internship director, and through assistance planning and documenting from the internship director. For sites with a board-certified music therapist, in month two, interns will move at a pace negotiated with each on-site supervisor, beginning by facilitating one experience and often culminating in facilitating entire sessions independently.

XI. Further description of intern-only sites (no board-certified music therapist present)

All intern-only sites are in partnership with Earthtones Northwest to provide a safe, skill-level appropriate clinical setting in which interns can explore, experiment, practice and develop their professional competencies. Site administrators, direct care staff and clients are informed that the intern is in training and work carefully with Earthtones Northwest to insure that direct care staff are present or within calling distance at all times. Approximately 50% of current Intern-only sites have agreed to video-taping sessions for the purpose of off-site video supervision to insure the intern receives the feedback needed to progress. Additionally, when videotaping is not possible, the internship director periodically attends sessions to provide on-site supervision. Intern-only sites are billed a reduced rate (some are pro bono) for services provided; when services are paid, the session rate is used to pay for the administrative aspects of the internship program and intern benefits. The internship director and client services coordinator maintain regular communication with intern-only sites to check in about how sessions are going, feedback on intern performance and to confirm that the site continues to be intern-appropriate. Sites served by Earthtones Northwest are aware of the difference between intern-led and professionally-led sessions. A majority of our sites require professional level of expertise and thus intern-led sites are carefully selected to allow for various skills levels from month 1-7 of the internship.

XII. Descriptions of music therapy supervisory staff

Internship director: Kristen McSorley, MMT, MT-BC, Licensed in the State of Oregon

Kristen McSorley is the music therapy internship director at Earthtones Northwest. She earned her master's in music therapy degree from Slippery Rock University and has been providing music therapy services since 2014. Her clinical and research interests include: feminist music therapy, transpersonal philosophies in music therapy, songwriting, work with survivors of trauma, and cultural reflexivity in music therapy.

Supervising music therapist: Maggie Johnson, MT-BC, NMT, Licensed in the State of Oregon

Maggie Johnson is the music therapy program director at Earthtones Northwest and has been providing music therapy services since 2011. She holds degrees in music therapy and music composition from Marylhurst University and Grinnell College. Her professional training and clinical experience includes work in hospice, developmental disabilities, Alzheimer's and memory care, adult oncology, mental health, caregiver wellness and staff training.

XIII. Internship director's statement of philosophy of music therapy practice and supervision

My music therapy practice blends feminist, anti-oppressive, psychodynamic, and transpersonal approaches in music therapy, shifting depending upon the interests, strengths, and needs of

the people I work with. I seek to acknowledge and explore how systemic oppression is related to health concerns that individuals present with, locating problems within systems rather than an individual themselves. As a feminist and feminist music therapist, I seek to provide space in my sessions to empower people to lead their own therapeutic process. I believe the role of music in these approaches can be one that is liberational; participating in music itself can be a radical act in a society in which music making is designated only to those who are healthy, well, and talented by a traditional notion. From a psychodynamic perspective, music is a space in which we project our own unconscious mind and so can be a space in which we can more deeply examine and acknowledge our unconscious processes. From a transpersonal perspective, I value music as an experience that goes beyond the sum of each individual in the group. Ideally, I strive to have an egalitarian approach in which sessions are guided by the people seeking therapy. Reflexivity is central to my approach in that I continuously locate myself within the therapeutic relationship, examining whether I am listening deeply to my clients or projecting my own beliefs, values, and worldviews onto them.

Similarly to my philosophy of practice, my philosophy of supervision and training is one that emphasizes the supervisory relationship and takes a feminist approach, valuing each interns' input onto what their strengths and needs are. I also strongly believe in challenging interns to think more deeply and intentionally about their clinical work. I believe a successful internship experience provides interns with a wealth of support and supervision. Our supervising music therapists take a humanistic approach, and each site is different in terms of how much or little the interns lead, depending on each intern and the needs of the site. Interns' have autonomy in our internship to develop their own philosophy and style of practice congruent with their own strengths and beliefs about therapy.

XIV. Other professional disciplines

Earthtones Northwest also provides horticultural therapy services and is a horticultural therapy training program. Intern music therapists will receive supervision from the horticultural therapy program director (in collaboration with the music therapy program director) each week at grounding group. The horticultural therapy training program has 0-2 interns per round.

XV. Internship assignments and projects

A. Documentation:

- a. Month 1: observation notes
- b. Month 2-7: monthly reports
- c. Month 2-7: client hours timesheet

B. Assignments:

- a. Monthly creative journal: a creative expression (e.g. song, painting) to represent what the intern is working on that month; presented in grounding group

- b. Repertoire building assignment
 - c. Reading assignments
 - d. Individual music therapy assessment
 - e. Themed session plan assignment
 - f. Music therapy microaggressions assignment
 - g. Personal philosophy and music therapy metaphor assignment
 - h. Personal and professional mission statements
- C. Projects:
- a. Professional presentation to a community contact
 - b. Internship final project: topic is to be related to an AMTA competency and decided upon by the intern, with approval from the internship director

XVI. Intern graduation

Interns are celebrated at the end of the seven-month internship with a 3-hour graduation ceremony, attended by their friends/family, co-interns, supervisors, and Earthtones Northwest staff. During this ceremony, they provide a 20-minute presentation to represent their newfound professional identity. This presentation should provide the audience with a sense of who the intern is as a professional, including how their values and self impact their work.

XVII. Additional on-site educational programs

Earthtones Northwest is located in Taborspace, a nonprofit that offers educational and therapeutic services to the community. Workshops are available at Taborspace (for a fee), including classes on neurodiverse counseling practices, creative writing, race dynamics, and more.

XVIII. Space and equipment

Earthtones has offices and a clinical studio located at Taborspace in beautiful southeast Portland. Our studio houses a baby grand piano, guitars, wide variety of drums (gathering drum, paddle drums, djembes, doumbeks, congas, talking drum, tubanos, ocean drums, kaizen drum, snare, cymbal, hand drums, buffalo drums, sound shapes, cajon, gong, bongos, etc.), a wide variety of hand percussion, melodic percussion instruments (African marimba, tone chimes, resonator bars, bass bars, bass xylophone, bass marimba, soprano xylophone, easycussion xylophones and marimbas, glockenspiels, boomwhackers, kalimba), autoharps, reverie harp, keyboards, movement aids, music therapy books, music resources, journals, internet access, a printer, laminator, & desk space.

XIX. Intern instruments

Interns will supply their own guitar. Earthtones provides a starter set of instruments and materials for the intern to utilize in their internship and keep (valued at approximately \$250).

XX. Housing, meals, stipend, transportation, and liability insurance requirements

Housing and meals: none

Stipend and mileage reimbursement: none

Transportation: reliable transportation (e.g. car, bus, taxi) is required to travel to 2-4 locations per day)

Liability insurance: provided by the university

XXI. Administrative requirements

Earthtones Northwest will pay for a criminal background check to be conducted prior to the interns' start date. There is no legal affiliation required for national roster interns.