



Music Therapy Internship Fact Sheet
Overlymusical, LLC

Internship Director:
Heather T. Overly, SCMT, MT-BC
Phone: 435-512-4193
E-mail: overlymusical@gmail.com

Physical Address: Overlymusical, LLC
340 N 100 W
Smithfield, UT 84335

About Overlymusical, LLC,

Overlymusical, LLC is a private practice founded in Aug 2016 which contracts and subcontracts music therapy to a variety of facilities and individuals in Northern Utah and Idaho. In one week Overlymusical, LLC serves approximately 100 clients each week. Overlymusical has been taking interns since September 2019. It has been nationally rostered by AMTA since July of 2020.

Populations Served

Overlymusical, LLC currently does small and large groups and 1:1's at the following facilities: Pioneer Valley Lodge (assisted living center), Cache School District--K-12 Special Education Classrooms-funded by the Beverly Taylor Sorenson Art Access Program, Legacy House (assisted living and memory care), Paradise Creek Recovery Center (males with sexual addictions), Bear Lake Memorial Hospital (Skilled Nursing Facility), Edgewood Assisted Living Center, Stride Services, private contracts with individuals, Rocky Mountain Hospice, Teen and Adult Guitar Classes, and Play with Me Music Development Classes (for families and children 0-5 years old).

Entry Level Requirements/Competencies

In order to be considered for this internship a student must demonstrate an interest in working with a variety of clients, demonstrate a proficient level of musicality on piano, guitar, autoharp, and voice (Defined below), a basic understanding of therapeutic approaches, and versatility in musical style to meet the needs of diverse groups and individuals served in this internship.

A. Piano Skills



- Play basic chord progressions (I, ii, IV, V, vi) functionally in four different keys, making accurate chord changes in tempo with less than one mistake per song,
- Play with appropriate accompaniment patterns, introductions and endings.
- Being able to improvise in two modes,
- Sight read at a moderate piano level,
- Read basic lead sheets,
- Compose simple songs
- Play with dynamics and expression.

B. Guitar Skills

- Play all repertoire songs in two different keys without the use of a capo, making accurate and quick chord changes with less than one mistake per song.
- Uses appropriate strumming and fingerpicking patterns
- Ability to change strum or fingerpicking patterns within a song.
- The student should know at least two different fingerpicking patterns, and four different strumming patterns.
- The student should be able to sight read a lead sheet and transpose it to an appropriate key on the spot.
- Ability to play barre chords and understand the versatility this gives their playing.

C. Autoharp/Q-chord Skills

- Being able to change chords in tempo of the song and know how to select an appropriate key for the voice to sing a long.

D. Vocal Skills

- Able to sing with enough volume and projection that the student isn't needing a microphone when leading a group vocally.
- The student should be able to sing over the accompaniment with good balance in a pleasing and expressive tone.
- The student should be able to sight read a melody line
- Feels comfortable singing with a group or solo.



How Entry Level Requirements will be evaluated

Applicants will first need to fill in an application. Those qualified will then have an initial interview which will focus on clinical and professional questions either in person or on the phone. Those selected for a call back interview will:

1. Observe one group session,
2. Demonstrate their guitar, piano, and voice skills to the internship director by playing and singing two songs; one on guitar and one on piano
3. Lead a musical improvisation with the internship director acting as your client (who may not have a lot of music experience) you may do this on the piano, guitar, or any percussion instrument.
4. Tour the Overlymusical LLC, office.

The director will give the candidates an interview preparation sheet which will specify the musical skills needed to be demonstrated approximately one week before the interview. If the candidate is chosen for the internship they must complete the *Guitar as a Second Language* (GSL I) course if the director feels these skills are needed, before starting the internship and bring a completed certificate the first day. This class will be paid for by Overlymusical, LLC. During the application process the director will determine if the intern will need to complete the GSL courses.

Description of the Internship Experience

Working and Commuting Hours

Interns will be expected to work 40 per week (regular hours will be Monday-Friday 8:30 am - 4:30 pm.)

Depending on commuting time some days the intern will need to leave home as early as 7:30 am. It will be required for the intern to have their own reliable car and a place of residence. The intern will be able to commute with the director for the out of town commutes. The longest commute is 2 hours one way.

Commuting hours will be used to plan and do individual supervision. There is one or two days of the week



where the intern will work a later day. This will be explained and coordinated during the internship onboarding process.

Description of Facilities Served

Pioneer Valley Lodge (assisted living center in North Logan, UT)

This is a large monthly music therapy group containing between 8-16 older adult residents. The group is held in a large activity room that has a keyboard, and white board that is available for the music therapist to use.

Cache School District--K-12 Special Education Classrooms (funded by the Beverly Taylor Sorenson Art Access Program)

Three special needs classrooms or life-skills classrooms are served weekly. Classroom sizes range from 7-16 students. The music therapy group is held usually in the classroom. Some classrooms have a circle area and all sit on the floor and other classrooms sit at their desks during music therapy. The objective for music therapy is to focus on reinforcing classroom skills and IEP goals of the students. The teacher will give input on music therapy goals and objectives to best serve the students.

Older Adult Wellness Groups (located in various facilities in Cache Valley, UT)

We serve several older older facilities in the valley. Depending on their budget we go to them once or twice a month. This is a wellness group focused on increasing socialization, group cohesion, maintaining physical mobility in extremities, cognitive stimulation, memory care, and increase quality of life through the music interventions.

Legacy House (assisted living and memory care)



This large group is held 2 times a month in the activity room. The room is adjacent to the dining room. The group size varies from 10-20 residents. Most of the group is brought from the "Cottage" which is the memory care unit.

Paradise Creek Recovery Center (males with sexual addictions in Malta, ID) -Every other week this session is held virtually.

Paradise Creek is a small residential treatment center for males with sexual addictions. It is an eight bed facility so groups have ranged from 1-8 clients. Spouses are invited to attend the facility towards the end of treatment so on occasion the group will have additional family members, mostly wives that join the music therapy session. This weekly group held in a small treatment room with large windows and a door. The center provides a variety of drums, keyboard, congas, and a guitar. Music therapy techniques such as drumming, musical improvisation, lyric analysis, song writing, and song sharing are implemented to increase social skills, awareness and expression of emotions, and treatment motivation.

Juniper Haven Mental Health (Residential Treatment Center for Teen Girls)

This is a small 8 client facility where teenage girls are transitioning from the inpatient psychiatric hospital back home. Music Therapy provides a safe environment to express emotions, gain self-confidence, emotional regulation and teaches multiple ways of coping skills.

Bear Lake Memorial Hospital (Skilled Nursing Facility in Montpelier, ID)

This contract is one time a week and currently is just one hour group session held in their activity room and then an hour of 1:1 sessions held in residents rooms. The majority of the population is older adults. The size of the group ranges from 4-12 residents. There are some in the group who are younger who have suffered a TBI or other debilitating illnesses. This is a wellness group focused on increasing socialization, group cohesion, maintaining physical mobility in extremities, cognitive stimulation, memory care, and to increase quality of life through music interventions.

Private contracts with individuals



All private contracts are done in clients' homes. The sessions are 1:1's and most often are conducted in the front room of the house.

Rocky Mountain Hospice

Rocky Mountain Hospice patient visits are all 1:1's and are conducted either in a care center patient room, or in the home of a loved one. Some patients may live alone but most are living with a spouse or family member. Often a loved one will join in the music therapy session. Goals for hospice visits is to provide closure for patient and family members through making legacy projects, provide social stimulation, pain management and encourage life review.

Stride Services

Stride Services (formerly the Developmental Skills Laboratory) provides services to youth and adults with developmental disabilities living in Cache Valley (Utah) and southern Idaho. These weekly groups are facilitated at Utah State University in the Music department. Adults with a variety of special needs participate to increase social skills, emotional awareness and expression, foster leadership skills, group cohesion. The groups have between 4-8 participants.

Play with Me Music Development Classes (for families and children 0-5 years old).

Weekly classes are held in the Smithfield Recreation aerobics room and the North Logan Rec Department. This is a large room with mirrors lining all the walls with wood that are buoyant, which is perfect for music and movement portion of our classes. The class consists of 8 families. Parents can come with 1-3 children which makes the class size from about 16-25. This group encourages parent and child bonding, reinforces child development milestones, and preschool and kindergarten readiness.

Group Guitar Classes (teen-adults).

Weekly classes are held in local recreation facilities. These classes are beginning group guitar classes where students are taught basic guitar skills. Most students start out not knowing how to hold, tune or play any



chords on the guitar. Three guitar levels are taught throughout the year. The classes are taught on Wednesday evenings from 6:30-7:30 pm. This is the only evening commitment that is required.

Professional Staff

The intern will primarily work with the internship director, Heather Overly, MT-BC and Sarah Nedz, MT-BC who has worked with Overlymusical since Jan 2022. Jamie Bartchi, MT-BC who facilitates three contracts will on occasion also supervise the intern. At each facility the intern will interact with other professionals on a regular basis as listed below.

Cache School District--K-12 Special Education Classrooms-funded by the Beverly Taylor Sorenson Art Access

Program

- Head teacher
- Teacher Aides

Legacy House (assisted living and memory care)

- Activity Director
- Activity Staff

Edgewood Assisted Living Center

- Activity Director

Bear Lake Memorial Hospital (Skilled Nursing Facility, in Montpelier, ID)

- Director of Facility
- Director of Nursing
- Nursing Staff
- Activity Director

Paradise Creek Recovery Center (males with sexual addictions)

- Education Specialist

Caribou Memorial Hospital (Living Center and Swing Beds in Soda Springs ID)



- CEO
- Doctors
- Activity Director
- Activity Staff
- Nursing Staff

private contracts with individuals

- Family Members

Rocky Mountain Hospice

- Head Nurses
- Doctor
- Social Workers
- Chaplain
- Nursing Staff (CNA's)

Play with Me Music Development Classes and Guitar Classes

- Program Coordinator

Communication and Training

The Intern will be responsible for staying current on the needs of the clients by continually communicating with the internship director, physician, nurses, case workers, activity directors, teachers, parents, and other staff at each facility contracted with. Each week the intern will spend at least one hour for training and feedback with either the internship director or supervising music therapist.

Training required for this internship

1. Two GSL online guitar courses taught by Jamie Bartschi-Both classes will be paid for by Overlymusical, LLC if it is needed by the intern. This will be determined after you begin your internship.



2. Hospice volunteer training at Rocky Mountain Hospice- this training will be scheduled within the first couple weeks of internship. This is a volunteer training that all volunteers must receive before seeing clients. The training addresses confidentiality, safety, requirements, medical terminology training, and common symptoms of decline in hospice patients.

3. Attendance to all Utah Music Therapy conferences that occur during the time of your internship (One in October and one in April or May)

Other Requirements:

Compensation

- To help you with the cost of background checks, gas, and living expenses all interns will receive a \$500 stipend given in two increments. (\$250 at the end of 3 months and \$250 at the end of the 6 months)
- Each intern will receive one company shirt
- Intern will also receive several singalong books that have an extensive repertoire

Projects/Assignments

Interns will be expected to grow throughout the internship by completing specific assignments/projects. The assignments/projects will be, 2. Personal playlist with album cover and 3. marketing presentation.

1. The intern will be expected to improve in musical skills by completing the GSL II course before the halfway mark of the internship. This will be paid for by Overlymusical, LLC. If this is not completed by the halfway mark then the intern will need to finish the course before continuing working daily in the internship. Once the course is complete the intern will submit the certificate of completion to the supervisor.
2. To encourage self-care, interns will create a personal playlist of songs that motivate and encourage the intern to be their best. The intern is encouraged to find songs with positive words that uplift. The songs



may have personal meaning that have helped them in a rough time of their life, the songs could have been played in their home growing up, or original compositions. The intern will create an album title and cover for the playlist and share this with the internship director. The intern will play one of the songs for the team and give the lyrics and share why this song provides motivation and resilience in their life.

The assignment will need to be done before completing the 6 months of internship.

3. The intern will hone her skills in marketing by giving a music therapy presentation and sample group session to a local healthcare facility that does not currently offer music therapy. Details for this assignment will be specified in a rubric (handed to the intern on the first day of the internship) which will outline the requirements.

Resources

Interns will have access to all resources of Overlymusical, LLC including a variety of instruments, music equipment, books, journals, a computer and printer. Overlymusical, LLC has three guitars, two autoharps, two pianos, keyboard, Q-chord, accordion, 2 ukuleles, frame drums, Cajon, congas, bongos, djembes, lollipop drums, 2 octave Suzuki Chime bells, tone bars, boomwhackers, various non-pitched percussion (bells, woodblocks, rhythm sticks, cabasas, maracas etc.) parachute, scarves, 2 Octabands, and bags to transport instruments. The company is constantly assessing needs for new materials and instruments and purchasing accordingly. All the instruments are available for the intern to use in sessions and also for practice and musical development. Electronic equipment that is available for use is a bluetooth speaker, guitar amplifier with chords, stethoscope recorder (for heart-beat recordings, legacy projects), and recording microphone.

The intern will have access to use the office between the hours of 7:00 am- 9:00 pm. During these hours the intern may use the computer and printer for music therapy work. Personal uses need to be approved by the supervisor and will be evaluated on a case by case basis.

Supervision



The intern will be supervised directly throughout the internship and will be encouraged to journal experiences of personal growth. During the weekly supervisor meetings the intern will be encouraged to ask questions and work through challenges that the intern is experiencing in the field. Eventually the intern will have opportunities to lead groups and individuals as the primary therapist but will not be left without support from the supervisors. During the first month of internship the intern will be attending and observing all sessions led by the MT-BC. During the second month the internship director will start giving assignments to help co-lead the sessions. During the third and fourth month the intern will begin planning, assisting and co-leading sessions. During the last two months the intern will start leading the music therapy groups assigned. Some of the groups will be done completely on their own, so by the end of the internship the intern will feel very prepared to go into the workforce and lead any group on their own.

Dress Code

Interns are expected to represent Overlymusical in a professional way while practicing music therapy. Professional attire is modest (covering midriff, shoulders, no low-cut shirts, and no short shorts or dresses), and business casual.

General Grooming and Appearance

Interns should be modest in their makeup, perfume wearing, body piercings, and tattoos. If it detracts from the therapeutic environment an intern may be asked to amend their appearance while at work.

Legal Affiliation

Overlymusical, LLC does not require Universities to make a legal agreement for their students to participate as an intern. Overlymusical, LLC is not legally affiliated with American Music Therapy Association, or any of its contracted facilities. These entities are legally separate and are not bound financially.



Attendance Policy

Interns will be provided with 20 of wellness time over the course of their internship, beyond time off for national holidays. Interns are expected to provide a one week notice to take time off for vacation.

Holidays that will give the intern time off are New Years Eve, Memorial Day, 4th of July, 24th of July, Thanksgiving, & Christmas. Other holidays that are wanting to be honored will need to be approved by the internship director.

If an Intern feels sick, then they should not come onsite. This time may be taken as individual hours or full days. In the event that an Intern's vacation and sick time begins to interfere with progression of the internship, then the On-Site Supervisor will consult with the Intern and Academic Supervisor to create a remediation plan.