
heart & harmony

music therapy

Music Therapy Internship General Information

Description of Clinical Setting

Heart and Harmony Music Therapy is a private practice based in Fort Worth, TX. H&H serves a variety of clientele within the home-health setting; therapists see clients in their homes, facilities (schools, nursing homes, etc), and at the H&H studio. H&H client referrals are obtained privately, or through government waivers or grants. Madison Michel is our Internship Director and Nikki Belshe is Clinical Director and owner. Heart and Harmony has a team of 8 therapists located all over DFW.

Fort Worth is located 30 miles west of Dallas, TX. The DFW area is home to dozens of music therapists in a wide variety of settings, from public schools to psychiatric facilities to home health to hospitals. Interning in this music therapy hot spot will provide unique opportunities for observation and networking.

Populations Served

We primarily serve individuals with intellectual and developmental disabilities as well as elderly clients. Current clients are all ages and have the following diagnoses: Autism Spectrum Disorder (ASD), PDD-NOS (Pervasive Developmental Disorder Not Other Specified), Asperger's Syndrome, intellectual and developmental disabilities (IDD), William Syndrome, Down Syndrome, Charge Syndrome, Traumatic Brain Injury (TBI), brain tumor, Attention Deficit Hyperactivity Disorder (ADHD), Shaken Baby Syndrome (SBS), Agenesis of the Corpus Callosum (ACC), Cerebral Palsy (CP), Obsessive-Compulsive Disorder (OCD), depression, Alzheimer's Disease, dementia, epilepsy, chronic lung failure, vision impairment, hearing impairment, general medical conditions, and other diagnoses.

Intern Stipulations

Start Dates: January 1 and July 1
Stipend: \$500

Description of Music Therapy Services

Heart and Harmony Music Therapy offers music therapy services in the form of assessments, individual sessions, and group sessions. Music therapy sessions utilize music as the medium to facilitate progress in the areas of cognitive, social, emotional, physical, and communication skills. Individualized data-based goals and objectives are tracked throughout treatment plan and are updated according to progress each quarter.

Adapted music lessons are also offered, but the focus of lessons is for a musical outcome. Progress is often seen in motor areas, social skills, and cognition, but that is not the focus of adapted music lessons.

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Services Offered

- Music Therapy Assessments
- Individual Music Therapy Sessions
- Group Music Therapy Sessions
- Adapted Music Lessons
- Birth Music Therapy and Birth Music Consultation

Space / Equipment

H&H therapists see clients in their homes, facilities, and at the H&H studio.

Therapists' vehicles are utilized for travel in approximately 90% of sessions. Intern is *required* to have transportation to meet therapist each morning, but therapists' vehicles and gas will be utilized for all client contact. Travel time ranges between 5 and 45 minutes between clients, and this time may be utilized for music therapy discussion between intern and supervisors.

In the private practice setting it is crucial for a therapist to have his or her own office space. Clinical Director has a home studio / office space, but also carries many supplies in a traveling bag so that downtime in the car can be utilized to the fullest. Intern will be expected to set up an office space in their own home to complete paperwork, visual aids, etc. Tools for organization will be shared with intern, but ultimately it is most important for the intern to find their own organization rhythm. Office appliances including a color printer, scanner, copier, and laminator will be available for the intern's use at Clinical Director's home studio during typical business hours.

All equipment, including instruments, visual aids, props, and music materials will be provided by Clinical Director. Intern should own his or her own guitar and keyboard in order to practice at home.

Application Process

Heart and Harmony offers two internships per year, beginning in January and July. Applications are due April 1st for January start dates, and October 1st for July start dates. An application may be obtained from our website (www.heartandharmony.com/internship) and may be returned via snail mail or digitally via email.

Applicants are encouraged to observe at our private practice if at all possible. Not only will this time count toward pre-internship hours, but it will give applicant insight into music therapy session plans, travel time, and documentation procedures which may be unique to the private practice setting.

Please contact Madison Michel at madison@heartandharmony.com with questions.

Thank you for your interest!