Healing Hearts Music TherapyPracticum Requirements  
Florida State University

Types of Facilities: **Assistive Living/Retirement Living Facilities, Memory Care Facilities, Health & Rehab Facilities, and Alzheimer’s Respites**

Practicum description:

* Group Interaction
* Working with geriatric patients, many of whom have dementia and limited mobility
* Low-to-high cognitive functioning (depending on the facility)
* Develop creativity, flexibility, and ability to adapt quickly
* Patient Objectives: Increase cognitive stimulation, socialization, mood elevation, movement, reality orientation, decrease wandering and confusion.

Assignments:

\*Must learn all resident names\*\*

1. Learn 30 Songs (15 by midterm):

Songs must be memorized, age-appropriate, and from different genres taken from the HHMT recommended repertoire list unless otherwise approved by supervisor. Must demonstrate proficiency in playing in different keys and with different strum or picking patterns.

* 5 Gospel songs, 5 Old Country song, 5 Jazz songs, 5 50s/Rock and Roll songs, 5 Oldies songs, and 5 songs of your own choice.

1. Prepare a list of cognitive stimulation questions for EACH song prepared for every session.

* This list must include:
  + 2 open-ended questions
  + 2 closed-ended questions

1. Create **three original** cognitive stimulation activities to lead in a session.

Activities must include:

* Visuals
* Session plan (with goals and objectives)
* Appropriate cognitive stimulation questions to match each song.

One activity must be based around a theme (Holiday, Love, Songs with Colors, Songs

about Traveling, etc.)

\***Two original activities will be turned in to supervisor to keep at end of semester.**

1. Lead 3 movement activities

* One with scarves
* One with instruments (shakers, sticks, etc.)
* One free form (clapping, tapping, patting, dancing)

1. Lead one Stretch & Relaxation activity (discuss with supervisor)
2. Complete a summary of 2 research articles related to the population with which you are working.
3. Documentation: Complete documentation form weekly for 3 clients throughout practicum (see final page of this document)

Healing Hearts Music Therapy

Assignment Due Dates for Practicum Students - Older Adult Facilities

Week 1: Observe, take notes.

Week 2: Hello Song, participate in group, instrument handout, begin documentation.

Week 3: Hello and Goodbye Songs ***from here on out***, **3 songs memorized.**

Week 4: First Movement Activity, **5 songs memorized**. Documentation check.

Week 5: First Original Activity due (co-lead), Co-leading 50% or more of session, **8 songs memorized.**

Week 6: Second Movement Activity, Co-leading 50% or more of session. **12 songs memorized.**

Week 7: Second Original Activity due (alone), ***Midterm! 15 songs memorized.***

Week 8: Leading sessions alone ***from here on out***, **18 songs memorized.** Documentation check.

Week 9: Third Movement activity due, Leading entire session, **21 songs memorized**.

Week 10: Third Original Activity due, Leading entire session, **24 songs memorized.**

Week 11: Relaxation Activity, Leading entire session, **27 songs memorized.**

Week 12: Leading entire session, **30 songs memorized,** article summary and documentation due. (Submit copies of these to Dr. Standley)

**\*\*\*This schedule is designed with *flexibility* in mind. Should you want to work ahead, feel free to do so! We can adjust due dates of activities as we go to reflect holiday themes, allow time for conflicting assignments, etc. and if necessary, to work at your therapeutic skill level. However, please make every effort to stay on schedule with your song memorization.**

**Kindly email me AT LEAST 3 days in advance with the songs you will be adding for the week.  
\*\*This will affect your practicum evaluation at the end of the semester if not followed accordingly\*\*  
Be prepared to use them during that week’s activity and expect me to call previously used songs when needed. I will try to let you know in advance what songs will be repeated during the first few weeks, but as we progress please be prepared to perform any in your repertoire list.**

**If a movement or original activity is due in the coming week include a detailed description in your email AT LEAST 3 days in advance if we have not already discussed the details, and let me know what kind of support you will need from me (any special songs not in your repertoire, specific instruments, etc.) I strongly encourage you to run your ideas by me BEFORE YOU BEGIN YOUR ACTIVITIES to avoid any oversights.**

**Remember that we are here to help you! Please contact your supervisor by email or phone we you have questions or concerns!**

Healing Hearts Music Therapy

Repertoire Checklist

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Semester: \_\_\_\_\_\_\_\_\_\_\_

Practicum Supervisor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location/Population: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Genre: | Song Title | Key | Strum/Picking  Pattern | Date Played  Memorized | Proficient? |
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| Total Songs: |  |  |  |  |  |

Healing Hearts Music Therapy

Guitar Competencies

**Strum Patterns/Picking Patterns**

“Boom Chick” - Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

Alternating Bass - Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

Root Strum - Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

Waltz Style - Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

Syncopated - Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

Travis Picking - Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

Arpeggio Style- Date Completed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Song Title: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ RATE:

**Rating Scale:**

1-Needs Improvement 2-Emerging Skill 3-Met Competency

**Chord Knowledge:**

Jazz Chords (list two): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AND \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Key Change: D to G C to A E to G OR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Piano:**

Date Accompanied: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Style: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Accompanied: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Style: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Healing Hearts Music Therapy

Practicum Weekly Evaluation Form

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervising MT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Rating Scale:**

4 = Above satisfactory, exceeds requirements

3 = Satisfactory, meets requirement

2 = Conditional, needs improvement

1 = Unsatisfactory, demonstrates few skills in this area

N/A = Not applicable, not observed

|  |  |
| --- | --- |
|  | Appropriately groomed/dressed |
|  |  |
|  | Adequately prepared for session(s). |
|  |  |
|  | Appropriate therapeutic interaction with patient(s) |
|  |  |
|  | Able to set and meet realistic goals and objective that address the patient’s rehabilitative needs. |
|  |  |
|  | Selected songs/activities appropriate to patient’s objectives, age, culture, and preferences. |
|  |  |
|  | Music was aesthetically pleasing. |
|  |  |
|  | Demonstrated ability to modify plans when necessary. |
|  |  |
|  | Able to assess the patient’s needs and progress and clearly document such. |

Applied feedback from previous week? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reinforcements Specific

Open-Ended Questions Closed-Ended Questions

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Musicianship: Guitar Voice

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**Self-Evaluation:**

Strengths during session:

1)

2)

3)

Improvements for next week:

1)  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Signature Supervising MT-BC Signature

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Adult Day Care/Memory Care Documentation

Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Activity | Response | Behavior | Response |
| **Singing** | **0 1 2** | Sleeping | Y S N |
| Instruments | **0 1 2** | Wandering | Y S N |
| Movement | **0 1 2** | Confusion | Y S N |
| Participation | **0 1 2** | Verbalizations | C I D N |
|  |  | Following Directions | Y S N |
|  |  | Appropriate Cognitive Response | Y S N |

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| Activity | Response | Behavior | Response |
| **Singing** | **0 1 2** | Sleeping | Y S N |
| Instruments | **0 1 2** | Wandering | Y S N |
| Movement | **0 1 2** | Confusion | Y S N |
| Participation | **0 1 2** | Verbalizations | C I D N |
|  |  | Following Directions | Y S N |
|  |  | Appropriate Cognitive Response | Y S N |

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| Activity | Response | Behavior | Response |
| **Singing** | **0 1 2** | Sleeping | Y S N |
| Instruments | **0 1 2** | Wandering | Y S N |
| Movement | **0 1 2** | Confusion | Y S N |
| Participation | **0 1 2** | Verbalizations | C I D N |
|  |  | Following Directions | Y S N |
|  |  | Appropriate Cognitive Response | Y S N |

**KEY**

0 = none Y = Yes

1 = with prompting N = No

2 = independently S = sometimes

C = clear I = incongruent D = distorted N-none

Healing Hearts Music Therapy

Format for Article Summaries

APA Citation

Example:

Cevasco, A.M., & Grant, R.E. (2006). Value of musical instruments used by the therapist to elicit

Responses from individuals in various stages of Alzheimer’s disease. *Journal of Music Therapy*

*43*(3), 226-246.

Purpose: State the purpose of the study

Subjects: Identify the subjects in the study

Procedure: Identify how the study was conducted

Results: summarize the results of the study

Implications: how does this effect the profession of music therapy.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Gospel/Hymn** | **Patriotic** | **Old Country** | **Showtunes** | **Oldies/Folk** |
| Amazing Grace | America (My Country Tis of Thee) | Country Roads | Edelweiss | Buffalo Gals |
| Blessed Assurance | America The Beautiful | Crazy | Getting to Know You | By the Light of the Silvery Moon |
| Do Lord | Battle Hymn of the Republic | Don't Fence Me In | Give My Regards to Broadway | Bicycle Built for Two |
| Down By Riverside | God Bless America | Georgia on My Mind | I Got Rhythm | Danny Boy |
| He's Got the Whole World in His Hands | Star Spangled Banner | Hey Good Lookin’ | My Favorite Things | Don't Sit Under the Apple Tree |
| How Great Thy Art | This Land is Your Land | Honky Tonk Blues | Que Sera, Sera | Five Foot Two |
| I Saw The Light | Yankee Doodle | I Fall to Pieces | Singing in the Rain | Happy Trails |
| I'll Fly Away | You’re a Grand Old Flag | I Walk the Line | Somewhere Over the Rainbow | Home on The Range |
| In the Garden | **Jazz** | King of The Road | Summertime | I'm Forever Blowing Bubbles |
| It Is Well (With My Soul) | Blue Skies | On The Road Again | **50s/Rock & Roll** | In the Good Old Summertime |
| Just a Closer Walk With Thee | Boogie Woogie Bugle Boy | Ring of Fire | Blue Moon | I've Been Working on the Railroad |
| Old Rugged Cross | Come Fly With Me | Tennessee Waltz | Blue Suede Shoes | Let Me Call You Sweetheart |
| Old Time Religion | Fly Me to The Moon | Walkin’ After Midnight | Can't Help Falling in Love | Moon River |
| Peace Like a River | It Had to Be You | Your Cheatin' Heart | Dream, Dream, Dream | My Bonnie Lies Over the Ocean |
| Swing Low, Sweet Chariot | L-O-V-E |  | Hound Dog | Oh Susanna |
| This Little Light of Mine | Moon River |  | Lean on Me | Sentimental Journey |
| This Train | Someone to Watch Over Me |  | Love Me Tender | Show Me the Way to Go Home |
| Victory in Jesus | They Can't take that Away From Me |  | Rock Around the Clock | Take Me Out to the Ballgame |
| What a Friend We Have In Jesus | Unforgettable |  | Rockin’ Robin | You Are My Sunshine |
| When the Saints Go Marching In | Wonderful World |  | Shake Rattle and Roll |  |