

## About Moments Music Therapy

Moments Music Therapy, founded in May, 2022, is a growing private practice based in Plano, Texas. Working with senior adults in their place of residence, Moments Music Therapy targets a variety of later-in-life issues including: social and emotional well being, physical and cognitive function, assistance with stroke recovery, neurodegenerative disease and end of life care. Moments Music therapy values respect for older adults and integrity in business dealings, and is dedicated to training future music therapists through practicum and internship opportunities.

Karen Sholander, MT-BC, is the sole proprietor of Moments Music Therapy. Currently, Moments serves clients in North Texas including: Plano, Frisco, McKinney, Denton, Dallas, Richardson, and Carrollton. Most of the services are provided in group sessions for memory support and assisted living residents, with occasional individual clients living in facilities or in their private homes. Moments has two MT-BCs serving clients and expects a regular rotation of overlapping interns.

Karen graduated from the Music Therapy Equivalency Distance (MTED) program at Saint Mary of the Woods College (SMWC) and was board-certified in 2014. She introduced and developed a music therapy department in a mid-size hospice company in Dallas, TX, until COVID-related funding cuts caused the program to be terminated. This provided the opportunity to begin private practice and gain experience in marketing, business planning, networking, and increasing clinical skills to meet varied needs of senior adults. Along with her clinical work, Karen serves as assistant clinical coordinator for the SMWC MTED program to pair music therapy students with practicum supervisors in their geographic area. Karen has completed advanced training in Hospice and Palliative Care Music Therapy (HPMT) through the Center for Music Therapy in End of Life Care, and Neurologic Music Therapy (NMT) through the Academy of Neurologic Music Therapy. Professionalism, advocacy for the music therapy profession, and education of music therapy students are Karen's priorities in her professional work.

### Internship Experience

During your internship you will learn how to facilitate music therapy groups with older adults and will work with clients individually in skilled nursing facilities and patients in hospice care. Our interns work alongside each MT-BC and other interns on the team to gain different perspectives and approaches to functional goals. Your internship begins by observing and learning the therapeutic process as it applies to our population and you will gradually increase your presence and leadership in sessions through the first 3 months until you are fully confident in planning, leading and documenting sessions. For the second half of your term, you will lead most sessions, complete related documentation, serve as mentor to a beginning intern, and will continue to receive individual supervision weekly.

### What to expect

- Lots of driving to several different locations each day in our service area
- Stipend
- CPR training
- Moments will provide necessary equipment except for a guitar
- Work days from 8-5pm on average, weekdays only

- Time to work at home each week to complete assignments and plan
- Weekly written assignments and a few bigger projects to prepare you for professional work
- High energy group facilitation and patient-led one on one sessions
- Loading equipment in and out of your car several times each day
- Weekly individual supervision and weekly team meetings to plan and share ideas
- Networking opportunities

## What we are looking for

### Strong musicianship including

- Piano (accompany yourself singing using different accompaniment styles in several keys)
- Guitar (play in the keys of C, G, D, E, fingerpicking, strumming, and using a pick; appropriate strumming patterns for different musical genres)
- Basic knowledge of appropriate repertoire for adults aged 70 - 100
- Ability to learn and memorize music quickly
- Play by ear for simple music with 3 basic chords

### Warm people skills

- Flexibility
- Acceptance of all
- Quickly develop rapport
- Interest in others

Creativity and the willingness to be a little uncomfortable as you grow

## Timeline

**Internship terms begin on the second Monday of January, April, July and October.**

**Completed applications, including references, are due no later than 3 months before the desired starting date.**

## Application Process

- 1) Complete the application form (2 pages)
- 2) Prepare your video (see below)
- 3) Email the application and your video link to Karen Sholander, MT-BC, at [Karen@momentsmt.com](mailto:Karen@momentsmt.com). In your email, include an introduction of yourself and why this internship appeals to you.
- 4) Request the three people you listed as references to send an email letter of recommendation to Karen@momentsmt.com.
- 5) Ask your academic advisor or music therapy program director to email a Letter of Eligibility.
- 6) All materials must be submitted and received no later than 3 months prior to the term for which you are applying
- 7) You will be contacted for an in-person interview if possible, or a zoom interview if necessary. You may be invited to join a group session with Karen.

## Audition Video

- For all songs, one verse and chorus/bridge only, by memory. Use varied keys. Please submit via YouTube link.
- Jesus Loves Me- acapella voice

- Country song of your choice from 1950s-1960s, sing and accompany yourself with guitar
- Rock and roll song from 1950's, sing and accompany yourself with guitar
- Amazing Grace on piano with melody in the RH and accompaniment in LH (no singing)
- Traditional American Folk Song, sing and accompany yourself on piano
- Explain the difference between music therapy and musical entertainment as if speaking to a memory care home manager or director. Limit your answer to one minute.

## The Interview

- Tell us about your practicum experiences and why this internship appeals to you
- Demonstrate an intervention designed to gain the attention of someone with dementia
- Please bring your guitar for this demonstration.
- Demonstrate proficiency on guitar and piano.
- Ask questions about the internship. Think about if this is a right fit for you!
- You will be notified within a week of your interview about your status. For candidates who are not selected, Moments will gladly provide feedback on the interview and application.

## Requirements if Selected

- COVID vaccine and booster
- Flu vaccine for current season
- TB test within the past year
- Background check within the last 2 years
- Valid and current state driver's license
- Reliable transportation and required Texas auto insurance coverage
- Professional Liability Insurance – Moments Music Therapy will reimburse this expense if your university does not provide this insurance
- The intern will be required to follow all PPE requirements of each facility/client

## Expectations

The Moments Music Therapy intern will be held to high standards of professionalism, dependability, ethics, compassion and confidentiality. It is expected that the intern will take reasonable precautions to stay healthy both mentally and physically, maintain awareness of personal and professional boundaries, and be open to working with diverse clients without any prejudice or discrimination.

Moments Music Therapy welcomes all clients, business relations and students and does not discriminate on the basis of race, religion, color, gender, gender expression, sexual orientation, disability, age, national origin or marital status.

**MOMENTS MUSIC THERAPY INTERNSHIP APPLICATION  
CONFIDENTIAL INFORMATION**



Return to Karen Sholander, MT-BC  
Music Therapy Internship Director  
Karen@momentsmt.com

<b>Applicant Information</b>										
Last Name					First				M.I.	
Street Address								Apartment/Unit		
City				State				ZIP		
Phone				E-mail Address						
University and Degree										
Academic Director				E-mail				Phone		
Emergency Contact				Relationship to you				Phone		
Address					City, State, Zip code					
What date are you available to begin? (M/D/Y)										
Completed application and accompanying materials must be received at least 3 months prior to requested start date.										
Primary Instrument				Other instruments						
<b>References</b>										
List two academic or professional references and one personal reference with email addresses. Please do not list family members. Reference letters should be emailed to Karen@momentsmt.com.										
Full Name					Relationship					
Email					Phone					
Full Name					Relationship					
Email					Phone					
Full Name					Relationship					
Email					Phone					
Information received from references is confidential and reason for intern placement denial due to references must remain confidential.										

	<b>Do you anticipate any scheduling conflicts during the internship term of 6 months? If so, please explain.</b>
	<b>Why did you decide to pursue music therapy?</b>
	<b>What do you hope to gain from this internship experience?</b>
	<b>What concerns do you have about working in this setting?</b>
	<b>This internship may provide the opportunity to work with hospice patients. Have you had personal or academic experience in this setting?</b>
	<b>What would you like Moments Music Therapy to know about you as part of the application process?</b>
	You will be contacted within one week of receipt of all application materials to schedule an interview. In-person interviews are preferred, but video interviews will be available if needed due to distance.