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**Lesson 2**

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| Lesson Title: Career High lights in Mental Health  Music Therapist | | Lesson 2 |
| CTE Standard(s):  HSZ10.02.03.02 – Recognize levels of education, credentialing requirements, employment opportunities, workplace environment, and career growth potential. | | |
| Lesson Objective: | Provide students with an overview of the career:  -soft-skills: people skills, team work, empathy, accepting the diversity of others  -academic preparation  -pre-professional character development, experience and insights | |
| Supplies Needed: | This lesson utilizes the video online www.oshmuseum.org Music Therapist | |

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| **THE "7 ELEMENTS"** | **TEACHER NOTES**  **(and answer key)** |
| Introduce the CTE lesson. Discuss the presentation objectives  **Objectives slide**  *Ask students:*  *1.What do you think a music therapist does?* | Our objectives for this presentation are to discuss the roles and responsibilities of a musical therapist, the education and credentialing requirements, employment opportunities, and essential soft skills for this type of profession.  Music is a way to express oneself without words. Music Therapists at the Oregon State Hospital help patients access that expression every day. When words fail, patients can turn to the power of music to convey their thoughts and feelings within comfortable classroom spaces designed to facilitate expression. This creative medium helps patients in many ways including cognitive stabilization, emotional regulation, and stress management. As a part of interdisciplinary care teams, the Music Therapists develop care plans designed to promote overall patient progress toward healing. |
| Discuss job responsibilities  **Job Responsibility slide** | Some of the job responsibilities of a musical therapist is to assess information on needs, interests, life experience, deficiencies, and recreational background of patients to provide an initial and comprehensive assessment to select appropriate treatment services. They also  assess resident’s/patient’s skills, proficiencies, and knowledge level of program resources to establish appropriate participation levels; measures current functioning needs, skills, and limitations to assigns appropriate treatment programs.  Observe patient behavior and interaction with peers to assess the needs of residents in relationship to group activity development.  Design and develops individual treatment programs which address patient’s functional needs; writes behavior objectives for patients defining desired behavioral changes.  Provide opportunities for self-expression, and nonverbal communication.  Develop recreational treatment plans which utilize existing plans for community integration.  Develops and maintains documentation strategies and methods which record residents’ progress in the program. And work as a part of patient-centered interdisciplinary teams that include psychiatrists, psychologists, nurses, social workers, and other therapists. |
| Play Video | Watch the video of the Music Therapist  Discuss: |
| **Patient-Centered care slide**  *Ask students:*  *What is patient-centered care?*  *How can a team approach help develop a plan of care?*  *What is the goal of treatment?* | Patient Centered care is when the diagnosis and treatment and care plan are all focused on the individua receiving care. Everyone responds differently to treatment; therefore it is important to focus on the specific individual’s needs.  Why do we think a team approach can be beneficial? Well a team approach includes at least two health care providers, familial help, patient input, and possibly community involvement. This interdisciplinary collaborative team approach can increase a positive outcome when delivering treatment to a patient.  In addition, it is important to set goals when delivering treatment. Goals that are attainable have been proven to increase rehabilitation and decrease rehabilitation time. |
| Discuss the educational background, schools in Oregon, and certification requirements  **Educational Slides** | Educational requirements for this profession include a bachelor’s degree and some states require a masters degree. |
| **Schools in Oregon Slide** | Slide lists schools in Oregon that offer Bachelor’s in Psychology. |
| **Bachelor of Music Therapy Slide** | List the two schools in Oregon that offer a BMT |
| **Certification Slide**  *Ask students:*  *What kind of education is required for this job?* | A license is issued by the state of Oregon health licensing board. Prior steps are to obtain a bachelor’s degree, complete 480 hours of supervised work experience, and pass the certification board for music therapist. |
| **Essential Skills Slide**  *Ask students:*  *What could be some challenges of this profession?*  *What are three soft skills mentioned that you have and could use in your future career?* | Explain what soft skills are  Discuss the soft skills listed in slide.  Empathetic active listening skills  Clinical knowledge, skills and abilities in working with persons with mental illness  Ability to function independently and as a part of a patient-centered interdisciplinary treatment team  Highly attentive to detail, confidentiality, and accuracy  Verbal and written communication skills |
| **Job Settings Slide** | Discussion with examples of different types of job settings.  Hospitals, Clinics, Outpatient mental health agencies, Residential treatment centers, Domestic violence and homeless shelters, Community agencies and nonprofit settings |
| *Ask students:*  *How does music help you to relax, concentrate, or get excited for an event such as a game or sporting event or workout?*  *How does music help us express emotions?* |  |
| **OSH Slide**  **https://oshmuseum.org/musical-therapist/** | All resources and information were gathered from Oregon State Hospital Museum of Mental Health which is located in Salem, Oregon.  The Willamette University Chapter of Mu Phi Epsilon, a professional music society, started offering music therapy services at OSH as early as 1961. Willamette University launched a formal music therapy program in 1963. This program continues to be of great benefit to the patients​. |