



## Music Therapy Internship

Internship Director  
Rebecca West, MM, MT-BC

## **Institute for Therapy through the Arts Music Therapy Internship**

Interns graduating from the Institute for Therapy through the Arts (ITA) will enter the field of music therapy as competitive candidates for a variety of employment opportunities. Our interns acquire essential skills and knowledge to practice as advanced clinicians including:

- Experience with a diverse clientele caseload
  - Autism Spectrum Disorder & other Neurodevelopmental Disorders
  - Borderline Personality Disorder, Depression, and other Chronic Mental Illnesses
  - Trauma and Stressor-Related Disorders
  - Brain Injury, Stroke, and other & Neurologic Disorders
  - Parkinson's, Alzheimer's Disease, and other Neurocognitive Disorders
- Basic understanding of other modalities (art, dance/movement, drama) in creative arts therapy
  - Caseload includes at least one contract in another modality
  - Opportunity to observe and eventually co-lead with another Creative Arts Therapist
- Experience working at facilities/organizations with national recognition for outstanding service:
  - Rehabilitation Institute of Chicago
  - Northwestern Memorial Hospital
  - Council for Jewish Elderly
- Excellent verbal and written communication skills
- Experience collaborating and co-treating with other professionals
- Administrative and marketing skills related to working in a private practice
- 1040 hours guaranteed toward AMTA's internship requirements
- Advanced skills in case conceptualization and theoretical underpinnings of treatment approaches
- Full preparation for the CBMT examination
- 100% job placement within 1 year of completion of ITA's internship

For more information, please contact:  
Rebecca West, MM, MT-BC  
School Programs Manager/Music Therapy Internship Director  
Institute for Therapy through the Arts  
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twitter.com/[itaartstherapy](https://twitter.com/itaartstherapy)



## **Music Therapy Internship:**

The Institute for Therapy through the Arts (ITA) currently provides internships in the fields of drama therapy, art therapy, dance/movement therapy, and music therapy. The agency's philosophy of these internships is to provide a realistic learning experience that prepares the intern to work as a professional in the fields of creative arts therapies. ITA's music therapy internship is one of the national roster internship sites approved by the American Music Therapy Association (AMTA).

### **Program Description:**

The Institute for Therapy through the Arts provides a unique learning experience for all creative arts therapy interns. Music therapy interns have the opportunity to acquire music therapy clinical experience in a variety of settings while implementing different approaches and techniques to best address client's needs. In addition, music therapy interns have the opportunity to work with not only an eclectic team of six board-certified music therapists, but also a creative arts therapies team that consists of art, dance/movement, and drama therapists.

Music therapy interns will participate in weekly clinical meetings as well as other special programming events. ITA offers 2 music therapy intern positions for August-March period, 1 music therapy intern position for mid-January-July period, and 1 music therapy intern position for March-early September period. Music therapy interns will either work a Monday to Friday schedule or Tuesday to Saturday schedule, depending on their interests and the agency's needs.

Music therapy interns at ITA observe, co-treat, document and lead music therapy sessions as well as observing and co-treating other creative arts therapy sessions. Each music therapy intern is assigned to a supervising music therapist; however, music therapy interns will also have the opportunity to work with other music therapists and creative arts therapists. Music therapy interns will meet weekly with their assigned case supervisors for case related supervision, will receive weekly individual supervision from their supervising music therapist(s), and will participate in weekly group supervision with the Training Coordinator. This is to ensure music therapy interns receive an adequate amount of supervision in order to foster self-growth and also deepen their understanding of music therapy and the creative arts therapies.

The Internship Director evaluates interns during different stages of the internship to ensure interns are meeting the clinical training competencies set forth by the AMTA. In conjunction with the evaluations provided by their case supervisors and the Internship Director, a self-evaluation of the music therapy intern is also completed as a cross-reference.

Music therapy interns are expected to engage in conducting research in the field of creative arts therapies. Music therapy interns will utilize research findings to create their own assessments and a final project to present to the ITA clinical team at the end of their internship. Interns are expected to present an hour-long in depth final project based on their thorough research at the end of their internship.

Music therapy interns are expected to drive to various contracts and office sites. Mileage will be reimbursed at \$0.50 per mile up to \$200. A reliable form of transportation is required for this internship. Music therapy interns are responsible for housing and dining. Because the caseload is diverse and spread throughout the Chicagoland area, requiring traveling during the week, interns are **strongly** encouraged to



live no more than 10 miles or 30 minutes from the Evanston office. Options for housing may be found at an affordable rate in the nearby area. ITA is located in downtown Evanston and within walking distance from *Northwestern University*, which gives interns access to a variety of restaurants and shops.

Depending on the caseload and contracts assigned to each intern, various medical tests and requirements may be required of the intern that are mandated by that contract. The intern is responsible for completing and paying for any needed tests in order to go to that site. The internship director will give as much advance notice possible about which contracts may require additional tests so the intern can secure necessary funding. In instances where funding is not available for the intern to complete any tests specific to a contract, the intern will not be at that contract and prospective interns should know it may result in a less diverse caseload.

Evanston is an artistic and a diverse area that offers a lot of opportunities: arts & cultures, festivals and concerts, dining and shopping, lakefront and beaches in the summer time, etc. With the close proximity to the city of Chicago, there are even more to offer in terms of living. *Apartment People* and *Chicago Apartment Finders* are two of the many resources for apartment hunting.

Liability insurance will not be covered for the interns by the agency. Interns should either apply for liability insurance on their own behalf, or ask their educational institution if they are covered under institutions' policy. *Health Care Providers Service Organization* is affiliated with the AMTA and provides student-rate coverage. More information can be found at <http://www.hpso.com>

The Institute for Therapy through the Arts is housed in the Music Institute of Chicago. Because of this collaboration, music therapy interns will have the opportunity to further develop their musical skills by taking lessons and receiving master classes. Master classes may include Orff training, jazz piano, and vocal techniques.

### **Expectations of Music Therapy Interns:**

Entry-level requirements for music therapy interns are expected. These include functional music skills in voice, piano and guitar. Music therapy interns should be familiar with different genres of music and be able to accompany self and clients efficiently with an aesthetic sound quality. It is also expected that music therapy interns have acquired a general understanding of using music and the therapeutic relationship when working to address clients' needs.

Due to the diverse clientele that ITA serves, it is not an expectation for intern applicants to have practicum experiences with target populations. Interns will be trained through their experiences at ITA to provide music therapy services to a variety of individuals. Music therapy interns are expected to have genuine motivation to develop personal and professional skills, as well as flexibility to meet both the clients and the agency's needs.

**History:**

Founded in 1975, the Institute for Therapy through the Arts (ITA) is one of the few comprehensive community-based arts therapy programs in the United States to offer all four creative arts treatment modalities – Music Therapy, Drama Therapy, Art Therapy and Dance/Movement Therapy.

ITA is nationally recognized and has distinguished itself in the use of integrated arts approaches to help children, adults and families to improve functioning related to psychological, developmental, physical or cognitive factors.

**Mission Statement:**

The primary goals of the Institute for Therapy through the Arts (ITA) are to empower and energize individuals, families, and communities to grow and heal by:

**INSPIRING CHANGE**

and wellness in individuals and families through Creative Arts Therapy

**STRENGTHENING HEALTH**

in community organizations by providing state of the art consultation, training and clinical programs

**CULTIVATING ACHIEVEMENT**

in students' academic and social development through a collaborative team approach to treatment in schools

**FORGING LEADERSHIP**

in the Creative Arts Therapy fields by advocating for each discipline and providing integrated training experiences

**Locations:**

The Institute for Therapy through the Arts is located north of Chicago in Evanston, Illinois ([www.cityofevanston.org](http://www.cityofevanston.org)). About 6 miles east of the Edens expressway (I-94) on Sherman Street, ITA is conveniently accessible by the car, bus, or rail. ITA is located in the north shore community of Evanston, ten miles from downtown Chicago, and eighteen miles from O'Hare International Airport.

**ITA in the community:**

ITA is currently serving approximately 2,000 individuals at various sites in Cook, DuPage, Lake, and McHenry counties. In addition to a second in-house clinic location in Lake Forest, ITA makes an impact through key partnerships with schools, adult day centers, nursing homes, hospitals, and community after school programs.

ITA adheres to the best standards and practices in treatment approaches as determined by national accrediting bodies of creative arts therapists and the scientific literature. ITA therapists employ the use of only those approaches that are empirically and/or qualitatively researched.

ITA therapists provide the creative arts therapies within a continuity of care model. When possible and appropriate, ITA therapists will function as a member of a larger care/educational team, which will include communicating progress, challenges and diagnostic impressions with qualified and identified professionals.

## **Services Provided at ITA:**

### 1) Clinical Services:

Music therapy, art therapy, drama therapy, dance/movement therapy in the following formats:

- Individual Therapy Sessions
- Family Therapy sessions
- Group Therapy Sessions
- Contracted Services

### 2) Military Family Services:

Operation Oak Tree is ITA's programming for military children and families throughout the cycle of deployment. Its mission is to empower individual expression in order to foster personal growth, deepen interpersonal roots between and among family members, strengthen coping strategies so that families may more easily weather challenges inherent in each season of the cycle, and to make it easy for families to branch out into their communities for support. ITA provides creative arts therapy sessions for specific events on an as needed basis.

### 3) Accessible Arts:

Accessible Arts is the integration of therapeutic techniques, psychological approaches and educational adaptations in order to create the conditions whereby an individual who might be challenged by socioeconomic status, physical disability, mental illness or developmental delay can fully participate in the creative process. ITA therapists provide:

- Consultation and Training for music educators
- Self-contained groups
- Mainstream groups

For more information about the Institute for Therapy through the Arts (ITA), please visit our website at [www.itachicago.org](http://www.itachicago.org)



## Application Instruction for Music Therapy Internship

Thank you for your interest in the music therapy internship at the Institute for Therapy through the Arts. To apply please submit the following:

- A completed application form
- A copy of your resume. Please include all practicum experiences with a brief detail of the individuals or groups with whom you worked
- Two letters of recommendation (One must come from a music therapy professor. Please have your references include information about your musical, clinical, and documentation skills, as well as personal attributes and strengths. The Director of the Music Therapy Program must provide a letter of eligibility) \*
- An official copy of your most recent college transcripts from all institutions that you have attended \*
- Upon submission of application via postal mail, e-mail internship director a writing sample to showcase your writing skills, preferably related to psychology or creative arts therapy

\*This can be sent together with the application package if they are in sealed envelopes

Application Deadlines (by postmark)	Early Submission	Regular Submission	Interview
For August position	November 1 <sup>st</sup> **	January 1 <sup>st</sup> -January 30 <sup>th</sup>	Feb - Mar
For January position	March 1 <sup>st</sup> **	June 1 <sup>st</sup> – June 30 <sup>th</sup>	Jun - July
For March position	May 1st	August 1st – August 30th	Aug - Sep

**Both our August 2016 and January 2017 positions have been filled. We are currently only accepting applications for March 2017.**

\*\* For early submissions, an invitation to interview may take place at AMTA’s national conference or GLR conference

An on-site interview is strongly encouraged. ITA makes all efforts to take into account applicant’s geographical location and financial constraints and may agree to a Skype or video interview. However, an interview at a state, regional, or national conference will be acceptable if scheduling permits. Clinical skills, written and oral communication skills, and music skills will be assessed during the application and interview process. Please note that no applicants will be admitted more than 1 year in advance, per AMTA National Roster Internship Guidelines. **Interested applicants are encouraged to apply early to help guarantee interview opportunities.**



Please send all application materials and/or questions to:

Rebecca West, MM, MT-BC  
Music Therapy Internship Director  
Institute for Therapy through the Arts  
1702 Sherman Ave.  
Evanston, IL 60201





## Application for Music Therapy Internship

E-mail is preferred for first time inquiries.  
You will receive an e-mail notification once your complete application is reviewed.

The Institute for Therapy through the Arts is an equal opportunity institution which complies with federal rules and regulations, and does not discriminate on the basis of race, color, age, creed, national origin, religious preference, sex, gender, sexual orientation, marital status, or presence of any physical or mental disability, except insofar as such factors are valid occupational qualifications.

### ***Personal Information:***

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

**Current Address:** \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

**Permanent Address:** \_\_\_\_\_  
\_\_\_\_\_

Areas of personal interest:

\_\_\_\_\_  
\_\_\_\_\_

### ***School Information:***

School: \_\_\_\_\_

Major: \_\_\_\_\_

Minor: \_\_\_\_\_



Expected Date of Completion of Coursework: \_\_\_\_\_

Director of Music Therapy Program: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

Pre-internship Clinical Experiences: (including facility name, dates and number of hours)  
(attach a separate sheet if needed)

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From 1 of the pre-internship clinical experiences listed above, please describe the following:

- 1) Assessment tool used (MT or non)
- 2) Goals and objectives (attach a separate sheet if needed)
- 3) Sample music therapy interventions (attach a separate sheet if needed)
- 4) Why music therapy is needed for this client/group

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Primary Instrument: \_\_\_\_\_

Please list up to six accompanying instruments you are comfortable playing  
(e.g., guitar, ukulele, keyboard, djembe, drum set, etc.)

Please list next to each instrument the level you feel you possess playing that instrument  
(Levels: Novice, Intermediate, Advanced, Superior)

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

**Essay Questions (please attach a separate page):**

1. What are your experiences with dance, drama, art, and music?
2. Why did you choose to apply to this internship and what are your expectations of it?
3. What is your definition of music therapy?
4. How would you define your theoretical approach to music therapy?
5. Describe your most memorable therapeutic experience with a client where you observed a meaningful response to the musical intervention you provided.
6. What are your future plans after completing your internship?

**Career Related Information:**

Please list three professional goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Letters of Recommendation sent by:**

- 1.) \_\_\_\_\_ e-mail: \_\_\_\_\_ phone: \_\_\_\_\_
- 2.) \_\_\_\_\_ e-mail: \_\_\_\_\_ phone: \_\_\_\_\_

**Have you arranged for your college transcripts to be forwarded?** Yes No

**Preferred Starting Date\*:** August January March

**Preferred Schedule\*:** Monday-Friday Tuesday-Saturday

\*Preferred schedules are not guaranteed

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Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_