



Art Therapy Internship

Programs Manager and Training Coordinator
Amanda Ziemba, MM, MT-BC

Institute for Therapy through the Arts Art Therapy Internship

Interns completing the Institute for Therapy through the Arts internship program will enter the field of art 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:
 - 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
- Experience facilitating or co-facilitating a variety of sessions:
 - Individual
 - Group
 - Family
 - Professional Development
 - Group Supervision
- Experience observing and co-facilitating sessions with specialists in other creative arts therapy modalities
(Music, Drama, Dance/Movement)
- Experience with diagnosis, treatment planning, assessment and clinical documentation approaches
- Advanced skills in case conceptualization and theoretical underpinnings of treatment approaches
- Administrative and marketing skills related to working in a private practice

For more information, please contact:

Amanda Ziemba, MM, MT-BC
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twitter.com/itaartstherapy



Art Therapy Internship Program Description

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 for work as a professional in the fields of creative arts therapies.

Program Description

The Institute for Therapy through the Arts provides a unique learning experience for all creative arts therapy interns. Art therapy interns have the opportunity to acquire art therapy clinical experience in a variety of settings while implementing different approaches and techniques to best address client's needs. Art therapy interns also have the opportunity to work with a team of board certified creative arts therapists who consist of art, music, dance/movement, and drama therapists. In addition to clinical experiences, art therapy interns will participate in weekly clinical meetings, weekly group supervision, weekly individual supervision, client and contract administrative tasks (treatment planning, data entry and processing, meeting with parents/caregivers, meetings with cooperative therapists and/or co-treating therapists) as well as conducting an independent administrative project.

This internship requires a 12 – 15 hour/week commitment for 1st year graduate students and a 15 – 20 hour/week commitment for 2nd year graduate students, which includes a full (9:00am-5:00pm) day on Fridays for both. Depending on caseload availability, we are able to offer 1 internship position per academic semester to a candidate in his/her 1st year as an art therapy graduate student and 1 internship position per academic year (September- May) to a candidate in the 2nd year, or academic equivalent, of their art therapy master's program.

Art therapy interns at ITA observe, co-treat, document, and lead art therapy sessions as well as co-treating in other creative arts therapy sessions. Each art therapy intern is assigned to a supervising art therapist; however, art therapy interns will also be working with other art therapists and creative arts therapists. Art therapy interns will meet weekly with their assigned case supervisors for case related supervision, will receive weekly individual supervision from their supervising art therapist, also participating in weekly group supervision with the Programs Manager and Training Coordinator. This is to ensure all interns receive adequate supervision to foster self-growth and also deepen their understanding of a multi-modal approach to treatment. The Programs Manager and Training Coordinator and primary supervisor evaluate interns quarterly to ensure training competencies are being met. In conjunction with the quarterly evaluations provided by their supervisors and the Programs Manager and Training Coordinator, a self-evaluation is also completed as a cross-reference.

Art therapy interns are expected to identify an area of interest (population, modality, process, etc.) in the practice of creative arts therapy over the course of the internship experience and engage in researching this area. Art therapy interns will use this research to create an hour-long presentation for the ITA staff at the end of their internship. It is strongly encouraged that this research coincides with the intern's thesis project.

Revised 1/2018



All interns are expected to drive to various contracts and office sites, though carpooling with other interns or clinicians is usually available and encouraged. Mileage will be reimbursed at \$0.50 per mile up to \$200. For full coverage sessions, in which the intern must go to a site without the case supervisor present, reimbursement is unlimited. **A reliable form of transportation is required for this internship.**

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 AATA and provides student-rate coverage. More information can be found at www.hpsso.com.

Expectations of Art Therapy Interns

Interns are expected to be independent, creative and open-minded individuals who are interested in exploring a multi-modal approach to treatment through the creative arts. It is expected that interns can multi-task and demonstrate flexibility. Art therapy interns must demonstrate comfort and competency with a wide range of basic art materials and processes and be prepared to assist clients and, where appropriate, other clinicians with their use. Due to the diverse clientele that ITA serves, it is not an expectation for intern applicants to have practicum experiences with all of our target populations. Interns will be trained through their experiences at ITA to provide art therapy services to a variety of clients in a range of environments. All 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.

Institute for Therapy through the Arts (ITA)

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 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). ITA is located in downtown Evanston on Sherman Ave. and 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. In addition to the main office of ITA, services are also provided at satellite locations at the Music Institute of Chicago's Winnetka campus.

Main office:
2130 Green Bay Road
Evanston, IL 60201

Lake Forest Campus:
40 E Old Mill Rd.
Lake Forest, IL 60045

Columbia Campus:
600 S. Michigan Ave.
Chicago, IL 60605

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 three in-house clinic locations, ITA makes an impact through key partnerships with schools, adult day centers, nursing homes, hospitals, drug rehabilitation centers, 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

❖ 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

❖ Bridging Memory through Music

The Bridging Memory Through Music (BMTM) program's vision is to improve the lives of individuals with dementia, and the lives of their family members or caregivers. This innovative 12-week program allows adults with dementia to attend music performances specifically designed to promote interaction with their family members through movement to music, singing, and playing hand-held percussion instruments.

This multi-sensory interactive format incorporates principles from music therapy and the Orff music education method to improve quality of life, relationships, and stimulate memories for individuals with dementia. ITA interns will have the opportunity to assist in research being conducted within this program, helping to facilitate the program as well as assisting in data collection.

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



Application for Art Therapy Internship

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

- A completed application form
- Two letters of recommendation (one must be from an art therapy professor in your program, the other can be a personal or professional reference)
- A copy of your resume, please include all practicum experiences with a brief detail of the individuals or groups you worked with
- A writing sample that is at least 2 pages in length showcasing your research, written language and organizational skills
- Digital art portfolio consisting of 5 completed pieces of visual art

An on-site interview is required. Clinical skills, written and oral communication skills and art skills will be assessed through the application process and during the interview.

***Fieldwork I Applicants: Applications will be accepted from August – November for fieldwork beginning in January. Interviews for January positions will take place November and December.**

***Fieldwork II Applicants: Applications will be accepted from January-March. Interviews will take place in March and April for internships beginning in August or September of the upcoming school year.**

Once you have submitted the complete application, please e-mail a written sample to the Programs Manager and Training Coordinator. This should be used to showcase your writing skills, preferably related to psychology or creative arts therapy.

Please send all application materials and/or questions to:

Amanda Ziemba, MM, MT-BC
Programs Manager and Training Coordinator
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aziemba@itachicago.org

Applicants will be notified via e-mail once a complete application is received.

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, marital status, or presence of any physical or mental disability, except insofar as such factors are valid occupational qualifications.



Application for Art Therapy Internship
Institute for Therapy through the Arts

Personal Information:

Name: _____

Current Address: _____

Phone Number: _____

Email: _____

Permanent Address: _____

School Information:

School: _____

Major: _____

Minor: _____

Expected Date of Graduation: _____

Name of Academic Supervisor: _____

Phone Number: _____ E-mail: _____

Areas of personal interest:

Essay Question (attach a separate page if needed):

1. How do you envision an art therapist working collaboratively with another creative art therapist (dance, music, drama) to benefit an individual client or group?

Career Related Information:

Please list three professional goals.

1. _____
2. _____
3. _____

Letters of Recommendation to be sent by:

- 1.) _____ e-mail: _____ phone: _____
- 2.) _____ e-mail: _____ phone: _____

Preferred start date & end date (month/year): _____ to _____

Applicant Signature

Date