



Dance/Movement Therapy Internship



Institute for Therapy through the Arts Dance/Movement Therapy Internship

Interns completing the Institute for Therapy through the Arts internship program will enter the field of dance/movement 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 both in-house and at area community partners: group, individual, family sessions
- Experience observing and co-facilitating sessions with specialists in other creative arts therapy modalities (Music, Drama, Art)
- Experience with diagnosis, treatment planning, assessment and clinical documentation approaches.
- Receive group and individual supervision with opportunities for professional development
- 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:

Institute for Therapy through the Arts
2130 Green Bay Road
Evanston, IL 60201
Phone: 847-425-9708

Email: careers@itachicago.org

www.itachicago.org



facebook.com/itachicago



twitter.com/itaartstherapy



Dance/Movement Therapy Internship Program Description

The Institute for Therapy through the Arts (ITA) currently provides internships in the fields of drama therapy, dance/movement 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. Dance/movement therapy interns have the opportunity to acquire dance/movement therapy clinical experience in a variety of settings while implementing different approaches and techniques to best address client's needs. Dance/movement therapy interns also have the opportunity to work with a team of accredited creative arts therapists who consist of art, music, dance/movement, and drama therapists. In addition to clinical experiences, dance/movement 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 15-20 hour a week commitment, consisting of both clinical and administrative hours.

Dance/movement therapy interns at ITA observe, co-treat, document, and lead dance/movement therapy sessions as well as co-treating in other creative arts therapy sessions. Each dance/movement therapy intern is assigned to a supervising primary therapist; however, dance/movement therapy interns will also be working with other art therapists and creative arts therapists. Dance/movement therapy interns will meet weekly with their assigned case supervisors for case related supervision, will receive weekly individual supervision from their supervising 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.

Dance/movement 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. Dance/movement 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 or current area of research.



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 \$0.55 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.

Expectations of Dance/movement 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. Dance/movement therapy interns must demonstrate comfort and competency with a wide range of basic dance fundamentals 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 dance/movement 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, Dance/movement 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

Empowering individuals, families and communities to grow and heal through advanced approaches in Creative Arts Therapy, setting the standard for treatment, practice and training within the field.

Locations

The Institute for Therapy through the Arts is located north of Chicago in Evanston, Illinois (www.cityofevanston.org), 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 in the great Chicago area.

Main office:
2130 Green Bay Road
Evanston, IL 60201

Highland Park Campus:
480 Elm Place,
Suite 202A
Highland Park, IL 60035

Wilmette Office:
1222 Washington Court
Wilmette, IL 60091

ITA in the community

ITA is currently serving approximately 1,400 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, out-patient treatment centers, 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, dance/movement therapy, drama therapy, dance/movement therapy in the following formats:

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

Revised 4/2023



❖ Musical Bridges to Memory

The Musical Bridges to Memory (MBM) 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 Dance/Movement Therapy Internship

Thank you for your interest in the dance/movement 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 a dance/movement 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 and dance experience
- ☐ A writing sample that is at least 2 pages in length showcasing your research, written language and organizational skills
- ☐ A copy of your university's internship requirements and DMT coursework requirements

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.

Please send all application materials and/or questions to:

Institute for Therapy through the Arts
2130 Green Bay Road
Evanston, IL 60201
Phone: 847-425-9708
careers@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 Dance/Movement 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):

1. How do you envision a dance/movement therapist working collaboratively with another creative art therapist (art, music, drama) to benefit an individual client or group?
2. Please describe your experience with art, music, and drama processes.

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