



## Drama Therapy Internship

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

Interns completing the Institute for Therapy through the Arts internship program will enter the field of drama 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 & Developmental Disabilities
  - Trauma, Psychological Disorders, Emotional Adjustment & Coping
  - Brain Injury & Neurologic Disorders
  - Aging
- 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
  - Art
  - 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:  
Institute for Therapy through the Arts  
2130 Green Bay Road Evanston, IL 60201  
Phone: 847-425-9708  
Email: [careers@itachicago.org](mailto:careers@itachicago.org)  
[www.itachicago.org](http://www.itachicago.org)



facebook.com/**itachicago**



twitter.com/**itaartstherapy**

## **Drama 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. Drama Therapy interns have the opportunity to acquire Drama Therapy clinical experience in a variety of settings while implementing different approaches and techniques to best address clients' needs. Drama Therapy interns have the opportunity to work with a team of board certified creative arts therapists that consists of art, music, dance/movement, and drama therapists. In addition to clinical experiences, Drama Therapy interns will participate in weekly clinical meetings, weekly group supervision, weekly individual supervision, maintaining care of clients and contracts (treatment planning, data entry and processing, meeting with parents/caregivers, meetings with cooperative therapists and/or co-treating therapists), and manage at least one administrative project. Interns must commit to at least 32 hours of work per week in order to fulfill the minimum hours requirements set forth by the North American Drama Therapy Association (NADTA), which requires a total of 770 internship hours. According to NADTA, the Drama Therapy Internship requires a minimum of 300 direct-client contact hours with a minimum of 30 hours of supervision by a Registered Drama Therapist, credentialed creative arts therapist, credentialed special educator or credentialed mental health professional and an additional 470 hours of additional internship hours (including, but not limited to, staff meetings, preparing for sessions, contact notes, reviewing professional materials, and other administrative work).

Drama Therapy interns at ITA observe, document, and lead Drama Therapy sessions as well as observe and co-treat with other creative arts therapists. Each Drama Therapy intern is assigned to a supervising Drama Therapist; however, Drama Therapy interns will also be working with other Drama Therapists and creative arts therapists. Drama Therapy interns will meet weekly with their assigned case supervisors for case-related supervision, receive weekly individual supervision from their supervising Drama Therapist, and will participate in weekly group supervision with the Training Coordinator and other interns. 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 Training Coordinator and clinical supervisor evaluate the intern's mid-way through the internship and at the end of the internship to ensure training competencies are being met. In conjunction with the quarterly evaluations provided by their case supervisors and the Training Coordinator, a self-evaluation is also completed as a cross-reference.

Drama 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. Drama 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.

**A reliable form of transportation is required for this internship.** Since ITA is a community-based agency, all interns are expected to have reliable transportation in order 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 non-coverage, when the supervising therapist is present, and unlimited for full coverage, when the supervising therapist is not present.

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* offers student rates. More information can be found at <http://www.hpsso.com>

### **Expectations of Drama 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. Drama Therapy interns must demonstrate comfort and competency with a wide range of basic drama therapy materials and processes and be prepared to assist clients and other clinicians in applying them. 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 drama 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.



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### **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](http://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

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 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

#### **❖ 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.



## **Application for Drama 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 a drama 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 theatre portfolio consisting of at least 2 examples of your work in the theatre such as an original script sample, an acting or directing video clip, set design art work or picture, etc.

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

Once you have submitted the complete application, please e-mail a written sample to the 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:**

Institute for Therapy through the Arts  
2130 Green Bay Road  
Evanston, IL 60201  
Phone: 847-425-9708  
[careers@itachicago.org](mailto: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 Drama 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: \_\_\_\_\_

**Experience with Dance, Music and Art processes:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Areas of personal interest:



***Essay Questions (attach a separate page if needed):***

1. How do you envision a drama therapist working collaboratively with another creative art therapist (dance, music, art) 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:*** \_\_\_\_\_ to \_\_\_\_\_

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Applicant Signature

Date