



Art Therapy Internship



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 and other neurodevelopmental disorders
 - Anxiety, 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 therapists in other creative arts therapy specialties (Music, Drama, Dance/Movement)
- 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
1316 Sherman Ave
Evanston, IL 60201

Phone: 847-425-9708

Email: careers@itachicago.org

<https://itachicago.org>



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.

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

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). 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 serve thousands of individuals at various sites in Cook, DuPage, Lake, and McHenry counties. In addition to our clinic at our Evanston office, 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 Community Partners

2) Musical Bridges to Memory

The Musical Bridges to Memory 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 research 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 may have the opportunity to assist in research being conducted within this program, helping to facilitate the program as well as assisting in data collection and analysis.

Art Therapy Internship Program:

The Institute for Therapy through the Arts provides a unique learning experience for all creative arts therapy interns. Art therapy interns 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 work with a team of credentialed 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, 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 15-24 hour a week commitment, consisting of both clinical and administrative hours. ITA has 1-2 internship positions available per academic semester for students in their final year of their master's or alternate route program. Interns are asked to commit to a caseload schedule that fulfills requirements set by their academic program and by ATCB.

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 primary supervisor, and will participate in weekly group supervision with an internship supervisor 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 internship 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 internship coordinator, a self-evaluation is also completed as a cross-reference.

All interns are expected to travel to our office and various community partner sites. **A reliable form of transportation is required for this internship.** Mileage will be reimbursed at \$0.60 per mile up to \$400 for non-coverage sessions (e.g., case supervisor is present) and unlimited reimbursement is provided for coverage sessions (e.g., case supervisor is not present). Carpooling with other interns or clinicians is usually available and encouraged. Interns are responsible for housing and dining.

Depending on the cases assigned to each intern, various medical tests and requirements may be required of the intern that are mandated by our community partners. The intern is responsible for completing and paying for any needed tests in order to go to that site. These may include a current TB test, flu shots, and updated immunizations. The internship coordinator will give as much advance notice possible about which community partners 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 community partner, the intern will not be at that site and prospective interns should know it may result in a less diverse caseload. ITA covers any costs associated with mandatory background checks required by community partners.

ITA's interns are covered in our group liability insurance policy. Interns may apply for additional liability insurance on their own behalf or ask their educational institution if they are covered under institutions' policy.

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.



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
- A copy of your university's internship requirements and art therapy coursework requirements

An in-person (preferred) or Zoom interview is required). Clinical skills, written and oral communication skills and art skills will be assessed through the application process and during the interview.

Fall Semester Applicants: Applications will be accepted between February 1st – 31st. Interviews will take place in March.

Winter/Spring/Summer Semester Applicants: Email careers@itachicago.org in October to verify availability of internship positions before completing the application.

Please send all application materials and/or questions to:

Institute for Therapy through the Arts
1316 Sherman Avenue
Evanston, IL 60201
Phone: 847-425-9708
careers@itachicago.org

E-mail is preferred for first time inquiries.

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 and pronouns: _____

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 Questions (attach a separate page):

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