



Music Therapy Internship

Institute for Therapy through the Arts Music Therapy Internship

Interns completing the Institute for Therapy through the Arts internship program 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:
 - 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
- Basic understanding of other creative arts therapy specialties (art, dance/movement, drama) with at least one opportunity for weekly observation/co-treating
- Experience working at facilities/organizations with national recognition for outstanding service
- 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 or other organization
- 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:

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 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).

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:

❖ 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

❖ 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.

Music Therapy Internship Program:

The Institute for Therapy through the Arts provides a unique learning experience for all creative arts therapy interns. Music therapy interns 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 work with not only an eclectic team of over a dozen board-certified music therapists, but also a creative arts therapies team that consists of art, dance/movement, and drama therapists.

ITA currently offers only a full-time internship consisting of 40 hours a week. ITA offers 2 music therapy intern positions for mid-August through mid-March period, 1 music therapy intern position for mid-January through late July period, and 1 music therapy intern position for mid-March through mid-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 observe and co-treat 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 an internship supervisor. 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 and the intern's primary supervisor evaluates interns at the three- and six-month stage 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 or implement 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 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. 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, which gives interns access to a variety of restaurants and shops.

Evanston is an artistic and 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.

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 director 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. *Health Care Providers Service Organization* is affiliated with the AMTA and provides student-rate coverage. More information can be found at <http://www.hpsso.com>

Expectations of Music Therapy Interns:

Because of the diverse caseload and additional assignments given to help increase clinical and administrative knowledge, prospective candidates should know ITA's expectations for interns: Strong organization skills; strong oral and written communication skills; the initiation to ask questions and take ownership over projects, assignments, and caseload; and the ability to manage seeing clients and working on assignments simultaneously.

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 and groups. 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.



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 (pgs. 8-10)
- A copy of your resume
- 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, personal attributes and strengths, as well as areas for continued growth/learning. References should be provided in a signed and sealed envelope or emailed from the writer directly to careers@itachicago.org)
- A letter of eligibility from the director of the music therapy program at your institution
- An official copy of your most recent college transcripts from all institutions that you have attended *
- Upon submission of application via postal mail or email, e-mail the 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. Electronic transcripts sent directly from your university will also be accepted. **Copies of transcripts, electronic or paper, will not be accepted.**

Application Deadlines (by postmark)	Submission Deadline	Interview
For August position	October 1 st – 31 st	November
For January position	February 1 st – 28 th	March
For March position	August 1 st – 31 st	September

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 Zoom 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.

Please send all application materials and/or questions to:

careers@itachicago.org
Institute for Therapy through the Arts
1316 Sherman Avenue
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 and pronouns: _____

Current Address: _____

Phone Number: _____

Email: _____

Permanent Address: _____

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)

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

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. _____

Areas of personal interest:

Letters of Recommendation written 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

Applicant Signature

Date