

## Music Therapy Internship Requirements

### Entry level requirements/competencies

Applicant must have experience at a bachelors or master's level program from an AMTA approved institution. This experience should prepare to meet the following additional requirements/competencies which have been taken directly from the [AMTA Professional Competencies](#).

### 1. Music Foundations

Must demonstrate the following abilities on the below instruments upon entry into the internship.

- Guitar
  - Accompany self and groups proficiently.
  - Employ simple strumming and finger picking techniques.
  - Tune guitar using standard and other tunings.
- Piano
  - Accompany self and groups proficiently
  - Show ability to play basic chord progressions in various keys
  - Show ability to sight read basic compositions and accompaniments.
- Percussion
  - Accompany self and groups proficiently
  - Show ability to play basic rhythms and techniques on various types of percussion instruments.
- Vocals
  - Lead group singing
  - Show ability to communicate vocally with proper volume depending on setting.

### 2. Therapeutic Relationship

- Demonstrate basic knowledge of the potentials, limitations, and problems of exceptional individuals.
  
- Demonstrate basic knowledge of the causes and symptoms of major exceptionalities, and basic terminology used in diagnosis and classification.
  
- Demonstrate basic knowledge of typical and atypical human systems and development (e.g. anatomical, physiological, psychological, and social.)

### **3. Principles of Therapy**

- Demonstrate basic knowledge of the dynamics and processes of a therapist-patient relationship.
- Demonstrate basic knowledge of the dynamics and processes of therapy groups.
- Recognize the impact of one's own feelings, attitudes, and actions on the patient and the therapy process.
- Use oneself effectively in the therapist role in both individual and group therapy, e.g. appropriate self-disclosure, authenticity, empathy, etc. toward affecting desired behavioral outcomes.
- Demonstrate awareness of one's cultural heritage and socio-economic background and how these influence the perception of the therapeutic process.

### **Sections 4-7 represent skills that should be demonstrated by the midpoint of the internship**

#### **4. Music Therapy Skills**

- Demonstrate basic knowledge of existing music therapy methods, techniques, materials, and equipment with their appropriate applications.
- Demonstrate basic knowledge of the purpose, intent, and function of music therapy for various patient populations.
- Demonstrate basic knowledge of the use of current technologies in music therapy assessment, treatment, and evaluation.

#### **5. Patient Assessment**

- Communicate assessment findings and recommendations in written and verbal forms.
- Observe and record accurately the patient's responses to assessment.
- Identify the patient's therapeutic needs through an analysis and interpretation of music therapy and related assessment data.

#### **6. Treatment Planning**

- Select or create music therapy experiences that meet the patient's objectives.
- Formulate goals and objectives for individuals and group therapy based upon assessment findings.
- Coordinate treatment plan with other professionals.

#### **7. Therapy Implementation**

- Demonstrates the ability to adapt and use any and every approach to best meet the needs of each individual patient and family we serve

### **Evaluation of entry level requirements**

- Applicants will initially have a phone interview with internship director as well as the department head of Child Life and Education
- Following phone interview applicant will be invited for an in person or Skype interview depending on the student's location. If the interview is in person an audition will be required. If the interview is held via Skype the student may provide a pre-recorded audition.
- Non musical skills will be evaluated in the interview process with different situational

questions which require the potential intern to think critically. In this case the intern will be given information on a patient, and then discuss how they may deliver therapy to the individual patient. The goal is for the interviewer to be able to assess if the potential intern has basic knowledge in regards to the therapeutic relationship and principals of therapy.

### **Description of the internship experience.**

A music therapy intern should expect to receive hands on experience with supervision from a supervising MT-BC in order to foster their skills in music therapy. This includes improving upon proficiency in various instruments, putting theories of music therapy to use with patients, and demonstrating these skills in the pediatric hospital setting.

The intern will take on a full time schedule Monday through Friday from 8:00am to 4:30pm. This would allow for the most immersive experience. The intern can expect to work with various patients spanning ages from infancy through adolescence. The intern will have the opportunity to work with patients of various diagnosis throughout the internship experience. Interns are responsible for keeping track of their hours.

Interns will initially observe a supervising music therapist for a period of three to four weeks. This period may vary depending on the needs of the intern. After this observation period, music therapy students will be referred to individual patients primarily with opportunities for small group sessions. A typical patient caseload will be between ten to fifteen patients. Individual sessions can last between thirty minutes to up to an hour depending on the patient population. Group sessions will be set at an hour as it is not uncommon for patients to arrive late due to other treatment. Group sessions at ACH tend to be between three to five patients.

Interns will be provided with various instruments including a guitar, xylophones, ukuleles, keyboard, various hand drums and other percussion, and a cart to use to transport instruments to patient rooms. Treatment spaces are primarily patient rooms. ACH rooms are single bed rooms with ample space for intern and patient. Group sessions are held in the specific unit's playroom. The child life and education department also has a dedicated space to store instruments that requires a key to access. Keys will be provided for the intern. Interns can access a computer through the child life office or school classroom. Interns will be able to log in to their account from any computer. This allows the intern to chart sessions without needing to use the same computer each time. Charting is done electronically using the meditech system.

Interns will participate in two supervision sessions a week with their supervisor. One session will be a discussion of intern's progress where the intern can discuss their experiences working with patients. The second will be to work on music therapy skills. In addition the supervisor will observe at least one morning or afternoon of sessions run by the intern at least once per week.

Interns at the hospital will also be educated on family centered care as that is the philosophy of the hospital. Once completing an observation period interns can expect to have a typical case load as if they were hired music therapist. The general philosophy is to allow interns to explore how to deliver music therapy while having a supervisor readily available for support.

Interns will be required to attend any child life and education meetings, unit specific meetings, as well as any relevant in-service presentation. In addition during the internship, students will be responsible for presenting a detailed case study to the child life and education department as well as any other assignments required from their university. This case study should highlight work with a specific patient, and highlight the student's understanding of music therapy theory, and how it was applied with their patient.

It is the responsibility of the intern to find housing during the internship period. No stipend is available for the internship experience. ACH is responsible for the cost of background checks and drug testing.