

Music Therapy Internship

Child Life & Creative Arts Therapy Department

Music Therapy at Cohen Children's Medical Center

Music therapy is a part of the Child Life & Creative Arts Therapy Department, which falls under the umbrella of Patient and Family Centered Care. Music therapy serves all inpatient units of the hospital and on an as-needed basis in outpatient procedures. The inpatient units are pediatric intensive care (PICU), hematology/oncology, bone marrow transplantation, medical/surgical and adolescent medicine. Music therapy may be called for a referral in ambulatory surgery, radiology, the hematology/oncology clinic, or in the emergency department. We have two music therapists who serve specific units.

Entry-level skill requirements

The music therapy student must have some experience in the areas listed on the right, as they will be nurtured and matured throughout the internship process. Some skills were adapted from the American Music Therapy Association (AMTA) Professional Competencies.

We strive to offer our patients the most effective music therapy, so all students are required to demonstrate their musical, clinical and professional skills through an interview and audition that will take place at Cohen Children's Medical Center. If the applicant lives outside of the New York metropolitan area, the interview and audition may take place via Skype, where the same expectations will be held.

Musical skills

Guitar

Students should have the ability to:

- Use various strumming/finger-picking patterns
- Play basic chord progressions (I-IV-V-I) in a variety of keys
- Accompany self and others proficiently
- Provide basic improvisation in any key

Keyboard/piano

Students should have the ability to:

- Accompany self and others proficiently
- Play basic chord progressions (I-IV-V-I) in a variety of keys
- Sight-read simple compositions (i.e., children's music, popular music)
- Provide basic improvisation in any key

Voice

Students should have the ability to:

- Sing in tune and in tempo
- Lead a group in song

Percussion

Students should have the ability to:

- Accompany self and others proficiently

General music

Students should have the ability to:

- Improvise using percussion, guitar, piano and voice
- Play and transpose basic chord progressions (I-IV-V-I) in several keys
- Play appropriate music for a variety of cultures
- Play and sing a basic repertoire of traditional, folk and popular songs with and without printed music

Clinical therapeutic skills

Therapeutic applications

Students should have:

- Basic knowledge of typical and atypical human systems and development (e.g., anatomical, physiological, psychological, social)
- Knowledge of basic medical terminology and common pediatric illnesses



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Therapeutic principles

Students should have:

- Basic knowledge of the dynamics and processes of a therapist-client relationship and therapy groups
- Basic understanding of music psychotherapy
- Ability to assess client strengths, weaknesses and potential
- Ability to develop, document and execute appropriate goals and objectives

Therapeutic relationship

Students should have the ability to:

- Recognize the impact of one's own feelings, attitudes and actions on the client and the therapy process
- Use oneself effectively in the therapist role in both individual and group therapy (e.g., appropriate self-disclosure, authenticity and empathy toward affecting desired therapeutic outcomes)
- Be aware of the influence of race, ethnicity, language, religion, marital status, gender, gender identity or expression, sexual orientation, age, ability, socioeconomic status or political affiliation on the therapeutic process

Professional skills

Students should have the ability to:

- Work cohesively within a large department
- Maintain professionalism with all staff
- Collaborate with different professions (child life, social work, medical staff, etc.)
- Maintain responsibility in regard to assignments
- Follow hospital policies and procedures
- Treat everyone with dignity and respect, regardless of differences in race, religion, ethnicity, sexual orientation or gender identity/expression

In addition, students should have:

- Knowledge of AMTA Code of Conduct
- Professional and concise speaking skills
- Supervisory skills

Internship experience

The music therapy internship is offered once a year, September through June. The application deadline for internship is March 1. This allows the hospital ample time to initiate a legal contract with the university if it is not yet established. The student must be affiliated with a music therapy educational program (undergraduate or graduate) in order to be placed for an internship at Cohen Children's. After receiving the completed application, the internship director will reach out to you to schedule an interview and audition.

The intern must have prior experience working with children. The intern should expect to be a part of a large, accepting pediatric interdisciplinary team consisting of music and art therapists, certified child life specialists, physicians (at all levels—medical students, residents, fellows and attending physicians), nurses, social workers, chaplains, and physical, occupational and speech therapists. As the hospital is located on

the border of Nassau and Queens counties, a strong multicultural presence is adopted into the hospital's core philosophy. Cohen Children's also incorporates the philosophy of family-centered care into every aspect of its practice.

Internship hours will primarily be from 7:45am to 3:45pm, three days a week. The three days can take place from Monday through Thursday and are chosen by the student and internship director. Occasionally, the intern will be asked to work different hours (nights, weekends) as the supervisor may be working different hours. The hospital has the ability to track hours as the intern is processed through the volunteer department; however, it is the responsibility of the intern to also keep a log of hours.

Interns have full access to all instruments and equipment available to the music therapists. Interns will share a locker with other child life/art therapy interns and will have access to multiple spaces and offices with computers. The intern will also have access to specialized equipment specific to music therapists, such as a recordable stethoscope, local-access share drive for music therapy and a Mac computer.

If accepted, the intern will undergo a criminal background check and will need to complete a medical clearance, including tuberculosis screening (provided free of charge at Northwell Health's Employee Health Services) and drug testing.

The intern will not need to purchase liability insurance; he or she will be processed through the volunteer services department, which provides liability insurance free of charge.

The intern **must** complete a volunteer orientation prior to start date, which includes training in hospital safety and procedures. The intern will also be oriented and trained to their specific units and to Sunrise Clinical Manager, our electronic charting system.

The intern may be expected to perform the following duties throughout the internship:

- Provide individual and group music therapy
- Participate in weekly workshops with required readings
- Collaborate with other staff in various projects and sessions
- Provide in-services on specific music therapy techniques
- Attend various meetings for child life, creative arts therapy, research and palliative care, including lectures from various internal and external medical professionals, social workers, child life specialists and special needs specialists
- Attend medical, nursing, psychiatric, chaplaincy and trauma grand rounds when deemed applicable to music therapy practice

- Provide music therapy during support groups (e.g., resident support, family support, sibling support)
- Provide musical experiences in hospitalwide events (special events, music in the chapel, team building experiences)
- Write electronic progress notes in patient medical charts
- Provide a gap-in-service project
- Present a case study in a child life/creative arts therapy staff meeting
- Learn to propose a research project
- Participate in supervision

Intern philosophy

Here at Cohen Children's, we are based in a humanistic philosophy. We strive to not only treat the medical ailments a child is experiencing, but to also treat the mind, body and soul. We help our patients recognize their strengths and use them as the foundation for therapy and growth—and we treat our interns with the same philosophy. Our internship offers opportunities for clinical, professional and emotional growth in a safe and supportive environment.

Our approach includes:

- Providing patients with experiences of emotional and creative expression
- Normalizing the hospital environment to better support the patient
- Allowing opportunities for the patient to process their hospital journey and/or illness
- Bringing humanity and the human experience to patients in a safe, supportive environment

Within the medical music psychotherapy approach, various interventions are implemented. These interventions include, but are not limited to:

- Songwriting (including music-based and technology-based methods)
- Improvisation
- Lyric analysis
- Using music for pain management
- Procedural accompaniment
- Musical life review
- Music for bereavement and palliative care

Additional information

Stipend: There is no stipend for this internship.

Housing: There are no housing opportunities for this internship.

Environment: Part of the Long Island/Queens area, the hospital is in one of the most diverse regions in the country, so multiculturalism is of utmost importance.

Transportation: A car is the easiest way to travel to the hospital. However, there is a Q46 bus stop at the hospital. Students who drive have access to free parking.

Music Therapy staff

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Cohen Children's Medical Center

- A nonprofit pediatric hospital with 202 beds dedicated exclusively to the care of children
- Committed to providing sophisticated, family-centered care in all major clinical areas. Our discoveries, advancements and achievements have earned us recognition as one of the nation's pre-eminent children's hospitals
- Ranked in *U.S. News & World Report* among the nation's Best Children's Hospitals for the 12th straight year
- The first children's hospital in New York to earn the prestigious Magnet designation for nursing care
- The largest provider of pediatric health services in New York state, serving 1.8 million children in Brooklyn, Queens, Nassau and Suffolk counties
- Designated as one of three Level I Pediatric Trauma Centers in New York state
- A large teaching hospital with programs for nurses, physicians, social workers, physical therapists, occupational therapists, speech therapists, child life specialists, chaplains and music therapists