



MUSIC THERAPY INTERNSHIP FACT SHEET

Music Therapy at Children's National Hospital

The music therapy program serves patients in the Center for Cancer and Blood Disorders (CCBD) located at the hospital's main campus. CCBD cares for pediatric patients with Hematology/Oncology diagnoses and patients undergoing Bone Marrow Transplant. Music therapists follow patients during inpatient admissions and outpatient visits to ensure continuum of care throughout treatment. Music therapy is embedded within the psychosocial team and works closely with nurses, social workers, psychologists, art therapists, child life specialists, and education specialists. Music therapists also work with physical and occupational therapists and the hospital's palliative care team.

Internship Experience

The music therapy internship is designed to give the intern the opportunity to develop and refine their clinical skills. The intern will work under the guidance of their internship supervisor while learning to assume the full range of responsibilities of an entry-level professional music therapist. The internship is a full-time commitment with the consistent schedule of Monday-Friday from 8:30 a.m. to 4:30 p.m. As internship progresses, there may be opportunities for occasional offsite days to allow the intern to learn repertoire and build their research knowledge. There are no weekend or evening obligations for the music therapy intern. Presently, Children's National Hospital offers one music therapy internship opportunity each year beginning in January and ending in June.

The internship process focuses on learning through shadowing during the first stage of internship. The intern will shadow their supervisor as they facilitate music therapy sessions at bedside and in clinic. As the internship progresses, the intern will be given opportunities to co-treat with their supervisor during bedside visits and occasional group sessions. This transition is structured to appropriately challenge the intern while expanding the depth of their clinical experiences. The intern will receive in-the-moment guidance and feedback during this stage and begin leading sessions on their own. In the last two months of internship, the intern will independently carry a full caseload and bear responsibility for all music therapy related tasks for those patients. Ultimately, the intern will have the opportunity to develop treatment goals, implement music therapy services, and share their clinical insights with other professionals. While the intern will work primarily with their internship supervisor, they will have the opportunity to work with other members of the music therapy and psychosocial team throughout internship. This



may occur in the form of intern shadowing, and/or co-facilitation of music therapy services in individual, family, or group settings.

Clinical experiences in CCBD center primarily on individual sessions between the patient and the music therapist. It is common for family members to be present with patients at bedside or in clinic, and the intern will have opportunities to facilitate family music therapy sessions. As for group experience, the music therapy program will occasionally facilitate group sessions for patients of similar age and goal focuses in communal rooms. These are often small group experiences with group sizes ranging from two to four individuals. Virtual group experiences for teens are additionally available and are moderated by the music therapy team.

Throughout the internship experience, the intern will be expected to attend weekly psychosocial rounds with the purpose of discussing and adapting patient care goals based on relevant information from the meeting. As the intern progresses through the phases of internship, they will become more active in relaying their clinical insights to the psychosocial team. The psychosocial team consists of social workers, psychologists, music therapists, art therapists, chaplain, palliative care, education specialists, and child life specialists.

Before the conclusion of internship, the intern will be expected to complete one project that will benefit the music therapy program and assist them in their professional growth outside of Children's National Hospital. This project is designed to further the intern's interest in a particular area of music therapy. Therefore, the intern will have the opportunity to shape this project with the guidance of their internship supervisor. Previous examples of appropriate projects include presenting to other units about music therapy, submitting a grant for music therapy funding, and developing group sessions. The internship supervisor will communicate regularly with the intern throughout internship to support this process.

Clinical Training Approach

At Children's National Hospital, the music therapy program recognizes the value of one's music therapy internship in shaping their clinical development and personal growth. Therefore, there is steadfast respect for the supervisory relationship and safeguarding of the intern's experience.

Interns engage in one hour of formal supervision every week. They are required to do some form of reflection prior to meeting for supervision. These reflections can be written, recorded, or creative and invite the intern to be active in processing their growth. Reflections are shared with the internship supervisor and explored further in supervision.

This exercise reinforces the collaborative nature of the supervisory relationship as interns have the opportunity to develop their skills and foster their interests while receiving guidance from the internship supervisor.

Applicant Requirements

Applicants to the music therapy internship will be required to demonstrate the following skills through the application and interview process.

Music Foundations

Guitar

- Play I, ii, IV, V, vi chords in three keys (including one minor)
- Transpose accompaniments in the moment
- Use of two strumming patterns and two fingerpicking styles
- Ability to accompany self proficiently

Keyboard

- Play I, ii, IV, V, vi chords in three keys (including one minor)
- Transpose accompaniments in the moment
- Use of two accompaniment patterns
- Ability to accompany self proficiently

Percussion

- Maintain a steady rhythm while playing
- Ability to accompany self proficiently

Voice

- Sing with appropriate pitch, rhythm, and volume
- Sing accompanied and a cappella

General Music

- Ability to improvise on guitar, keyboard, and percussion
- Compose and improvise simple songs
- Maintain a basic repertoire of traditional, folk, and popular music

Clinical Foundations

- Understand basic medical and mental health terminology
- Awareness of the dynamics of a therapist-client relationship
- Demonstrate professionalism through effective communication and documentation
- Openness to the supervision process
- Knowledge of existing music therapy interventions

Selection Process

Each internship application will be reviewed by the Internship Director, and Internship Supervisor if applicable. Contact will be made with a select group for phone interviews. If chosen to continue in the process, the applicant will be invited to Children's National Hospital for an in-person interview and tour of the site. While the applicant will be expected to demonstrate their music proficiencies via video included with their application, they will be asked to play during the in-person interview. If the applicant is unable to travel to the hospital, arrangements may be made to conduct the interview via Zoom.

Additional Information

Special Category Volunteer Status—All non-medical students and clinical trainees are processed through the Volunteer Services department at Children's National Hospital. Music therapy interns are considered Special Category Volunteers for administrative purposes. The process requires several health screenings, a background check, and completion of orientation materials. Volunteer services will communicate these requirements to incoming interns prior to their internship start date. Any expenses incurred completing these requirements are the responsibility of the intern.

Legal Affiliation Agreement—Children's National Hospital does require a legal affiliation agreement with the intern's academic institution. The internship director and the prospective intern's academic supervisor will communicate with the legal department at Children's National Hospital upon accepting the internship to establish the agreement.

Liability Insurance—The intern will provide proof of liability insurance before beginning internship. This can be obtained through a contractual agreement with the intern's university or private purchase.

COVID-19 Policy—The intern must provide proof of vaccination prior to starting their internship. Masking is no longer required unless otherwise stated on unit. Interns are welcome to continue masking to their comfort level or for contact and droplet precautions. If you are feeling sick, please contact the Internship Director to make arrangements and quarantine if necessary. If you have any questions or concerns about the COVID-19 policies at Children's National, please contact the Internship Director.

Clinical Resources—The intern will be provided with their own cart of instruments similar to those used by supervisors. They will not be expected to provide their own instruments. The intern will not have a personal desk, but always has access to a computer that is reserved for psychosocial team members. Personal devices are to be used if needed during potential offsite days.

Additional Educational Opportunities—The intern may be encouraged to attend AMTA National or Regional Conference during their internship, but it will not be required. The



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intern will be invited to attend hospital Grand Rounds as all hospital staff and trainees are welcome.

Other On-Site Training Programs—Within CCBD, the music therapy intern will have the opportunity to work with psychology fellows, externs, art therapy interns, and child life interns during their internship. There may be interns from occupational therapy, physical therapy, or social work, but there is no guarantee these training programs will overlap.

Attire—The music therapy staff wear scrub pants and music therapy t-shirts at the hospital. Interns may choose to purchase the same attire or wear work appropriate clothing in accordance with hospital policy.

Housing—Children's National Hospital does not provide housing for this internship.

Meals—There is a cafeteria onsite where meals can be purchased.

Transportation—Children's National Hospital provides free shuttle services between the hospital and three metro stations (Brookland, Columbia Heights, and Union Station). The shuttles operate Monday through Friday. Parking is available at two off-site parking garages for a monthly fee. Children's National Hospital does not offer reimbursement for transportation expenses.

Music Therapy Team

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