



### **Music Therapy Internship**

The University of Iowa Hospitals & Clinics include an 800+ bed adult hospital and the 190-bed University of Iowa Stead Family Children's Hospital located on the UI campus in Iowa City. Home to the University of Iowa, Iowa City is a community of 73,000 residents and 30,000 University students. From Hawkeye sports to varied cultural activities, it is a vibrant and diverse community. Interns will gain experience in the following areas:

#### **Music Therapy in Psychiatry**

- Group sessions with inpatient psychiatry programs: pediatric, adult & geriatric inpatient units
- Group sessions with Partial Hospitalization programs in eating and mood disorders
- Behavioral concerns, anxiety disorders, Huntington disease, intellectual disabilities, autism, dementia, eating disorders, mood disorders, substance use disorder, personality disorders, psychotic disorders
- Goals may address coping skills, stress management, self & emotional awareness, self-image, relapse prevention

#### **Music Therapy in Supportive and Palliative Care (with adults)**

- Individual sessions at bedside with patients and families
- Goals may address grief support, life review, pain & symptom management with patients facing life limiting illnesses
- Learn within the interdisciplinary team approach

#### **Pediatric Medical Music Therapy**

- Individual bedside sessions with child and family members
- Acute and chronic med-surg, neurological care, oncology, pediatric intensive care, neonatal intensive care
- Goals may address pain & anxiety management, developmental support, neuroprotective care, parent & family care, rehabilitative skills including co-treatment with PT, OT, and/or Child Life
- Pediatric Pain & Palliative Care including grief support, Heart Songs and legacy creation
- Learn practices of developmental care, neonatal critical care, parent support groups

#### **Internship Director:**

Katey Kooi, MT-BC [katelyn-kooi@uiowa.edu](mailto:katelyn-kooi@uiowa.edu)

#### **Supervising Music Therapists:**

Katey Kooi, MT-BC, Becca Kurtz MHA, MT-BC, Adam Summers, MA, MT-BC

**Applications and additional information are available online at:  
[www.uihc.org/music-therapy-internship](http://www.uihc.org/music-therapy-internship)**

### Internship experience

Interns will have the opportunity to develop skills in both group and individual interventions across the lifespan. Weekly groups are offered to all patients on the behavioral health units. Individual services are offered to patients on the medical units by referral or clinical practice standards.

Throughout the internship, students are required to:

- build a **music repertoire** that reflects the many populations served in the medical setting.
- complete in-depth **case presentations** summarizing their work with selected patients. This gives the student opportunities to synthesize didactic learning with clinical experiences to foster a deeper understanding of patient medical experiences and the benefits of music therapy.
- develop a **project**, based on their specific interests which addresses an institutional need while promoting the intern's professional development and problem-solving skills.
- **journal** reflections on their learning experiences. Guiding questions are supplied to foster personal awareness & growth.

### Learning environment

- Interns will be exposed to patients of different ages with varying needs while receiving close supervision designed to facilitate growth in clinical implementation, documentation, organization and the interpersonal skills necessary for future employment. A strong emphasis is placed on developing the student's therapeutic use of live music including the use of voice, guitar, keyboard and respective major instrument.
- We welcome and support all learners. The University of Iowa prohibits discrimination in educational programs on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual.



### The successful internship applicant will demonstrate:

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- strong interpersonal skills and an ability to easily establish relationships with others through conversation and genuine interest
- preliminary knowledge of basic diagnoses & benefits of music therapy with a variety of populations, including mental health, palliative care, pediatric medical, and infant care
- flexibility, playfulness, and ability to share music confidently with others
- emotional stability and maturity to handle the demands of a fast-paced workplace with critically ill patients
- willingness to take risks; sharing musical experiences within new situations

More specifically, the following will be evaluated through the applicant's application, academic transcripts, recommendation letters, and video. Qualified applicants will be invited to complete a personal interview.

- Guitar skills: The intern is expected to be able to play in a variety of keys and be able to transpose. They should be able to provide various strumming and finger picking styles to elicit the best responses from patients as well as to provide a pleasing therapeutic sound.
- Vocal skills: The intern is expected to demonstrate the ability to sing in tune with accuracy and a pleasing tone quality when singing a cappella and while playing guitar as an accompaniment.
- Academic skills: The intern will possess an understanding of theories related to the purpose and function of music therapy; a strong understanding of human development, anatomy and biological systems, and possess basic verbal counseling skills. The ability to clearly express oneself through writing is essential. In addition to positive feedback, the intern must be willing to learn from constructive criticism as well as self-evaluation.
- Therapy skills: The intern should demonstrate understanding of the therapeutic process including assessment, goal setting, music therapy implementation and evaluation. The intern will demonstrate understanding of planning goal-oriented music interventions based on client needs.

### **Resources available**

There are several resources available to the intern including:

- an iPad with OnSong, Garageband, and other useful apps
- access to Apple Music & the iTunes library
- professional readings and intervention ideas including those of previous interns
- wide array of instruments, including drums, Orff instruments, guitars, ukuleles, keyboard, reverie harp, tone chimes, and assorted rhythm instruments
- Hospital-based professional resources including connection with treatment teams, electronic medical records use, in-house trainings

### **Interdisciplinary team work**

Our music therapists work closely with interdisciplinary team members, including physicians, nurses, nurse practitioners, physical, occupational and speech therapists, child life specialists, social workers, and chaplains. Our interns have frequent opportunities for participation in rounds, co-treatments, and team coverage with other disciplines in the hospital.

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### **On-site training programs**

There are multiple on-site learning opportunities for the intern at UIHC:

- Rehabilitation therapies noon seminars
- Ethics rounds & psychiatric grand rounds
- Nursing Education Series
- Schwartz Center Rounds (emotional impact of caregiving)
- Pediatric and adult palliative care topics including grief
- Wellness Workshops
- DBT groups & psychiatric unit council meetings
- NICU Developmental Care and Neurocritical Care
- Nonviolent Crisis Intervention training (CPI)



### **Off-site training opportunities**

Learning through community-based opportunities is encouraged.

- 2 days of job shadow with area music therapists
- Participation in presentations to community groups and University of Iowa classroom lectures
- Local events such as the Iowa Chapter of Music Therapy Empowerment Workshop
- May attend community or professional conferences, with permission

### **Clothing/Housing/Stipend**

- Rehabilitation Therapies requires scrubs to be worn by all therapy staff and students. All must wear black scrub bottoms, eggplant scrub top, and tennis shoes. Interns are responsible for purchasing scrubs prior to the start date and will be given information on required color and purchasing options.
- Interns will secure their own housing and may request support in finding housing sources from the internship director. Parking is available for a monthly fee. Public transportation is available and is now free. No vehicle is required during the internship.
- There is no stipend for this internship.

### **Administrative Requirements**

A cooperating agency agreement between the University of Iowa Hospitals and Clinics (UIHC) and the intern's academic program must be in place prior to the internship start date.

In addition, each student intern must provide a copy of:

- completed TB test done within the past year
- cleared formal Criminal Background check
- current CPR certification, personal health insurance card
- student professional legal liability insurance
- Personal Data form and health screening (provided by the hospital)

The student is responsible for any costs incurred to meet these requirements

Sample Schedules: *The following are sample schedules from previous internship experiences. The current experience will be based on patient scheduling, staff scheduling, and intern need.*

#### Pediatric Rotation

|             | Monday                                      | Tuesday                             | Wednesday                              | Thursday               | Friday                                    |
|-------------|---|-------------------------------------|--|------------------------|---|
| 8:00-9:00   | Prep & Planning                             | Prep & Planning                     | Prep & Planning                        | Prep & Planning        | Prep for group                            |
| 9:00-10:00  |   |                                     |  |                        | Individual Sessions                       |
| 10:00-12:00 | Individual Sessions                         | Individual Sessions                 | 1:1 Supervision<br>Individual sessions | Individual Sessions    | Lunch                                     |
| 12:00- 1:00 | Lunch<br>Charting/Prep                      | Lunch/meetings<br>Group Supervision | Lunch<br>Charting/Prep                 | Lunch<br>Charting/Prep | 12:15-1:30 Child<br>Psychiatry groups     |
| 1:00-2:00   | Pediatric pain &<br>palliative care meeting | Individual Sessions                 | PICU interdisciplinary<br>team meeting | Individual Sessions    | Clean instruments/<br>Chart               |
| 2:00-4:00   | Individual Sessions                         |                                     | Individual Sessions                    | Individual Sessions    | Individual Sessions<br>Prep for next week |
| 4:00-4:30   | Charting                                    | Charting                            | Charting                               | Charting               |   |

#### Adult Supportive & Palliative Care Rotation

|               | Monday                             | Tuesday   | Wednesday  | Thursday                           | Friday                             |
|---------------|------------------------------------|---|--|------------------------------------|------------------------------------|
| 8:00-9:00am   | Morning report with<br>team        | Palliative Care team<br>learning                              | Interprofessional Team<br>Meeting for Palliative<br>Care                   | Office Time                        | 1:1 Supervision                    |
| 9:00-10:00    | Planning                           | Planning  | Planning   | Planning                           | Planning                           |
| 10:00-11:00   | Palliative 1:1                     | Palliative 1:1  | Palliative 1:1   | Palliative 1:1                     | Palliative 1:1                     |
| 11:00-12:00pm |                                    |   |  |                                    |                                    |
| 12:00-1:00    | Lunch                              | Lunch/meetings<br>Group Supervision                           | Ethics Rounds/ Case<br>Presentations/ Noon<br>education Palliative<br>Team | Lunch/meetings<br>Or Planning time | Lunch                              |
| 1:00-2:00     | Palliative 1:1                     | Palliative 1:1  | Palliative 1:1   | Palliative 1:1                     | Palliative 1:1                     |
| 2:00-3:00     |                                    |   |  |                                    |                                    |
| 3:00-4:30     | 3:30 Palliative sign out<br>rounds | 3:30 Palliative sign out<br>rounds & weekly<br>patient review | 4:00 Wellness  | 3:30 Palliative sign out<br>rounds | 3:30 Palliative sign<br>out rounds |

#### Psychiatry Rotation

|             | Monday                                  | Tuesday  | Wednesday                               | Thursday                                | Friday                             |
|-------------|---|--|---|---|------------------------------------|
| 8:00-9:00am | Psychiatry Rounds<br>Prep time/readings | Psychiatry Rounds<br>Prep time/Supervision                       | Adult Psychiatry Rounds<br>and Services | Adult Psychiatry<br>Services prep       | 8:00-8:45 Med psych<br>rounds      |
| 9:00-12:00  |   |  |   | 2 inpatient psych<br>groups<br>Charting | 10:00- Child<br>psychiatry rounds  |
| 12:00-1:00  | Lunch & Office Time                     | Lunch/meetings<br>Group Supervision                              | Lunch & Office Time                     | Lunch & prep for<br>afternoon groups    | Child psych groups<br>(1-2 groups) |
| 1:00-2:00   | Observations of other<br>disciplines    | Adult Psychiatry<br>Services: Geriatric<br>and Chronic Disorders | Inpatient Geriatric psych<br>group      | 2 outpatient psychiatry<br>groups       | Charting                           |
| 2:00-3:00   | Med psych 1:1                           |  | Adult Psychiatry                        | Charting & Cleanup                      | Child psych 1:1                    |
| 3:00-4:30   | inpatients                              | Charting & Planning  | Services prep                           |   | inpatients                         |