Music Therapy Internship
Fact Sheet

Internship Site & Director
UC Davis Children’s Hospital
2315 Stockton Boulevard
Sacramento, CA 95817

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Populations Served

UC Davis Children’s Hospital, located in Sacramento, CA, is a children’s hospital within an adult teaching medical center. Music therapy is offered on Pediatrics (36 beds), Pediatric Intensive Care Unit (PICU) (24 beds), Neonatal Intensive Care Unit (NICU) (49 beds), and Pediatric Acute Care Unit (12 beds). These units are typically full leaving some adolescents to be housed on adult units. The music therapist follows any pediatric patient with a referral regardless of their location in the medical center. Patients treated range in age from premature infants through eighteen year old adolescents. UC Davis is a Trauma I Center, which means patients are sent here from all over Northern California for a number of medical concerns. Common diagnoses include chronic illnesses such as cancer, cystic fibrosis or sickle cell anemia; trauma related issues such as traumatic brain injuries from car accidents or child abuse; cardiac conditions, and acute problems such as broken bones or tonsillectomies.

Entry Level Requirements

The intern must have basic guitar and piano skills. This includes abilities to transpose, play basic chord progressions in several keys, play in varying styles, accompany self and/or others, and read from chord charts and simple compositions. The intern must have a pleasant vocal tone and ability to sing in tune while accompanying self.

The intern should have experience working with children in at least one setting, noted on the resume and application. Knowledge of child development and an interest in working with children and families in the medical environment is strongly preferred. The intern should be self-directed and independent. Of note, the intern must respect and be aware that patients and their families come from all backgrounds and cultures. Some of our patients are critically ill and unfortunately do not live through their illness. While self-care will be discussed heavily during internship, it’s important that the intern understand that deaths may occur.
**Entry Level Evaluation**

- Completed Application
  - Essay questions
    - Opportunity for interns to demonstrate knowledge and experiences
  - Three letters of recommendation from the following individuals:
    - Music therapy professor
    - Music therapy practicum supervisor
    - Professional of your choosing
- Interview – In-person if local or Skype
  - Audition
    - Accompany self on guitar or piano and sing two songs that could be used for a music group that includes children between the ages of 2 years and 8 years old
    - Accompany self on the instrument not used above on two songs that could be used with an adolescent
    - Perform a song of personal choice that demonstrates skills on any instrument
- Interview
  - Series of questions to elicit applicant’s understanding of music therapy in the hospital setting

**Internship Experience**

Interns will work 40 hours per week, Monday through Friday and will follow the same schedule as the internship director. Of note, there is only one music therapist at UC Davis Children’s Hospital and unfortunately the hospital is not able to offer additional music therapy positions at this time.

Interns will work with children of all ages, developmental levels, and backgrounds. Interns will observe co-lead, and lead both group and individual sessions. UCD offers several types of music groups with opportunities for more as patient needs grow. Currently the following groups are led by the music therapist:

- *Daily music group* – this group meets on the general pediatric unit in the playroom for infants through school age children. This group typically involves singing familiar songs to promote growth and development, socialization, and self-expression. Occasionally songwriting, improvisation, or drum circles take place depending on the patients and family members in attendance.
• **Teen Group** – a weekly group that invites patients 11-18 years old from all units of the hospital to meet and participate in a therapeutic intervention. The group leader alternates weekly between a Child Life Specialist, Art Therapist, and Music Therapist. Often the music therapist co-treats with these team members, which is a great opportunity for an intern as well.

• **“Caregiver Connection”** – a weekly group for parents in the PICU. This group also alternates weekly between a Child Life Specialist, Art Therapist, or Music Therapist leading. The parents typically enjoy guided imagery and songwriting during music therapy led weeks.

Beginning partway through the internship, the intern will carry their own caseload for individual sessions (around 5-8 patients). Most of these sessions occur bedside, however some patients benefit from encouragement to ambulate to the teen room or other spaces for individual sessions. The caseload number varies based on medical and psychosocial needs of each patient. The amount of time the music therapist spends on each unit is based on the music therapy referrals received on any given day. There is a lot of flexibility in regards to units and if an intern has specific interest in a population such as Oncology, NICU, rehabilitation, palliative care etc., the music therapist will do her best to provide the most experiences in those areas while still maintaining a well-rounded and diverse internship experience.

As part of their individual caseload, the intern will have the opportunity to provide music therapy services in an additional area where Child Life services are present but music therapy is not. Options currently may include the Pediatric Infusion Room, the Children’s Surgery Center, or the Emergency Department. In these departments, the intern could provide an in-service as well as develop skills for implementing a new music therapy program.

All music therapy instruments and equipment are available for the intern’s use, including a personal guitar and iPad to use on the premises. Due to infection control, interns are discouraged from bringing in any personal instruments for use with patients. The music therapy department has an ever-growing collection of instruments including 4 classical guitars, an electric guitar, several ukuleles, many keyboards, electronic drums, many percussion instruments, a Hapi Drum, a Mac-Book Pro and two iPads.

Interns are viewed as valuable members of the Child Life and Creative Arts Therapy Department and will be required to attend and participate in weekly meetings and assist with special events. Occasional participation in rehabilitation, interdisciplinary rounds, and patient family/team meetings, will also be encouraged to provide the intern with experience as an integral team member.

Interns will earn internship hours for attending regional or national AMTA conferences and observing other music therapists outside the hospital. Internship assignment examples include a case study presentation to the Child Life and Creative Arts Therapy Department, a special project, completing required readings, maintaining a journal, and participating in self-care.
**Professional Staff**

The intern will work closely with members of the Child Life and Creative Arts Therapy Department (child life specialists, art therapist, school teacher, playroom coordinator). When appropriate, there are opportunities to co-treat with various team members such as rehabilitation, child life, art therapy, or the hospital school teacher. Music therapy referrals are commonly taken from child life specialists, nurses, physical therapists, speech therapists, and occupational therapists. Other professionals and intern would interact with include chaplains, social workers, and medical staff.

**On-Site Student Training Programs**

As part of a teaching hospital, there are many other training programs including the following: child life interns, art therapy interns, child life fellows, student nurses, chaplain interns, social work interns, medical students, physical therapy students, occupational therapy students, and countless volunteers.

**On-Site Student Educational Programs**

There are a number of free educational opportunities provided by UCD. Interns and students of all disciplines are always welcome to attend. They include, but are not limited to the following:

- Pediatric Grand Rounds
- Schwartz Center Rounds
- Social Work Rounds
- Reiki Training, levels I and II
- Additional programs offered through the Center for Professional Practice of Nursing
  - Topics include specific diagnoses such as Autism, end-of-life care, ethics, pain management, and managing patients with aggressive behaviors.

**Other Internship Information**

- Housing, meals, and stipend are not provided. The intern is required to arrange their own housing.
- Liability Insurance is provided at no cost to the intern.
- Transportation: Parking on campus is provided at no cost to the intern. If alternative transportation is preferred, there are locked areas for bicycles, public buses, and light rail options. The intern would be responsible for the cost of bus and light rail fares.
**Site-Specific Administrative Requirements**

A legal affiliation between the intern’s university and UC Davis Health is required. This is mostly taken care of by the Internship Director and the university; however, the intern will be responsible for completing the following items:

- Proof of the following immunizations and signed by a physician
  - 2 TB skin tests – one done within a year and the second within 90 days of start date
  - MMR Vaccine Dates
  - Hepatitis B Vaccine
  - Hepatitis C Titer
  - Flu Shot if beginning during Flu season
- Mandatory training courses on privacy and security and safety. These are done through online learning modules.
- Agreement to a background check

A packet with more information will be given to the intern upon acceptance.