

# Music Therapy Internship Application

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<b>Internship Director and Acute Care Internship Supervisor:</b>	Marial Biard, MM, MT-BC, NMT-F <a href="mailto:mabiard@texaschildrens.org">mabiard@texaschildrens.org</a> (832) 826-1623	<b>Physical Address:</b>	Texas Children's Hospital Child Life Department 6621 Fannin St. WT16227 Houston TX 77030
<b>NICU Internship Supervisor:</b>	Maribeth Vain, MT-BC, NICU-MT		
<b>Critical Care Internship Supervisor:</b>	Hillary Gómez, MM, MT-BC		

## About Texas Children's Hospital

Texas Children's Hospital, located in the heart of the world-renowned Texas Medical Center, is the nation's largest not-for-profit pediatric hospital in the world with licensure for about 939 beds. This state-of-the-art facility provides primary, secondary, and tertiary care for a diverse population of chronically and acutely ill children. Texas Children's Hospital collaborates with the Baylor College of Medicine to support a comprehensive pediatric medical education and research.

## Populations Served by Music Therapy

Music therapy services include a variety of group, individual, and co-treatment sessions with patients and families. The music therapy team also provides music therapy groups for staff members to build morale, target stress relief, and prevent burnout.

Music Therapy services have been provided primarily in the following units and care areas at Texas Children's Hospital.

The **Neonatal Intensive Care Unit (NICU)** is a 173-bed unit that provides care to the sickest newborn and premature infants in the region. Diagnoses range from extreme prematurity to genetic disorders requiring long-term care. Parents and infants receive the most cutting-edge care and treatments in our Level IV and Level II NICUs.

The **Acute Care Areas** encompass several units, some of which include: the Inpatient Rehabilitation Unit (IRU), a specialty rehabilitation unit that provides individualized treatment for many different diagnoses and injuries, the Neurology & Epilepsy Monitoring Unit (EMU) which provides care to patients who have undergone neurosurgery, spinal surgery, or are inpatient for seizure and shunt monitoring, and the Behavioral Health and Adolescent Medicine Units which focus specifically on mental health, eating disorders, and chronic illnesses.

The **Critical Care Areas** are housed within the Legacy Tower of TCH and include: the Pediatric Intensive Care Units (PICU) and Transitional Intensive Care Units (TICU), which serve our most critically-ill patients. These floors are dedicated to trauma care, hematology/oncology, neurology, and pulmonary patients. Additionally the Legacy Tower is home to the Texas Children's Hospital Heart Center, the #1 Heart Center in the nation which serves both acute and critical care patients with cardiovascular-related diagnoses.

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## What to Expect during an Internship at Texas Children's Hospital

**Music therapy internships are typically offered twice a year, with start dates accommodating to the supervisor's availability and internship applicants' preference.**

During the internship you can expect to work as part of a multidisciplinary team providing music therapy services that benefit the overall goals and coping of children in the hospital. Involvement in daily rounds on current units are a part of keeping informed about patient needs and communicating with the medical team. Throughout the internship, interns will work with a variety of healthcare professionals including nurses, rehabilitative therapists (including physical, occupational, and speech therapists), child life specialists, psychologists, and social workers.

Interns are expected to grow throughout the internship through purposefully assigned projects and development of personal goals. Projects can include article reviews, case study presentations, and pilot program development/implementation. Educational opportunities will be available throughout the internship covering a wide range of healthcare-related topics both onsite at Texas Children's Hospital, in the Texas Medical Center, and in the surrounding Houston area. Topics of available educational trainings will vary but may include: palliative care, viewing hospitalization through a developmentally-focused lens, and ethical decisions in healthcare. Interns will also be encouraged to network with other music therapy interns and professionals in the area through planned shadowing, events, and gatherings.

**Based on the date of entry, the internship will be primarily based on the supervisor's specialized care area. Please inquire with the internship director for the primary location of upcoming internship rotations.** The intern will have the opportunity to observe and provide services to other hospital units through intern projects and ongoing pilot and research programs. The daily caseload of music therapy at Texas Children's Hospital varies greatly based on the changing needs of patients and families. However, it is not uncommon to provide services for 6-8 patients on any given day. The music therapy program has a wide variety of instruments, technology, books, and music available for use by the intern. There is also a recording studio with state-of-the-art equipment as well as office space to work on planning, projects, and daily documentation. Due to strict infection control policies, all instruments and tools needed for the intern to execute their role will be provided by the hospital.

Individual one-hour supervision sessions will be scheduled weekly between the internship director/supervisor and intern. This is a time for the intern to reflect on experiences, ask questions, and bring new ideas as well as practice musical skill development as it relates to the therapeutic process. The internship director/supervisor will be present observing and supervising intern sessions throughout the internship experience. While interns will have the opportunity to be the primary therapist for patients throughout their internship, interns will always have access to support and guidance during direct patient care.

## Internship Training and Supervision Philosophy

**Marial:** Hey friend! I am a “jack of all methodologies” when it comes to treating patients here at the hospital. A firm believer that every child deserves the approach that is going to work best for them, it is important to me to have ‘knowledge of,’ and ‘comfort in’ implementing all different forms of music therapy. From singing bowls to Pattern Sensory Enhancement, you will catch me doing it all. Due to where my nerdy passions like the biggest spokes in my wheelhouse of approaches are biomedical and psychosocial models within a child-centered framework. Having additional training in neurology and music as it applies to the brain, I utilize a neuroscience model of pain processing/perception to better understand and apply music’s ability to modulate pain through attention and mood vectoring. As a Neurologic Music Therapy Fellow helping pave the way for NMT techniques to be utilized in a pediatric rehabilitation setting you can expect the opportunity to observe and integrate NMT techniques into your clinical experience. To me, both the music component and the therapeutic relationship are integral parts of the music therapy process. At times the music guides the therapy and at other times the therapeutic relationship provides the foundation for change. Circling back to that child-centered approach; I believe it is absolutely necessary to have a sense of wonder, imagination, and ease-in-play to thrive in this setting. Which means, although some structure therapeutic music activities will be used within sessions, most of the time you’re going to catch me creating-improvising songs or music in the moment to target the unique and specific needs of each patient. As a supervisor, nothing is more sacred to me than the 1:1 Weekly supervision. This gives us the opportunity to target your growth and humanness outside of the clinical setting. We will always check in on your musical, clinical, and therapeutic lenses but will also take time to help develop coping in this fast-paced environment and strengthen your self-care muscles. It is SO exciting you are pursuing this internship site and know that our team at TCH gives everything we can to help you transform in a confident and successful colleague!

**Maribeth:** Hi there! The NICU at Texas Children’s is comprised of 170 beds. Divided into Level II, Level IV, and the NICU in Pavilion for Women, our NICUs care for extremely premature infants, term-infants requiring surgical interventions, and infants with high medical complexity. Since every patient and family has unique needs and experiences, I believe in adapting my approach in a way that will best support their needs. I consider myself an eclectic music therapist, pulling from behavioral, humanistic, biomedical, and developmental models. Drawing from these different theoretical models supports my desire to create a neuroprotective, developmentally appropriate environment. I have a passion for music therapy for infants, and I’ve sough expertise in this area by completing my NICU-MT certification through the National Institute for Infant & Child Medical Music Therapy. During internship at Texas Children’s, you will have opportunities to observe and lead individual sessions, caregiver/infant dyad sessions, and co-treat with rehabilitative therapists, Child Life Specialists, and other staff in the NICU. One of my favorite things about being an internship supervisor is supporting your unique ideas and interests. Whether it be related to patient care or internship projects, I am here to listen and assist you in making your ideas a reality. For this reason, I find weekly 1:1 Supervision time so important. This is not only a time to check in and reflect on personal growth and internship experiences, but a space to communicate patient care experiences you’d still like to have, projects you want to bring to life, and any other hopes you have for internship. You only get one music therapy internship, and I am here to help you make the most of your 6 months!

**Hillary:** Hey hey! I’m a big believer in every music therapy assessment, session, and interaction being personalized to the individual...which is my way of saying that I’m a big endorser of eclecticism (like my colleagues). This especially holds true in our critical care units which encompass a wide variety of music therapy goals; from regulated sensory stimulation to end of life support, developing an eclectic practice makes us stronger and better able to serve patients, family, and staff alike. I believe that having a basic knowledge of different theoretical models enables music therapists to develop one of our strongest traits (and one of my favorite buzzwords): adaptability. Adapting session plans to parallel the constantly changing medical needs of patients gives music therapists a unique reach that other therapies might not have. Because of this, I hope to help future music therapists develop theoretical and clinical flexibility that empowers them to enter any session confidently, no matter what they might encounter! I also try to incorporate a more psychosocial-focused lens within my practice so that patients can be treated in a holistic and developmentally-appropriate way, especially as these

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needs are often less prioritized than their medical counterparts. Music is one of the few mediums that parallels psychosocial development, and for many of our patients, it's the only means of authentic expression in the hospital. As an internship supervisor I hope to help interns expand on this unique opportunity, and also broaden their own musical knowledge through improvisation, different instrumental playing, and song creation. In doing so, I want to help you discover what units, populations, or diagnoses you're most passionate and be your #1 supporter in pursuing that passion, be it through a pilot project, research proposal, and daily sessions with patients! I also hope to support interns in creating balance within their practice by recognizing what is a healthy scope of practice and how to foster self-care practices. Ultimately, my role is to support you not only as an intern but as a future colleague, and I know that an internship here at TCH can definitely help you become the best music therapist you can be!

## Entry-Level Requirements

In order to be considered for this internship, candidates must demonstrate the following music skills and professional characteristics as part of the interview/consideration process:

- Play piano and guitar while singing in tune
- Strong vocal skills
- Demonstrate professionalism and ability to accept feedback
- Demonstrate interest and an understanding of the pediatric population through course work and/or self-initiated reading and study
- Collaborate effectively with other disciplines

Additionally, candidates will be expected to demonstrate the following requirements as aligned with the current music therapy job description at Texas Children's Hospital:

<b>Physical</b>	<b>Sensory</b>	<b>Mental/ Emotional</b>
<ul style="list-style-type: none"><li>• Stand</li><li>• Sit</li><li>• Kneel</li><li>• Bend</li><li>• Climb stairs</li><li>• Lift/move up to 50 lbs</li><li>• Gross manipulation (hand/arm)</li><li>• Fine manipulation (hand/arm)</li><li>• Maintain personal hygiene and appearance</li></ul>	<ul style="list-style-type: none"><li>• Near visual acuity</li><li>• Far visual acuity</li><li>• Depth perception</li><li>• Ability to adjust focus</li><li>• Close hearing (speech, telephone, etc.)</li><li>• Remote hearing (overhead pages, alarms, etc.)</li></ul>	<ul style="list-style-type: none"><li>• Cope with anger/ fear/ hostility in others in a calm way</li><li>• Cope with a high level of stress</li><li>• Demonstrate a high degree of patience</li><li>• Handle a high degree of flexibility</li><li>• Prioritize stressful situations</li><li>• Verbal Communication</li></ul>

*Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.*

## Evaluation/Interview Process

After review of the internship application and accompanying attachments, eligible candidates will be contacted to begin the interview process. The interview process will occur in the following stages:

- 1<sup>st</sup> Round: Initial phone interview
- 2<sup>nd</sup> Round: Virtual interview
- 3<sup>rd</sup> Round: On-site interview

Consists of:

- Interview with TCH Music Therapy Team and another relevant TCH employee
- Music skills evaluation
- Facility tour

Candidates selected for the 2<sup>nd</sup> round of interviews will be sent an interview preparation sheet with information regarding specific musical skills to demonstrate approximately **one week** prior to the interview date. A virtual option for 3<sup>rd</sup> Round interviews will be available at the discretion of the internship supervisor on a case by case basis.

Just as the internship director/supervisor will be interviewing interns to decide on the best fit for each internship position, interns should also be interviewing the internship director/supervisor and facility to make the best decision for their interests and needs.

## Administrative Requirements

Once offered a position interns will be required to pass a background test and are subject to drug testing, both facilitated and paid for by Texas Children's Hospital. The internship can officially begin once those tests have been successfully completed, the affiliation agreement has been signed, and liability insurance has been established. Accepted interns will also be required to have a current TB skin test prior to the start date. This must be obtained and paid for by the intern with documentation brought on the first day. Interns will also be required to receive the flu and COVID-19 vaccinations prior to the internship start date. **INTERNS WHO REFUSE THE REQUIRED FLU OR COVID-19 VACCINATIONS FOR ANY REASON ARE NOT ELIGIBLE TO COMPLETE AN INTERNSHIP AT THIS FACILITY – NO EXCEPTIONS.**

Texas Children's Hospital requires a legal affiliation with each intern's university. This is a legal document that the intern's academic advisor should know about, and is different from the Internship Agreement in which your academic advisor evaluates your skills before entering your internship. The legal affiliation must be completed before the start of the internship.

## **ADMINISTRATIVE REQUIREMENTS**

*To be completed/provided to Internship Director prior to start of internship at Texas Children's Hospital:*

1. **Legal Affiliation Agreement** between TCH and the school where the intern is enrolled
  - a. The process of establishing this document will begin as soon as the intern has accepted an offer
2. **Background check and drug test**
  - a. Provided by TCH and completed during the first day of internship
3. **TB skin test**

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- a. Provided by the intern with documentation of results brought on the first day of internship
- 4. **Flu vaccination** (if internship occurs during any part of flu season as determined by hospital administration)
  - a. Provided free of charge by TCH, or documentation of outside vaccination may be provided
- 5. **COVID-19 vaccination**
- 6. **Proof of liability insurance**
  - a. Provided independently by intern or through the university

**PLEASE EMAIL FOR APPLICATION DEADLINES AND INFORMATION ABOUT UPCOMING INTERNSHIP ROTATION PLACEMENTS.**

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## Additional Information

Internship start dates: Two internships will be offered each calendar year. Start dates vary per intern's preferences and supervisor availability.

Housing: Texas Children's Hospital does not provide any housing for interns, but the internship director/supervisor can provide you with a list of housing options and suggestions in and around the area.

Stipend: Currently there is no stipend offered.

Food: There are many food choices in and around Texas Children's Hospital. Some food establishments provide an employee discount which interns would qualify for with their intern badge.

Transportation/parking: Your own transportation will be required to and from the hospital and there are several parking options available, some paid and some free. Texas Children's Hospital is located on the metro rail at the Dryden/TMC stop. There are many apartment options along the metro rail route that provide easy access to the hospital without needing a vehicle.

Liability insurance: Interns are required to supply proof of liability insurance prior to starting the internship. Liability insurance is available through HPSO: Contact HPSO at 1-800-982-9491 or find them through the AMTA website.

Dress code: Students must wear departmental approved attire. More information will be provided once a start date has been set. Sleeves must be above the elbow when working with patients. Temperatures can fluctuate throughout different areas of the hospital and a nice, non-hooded jacket can be worn in non-clinical areas. Shoes must be closed-toe and non-slip, and can be tennis shoes, clogs or something similar.

Please do not hesitate to contact Marial Biard, Internship Director, with additional questions regarding the internship program at Texas Children's Hospital.

*All the best in your journey toward internship!*

A handwritten signature in cursive script, appearing to read "Marial Biard", written over a horizontal line.

Marial Biard, MM, MT-BC

Neurologic Music Therapy Fellow

832-926-1623

mabiard@texaschildrens.org

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## **MAIL COMPLETED APPLICATION PACKET TO:**

Marial Biard, MM, MT-BC, Internship Director  
Texas Children's Hospital – Child Life  
Department 6621 Fannin St. WT 16227  
Houston, TX 77030

## **DESCRIPTION OF REQUIRED MATERIALS**

- 1. Completed, typed, and signed application**
- 2. Original narrative essay (limit two pages)** describing why you are pursuing music therapy as a career. The essay should be written in 12-point font, Times New Roman, double-spaced with APA formatting. Please include the following information:
  - Reasons for choosing this particular internship experience, and what your expectations are from both the internship director and this internship program
  - A description of the personal and professional strengths you will bring to this experience
  - Your personal style/philosophy of interaction with children/adolescents
  - Any previous experiences you have had with this population in the clinical/non-clinical setting
  - The primary skills you hope to cultivate during your six months of clinical training
- 3. Resume**
  - Include specific information related to your practicum/clinical experiences (e.g. types of clients, sessions, facility, treatment goals, responsibilities, and number of direct clinical contact hours)
- 4. Transcripts from all college/university coursework**
  - Official transcripts preferred; internship director may request official transcripts during application process
- 5. Three letters of recommendation**
  - One letter of eligibility/verification from your academic advisor
  - One letter of recommendation from a clinical supervisor
  - One additional letter of recommendation
  - Letters should be sealed with a signature across the sealed envelope and included in the application packet if sent via mail; letters may also be emailed as a signed PDF directly by the author to the internship director if submitting an email application packet
- 6. A video** introducing yourself and performing one song of your choosing, accompanied on the instrument of your choice
  - This video may be included in the packet on a DVD, or you may provide a link to view the video online
  - The song should be recorded in a single take with no cuts or editing

**ONLY COMPLETE APPLICATION PACKETS WILL BE ELIGIBLE FOR REVIEW**

**Materials must be submitted together in one packet, post-marked by the application deadline.**

Once all materials are received, the internship director will contact you regarding the status of your application.



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**Applicant Name:** \_\_\_\_\_

## APPLICATION CHECKLIST

- |  |   |                                  |
|--|---|----------------------------------|
| <input type="checkbox"/> Completed and signed application form/narrative essay |   |                                  |
| <input type="checkbox"/> Resume  |   |                                  |
| <input type="checkbox"/> Transcripts from all college coursework               | <input type="checkbox"/> USPS               | <input type="checkbox"/> Emailed |
| <input type="checkbox"/> Letter of eligibility/verification (academic advisor) | <input type="checkbox"/> Included in packet | <input type="checkbox"/> Emailed |
| <input type="checkbox"/> Letter of recommendation (clinical supervisor)        | <input type="checkbox"/> Included in packet | <input type="checkbox"/> Emailed |
| <input type="checkbox"/> Additional letter of recommendation                   | <input type="checkbox"/> Included in packet | <input type="checkbox"/> Emailed |

*\*Please check off that all materials are accounted for\**

### Please initial the following:

\_\_\_\_\_ The information in this application is true and accurate to the best of my knowledge.

\_\_\_\_\_ I understand that incomplete applications will not be eligible for review.

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*\*Submitting application via email implies electronic signature by the applicant\**

**Desired internship start date:**       Winter/Spring       Summer/Fall      \_\_\_\_\_  
(year)

<b>First name:</b> _____	<b>Last name:</b> _____
<b>Permanent address:</b> _____	
<b>City:</b> _____	<b>State:</b> _____ <b>Zip code:</b> _____
<b>Telephone:</b> ( ) - _____	<b>Email address:</b> _____
<b>Current address (if different than above):</b> _____	
<b>City:</b> _____	<b>State:</b> _____ <b>Zip code:</b> _____

## PERSONAL INFORMATION

Are you legally authorized to work in the U.S.?       Yes       No

Have you ever been convicted of a crime (felony)?       Yes       No

If yes, give details: \_\_\_\_\_

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## EDUCATION

What date will/did you complete your academic training? \_\_\_\_\_

College: \_\_\_\_\_ Degree: \_\_\_\_\_

College: \_\_\_\_\_ Degree: \_\_\_\_\_

Graduate School: \_\_\_\_\_ Degree: \_\_\_\_\_

List of instruments played with proficiency, including primary instrument:

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Do you have any other skill(s) you wish to mention?

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## REFERENCES/LETTERS OF RECOMMENDATION

1.	_____	_____	_____
	<i>(Name: Academic Advisor)</i>	<i>(Occupation)</i>	<i>( ) - (Phone number)</i>
2.	_____	_____	_____
	<i>(Name: Clinical Supervisor)</i>	<i>(Occupation)</i>	<i>( ) - (Phone number)</i>
3.	_____	_____	_____
	<i>(Name: Additional)</i>	<i>(Occupation)</i>	<i>( ) - (Phone number)</i>

***\*Note: there must be three separate letter submissions from three different people\****

On the following pages, please type your **original narrative essay** describing why you are pursuing music therapy as a career. Please include the following information:

- Reasons for choosing this particular internship experience, and what your expectations are from both the internship director and this internship program
- A description of the personal and professional strengths you will bring to this experience
- Your personal style/philosophy of interaction with children/adolescents
- Any previous experiences you have had with this population in the clinical/non-clinical setting
- The primary skills you hope to cultivate during your six months of clinical training

***\*Your essay should not exceed the space allotted in this application (two pages)\****

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