

# Music Therapy Internship FACT SHEET



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## About Texas Children's Hospital

Texas Children's Hospital, located in the heart of the world renowned Medical Center in Houston, is the nation's largest, not-for-profit pediatric hospital with licensure for 743 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 currently served by music therapy

Music Therapy services are currently provided primarily on several diverse units at Texas Children's Hospital. ***The Neonatal Intensive Care Unit (NICU)*** is a 170 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 Inpatient Rehabilitation Unit (IRU)*** is an 8 bed CARF (Commission on Accreditation of Rehabilitation Facilities) accredited specialty rehabilitation unit that provides individualized treatment for many different diagnoses and injuries. A team of specialized physicians, therapists, and nurses work together to formulate goals intended to allow the children to become as independent as possible. ***The Pediatric Intensive Care Units (PICU)***, including ***The Transitional Intensive Care Unit (TICU)***, are housed within Texas Children's Hospital's state of the art Legacy Tower. Our PICUs serve our most critically ill patients, with floors dedicated to trauma care, hematology/oncology, neurology, and pulmonary patients. The TICU is a step-down unit from our Pediatric Intensive Care Unit focusing on continued care of patient's still requiring ventilation or tracheotomy for oxygen dependence. ***The Texas Children's Hospital Heart Center*** also resides in the state of the art Legacy Tower and features both acute and critical care patients with cardiovascular-related diagnoses. ***Neurology & Epilepsy Monitoring Unit*** provides care to patients who have undergone neurosurgery, spinal surgery, or are inpatient for seizure and shunt monitoring. ***The Nephrology Department*** encompasses all of the renal and apheresis needs at the hospital. This includes children ranging from infants to young adults for inpatient, kidney transplants, hemodialysis, peritoneal dialysis, and the clinic. Music therapy services include a variety of group, individual, and co-treatment sessions with patients and families. Music therapy groups for staff members to build morale, target stress relief, and burnout are also lead once a week by the music therapist. There

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will also be opportunities for music therapy interns to provide services to other areas of the pediatric hospital that are not currently receiving music therapy.

### **What to expect during an internship at Texas Children's Hospital**

During the internship you can expect to work 36 hours per week (Monday – Thursday 8:00am- 4:30pm, Fridays 8:00-12:00) 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, physical, occupation and speech therapists, child life specialist, psychologists and social workers. Interns are expected to grow throughout the internship through 3 specifically timed projects and development of personal goals. Projects include article reviews, case study, and pilot program development/ implementation. Educational opportunities will be available throughout the internship covering a wide range of healthcare related topics both onsite and in the surrounding Houston medical center. Topics of available educational trainings will vary but may include, palliative care, understanding hospitalization from a developmental perspective, 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 submission, the internship will primarily include individual treatment sessions in acute care, neonatal intensive care unit, **OR** Renal Units as well as hospital wide group sessions held on Friday mornings (Please inquire with the internship director 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 case load 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 interns are discouraged from bringing personal instruments for use in clinical work. Individual one hour supervision sessions will be scheduled weekly between the internship director 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 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 not be left without support during direct patient care.

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## **Entry Level Requirements for consideration to internship**

In order to be considered for this internship, interns must demonstrate the following skills as part of the interview/consideration process: Ability to play (Piano and guitar) while singing in tune, exhibit a clean and professional appearance, demonstrate interest in pediatric population through course work and/or self-initiated reading and study.

## **Evaluation/Interview Process**

After review of internship application and accompanying attachments, eligible candidates will be contacted to schedule an initial phone interview, and from there, outstanding candidates will be offered an on-site (strongly preferred) or skype interview and audition. Just as the internship director will be interviewing interns to decide on the best fit for each internship position, interns should also be interviewing the internship director and facility to make the best decision for his/her interests and needs. At Texas Children's Hospital we feel that the best way for both parties to make the most appropriate selections is through an on-site interview, making it the preferred interview method. Skype interviews will be considered at the discretion of the internship director on a case by case basis. The interview process will consist of a facility tour, verbal interview with internship director, verbal interview with another relevant hospital employee, and a music audition. Internship candidates will be sent an interview preparation sheet with further information regarding specific musical skills to demonstrate approximately one week prior to the interview date.

## **Administrative requirements**

Once offered an internship position, interns will be required to pass a background test and drug test, both facilitated and paid for by Texas Children's Hospital. The internship can officially begin once those tests have been successfully completed and the affiliation agreement has been signed. 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 may also be required to receive the flu vaccination if the internship dates fall within the Houston flu season. **INTERNS WHO REFUSE THE FLU SHOT FOR ANY REASON ARE NOT ELIGIBLE TO COMPLETE AN INTERNSHIP AT THIS FACILITY DURING FLU SEASON - NO EXCEPTIONS.**

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

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## **Additional Information**

Internship Start dates – Two internships will be offered each calendar year. With start dates rotating between Winter (January) and Summer (June) timeframe.

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

Stipend: Currently there is no stipend offered. However, parking is paid for and we are in the process of applying for grant money and will keep each candidate updated.

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 selected. 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 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 or to obtain application materials.

*All the best in your journey toward internship!*

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