Lifeworks Services Music Therapy Internship Fact Sheet

Lifeworks Services
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Population Served: Lifeworks is a nonprofit serving adults with varying disabilities. Lifeworks also serves clients of all ages (including school-age children) through one on one private music therapy services in our centers.

Entry Level Requirements: Applicants must display proficiency in accompanying self on guitar and piano utilizing a variety of keys and strum patterns. Applicants should also feel confident in vocal skills in leading groups with musical accompaniment and without. Applicants must be comfortable facilitating individual and group sessions as well as interacting with client's families and staff before and after sessions. Experience with Microsoft word, excel, and outlook is preferred. Experience in accompanying and/or directing performance groups also preferred.

Interview Process: Following review of application, applicants will have an in-person interview with internship director, additional supervising music therapist, as well as program manager for Lifeworks. Applicants should be prepared to demonstrate proficiency on guitar and piano as well as facilitation skills by leading 2 sample interventions they might use with this population, one using guitar and one using piano.

Internship Experience: Interns will work alongside two experienced board certified music therapist at four different program locations throughout the Minneapolis metro. This is a 35 hour per week internship in which the intern will experience a variety of individual and group sessions comprised of adults with varying levels of cognitive disabilities. Each of our four sites is made up of adults with varying levels of cognitive disabilities. The client capacity is different at each site and the number of weekly groups is based on the number of clients in center. At each center, some clients have employment as a goal and some have social enrichment as a goal. Group music therapy services at all locations are available to clients with social enrichment as a goal. Clients have the option to pay an additional fee to receive private music therapy services. Individual client sessions are currently in place at our Brooklyn Park, Eagan, and Apple Valley locations. This service is available to client with employment and social enrichment as a goal.

Group sessions are conducted at each of our four locations. There are 3-4 music therapy groups offered weekly at each of our four sites. These vary in length based on the needs of the clients anywhere from 30-50 minutes per group. Lifeworks also supports four musical performance groups including two choirs and two rock bands. Interns can expect to assist and gain experience in developing,
directing, and planning community performances for these groups. These groups meet weekly or twice a month to rehearse at our Apple Valley location or off-site at a community partnership.

All four of our sites are fully supplied with a guitar, keyboard, large drum, and various small hand percussion which are all available to intern use. Three of our four sites are equipped with top of the line multi-sensory environments. These rooms are the treatment space utilized for the majority of our music therapy services. Occasionally services are provided in program rooms. Multi-sensory rooms include light dimmers, image projectors, disco balls, bubble tubes, light sprays, and various handheld sensory equipment. Interns will receive multi-sensory environment training in order to learn to utilize these experiences and pair them with music therapy interventions. Interns will have access to a shared office with the Internship Director at one of our program sites. This office includes storage space, access to a desktop computer, printer, music therapy literature, and guitar and keyboard practice space. Intern will have access to paper documentation as well as a shared electronic drive with Internship Director in order to keep track of documentation and assignments electronically.

Interns can expect to interact with direct service staff on a regular basis. Because music therapy is the only therapy offered at Lifeworks, these staff often look to music therapists for consultation when a client has communication or behavioral needs. Interns will learn skills in consulting and creating programming for individual clients as well as checking in with staff on client progress.

As the internship progresses interns will get the opportunity to initiate projects of their choosing to benefit their clinical skills as well as the site. Applicants should be self-starters who appreciate a combination of independence and co-leading. There are many opportunities for growth in programming at our centers and Lifeworks values innovation of services. Interns will be supported in ideas for growth in programming. Interns will receive monthly skill building trainings from supervisors to address specific areas of growth and interest.

Additional Information:
- Interns will have access to a variety of in-services as well as training conducted by Lifeworks Services at no cost. These trainings include CPR training, First Aid, Non-Violent Crisis Intervention training as well as additional monthly in-services covering areas such as specific client needs trainings, positive support trainings, and updates on legal procedures and policies.
- Housing, meals, and stipend are not provided. Interns must have reliable transportation to travel to different sites across the Minneapolis metro.
- Interns do not need to provide their own liability insurance; the intern will be covered through Lifeworks policy.
- Interns must pass a background study conducted and paid for in advance by Lifeworks.
- A legal affiliation agreement must be in place prior to the start of internship.