

Lifeworks Services Music Therapy Internship Fact Sheet

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

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 and without musical accompaniment. Applicants must be comfortable facilitating individual and group sessions as well as interacting with individual'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 is also preferred.

Interview Process: Following review of application, applicants will have an interview with the Internship Director, as well as the regional 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 therapists at two different program locations throughout the Minneapolis metro. This is a full-time internship in which the intern will experience a variety of individual and group sessions comprised of adults with varying levels of cognitive and physical disabilities. The capacity is different at each site and the number of weekly groups is based on the number of people served the facility. At each facility, individuals have goals based on their interests and needs. Group music therapy services at both locations are available. Individuals also have the option to pay an additional fee to receive private music therapy services. Individual sessions are currently in place at our Brooklyn Park and Apple Valley locations.

Group sessions are conducted at each of our locations. These sessions vary in length based on the needs of the clients and range from 30-50 minutes per group. Lifeworks also supports various musical performance groups, which includes multiple choirs and adaptive rock bands. Interns can expect to assist and gain experience in developing, directing, and planning community performances for these groups. These groups meet weekly to rehearse at their respective site.

Both of our sites are fully supplied with a guitar, keyboard, large drum, and various small hand percussion which are available for intern use. Our sites are equipped with top-of-the-line multi-sensory environments. These rooms are the treatment space utilized for most of our music therapy services. Multi-sensory rooms include light dimmers, image projectors, disco balls, bubble tubes, light sprays, light swirls, vibro-acoustic chairs, and various handheld sensory equipment. Interns will receive multi-sensory environment training 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 both of our program sites. These offices include storage space, access to a desktop computer, printer, music therapy literature, and guitar and keyboard practice space. The intern will have access to paper documentation as well as an electronic drive shared with the Internship Director 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 an individual 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.

Stipend: Full time interns will receive a monthly, \$350.00 stipend. This stipend will be received until the completion of internship hours, but not to exceed 7 months, or \$2,450.00 unless extenuating circumstances occur.

Additional Information:

- Interns will have access to a variety of in-services and 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 and meals 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 the 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.