



23705 Vanowen St. #177  
West Hills, CA 91307  
[www.gsmusictherapy.com](http://www.gsmusictherapy.com)

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## **Music Therapy Internship Fact Sheet**

### **Golden State Music Therapy (GSMT)**

Operation Hours: 8:30-5:30pm, Monday - Friday

We travel to clients' locations within greater Los Angeles area.

### **Name and Contact information for Internship Director**

Tomoko Inaba, MT-BC

(818) 224-9018

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### **Description of Population Served**

Golden State Music Therapy (GSMT) serves adults with severe to profound multiple disabilities in their group homes, adults with intellectual/developmental disabilities in their day programs, elderly in different stages of dementia/Alzheimer's in memory care units, board and care homes and medical facilities, and adult individuals with TBI or subacute medical conditions in rehabilitation facilities. Additionally, GSMT serves individuals from children to elderly with a variety of medical and mental conditions as private clients.

### **Description of entry level requirements/competencies**

Prospective interns will be evaluated the below requirements during an in-person or online interview and audition.

- Basic musicianship skills on guitar or ukulele and/or piano. These skills include, but not limited to, playing songs in keys of C, G, and A using various strumming patterns and/or fingerpicking styles and maintaining a steady tempo throughout the songs.
- Proficiency in singing, in tune with a pleasing vocal quality and proper voice projection while playing an accompanying instrument.
- Confidence in vocal skills in leading large groups.
- Ability to maintain a steady rhythm on guitar/ukulele and percussion instruments.
- Familiarity with autism spectrum disorders, intellectual disabling conditions, physical disabilities, and age-related disorders.
- Awareness of the emotional stability and maturity required to work with people with severe multiple disabilities and a variety of behavioral issues.
- Self-motivated and openness to feedback and criticism.
- Professionalism and effective communication skills.
- Willingness and ability to work with a wide variety of ethnic, religious, gender/sexual identity and socioeconomic groups.

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### Internship Experience

Internship in GSMT will provide interns with a wide range of experience to work in various sites and populations listed below.

- **Day programs for adults with ID/DD - group sessions**

*Every Tuesday and Thursday mornings (three hours each day) in Sunland, CA.*

*One Monday and one Wednesday (three hours each day) per month in Norwalk, CA, might be added depending on the area the intern lives in.*

Sessions are group sessions, varying in size from six to twelve participants. Interns will work with a supervisor throughout the first three months and be guided to develop therapeutic skills and interventions/activities for 50-mins group sessions at this site, which aim to provide them with pleasant, stimulating, fun and safe music experience. Interns will be challenged appropriately as they learn therapeutic skills throughout this process. After each session, the supervisor will provide feedback and guidance in timely manner. The intern will co-lead with the supervisor throughout the internship period.

- **Group homes for adults with severe to profound multiple disabilities - individual sessions**

*Three to six hours weekly in the mid and late afternoon hours in variety locations within greater Los Angeles.*

Interns will be visiting six to twelve group homes each month. Three or four individuals reside in each home, and each individual requires 30 mins to two hours of music therapy hours each month. During the first month of internship, interns will visit homes with a supervisor to be introduced to clients and staff and learn procedures. From the second month, the intern will be creating their own schedule, visiting the homes and leading sessions on their own, starting with individuals who are minimally responsive. Every month, the intern will pick one of musical or therapeutic techniques to focus on under the guidance of the supervisor. By the fourth month, interns will have three to six hours of visits weekly. Visit hours are typically in the afternoon. Occasionally, interns can be expected to provide annual reports on clients for IPP meetings. Interns will be interact with direct service staff on regular basis.

- **Group homes for adults with ID/DD - small group sessions**

*One or two hours weekly usually in late afternoon hours in Burbank and Hollywood area.*

Interns will be visiting two to four group homes for small group sessions in group homes each month. Five or six individuals reside in each home, and each home requires two hours of group music therapy sessions each month. Interns will be working with a supervisor to create developmentally appropriate musical activities of

their own for the first two months. From the third or fourth month, interns will be making their own schedule and visiting the homes on their own. Interns will be communicating with residential administrators or house managers on regular basis.

- **Memory care units in assisted living facilities - group sessions**

*Three to four visits to memory care per month in San Fernando Valley or Hollywood area.*

Interns will be leading/co-leading group sessions with elderly in various stages of Alzheimer's disease and dementia. Interns will be building a music repertoire for this population and learn how to musically interact with people in this population.

- **Board and Care Homes - Individual or small group sessions**

*One to two hours per month in San Fernando Valley.*

Interns will be visiting elderly in Board and Care homes. Individuals could be suffering from dementia/Alzheimer's, medically fragile, healthy elderly individuals, or in hospice care.

- **Sub-acute facility and Medical center - group sessions**

*One or two hours per month in San Fernando Valley.*

Interns will be working with groups of a variety of individuals, from young adults to elderly, from neurotypical to medically or mentally fragile individuals. Interns will be co-leading with a supervisor.

- **Rehabilitation center for TBI patients - small group sessions**

*Once per month in San Fernando Valley.*

Interns will have opportunities to observe sessions with TBI patients led by a music therapist associated with GSMT. This is for observation only for interns to have an exposure to this population. After each session, the music therapist can go over the session, and interns will have an opportunity to ask questions.

- **Private clients - individual sessions**

*Upon availability in San Fernando Valley*

Interns may work with private clients of GSMT depending on the intern's location and schedule, and availability of appropriate clients (their locations and conditions) for interns at the moment. Clients can be anybody from children to elderly in a variety of conditions.

Interns will be spending at least 12 hours of observation and direct supervision per week for the first month, then slowly they will be building their own schedule.

Throughout the internship period, they will receive at least two hours of supervision each week to discuss accomplishments, challenges, assignments and competencies etc. They will be building a wide range of repertoire to serve a variety of populations.

This internship can be full- or part-time. Schedules are arranged by the internship director/supervisor in the first and second week of internship and will be adjusted depending on the intern's availability, current contracts and client's availability throughout the internship period.

### **Other Professional Staff**

Interns will work with professionals below throughout the experience.

- Residential Administrators, LVNs, and DPSs (Domestic Personal Assistants) in group homes.
- Program managers and personal assistants in day programs.
- Program/Activity directors in memory care and medical facilities.

### **On-Site Student Training Programs**

Golden State Music Therapy does not offer any other on-site training.

### **On-Site Education Programs**

Golden State Music Therapy does not have any additional on-site training; however, interns might be invited to attend a workshop outside of Golden State Music Therapy to improve their musical skills - depending on the time of an internship period. Interns are encouraged to attend AMTA conference during internship at their own expense.

### **Additional Requirements**

The following must be in place or completed prior to the start of internship. Interns are responsible for any costs incurred to meet these requirements.

- A background check (will be provided by GSMT)
- A proof of professional liability insurance policy
- A social security number and a work permit in the United States
- Proofs of a valid driver's license, valid car insurance and reliable car for daily travel to client locations.

### **Additional Information:**

- No stipend will be offered. However, interns will receive \$20 per hour worked at group homes as a reimbursement for gas expense.
- Interns are responsible for securing their own housing and providing their own meals.
- Interns must show the proof that they have received the initial round of COVID19 vaccines (initial vaccine and two boosters).



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- Physical and TB test might be required depending on sites interns visit.
  - A variety of percussive instruments will be provided to use during an internship period.
  - A legal agreement must be in place between an intern and Golden State Music Therapy prior to the start of internship.
  - A legal affiliation agreement will NOT be required with the intern's school.