

UK HEALTHCARE MUSIC THERAPY INTERNSHIP FACT SHEET

UK HealthCare (Chandler Hospital, Markey Cancer Center, Good Samaritan Hospital, Eastern State Psychiatric Hospital, Kentucky Children's Hospital) is a large medical center located in Lexington, Kentucky. We foster an exciting environment where medical students and interns from various disciplines learn from leaders and innovators in their fields. Music therapy is part of Integrative Medicine and Health, which also encompasses art therapy, acupuncture, massage therapy, narrative medicine, yoga, aromatherapy, and animal-assisted therapy. Although Kentucky Children's Hospital is part of UK Healthcare, currently the music therapy internship is an adult inpatient medical internship ONLY (18 years and up).

Internship includes rotations in:

- Chandler Hospital – general medicine, ICU, trauma, neurology
- Eastern State Hospital (ESH) – inpatient psychiatric groups and individual sessions
- Good Samaritan Hospital (GSH) – inpatient behavioral health groups, long term complex care, general medicine
- Markey Cancer Center (MCC) – inpatient oncology

Internship experience

- Hours – 40 hours per week, 8:30 am – 5:00 pm Monday through Friday. Interns will need to complete a minimum of 1020 hours.
- Schedule – interns will rotate through various specialty areas/populations, generally spending a few focused days per week in each area, for 4-5 weeks. The remaining clinical time is spent in the general medical setting. Schedules are arranged by the internship director and adjusted as needed, but time is structured, including office time for interns to plan, practice, and work on assignments. Hospital sessions are 1:1 with patients and their families. Mental health sessions are mostly groups at Eastern State Hospital and Good Samaritan Hospital (managed by UK HealthCare), varying in size from 3 to 18 patients. Meeting attendance is minimal for interns, although they will participate in Integrative Medicine and Health staff meetings. Other non-patient care events include but are not limited to: biweekly LOTs (Learning Opportunity Time), monthly patient highlights, and celebratory lunches for birthdays and intern completions.
- Supervision – interns can expect to observe the various therapists on our team at the start of each rotation. Following observation, interns will mostly co-lead with supervisors and independently lead 1:1 sessions when ready. Interns will receive several hours of supervision each week, with an increase in independence as internship progresses. Interns will have a weekly one-hour supervision meeting with the internship director to discuss accomplishments, competencies, challenges, and assignments.
- Clinical expectations – the medical setting requires the ability to facilitate/execute individual music therapy sessions without a session plan. Many of our patients are only seen once, without us ever having met them or their family. It is imperative that interns be able to walk into a room with minimal knowledge about the patient and provide effective music therapy on the spot. While interns are not expected to do this in the first few weeks, the bulk of internship will require this skill.
- Assignments – interns will complete a variety of assignments throughout internship, including but not limited to: research application project, educational presentations, songwriting/recording projects (songwriting with patients, internship blues, etc.), weekly progress updates, interdisciplinary shadowing experiences, and monthly patient highlights.
- Miscellaneous – most clinical staff at UKHC wear scrubs to help patients, families, and visitors delineate roles of professionals with whom they interact. All non-nursing clinical staff, including music therapy, wear solid black scrubs.

Our philosophy of music therapy

- There is no prescriptive music; no one kind of music that functions the same for everyone. Patient preferred music is the primary music provided at UKHC, and it is predominantly provided live.
- Music is provided both *as* therapy and *in* therapy. The music alone is the therapy in many instances, such as gospel/spiritual music providing spiritual comfort, or when the iso-principle is used to calm agitation or alleviate pain. The music itself *is* therapy when no words or other interventions are needed for the goal to be achieved. Other times music is used *within* therapy, such as lyric analysis, reminiscing, and physical rehabilitation. The music provides the means for additional interventions to be successful. In most cases, music functions both ways within any given session, as the music and the therapist work together to meet the needs of patients and their families.
- This program primarily utilizes cognitive-behavioral and humanistic approaches to music therapy, and also integrates improvisation, counseling, and other researched techniques (including NMT) to meet the desired outcomes for the patients and families we serve. Whatever the therapeutic goal, music therapists/interns should feel comfortable using any approach that is most effective for successful results.

Our philosophy of training interns

- As unique individuals, we each learn differently because we are all made with different strengths and challenges. We believe the most effective form of instruction begins with assessing intern baselines, presenting information on an appropriate level, instructor modeling, followed by intern application of the material. Interns will observe the internship supervisors facilitate sessions in their areas of expertise for the first week and then at the beginning of each rotation, focusing on improving observation skills and increasing repertoire. Interns will then co-lead sessions with supervisors, applying knowledge and therapeutic techniques with guidance and assistance. When interns demonstrate competency in clinical foundations and are ready to lead sessions independently, they will first do so with direct supervision before progressing to leading sessions alone. Leading sessions alone offers interns the flexibility to flourish as a clinician in their own space, using weekly supervision opportunities to brainstorm, role-play, discuss, and grow in their musical, clinical, and professional skills. This process is evident in the progression of intern schedules.
- Interns will receive feedback frequently in both verbal and written format. A significant learning objective during internship is to develop insight and the ability to critically analyze themselves and their work objectively and accurately, assess and evaluate their strengths and weaknesses, revise their strategies, and implement them successfully. The internship director and supervisors will provide interns with appropriate opportunities and guidance in developing these skills, as well as positive and healthy self-care practices and boundaries.
- At UK HealthCare, music therapy interns will find extensive resources and opportunities for clinical and professional growth, while experiencing a positive work environment and team approach to quality patient care.

Professional staff

- Amanda Biddle is the practice manager of Integrative Medicine and Health, and supervises all creative arts therapists.
- Katrina Koszczuk is the internship director and supervises at Chandler Hospital in neurology and general medical settings.
- Grace Lauzon is the MT-BC for GSH and supervises in long term complex care and adult behavioral health settings.
- Courtney Catron supervises at ESH in adult inpatient psych.
- Jennifer Jarred Peyton is the MT-BC for MCC and supervises in oncology and general medical settings.
- Paula White is an MT-BC for Chandler Hospital in the general medical setting and is not providing supervision at this time.
- Jamie Cobb is the MT-BC in the NICU for Kentucky Children's Hospital and is not providing supervision at this time.
- Matt Proffitt is the MT-BC for pediatrics and the adolescent behavioral health unit at Kentucky Children's Hospital and is not providing supervision at this time.
- Melissa Deaton is an on-call MT-BC and does not provide supervision.
- Arts in HealthCare – music therapy shares an office space with this department. Interns will interact with these staff but not in a clinical capacity.
- Integrative Medicine & Health – music therapy is part of this department, which also encompasses art therapy, acupuncture, massage therapy, narrative medicine, yoga, and animal-assisted therapy. If interested, interns may

observe any of these professionals and will interact with them occasionally at departmental events.

- Inter-professional collaboration – interns will have opportunities to co-treat or interact with other healthcare professionals such as PT/OT, SLP, RT, child life, chaplain, social work, case management, dietary, as well as procedural support with medical staff (physicians, nurses, and techs). Interns will also frequently interact with mental health associates (MHA) in the psychiatric hospital as well as the others mentioned above.

Training programs

- Required trainings – UKHC New Employee Orientation, Patient Centeredness, Discrimination and Harassment, Corporate Compliance/HIPAA, CPI (nonviolent crisis intervention training), Suicide Awareness & Prevention, Workplace Violence Awareness
- Schwartz Rounds, Ethics Rounds, Non-pharmacological Pain Symposium, Expressions of Courage (cancer survivor celebration and information fair), MT workshops/CMTE offerings in conjunction with UK academic program

Entry level requirements

- Sing in tune with a pleasing quality while accompanying self on guitar in multiple keys.
- Play guitar with pleasing quality, utilizing various strumming and picking patterns appropriate to the genre.
- Sing, accompany self, and transpose simple well-known songs with minimal preparation.
- Repertoire of several songs from a variety of genres/styles including but not limited to: classic country, modern country, rock (from each decade starting in the 1950s), bluegrass, gospel, R&B, pop, hip-hop, rap, musicals, jazz, and contemporary Christian music.
- Experience in a setting that requires adaptation (preferably medical, hospice, or mental health).
- Sound interpersonal skills (maintains eye contact, facilitates conversation, uses appropriate affect).
- Be professional in manner and appearance.
- Physically navigate the healthcare campus, sit/stand for long periods, carry/lift up to 30 pounds (reasonable accommodations can be arranged).
- Interns who succeed in this internship exhibit:
 - Emotional stability and maturity to handle the demands of a medical music therapy internship
 - Effective coping strategies to deal with stressful situations, unpredictability, abrupt changes in schedule and tasks/situations
 - Strong communication skills
 - Professional and personal boundaries and effective self-care practices

COVID-19 information and requirements (current as of January 30, 2023)

- Interns must provide proof of vaccination. All UKHC employees/students in clinical areas must be vaccinated.
- UKHC patients and visitors are not required to be vaccinated. Some are vaccinated and some are not.
- All required personal protective equipment (PPE) is provided by UKHC, including masks, gowns, gloves, etc.
- If you have any questions or concerns about UKHC's COVID-19 policies, please visit www.covid-19.ukhc.org.

Miscellaneous information and costs

- Stipend – interns will receive a check (\$500) and gift card (\$500) in the total amount of \$1,000.00 provided by Daphne's Legacy, a local charity.
- Housing & Meals – not provided. Eastern State Hospital provides full meals (breakfast, lunch, and dinner) for \$1.00 each. Interns will be at ESH 2 days per week for about 5-7 weeks. There are multiple cafes inside Chandler Hospital and restaurants on UK's campus. Hospital cafes offer a student discount.
- Transportation – required and not provided. On campus parking passes vary in price, but average out to be approximately \$2 per day. Interns will need reliable transportation to Eastern State Hospital, which is off campus with free parking.
- Liability insurance – not required; interns are covered by UK HealthCare.
- Legal agreement – an Education Affiliation Agreement between universities is required and initiated by UKHC.
- Required costs – incoming interns must complete the UKHC Onboarding/Clearance procedures as specified by the Office of Observation & Learning Experience (OLE), found at: <https://ukhealthcare.uky.edu/wellness-community/volunteer-observe/observation-learning-experience>. This includes immunization verification, health

insurance verification, drug and TB screen, and a background check. **Interns are responsible for all costs associated with onboarding.** Background check and drug screen are \$80.75, (background alone is \$40.75, and drug screen alone is \$40.00). Interns are also responsible for securing their own scrubs and appropriate shoes.

Application process

- Complete the online application found on our website:
<https://ukhealthcare.uky.edu/integrative-medicine-health/services/music-therapy>.
- Have all recommendation letters and statements of eligibility sent directly from the individual providing them via email to Katrina Koszczuk.
- Send any additional materials and communication to internship director: Katrina Koszczuk, MM, MT-BC at Katrina.Koszczuk@uky.edu
- Prospective interns will be interviewed via video chat, at which time the intern will demonstrate entry level requirements listed above and be given opportunities to ask questions.
- Applicants will receive notification of acceptance or rejection in a timely manner via email.