

MUSIC THERAPY INTERNSHIP
UC Davis Children's Hospital
Sacramento, California

The Facts: UC Davis Children's Hospital is a children's hospital within a teaching hospital (UC Davis Medical Center). We offer music therapy services to children on the inpatient pediatric floor (36 beds), the Pediatric Intensive Care Units (15 beds) and the Special Care Unit (4 beds). We serve patients who range in age from a few days old through young adult and their families. Frequently seen diagnoses include cancer, cystic fibrosis, sickle cell anemia, physical trauma and child abuse. UCD Children's Hospital has an inpatient pediatric rehabilitation department and frequently has patients on the Bone Marrow Transplant Unit.

Since there is only one part time music therapist in the hospital, the internship will be scheduled for 5-6 hours/day, Monday through Friday; therefore an intern would be committing to 9-12 months to complete his/her hours in this setting. There is a steep learning curve associated with an internship in the acute medical setting, so an extra hour/day may be earned after hours by reading appropriate literature. An extra hour/day may also be available if the intern needs practice on guitar or keyboard. This internship will have an annual start date of September 1.

What to expect: A music therapy intern at UC Davis Children's Hospital will be able to work with children of all ages, developmental levels, and backgrounds. We offer a daily music therapy group in the playroom where anyone who can get out of bed comes down to play drums and sing. Drumming and singing familiar songs together in a group is very important for children who may have been held down for painful procedures that, unfortunately, tend to be part of the hospitalization experience. The intern will also spend time at the bedside of children working one-to-one utilizing song writing, keyboard/guitar lessons, or a myriad of MT techniques. As music therapists, we try to provide a sense of normalcy, safety and fun in an environment that is alien and often frightening to children

Other Areas of Interest: This internship setting may be unusual in that the music therapy supervisor is also a Reiki Master. Reiki is a Japanese healing technique that we have used at UCD Children's Hospital since 1999 for children who are in pain, who may be anxious, or who have suffered severe head injuries. It is used in both pre- and post-surgery, and in end of life care. We also offer this service to parents who need help in managing their stress level while having a child hospitalized. The Center for Nursing Education at UCD Medical Center offers classes in Reiki I and II, and the intern will be encouraged to take advantage of these classes if s/he so desires. Reiki with music therapy is a powerful combination for dealing with chronic and procedural pain, and provides a very effective technique for providing relaxation and stress reduction.

The Neonatal Intensive Care Unit (NICU) has expressed an interest in music therapy services for their babies who are stable, but who are “feeders and growers.” These are premature babies who may be hospitalized for months, and their parents may not be able to stay at bedside daily. These babies need positive and gentle stimulation from a consistent person – a perfect job for an intern.

The adult oncology service has also requested music therapy services for their patients receiving chemotherapy and undergoing bone marrow transplant. This is another area where an intern could expand services and gain valuable experience.

Entry Level Requirements: An intern must have at least basic guitar, keyboard and vocal skills. These must be demonstrated in the interview process. The intern must have experience working with children noted on the resume. The intern will be encouraged to study child development before beginning this internship. Also of interest would be my own book, *Filling a Need While Making Some Noise: A Music Therapist’s Guide to Pediatrics*, published by Jessica Kingsley, London, 2005.

NOTE: Our patients are all beautiful and extremely lovable, and some of them are facing dangerous or even deadly diseases. The very sad truth is that some children do not survive to adulthood. Therefore, this is not the place for an intern who suffers from depression or who has unresolved grief issues. This setting also requires cultural sensitivity, as many of our patients come from other countries. They represent many different languages and religions, which must be respected. Religious conversion is not an appropriate goal for MT interns on Pediatrics.

Unfortunately, there is no housing or stipend available with this internship.

Internship Director: Kathy Lorenzato, MT-BC
Child Life/Pediatrics
UC Davis Children’s Hospital
2315 Stockton Blvd.
Sacramento, CA 95817
(916) 734-2066
klorenzato@sbcglobal.net

10/11/06