



Dear Applicant,

Thank you for your interest in the Music Therapy Internship Program for Able ARTS Work.

Enclosed is an application and information regarding the internship. If your application is accepted, you may need to arrange for an interview. Please complete and return the application for the January internship by July 1<sup>st</sup> of the previous year. Please complete and return the application for the July internship by January 1<sup>st</sup>.

If you have any questions please contact me at (562) 982-0247. We also invite you to visit our website at [www.ableartswork.org](http://www.ableartswork.org).

Sincerely,

Helen Dolas, M.S., MT-BC  
CEO, Founder  
Clinical Training Director  
Able ARTS Work

## Able ARTS Work

Able ARTS Work provides full-day programming for its students, in all of the creative arts. The population served is adults with intellectual disabilities, with various developmental and intellectual abilities, over the age of 18. All instructors are certified in their specific "arts" field. Students are assessed rigorously upon entrance into the program, as to functional/developmental levels in five basic areas: Motor (gross, fine and sensory), Perceptual (auditory and visual), Language, Cognitive and Social/Behavioral. Individual targeted areas are focused on for each student, and they are tested and charted on a semester basis.

The teacher to student class ratio is approximately one to eight, with time slots allotted before and after each class for one to one student/teacher contact. Students attend between one to four classes per day, five days a week. The "artistic" content of the classes remains consistent for a semester (six months). The classes are developed with the participation of the entire teaching staff. The instructors develop classes consisting of individuals with heterogeneous needs. The teaching approach is multi-disciplinary which deals with broad and then specific goals and objectives. When a consensus is reached as to which art group and teacher will best meet the individual's needs, each teacher then develops a lesson plan, using his/her "art" as a tool to develop specific skills and behaviors which promote the development of each individual.

The philosophy adopted by Able ARTS Work in relation to Music Therapy, and indeed all the art therapies, is two-fold. First, Able ARTS Work uses the arts as tools to teach students basic perceptual motor, sensory motor, communicative, social affective and cognitive skills necessary for survival in an educational or vocational setting. Although there are a number of factors which come into play, a significant one is the inability for the developmentally disabled person to cross integrate the left and right sides of the brain. This dysfunction causes problems in what would normally be an automatic learning process, i.e., we process information with the left brain and then after it is learned it is automatically stored in the right brain. Because of this lack of cross integration, and ultimately the lack of immediate and prolonged storage in the disabled individual, the arts are used in an attempt to bombard the right brain with information where it will be possibly learned and stored in one process- similar to the process used with an aphasic stroke victim.

Secondly, the "arts environment" also provides for a common denominator shared by all students. They become labeled "artists" not "disabled". An artist is a person who is creative, innovative and original. Moreover, an artist is positively accepted by the community.

The flexibility of the arts provides an outstanding environment for serving the individual needs of the students. This program is effective in providing individualized development for each student.

## Clinical Training Program

### I. Program Requirements

1. Prior to start of their internship, interns will:
  - a. Attend a new employee orientation
  - b. Need a health screening, which includes a TB test
  - c. Need Fingerprinting (coordinate with front office)
  - d. Submit the University Affiliation Agreement
  - e. Show Proof of insurance (we are not liable for any injuries that may occur during the internship)
2. Interns will receive orientation during the first two weeks of internship. They will be required to:
  - a. Read certain texts and materials
  - b. Tour three outside facilities
  - c. Observe (visual/written) classes at Able ARTS Work
  - d. Daily journal
3. Interns will co-lead classes with other instructors, and lead three other classes per day, five days a week. 1:1 therapy is optional.
4. Written work will consist of:
  - a. Daily journal
  - b. Goals, objectives and general class outline; individual goals/objectives for each student in each class taught; semester pre- and post- tests.
  - c. Compile and write Individualized Service Plans (ISP's) (approximately five students) at beginning and end of the semester.
  - d. Design, write and submit class proposals, methods and materials, structure (lesson plans) and design a budget for each class.
5. Interns will be required to attend:
  - a. Weekly staff meetings
  - b. Monthly in-service training for staff
  - c. Weekly in-service training for MTI's
  - d. Two all day In-Services
  - e. One IPP meeting (annual meetings for students)
  - f. Mock interview with a panel of Able ARTS Work administrators
  - g. Various events as needed
6. All interns are required to do one special project, due at the end of the internship.
7. Clinical Training Program

II. Evaluations

Interns will be evaluated as to the following criterion and be expected to achieve a better competency at each level.

1. Writing skills: The intern must use professional terminology, present thoughts in a logical manner, and present neat work.
2. Pre-session Preparation: The intern will observe students accurately and pinpoint target areas, write viable musical, instructional and behavioral objectives which are applicable and measurable, and develop accurate pre-test and assessment tools to measure the objectives.
3. Therapeutic Skills: The intern will be well prepared, use a variety of music skills, effectively manage student (client) behavior, and to teach in a hierarchical and logical manner according to the philosophy of Able ARTS Work.
4. Professional Demeanor: The intern will be considered an Able ARTS Work staff member and will be expected to act in an appropriate professional manner, especially in regards to general work habits and personal relations with staff and students.

III. Interns should arrive at Able ARTS Work with the following knowledge:

1. Basic knowledge of developmentally disabled population
2. Working understanding of research model
3. Advanced Music Therapy techniques
4. Excellent music skills
5. Understanding of purpose i.e., applicability of objective to student(client) need

I, \_\_\_\_\_, have read and agree to all these terms.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## Application for Music Therapy Internship Able ARTS Work

Please send the following items:

1. Complete copy of transcripts from all colleges attended.
2. Resume.
3. Two letters of recommendation: one from primary Music Therapy instructor re: music therapy skills; one from primary teacher of major instrument re; music skills.
4. A letter of eligibility, stating that you have completed all course requirements and that you have completed all of your internship entry-level expectations.
5. CD (or mp3 audio files) containing three original Music Therapy compositions (Hello or Goodbye and two others, with accompaniment on two different melodic instruments, i.e. piano and guitar).
6. Transcript of one of the above compositions from the submitted CD.
7. Complete the following items on application.

If each of the above items are not completed in full, application will not be considered.



Rate yourself in the following skills, using this rating system:  
1=Poor; 2=Needs work; 3=Average; 4=Good; 5=Excellent. Explain each rating.

Skill	Rating	Explanation
1. Vocal skills	_____	1. _____
2. Piano skills	_____	2. _____
3. Guitar skills	_____	3. _____
4. Therapeutic skills	_____	4. _____
5. Dealing with client behavior	_____	5. _____
6. Rapport with clients	_____	6. _____
7. Rapport with peers	_____	7. _____

What are intellectual disabilities? (One paragraph)

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Why do you want to do your internship at Able ARTS Work? (One paragraph)

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Able ARTS Work is a private non-profit 501(c) (3) organization established in 1982. Able ARTS Work enables individuals with disabilities to use the creative arts to attain their highest realizations and capabilities. Able ARTS Work provides arts-based education and therapy in the areas of communication, community inclusion, psycho-emotional development, positive and adaptive social behavior, and basic life skills.

[www.ableartswork.org](http://www.ableartswork.org)

### **Mission**

The primary vision of Able ARTS Work (formerly known as Arts & Services for Disabled, Inc.) is to provide lifelong learning, community service and vocational opportunities through the creative arts for people of all abilities and all ages in an environment of warmth, encouragement and inclusion.

We believe...

...all people, regardless of functional capability, have a right and responsibility to contribute to the well-being of their community and be gainfully employed in an occupation of their choosing.

...an informed and supportive community must play a vital role in removing the barriers to full involvement and inclusion.

...people should have access to the expressive arts in vocation, education, and leisure.

...people have the right to express and practice their cultural and artistic heritage.

...being treated with dignity and respect fosters personal growth, thus our Philosophy...

*Love Before Learning, Learning for Life*

### **Cultural Equity Statement, adopted February 1, 2018**

Able Arts Work supports a full creative life for all and upholds standards and practices that value the contributions of a diverse community.

## **Service**

Able ARTS Work operates four-day programs, two clinical programs, two art galleries, and workshops in the arts to serve individuals with and without disabilities.

### **Achieving Results Together (ART Center)**

3626 E. Pacific Coast Highway  
Long Beach, CA 90804

### **Therapeutic Arts Program II (TAP II)**

1903 W. 169<sup>th</sup> St.  
Gardena, CA 90247

### **Encouraging Personal Independence (EPI)**

3926 W. 139<sup>th</sup> St.  
Hawthorne, CA 90250

### **Cultural Education Center for the Arts (CECA)**

3827 W. Rosecrans Ave.  
Hawthorne, CA 90250

### **George V. Deneff Gallery**

### **ARTifact Forum & Gallery**

### **Accessible Arts Workshops**

### **Art on the Move**

### **Mobile Arts Program**

### **Creative Health & Wellness Clinic**



Main Office  
3626 E. Pacific Coast Highway  
Long Beach, CA 90804  
(562) 982-0247 (Phone)  
(562) 982-0254 (fax)  
Contact us at: [info@ableartswork.org](mailto:info@ableartswork.org)

## **Able ARTS Work**

Able ARTS Work is a private non-profit organization established in 1982. Able ARTS Work is dedicated to providing opportunities for individuals who have disabilities, so they may acquire their highest levels of competence, confidence and achievement. Able ARTS Work currently provides services in the Southern California area for individuals with intellectual and developmental disabilities. Able ARTS Work uses the creative arts to teach a wide variety of skills including educational skills, communication, community inclusion, psycho/emotional development, appropriate social behavior, and basic life skills.

It is the belief of Able ARTS Work that an individual, provided with a loving, receptive environment, where creative expression is focused into a viable artistic channel, can have unlimited potential to learn and grow. The creative arts are very motivating and rewarding. Individuals who have difficulty communicating through traditional means (speaking and writing) often find freedom in using the creative arts (drawing, singing, acting, dancing) as their communication tool. As students become more accustomed to expressing themselves through the fine arts, their self-esteem and confidence increase, allowing them to view themselves as successful members of society.

### **Services**

Able ARTS Work currently operates four programs, art galleries, community workshops, micro-enterprise gift shop, inclusive standards-based arts education workshops and therapeutic in-home services to individuals with and without disabilities.

Day Programs are located in Long Beach, Hawthorne, and Gardena. All sites are designed to meet the creative, developmental and social needs of adults with various levels of cognitive ability and physical disabilities. All programs provide a therapeutic, secure and nurturing environment where individual goals and objectives are assessed through a creative arts therapy curriculum. Services extend beyond the day program to provide ample opportunities for community inclusion through outreach services.

George V. Deneff Art Gallery was established to assist individuals who have the desire to pursue their career as an artist. The Deneff Gallery welcomes all community artists to display and sell their work, providing an income revenue stream for artists.

Community Arts Workshops offer one time and sequential workshops with a health and wellness focus through music and/or art. Recreational and arts education workshops are also available and always designed with inclusion and accessibility in mind. Community workshops are offered in multiple locations throughout Southern California.

## Evaluation of Student Competencies

Student's Name \_\_\_\_\_

Evaluator \_\_\_\_\_

Affiliation \_\_\_\_\_

College/University or Internship Site

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Please evaluate the student's level of performance in each of the following competencies by rating him/her according to the following scale:

- 4 - Exceeds Entry Level Competence
- 3 - Entry Level Competence
- 2 - Below Entry Level Competence
- 1 - Not Competent
- N/O – Not Observed

Base your evaluation on the level of competence you would expect in an entry-level music therapist. These competencies may have been met by fulfilling coursework and/or observed in supervised clinical training. Include comments when necessary.

Please consult the AMTA Professional Competencies for a complete description of all knowledge, skills and abilities included in each of the areas below. Add brief summaries for ease of reference.

**Rating**

**MUSIC FOUNDATIONS**

- Music Theory & History \_\_\_\_\_
- Composition & Arranging Skills \_\_\_\_\_
- Major Performance Medium Skills \_\_\_\_\_
- Keyboard Skills \_\_\_\_\_
- Guitar Skills \_\_\_\_\_
- Voice Skills \_\_\_\_\_
- Non-symphonic Instrument Skills \_\_\_\_\_
- Improvisation Skills \_\_\_\_\_
- Conducting Skills \_\_\_\_\_
- Movement Skills \_\_\_\_\_

**CLINICAL FOUNDATIONS**

- Exceptionality \_\_\_\_\_
- Principles of Therapy \_\_\_\_\_
- The Therapeutic Relationship \_\_\_\_\_

**MUSIC THERAPY**

- Foundations and Principles \_\_\_\_\_
- Client Assessment \_\_\_\_\_
- Treatment Planning \_\_\_\_\_
- Therapy Implementation \_\_\_\_\_
- Therapy Evaluation \_\_\_\_\_
- Documentation \_\_\_\_\_
- Termination/Discharge Planning \_\_\_\_\_
- Professional Role/Ethics \_\_\_\_\_
- Interdisciplinary Collaboration \_\_\_\_\_
- Supervision and Administration \_\_\_\_\_
- Research Methods \_\_\_\_\_

Comments:

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Evaluator's Signature \_\_\_\_\_

Date \_\_\_\_\_



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