

Music Therapy at UNC Health is an integral part of the care of patients and their families.

Music affects mental, physical, and emotional responses, and it is utilized as a valuable tool in supporting the treatment and recovery experience.

Through music therapy interventions, we provide patients and families with ways to manage stress, decrease anxiety & depression, build helpful communication & coping skills, and alleviate physical and emotional pain.

Internship Details:

Interns will learn the function of music therapy within both the pediatric hospital and behavioral health hospital setting (serving both adults and children). Interns will work in both individual and group settings.

Upon completion, interns will meet, at minimum, AMTA professional competencies.

As we are a hospital that operates 24/7, an intern may not have the standardized 8- 4:30 hours. However, we are structuring the 40 hours per week to be mostly centered around:

Monday through Friday from 8 a.m. to 4:30 p.m, with consistent Sunday hours (10-6:30 pm)

*Hours are subject to change Any changes are discussed within a timely manner.

Therapeutic Skills:

- Ability to assess strengths and limitations and formulate appropriate treatment goals and objectives.
- Ability to assess responses to music interventions, including mood, affect, and behavior.
- Professional writing skills through documenting observations clearly and accurately while using correct grammar.
- Ability to plan and implement age-appropriate music interventions using an accompaniment instrument.
- Basic knowledge of child and adolescent development.
- Ability to verbally express the therapeutic benefit of music interventions for hospitalized children.
- Ability to model and communicate easily understood directions verbally and non-verbally.
- Ability to encourage patient and family participation while respecting a family's declination to participate (Specifically referring to Children's hospital)
- Basic understanding of music therapy literature and research.

Our music therapy team is trained in: Active and Receptive Interventions, LGBTQIA+ Affirmative Care, Narrative Therapy, Neurological Music Therapy (NMT), Nordoff- Robbins, Orff-Schulwerk, Perinatal Care, the Bonny-Method Guided Imagery and Music (GIM and all adaptations: Including Music and Imagery; Music Breathing), Trauma-Informed Practices.