



## INTERNSHIP DIRECTOR

Jenna Bollard, MA, MT-BC, CCLS, RMT  
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### IMPORTANT INFORMATION

#### LOCATION:

2 locaitons (Santa Monica and Westwood)

#### POPULATION SERVED:

- Neonatal intensive care unit
- Pediatric Intensive Care Unit
- Hermatology/Oncology/Bone Marrow Transplant Unit
- General pediatrics

#### EXPECTED SCHEDULE AND APPLICATION DUE DATES:

TERM	DUE DATE
Sep-March	April 1 <sup>st</sup>
March-Sep	Oct 1

\*Due to the timing of Jenna's maternity leave, the September 2019 internship application due date is February 1, 2019, and will resume to the usual schedule the following term.

## About UCLA Mattel Children's Hospital:

UCLA Mattel Children's Hospital's music therapy program was founded by the Peterson Family Foundation (<https://petersonfamilyfoundation.org/>). It serves the critically medically fragile pediatric population, ages 0-21. Their music therapy program serves many populations (listed to the left) at two locations (Santa Monica and Westwood). Many of their patients have had multiple major organ transplants or have chronic life altering conditions. Music Therapists provide support to the whole family and staff through one on one and group Music Therapy services along with therapeutic music and art program offerings.

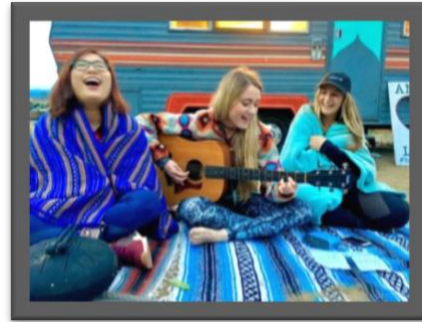
This program was developed due to the high need and demand for Music Therapy services at UCLA Mattel Children's Hospital. Ms. Bollard sought to create a mutually beneficial internship program that would have the potential to expand their outreach while simultaneously providing more opportunities for budding Music Therapists. She wanted to create an internship program that could help shape a more resilient, self-aware, and prepared generation of Music Therapists. She sought to create an environment that allows for deeper exploration of countertransference, personal, and professional development and understanding and being able to identify effects of vicarious traumatization. Her vision for this internship was to create a genuinely supportive community where Music Therapists can be truly authentic in who they are while also being challenged with the task of finding the genuine

connection between their personal world view and their developing Music Therapy philosophy through nitty gritty self-reflection and processing in one on one and group supervision. She wants to empower and inspire Music Therapists to be the best version of themselves that they can be and to provide a space for genuine individualized connection and care regarding their emotional/mental health and resiliency which she honestly feels is lacking in our field. She wants it to be innovative and genuinely meaningful experience for all involved.

UCLA Mattel Children's Hospital's internship is brand new. Their first two interns started in September of 2017. They have had 4 interns thus far and have 3 more on their way. This internship seeks honest and open interns who are ready to process their emotions and are genuinely open to growth and personal development. It requires interns who are ready to dive in and be all in. They are seeking innovators, empaths, and highly creative individuals who have the ingredients required to become leaders in the field. These individuals take initiative and keep it real. Also, interns must have an open mind and adventurous spirit, seeing as they do monthly creative self-care team retreats and creative self-discovery workshops and group supervision in the mountains/in nature.

### Intern general schedule/responsibilities and opportunities:

- Attend weekly NICU, HEM/Onc/BMT and palliative psychosocial rounds
- Provide services for at least 20 patients per week/ at least 4 direct clinical hours per day
- Opportunities for shadowing supervisor on NICU and all other pediatric units at any time
- 1 hr per week shadowing of NICU fellows/employees/learning about PAL case-study and/or other research/quality improvement initiatives
- Weekly intensive 1:1 supervision sessions with feedback and processing time
- Weekly 3+ hour group supervision experiences to review weekly assigned self discovery exercises and workshop ideas. The time is also used to process weekly reflections and focus on specific learning objectives and themes.
- Monthly group self-care themed team retreats (some examples of previous team retreats include: attending sound baths, attending moon ceremony workshops, reiki, creative arts classes and workshops, exercise classes, hikes in the mountains, yoga and beach bonfires, team meditation, and picnics on the beach).
- Opportunities to observe inservices and special events/therapy groups
- Opportunities for multidisciplinary co-treat
- Opportunities for shadowing other disciplines
- Opportunities to shadow/visit other related programs and internship sites
- Self discovery/self-care focused curriculum and assignments, facilitated exercises and readings
- Special project and case study presentation before end of internship
- Clinical documentation and assessment
- Advocacy/ MT in media workshopping and education
- Practice mock interviews and resume building support near end of internship



### INTERN TESTIMONIAL:

- “Interning at UCLA Mattel Children’s Hospital has helped me to build my confidence in carrying out clinical work in a medical setting. My clinical experiences have helped me grow not only as a professional but as an individual. Jenna, our supervisor, is very supportive throughout our internship journey. Our weekly group supervisions enable us to deeply process what we went through over the week and reflect both on our failures and success in our sessions. She emphasizes the importance of self care as a medical professional and always goes above and beyond to make sure we get the emotional support that we need both as an intern and for me personally, as an international student”. ~Sandra Cheah, MT-BC Berklee College of Music first MT intern at UCLA Mattel Children’s Hospital