



Maintaining high standards of professional education and competence in the field of Dance/Movement Therapy since 1966

COMPARING DANCE/MOVEMENT THERAPY & PROFESSIONAL COUNSELING
American Dance Therapy Association (ADTA) American Counseling Association (ACA)

DOMAIN	ADTA	ACA
Refereed Journal	American Journal of Dance Therapy	American Journal of Counseling & Development & division journals
National Credentialing Body	Dance/Movement Therapy Certification Board, Inc.	NBCC
Academic Program Evaluation	ADTA Committee on Approval	CACREP
Definition	The psychotherapeutic use of movement to further the emotional, cognitive, physical, and social integration of the individual.	The application of mental health, psychological or human development principles through cognitive, affective, behavioral, or systematic intervention strategies that address wellness, personal growth, career development, or pathology
Prerequisites	BA + Psychology, and minimum 5 years dance experience	BA
Education	MA in Dance/Movement Therapy* 700 hour internship (350 hours direct contact) + practicum	MA in Counseling (48 or 60 credits) 600 hour internship + practicum
Private Practice	Advanced-level clinicians only see ** below	Post Master's with supervision
Continuing Education	100 hours every 5 years	100 hours every 5 years

*All current American Dance Therapy Association Approved Graduate Degree Programs require 55-60 semester/90 quarter credits.

**Candidates for advanced-level certification (BC-DMT) must accrue 3640 paid work hours after completion of the master's degree in a supervised clinical setting with a minimum of 48 hours of direct supervision from a Board Certified Dance/Movement Therapist (BC-DMT).

Comparison of Requirements:

Dance/Movement Therapy ADTA-Approved Masters Program Training Council for Accreditation of Counseling and Related Programs (CACREP)

CACREP

Program Administration: Two years full-time, 48 or 60 semester credits, or 72 quarter credits.

8 Content Areas Required: (1) Professional Identity; (2) Social and Cultural Diversity; (3) Human Growth and Development; (4) Career Development; (5) Helping Relationships; (6) Group Work; (7) Assessment; (8) Research and Program Evaluation

Internship: 600 hours, 240 hours, direct service; 100 hours of practicum

Other Requirements: Additional practicum for 60 credit programs.

ADTA - Dance/Movement Therapy

Program Administration: Current ADTA Approved Programs require 55-60 semester/90 quarter credits.

10 Content Areas Required: (1) Dance/Movement Therapy Theory; (2) Human Growth and Development; (3) Expressive and Communicative Aspects of Verbal and Nonverbal Behavior; (4) Methods for Observation, Analysis, and Assessment; (5) Psychosocial and Cultural Aspects of work with Families, Groups, Individuals; (6) Clinical Applications of Dance/Movement Therapy and Related Psychological Theories; (7) Human Anatomy and Kinesiology; (8) Research and Evaluation; (9) Psychopathology and Diagnosis; (10) Basic Neuroscience.

Internship: 700 hours, 350 hours direct service, 70 hours of supervision; additional practicum hours required.

Other Requirements: Treatment planning, self-evaluation & professional role.

Common Curriculum:	Additional Dance/Movement Therapy Curriculum
Human Growth and Development	Anatomy & Kinesiology
Social and Cultural Diversity	Movement Observation – specialized appraisal
Helping Relationships	Specific Study of Verbal and Nonverbal Behavior
Assessment	Dance/Movement Therapy Theory & Skills
Group Processes	Basic Neuroscience
Research and Program Evaluation	
Professional Identity	
* Most Dance/Movement Therapy Programs require courses in Career Development to meet licensing requirements in their states	