



If you are interested in pursuing dance/movement therapy as a career, you probably have some questions...

- What should I take for my undergraduate degree?
- What colleges offer a dance/movement therapy degree?
- What other routes can I pursue?
- What does the Alternate Route involve?

Please read on for some general information on educational opportunities for pursuing a career in dance/movement therapy.

Note: this is general information. For more detailed information, please visit us online at www.adta.org and navigate to the R-DMT Handbook:

- Click on *Become a Dance/Movement Therapist*
- Go to *Education & Training*
- View the areas for *R-DMT Handbook, Approved Graduate Programs and/or Alternate Route*



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Educational Opportunities

Pursuing Dance/Movement
Therapy as a Career



Undergraduate Guidance

Dance/Movement Therapy is a degree at the Master's level. When it comes to an undergraduate degree, there is no specific major required. However, it is a good idea to have substantial exposure to topics related to both dance and psychology at the undergraduate level.

ADTA Approved Graduate Programs

The ADTA approves programs that meet the requirements stated in the ADTA Standards for Graduate Dance/Movement Therapy Programs. Graduates of approved programs meet all professional requirements for the Registered Dance/Movement Therapist (R-DMT) credential.

DMT graduate programs educate students in the content areas of psychological theory, human development, multicultural perspectives, group process, behavioral research, psychopathology, psychodiagnosis and assessment skills; DMT theory, expressive and communicative aspects of verbal and non-verbal behavior, movement observation and analysis, human anatomy, kinesiology and basic neuroscience; and clinical applications of DMT with individuals, families and groups. Programs also require and provide at least 700 hours of supervised clinical fieldwork and internships.

Antioch University New England: Keene, New Hampshire

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Contact: Susan Loman -- sloman@antiochne.edu

Columbia College Chicago: Chicago, Illinois

Telephone: (312)-369-7697

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Contact: bbrownholtz@colum.edu

Drexel University: Philadelphia, Pennsylvania

Telephone: (215) 762-7851

http://www.drexel.edu/artsTherapies/

Contact: Ellen Schelly Hill -- es42@drexel.edu

Lesley University: Cambridge, Massachusetts

Telephone: (617) 349-8413

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Contact: Nancy Beardall -- beardall@lesley.edu

Naropa University: Boulder, Colorado

Telephone: (303) 245-4845 or (800) 772-6951

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Contact: Zoe Avstreich -- zoe@naropa.edu

Pratt Institute: Brooklyn, New York

Telephone: (718) 636-3428

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Contact: Joan Wittig -- jwittig@pratt.edu

Alternate Route

The Alternate Route is defined as a Master's degree in a human services-related field (i.e. psychology, counseling, social work, therapy, etc.) plus dance/movement therapy training from qualified teachers. Fieldwork and an internship are also required. Applicants may pursue the Alternate Route simultaneously with their Master's degree.

Dance/Movement Therapy Coursework

These courses must be taught by a BC-DMT with exceptions noted in the R-DMT Handbook.

Dance/Movement Therapy Theory and Practice

270 hours or 18 credits

Group Processes in Dance/Movement Therapy

45 hours or 3 credits

Movement Observation

90 hours or 6 credits

Kinesiology or Human Anatomy/Kinesiology

45 hours or 3 credits

General Training Coursework

Research Design and Methodology

45 hours or 3 credits

Abnormal Psychology or Psychopathology

45 hours or 3 credits

Developmental Psychology

45 hours or 3 credits

Group Processes

45 hours or 3 credits

At least 2 additional advanced psychology or counseling courses to total 90 hours or 6 credits.

Fieldwork

Three months full-time or its equivalent in part-time hours to total 200 hours of basic clinical exposure supervised by a licensed mental health professional. This clinical exposure may occur prior to dance/movement therapy training and may be part of the applicant's Master's degree program.

Internship

700 hours or more in a clinical setting following or concurrent with education and supervised by a BC-DMT. Prior to starting internship, 9 credits of dance therapy coursework must be completed. In addition, 9 credits of general training coursework must be completed prior to internship.

Dance Training and Experience

5 years concentrated study in at least one dance form such as modern, ballet, jazz, tap, ethnic or folk, leading to competence in the basic fundamentals of dance. Dance training can have occurred at any time in an applicant's lifetime, but some of it should be recent.