



Faculty of Arts and Social Sciences
Dance

Syllabus

Continuation course in Dance Movement Therapy (DMT)

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| Course Code: | DAADT2 |
| Course Title: | Continuation course in Dance Movement Therapy (DMT) <i>Påbyggnadskurs i Dans- och rörelseterapi (DMT)</i> |
| Credits: | 30 |
| Degree Level: | Master's level |
| Progressive Specialisation: | Second cycle, has only first-cycle course/s as entry requirements (A1N) |

Major Field of Study:

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2022-02-14, and is valid from the Autumn semester 2022 at Karlstad University.

Prerequisites

Higher Education Diploma of at least 120 ECTS credits and psychotherapeutical competence equivalent to at least basic psychotherapy training, GPU (formerly step 1), or equivalent training completed in another country, The Basics of Dance Movement Therapy (DMT) (DAGDT1 or DAGT01, 15 ECTS credits), and a passed proficiency test in dance and movement with a focus on communication, plus upper secondary level Swedish 3/B and English 6/B, or equivalent

Learning Outcomes

Upon completion of the course, students should be able to:

1. explain and assess concepts and theories relevant to dance and movement therapy as a method of treatment,

2. identify and address central treatment principles related to dance and movement therapy,
3. relate their own personal insights and experiences of creative and therapeutic processes to clinical work,
4. identify and reflect upon their own needs for further skills development, and
5. apply the tools of dance and movement therapy in clinical work.

Content

Dance movement therapy (DMT) is a form of psychotherapeutic treatment where dance, movement, and dialogue are used as vehicles for development and change. Bodies and movements are at the center of interaction. Art therapy, music therapy, and DMT are all forms of creative arts therapy. Dance, movement, and psychotherapy are integrated through the artistic and creative process of dance.

The knowledge of dance and movement therapy included in this course can be used in psychotherapy, treatment, healthcare, social care, and preventive activities.

The course covers the following themes that are studied in parallel and should not be seen as modules organised chronologically. Each weekend of teaching includes a combination of theory and practice.

1. Theoretical frames of reference and models

- Relational perspectives in the psychotherapeutic relation: the basics of relational psychotherapy, affect theory, attachment theory, developmental psychology, affect regulation theory, and exposure
- Creativity, play, and art as health-promoting activities
- Group psychology

2. Dance and movement as expression and communication

- Non-verbal communication
- Movement in relation to children's development
- To see, observe, and reflect upon dance and movement in different contexts

3. The dance and movement therapist

- Working with our own movement and expression in improvisation
- Reflection at different levels through the body, speaking, and writing in the continuous learning process
- The role of the dance and movement therapist

4. The dance and movement therapy situation: Methodology

- The relational perspective
- Working with group processes
- Relation and interaction between the therapist and the client: professional approach and therapeutic alliance

5. The client in the DMT relation

- Practical aspects
- Practical work with different age groups and target groups, focused on for instance anxiety, depression, trauma, stress-related ill health, and prevention

6. Ethics and interdisciplinary perspectives

- Introduction to ethical guidelines for dance and movement therapists
- Connections between science, evidence, and best practice, and their significance for dance and movement therapy in practice

- Practical transfer of the theoretical and empirical knowledge at the core of dance and movement therapy to other psychotherapeutic and health-promoting practices

The course is a distance course which alternates periods of on-campus teaching with self-study. Instruction in the on-campus component is in the form of lectures, workshops, group assignments, and seminars. There is a focus on ways in which the students' own experiences of dance and movement therapy (DMT) enhance their understanding of DMT as a clinical practice. Students write individual process journals about their experiences, and the content of those journals make up part of the basis for laboratory sessions in small groups. The self-study component includes literature study, digital lectures, group work, and dance/movement exercises. The course requires the students to participate actively in their own learning through contributing to reflection and exploring aspects of dance and movement. The dance and movement workshops that are included in the course are mandatory, and it is not possible to get a passing grade without participating in them.

Reading List

See separate document.

Examination

Learning outcomes 1, 2, 3, and 4 are assessed based on written hand-in assignments completed in groups, and one individual written hand-in assignment.

Learning outcomes 1, 2, and 3 are also assessed based on oral presentations in seminars.

Learning outcome 5 is assessed based on practical group performances.

As an alternative to completing a retake assignment, a student who is very close to a passing grade may submit a supplementary version of the original assignment to receive a passing grade. The supplementary assignment is adapted specifically to the assessment criteria that have not been met. Supplementary work should normally be submitted within three weeks.

Students who miss mandatory sessions are asked to attend the relevant sessions in the course when it is offered again the next academic year. As an exception, the examiner may decide that a student can complete another task instead which is similar in content and scope.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

Grades

One of the grades Pass (G) or Fail (U) is awarded in the examination of the course (RB 134/20 Dnr 2020/869).

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.