



Faculty of Arts and Social Sciences  
Dance

## Syllabus

### Continuation course in Dance Movement Therapy (DMT)

**Course Code:**

DAADT2

**Course Title:**

Continuation course in Dance Movement Therapy (DMT)

*Påbyggnadskurs i Dans- och rörelseterapi (DMT)*

**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 2025-02-27, and is valid from the Autumn semester 2025 at Karlstad University.

#### Prerequisites

There are four admission requirements:

1. A Higher Education Diploma of at least 120 ECTS credits in a subject in the Humanities, Social Sciences, Education, Medicine, Art, or equivalent,
2. One of the courses on The Basics of Dance Movement Therapy (15 ECTS credits): DAGT01, DAGT02, DAGT03, or DAGDT1,
3. A passed proficiency test in dance and movement, and
4. Upper secondary level Swedish 3 and English 6,

or equivalent

## **Learning Outcomes**

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

1. explain and assess concepts and theories relevant to Dance Movement Therapy as a method of treatment,
2. identify and consider central psychotherapeutic treatment principles related to Dance Movement Therapy,
3. relate their own personal experiences of the experience-based course components to a deeper understanding of the effects of Dance Movement Therapy,
4. identify and reflect upon their own needs for further skills development in Dance Movement Therapy,
5. apply a few methods of Dance Movement Therapy in practice, and
6. demonstrate skills in dance as an artistic expression.

## **Content**

Dance Movement Therapy (DMT) is a form of psychotherapeutic treatment where dance, movement, and dialogue are used as vehicles for development and change. Body, movement, words, and dance are part of the interaction between the therapist and the patient/client/participant. Art therapy, music therapy, and DMT are all forms of creative arts therapy.

The knowledge of Dance Movement Therapy imparted in this course constitutes one of the different steps required to become a DMT therapist. The course provides a basic overview of areas such as psychotherapeutic treatment, rehabilitation, and health promotion activities.

Course content:

### 1. Theoretical frames of reference and models

- The basics of relational psychotherapy, affect theory, attachment theory, affect regulation theory, and exposure
- Psychosomatics, the phenomenology of the body
- Creativity, play, and art

### 2. Dance and movement as expression and communication

- Non-verbal communication
- 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
- 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
- Practical aspects
- Practical work with different target groups as examples

### 5. Ethics and interdisciplinary perspectives

- Introduction to ethical guidelines for dance and movement therapists and the requirements for being authorised as such

- Connections between science, evidence, and best practice, and their significance for dance and movement therapy in practice

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 mandatory practical and oral 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/seminars, group work, online discussions, 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 individual oral and written assignments.

Learning outcomes 5 and 6 are assessed based on practical individual and group performances.

The examiner may decide that a student who is very close to a passing grade can complete a supplementary assignment to receive a passing grade for a specific examination. If this is a possibility, the students must be informed in writing no later than the start of the course, and the examiner must specify when and how such a supplementary assignment may be permitted.

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 Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

## **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.