



Faculty of Arts and Social Sciences  
Dance

## Syllabus

### The Basics of Dance Movement Therapy

<b>Course Code:</b>	DAGDT1
<b>Course Title:</b>	The Basics of Dance Movement Therapy <i>Dansterapins grunder</i>
<b>Credits:</b>	15
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	First cycle, has only upper-secondary level entry requirements (G1N)

#### Major Field of Study:

#### Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2017-09-19, and is valid from the Spring semester 2018 at Karlstad University.

#### Prerequisites

General admission requirements

#### Learning Outcomes

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

- identify and explain the basic concepts and theories related to psychotherapy as a dance therapy method,
- describe and apply different perspectives on the role of body, dance and movement in a psychotherapy
- give an account of and reflect on how their own experiences of dance and movement deepen their understanding of dance therapy with clients, and
- evaluate and critically reflect on dance therapy as method.

#### Content

The aim of the course is that students acquire a general understanding of dance and movement as a therapeutic tool. The is primarily designed for students and practitioners in psychotherapeutic, health care and dance-related fields, and has a focus on the theory and methods of dance therapy. Students develop an understanding of dance therapy by integrating theory and practice,

The course comprises the following components:

- Overview of dance therapy and its historical emergence,
- Psychotherapy concepts relating to a dance therapeutic approach
- Basic dance therapy techniques
- Communication through body, dance and movement
- Using creativity and play in dance therapy

- Reflecting perspective on dance and creation

Instruction is in various forms and is learning is experience-based. Students take an active part by writing in their own journal, attending mandatory seminars, participating in discussions and reflections. Lectures alternate with dance and movement.

### **Reading List**

See separate document.

### **Examination**

Assessment is based on a written individual take-home exam, individual written assignments presented and discussed in mandatory seminars and a group performance.

### **Grades**

One of the grades Distinction (VG), Pass (G) and 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.