



Faculty of Arts and Social Sciences  
Dance

# Syllabus

## The Basics of Dance Movement Therapy

<b>Course Code:</b>	DAGT01
<b>Course Title:</b>	The Basics of Dance Movement Therapy <i>Grundkurs i Dans- och rörelseterapi (DMT)</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 2022-02-14, and is valid from the Autumn semester 2022 at Karlstad University.

### Prerequisites

General admission requirements

### Learning Outcomes

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

1. identify and explain basic concepts and theories related to dance movement therapy as a treatment method,
2. describe and apply a few different perspectives on the role of the body, dance, and movement in the context of psychotherapy,
3. give an account of and reflect upon how their own experiences of dance and movement can increase their understanding of working with dance movement therapy for clients, and
4. present and critically assess a few tools used in dance movement therapy.

### Content

The aim of the course is to provide students with a general orientation in dance and movement as therapeutic tools. Through alternating theoretical presentations and practical exercises, students develop a basic understanding of Dance Movement Therapy (DMT) as a treatment method. The following topics are covered:

- the history and development of Dance Movement Therapy (DMT)
- basic concepts in psychotherapy related to the methods of Dance Movement Therapy (DMT)
- basic Dance Movement Therapy (DMT) techniques
- communication through bodies, dance, movement
- using creativity and play as a part of Dance Movement Therapy (DMT)
- deliberative perspectives on dance and creativity

The course is based on varied forms of work and experience-based learning. Students play an active role through writing their own process diaries, attending mandatory seminars, participating in workshops, discussions, and reflections, and contributing actively to group projects in between on-campus meetings.

### **Reading List**

See separate document.

### **Examination**

Learning outcomes 1 and 2 are assessed on the basis of an individual written take-home exam and seminars in connection with on-campus meetings.

Learning outcomes 3 and 4 are assessed on the basis of a written group assignment connected to a group presentation in the form of a practical performance.

The examiner can decide that a student who is very close to a passing grade may submit a supplementary version of the original assignment to receive a passing grade. Supplementary work is directly related to the assessment criteria that have not been met and should normally be submitted within three weeks after the student has been notified.

Students who are absent from on-campus meetings will be expected to submit written make-up assignments. A maximum of two missed meetings can be remedied in this way. Students who are absent from more than two mandatory meetings will be asked to take part in the corresponding meetings the next time that the course is offered. In exceptional cases, if decided by the examiner, students may instead be given an alternative task which is of equivalent scope and will provide equivalent knowledge.

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 177/20 Dnr 2020/982).

### **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.