



**Queen Margaret University**  
EDINBURGH

**Faculty of Health and Social Sciences**

**Dance Movement Therapy**

**Foundation Certificate Course**

**October 2007-May 2008**

**Venue: Musselburgh Campus, Edinburgh (room to be announced)**

**Frequency: Weekly meetings**

**Day: Wednesday evening**

**Time: 6.30-8.30**

**What is Dance Movement Therapy (DMT)?**

Dance movement therapy (DMT) or dance therapy (both titles are protected) is a unique form of psychotherapy in which the creative use of movement and dance play a central role within the client-therapist therapeutic relationship. The Association for Dance Movement Therapy (ADMT UK) defines the field as: 'the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration' (ADMT UK 2002, p 1). DMT is founded on the principle that movement reflects an individual's patterns of thinking, feeling and communicating. Through acknowledging and supporting the client's movements, the therapist encourages development and integration of new adaptive movement patterns together with the emotional and relational experiences that accompany such changes.

While the use of dance as a healing art is historical, the profession is influenced by contemporary psychological theories and psychotherapeutic and therapeutic practices, multi-cultural traditions in dance, bodywork and spiritual development, and is being continually informed by national and international research studies.

### **Where does DMT take place?**

The practice of DMT is restricted to registered practitioners. The requirements for fitness to practise and eligibility for recognition to practise is overseen by the ADMT UK. This body assumes responsibility for the safe practice of arts therapies through a published code of ethics and principles of professional practice.

(Note: ADMT UK has successfully applied for registration with the Health Professions Council (HPC), the regulatory body for health professions in the UK such as occupational therapy, physiotherapy and speech and language therapy. Once the application procedure is finalised DMT will have the same relationship to HPC as the other three arts therapies, music, drama and art therapy).

DMT is practised as both individual and group therapy, predominantly in education, health, education, social services and other community-based settings (e.g., voluntary and private organisations), prison services and in private practice.

Dance movement therapists work with a wide variety of clients of all ages, including people who are emotionally distressed, those with physical or mental illness, those with physical and/or cognitive impairment and people who want to use the medium for personal growth.

There are a number of studies on DMT that provide evidence of the effectiveness of this intervention for a wide array of symptoms including reduction of anxiety, improving self-concept and addressing body awareness. Other research studies undertaken have concentrated on specific populations including clients with schizophrenia, learning disabilities, depression, Parkinson's disease and survivors of sexual abuse.

### **What does the Foundation Certificate in DMT is?**

The Foundation Certificate Course is the first such course in DMT in Scotland. It intends to provide an introduction to this growing health profession. It is open to dance and other arts students, artists, health care professionals, teachers and counsellors. The programme is also open to people who do not necessarily have experience in either dance or a caring profession, but are interested in finding out more about DMT. Often, foundation courses of this kind are a useful stepping

stone for acquiring experience and knowledge before applying for Master Programmes in DMT that offer full professional qualifications.

**Completion of the Foundation Course will not entitle certificate holders to register or practise as qualified dance movement therapists. Furthermore, the course will not provide therapy but rather an educational experience in movement/dance and group work as central features of DMT practice and training. It will also provide introductory information about important DMT theoretical and practical issues and about relevant DMT applications.**

The programme will be delivered in the form of experiential DMT workshops, group work, seminars, and short talks. Different approaches to creative movement, dance, other art forms and group work will be explored and facilitated through the range of visiting lecturers contributing to the programme.

Appropriate space for movement work will be offered alongside props, music and some basic art materials. Students will be encouraged to engage creatively in the movement opportunities available and experiment with their own movement preferences. Workshops will entail both moving as well as sharing thoughts about the movement experience. Students will also be expected to attempt to make links between their movement experiences and relevant theoretical or practical issues. Experienced dance movement therapists (and other arts therapists) will facilitate these workshops. Issues of confidentiality and group boundaries will be clearly defined.

Students will have access to QMU Library on a reference only basis.

**Semester One:**

Start October 2007 (9 two-hour sessions in total)

In this semester the aim will be to offer a broad introduction to the theory and practice of DMT. There will be an emphasis upon selected traditions in DMT from the UK and USA (e.g., Laban, Chace, Whitehouse). Issues of history, important theoretical and practical principles and current applications of these traditions will be explored through talks and workshops. In this semester there will also be opportunities to move/dance creatively within a defined group context and experiment with different props and artistic media.

**Semester Two:**

Start January 2008 (9 two-hour sessions in total)

The focus of the semester will be upon exploring different DMT applications with a diversity of client groups (e.g., clients with mental health issues, learning disabilities, children and older people, etc). During the experiential part of the work, emphasis will be placed upon identifying own movement preferences, exploring different ways of moving and attempting to make links between these experiences and the topics under discussion. Brief tasters of other arts therapies will also be offered by experienced arts therapists.

**Course fees**

(includes the use of space, props, music and art materials)

Waged: £700

Concessions\*: £400

To secure a place on the course, you are advised to enrol and pay in full within at least 4 working weeks prior to the start of the course. (Instalments can also be negotiated; contact Claire Little to discuss a clear pattern of payment.)

The University reserves the right to cancel any course three weeks before commencement IF there are insufficient enrolments. Under these circumstances, the full fee will be returned. Should an applicant wish to withdraw, 80% of the fee will be repaid IF request for cancellation is received in writing at least 3 working weeks before the commencement of the course. There will be no repayment after that date.

\*A copy of UB40/student card should be provided

**Further information:**

For further information about the course you can contact:

Dr. Vicky Karkou

Lecturer, QMUC

[VKarkou@qmuc.ac.uk](mailto:VKarkou@qmuc.ac.uk)

## Application Form

Name:

Address:

Postcode:

Email:

Tel. no:

(Note: you will be contacted by the course leader for a short telephone interview)

Occupation:

Where did you hear about the course?

Brief statement about your interest in the course

Cost of course: £700 (waged)    £400 (concessions\*) (circle as appropriate)  
(\*A copy of UB40/student card should be provided)

Please make cheque payable to 'Queen Margaret University' and send with this application form to:

Claire Little

School Administrator

School of Health Sciences

Queen Margaret University

Email: [clittle@gmuc.ac.uk](mailto:clittle@gmuc.ac.uk)