

St. Mira's College for Girls in Academic Collaboration

with Artsphere

PG Diploma in Dance Movement Therapy (DMT)

Syllabus

Total number of hours- 800

Semesters 2	Subject Code: MCR/DMT(21)042	Lectures:
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Subject I (146 Hrs)	Subject Code: DMT/TH/2101	Lectures: 114
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Learning Outcomes:

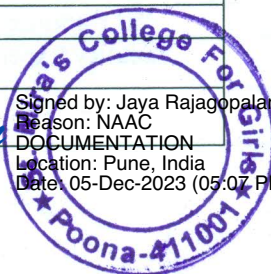
At the end of the course, the student will be equipped to:

- Discuss the psychological and physiological context behind the science of DMT
- Describe various schools of thought of psychology that DMT draws from
- Identify the ways to work in a variety of settings
- Describe ethical boundary setting in DMT work
- Recognize the cultural diversity in DMT work

<b>Unit 1: Introduction to Dance Movement Therapy</b>	(24)
<ul style="list-style-type: none"><li>• Definition and History of Dance Movement Therapy</li><li>• Introduction to Body-MindNexus</li><li>• Principles and Objectives of DMT</li><li>• Role of dance in Mental and Physical health</li></ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	

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<b>Unit 2: Theoretical Reference to DMT</b>	(22)
<ul style="list-style-type: none"> <li>• DMT and its relationship with different schools of psychology</li> <li>• Critical discussion of psychodynamic literature and its application to DMT</li> <li>• Theories about ethical boundary setting in DMT work</li> </ul>	




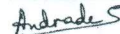

<b>Unit 3: Tools and Techniques of DMT</b>	(22)
<ul style="list-style-type: none"> <li>• Experiential and theoretical work around: <ul style="list-style-type: none"> <li>- Embodiment</li> <li>- Attunement</li> <li>- Kinesthetics</li> </ul> </li> <li>• Psychophysiology</li> <li>• Introduction to Process work</li> </ul>	

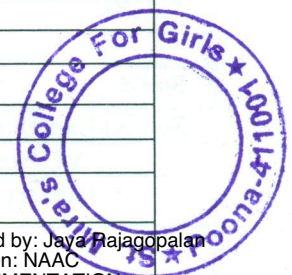
<b>Unit 4: Cultural Competence</b>	(24)
<ul style="list-style-type: none"> <li>• Understanding Cultural Diversity</li> <li>• 6 models of cultural empathy</li> <li>• Social Psychology theories about culture</li> <li>• Cultural sensitizing through critical reflection</li> </ul>	

<b>Unit 5: Developing Movement Language</b>	22
<ul style="list-style-type: none"> <li>• Laban Movement Analysis</li> <li>• Anatomy and Kinesiology</li> </ul>	

**Assignments and library hours (16 hours)**

**Facilitation and reflection Hours (16 hours)**

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## Psychology Theories and Applications in DMT

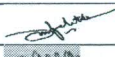

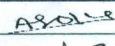
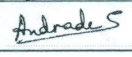

Subject II (220 Hrs)	Subject Code: DMT/PT/2102	Lectures: 128
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### Learning Outcomes:

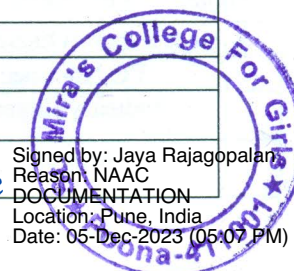
At the end of the course, the student will be equipped to:

- Describe the group dynamics in DMT work
- Employ the facilitation skills among different populations
- Construct their own framework of therapeutic presence by recognizing the scope of the work
- Design structured formats that will help to sketch some basic session planning, research and documentation skills for their work

<b>Unit 1: Working with Groups</b>	(24)
<ul style="list-style-type: none"><li>● Group Dynamics</li><li>● Introduction to facilitation skills</li><li>● Irvin Yalom's Principles of Group work</li><li>● Tuckman's Group Development Stages</li><li>● Understanding Neurodiversity</li></ul>	

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<b>Unit 2: A Brief Study of Additional Applications</b>	(50)
<ul style="list-style-type: none"> <li>• Yoga and DMT</li> <li>• 5 Rhythms</li> <li>• Buddhism, Chakras and DMT</li> <li>• Socio-political and intersectional frameworks</li> <li>• Expressive Arts Therapy</li> <li>• Additional hours for Movement Explorations and Group Process</li> </ul>	

<b>Unit 3: Working with Specific Populations</b>	(32)
<ul style="list-style-type: none"> <li>• DMT with children</li> <li>• DMT with Adults</li> <li>• Psychopathology and DMT</li> <li>• Specialized groups such as: <ul style="list-style-type: none"> <li>- Special Needs Children and Adults</li> <li>- Geriatric Population</li> <li>- Family Constellation work</li> </ul> </li> </ul>	

<b>Unit 4: Working with Individuals</b>	(24)
<ul style="list-style-type: none"> <li>• Psychophysiology</li> <li>• Creating a dyad using metaphors</li> <li>• Carl Jung's theories of Dualities, Individuation</li> <li>• In depth exploration of holding, containing, transference and countertransference in the context of Individual work</li> <li>• Creating tools for client support systems</li> </ul>	

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
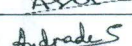




<b>Unit 5: Introduction to Basic Documentation</b>	(22)
<ul style="list-style-type: none"> <li>● Revisiting LMA and Bartenieff Principles</li> <li>● Developing pre and post tests</li> <li>● Types of Research in DMT</li> <li>● Creating tools for client support systems</li> <li>● Session Planning</li> </ul>	

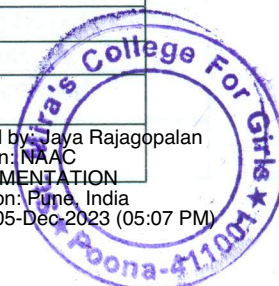
<b>Unit 6: Experiential</b>	(26)
<ul style="list-style-type: none"> <li>● Planning and facilitating sessions for fellow students</li> <li>● Getting individual and co facilitation feedback on facilitation and planning skills</li> </ul>	

**Assignments and Library Hours (18)**

**Facilitation and reflection hours (24)**

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### Facilitation Practice, Reflexivity and Inter-modality

Subject III (186 Hrs)	Subject Code: DMT/FPR/2103	Lectures: 144
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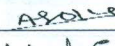
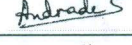

#### Learning Outcomes:

At the end of the course, the student will be equipped to:

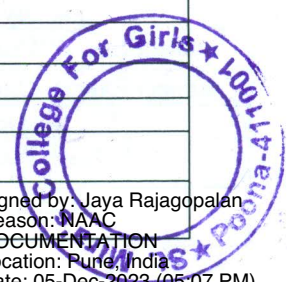
- Identify the relationship between various art therapies
- Identify the intermodal preferences and opportunities
- Operate in collaborative teams and setups further
- Operate in practical work environment
- Recognize the importance of supervision

<b>Unit 1: Creative Arts Therapy and Expressive Arts Therapy</b>	(24)
<ul style="list-style-type: none"><li>● Relationship between drama therapy, art therapy, music therapy and DMT</li><li>● Model of therapy:<ul style="list-style-type: none"><li>- Needs Analysis</li><li>- Intervention</li><li>- Process work</li></ul></li></ul>	

<b>Unit 2: Different Models and approaches</b>	(28)
<ul style="list-style-type: none"><li>● Understanding similarities and differences in different schools of DMT</li><li>● Relationship between education, occupational therapy and DMT</li><li>● Collaborative Models</li></ul>	

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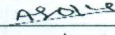
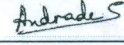

<b>Unit 3: Settings and Assessments</b>	(32)
<ul style="list-style-type: none"> <li>• Self-assessment tools</li> <li>• Professional Code of Conduct from ADTA, ADMP, DTAA and IADMT</li> <li>• Ethical Dilemmas</li> <li>• Developing Case studies</li> </ul>	

<b>Unit 4: Self – work</b>	(28)
<ul style="list-style-type: none"> <li>• Importance of Supervision</li> <li>• Developing individual facilitation skills</li> <li>• Importance of being in therapy</li> <li>• Developing Professional development plans</li> </ul>	

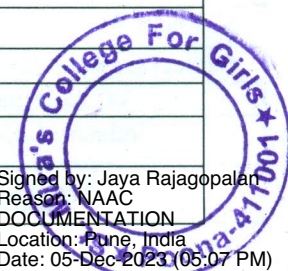
<b>Unit 5: Understanding Research</b>	(32)
<ul style="list-style-type: none"> <li>• Introduction to Quantitative research methods and principles</li> <li>• Introduction to Qualitative Research Methods and principles</li> <li>• Research tools and techniques</li> </ul>	

#### Assignments and Library Hours (12)

#### Internship and reflection hours (30): Supervised Internship

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## Research Methodologies and Reflection



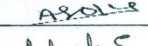


Subject IV (152 Hrs)	Subject Code: DMT/RM/2104	Lectures: 64
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### Learning Outcomes:

At the end of the course, the student will be equipped to:

- Interpret the basics of research methodologies
- Propose a research project and report it
- Explore self-care and self-work
- Create professional development plans

Unit 1: Understanding Research	(24)
<ul style="list-style-type: none"><li>● Introduction to Qualitative research methods and principles</li><li>● Introduction to Heuristic and reflexive Research Methods and principles</li><li>● Research Ethics</li><li>● Research design: Meaning, Need, Features of Good Design, Concepts.</li><li>● Writing Research Report: Format and style</li></ul>	

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
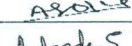
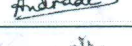





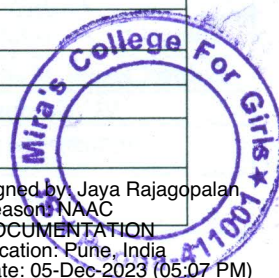
<b>Unit 2: Self – work</b>	(40)
<ul style="list-style-type: none"> <li>● Importance of Supervision</li> <li>● Developing individual facilitation skills</li> <li>● Importance of being in therapy</li> <li>● Facilitation practice and counseling skills</li> <li>● Group supervision format</li> <li>● Case studies</li> <li>● Developing Professional development plans</li> </ul>	

**Assignments and Library Hours (18)**

**Internship and reflection hours (70): Supervised Internship**

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
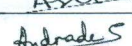




## Pacticum

Subject Code: DMT/PR/2105

### Supportive Modules:

- **Personal Therapy: Students must complete 36 hours of personal therapy during the training and internship period.**
- **Group Process work will be conducted for two hours during every module.**
  - **Supervision will be provided up to 30 hours of their internships.**

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