



FAQs for Dance/Movement Therapy Certificate Course 2021-22

What is Dance/Movement Therapy?

CMTAI (2019) defines Dance/Movement Therapy (also known as Creative Movement Therapy) as a psychotherapeutic framework that works with the mind-body connection to use personal movement language and dance for the health and wellness of an individual's physical, emotional, cognitive, social and behavioural aspects.

What is the scope of work in this field? Where can I work after doing this course?

CMT/DMT can be used across age-groups, populations and in various settings. After doing this course, you may be able to work with neuro-typical populations in NGOs, corporates, schools, colleges, etc. However, you cannot work with people with diagnosed mental health concerns

Psychologists, counsellors, related practitioners etc. who undergo this course can also use the skill sets as an addition to their modalities of practice.

What are the levels of certification/training in this field? What title would I receive at the end of the course?

The different levels of training in this field are:

- Certificate
- Diploma
- Masters

On successful completion of the certificate course, you will receive the title of a certified **Movement Therapy Facilitator**.

Who can apply for this course?

The course has been specifically designed for anybody who wants to learn about Dance/Movement Therapy and/or wants to use it in their line of work.

Anyone with a minimum of a Bachelor's degree in any field can apply for this course

Are there any prerequisites for joining this course?

No, there are no particular prerequisites for joining this course. People from any educational background can apply. However, a background in psychology and/or any expressive arts will be preferable.

Is any prior training in dance required?

No, it is not essential. The course is for anybody interested in the field and open to engaging with the body as a therapeutic medium.

What is the duration of the course?

The course includes 260+ hours of training spread over five-six months with three online modules and one offline module. This will be followed by 60 hours of fieldwork/internship with 10 hours of faculty supervision provided alongside.

What is the selection procedure?

After filling the form online and paying the registration fee, you will get a confirmation email. An interview will be scheduled with a faculty member within a few weeks, after which you will be informed about the status of your selection into the course.

What is the purpose of the interview?

The purpose of the interview is to understand the background, intent, experience, nature of work and professional goals.

What is the difference between the North Zone and South Zone batch?

The certificate course this year will be conducted in two batches across North and South zones. Both batches will have three online modules running on simultaneous dates and timings with a maximum of 25 students each in the batch. The North Zone batch will have its offline module in New Delhi whereas the South Zone batch will have the offline module in Bangalore.

Which batch should I apply for?

You can choose to apply for either batches, depending on your geographical location/convenience of travel to Delhi or Bangalore.

What are the dates of the course?

The following are the dates for the online modules for both batches:

Orientation Day: 10th Sept 2020

Online Module 1: Sept 11 - 14 & 16 - 19

Online Module 2: Oct 1 - 4 & 6 - 10

Online Module 3: Nov 12 - 15 & 17 - 21

Assessment: Dec 10 - 12

Offline Module 4: North Zone - Jan 10 - 22 (2022)

South Zone - Feb 10 - 22 (2022)

Will there be holidays or half-days on Sundays?

There will be training on all days of each module, except **non-instructional days**, which are as follows:

Module 1 - Sept 15, Module 2 - Oct 5, Module 3 - Nov 16 and Module 4 - Jan/Feb 14th

What are the timings for the course?

The classes for online modules will be held from 10 AM - 5.30 PM with a 1.5 hour lunch break. The classes for the offline module will be held from 9.30 AM to 6.30 PM on all days mentioned with two short tea breaks and a 1 hour lunch break.

The timings for the Orientation on 10th Sept are 6.30 PM to 8.30 PM.

Where will the online module be conducted?

It will be conducted via the Zoom application.

How is each session structured in the course?

Sessions, across online and offline platforms, will be experiential and theoretical in nature and will have practical movement activities with strong theoretical underpinnings.

Do I have to attend the Psychology Pre-Course?

If you have no or limited background in Psychology, then you will be asked to attend the Pre-course in Psychology before the beginning of the certificate course. This will be informed to you by our faculty during your interview call. This will be conducted online on 3rd Sept (5 - 8 PM), 5th & 6th Sept (10 AM - 5 PM), before the beginning of the main course.

Why do I have to take up 10 hours of Personal Therapy?

Due to the experiential nature of the course and a large amount of self-work that is involved, personal themes and issues may arise, which may not get resolved in the ambit of the training. Participants are, therefore, required to undergo 10 hours of mandatory personal therapy so as to be able to address and process these themes. This, however, is outside of the purview of the course and will be pursued by the participants on their own within the stipulated timeline.

What are some points to consider before applying for the course?

Certain points to consider before enrolling for the course:

1. Attendance for all training days is compulsory.
2. Once selected, you must make the payment within the stipulated time that would be conveyed to you.
3. The course fee is non-refundable and non-transferable under any circumstances.

What is the course fee? And how can I pay after selection?

The fee for the course is Rs.67,500+18%GST. You can make the payment through NEFT or bank transfer to the CMTAI account directly. The bank details will be shared with you after the selection process. Once we receive the fee in the account & a scanned transaction slip from you, we will confirm your participation in the course.

Does the course fee also include the cost of the Psychology Pre-Course?

No, the above mentioned amount is the regular fee for the certificate course. The total fee for the course including the Psychology Pre-Course (IF recommended) is Rs. 72,500+18% GST.

Will I receive a certificate at the end of the course?

Yes, you will receive a certificate at the end of the course subject to completion of all course criteria.

The course is certified by Creative Movement Therapy Association of India (Member of American Dance Therapy Association), India & CID-UNESCO (International Dance Council, France).

What are the criteria for students to receive certification at the end of this course?

Criteria for Certification:

1. 95% attendance during training days
2. Timely submission of all in-training assignments
3. Passing the group facilitation assessment in the online and offline level
4. Completion of 10 hours of Supervision, approved by supervisor
5. Completion of 10 hours of personal therapy, along with submission of personal therapy log form
6. Letter(s) of internship hours completion from the respective organization(s)
7. Submission of both the documents – Internship Report and Heuristic Essay, along with supervisor's approval on the same

In case I discontinue halfway through the course due to some unforeseen circumstances, will my fees be refunded?

Once paid, the course fee is **non-refundable and non-transferable** under any circumstances.

Considering the Covid 19 situation, how safe will it be to attend the offline (in-person) module in Delhi or Bengaluru?

The Offline Module will be held in Delhi (North Zone – 10th to 22nd January 2022) and in Bengaluru (South Zone – 10th to 22nd February 2022), respectively. Please be assured that the in-person classes will be held in accordance with safety norms and guidelines given by the government during that time. We will ensure that the module is conducted at a safe time and that all precautionary measures are followed, without fail.