



FAQs for Dance/Movement Therapy Certificate Course 2025-26

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 can work with neurotypical 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 in addition to their modalities of practice.

What are the levels of certification/training in this field? What title will I receive upon completing 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 **Dance/Movement Therapy Facilitator**.

Who can apply for this course?

The course has been specifically designed for anyone who wants to learn about Dance/Movement Therapy and/or apply 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. Individuals from any educational background are eligible to apply. However, a background in psychology and/or any expressive arts will be preferable.

Is any prior dance training required?

No, it is not essential. The course is open to anyone interested in the field and willing to engage with the body as a therapeutic medium. If you do not have prior experience with dance, we recommend joining a dance class before enrolling in the course to help you feel more comfortable with dance and movement.

What is the duration of the course?

The course comprises over 240 hours of training, spread across five months, consisting of one online and two offline modules. This will be followed by 60 hours of fieldwork/internship with 10 hours of faculty supervision provided.

What is the selection procedure?

After filling out the form online, paying the registration fee and completing your self-scheduled interview with a faculty member within a few weeks, you will be informed about the status of your selection into the course.

What is the purpose of the interview?

The interview aims 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 is conducted in two batches across North and South zones. Both batches will have two onsite modules and one online module 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. The online module classes will be combined for both batches via zoom.

Which batch should I apply for?

You can choose to apply for either batch, depending on your geographical location and the convenience of traveling to Delhi or Bangalore.

What is the last date to apply?

The seats are available on a first-come, first-served basis, subject to qualifying criteria and interviews. Admissions will close as soon as all seats are filled.

What are the dates of the course?

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

Pre-Course Psychology: 23 - 25 Aug (Only for non-psychology students as mentioned during interview)

Orientation Day: 26th Aug 2025 (Tentative) from 7:00- 9:00 PM

Mode	North Zone - Delhi	South Zone - Bangalore
<i>Module 1 (Onsite)</i>	<i>2nd Sept - 12th Sept</i>	<i>28th Aug - 7th Sept</i>
<i>Module 2 (Online)</i>	<i>Every Wednesday - 6 - 9 PM Every Saturday - 10 AM - 5 PM 17 Sept - 20 Dec</i>	
<i>Module 3 (Onsite)</i>	North Zone - Delhi	South Zone - Bangalore
	<i>6th Jan - 18th Jan</i>	<i>6th Jan-18th Jan</i>

Will there be holidays or half-days on Sundays?

There will be training on all days of each module, except **non-instructional days**, which will be mentioned closer to the start of the program.

What are the timings for the course?

The classes for online modules will be held from 6 PM - 9 PM on every Wednesday and between 10 AM - 5.00 PM with a 1-hour lunch break. The classes for the onsite module will be held from 9:30 AM to 4:30 PM on all days mentioned with two short tea breaks and a 1-hour lunch break.

Where will the offline modules be conducted?

The offline modules will be conducted at 2 locations. You could choose either Delhi or Bangalore.

The venue at Delhi is NarenJayen Studio, House Number 53, Block C, Bharati Artist Colony, Preet Vihar, New Delhi, Delhi, 110092

The venue at Bangalore: Orange Arc Community Studio, Cox Town

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 onsite platforms, will be experiential and theoretical in nature and will have practical movement activities with 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 from 23rd Aug- 25th Aug (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 the large amount of self-work involved, personal themes and issues may arise, which may not get resolved in the ambit of the training. Therefore, participants are required to undergo 10 hours of mandatory personal therapy 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 pay within the stipulated time that will 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 I have been selected?

The EARLY BIRD fee for the course is as follows (up to 10th July):

Rs 61000 + 18% GST (General Fee) = Rs 71980

Rs 65000 + 18% GST (Fee with Psychology Pre-course) = Rs 77880

The REGULAR fee for the course is as follows (after 10th July):

Rs 64000 + 18% GST (General Fee) = Rs 75520

Rs 69000 + 18% GST (Fee with Psychology Pre-course) = Rs 81420

You can pay through NEFT or bank transfer to the account directly. The bank details will be shared with you after the selection process. Once we receive the fee in the account & a transaction slip from you, we will confirm your participation in the course.

Will I receive a certificate upon completing the course?

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

You will receive a certificate from the Creative Movement Therapy Association of India, India.

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

Criteria for Certification:

1. 85% attendance during training days
2. Timely submission of all in-training assignments
3. Passing the group facilitation assessment in the online and onsite 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

Will my fees be refunded if I discontinue the course halfway due to unforeseen circumstances?

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