

International Dance Therapy Institute of Australia, Inc. Clinical Training in Dance Movement Therapy

COURSE STRUCTURE

The International Dance Therapy Institute of Australia, Inc. (IDTIA) Clinical Training in Dance Movement Therapy (DMT CT) is a 2-year course comprised of:

- (1) Year One: 5 modules, fieldwork observation, fieldwork practice with group and individual supervision.
- (2) Year Two: 4 modules, comprehensive fieldwork practice with face-to-face group and individual supervision.

Year One can be taken independently of Year Two where satisfactory completion of Year One is a requirement for commencement of Year 2. Years One and Two combined make up the two-year IDTIA Clinical Training in Dance Movement Therapy.

The 2-year IDTIA Clinical Training in DMT comprises:

- Blended learning. Modules 3, 4 and 7 face to face in Melbourne. Other modules online.
- 9 modules, spread over 24 months. Each module comprises approximately 30 hours of study over 10 weeks (approximately) with the exception of module 4 which is 38 hours. A total of 260 hours of Module learning in all.
- Online Modules will be held on Sundays. There will be three 2-hour sessions on designated Sundays:
 - 9am-11am
 - 11.30-1.30pm
 - 2.30-4.30pm
- Tutorials: 2 tutorials per module. Students will be expected to attend tutorials for modules 1-9, online. Each tutorial will run for 2 hours on Monday nights. This totals 36 hours of tuition which is included in the 260 total hours of synchronous Module learning.
- Informal tutorial presentations, facilitation of dance/movement activities.
- 10 sessions of participant/observation in DMT fieldwork.
- 40 hours of ongoing supervised fieldwork with 10 hours of group/individual supervision. Supervision hours are considered synchronous learning.
- 10 hours of authentic movement with a dyad partner
- 5 small peer study groups of 2 hours each
- Written assignments and small papers.

The IDTIA DMT Clinical Training will consist of synchronous and asynchronous learning opportunities listed below. All coursework will meet the 250 training hours with 40 client contact hours and 10 supervision hours required by DTAA for Associate Membership.

The training curriculum of 270 synchronous hours is highly experiential, supported by theoretical teaching and practicums. An additional estimated 200 hours of asynchronous study is expected.

COURSE PROGRAM	REQUIREMENTS	SYNCHRONOUS	ASYNCHRONOUS
INTENSIVES AND TUTORIALS	9 MODULES (each module consists of one Intensive and two tutorials)	<p>Intensives: Modules 1,2,5, 6,8,9: 24 hours (6 hours per day) of training over 4 Sundays per module. =144 hrs</p> <p>Module 3 Intensive (3-day, 8 hours per day, face to face intensive in Melbourne) =24hrs</p> <p>Module 4 Intensive (4-day, 8 hours per day, face to face intensive in Melbourne) =32 hrs</p> <p>Module 7 Intensive will be 3-day (8 hours per day) face to face, in Melbourne. =24 hrs</p> <p>Tutorials: 2 tutorials of 2 hours each for 9 Modules =36 hours</p> <p>TOTAL HOURS: 260</p>	
ASSIGNMENTS	4		80
SHORT PAPERS	18		30
DYADS	20 HOURS		20
PRACTICAL PLACEMENTS: OBSERVATION	10 HOURS		10
SELF INITIATED FIELDWORK	40 HOURS		40
SUPERVISION	10 HOURS	10	
PEER STUDY GROUPS	5		10 hrs
HOURS:		270	200
TOTAL HOURS: Synchronous and asynchronous	470		

The IDTIA Clinical Training in Dance Movement Therapy is awarded upon attendance at all modules and satisfactory completion of all course work, tutorials, assignments, dyads and dance therapy practice projects. **Covid restrictions may prohibit the face to face intensives, in which case they will be offered online or postponed upon the discretion of IDTIA.**

TOPICS COVERED DURING THE COURSE:

1. Dance Movement processes
2. Evolving Models of Dance Movement Therapy
3. Group process and creative processes
4. Human development as related to movement studies
5. Dance Movement Therapy as a Psychotherapeutic Model
6. Advanced Theoretical and Clinical Issues in Dance Movement Therapy
7. The Body, Somatic Awareness and DMT
8. Learning about working in the field
9. Practicing in the Field and receiving Supervision

For more information about the Course content, please see the 'Dance Movement Therapy Clinical Training Course Outline 2021-2023' document.

PRE-REQUISITES

Pre-requisites for Year One:

- A training equivalent to a Bachelor degree (preferably in a health and/or dance area). Applicants will be considered on a case-by-case basis.
- Attendance at an IDTIA Introductory DMT workshop and an interview, if required, by a Melbourne or interstate faculty member for selection and orientation to the course.
- Students entering the course need to possess dance or movement experience (including improvisation)
- A basic background in counselling is preferred at commencement of Year One but may be undertaken during the first year of training. **(Course suggestions at the end of this form)*
- While not a pre-requisite for acceptance into the course, IDTIA usually considers applicants of a minimum age of 24 years since students need a level of life experience and maturity to deal with the demands of the course.
- Participation in Dance Classes/personal Dance Movement Therapy

Pre-requisites for Year Two:

- Completion of the IDTIA DMT CT Year One
- Completion of a course in Counselling or other/equivalent psychotherapeutic relational training (minimum of 30 hours)
- Participation in Dance Classes/personal Dance Movement Therapy
- Ongoing commitment to the practice of dance-movement improvisation, in addition to the structured IDTIA coursework, and increased ability to utilise the experiences of creative and improvisational dance
- Students should demonstrate a capacity to understand and practice ethical behaviour and follow the DTAA (Dance Therapy Association of Australia) Code of Ethics & Rules of Professional Conduct; this is an integrated part of the dance therapy practice.

OTHER EXPECTATIONS:

The IDTIA CT in DMT can be quite vigorous physically, mentally and emotionally. The trainees' progress throughout the IDTIA CT in DMT is evaluated and the IDTIA reserves the right to counsel trainees to leave the program. The IDTIA training is not personal therapy. The IDTIA takes no responsibility for any personal, health or medical condition that may arise during the training. IDTIA trainees will be assigned a mentor who will be able to consult about issues with the training, fieldwork and supervision. Whilst questions and concerns about the training can be raised with coordinators, mentors and lecturers, trainees are advised to have support in place if personal difficulties arise. It is strongly recommended that DMT trainees receive personal Dance Movement Therapy by a DMT professional during the training.

WORK REQUIREMENTS AND ASSESSMENT:

The Clinical Training in Dance Movement Therapy is awarded upon attendance at all modules, satisfactory completion of all course work, assignments, short papers, practice reports, dyads, attendance and presentation at peer study group meetings, completion of dance therapy fieldwork and supervision and log of participation in dance classes and/or personal dance movement therapy.

Students will be allowed to miss no more than the equivalent of one full day (8 hours) during the course of study. The students' progress in the Course will be continually evaluated and IDTIA reserves the right to ask students to leave the program.

1. Nine Intensive Modules	Both Victorian and interstate students are required to attend the Modules 3, 4 and 7 intensives in Melbourne. If Covid restrictions apply, Modules 4 and 7 will be offered online. All other Intensives will be conducted online via Zoom. If the trainee fails to attend part of a module, the trainee will be required to submit written work to compensate for the study missed. In some cases, the trainee may be required to repeat the full Module, or attend the section of the Module missed, at the next available IDTIA training. How this missed time is made up will be at the discretion of the IDTIA Clinical Training Faculty. If the student fails to attend a full Module due to unforeseen circumstances e.g. illness, the student may attend this Module at the next available IDTIA Clinical Training or make up the hours with an assignment provided by the lecturer. Active engagement in the weekend intensives and tutorials is expected.
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<p>2. Written Work:</p> <p>Four Assignments</p> <p>Module Short Papers</p> <p>One Practice Report</p>	<p>Students are required to complete and pass all four major assignments. The assignments are to be submitted by the due dates and will be marked by the primary facilitator for each module.</p> <p>- Between 2,500-3,000 words each</p> <p>Trainees are requested to write and pass 16 short papers (2-3 typed pages - double spacing) from a specific list of Dance Movement Therapy concepts; topics from these papers will be explored in the modules and tutorials. Trainees need to demonstrate they have understood the concept and provide examples from their own experience, drawn from their dance movement therapy training or fieldwork, to support statements made in their paper. 18 short papers (one page each to be presented at each tutorial.)</p> <p>1-2 pages</p>
<p>3. Placement And Self-Initiated Fieldwork</p>	<p>10 Placement hours for Observation 40 client contact hours in self-initiated fieldwork. (more detail below)</p>
<p>4. Supervision</p>	<p>At least 10 supervision hours</p> <p>a) 4-5 x 2 hour group Supervision sessions will be held commencing July 2022 and concluding September 2023.</p> <p>b) At least one on-site visit</p>
<p>5. Dyads</p>	<p>Trainees are required to participate in a dyad which involves meeting with a regular partner to witness each other's dance movement. (Could be online). Trainees are required to complete 10 dyad hours and complete 5 self-observation charts over the course of their dyading; some at the beginning, some in the middle and some at the end of 10 dyads. They submit these self-observation indexes with a record of the meeting dates. Students are asked to write in their journals about their own experience of moving and of being a witness, when not completing a self-observation index.</p>
<p>6. Peer Study Groups</p>	<p>Trainees meet 5 times in a small study group for 2 hours each (10 hours total) during the Clinical Training. The study group is peer led and peer organized with one trainee nominating themselves, in turn, to facilitate a meeting (and a second person nominating to organize the meeting and keep participants to time). The presentations are on a concept chosen that relates to the Clinical Training curricula. The trainee presents the concept to the group, which is followed by verbal discussion and prepares a short paper (2-3 pages on the concept explored, for submission and availability to the cohort.</p>
<p>7. Scribing</p>	<p>It is expected that trainees contribute to the written scribing of each Module.</p>
<p>8. Participation in Dance Classes/ personal Dance Movement Therapy</p>	<p>Maintain a log of 20 hours of participation in Creative/Therapeutic/ Expressive dance classes and/or personal dance/movement therapy</p>

FIELDWORK AND SUPERVISION

The IDTIA Clinical trainee will complete a total of 40 hours of fieldwork, with two distinctly different populations, and 10 hours of supervision in total.

Ten hours of observation in the field will be organized by IDTIA and will be completed in Year One of the training. The 40 hours of self-initiated fieldwork does not include the observation placements

The trainee will be responsible for organising their own dance therapy fieldwork (self-initiated fieldwork), which may be voluntary or paid. For the purposes of the IDTIA Clinical Training, client groups do not include personal growth groups. Students are asked to check with the supervisor or Clinical Training Coordinators on the suitability of their client group. Once a trainee has made contact and arranged an interview with a staff member from the organization, IDTIA will provide a letter of introduction to the organization where the self-initiated fieldwork will take place.

COVID restrictions may limit opportunities to conduct face to face therapy in the field, in which case considerations will be made to ensure trainees gain their required number of hours and are able to complete their training in a timely fashion. DTAA Covid Charter measure will be observed when needed.

The trainee facilitates their own special education needs/therapy group to be supervised in the IDTIA supervision`sessions. These fieldwork and supervision hours will provide all clinical hours required for DTAA Associate Membership.

Insurance:

IDTIA does not have insurance cover for trainees on fieldwork placements where there is no appointed dance movement therapist on-site to work alongside the trainee. At this stage and, when in paid work, the trainee will need to arrange their own insurance cover. The DTAA website (www.dtaa.org.au) provides information about dance therapy insurance.

Individual Supervision with a dance therapist:

Accompanying the 40 hours fieldwork experience, trainees will receive **up to 10hours** of DMT supervision including 1- 2 on-site visits (supervision based on recordings of sessions may suffice). The trainee will receive this supervision from an IDTIA appointed dance movement therapist, the cost of which is included in the Course fees; this does not include travel expenses. IDTIA may include some further supervision hours within the coursework modules which can be claimed as "other IDTIA Supervision".

All fieldwork and supervision hours need to be fully documented.

Group Supervision with a dance therapist:

Trainees will be allocated to a small group to receive supervision from an IDTIA appointed dance therapist. The supervision group will commence in the week beginning September 2022 (at a day and time determined by the supervision group) and be completed prior to completion of the training in November 2023. Supervision after this period will be at the trainee's own expense. The trainee is required to continue supervised practice until all 40fieldwork hours have been completed. A trainee who misses a supervision session will be required to make this up at their own expense. All supervision will be conducted online.

Trainee's responsibilities:

1. To commence group supervision trainees are expected to be working with a clinical or special needs population. Self-initiated fieldwork should commence by July 2022 at the latest.
2. Trainees must be insured to do paid or voluntary DMT work.
3. Trainees are accountable to the agency or organisation they work for. It is essential to obtain a 'Working with Children' check and police record check well beforehand.
4. In preparation for every group supervision session, trainees are required to submit in writing a question or issue for discussion about their DMT practice of no more than one page and email it to their supervisor several days prior to the supervision session. Each trainee has approximately 30 minutes for discussion.
5. Supervision is an opportunity to understand and reflect on:
 - the needs and characteristics of the special health and education population
 - the reality of goals for the group
 - specific DMT skills and interventions relevant to the population
 - perspectives of supervisor and other trainees
 - the role and realistic responsibilities of the dance movement therapist within the work setting
 - past and current theoretical writing relevant to personal practice

Dr Marcia Leventhal writes that supervision provides "guidance, support, clarification, objectification and gentle confrontation of own issues, and counter transference items."

6. It is envisaged that trainees will commence facilitating a second different clinical or special education and needs population in Year 2 of the course. Trainees will provide their IDTIA supervisor with prior written details of their second placement to include: the name of the agency or organisation; a specific description of the clinical population, disability or special needs group; and the name of the onsite contact person/supervisor/manager to whom they are responsible. This information sheet is to be signed and dated by the trainee.

PROPOSED DATES OF TRAINING

YEAR ONE	YEAR TWO
<p>Module 1: November 7, 14, 21, 28th 2021</p>	<p>Module 6: November 7,14,21,28th 2022</p>
<p>Module 2: February 6,13,20,27th 2022</p>	<p>Module 7: April 14-16th 2023 3-day face to face in Melbourne, venue to be confirmed. (If online option becomes necessary, this intensive will be postponed or take place on 4 Sundays in April).</p>
<p>Module 3: April 8-10th 2022 3-day face to face in Melbourne, venue to be confirmed. (If online option becomes necessary, this intensive will be postponed or take place on 4 Sundays in April).</p>	<p>Module 8: July 2,9,16,23rd 2023</p>
<p>Module 4: June 10-13th 2022 4-day Module face to face in Melbourne, venue to be confirmed. Notification of fieldwork to be submitted prior to June 10th. (If online option becomes necessary, this intensive will be postponed or take place on 4 Sundays in June).</p>	<p>Module 9: September 3,10,17,24th 2023</p>
<p>Small group supervision will commence week beginning July 11th 2022.</p>	
<p>Module 5: August 7,14,21,28, 2022</p>	<p>Completion of all work requirements by: November 13th 2023</p>

IDTIA reserves the right to make changes to the training and the timetable if required for venue or other purposes. Covid restrictions will also be followed according to Government directions.

In such cases, all training will be offered online or postponed.

FEES AND REFUND POLICY

Course fees: \$9,800 in total.

This includes the **enrolment fee of \$850**, payable when your Application Form is submitted.

Fees include all tuition, online readers, group and individual supervision offered during the course.

Due Dates for the Course Fees:

	Payment For:	Fee:	Due
	Enrolment Fee	\$850	September 10 th 2021
Payment One	Modules 1 and 2	\$ 1110 (Enrolment Fee deducted)	October 8 th 2021
Payment Two	Modules 3 and 4	\$ 1960	March 11 th 2022
Payment Three	Module 5 and Supervision	\$ 1960	July 8 th 2022
Payment Four	Modules 6 and 7	\$ 1960	October 7 th 2022
Payment Five	Modules 8 and 9	\$ 1960	June 9 th 2023
<i>Tuition fees must be paid by the due dates without exception. A student may not attend the course of study until the required fees have been paid.</i>			

Enrolment Fee: \$850 is due with the Application Form; final date for submission of Application Form by September 10th, 2021. If, the applicant is not accepted onto the course the enrolment fee is refunded in full. In all other circumstances, with the exception of delay or cancellation of the Course, this deposit is non-refundable.

Related costs such as travel; expenses associated with peer study groups meetings, dyads, and any external supervision with another professional/dance therapist; and professional indemnity insurance are not covered and must be met by the student.

How to pay your deposit of \$850:

Direct deposit

Bendigo Bank: IDTIA Sandhurst Account
BSB: 633000
Account Number: 124520081
Reference: (your name)

Refund Policy

If a student wishes to withdraw from the course after Payment 1 has been made by the due date but prior to the commencement of Module One, 25% of the fee will be retained (in addition to the enrolment fee). If a student wishes to withdraw from study after the Course has commenced but prior to Payment 2 or 3, the full Payment 1 fee will be retained. If a student wishes to withdraw from study after Payments 2 or 3 have been made, all fees will be retained. If a student wishes to withdraw from study after Year 2 has commenced but prior to Payment 5, the full Payment 4 fee will be retained. If a student wishes to withdraw from study after Payment 5 has been made, all fees will be retained.

Students can appeal for a refund if they can show their need to withdraw from the training course is due to unforeseen circumstances beyond their control. Please refer to the formal complaint procedures as detailed in IDTIA's **Code of Ethics Policy: 6.2.1 Non-academic complaints**.

In the event that IDTIA asks a student to leave the training course the amount of fees retained will be commensurate to the amount of Course instruction already undertaken.

IDTIA reserves the right to make changes to fees if required for insurance or other purposes.

Commencement of the Dance Movement Therapy Clinical Training is subject to sufficient numbers enrolling.

The IDTIA is a non-profit organization and therefore relies on a minimum number of trainees enrolled in the course to make it viable.

Commencement of each module of the course is subject to sufficient numbers enrolling

IDTIA FACULTY

Dr Marcia Leventhal	BC-DMT, Supervision Consultant PHD in Clinical Psychology; CMA (Certificated Movement Therapist); NCC, Founding Director of Diploma Education and Training, IDTIA, Adv Dip Life Coaching
Maeve Larkin	DTAA (DMT Prof) Reg:209-01 B. Ed. <i>Victoria College</i> , IDTIA, Dip.DMT, Dip Counselling AIPC, PACFA. Reg,22126, RSME/T ISMETA
Angela Kastanis	Prof Member DTAA, PACFA Reg. Provisional, Dip DMT (IDTIA), Senior Yoga Teacher (Yoga Australia), BA, DipEd, Post Grad TESOL, Adv Dip Life Coaching
Elizabeth Loughlin	AASW, Prof Member DTAA, MA, Creative Arts Therapy <i>La Trobe</i> , BLitt(Hons) Perf. Arts <i>Deakin</i> , BA, Dip Soc Stud <i>Melb</i> , Dip DMT <i>IDTIA</i>
IDTIA Visiting Lecturers:	Fran Ostrobruski, Jane Refshauge Tony Norquay Sandra Kay Lauffenburger Sue Mullane
	Robyn Price Alice Owen Elizabeth Mackenzie Monica Espinoza

If you are interested in applying to the IDTIA Dance Movement Therapy Clinical Training 2021-2023, please forward the Expression of Interest form to:

IDTIA administrator: Karen Nankervis

Email: admin@idtia.org.au

Mobile: 0407 261927

IDTIA Convenor: Maeve Larkin

Email: maevelarkin001@gmail.com

Mobile: 0405 564 985

***30-hour Counselling Course Suggestions:**

1. La Trobe University: Introduction to Counselling Skills
<https://www.latrobe.edu.au/courses/short-courses/introduction-to-counselling-skills>
2. Cairnmillar Institute offer a variety of short courses. Trainees can call them to book into a combination of short Professional Development courses that meet the '30 hour of counselling skills' requirement.
<https://www.cairnmillar.org.au/Pages/Category/pd>

Trainees who are interested in undertaking a short course from another institute need to email Karen Nankervis admin@idtia.org.au with their preferences for approval.