



# 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:
  - 9 am-11 am
  - 11.30-1.30 pm
  - 2.30-4.30 pm
- 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 Thursday nights. This totals 36 hours of tuition which is included in the 260 total hours of synchronous Module learning.
- Informal tutorial presentations, and 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><b>Online Intensives:</b>  <b>Modules 1,2,5, 6,8,9:</b>            24 hours (6 hours per day) of training over 4 Sundays per module. =144 hrs</p> <p><b>In-person Intensives:</b>  <b>Module 3 Intensive</b> (3-day, 8 hours per day, face-to-face intensive in Melbourne) =24 hrs  <b>Module 4 Intensive</b> (3-day, 7-8 hours per day, face-to-face intensive in Melbourne) =23 hrs  <b>Module 7 Intensive</b> (3-day, 7-8 hours per day) face-to-face, in Melbourne. =23 hrs</p> <p><b>Tutorials:</b>            2 tutorials of 2 hours each for 9 Modules =36 hours  <b>TOTAL HOURS: 250</b></p>	
ASSIGNMENTS	4		90
SHORT PAPERS	18		40
DYADS	10 HOURS		10
PRACTICAL PLACEMENTS: OBSERVATION	10 HOURS		10
SELF INITIATED FIELDWORK	40 HOURS		40
SUPERVISION	10 HOURS	10	
PEER STUDY GROUPS	5		10 hrs
HOURS:		260	200
TOTAL HOURS: Synchronous and asynchronous	460		

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. If circumstances prohibit IDTIA from offering **face to face intensives**, they **will be offered online or postponed upon the discretion of IDTIA.**

## AREAS OF STUDY 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. Practising in the Field and receiving Supervision

For more information about the Course content, please see the 'Dance Movement Therapy Clinical Training Course Outline 2024-2026' document.

## PRE-REQUISITES

### Pre-requisites for Year One:

- A training equivalent to a Bachelor degree (preferably in an allied health and/or dance). 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

### Pre-requisites for Year Two:

- Completion of the IDTIA DMT CT Year One
- Completion of a course in Counselling or other/equivalent psychotherapeuticrelational training (minimum of 30 hours).
- Ongoing maintenance of dance-movement improvisation practice, in additionto 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. IDITA 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 therapy during the training.

## WORK REQUIREMENTS AND ASSESSMENT:

The Clinical Training in Dance Movement Therapy is awarded upon attendance of 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.

<p><b>1. Nine Intensive Modules</b></p>	<p>Both Victorian and interstate students are required to attend the Modules 3, 4 and 7 intensives in Melbourne. 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 maybe 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.</p>
<p><b>2. Written Work</b> <b>Four Assignments</b></p> <p><b>Module Short Papers</b></p> <p><b>One Practice Report</b></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. 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><b>2. Placement</b> <b>And</b> <b>Self-Initiated Fieldwork</b></p>	<p>10 Placement hours for Observation 40 client contact hours in self-initiated fieldwork. (more detail below)</p>

<b>3. Supervision</b>	<p>At least 10 supervision hours</p> <p>4-5 x 2 hour group Supervision sessions will be held commencing July 2025 and concluding September 2026.</p> <p>At least one on-site visit</p>
<b>4. Dyads</b>	<p>Trainees are required to participate in a dyad which involves meeting with a regular partner to witness each other's dance movement. ( C o u l d b e o n l i n e ). 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>
<b>5. Peer Study Groups</b>	<p>Trainees meet <b>5 times</b> 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 <b>one</b> trainee nominating themselves, in turn, to facilitate a meeting (and a <b>second</b> 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>

## 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 organizing 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.

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](http://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 10 hours** of DMT

supervision including 8 hours of group supervision and two hours of individual supervision. 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 at a day and time determined by the supervision group and be completed prior to completion of the training. Supervision after this period will be at the trainee's own expense. The trainee is required to continue supervised practice until all 40 fieldwork 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.
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.

## FEES AND REFUND POLICY

**Course fees: \$10,500** (fees in 2024 giving indication only, future courses may differ)

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.

**A minimum of 10 enrolments are required for the course to run.**

### Due Dates for the Course Fees:

	Payment For:	Fee indication only:	Due TBC
	Enrolment Fee	\$850	
Payment One	Modules 1 and 2	\$ 1250 (Enrolment Fee deducted)	
Payment Two	Modules 3 and 4	\$ 2100	
Payment Three	Module 5 and Supervision	\$ 2100	
Payment Four	Modules 6 and 7	\$ 2100	
Payment Five	Modules 8 and 9	\$ 2100	
	<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 TBC. 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.

### 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

<b>Dr Marcia Leventhal BC-DMT</b>	Supervision Consultant PHD in Clinical Psychology; CMA (Certificated Movement Therapist); NCC, Founding Director of Diploma Education and Training, IDTIA, Adv Dip Life Coaching
<b>Maeve Larkin</b>	DTAA (DMT Prof) Reg:209-01 B. Ed. <i>Victoria College</i> , IDTIA, Dip.DMT, DipCounselling AIPC
<b>Angela Kastanis</b>	Prof Member DTAA, PACFA Reg. Provisional, Dip DMT (IDTIA), BA, DipEd, Post Grad TESOL, Adv Dip Life Coaching

## IDTIA Visiting Lecturers:

**Elizabeth Loughlin**  
**Jane Refshauge**  
**Amber Grey**  
**Sandra Kay Lauffenburger**  
**Virginia Woods**

**Jane Guthrie**  
**Robyn Price**  
**Alice Owen**  
**Elizabeth Mackenzie**  
**Monica Espinoza**

**If you are interested in applying to the IDTIA Dance Movement Therapy Clinical Training 2024-2026 please forward this Expression of Interest form (Page 1) to:**

**IDTIA administrator: Karen Nankervis**

Email: [admin@idtia.org.au](mailto:admin@idtia.org.au) Mobile: 0407 261927

**IDTIA Convenor: Angela Kastanis**

Email: [angelakastanis@yahoo.com.au](mailto:angelakastanis@yahoo.com.au) Mobile: 0411860190

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

1. LaTrobe 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>
3. Upskilled offer 3 units of a Counselling Course for a nationally accredited Statement of Attainment (2024)  
<https://www.upskilled.edu.au/courses/short-course-in-counselling>

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