

## Frequently Asked Questions

### **What is dance movement therapy?**

Dance Movement Therapy (DMT) offers expressive movement experiences that engage body, mind and emotion. Drawing on the therapeutic elements inherent in dance, therapists aim at restoring balance and integration in the areas of physical function, sensory development, emotional expression and mental functioning.

Dance therapy emerged as a profession in the 1960s in USA, and gradually became internationally established, beginning in Australia in the 1970s. It is an allied health profession that combines the creative process and the study of human movement into a holistic approach that draws upon the elements inherent in dance. Programs are designed to meet specific goals and bring about therapeutic change.

Australia's practitioners come from backgrounds in dance or the health sciences that include, for example, teaching, physiotherapy or psychology. They are required to undergo extensive DMT training together with supervised clinical practice. They may be employed solely as dance movement therapists or integrate DMT within the broader context of their work.

The work of dance movement therapists is applicable to children and adults in diverse settings and can be adapted to the needs of clients with a wide range of specific and non-specific disorders and disabilities.

### **What do Dance Movement Therapists do?**

Dance movement therapists use observation and movement analysis to determine a dance-movement program to address client needs. They may move with a client to establish rapport, and/or facilitate the client to move in ways that express their inner experience and extend their range of movement capabilities. Suggestions are made, however work proceeds at the client's own pace. Professional training equips dance movement therapists with high level skills, theoretical understanding and professional practice principles, to work with people in an ethical and competent way.

### **How can I use DMT after I finish the Clinical Training in DMT?**

DMT is used in clinical and community contexts. Therapists work in health, welfare and educational settings with children and adults who have emotional and psychological difficulties; sight, hearing or physical impairment; autism; learning problem; relationship difficulties; psycho-geriatric conditions; chronic illness; postpartum difficulties; and, in rehabilitation, with people recovering from substance abuse, head injuries, abuse and trauma, and accident injuries. Dance movement therapists also work with people for personal enrichment and increased well-being and with industry and management for stress control.

If you are already working in an Educational or Allied Health setting you could incorporate DMT practice in your field. Other than that, graduates are encouraged to seek opportunities in community/educational/aged care/disability setting to generate a DMT practice. It is also becoming a common practice for DMT's to offer their services to NDIS clients using the NDIS price index.

### **Can I attend the DMT Clinical Training if I live interstate or overseas?**

The DMT Clinical Training is a part-time modular structured courses to facilitate attendance by interstate and oversea trainees. The 2 years making up the Clinical Training in DMT is divided into 9 Modules with three of the modules consisting of a long weekend of study in Melbourne – typically a Friday, Saturday & Sunday with the possibility of a fourth day on a Monday. The other intensives will be online. The dyadic dance movement practice, fieldwork placements and group and individual face-to-face supervision can usually be undertaken in the trainee student's home state or online.

### **Do I have to commence the second year of the DMT Clinical Training immediately after completion of the first year?**

Year One and Year Two of the training are offered sequentially and if a trainee chooses to defer Year Two, they will have to wait till the next available offering of Year Two of the training.

### **Can I attend another course of study simultaneously with the DMT Clinical Training?**

The IDTIA advises the applicant to consider this matter carefully. Although part time, the course is nevertheless challenging and requires the trainees to focus fully throughout the two years in total of the 9 Modules of study. There are written assignments and small papers to complete, as well as the supervised fieldwork practice.

### **Can I be accepted onto the DMT Clinical Training if I am under 24 years of age?**

Due to the nature of the training, a mature approach is required. Acceptance onto the course will depend on a number of criteria and all applications are individually assessed.

### **I do not have any counselling experience. Can I still undertake the DMT Clinical Training?**

A requirement for the DMT Clinical Training is at least a 30-hour training in counselling that trainees can undertake prior to commencement of the DMT Clinical Training or during the training.

### **I only have limited dance training or experience. Can I still be considered for the IDTIA ACT in DMT?**

A strong dance background is desirable for acceptance onto the DMT Clinical Training. However, the type of Dance Movement training or experience may vary widely from one applicant to the next and all applications are individually assessed. Of primary importance is that the applicant displays a keen interest in dance/movement and is comfortable with using his/her body to explore movement. The IDTIA advises applicants to attend a dance/movement class throughout the Course. The DMT Clinical Training is highly experiential and, at times, physically demanding, and it is the trainee's responsibility to maintain an appropriate level of fitness and flexibility.

### **Can I do the DMT Clinical Training online?**

Both the DMT Clinical Training is highly experiential and therefore attendance at the three face-to-face scheduled intensives in Melbourne is essential. The rest of the course will be online.

### **Can I receive any government financial assistance to attend the DMT Clinical Training?**

IDTIA only offers part-time courses and is therefore not accredited by the Australian Government as a higher education provider. This means that trainees are not eligible to access the deferred payment arrangements scheme the Higher Education Loan Programme (HELP). Please visit the Australian Government's Study Assist website at

<http://studyassist.gov.au/sites/studyassist/help-payingmyfees/hecs-help/pages/hecs-help-welcome> for clarification of further *Information for students about government assistance for financing tertiary study*.

Some assistance may be available through the Australian Government Department of Human Services, although this is very much dependent on individual circumstances. Please visit their website at <https://www.humanservices.gov.au/individuals/subjects/payments-students-and-trainees> for more information.

### **Is the Course open to international students?**

Students from overseas who do not hold Australian citizenship are welcome to attend the course. However, they will not be eligible to apply for a student visa via the IDTIA Inc. as this organization is not an accredited full-time training institution. It is the responsibility of the applicant to make his/her own enquiries regarding their immigration status. The Australian Education International (AEI) Study in Australia website <https://www.studyaustralia.gov.au/> is the official Australian Government website for international students and is available in over 20 different languages. It contains information about what you should do if you are interested in studying in Australia including information about accredited institutions, available courses, course costs, scholarships, visas, the application process, accommodation, and life in Australia.

### **While I am training, am I covered by an Indemnity Policy?**

The IDTIA has insurance cover for trainees who are on placement assisting a dance movement therapist. However, where the trainee does not have a therapist on site to supervise, as is the case for fieldwork practice, he/she is not covered by insurance and will need to buy their insurance cover.

### **What qualifications do I have after completing training and are these recognised professionally?**

After successful completion of the DMT Clinical Training the graduate receives the award of accreditation in Dance Movement Therapy and is eligible to apply for Associate Membership of the Dance Therapy Association of Australia (DTAA) through an alternate pathway.

Once DTAA determine that a graduate has demonstrated all competencies are covered, they are eligible for Associate Membership to DTAA. Trainees are strongly encouraged to join DTAA at the Student Membership level.

Graduates are encouraged to commence professional development in the field of DMT in order to upgrade their DTAA membership. For further details please visit the DTAA website.

### **Is there any assistance given in finding a job after completion of the DMT Clinical Training Course?**

On completion of the DMT Clinical Training Course graduates naturally become a part of the dance therapy network. It is through maintaining contact and awareness that opportunities are often presented - membership of the IDTIA and the DTAA are also vital links. Occasionally, placements undertaken as part of the Course requirements can lead to future employment possibilities.