Dance/movement therapy is a creative form of psychotherapy that uses movement, as well as words, to help people—those who are generally healthy as well as those dealing with emotional, mental, or physical problems—to regain a sense of wholeness by experiencing the fundamental unity of body, mind, and spirit. The dance therapy certificate introduces students to the fascinating nonverbal aspects of human communication and its applications to a wide range of other fields such as social work, teaching, occupational therapy, physical therapy, and communication disorders.

Students will also be introduced to the use of movement in the topical fields of violence prevention, behavior management and social skills development from a movement or body/mind perspective. Students leave prepared to either go to graduate school in the field of dance/movement therapy or to use embodied practices in related fields. In addition, students develop a repertoire of strategies to help cope with the stress and anxiety inherent in college life.

**HOW TO GET IN**

**DECLARATION PROCESS**

Prospective certificate students should enroll in the first- or second-semester dance/movement therapy course:

- DANCE 231 Introduction to Dance/Movement Therapy or
- DANCE 232 Introduction to Dynamics of Dance Therapy.

Interested students should meet with the dance/movement therapy certificate advisor, Rena Kornblum (http://dance.wisc.edu/dance/people/instructional-staff/rena-kornblum), to discuss their intentions to pursue the certificate. Complete a Dance/Movement Therapy certificate application (http://www.education.wisc.edu/soe/academics/undergraduate-students/academic-program-admission) to declare the certificate.

**REQUIREMENTS**

**CERTIFICATE COURSE REQUIREMENTS**

The DMT certificate requires a minimum of 19 credits.

**SUPPORTIVE DISCIPLINARY COURSEWORK**

Choose a course (three credit minimum) from the following departments: Counseling Psychology (http://guide.wisc.edu/courses/coun_psy), Educational Psychology (http://guide.wisc.edu/courses/ed_psych), Psychology (http://guide.wisc.edu/courses/psych), Rehabilitation Psychology and Special Education (http://guide.wisc.edu/courses/rp_se).

**DANCE DEPARTMENT COURSEWORK**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>DANCE 131</td>
<td>Somatic Theory and Practices</td>
<td>2</td>
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**VERIFICATION OF CERTIFICATE COMPLETION**

Submit the certificate completion form (http://www.education.wisc.edu/soe/academics/undergraduate-students/academic-programs) during the semester that all certificate requirements will be completed. This form starts the administrative process that (1) verifies that the requirements have been completed and (2) posts this information on the student’s transcript.

**PEOPLE**

Information about faculty, staff, and other contributors to the Department of Dance can be found on the department’s website. (http://www.dance.wisc.edu)