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 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 and develop insights into their own body/mind connections.

This certificate is also available to individuals who have already completed a bachelor’s degree; see the Nondegree/Visiting Student Guide (https://guide.wisc.edu/nondegree/).

HOW TO GET IN

DECLARATION PROCESS

Prospective certificate students should meet with the Dance/Movement Therapy Certificate advisor to discuss their intentions to pursue the certificate. 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.

Application is usually made directly after the completion of Introduction to Dynamics of Dance Therapy. Students intending to pursue the Dance/Movement Therapy Certificate should visit the School of Education’s Certificate Programs (https://education.wisc.edu/academics/certificates/) page to complete the declaration form.

REQUIREMENTS

CERTIFICATE COURSE REQUIREMENTS

The DMT certificate requires a minimum of 19 credits.

SUPPORTIVE DISCIPLINARY COURSEWORK

Choose a course (3-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/).