

STAATLICH
ANERKANNTE
HOCHSCHULE



School of Therapeutic Sciences
Maria Probst Straße 3
69123 Heidelberg

Phone +49 6221 6799-600

www.hochschule-heidelberg.de

therapiewissenschaften@hochschule-heidelberg.de

School of Therapeutic Sciences

Dance Movement Therapy (Master of Arts)

2 years (full-time)
120 ECTS (European Credit Transfer System)

Program of Study Information

Dance Movement Therapy

Dance Movement Therapy (DMT) utilizes dance and movement in a therapeutic way to promote the emotional, cognitive, social and physical integration and recovery of an individual. Using a resource-oriented and creative arts therapies approach, therapists work in the areas of prevention, acute intervention as well as in rehabilitative settings with a variety of patient groups. In the scientific community there is a growing interest in body and movement therapy approaches. Our program qualifies students to competently and confidently apply various therapeutic techniques, to critically examine clinical applications, and develop personal areas of interest.

The training allows students to work in in-patient clinics and gives them the option to continue to doctoral work on an academic path (i.e. continued research, professorship at a university or college). The application-oriented Master of Arts program in Dance Movement Therapy has been accredited 2012 and reaccredited in 2017. It is currently in the process of receiving full recognition from the German Association for Professional Dance Therapists (Berufsverband für Tanztherapeuten Deutschland e.V., registered association). Upon completion of studies students receive the degree of Master of Arts (Dance Movement Therapy).

Qualified students can begin the program immediately upon completion of the previously approved Bachelor or equivalent studies program; it is a two year full-time program. The first semester always starts on October 1st of the given year. The program of studies is outlined in the Studies and Exam Regulations (SPO).

- Collaborative training in small groups
- Supervised clinical therapeutic training in various areas (options: with children, adults, as well as the on-site out-patient center)
- Continuous theory and practice integration on-site and in internships
- The opportunity to take part in various research projects in addition to receiving support in individual research through mentors at SRH
- Cooperation with various medical institutions of the University of Heidelberg on top of the rehabilitative facilities of the SRH University

The School of Therapeutic Sciences

The School of Therapeutic Sciences offers degrees in traditional therapies (physiotherapy, occupational therapy) and arts therapies (music therapy, dance movement therapy).

Degrees in the School of Therapeutic Sciences were first accredited by the AHPGS (Accreditation Agency for Degree Programs in Health and Social Sciences) and the German Accreditation council and approved by the Baden-Wuerttemberg Ministry of Science and Arts in 2005.

It has been our philosophy to combine teaching, practice, and research under one umbrella

- **Teaching** – Dance movement therapy, dance, and psychology/medical subjects are aligned with a variety of topics and are combined with opportunities for the students to develop their therapeutic personality (e.g., Dance Movement Therapy experiential and self-experience groups)
- **Practice** – The Dance Movement Therapy outpatient center on campus and clinical placements (in cooperation with national and international partner facilities) offer training opportunities closely linked to everyday practice
- **Research/Science** – Our in-house psychophysiological laboratory and the collaborative research projects with national and international partners provide the opportunity for students to become familiar with and contribute to scientific work and research under the supervision of our scientists.

The interdisciplinary team of lecturers offers the ideal environment for studying in a field where Dance Movement Therapy, medicine, psychology, and music overlap.

International Network

We have a close-knit international network and cultivate the exchange of ideas and personnel with several teaching and research facilities working nationally and internationally in education, practice and research including:

- The Heidelberg University Hospitals (child and adolescent psychiatry, neonatology, pain and palliative care)
- IMC University; Krems, Austria
- Ohio State University, USA
- Temple University, Philadelphia, USA
- Colorado State University, Fort Collins, USA
- The University of Cadiz, Spain
- The University of Bergen, Norway
- The University of Louisville, USA
- Georgia College & State University, USA

Perspectives

Dance Movement Therapy can be understood as a scientific application-oriented discipline: Findings in the fields of psychology, medicine, cognitive- and neuro-sciences, anthropology, pedagogy, philosophy and the social sciences build the background on which DMT is applied in practice. The field of Dance Movement Therapy is therefore not limited to the area of psychiatry and psychosomatics. In fact Dance Movement Therapy is currently well established in the field of medicine and is becoming ever more relevant in the service-providing sector.

Typical Fields of Work for our Graduates include:

- Psychiatric clinics
- Psychosomatic and psychotherapeutic clinics
- Clinics specializing in neurology
- Geriatric institutions, homes for seniors
- Institutions for people with mental and/or physical disabilities
- Oncology departments as well as after-care centers
- Centers for pain treatment and palliative care
- Centers for vocational rehabilitation
- Psychosocial consulting centers
- Establishment of private practice

Professional Membership

The degree program is recognized by the German Professional Organization for Dance Therapists (Berufsverband der TanztherapeutInnen Deutschlands e.V., BTD) and contains 150 hours of Laban training and 50 hours of theory in self-directed study groups and tutorials. Professional membership in this organization has specific additional requirements:

- 180 hours of continuing education in dance
- Minimum age: 28
- 130 hours of additional self-experience training

Students have the option to receive support from the SRH Career Development Center regarding career planning post-studies in the form of psychological (strengthening various competencies) as well as specialized and entrepreneurial counseling. The program is also recognized by the Federal Training Assistant Act (BAFöG) making federal loans accessible to students.

Graduate Competencies

Our graduates are prepared for work with a diverse range of clients and disorders. They work in psychiatric and psychosomatic clinics, children and adolescent facilities, rehabilitative facilities, within the penal system and corrections, oncology, pain centers, addiction treatment facilities, health centers as well as in the field of health promotion. We train students to “make a difference”, to develop new areas of application, and to encourage the “pioneer work” within the frame of facilitating an expanding profession.

The intertwined theory and supervised clinical practice fosters the professional development of the students. The Dance Movement Therapy program includes artistic as well as scientific aspects and helps to develop the personal, creative, cognitive and professional resources of its students. These resources can then be activated in and during the therapeutic process with clients.

Rudolph von Laban’s movement analysis (LMA), and Kestenberg Movement Profiling (KMP) allow for a framework to successful movement observation as well as an understanding of movement processes. LMA is used for diagnostics, interventions, and in the evaluation of individuals and groups in the context of research designs.

Dance therapists can structure movement processes in order to work on group dynamics and interactions or to process individual conflicts and personal themes. Students receive insights and competencies for work in multidisciplinary teams and practice training their communication skills in dialogue with teams as well as with clients. They bring in knowledge which transcends other therapeutic processes with a purely verbal focus.

Doctoral Work and Research

Research projects are conducted regularly at the School of Therapeutic Sciences. They are organized, carried out and published in close cooperation with universities, research centers and clinical partners. There is a particular interest in research evaluating dance movement therapy treatment, which takes place in cooperating institutions and the on-site out-patient center. The research findings also contribute to the ongoing work of determining the indications and contra-indications of dance movement therapy. Students can actively participate in and collaborate on these projects. The cooperation with other universities enables us to recommend particularly suited students into doctoral dissertation projects. Our master degree generally qualifies students for doctoral dissertation programs worldwide.

General Information on the Degree

Quality education

We offer:

- Small study groups
- Competence model: competencies as required by employers and practice are the foundation of the curricular structure
- Five-week units aligned with one applied subject
- Transparent study organization with evaluation and clearly defined, competence-oriented exam settings specifically tailored to content
- Active learning methods, including case studies, seminars, group work, presentations, role-play, etc.
- Education partnership: academic/professional, organizational and personal support by mentors
- Specially-equipped facilities, including computer labs and practice rooms, allow media support for therapy video analysis, etc.
- State-of-the-art musical and dance equipment
- International study flair with student exchange with selected universities and clinics
- Opportunity for an individual focus within the study program
- Close collaboration between the Dance Movement Therapy and Music Therapy outpatient center and programs of study
- Quality assurance through regular, confidential evaluation and open exchange between lecturers and students
- Insight into research projects within and beyond the School of Therapeutic Sciences
- Guest lecturers in the context of academic colloquia, teaching exchange or research partnerships

Curriculum

The Dance Movement Therapy program at SRH University Heidelberg has an evidence-based and a phenomenological framework. In our program scientific and research skills are trained alongside therapeutic and clinical skills. Students gain fundamental professional knowledge in the fields of psychology as well as in neurology and health sciences. We offer a training of the most important therapeutic approaches: Psychodynamic/depth psychology, cognitive-behavioral, systemic and humanistic models. Students also gain practical skills in the arts therapies (art, music, drama, poetry as well as different dance therapy approaches) and body-oriented therapy processes. The program prepares its students for the German state exam for non-medical professionals (Heilpraktiker) in psychotherapy, which is a governmental exam that we recommend to take directly following the studies, if the student wants to practice DMT in Germany. The following modules are covered in the Dance Movement Therapy program:

The applied master's degree in dance movement therapy contains the following modules:

- Module 01: Introduction to therapy sciences
- Module 02: Introduction to dance therapy
- Module 03: Psychology Foundations
- Module 04: Dance movement therapy skills
- Module 05: Clinical psychology I (Psychotherapy Approaches)
- Module 06: Clinical psychology II (Psychiatry, Psychosomatics & Psychotherapy)
- Module 07: Neurology & quantitative research methods
- Module 08: Movement observation and movement analysis
- Module 09: Clinical internship
- Module 10: Evidence-based clinical practice
- Module 11: Diagnostics & clinical practice with children and adolescents
- Module 12: Arts therapies and specific applications
- Module 13: Body-oriented therapy applications
- Module 14: Advanced placement
- Module 15: Professionalization, law & ethics
- Module 16: Master's thesis

Additionally, the entire curriculum is accompanied by self-experience and supervision.

Information Days

Our Dance Movement Therapy program routinely offers information days at no cost to interested students where they can learn about studying the **Master of Arts in Dance Movement Therapy** in Heidelberg. These events will include individual presentations from dance movement therapy lecturers as well as information regarding:

- The Dance movement Therapy program assessment process
- Fields of application for Dance Movement Therapy
- Application and admission procedures
- Study content and structure
- Financial advice

The dates for this year are as follows:

Saturday, 18.01.20
Saturday, 08.02.20
Saturday, 14.03.20
Saturday, 16.05.20
Saturday, 20.06.20
Saturday, 18.07.20
Saturday, 19.09.20

The lecturers answer individual questions. Furthermore, you can meet students or arrange a date to visit particular lessons for an inside perspective into the studies. For more information and registration, please contact our secretariat:

Hubrich Helke
06221 6799-600
therapiewissenschaften@hochschule-heidelberg.de

Application and admission process

Application

Please apply via our online system <http://www.hochschule-heidelberg.de>

- Applications are accepted throughout the year
- Please scan transcripts and curriculum vitae or convert into PDF. They will be uploaded in the process of online application.
- Documents in a foreign language require an attachment of an approved translation into German or English.

Criteria for acceptance

Qualified applicants hold a bachelor (or comparable) degree in humanities, social or health sciences, or in an arts field (case-by-case review possible) and can demonstrate a personal artistic and creative aptitude/suitability.

Admission Requirements

In order to fulfill the multifaceted demands of the training in the dance movement therapy field, certain subject-specific qualifications are also required:

- Experience in dance and movement
- Creative and artistic eligibility
- Openness to improvisation and creative work
- Patience, and passion for the work with people with psychological and/or physical disabilities
- Interest in research

For Applicants with non-German Graduation Certificates

In assessing foreign education certificates, SRH University Heidelberg follows the guidelines of the Central Office for Foreign Education. You will find country-specific information on foreign education certificates on the Central Office for Foreign Education website: <http://www.anabin.de/>

Language skills

Documented English skills (e.g. TOEFL or IELTS) are preferred.

Assessment process

After we receive your completed application we will invite you for an assessment. The assessment can be done in person or via skype. A successful assessment is a prerequisite for acceptance into the applied master's program in Dance Movement Therapy. Evaluations are held regularly. The assessment dates are provided to you when we have received your application. Invitations for the assessment will be issued in written form. The assessment process contains a creative eligibility part and a personal and skills evaluation.

Creative eligibility part (Movement and expressive ability):

- Free dance, a dancing self-portrait
- Dance with a partner / leader, nonverbal interaction
- Improvisation

Personal and studies specific eligibility part (interview):

- Interview regarding motivation for studies, areas of interest, future plans, personal and subject-specific background, communication skills

Cost and Financing

Tuition

The tuition fee is set at 690 EUR per month + one-time registration fee of 750 EUR or 1,000 EUR for applicants from countries with visa obligations. This is binding for the full length of the course. The cost of self-experience groups and supervision are included in this sum. Applicants from countries with visa obligation must pay fees in two installments: one before the study program starts and the other one after the first year.

Financial aid

Students of the SRH University Heidelberg can apply for scholarships, for example STIBET - a scholarship and support programme – is financed by funds from the German Foreign Office and serves for improved support and scholarships of international students. Eligible are all degree-seeking students enrolled in Bachelor or Master programmes.

You can find further information on various kinds of DAAD (Deutscher Akademischer Austauschdienst) funding for foreign students, graduates and postdocs as well as on funding offered by other selected organisations under <https://www.daad.de/deutschland/stipendium/datenbank/en/21148-scholarship->

database/. The International Office of the SRH University Heidelberg can offer support and advice to students applying for scholarships.

Accommodation

For help with accommodation during the assessment process, please contact:

- Jugendherberge Heidelberg International (Youth hostel)
Telefon 06221 – 41 20 66
Telefax 06221 – 40 25 59
www.jugendherberge.de
- Tourist Information
Telefon 06221 – 44444
Fax 06221 – 46 44444
www.heidelberg-marketing.de
- Gästezimmer-Zentrale
Telefon/Fax 06221 – 16 03 63
www.gaestezimmer-zentrale.de

Questions?

E-Mail: therapiewissenschaften@hochschule-heidelberg.de
Phone: +49 (0) 6221 - 8223013
Internet: www.hochschule-heidelberg.de

For individual advice, you can arrange an appointment with
Prof. Dr. Sabine C. Koch (sabine.koch@hochschule-heidelberg.de)