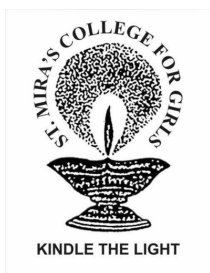


**The Arts Therapists Colab &  
Artsphere  
in academic collaboration with  
St. Mira' s College for Girls  
Present**

**PG DIPLOMA IN DANCE  
MOVEMENT THERAPY  
2020 - 2021**



**St. Mira's College for Girls** is a part of the 'Mira Movement in Education'. Founded in the year 1962, St. Mira's is a dream realization of the progressive, visionary, saint, philosopher Sadhu T.L. Vaswani. The college enjoys the rare honour of being the first city college, affiliated to Pune University, to be accredited by NAAC as also the first accredited Arts and Commerce college to go autonomous.

Founded by a sister duo, who are psychologists as well as performing artists by passion and profession, 'Artsphere' is a conjunction of their dreams and a premier Performing Arts and Therapy space in Pune. Artsphere is multi-utility arts venue that fosters participation, engagement with the performing arts, and offers therapeutic and spiritual initiation and expressive arts based activities through its brand Soulsphere. It is also the pioneer of Dance Movement Therapy in Pune and has been successfully running this course, as well as courses in Visual Art Therapy for the past 6 years.

Website: [www.artspherepune.com](http://www.artspherepune.com)



The Arts Therapists CoLab

**The Arts Therapists CoLab** is a pioneering venture by two creative arts psychotherapists, who felt the need to bring up collaborative work amongst arts therapists and promote well-being through the use of arts therapies in India. The organisation holds pride in bringing focus to ethical practices that are being upheld by qualified pioneers in the field of creative arts therapies. This endeavour intends to support mental health ventures that are psycho-educational and therapeutically inclined, with the aim to create compassionate, non-judgemental, safe, inclusive and empathetic spaces using the arts.

Website: [www.artstherapists.com](http://www.artstherapists.com)



## What is Dance Movement Therapy?

The Indian Association of Dance Movement Therapy (IADMT), defines DMT as a psychotherapeutic method that uses movement and creative expression to further socio-emotional, cognitive and somatic integration. This approach is based on the principle that the body and mind are integrated and helps in self-expression to bring about a change in the total functioning of an individual. DMT is for individuals of all ages, gender, races and ethnic backgrounds in individual, couples, family and group therapy formats.

DMT is primarily a sensory and kinaesthetic experience and recognises that all movements are unique. It is based on the presumption that:

- Movement is universal and the first form of communication.
- Movements can be of various types, that is, functional, developmental, expressive and communicative.
- Movement may be used as an assessment tool and/or as a primary mode of intervention.
- All movements have meaning, reflects the personality of the mover and the creative process embodied in the use of free association in movement is inherently therapeutic.

For more information on Dance Movement Therapy visit [www.iadmt.org](http://www.iadmt.org)

## What does the PG Diploma in Dance Movement Therapy offer?

The course is an in-depth study of theoretical and psychological approaches in DMT, process work, tools and techniques, ethical considerations, cultural sensitivity, understanding diverse populations, self-work, one-on-one work, skills development, group dynamics, movement analysis, research and documentation. Participants are also trained in facilitation skills, structuring of sessions and verbal processing. Ultimately the course will enable participants to facilitate movement therapy with adults and children with therapeutic needs.





## **COURSE CREDENTIALS**

**The PG Diploma in Dance Movement Therapy is a 650+ hours approved programme by St. Mira's College For Girls, Pune (Autonomous - Affiliated to Savitribai Phule Pune University Reaccredited by NAAC 'A' Grade) & TATC – The Arts Therapists Colab.**

**\*\*Please note that holders of the diploma degree can call themselves 'Dance Movement Therapy Practitioners' and not 'Therapists'\*\***

## **COURSE DATES**

### **Term I:**

**October 8th - October 15th, 2020  
November 1st - November 7th, 2020**

### **Term II:**

**December 7th - December 13th, 2020  
January 16th - January 24th, 2021**

### **Term III:**

**February 13th - February 21st, 2021  
March 6th - March 14th, 2021**

### **Term IV:**

**May 22nd - May 29th, 2021**

**\*Course Dates are tentative and subject to change.**

**\*All 2020 modules will be conducted online.**

**\*Webinars, Internship and Supervision dates to be announced.**

**\*Physical Presence is Mandatory. This is an offline + online course.**

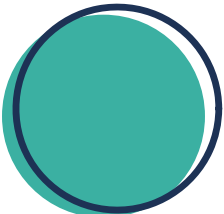


# BRIEF COURSE OVERVIEW

- **History and schools of Dance Movement Therapy**
- **Dance Movement Therapy Theories**
- **Psychodynamic psychotherapy, Analytical psychology, Humanistic psychology theories**
- **Counselling skills**
- **Facilitation and verbal processing skills**
- **Research in Dance Movement Therapy**
- **Supervised internship and self work**

## SUPPORTIVE MODULES

- **Students must complete 36 hours of personal therapy during the training and internship period**
- **Group Process work will be conducted during every unit**
- **Each Semester will consist of assignment and library hours**
- **Each Semester will consist of facilitation and reflection hours**
- **Students will be asked to choose a setting and undergo a supervised internship**



**\*\*Please note, all the course material is taught experientially as well as through theoretical discussions.\*\***

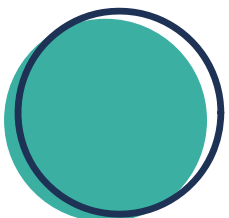
# ELIGIBILITY CRITERIA



- **Applicant should be a graduate with a bachelor's degree in any subject**
- **An introductory Psychology module will be conducted and will be mandatory for non-psychology students**
- **A 90% attendance is crucial for course completion and certification**
- **Outstation students have to arrange their own accommodation**
- **All applicants will undergo a two part interview screening as part of the selection process**

## FEE INFORMATION

- **The course fees for the 1 year Diploma is INR 1,00,000/-**
- **The fee can be paid in two instalments of 50,000/- each, one in July 2020 and the other in January, 2021.**
- **The course fees for the pre-psych course is INR 10,000/-**
- **The combined fees for the pre-psych and the 1 year Diploma is INR 1,10,000/-**
- **All applicants have to pay INR 100/- towards the application form.**
- **Applicants have to clear both the interview rounds in order to be accepted into the course - one telephonic/video interview and one video submission of their movement repertoire.**



# FACULTY



## **ANSHUMA KSHETRAPAL, Course Director**

Drama & Movement Psychotherapist  
M.A Psychosocial Clinical Studies  
M.A in Drama & Movement Therapy  
Founder - Color of Gray Cells  
Co-founder - The Arts Therapists Co Lab  
Vice President - Indian Association of Dance Movement Therapy



## **PREETHA RAMASUBBRAMANIAN, Faculty**

Dance Movement Psychotherapist  
M.A in Dance Movement Psychotherapy  
M.Sc in Psychology  
Founder - Kinesthetics  
Co-founder - The Arts Therapists Co Lab  
President - Indian Association of Dance Movement Therapy



## **DEVIKA MEHTA, Faculty**

Dance Movement Psychotherapist (R-DMP)  
M.A in Dance Movement Psychotherapy,  
M.Sc in Clinical Psychology  
Co-founder - Synchrony  
Treasurer - Indian Association of Dance Movement Therapy



## **MUGDHA SHIVAPURKAR, Faculty**

Psychologist, Therapeutic Movement Facilitator  
M.A in Clinical Psychology  
Co-founder - The Secret Ingredient India  
Lecturer of Psychology for  
Undergraduate & Postgraduate levels.



## **TRIPURA KASHYAP, Faculty**

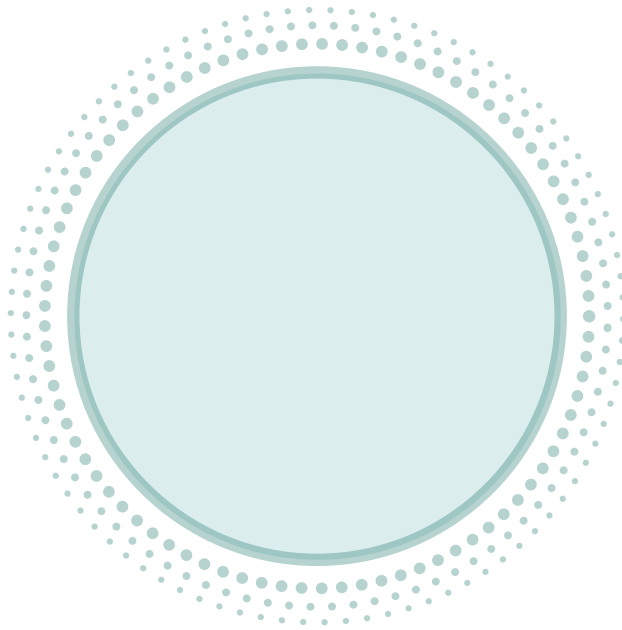
Pioneer of Dance Movement Therapy in India  
M.A in Psychology  
Co-founder - Creative Movement Therapy Association of India (CMTAI)  
Guest Faculty - Psychology Department, Ashoka University,  
M.A Performance studies, Ambedkar University, Delhi



## **DR.JAYA RAJAGOPALAN, Faculty**

Head of the Department of Psychology  
Associate Professor  
St. Mira's College for Girls, Pune.

*along with other internationally trained guest lecturers  
and webinar faculty.*



## **CONTACT DETAILS**

**FOR QUERIES & INFORMATION REGARDING  
THE COURSE PLEASE CONTACT:**

**Email: [courses@soulspherepune.com](mailto:courses@soulspherepune.com)**

**Phone: 9884884672**

**Artsphere Admin Coordinator:**

**Atul Prabhale**

**Phone: +91 95617 20001**

**Email: [artsphere.pune@gmail.com](mailto:artsphere.pune@gmail.com)**

