

**St. Mira's College for Girls in Academic Collaboration with Artsphere and The Arts
Therapists CoLab (TATC)
Post Graduate Diploma in Dance Movement Therapy (PGD-DMT)
SYLLABUS**

Total number of hours- 650+

Subject Code: MCR/DMT(20)042

Semester I (146 hrs)

Subject Code: DMT/TH/1801

Lectures: 114

Learning Outcomes:

At the end of the course, the student will be equipped to:

- Understand the psychological and physiological context behind the science of DMT
- Describe various schools of thought of psychology that inform DMT
- Explore the ways to work in a variety of settings
- Describe ethical boundary setting in DMT work
- Understand cultural diversity in DMT work

Unit 1: Introduction to Dance Movement Therapy

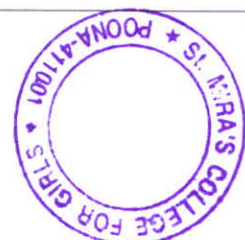
(24)

- Definition and History of Dance Movement Therapy
- Introduction to Body-Mind Nexus
- Principles and Objectives of DMT
- Role of dance in Mental and Physical health

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	<i>Jaya</i>
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	<i>Hasina</i>
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade</i>

Alumni

Ms. Trupti Podaval



Course Coordinator

Unit 2: Theoretical Reference to DMT

(22)

- DMT and its relationship with different schools of psychology
- Critical discussion of psychodynamic literature and its application to DMT
- Theories about ethical boundary setting in DMT work

Unit 3: Tools and Techniques of DMT

22

- Experiential and theoretical work around:
 - Embodiment
 - Attunement
 - Kinesthetics
- Psychophysiology
- Introduction to Process work

Unit 4: Cultural Competence

24

- Understanding Cultural Diversity
- 6 models of cultural empathy
- Social Psychology theories about culture
- Cultural sensitizing through critical reflection

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Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>

*Alumni**Ms. Trupti Pedolval*

Unit 5: Developing Movement Language

22

- Laban Movement Analysis
 - Anatomy and Kinesiology
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Assignments and library hours (16 hours)**Facilitation and reflection Hours (16 hours)**

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Alumini

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