

ALTERNATE ROUTE COURSE CALENDAR

Alternate Route Current Course Listing Procedure:

- 1) **Only courses approved for Alternate Route R-DMT training can be posted.**
- 2) List only active courses e.g. courses that will be or are currently being offered and open to AR students.
- 3) Course submissions should be sent to Chevon Stewart (cstewart5@antioch.edu) with “ARES course listing” in subject line)
- 4) Course submissions must be brief and comply with the following information format:
 - Name and email/phone number of the person submitting course information
 - Region of course offering (e.g. USA West Coast; USA East Coast, USA Central, International, Distance Format)
 - Dates and times of course
 - Title of course (and level if relevant e.g. beginning, intermediate, advanced)/ course credits AND hours in parentheses.
 - Location (City/State or City/Country)
 - Primary Instructor’s name; Institution (if applicable)
 - Email/phone contact for additional information
- 5) Course submission with incomplete or additional information will be returned to the submitter for revisions.
- 6) Courses will be posted three times a year, see below for dates.
- 7) Any changes or corrections to the submitted information should be sent to fbenordstrom.loeb@gmail.com.
- 8) Courses will be removed from the published list after the listed date of the first class session.

Due dates send to Chevon (cstewart5@antioch.edu):

November 30th (posting Jan 1st)

March 21st (posting April 1st)

June 30th (posting Aug 1st)

USA EAST COAST

Prospective AR students are responsible for contacting individual course providers to ascertain additional admission requirements for all courses.

Dates/Times	Title of Course/ (credits/hours)	Location (City, State or City, Country)	Instructor/Institution	Email/phone contact/ organization website (if applicable)
On-line April 8, 22 May 6 & June 10, 2025 10:00AM – 1:00 PM In-person Saturday, May 17 th 9:00 AM – 5:00 PM & Sunday, May 18 th 9:00 AM – 4:00 PM	Formulating DMT Theory, Documentation, & Treatment Plans (2 credits, 30 hours)	Online & Rochester, NY	Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/Kinections	kinectionsinfo@kinections.com (585) 295-3312, www.kinections.com
April 25, 2025 6 - 9 pm ET April 26th, 2025 9 – 6pm ET April 27, 2025 9 – 7pm ET	Bringing Dance to Older Adults and People with Dementia 1 credit - 15 hours	Westwood, MA In-person	Dance for Connection Donna Newman-Bluestein, MEd, BC-DMT, CMA	donna@danceforconnection.com www.danceforconnection.com

<p>Online via Zoom 2 sections,</p> <p>April 29, May 13, June 17, June 24</p> <p>Tuesdays Only</p> <p>10:00 AM - 1:00 PM EDT; 6:30 PM - 9:30 PM EDT</p> <p>In-Person at Kinections & Streaming, Monday, May 19 - Friday, May 23 opportunities to lead actual local groups</p>	<p>Group Processes in LivingDance~Livin gMusic</p> <p>(3 credits, 45 hours)</p>	<p>Online & Rochester, NY</p>	<p>Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/ Kinections</p>	<p>kinectionsinfo@kinections.com (585) 295-3312 www.kinections.com</p>
<p>June 21st- June 25th, 2025</p> <p>In Person Saturday-Wednes day</p> <p>Time: 9-5pm ET *Some synchronous virtual meetings pre and post residency</p> <p>Time: TBD</p>	<p>Psychomotor Assessment of Adults</p> <p>3 Credits/45 hours</p> <p>Asynchronous work and assignments throughout the summer Semester</p>	<p>Keene, New Hampshire</p>	<p>Kara Serasis, BC-DMT, LCMHC, CMA, Certified KMP-Analyst</p>	<p>Dr. Tomoyo Kawano Tkawano@antioch.edu</p>

<p>June 26th- June 29th, 2025</p> <p>Thursday-Sunday</p> <p>Time: 9-5pm ET</p> <p>*Some synchronous virtual meetings pre and post residency</p> <p>Time:TBD</p>	<p>Psychopathology and Treatment Planning: DMT Perspectives</p> <p>3 Credits/45 hours</p> <p>Asynchronous work and assignments throughout the summer Semester</p>	<p>Keene, New Hampshire</p>	<p>Erin Holmes, BC-DMT</p>	<p>Dr. Tomoyo Kawano</p> <p>Tkawano@antioch.edu</p>
<p>On line</p> <p>July 9, 16, 30, August 5, 12</p> <p>Thursdays only 10:00 AM- 1:00 PM</p> <p>In person Rochester, October, TBA</p>	<p>LivingDance~LivingMusic: Where Dance is the Star and Psychology the Supporting Actor</p> <p>(3 credits, 45 hours)</p>	<p>On line and In-person, Rochester, NY</p>	<p>Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/ Kinctions</p>	<p>kinctionsinfo@kinctions.com</p> <p>(585) 295-3312</p> <p>www.kinctions.com</p>
<p>August 20-23, 2025</p> <p>Wednesday-Saturday</p> <p>9am-5pm ET</p>	<p>Introduction to the Kestenberg Movement Profile</p> <p>2 credits/30 hours</p>	<p>Lehigh Valley, PA</p>	<p>Suzanne Hastie, MA, BC-DMT, NCC, LPC Certified KMP Analyst</p>	<p>suzannehastie@aol.com</p> <p>610-417-0831</p>

USA CENTRAL

Prospective AR students are responsible for contacting individual course providers to ascertain additional admission requirements for all courses.

Dates/Times	Title of Course/ (credits/hours)	Location (City, State or City, Country)	Instructor/Institution	Email/phone contact/ organization website (if applicable)
April 28 th , May 5 th , May 12 th Mondays 5-8pm CT Online May 23 rd Friday 11am-6pm CT In Person May 24 th & 25 th Saturday and Sunday 9:30-5pm CT In Person	Dance/movement Therapy and Trauma 2 Credits/30 hours *no prerequisites (Note: The On-line sessions can be adjusted to different days and/or times TBD by class participants- Contact Barbara for details)	Zoom and The Arena 711 West Lake Street, #308, Minneapolis, MN USA	Barbara Nordstrom Loeb MFA,MA,BC-DMT, CMA,LMFT,WoS, SEP MN Alternate Route Training (MNART)	Barbara Nordstrom-Loeb Fbenordstrom.loeb@gmail.com #612-916-1829

May 10th- August 9th, 2025 Saturdays 9am-12pm EST Summer 2025 Fully in-person or hybrid	DMT Theory and Practice 1: History and the Originators (Hybrid) 3 credits, 45 hrs	Gainesville, GA, United States & Online	Amy Jacques, BC-DMT Brenau University	ajacques1@brenau.edu https://www.brenau.edu/programs/certificate-dance-movement-therapy/ individual classes are possible
May 30-June 1, 2025 Friday 6-9pm, CST Sat/Sun 9-4pm CST	DMT w/Older adults 1 credit/15 hours	In person w/virtual options Chicago, IL, USA	Laura Allen/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com
June 13-15, 2025 Friday 6-9pm CST Sat/Sun 9-4pm CST	Intro to KMP 1 credit/15 hours	In person w/virtual options Chicago, IL, USA	Stacey Hurst/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com
June 20-22 & July 18-20, 2025 Friday 6-9pm CST Sat/Sun 9-4pmM CST	DMT1: The Chace Approach 2 credits/30 hours	First weekend virtual, second weekend in person Chicago, IL, USA	Laura Allen/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com

<p>August 22-24, 2025</p> <p>Friday 6-9pm CST</p> <p>Sat/Sun 9am-4PM CST</p>	<p>Experiential Anatomy/Kinesiology</p> <p>1 credit/15 hours</p>	<p>In person w/online options</p> <p>Chicago, IL, USA</p>	<p>Kristina Fluty/EEIC</p>	<p>www.eeichicago.com</p> <p>embodiededucationinstitute@gmail.com</p>
<p>August 23rd-December 6th, 2025</p> <p>Saturdays 9AM-12pm EST</p> <p>Fully in-person or hybrid</p>	<p>DMT Theory and Practice 3: Multicultural and Diverse Populations (Hybrid)</p> <p>3 credits, 45 hrs</p>	<p>Gainesville, GA, United States & Online</p>	<p>Charné Furcron, BC-DMT</p> <p>Brenau University</p>	<p>ajacques1@brenau.edu</p> <p>https://www.brenau.edu/programs/certificate-dance-movement-therapy/</p> <p>individual classes are possible</p>
<p>September 6-7, 2025</p> <p>Saturday & Sunday</p> <p>9am-6 pm CST</p>	<p>LMA I: Observation</p> <p>1 credit/15 hours</p>	<p>In person w/online options</p> <p>Chicago, IL, USA</p>	<p>Stacey Hurst/EEIC</p>	<p>www.eeichicago.com</p> <p>embodiededucationinstitute@gmail.com</p>
<p>Sept. 19-21, 2025 & Nov. 12-16, 2025</p> <p>Friday 6-9pm CST</p> <p>Sat/Sun 9-4pm CST</p>	<p>LMA III: Space, Shape & Application</p> <p>2 credits/30 hours</p>	<p>In person w/online options</p> <p>Chicago, IL, USA</p>	<p>Stacey Hurst/EEIC</p>	<p>www.eeichicago.com</p> <p>embodiededucationinstitute@gmail.com</p>

<p>September 25th October 23rd & November 20th</p> <p>6-9pm CST on line</p> <p>October 11-12, November 1-2, & December 6-7,</p> <p>9-5pm CST in person</p>	<p>Methods of DMT Group Psychotherapy</p> <p>3 credits/45 hours</p>	<p>Hybrid</p> <p>In person</p> <p>Chicago, IL, USA</p>	<p>Eve Chalom/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>
<p>January 12th- April 24th, 2026</p> <p>Saturdays</p> <p>9AM-12pm EST</p> <p>Fully in-person or hybrid</p>	<p>DMT Theory and Practice 2: Theoretical Frameworks (Hybrid)</p> <p>3 credits, 45 hrs</p>	<p>Gainesville, GA, United States & Online</p>	<p>Amy Jacques, BC-DMT Brenau University</p>	<p>ajacques1@brenau.edu https://www.brenau.edu/programs/certificate-dance-movement-therapy/ individual classes are possible</p>
<p>May 11th- August 14th, 2026</p> <p>Saturdays 12-3pm EST</p> <p>Fully in-person or hybrid</p>	<p>Specialty Practicum 1 (to be taken in conjunction with a practicum or internship)</p> <p>3 credits, 45 hrs</p>	<p>Gainesville GA, United States & Online</p>	<p>Charné Furcron, BC-DMT Brenau University</p>	<p>ajacques1@brenau.edu https://www.brenau.edu/programs/certificate-dance-movement-therapy/</p>

USA WEST COAST/HYBRID

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Dates/Times	Title of Course/ (credits/hours)	Location (City, State or City, Country)	Instructor/Institution	Email/phone contact/ organization website (if applicable)
July 25 th -27 th 2025 Online Synchronous August 1 st -3 rd ,2025 In Person Time: 9:30-6pm PT	Dance/Movement Therapy Group Process 6 Day Intensive Course 3 Credits-45hrs	Hybrid Alternate Route 3-Days Online Synchronous Experiential Study 3-Days In Person Palo Alto, California	"Life Is Movement" Dance/Movement Therapy Institute: In The Methods Of Blanche Evan Instructor: Bonnie Bernstein, LMFT,BC-DMT, REAT	Instructor/Institute Director: Bonnie Bernstein, LMFT, BC-DMT, REAT, For Course Flyer, Institute Application, and Phone Interview. Email: bon4dance@gmail.com Website: dancetherapyinstitute.com

Distance /On-Line Format (non-hybrid)

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Dates/Times	Title of Course/ (credits/hours)	Location (City, State or City, Country)	Primary Instructor/ Institution	Email/phone contact/organization website (if applicable)
May 5, 12, 26, June 2, 9, 16, 23, 30 Mondays Only 6:30 PM – 9:30 PM ET	Kinesiology 1 (1.6 hours, 24 hours)	New York Online	Karolina Bryl, Ph.D., R-DMT, CMA, RSMT, RSME/ Kinections	kinectionsinfo@kinections.com (585) 295-3312 www.kinections.com
June 6 th -8 th and 13 th -15 th , 2025 Friday-Sunday 9:30am-6pm PT 6 day Intensive	DMT Theory & Practice: DMT For Children and Adolescents 3 Credits-45 hrs	Zoom Course Alternate Route Synchronous Experiential Study	“Life Is Movement” Dance/Movement Therapy Institute: In The Methods Of Blanche Evan Instructor: Bonnie Bernstein, LMFT,BC-DMT, REAT	Instructor/Institute Director: Bonnie Bernstein, LMFT, BC-DMT, REAT, For Course Flyer, Institute Application, and Phone Interview. Email: bon4dance@gmail.com Website: dancetherapyinstitute.com
June 23-Aug 25, 2025 Mondays 6-9pm CST	Human Development: Interpersonal Neurobiology	Virtual synchronous Chicago, IL, USA	Kris Larsen/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com

10 weeks	2 credits/30 hours			
<p>August 4, 11, 18, 25, 2025 & September 8, 15, 22, 2025</p> <p>Mondays Only</p> <p>6:30 – 9:30 PM ET</p>	<p>Kinesiology 2</p> <p>(1.4 credits, 21 hours)</p>	New York Online	Karolina Bryl, Ph.D., R-DMT, CMA, RSMT, RSME/ Kinections	kinectionsinfo@kinections.com (585) 295-3312 www.kinections.com
<p>August 26-October 28, 2025</p> <p>Tuesdays only</p> <p>10am-12noon ET</p>	<p>Introduction to the Kestenberg Movement Profile</p> <p>2 credits/30 hours</p>	Primary instructor in Lehigh Valley, PA	Suzanne Hastie, MA, BC-DMT, NCC, LPC Certified KMP Analyst	suzannehastie@aol.com 610-417-0831
<p>September 3, 10, 17, 24, 2025 & October 1, 8, 16, 22, 29, 2025 & November 6, 2025</p> <p>Wednesdays Only</p> <p>6:30-9:30 PM</p>	<p>Introduction to Laban Movement Analysis</p> <p>(2 credits, 30 hours)</p>	New York Online	Karolina Bryl, Ph.D., R-DMT, CMA, RSMT, RSME/ Kinections	kinectionsinfo@kinections.com (585) 295-3312 www.kinections.com

<p>September 6th to December 20, 2025</p> <p>Saturdays Only Time: 9am-12noon ET</p> <p>September 6th, 13th, 20th, 27th</p> <p>October 4th, 11th, 18th, 25th</p> <p>November 1st, 8th, 15th, 22nd</p> <p>December 6th, 13th, 20th</p>	<p>Movement Observation and Assessment</p> <p>(45 hours, 3 credits)</p>	<p>Online (Zoom)</p>	<p>Cecilia Fontanesi, PhD, CMA, BC-DMT</p> <p>Karen Bradley, MA, CMA, R-DMT</p> <p>Cheryl Clark, MS, CMA, R-DMT, BMC®</p>	<p>Laban/Bartenieff Institute of Movement Studies</p> <p>Email Si-Hyun Yoo, Director of Education si-hyunyoo@labaninstitute.org</p> <p>Phone contact (+1) 212 643 8888</p> <p>Organization website https://labaninstitute.org/education/</p>
<p>Sept. 15-Nov. 17, 2025</p> <p>Mondays only</p> <p>4-7pm CST</p> <p>10 weeks</p>	<p>DMT: Intro & Invitation</p> <p>2 credits/30 hours</p>	<p>Virtual synchronous</p> <p>Chicago, IL, USA</p>	<p>Kim Rothwell/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>

<p>November 7th-9th and 14th- 16th, 2025</p> <p>Friday-Sunday</p> <p>9:30am-6pm PT</p> <p>6 day Intensive</p>	<p>DMT Theory & Practice 6 Day Intensive Course</p> <p>DMT for the Higher Functioning Client: The Methods of Blanche Evan</p> <p>3 Credits-45 hours</p>	<p>Zoom Course Alternate Route</p> <p>Synchronous Experiential Study</p>	<p>“Life is Movement” Dance/Movement Therapy Institute:</p> <p>In The Methods Of Blanche Evan</p> <p>Instructor: Bonnie Bernstein, MFT, BC-DMT, REAT</p>	<p>Contact Instructor/ Institute Director:</p> <p>Bonnie Bernstein, LMFT, BC-DMT, REAT, CAMFT Certified Supervisor For Course Flyer, Institute Application Form and Phone Interview.</p> <p>Email: bon4dance@gmail.com Website: dancetherapyinstitute.com</p>
<p>February 7th to May 23, 2026</p> <p>Saturdays Only Time: 9am-12 noon ET</p> <p>February 7th,14th, 21st,-28th</p> <p>March 7th,14th, 21st, 28th</p> <p>April 11th,18th, 25th</p> <p>May 2nd, 9th, 16th, 23rd</p>	<p>Laban Bartenieff Movement System (LBMS) for Dance/Movement Therapy</p> <p>(45 hours, 3 credits)</p>	<p>Online (Zoom)</p>	<p>Cecilia Fontanesi, PhD, CMA, BC-DMT</p> <p>Karen Bradley, MA, CMA, R-DMT</p> <p>Cheryl Clark, MS, CMA, R-DMT, BMC®</p>	<p>Laban/Bartenieff Institute of Movement Studies</p> <p>Email Si-Hyun Yoo, Director of Education si-hyunyoo@labaninstitute.org</p> <p>Phone contact (+1) 212 643 8888</p> <p>Organization website https://labaninstitute.org/education/</p>

INTERNATIONAL

Prospective AR students are responsible for contacting individual course providers to ascertain additional admission requirements for all courses

Dates/Times	Title of Course/ (credits/hours)	Location (City, State or City, Country)	Primary Instructor/ Institution	Email/phone contact/organization website (if applicable)
June 27, 2026 – July 11, 2026	Group Processes in LivingDance~ LivingMusic (3 credits, 45 hours)	Corfu, Greece	Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/Kinections	kinectionsinfo@kinections.com (585) 295-3312 www.kinections.com