

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 (chevon.stewart@gmail.com) 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 (chevon.stewart@gmail.com):

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.

August 5th,12th, &26th Thursdays 10am-1pm ET Online Thursdays only 10:00 AM- 1:00 PM September 9th,16th, 30th October 9th, 16th, 23rd, & 30th In person Rochester, NY TBA	LivingDance~Livin gMusic: Where Dance is the Star and Psychology the Supporting Actor (3 credits, 45 hours)	On line and In-person, Rochester, NY	Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/ Kinctions	kinctionsinfo@kinctions.com (585) 295-3312 www.kinctions.com
August 20-23, 2025 Wednesday- Saturday 9am-5pm ET	Introduction to the Kestenberg Movement Profile 2 credits/30 hours	Lehigh Valley, PA	Suzanne Hastie, MA, BC-DMT, NCC, LPC Certified KMP Analyst	suzannehastie@aol.com 610-417-0831

October 16,23,30, 2025	Foundations and Principles of Dance/Movement Therapy (3 credits, 45 hours).	On line and In-person, Rochester, NY	Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP Kinnections	kinnectionsinfo@kinnections.com (585) 295-3312 www.kinnections.com
November 6,13, 20, 2025				
December 4, 11, 18				
January 8				
And 1 weekend in 2025 TBA				

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)
July 25th-27th, 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
			Kristina Fluty/EEIC	www.eeichicago.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>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. 14-16, 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 online</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>October 17-19 & November 21-23, 2025</p> <p>Friday 6-9pm CST</p> <p>Sat/Sun 9-4pm CST</p>	<p>The Whitehouse Approach</p> <p>2 credits/30 hours</p>	<p>In person</p>	<p>Kim Rothwell/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>
<p>December 12-14th</p> <p>Friday 6-9pm Sat/Sun 9-4pm</p>	<p>Trauma and the Moving Body: An Intro to Polyvagal informed DMT</p> <p>1 credits/15 hours</p>	<p>In person w/online options</p> <p>Chicago, IL, USA</p>	<p>Dr. Amber Gray/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</p> <p>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</p> <p>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</p> <p>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)
September 27th-28th, 2025 Friday-Sunday Online Synchronous October 17th- 19th, 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)
August 4, 11, 18, 25,2025 September 8, 15, 22, 2025 October 13,20, 27,2025 November 3,10, 2025 Mondays Only 6:30 – 9:30 PM ET	Kinesiology 1 (1.6 credits, 21 hours)	New York Online	Karolina Bryl, Ph.D., R- DMT, CMA, RSMT, RSME/ Kinctions	kinctionsinfo@kinctions.com (585) 295-3312 www.kinctions.com
August 26th - October 28th, 2025 Tuesdays only 10am-12noon ET	Introduction to the Kestenberg Movement Profile 2 credits/30 hours	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>	<p>New York Online</p>	<p>Karolina Bryl, Ph.D., R-DMT, CMA, RSMT, RSME/ Kinctions</p>	<p>kinctionsinfo@kinctions.com (585) 295-3312 www.kinctions.com</p>
<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>

September 9th, 2025 to January 13th, 2026 Tuesdays 12-1:30pm ET (No Class September 23rd)	Music for the Dance/Movement Therapist (2 credits, 30 hours)	Online Rochester, NY	Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP Jeffrey Mehr, MA, MLP	kinctionsinfo@kinctions.com (585) 295-3312 www.kinctions.com
Sept. 15-Nov. 17, 2025 Mondays only 4-7pm CST 10 weeks	DMT: Intro & Invitation 2 credits/30 hours	Virtual synchronous Chicago, IL, USA	Kim Rothwell/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com
November 10,17,24, 2025 December 1,8, 15, 22,29, 2025 January 5, 12, 2026 Mondays 6:30-9:30pmET	Kinesiology 2 (1.4 credits, 21 hours)	New York Online	Karolina Bryl, Ph.D., R- DMT, CMA, RSMT, RSME/ Kinctions	kinctionsinfo@kinctions.com (585) 295-3312 www.kinctions.com

November 18- December 16, 2025 And January 6- February 3, 2026 Tuesdays only 10am-12noon ET	Constructing Kestenberg Movement Profiles I: Tension Flow Rhythms, Bipolar Shape Flow & Unipolar Shape Flow 2 credits/30 hours	Online (Zoom)	Suzanne Hastie, MA, BC- DMT, NCC, LPC, Certified KMP Analyst	suzannehastie@aol.com/610-417-0831
December 4th -6 th and 12 th - 14 th , 2025 Friday-Sunday 9:30am-6pm PT 6 day Intensive	DMT Theory & Practice 6 Day Intensive Course DMT for the Higher Functioning Client: The Methods of Blanche Evan 3 Credits-45 hours	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	Contact Instructor/ Institute Director: Bonnie Bernstein, LMFT, BC-DMT, REAT, CAMFT Certified Supervisor For Course Flyer, Institute Application Form and Phone Interview. Email: bon4dance@gmail.com Website: dancetherapyinstitute.com
February 7th to May 23, 2026 Saturdays Only Time: 9am-12 noon ET February	Laban Bartenieff Movement System (LBMS) for Dance/Movement Therapy	Online (Zoom)	Cecilia Fontanesi, PhD, CMA, BC-DMT Karen Bradley, MA, CMA, R-DMT Cheryl Clark, MS, CMA, R-DMT, BMC®	Laban/Bartenieff Institute of Movement Studies Email Si-Hyun Yoo, Director of Education si-hyunyoo@labaninstitute.org Phone contact (+1) 212 643 8888

7 th ,14 th , 21 st ,-28 th March 7 th ,14 th , 21 st , 28 th April 11 th ,18 th , 25 th May 2 nd , 9 th , 16 th , 23 rd	(45 hours, 3 credits)			Organization website https://labaninstitute.org/education/
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INTERNATIONAL

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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)
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