

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 Chevron 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 chevon.stewart@gmail.com.
- 8) Courses will be removed from the published list after the listed date of the first class session.

Due dates send to Chevron (chevon.stewart@gmail.com):

November 30th (posting Jan 1st)

February 28th (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.

Feb 21-22, 2026 02/21: 1pm – 7pm 02/22: 9am – 6pm	Dance/ Movement Psychotherapy with Infants and Children (1 credit / 15 hrs)	92NY (New York, NY)	Dr. Suzi Tortora (EdD, BC-DMT, LCAT, NCC, CMA)	Alexandra Zaslav, Coordinator Dance Therapy Program, 92NY Harkness Dance Center dmtcoordinator92y@gmail.com https://www.92ny.org/whats-on/classes/dance-therapy-program
March 20-22, 2026 3/20: 6pm - 9pm 3/21: 3pm - 7pm 3/22: 9am - 6pm	Trauma and the Moving Body: A Survivor-Centered, Polyvagal-informed approach to Dance/Movement Therapy (1 credit / 15 hrs)	92NY (New York, NY)	Dr. Amber Gray (PHD, MPH, LPCC, BC-DMT, NCC)	Alexandra Zaslav, Coordinator Dance Therapy Program, 92NY Harkness Dance Center dmtcoordinator92y@gmail.com https://www.92ny.org/whats-on/classes/dance-therapy-program

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)
January 9-11, 2026 Friday 6pm-9pm Sat/Sun 9am-4pm CST	Experiential Anatomy/Kinesio logy 1 credit/15 hours	In person w/virtual options Chicago/IL/USA	Kristina Fluty/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com
January 9th- April 24th, 2026 3 Saturdays per month 9AM-12pm EST Hybrid class Required in- person weekend	DMT Theory and Practice 2: Theoretical Frameworks (Hybrid) PY 672 3 credits, 45 hrs	Gainesville, GA, USA & Online	Amy Jacques, BC-DMT, LPC, CPCS Brenau University	ajacques1@brenau.edu Phone: 770-531-3149 https://www.brenau.edu/programs/certificate-dance-movement-therapy/ Can take individual classes or do the full certificate.
January 22 nd - 25 th , 2026 Time: TBD	Body As Voice II 2 credits, 30 hours	Austin, Texas	Amber Gray, PhD, BC- DMT	www.embodiedneurobiology.com registration@embodiedneurobiology.com

Jan. 24-25, 2026 Sat/Sun 9-6pm CST	DMT with Substance Use Dependency 1 credit/15 hours	In person Chicago/IL/USA	Jessica Young/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com
February 20 th -23 rd , 2026 Time: TBD	Body As Voice III, 2 credits, 30 hours	Austin, Texas	Amber Gray, PhD, BC- DMT	www.embodiedneurobiology.com registration@embodiedneurobiology.com
Feb. 21-22, 2026 Sat/Sun 9-6pm CST	LMA 1: Observation 1 credit/15 hours	In person w/virtual options Chicago/IL/USA	Stacey Hurst/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com
Feb. 27-Mar 1 & Mar 20-22, 2026 Friday 6pm-9pm Sat/Sun 9am-4pm CST	DMT & Trauma 2 credits/30 hours	In person w/online options Chicago, IL, USA	Melissa Schleicher/EEIC	www.eeichicago.com embodiededucationinstitute@gmail.com

<p>March 13-15 & April 24-26, 2026</p> <p>Fridays 6-9pm Sat/Sun 9-4pm</p>	<p>LMA II: Shape, Space and 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 embodiededucationinstitute@gmail.com</p>
<p>March 26th-29th, 2026</p> <p>Time: TBD</p>	<p>Elements of Movement</p> <p>3 Credits, 45 hours</p>	<p>Austin, Texas</p>	<p>Kalila Homann, BC-DMT, LPC-S Embodied Neurobiology</p>	<p>www.embodiedneurobiology.com registration@embodiedneurobiology.com</p>
<p>March 27-29 & Apr 10-12, 2026</p> <p>Friday 6-9pm Sat/Sun 9-4pm CST</p>	<p>Neuroscience of Embodied Presence</p> <p>2 credits/30 hours</p>	<p>In person</p> <p>Chicago, IL, USA</p>	<p>Kris Larsen/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>
<p>May 8th-August 8th, 2026</p> <p>3 Sat. per month</p> <p>12 pm - 3 pm EST</p> <p>Required in-person day at the end of the class.</p>	<p>Group DMT (Hybrid)</p> <p>PY 773 3 credits, 45 hr</p>	<p>Gainesville, GA, USA & Online</p>	<p>Amy Jacques, BC-DMT, LPC, CPCS Brenau University</p>	<p>ajacques1@brenau.edu</p> <p>Phone: 770-531-3149</p> <p>https://www.brenau.edu/programs/certificate-dance-movement-therapy/ Can take individual classes or do the full certificate.</p>

<p>May 8th-August 8th, 2026</p> <p>3 Sat. per month</p> <p>9am-12 pm EST</p> <p>Hybrid with a required in-person weekend at the end of the class.</p>	<p>Observation and Assessment of Movement I (Hybrid)</p> <p>3 credits, 45 hrs</p>	<p>Gainesville GA, USA & Online</p>	<p>Amy Jacques, BC-DMT, LPC, CPCS & Ingrid Lacey, BC-DMT, LPC, CPCS</p>	<p>ajacques1@brenau.edu</p> <p>Phone: 770-531-3149</p> <p>https://www.brenau.edu/programs/certificate-dance-movement-therapy/ Can take individual classes or do the full certificate</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>Dr. 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>May 15-17, 2026</p> <p>Friday 6-9pm Sat/Sun 9-4pm CST</p>	<p>DMT with Older Adults</p> <p>1 credit/15 hours</p>	<p>In person</p> <p>Chicago, IL, USA</p>	<p>Laura Allen/EEIC</p>	<p>www.eeichicago.com</p> <p>embodiededucationinstitute@gmail.com</p>

<p>June 5-7virtual & July 10-12 in person</p> <p>Fri 6pm-9pm Sat/Sun 9am-4pm CST</p>	<p>DMT I: The Chace Approach</p> <p>2 credits/30 hours</p>	<p>Hybrid</p> <p>Chicago, IL, USA</p>	<p>Laura Allen/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>
<p>June 12-14</p> <p>Friday 6pm-9pm Sat/Sun 9am-4pm CST</p>	<p>Intro to KMP</p> <p>1 credit/15 hours</p>	<p>In person</p> <p>Chicago, IL, USA</p>	<p>Stacey Hurst/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>
<p>August 22nd to December 5th, 2026</p> <p>Hybrid 3 Sat. per month 9 am -12 pm EST</p> <p>Required in-person weekend at the end of the class</p>	<p>Observation and Assessment of Movement II (Hybrid)</p> <p>3 credits, 45 hrs</p>	<p>Gainesville, GA, USA & Online</p>	<p>Amy Jacques, BC-DMT, LPC, CPCS,</p> <p>Ingrid Lacey, BC-DMT, LPC, CPCS & Guest Presenters</p>	<p>ajacques1@brenau.edu</p> <p>Phone: 770-531-3149</p> <p>https://www.brenau.edu/programs/certificate-dance-movement-therapy/ Can take individual classes or do the full certificate</p>

<p>August 22nd to December 5th, 2026 3 Saturdays per month</p> <p>12-3 pm EST</p> <p>Required in-person day at the end of the class.</p>	<p>Specialty Practicum I (Hybrid) This is a theory & practice class where the student needs to be in a practicum or internship site</p>	<p>Gainesville, GA, USA & Online</p>	<p>Dr. Charne Furcron BC_DMT, LPC, CPCS</p>	<p>ajacques1@brenau.edu</p> <p>Phone: 770-531-3149 https://www.brenau.edu/programs/certificate-dance-movement-therapy/ Can take individual classes or do the full certificate</p>
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USA WEST COAST/HYBRID

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)

Distance /On-Line Format (non-hybrid)

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)
January- December 2026	Professional Identity and Internship Supervision 3 credits, 45 hours	Online	Kalila Homann, LPC-S, BC-DMT Embodied Neurobiology	www.embodiedneurobiology.com registration@embodiedneurobiology.com
January 8-March 12, 2026 Thursdays, 6-8:00pm ET	Introduction to the Kestenberg Movement Profile 2 credits/30 hours	Online (Zoom) Lehigh Valley, PA	Suzanne Hastie, MA, BC- DMT, NCC, LPC, Certified KMP Analyst	suzannehastie@aol.com/610-417-0831

<p>January 21st, 2026</p> <p>Every other Wednesday from 12-1:30 PM EST starting on 01/21/26</p> <p>2 year Course (4 semesters) Registration open now- end of December</p>	<p>Ways of Seeing International Training Program</p> <p>(120 hrs. CE for ADTA: R-DMT, BC-DMT)</p> <p>(8 Alt Rt credits for ADTA) (60 CE credits: NY LCSW, LMHC, LMSW, LCAT)</p>	<p>New York Online</p>	<p>Suzi Tortora, Ed.D, BC-DMT LCAT LMHC CMA, NCC</p>	<p>assistant@dancingdialogue.com (845)265-1085</p> <p>https://www.dancingdialogue.com/ways-of-seeing-international-training</p>
<p>January 27th — May 12th, 2026</p> <p>No class on April 7</p> <p>Tuesday evenings On-line</p> <p>6:30 PM – 9:30 PM Eastern Time</p> <p>In person Rochester, NY 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, in Rochester, NY or Olde Forge, NY in the Adirondack Mountains.</p>	<p>Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/ Kinctions</p>	<p>kinctionsinfo@kinctions.com (585) 295-3312 www.kinctions.com</p>

<p>February 2nd, 2026 begins</p> <p>10 week course,</p> <p>Mondays 4pm - 7pm CST</p>	<p>DMT: Intro & Invitation</p> <p>2 credits/30 hours</p>	Virtual	Kim Rothwell/EEIC	<p>www.eeichicago.com</p> <p>embodiededucationinstitute@gmail.com</p>
<p>February 7th to May 23, 2026</p> <p>Saturdays Only</p> <p>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>	Online (Zoom)	<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>February 24-April 28, 2026</p> <p>Tuesdays,</p> <p>10am-12noon ET</p>	<p>Constructing Kestenberg Movement Profiles II: Tension Flow Attributes, Pre-efforts, Efforts, Shaping in Directions, & Shaping in Planes</p>	Online (Zoom) Lehigh Valley, PA	Suzanne Hastie, MA, BC-DMT, NCC, LPC, Certified KMP Analyst	suzannehastie@aol.com /610-417-0831

<p>April 10,11,12, April 24, 25, 26, 2026</p> <p>Friday-Sunday</p> <p>6 day Intensive</p> <p>9:30am-6pm Pacific Time</p>	<p>DMT Theory & Practice</p> <p>Intensive Course Theoretical Origins, Foundations and Principles</p> <p>3 Credits-45 hours</p>	<p>Zoom Course Alternate Route Synchronous Experiential Study</p>	<p>Instructor: Bonnie Bernstein, LMFT,BC-DMT, REAT</p>	<p>Contact Instructor/ Institute Director Bonnie Bernstein, LMFT, BC-DMT, REAT, CAMFT Certified Supervisor For Course Flyer, Institute Application</p> <p>Email: bon4dance@gmail.com</p> <p>Website: dancetherapyinstitute.com</p>
<p>April 15th —June 3, 2026, Wednesdays</p> <p>&</p> <p>Tuesdays, May 19, & 26, 2026</p> <p>On-line</p> <p>6:30 PM – 9:30 PM EST</p>	<p>Music for the Dance/Movement Therapist</p> <p>(2 credits, 30 hours)</p>	<p>On line</p>	<p>Danielle L. Fraenkel, Ph.D. BC-DMT, LCAT, LMHC, NCC, CGP/ Kinnections</p> <p>Jeffrey D. Mehr, MA, MLP</p>	<p>kinnectionsinfo@kinnections.com (585) 295-3312 www.kinnections.com</p>
<p>June 8th 10 week course Begins June 8th Mondays 5:30- 8:30pm</p>	<p>Human Development: Interpersonal Neurobiology</p> <p>2 credits/30 hours</p>	<p>Virtual</p> <p>Chicago, IL, USA</p>	<p>Kris Larsen/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</p>

<p>August 22ND & 23RD, August 29TH & 30TH, 2026</p> <p>Saturday/ Sunday</p> <p>4 day Intensive</p> <p>9:30am-6pm Pacific Time</p>	<p>Theory & Practice Prevention, Treatment, After care, Self Care</p> <p>2 Credits-30 hours</p>	<p>Zoom Course Alternate Route Synchronous Experiential Study</p>	<p>Instructor: Bonnie Bernstein, LMFT, BC- DMT, REAT</p>	<p>Contact Instructor/ Institute Director Bonnie Bernstein, LMFT, BC-DMT, REAT, CAMFT Certified Supervisor For Course Flyer, Institute Application</p> <p>Email: bon4dance@gmail.com</p> <p>Website: dancetherapyinstitute.com</p>
<p>Sept. 15-Nov. 17</p> <p>Mondays 4-7pm CST</p>	<p>DMT: Intro & Invitation</p> <p>2 credits/30 hours</p>	<p>Virtual</p> <p>Chicago, IL, USA</p>	<p>Kim Rothwell/EEIC</p>	<p>www.eeichicago.com embodiededucationinstitute@gmail.com</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 In Person	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
June 27, 2026 – July 11, 2026 In-person	LivingDance~LivingM usic: Where Dance is the Star and Psychology the Supporting Actor — offered nowhere else in Europe (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