

# R-DMT Alternate Route Instructional Guide

## REGISTERED-DANCE/MOVEMENT THERAPIST (R-DMT) ALTERNATE ROUTE APPLICATION 2024

Before completing this application, applicants are encouraged to read The AR-R-DMT Applicants Handbook to better understand the application requirements and processes.

Before you begin filling out the application:

- Have ALL required details, materials, and information accessible prior to entering any information. application. You will not be able to pause in the middle or save partially entered details or materials.
- Before completing this application, applicants are encouraged to read The R-DMT Applicants Handbook to better understand the application requirements and processes.
- All information supplied by applicant will be regarded as confidential in nature and will not be released to third persons without the consent of the applicant.
- Application materials may be used as training material by DMTCB.
- The application must be received by 12:00 Midnight (Eastern Time), January 15th of the application year.
- For International applicants, all communication and official documents must be professionally translated to English.

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### NAME AND CONTACT INFORMATION

Applicants will need to enter the following information:

*Full Name (First Last Name (current and previous name if relevant)*

*Birthdate:*

*Address: Street, City, State/Province, Country*

*Work Phone*

*Home Phone*

*Email*

*Year you submitted your AR Intention Form /if you do not have this information date of your first DMT course)*

*(check) A copy of this intention form has been uploaded with this application.*

Directions: Enter the date of the Intention Form (or if you don't have it the date of your first DMT course. If you have your 'Intention to Start Alternate Route Form', you will be asked to upload it.

### DANCE/MOVEMENT BACKGROUND

Applicants must enter the following details:

*Dance/Movement Experience & Training: Style/Form; Year studied (approximate range); Frequency;*

*Additional Collateral Dance/Movement Experience: What/When/Frequency*

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Directions:

- Use the link to the R-DMT Alternate Route documents page and enter the required information. Including the form or style, the years and frequency you studied that form and check the column for styles/forms if you have expertise in that style/form.
- When completed upload the form using the link provided.

**GRADUATE DEGREE(S)**

*Graduate Degree & Name of Graduate Program*  
*Graduate school name:                      Date Received:*

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*Graduate school name:                      Date Received:*

*Graduate Degree & Name of Graduate Program*  
*Graduate school name:                      Date Received:*

Directions:

- Enter your graduate degree information in reverse chronological order, with the most recent degree first.
- Ask the Graduate School to send a transcript to [dmtcb@adta.org](mailto:dmtcb@adta.org) by January 1<sup>st</sup>

**REQUIRED COURSEWORK:**

Enter the following information in the appropriate sections and columns:

**Total: Dance/Movement Therapy Theory and Practice**

*Dance/Movement Therapy Theory and Practice: 270 hours or 18 semester credits*  
*Group Processes in Dance/Movement Therapy: 45 hours/3 Credits (May be independent study)*  
*Movement Observation: 90 hours/6 Semester credits*  
*Anatomy and Kinesiology: 15 hours/1 Semester credits (May be undergraduate level)*

**DANCE/MOVEMENT THERAPY THEORY AND PRACTICE TRAINING**

<i>DANCE/MOVEMENT THERAPY THEORY AND PRACTICE (270 hours/18 credits) total</i>				
<i>Course Title (and number if applicable)</i>	<i>Hours/Semester Credits</i>	<i>Date Taken</i>	<i>Institution /Location</i>	<i>Instructor name &amp; credentials</i>

**Group Processes in Dance/Movement Therapy**

<i>DMT GROUP PROCESS (3 semester credits/45 hours total)</i>				
<i>Course Title</i>	<i>Hours/Semester Credits</i>	<i>Date Taken</i>	<i>Institution/Program if applicable</i>	<i>Instructor name &amp; credentials</i>

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## **Movement Observation**

<i>MOVEMENT OBSERVATION (6 credits/ 90 hours total)</i>				
<i>Course Title</i>	<i>Hours/Semester Credits</i>	<i>Date Taken</i>	<i>Institution /Location</i>	<i>Instructor name &amp; credentials</i>

## **Anatomy and Kinesiology**

<i>ANATOMY/KINESIOLOGY (1 credits/15 hours total)</i>				
<i>Course Title</i>	<i>Hours/Semester Credits</i>	<i>Date Taken</i>	<i>Institution /Location</i>	<i>Instructor name &amp; credentials</i>

### **Directions:**

- Applicants must list all courses they have taken to fulfill R-DMT Alternate Route course requirements in this application. Each course can only be listed once. See Applicant Handbook for details.
- In addition to listing all courses taken to fulfill AR requirements, you must also submit documentation of those courses to the ADTA office.
  - Course documentation in the form of a transcript should be sent by to program/institute/ university to [dmtcb@adta.org](mailto:dmtcb@adta.org)
  - Course documentation in the form of a Certificate of Completion, should be uploaded directly to this application. Please combine all certificates into one document and upload it below.
- All course documentation must include the applicant's name, course title, number of hours or semester credits, dates of the class sessions, the name of the institute or program offering the course and the instructor's name with their credentials.
- Applicants will need to have the following information available:  
Name of the degree; name of the Graduate Program and School as well as the date you completed the degree (it should be on your transcript and certificate from the school).
- In addition to listing all courses taken to fulfill AR requirements, you must also submit documentation of those courses to the ADTA office.
  - Course documentation in the form of a **transcript** should be sent by to program/institute/ university to [dmtcb@adta.org](mailto:dmtcb@adta.org)

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- Course documentation in the form of a **Certificate of Completion**, should be uploaded directly to this application. Please combine all certificate into one document before you upload it.
- All course documentation must include the applicant's name, course title, number of hours or semester credits, dates of the class sessions, the name of the university, institute or program offering the course and the instructor's name with their credentials.

## GENERAL TRAINING

- If you have a clinical graduate degree (SW, Counseling, MFT, PsyD etc.), you do not need to list the general training courses you took. However, **remember to ask your Graduate School to send a transcript to [dmtcb@adta.org](mailto:dmtcb@adta.org) by Jan. 15<sup>th</sup>.**

Enter the following information in the appropriate sections and columns:

Total required: 285 hours/ 19 semester credits

Research Design and Methodology: 45 hours/3 semester credits

Abnormal Psychology/Psychopathology: 45 hours/3 semester credits

Developmental Psychology: 45 hours/3 semester credits

Group Therapy: 45 hours/3 Sem semester credits (or 45 hr. Group DMT taught by BC-DMT)

At least 2 of the follow advanced level psychology course total 90 hours/6 credits:

Theories of Therapy

Methods of Psychotherapy

Therapeutic Intervention

Diagnostic Methodology

Systems Theory

Neuroscience

<b>Research Design and Methodology 45 hours/3 Semester credits</b>				
<i>Course Title /number</i>	<i>Hours/Credits</i>	<i>Date Taken</i>	<i>University</i>	<i>Instructor name and credentials</i>

<b>Abnormal Psychology/Psychopathology 45 hours/3 Semester credits</b>				
<i>Course Title /number</i>	<i>Hours/Credits</i>	<i>Date Taken</i>	<i>University</i>	<i>Instructor name and credentials</i>

<b>Developmental Psychology 45 hours/3 Semester credits</b>				
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<i>Course Title /number</i>	<i>Hours/Credits</i>	<i>Date Taken</i>	<i>University</i>	<i>Instructor name and credentials</i>

<b>Group Therapy 45 hours/3 Semester credits(or additional 45 hr. Group DMT taught by a BC-DMT)</b>				
<i>Course Title /number</i>	<i>Hours/Credits</i>	<i>Date Taken</i>	<i>University</i>	<i>Instructor name and credentials</i>

<b>Other Psychology courses 90 hours/6 semester credits (2 or more of the follow advanced level psychology courses)</b>				
<i>Theories of Therapy and Counseling</i>		<i>Methods of Psychotherapy or Counseling</i>		
<i>Therapeutic Intervention</i>		<i>Diagnostic Methodology</i>		
<i>Systems Theory</i>		<i>Neuroscience</i>		
<i>Course Title /number</i>	<i>Hours/Credits</i>	<i>Date Taken</i>	<i>University</i>	<i>Instructor name and credentials</i>

**Directions:**

- Enter the appropriate information in the appropriate table and column.
- In addition, contact each academic institution and request that then send a transcript that includes those courses to [dmtcb@adta.org](mailto:dmtcb@adta.org)

**FIELDWORK**

- Applicants will need to enter the following information for every Fieldwork site.
- Applicants with a clinical graduate degree should list the sites (up to 200 hours) where they did their practicum/internship.

*Fieldwork Site*

*Fieldwork address; State/Province; Country*

*Duration of Fieldwork (date range):*

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*Total hours of Fieldwork:*

*Total hours of Supervision:*

*Total hours of BC-DMT supervision (not required)*

*Description of Fieldwork responsibilities.*

*Supervisor Name, Title, Credential*

*Supervisor contact information: phone, email*

For all additional Fieldwork sites please create one document and upload it to your application. Remember to send a **Fieldwork Verification Form** for **each** Fieldwork site to your site supervisor to complete by January 15<sup>th</sup>.

Directions:

- For all additional Fieldwork sites please create one document and upload it to your application.
- Remember to send a **Fieldwork Verification Form** for **each** Fieldwork site to your site supervisor to complete by January 15<sup>th</sup>.
- You are responsible for ensuring that they have completed and submitted the form to the ADTA office.

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## **R-DMT ALTERNATE ROUTE INTERNSHIP AND SUPERVISION INSTRUCTIONS:**

**NOTE:** Because we are in a several year transition from the Old Requirements to the New Standards, the application form will ask you if you are applying under the OLD REQUIREMENTS or the NEW STANDARDS. The requirements for each are slightly different. If you are not sure which option to select- here are the relevant criteria, or if in doubt contact the DMTCB Chair ([dmtcbchair@adta.org](mailto:dmtcbchair@adta.org)).

**NEW STANDARDS** – select this option if you have a clinical graduate degree, the equivalent of two (2) years FT clinical experience, and legal credentialing/licensure. Prior to starting dance therapy internship, you have also completed 300 hours/20 semester credits coursework:

- 195 hours/13 semester credits- DMT Theory & Practice
- 105 hours/7 semester credits– Movement/Body

**OLD REQUIREMENTS:** select this option if you do not have the NEW STANDARDS requirements.

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The applicant needs to select or check one or the other and there will be two separate lines of decision for the rest of the application.

**I am applying using the OLD REQUIREMENTS**

**I am applying using the NEW STANDARDS**

**License: number/state**

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## R-DMT ALTERNATE ROUTE INTERNSHIP

### **OLD REQUIREMENTS**

Prior to starting DMT internship, the applicant must complete 270 hours/18 sem. semester credits coursework. Including:

- 135 hours/.: DMT coursework
  - 90 hours/6 semester credits- DMT Theory and Practice
  - 45 hours/3 credits. - Movement Observation
- 135 hours.: General Training Coursework
  - may include Abnormal Psychology/Psychopathology, Developmental Psychology, Group Processes and/or Theories of Therapy and Counseling

### REQUIREMENTS

Total: 700 hours (minimum six months full time or its equivalent)

- 350 hours (minimum) **direct client contact** which must include:
  - 150 hours leading DMT sessions with clients
- 350 hours clinical responsibilities e.g., team meetings, record keeping, in-service education, etc.
- Internships must include at least 2 different clinical populations e.g., age, diagnosis, psychosocial and/or developmental issues, and/or for prevention of problems or diseases.
- Setting: a licensed, accredited, or therapeutic facility that provides clinical experience and in-service education.
- Content/focus: Providing opportunities to integrate DMT skills and theory within an intensive, supervised internship experience.

Applicants will need to enter the following information for each Internship site:

*Name Internship Site:*

*Dates of Internship:*

*Description of Responsibilities:*

*Total hours of Internship:*

*Total hours of Direct Patient Contact:*

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*Total hours of Leading Dance/Movement Therapy Session:*

*Total hours of Clinical Responsibilities:*

*Total hours of ON-SITE BC-DMT Supervision:*

*Total hours of BC-DMT Individual Supervision:*

*Total hours of BC-DMT Group Supervision:*

*Population(s):*

*BC-DMT Supervisor name and credential:*

*Email:*

*Phone:*

*Date:*

Directions:

- For all additional Internship sites please create one document and upload it to your application.
- Send an **Internship Verification Form** to **each** Internship site supervisor letting them know it needs to be completed by January 15<sup>th</sup>.
- You are responsible for ensuring that they have completed and submitted the form to the ADTA office.

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## NEW STANDARDS

- The number of required internship hours varies depending on whether an individual has a clinical Graduate degree or a non-clinical Graduate degree.
  - Internship includes observing, assisting, or co-leading, leading and assuming full responsibility for program planning and dance/movement therapy treatment implementation.
  - The internship can occur concurrent with, or after completion of DMT AR coursework.
  - Internship hours may not be completed in entirety before completion of all AR coursework.
  - BC-DMT supervised R-DMT Internship, private practice or volunteer hours that are DMT specific can count towards internship hours.
  - Applicants wanting to use private practice toward their internship requirement **MUST** have submitted a 'Private Practice Letter of Intent' form to count those hours.
  - Settings can include- licensed, accredited, or therapeutic facility that provides clinical experience.
  - Internships may be designed in different ways: part or full time, in one or more settings, and near or distant from the BC-DMT. However, one internship site must be a minimum of six months or 250 hours.
  - Internships must be under continuous, supervision by a BC-DMT.
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## REQUIREMENTS –

### NON-CLINICAL GRADUATE DEGREES

Only for applicants without clinical graduate degree, AND the equivalent of two (2) years FT clinical experience, and legal credentialing/licensure in their state or country.

Prior to starting dance therapy internship, the applicant must complete 270 hours/18 semester credits of coursework:

- 135 hours /9 semester credits- DMT coursework, including:
  - 90 hours/6 semester credits- DMT theory and practice
  - 45 hours /3 semester credits- Movement Observation,
- 135 hours/9 semester credits- General Training Coursework

700 hours total (minimum six months full time or its equivalent)

- 350 hours (minimum) direct client contact, including 150 hours leading DMT sessions with clients
- 350 hours Indirect client contact e.g. clinical responsibilities, team meetings, record keeping, in-service education

Applicants will need to enter the following information for each Internship site:

*Name Internship Site:*

*Dates of Internship:*

*Description of Responsibilities:*

*Total hours of Internship:*

*Total hours of Direct Patient Contact:*

*Total hours of Leading Dance/Movement Therapy Session:*

*Total hours of Clinical Responsibilities:*

*Total hours of ON-SITE BC-DMT Supervision:*

*Total hours of BC-DMT Individual Supervision:*

*Total hours of BC-DMT Group Supervision:*

*Population(s):*

*BC-DMT Supervisor name and credential:*

*Email:*

*Phone:*

*Date:*

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## REQUIREMENTS –

### CLINICAL GRADUATE DEGREES

For applicants with a clinical graduate degree, the equivalent of two (2) years FT clinical experience, and legal credentialing/licensure in their state or country.

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Prior to starting dance therapy internship, the applicant must complete 300 hours/20semester credits- DMT coursework:

- 195 hours/13 semester credits- DMT Theory & Practice
- 105 hours/7 semester credits– Movement/Body

450 hours total (minimum six months full time or its equivalent)

- 350 hours direct client contact, including 250 hours leading DMT sessions with clients ,
- 100 hours Indirect client contact e.g., clinical responsibilities, team meetings, record keeping, in-service education,
- 250 private practice hours (maximum) may be counted toward the Internship/200 hours. must be in an institutional/team-based setting.

Applicants will need to have the following information available:

*Name Internship Site:*

*Dates of Internship:*

*Description of Responsibilities:*

*Total hours of Internship:*

*Total hours of Direct Patient Contact:*

*Total hours of Leading Dance/Movement Therapy Session:*

*Total hours of Clinical Responsibilities:*

*Total hours of ON-SITE BC-DMT Supervision:*

*Total hours of BC-DMT Individual Supervision:*

*Total hours of BC-DMT Group Supervision:*

*Population(s):*

*BC-DMT Supervisor name and credential:*

*Email:*

*Phone:*

*Date:*

Directions:

- For all additional Internship sites please create one document and upload it to your application.
- Remember to send an **Internship Verification Form** for **each** Internship site to your site supervisor to complete by January 15<sup>th</sup>.
- You are responsible for ensuring that they have completed and submitted the form to the ADTA office.

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**R-DMT ALTERNATE ROUTE INTERNSHIP SUPERVISION VERIFICATON AND EVALUATION FORM**

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70 hours total of BC-DMT supervision required, including:

10 hours (minimum) live observation

(e.g., 5 hours (minimum) observation AND 5 hours of supervision discussion)

OR

20 hours (minimum) live observation

(e.g., 10 hours (minimum) observation AND 10 hours of supervision discussion if using private practice)

If video is not possible:

80 hours total of BC-DMT supervision

90 hours total of BC-DMT supervision or those in private practice,

	Standard Internship	Internship including Private Practice
In person, video recorded, or livestream site visits	5 site visits/10 hours	10 site visits/20 hours
Total BC-DMT supervision with site visits	70 hours	70 hours
Total BC-DMT supervision without site visits	80 hours	90 hours

Applicants will need to enter the following information:

*The name and credential/license of each BC-DMT supervisors,*

*Their contact information (email/phone)*

*The total number of supervision hours*

*Type (s) of supervision for each supervisor*

*individual Session and hour amount*

*Group Session and hour amount*

*Live observed Session and hour amount*

*Total number of BC-DMT supervisors completing the Supervision Evaluation Form?*

Directions:

For all additional Internship sites please create one document and upload it to your application

Remember to send the **Internship Supervisor & Evaluation Form** to **each** supervisor to complete by January 15<sup>th</sup>.

You are responsible for ensuring that they have completed and submitted the form to the ADTA office.

## **LETTERS OF RECOMMENDATION (LOR) 2 required**

Enter the following information for each LOR writer.

Two Letters of Recommendation are required:

1)BC-DMT supervisor

*Name & credential/ License*

*Contact Information (-mail, phone)*

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2) BC-DMT supervisor or Graduate level Mental Health Professional  
Name & credential/License  
Contact Information (-mail, phone)

Directions:

- Select two individuals to submit a letter of recommendation (LOR)
  - a BC-DMT supervisor who has provided a minimum of 24 supervision hours and has observed your clinical work has seen your work within the last two years.
  - another BC-DMT supervisor or a Graduate level Mental Health professional who has seen your work.
- Remember to send an **Internship Verification Form** for **each** Internship site to your site supervisor to complete by January 15<sup>th</sup>.
- You are responsible for ensuring that they have completed and submitted the form to the ADTA office.

## **CODE OF ETHICS SIGNATURE**

*Code of ethics signature*

Directions:

- Review and sign your agreement to comply with the Code of Ethics.

## **APPLICANT SIGNATURE**

*Applicant signature/date*

Directions:

Sign and date the application form

## **FEE PAID**

Pay the fee on the website.

Non-refundable application

Fee - \$150.00

(revised 2023)