

Criteria for DMT / DMT-S
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Criteria for Dance/Movement Therapist (DMT)

PART I: Certification Requirements:

A DMT candidate must demonstrate the following: (1) Education; (2) Dance Experience; (3) Supervision; (4) Direct Client Contact hours; and, (5) Membership requirements.

1. Education:

EITHER

a) Completion of a DMTAC-accredited, post-graduate DMT program (ie. Naropa, Roehampton) that includes all the DMT coursework outlined in Part II. If the DMT program does not provide all required coursework outlined in Part II, applicants will complete all missing credits prior to application for certification;

OR

b) Masters or Doctorate (or equivalent¹) in a health-related and regulated profession² **AND** completion of DMTAC-accredited DMT coursework (ie. an Alternate Route program like the NCDT or Movement Arc) totalling all credits outlined in Part II.

OR

c) Masters or Doctorate (or equivalent ¹) in a non-regulated and/or non-health-related profession ³ **AND** completion of DMTAC-accredited DMT coursework (ie. an Alternate Route program like the NCDT or Movement Arc) totalling the credits outlined in Part II **AND** completion of DMTAC-approved coursework in clinical frameworks if deemed necessary by the ACC Review Committee.

¹ “or equivalent” is meant to include applicants who are not positioned within traditional academia. Equivalencies will be at a post-graduate level.

² a “regulated profession” is governed by a provincially or territorially mandated College in Canada of which the applicant is a current, documented member in good standing (ie. CRPO, OPPQ, CNO, etc).

³ a “non-regulated profession” is not governed by a provincially or territorially mandated College in Canada. As examples, applicants may hold a Masters/Doctorate in Dance or health-adjacent fields; or graduate-level researchers focused on DMT; or Indigenous practitioners.

2. Dance Experience:

Applicants must demonstrate a minimum of 5 years dance experience.

3. Supervision:

NOTE: The following hour requirements refer to the exclusive use of DMT. Hours accrued using other therapeutic modalities cannot be counted towards a DMT certification.

50 hours of supervision by a DMT-S^{4 5}

⁴ Minimum of **10** hours shall be one-on-one (supervisor-supervisee) OR dyadic supervision and the remainder can be group supervision. Supervision must include **3** hours of observed practice (video recording is permitted).

⁵ Supervision by recognized, designated DMT supervisors outside of Canada is accepted (ie. BC-DMT, RDMP).

4. Direct Client Contact hours

100 Direct Client Contact (DCC) (“face to face” with client/s) hours logged and validated (ie. signed by site supervisor or practice management software). Up to **25** hours can be observing or co-facilitating DMT sessions.

5. Membership

A DMT candidate must be a member of DMTAC in good standing.

PART II: Required Coursework for DMT Certification:

A DMT candidate must submit academic records from DMTAC-accredited DMT programs that demonstrate the following educational competencies. Courses with * denote courses where equivalencies will be considered. Equivalencies are determined on a case by case basis by the DMTAC Certification Committee.

1. DMT History, Theory, Practice and Professional Development (20 credits total):

a) History of DMT (3 credits);

- b) DMT Theory: Dance, Relationships, Human Development, Neuroscience (9 credits);
- c) DMT Practice (3 credits);
- d) DMT and Working with Groups (3 credits);
- e) Advanced Electives*: Specific populations, cultural diversity and social justice, DMT research; capstone project (2 credits).

2. Movement/Body (9 credits total):

- a) Movement Observation and Assessment (6 credits);
- b) Anatomy/Kinesiology (3 credits at undergrad or graduate level).

3. DMT in Clinical Practice (21 credits total):

- a) Developmental Theory* (3 credits);
- b) DMTAC Ethics Module (3 credits);
- c) Psychosocial Aspects of DMT* (3 credits);
- d) Incorporating DMT into Clinical Practice and Case Management* ⁶ (9 credits);
- e) Culturally Safe and Trauma-Informed Clinical Practice* ⁷ (3 credits or 40 hours).

⁶ Defined by the candidate's existing clinical practice (psychology, occupational therapy, physiotherapy, social work, medicine, etc.) **OR** their chosen clinical framework.

⁷ Culturally safe practice is a foundational ethical and competency requirement (see Code of Ethics sections 1, 2, 3, 5 & 6; Core

Competencies section 3). Acceptable coursework may include **documented** participation in cultural safety training outside formal academic settings, which is why an hours tabulation is also permitted. Applicants are strongly encouraged to seek training from differently-cultured communities.

DMT-Supervisor (DMT-S)

DMT-S candidates must meet the following criteria:

1. Certification: Maintain a valid DMT certification;
2. Experience: Provide documentation supporting a minimum of 800 hours of active practice using DMT techniques within the past 5 years.
3. Education: Provide documentation supporting a minimum of 30 hours of directed learning in providing supervision ⁸.

⁸ Directed learning can include course work, supervised practice as a supervisor, individual/peer/group learning, and independent study that includes structured readings.

Renewing DMT-Supervisor (DMT-S)

Once a DMT-S designation is obtained, it is renewed every **three** years along with DMT certification and DMTAC membership.

Upon renewal, an applicant will provide the following:

1. A completed renewal application;
2. A summary of at least **18** hours of supervision provided over the last **three** years to include: time, date, location and type of supervision (one-on-one/dyadic/group); and clinical status of supervisee;
3. Attestation and confirmation that they have completed **6⁷** hours of supervision-specific CEPD.

Proof of these activities may be requested. DMT-Ss are strongly encouraged to log each CEPD activity and retain all related certifications, letters of completion and/or receipts.

⁷ Hours of supervision-specific CEPD are included in the 25 hours of CEPD required every two years.

Renewing DMT Designation:

Once DMT certification is obtained, it must be renewed on a **yearly** basis along with DMTAC membership.

Upon each renewal, an applicant will provide the following:

1. A completed renewal application;
2. Attestation that the practitioner has reviewed and will abide by DMTAC's Ethics, Core Competencies and Standards of Practice.

Every **third** year, upon renewal of the certification, the practitioner will additionally submit:

1. Attestation and confirmation that they have completed **36** hours of Continuing Education and Professional Development (CEPD) which should include a variety of DMT-related educational and developmental activities ⁹.

Proof of these activities may be requested. DMTs are strongly encouraged to log each CEPD activity and retain all related certifications, letters of completion and/or receipts.

⁹ Activities may include: peer reading and/or discussion groups, related coursework, candidate's own dance/movement practice, training in DMT supervision, publishing, research, conference attendance, volunteering with DMTAC, in-service training, providing instruction on DMT for a DMTAC-accredited program, personal psychotherapy, etc.