

# INTRODUCTORY STUDIES IN DANCE/ MOVEMENT THERAPY, CERTIFICATE

Dance/movement therapy (DMT) is one of the creative arts therapies. It is a form of psychotherapy that uses movement, both creative and functional, as well as words, to help people – those who are generally healthy as well as those dealing with emotional, mental, or physical problems – to regain a sense of wholeness by experiencing the fundamental unity of body, mind, and spirit. The dance therapy certificate introduces students to the fascinating nonverbal aspects of human communication and its applications to a wide range of other fields such as social work, teaching, occupational therapy, physical therapy, and communication disorders.

Students will also be introduced to the use of movement in the fields of violence prevention, behavior management, and social skills development from a movement or body/mind perspective. Students who complete this certificate are prepared to attend graduate school in the field of dance/movement therapy, a requirement for the professional practice in this field, or to use embodied practices in related fields. In addition, students develop a repertoire of strategies to help cope with the stress and anxiety inherent in college life and develop insights into their own body/mind connections.

This certificate is also available to individuals who have already completed a bachelor's degree; see the Nondegree/Visiting Student Guide (<https://guide.wisc.edu/nondegree/>).