

**St. Mira's College for Girls in Academic Collaboration with Artsphere and The Arts  
Therapists CoLab (TATC)  
Post Graduate Diploma in Dance Movement Therapy (PGD-DMT)  
SYLLABUS**

**Total number of hours- 650+**

**Subject Code: MCR/DMT(20)042**

<b>Semester I (146 hrs)</b>	<b>Subject Code: DMT/TH/1801</b>	<b>Lectures: 114</b>
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**Learning Outcomes:**

At the end of the course, the student will be equipped to:

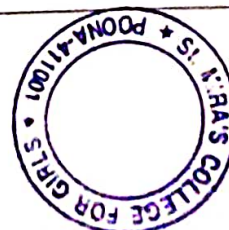
- Understand the psychological and physiological context behind the science of DMT
- Describe various schools of thought of psychology that inform DMT
- Explore the ways to work in a variety of settings
- Describe ethical boundary setting in DMT work
- Understand cultural diversity in DMT work

<b>Unit 1: Introduction to Dance Movement Therapy</b>	<b>(24)</b>
<ul style="list-style-type: none"> <li>• Definition and History of Dance Movement Therapy</li> <li>• Introduction to Body-Mind Nexus</li> <li>• Principles and Objectives of DMT</li> <li>• Role of dance in Mental and Physical health</li> </ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	<i>Jaya</i>
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	<i>Hasina</i>
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>

*Alumni*

*Ms. Trupti Podaval*



**Unit 2: Theoretical Reference to DMT**

(22)

- DMT and its relationship with different schools of psychology
- Critical discussion of psychodynamic literature and its application to DMT
- Theories about ethical boundary setting in DMT work

**Unit 3: Tools and Techniques of DMT**

22

- Experiential and theoretical work around:
  - Embodiment
  - Attunement
  - Kinesthetics
- Psychophysiology
- Introduction to Process work

**Unit 4: Cultural Competence**

24

- Understanding Cultural Diversity
- 6 models of cultural empathy
- Social Psychology theories about culture
- Cultural sensitizing through critical reflection

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VC Nominee	Dr. Amruta Oke	Amruta
Industry Expert	Ms. Sandy Dias Andrade	Sandy

Amruti

Ms. Trupti Padwal



**Unit 5: Developing Movement Language**

22

- Laban Movement Analysis
- Anatomy and Kinesiology

**Assignments and library hours (16 hours)****Facilitation and reflection Hours (16 hours)**

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Alumni

Ms. Trupti Potdaval

