

**RESOLUTION OF THE GENERAL ASSEMBLY
OF THE POLISH DANCE/MOVEMENT PSYCHOTHERAPY ASSOCIATION**

dated October 25th, 2020

on the matter of adopting new criteria of accrediting DMT trainings by the Polish Dance/Movement Psychotherapy Association, updated on the basis of EADMT standards

On the basis of §39 of the Articles of Association of the Polish Dance/Movement Psychotherapy Association the General Assembly adopts the resolution on the following criteria of training accreditation:

§1. General requirements

- 1) An accredited training is a training which had fulfilled the below-mentioned criteria, had undergone a procedure of accreditation of the Polish Dance/Movement Psychotherapy Association and has received its recommendation.
- 2) The training has a form of the second cycle Higher Education (Masters level studies) or a post-graduate level studies and lasts minimum 2 years (for a full-time studies) and 4 years (for external studies). The training includes 3000 hours which include classes, internship, supervision and personal work of the student.
- 3) The training should be held in a closed group and follow a comprehensive, cohesive and structured curriculum. The training organizers provide a space suitable for facilitating a DMT group in movement.

§2 Criteria for Entry

- 1) The training follows a specified procedure of qualifying students. The qualification process must include the aspect of movement. The Qualifying Committee assesses whether the candidates fulfill the following criteria:
 - a. They have graduated or will shortly graduate from a Masters level study (to apply for the post-graduate level training).
 - b. They participated in an Introductory DMT course (min. 12 educational hours of the basic principles of DMT)
 - c. They have at least 3-year experience in dance or other movement form.
 - d. They are able to improvise, relate and communicate both in dyads and in a group, as well as use symbolic and spontaneous expression in movement.
 - e. They either are experienced or express interest in social work, care services, healthcare, psychological or pedagogical services.
 - f. They present a maturity essential to be trained as a psychotherapist.

§3 The Programme Faculty

- 1) The teachers are certified dance/movement psychotherapist, who:
 - have a minimum of 3 years full-time equivalent supervised DMT practice
 - have been/are engaged in research and/or publication activities in the realm of DMT

- have at least 100 hours teaching experience and training of adults
- 2) The teaching staff of the training includes minimum 3 DMT supervisors.
 - 3) The training collects regular surveys on the teacher evaluation from the students.
 - 4) The training provides mentoring and support to the faculty members.

§4 The Curriculum

The training should comprise of at least 800 hours of theory and practice taught by the faculty members and include:

- 1) Movement Observation and Analysis as well as Experiential Anatomy including Somatic Practices – min. 100 hrs
- 2) DMT History and Theory – min. 24 hrs
- 3) DMT Approaches, Methods & Applications – min. 160 hrs
- 4) DMT group facilitation – min. 80 hrs
- 5) History of psychotherapy and therapeutic models: incl. theories of creativity, healing, self-psychology, developmental psychology, neurobiology, social pedagogic applications – min. 80 hrs
- 6) Psycho-pathology– min. 40 hrs
- 7) Research methodology in DMT – min. 20 hrs
- 8) DMT practice including:
 - empathy practice: mirroring, attuning, establishing and building nonverbal relationships, kinesthetic empathy and support
 - group facilitation: using structure, holding boundaries, identifying and working with individual and group themes, using symbolic movement and movement metaphor, integrating verbal and non-verbal material
 - key therapeutic skills: therapeutic relationship, transference and countertransference, verbal and nonverbal interventions, boundaries of a therapeutic relationships, ending a therapeutic process

The abovementioned skills need to be discussed and applied both in training as well as clinical practice with children and adults, in individual and group therapy with different types of diagnosis.

§5 Internship

- 1) During the training the student engages in clinical practice, following the Polish Dance/Movement Psychotherapy Association's Code of Ethics.
- 2) When starting internship the student is required to be a supporting member of the Association.
- 3) Minimum 2 years of clinical internship are required, during which the student needs to facilitate at least 160 hours of DMT with at least two different populations of clients. The practice needs to include working with both children and adults:
 - min. 120 hrs of group facilitation
 - min. 40 hrs of individual sessions
- 4) The clinical practice should take place in an educational, medical or therapeutic institution, a public benefit organization or other institution which assigns an internship manager and takes formal responsibility for the overall process of client's therapy.

§6 Supervision

- 1) The student is required to fulfill at least 150 hrs of supervision, which include at least 40 hrs of individual supervision. At least 120 hrs need to be provided by a certified DMT supervisor.
- 2) The training institution recommends all the required supervisions to be provided by supervisors of DMT or other body-oriented psychotherapy models.
- 3) The training institution is obliged to monitor the supervision of student's clinical internship.

§7 Personal Therapy

- 1) Student is required to fulfill at least 100 hrs of personal therapy in the period of not less than 2 years concurrent with the programme.
- 2) Personal therapy process is facilitated by a certified psychotherapist who graduated from a comprehensive psychotherapeutic training, fulfilling all standard requirements in that therapy model.
- 3) The training institution recommends receiving personal therapy from a certified dance/movement psychotherapist or other body-based psychotherapist.
- 4) Student's psychotherapist must not be the faculty member of their training programme nor their supervisor.

§7 Assessment

- 1) Student's progress assessment: The training faculty performs an assessment not less than twice a year. If courses/modules are taught by different faculty members, each tutor is required to complete an evaluation for each student following their course/module.
- 2) Term papers and final essays:

Student is required to file or present:

- at least one essay or creative presentation a year, comprising of 2500 words, including reflections on the personal learning experience/personal process/group process presented in the context of theory and practice and referring to appropriate literature
 - two essays of 3000 words about key therapeutic concepts recognized in the practical part of the training process
 - in the final year of the training: a case study of 5000-6000 words, based on theory and practice, describing 1-2 sessions in terms of their meaning in the client's overall process. As a requirement the case study should also be presented verbally.
- 3) Other forms of assessment:
 - Facilitating a warm up
 - Presenting thoughts on student's group or individual process facilitation
 - 10-15 minute presentation on a specific population of patients and applications of DMT in working with this population
 - 4) The Final Paper, of 10 000 words, should include:
 - research
 - creative exploration of a chosen theme
 - writing
 - editing

§9 Programme Evaluation

The training institution performs an evaluation of the: curriculum, the ways of achieving curriculum goals, training organization as well as individual faculty members and students' evaluation of the training. The most recent evaluation documents including all the abovementioned categories need to be presented to the Accreditation Committee when applying for an accreditation renewal.

§10 Final regulations

- 1) The resolution on the matter of adopting criteria of accrediting DMT trainings by the Polish Dance/Movement Psychotherapy Association dated April 27th, 2014 is hereby cancelled.
- 2) The new resolution comes in force with the approval of the General Assembly on October 25th 2020.