

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

dated March 1st, 2020

on the matter of a change made in the resolution dated April 27th, 2014 regarding the monitoring of professional development of dance movement psychotherapists.

The General Assembly decides on the following change in point 1 paragraph 2 of the resolution.

The existent wording:

“The above condition does not apply to the training graduates in the first year after completing the training, understood as completing participation in teaching sessions.”

New wording:

“The above mentioned requirements apply to all ordinary members of the Association, as well as supporting members who completed the 4th year of the training, which is understood as completing participation in teaching sessions.

Meeting Secretary
[signature]

Chairman of the Meeting
[signature]

Warsaw, March 1st, 2020

RESOLUTION OF
THE GENERAL ASSEMBLY
OF POLISH DANCE/MOVEMENT PSYCHOTHERAPY ASSOCIATION DATED APRIL 27th,
2014

on the matter of the monitoring of professional development of dance movement psychotherapists

In accordance with §39 of the Statute of the Polish Dance/Movement Psychotherapy Association, the General Assembly adopts the following regulations regarding Professional Development of the Dance Movement psychotherapists:

§1.

1. The goal of the Professional Development (PD) of a dance movement psychotherapist is the improvement of their work quality and the development of their professional practice. The following instructions regarding professional development are meant to work for the benefit of the patients, clients, the team and/or the students.

2. The goal of the PD monitoring is to make sure that the members:

- run an up-to-date documentation of all activities connected with PD
- develop and acquire new skills connected with their current or future professional practice
- contribute to the further development of DMP
- take responsibility for their own professional development

§2

Requirements:

1. At least 15 hours per year of documented activities undertaken for the sake of one's own professional development. In extraordinary situations – 30 hours per two years. It is necessary to inform the Board in writing about the impossibility of fulfilling the requirements in a given year. The following requirements apply to all ordinary members of the Association, as well as supporting members who completed the 4th year of training, which is understood as the completion of participation in teaching sessions.
2. PD should be varied and balanced as much as it is possible regarding the following categories:
 - research and publications, conference presentations;
 - trainings regarding work management and organization, work in the Board of the Association;
 - development of clinical skills: workshops, conferences, seminars, movement groups;
 - other, developing DMT therapeutic skills.

§3

PD Documentation:

PD should be documented according to the form which constitutes Appendix 1 of this regulation.

§4

PD Monitoring:

The Association requires the PD conducted in a given year to be discussed with a colleague – a DMT therapist – or a supervisor, who signs the form. The year is measured from the beginning of October until the end of September of the following year. The members are obliged to fill in the form by the end of September of a given year to document the action taken regarding PD. Every year, the Ethical Committee of the Association monitors the PD of three members, selected randomly, who are obliged to submit the form within 14 days. In case of the document is not submitted within 2 months, the member might be suspended in their rights. In case the submitted form which does not fulfil the PD criteria, the member might be asked to supplement PD within 3 months. Not fulfilling this requirement might result in suspension in rights of the member of the association.

§5

Supervision

A member who is a supervisor is required to fulfil the minimum of 1 supervision for every 20 hours of clinical work, or the minimum of 2 hours of supervision a month. On the level of a certified psychotherapist, it is required to fulfil the minimum of 1 supervision for every 10 hours of clinical work, or the minimum of 1 supervision a week. On the level of a psychotherapist during certification process, it is necessary to fulfil the minimum of 1 supervision per 5 hours of clinical work, or the minimum of 1 hour of supervision per week. Every year, the members fill in a form containing the name of the supervisor, and confirm by signing the form that they have completed the required number of supervisory hours. Every year, the Association monitors the participation in supervision of three members, chosen randomly, who are obliged to submit the confirmation within 14 days.

§6

I. PD documentation of at least 15 hours (100%) a year should include activities from different areas, with a maximum of 10 hours from one of the areas mentioned below:

- 1) practicing some form of movement/work with body
- 2) participation in workshops, conferences, seminars, courses (confirmation of participation)
- 3) publications regarding DMT
 - a) writing an article or a chapter (a copy of the title page)
 - b) editing texts (declaration)
 - c) producing a video for educational purposes (declaration)
- 4) Research activity
 - a) membership in a research group (confirmation of membership)
- 5) Work for the benefit of the Association
 - a) member of the Board of the Association for a year (confirmation)
 - b) Member of a Committee of the Association (confirmation)
 - c) delegate of the Association for a year (confirmation)
 - d) other form of work for the benefit of the Association (declaration/confirmation)
- 6) Reading topic-related literature during the period of 1 year (reading list)

II. Activities fulfilling 100% of PD requirements:

- undertaking a comprehensive therapeutic training
- undertaking a training regarding DMT or body work, which lasts at least 6 months
- undertaking a training regarding movement or art therapy, which lasts at least 6 months

- studies in psychology
- conducting research regarding DMT

§7

This resolution and its provisions in the current wording become binding with the date of its adoption, that is March 1st, 2020.

Chairman of the Meeting

Secretary