

## Introduction to Dance Movement Psychotherapy - Short Course

### Working with movement, strengthening the therapeutic relationship



*Dance Movement Psychotherapy (DMP) is a unique form of therapy that engages the client in a movement dialogue with the therapist. DMP acknowledges the essential place of the mind-body relationship in becoming self-aware and reaching optimum health and wellbeing.*

This **14-week course** provides a weekly opportunity for professional and personal development. You will explore movement, creativity and communication in the context of relationship, growth, health and emotional wellbeing. Classes are experiential and seminar based to meet students' different learning styles, and mirror the rich variety of DMP models that include action oriented and person centred approaches. The course has an open access policy and is not a credit bearing programme, however attendance on the course may count towards Continuous Professional Development and a certificate of attendance is provided on completion. Participants might work or volunteer in the voluntary sector services, nursing, occupational therapy, psychology, dance, teaching, social care services, holistic and complementary therapies or simply be seeking new perspectives on life and occupation. This introductory course is a useful stepping stone for acquiring experience and knowledge before applying for the MSc in Dance Movement Psychotherapy that will offer a full professional qualification.

*This course will energise all who participate. How better to spend a winter's evening?*

There are no formal entry requirements and this course provides no professional registration. **Please note** that this is *not for personal therapy*. Although engagement in learning and experiential workshops can be therapeutic in themselves, participants are requested to take full responsibility for their health and well being while in attendance on this Short Course.

#### **Duration and Location**

Wednesday evenings, from October to March, 6.30-8.30pm at Queen Margaret University, Musselburgh

#### **Fees**

**Waged: £700 Concessions: £400.**

Visit [http://www.qmu.ac.uk/at/Introduction\\_to\\_dance\\_movement\\_psychotherapy.htm](http://www.qmu.ac.uk/at/Introduction_to_dance_movement_psychotherapy.htm) for further details and an application form or contact Dr. Vicky Karkou by email at [vkarkou@qmu.ac.uk](mailto:vkarkou@qmu.ac.uk).