PRATT INSTITUTE

DANCE/MOVEMENT THERAPY

LOW RESIDENCY PROGRAM

Pratt's Creative Arts Therapy Department houses some of the oldest graduate programs in the country. We offer unique process-oriented degrees that train students to work in depth with clients. Creativity and the artistic process are fundamental to our philosophy.

Dance/Movement Therapy is where psychology and creativity meet to help us help others. Through experiential, embodied learning and immersive clinical training, you'll discover the curative nature of the creative process and the healing potential of art.

Program Overview

Creative, aesthetic, and psychotherapeutic theory come together in everything we do.
Movement is central in every course and is used to learn a range of therapeutic skills. Experiential processes translate the theoretical framework into personal and practical application. You'll acquire skills to work with participants of diverse, intersecting identities over the course of two years of clinical training.

The degree takes approximately 2½ years to complete. The Low Residency format is an adult-learning, intensive model. Many of the students live outside of New York. In March, students take two 3-credit classes over 9 days (online over zoom) In June students travel to Pratt's Brooklyn campus for 5 weeks of intensive in person course work. Papers / Final assignments are generally due in the fall semester, enabling the students to integrate their readings, classroom experience and clinical training experiences. Clinical Training is completed during the duration of the two years of scheduled Academic Year study, during fall and spring semesters. Students complete their clinical training in their home locale supported by weekly supervision conducted via Zoom.

What will I earn?

- Master of Science

How long will it take?

- 8 Semesters: 60 credits (not considered full-time)
- **Note to international students**: The Intensive Format is not eligible for an I-20 to be issued or to get an Fl Visa.

What does clinical training consist of?

- Internships are a vital part of Pratt's hallmark experiential learning process.
- Students complete 2 years of clinical training from September through May, resulting in 960 total hours.
- Students intern at 2 different settings in each of the 2 years, receiving clinical supervision from at least 4 professional DMTs.

What about research?

- Students register for Research / Thesis and Thesis in Progress.
- Working individually with a DMT faculty thesis advisor, the student pursues a particular topic of their choosing.
- The culminating thesis is a synthesis of knowledge and contribution to the field.

What other programs do you offer in Dance/Movement Therapy?

- We also offer an Academic Year full-time program, also 60 credits but completed in 2 years (4 semesters).

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Who is eligible?

- Applicants must have a bachelor's degree, preferably in dance or psychology.
- Prerequisites include 6 credits in psychology to include Abnormal and Developmental Psychology, plus 1 credit in Anatomy/Kinesiology.
- All prerequisite courses may be taken on an undergraduate level, but must be taken from an accredited institution for academic credit.
- Applicants may start classes with half of the psychology credits, but all other prerequisites must be completed before starting the program.
- Movement experience can be gained from formal college credit or studio experience.
- Applicants must also have extensive experience in at least two idioms of dance, one of which must be modern dance.
- Applicants must have experience in body/mind modalities, such as meditation, yoga, and body therapy.
- A personal interview will be required, part of which will include movement.

What can I do to prepare for graduate school?

- Engage in your own creative practices as a means of self-exploration and expression.
- Show you have a desire to work with people by volunteering or working with a human service, medical, educational or similar agency.
- Participate in your own personal therapy to develop self-awareness.
- Foster curiosity and openness to learning.

Helpful Resources

- Visit our Dance/Movement Therapy website page here
- Visit our Dance/Movement Therapy MS Plan of Study
- Learn How to Apply
- Contact the department at adt@pratt.edu

What about credentials?

- A master's degree is the required entry level for the Dance/Movement Therapy vocation.
- Pratt's MS in DMT is approved by the Committee on Approval by the American Dance Therapy Association (ADTA) as well as by the New York State Education Department (NYSED).
- Pratt graduates are eligible to obtain registry as a Dance/Movement Therapist (R-DMT) by the ADTA.
- The pathway to become board certified (BC-DMT) is overseen by the Dance/Movement Credentials Board (DMTCB) and shows one is highly trained and competent.
- Pratt graduates are eligible to obtain licensure as a Creative Arts Therapist (LCAT) by the New York State Office of the Professions.
- While Pratt's programs include classes required by many states, we can not guarantee that every state will accept a Pratt education for licensing.
- In fact, every state sets its own regulations for what classes need to be taken to obtain licensure.

How do I know what DMT program is right for me?

- While one should remain open to what the future can hold, consider where you might want to settle once working and investigate the state's regulations.
- Review the course of study, note faculty, and consider clinical training opportunities.
- Choose the program that you are drawn to and that will help you to grow.
- For more information: https://www.adta.org/become-a-dance-movement-therapist

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