



"The body is living art. Your movement through time and space is art. A painter has brushes. You have your body."

ANNA HALPRIN

**Artsphere in
curriculum
consultance with The
Arts Therapists CoLab
and academic
collaboration with St.
Mira's College for
Girls, Pune
presents**

**PG DIPLOMA IN
DANCE MOVEMENT
THERAPY 2022-23**



St. Mira's College for Girls

St. Mira's College for Girls is a part of the 'Mira Movement in Education'. Founded in the year 1962, St. Mira's is a dream realization of the progressive, visionary, saint, philosopher Sadhu T.L. Vaswani. The college enjoys the rare honour of being the first city college, affiliated to Pune University, to be accredited by NAAC as also the first accredited Arts and Commerce college to go autonomous.



Artsphere

Founded by a sister duo, who are psychologists as well as performing artists by passion and profession, 'Artsphere' is a conjunction of their dreams and a premier Performing Arts and Therapy space in Pune. Artsphere is multi-utility arts venue that fosters participation, engagement with the performing arts, and offers therapeutic and spiritual initiation and expressive arts based activities through its brand Soulsphere. It is also the pioneer of Dance Movement Therapy in Pune and has been successfully running this course, as well as courses in Visual Art Therapy for the past 6 years.

Website:
www.artspherepune.com



The Arts Therapists CoLab

The Arts Therapists CoLab

The Arts Therapists CoLab is a pioneering venture by two creative arts psychotherapists, who felt the need to bring up collaborative work amongst arts therapists and promote well-being through the use of arts therapies in India. The organisation holds pride in bringing focus to ethical practices that are being upheld by qualified pioneers in the field of creative arts therapies. This endeavour intends to support mental health ventures that are psycho-educational and therapeutically inclined, with the aim to create compassionate, non-judgemental, safe, inclusive and empathetic spaces using the arts.

Website:
www.artstherapists.com

About Us



The Indian Association of Dance Movement Therapy (IADMT), defines DMT as a psychotherapeutic method that uses movement and creative expression to further socio-emotional, cognitive and somatic integration. This approach is based on the principle that the body and mind are integrated and helps in self-expression to bring about a change in the total functioning of an individual. DMT is for individuals of all ages, gender, races and ethnic backgrounds in individual, couples, family and group therapy formats.

What does the PG Diploma in Dance Movement Therapy offer?

The course is an in-depth study of theoretical and psychological approaches in DMT, process work, tools and techniques, ethical considerations, cultural sensitivity, understanding diverse populations, self-work, one-on-one work, skills development, group dynamics, movement analysis, research and documentation. Participants are also trained in facilitation skills, structuring of sessions and verbal processing. Ultimately the course will enable participants to facilitate movement therapy with adults and children with therapeutic needs.



**About the
Program**



The PG Diploma in Dance Movement Therapy is an 800+ hours approved programme by,

St. Mira's College For Girls, Pune

(Autonomous - Affiliated to Savitribai Phule Pune University Reaccredited by NAAC 'A' Grade)

& TATC – The Arts Therapists Colab.

****Please note that holders of the diploma degree can call themselves 'Dance Movement Therapy Practitioners' and not 'Therapists'****



**Course
Credentials**

- **History and schools of Dance Movement Therapy**
- **Dance Movement Therapy Theories**
- **Psychodynamic Psychotherapy,**
- **Analytical Psychology**
- **Humanistic Psychology theories**
- **Counselling skills**
- **Facilitation and verbal processing skills**
- **Research in Dance Movement Therapy**
- **Buddhist Philosophies & DMT**
- **The Chakra System & DMT**
- **Supervised internship and self-work**

SUPPORTIVE MODULES

- **Students must complete 36 hours of personal therapy during the training and internship period.**
- **Group Process work will be conducted during every unit.**
- **Each Semester will consist of assignment and library hours**
- **Each Semester will consist of facilitation and reflection hours Students will be asked to choose a setting and undergo a supervised internship.**



****Please note, all the course material is taught experientially as well as through theoretical discussions. ****

**Brief
Course
Overview**



Term I:

3rd September - 26th September, 2022 (online)

31st October - 12th November, 2022 (onsite)

Term II:

25th November - 12th December, 2022 (online)

6th January - 23rd January, 2023 (online)

Term III:

11th February - 23rd February, 2023 (onsite)

17th March - 3rd April, 2023 (online)

Term IV:

28th April - 15th May, 2023 (online)

10th June - 22nd June, 2023 (on-site)

****Please Note that for Online Modules, learning days/sessions would be Friday to Monday:**

Friday & Monday - 5 pm to 8 pm

Saturday & Sunday - 10 am to 4.30 pm

****All onsite/in-presence sessions will be from 10 am to 5.30 pm**

****Course dates are tentative. Timings are subject to change to accommodate the guest lecturers. Prior notice of changes will be emailed to students.**

****A 15 min recess is given twice a day along with a one-hour lunch break.**

****Presence is mandatory whether online or on-site. 10 am - 5.30 pm or 10 am to 4.30 pm are marked full days & 5 pm - 8 pm are marked half days.**

**Course
Schedule**



- **Applicant should be a graduate with a bachelor's degree in any subject.**
- **An introductory Psychology module will be conducted prior to the course commencement and will be mandatory for all the students belonging to a non-psychology background.**
- **A 90% attendance is crucial for course completion and certification.**
- **Outstation students have to arrange their own accommodation.**
- **All applicants will undergo a two-part interview screening as part of the selection process.**

****Please note that the Introduction to Psychology course, is a separate offering at a cost additional to the PG Diploma in DMT.**

****All applicants have to pay INR 100/- towards the application form.**

****Applicants have to clear both the interview rounds in order to be accepted into the course - one telephonic/video interview and one video submission of their movement repertoire.**



**Eligibility
Criteria**

Total Fees INR 1,43,000/-

Students paying at one go are eligible for below discount schemes.

Prompt Payment month and scale of discount:

Month	Net Payable
1st May till 30th June, 2022	INR 1,28,700/-
1st July till 31st July, 2022	INR 1,31,560/-
1st Aug till 31st Aug, 2022	INR 1,35,850/-

Deferred Payment Plan

Total Fees	INR 1,43,000/-
Early Bird Discount	INR 5,720/-
Total Payable	INR 1,37,280/-

Installment 1	INR 34,320/-	At the time of admission
Installment 2	INR 34,320/-	before 3rd Sep, 2022
Installment 3	INR 34,320/-	before 31st Dec, 2022
Installment 4	INR 34,320/-	before 31st March, 2023
Total	INR 1,37,280/-	

Payment Terms

1. The discounts offered are only on one time payment of the fees.
2. Bulk payment discounts and early bird discounts cannot be combined.
3. Students who wish to pay via Deferred Payment Plan are eligible for an early bird discount.
4. For the Deferred Payment Plan, the student needs to submit a written application to The Principal, St. Mira's College for Girls, Pune
5. One time payment discounts are valid, according to the month selected. If you pay in next month, discounts valid for that month only will be applicable.

Fee
Information



ANSHUMA KSHETRAPAL, Co-Course Director
Drama & Movement Psychotherapist
M.A. Psychosocial Clinical Studies | M.A. in Drama & Movement Therapy
Founder - Color of Gray Cells
Co-founder - The Arts Therapists Co Lab
Vice President - Indian Association of Dance Movement Therapy



TRIPURA KASHYAP, Faculty
Pioneer of Dance Movement Therapy in India
M.A. in Psychology
Co-founder - Creative Movement Therapy Association of India (CMTAI)
Guest Faculty - Psychology Department, Ashoka University,
M.A. Performance studies, Ambedkar University, Delhi



PREETHA RAMASUBRAMANIAN, CO-Course Director
Dance Movement Psychotherapist
M.A. in Dance Movement Psychotherapy | M.Sc in Psychology
Founder - Kinesthetics
Co-founder - The Arts Therapists Co Lab
President - Indian Association of Dance Movement Therapy



ANUBHA DOSHI, Faculty
Psychologist, Arts-based Therapist, Mindfulness based Practitioner
M.A. in Clinical Psychology
Pursuing the doctoral programme in Expressive Arts Therapy from the
European Graduate School, Switzerland
Founder – Artsphere and Soulsphere, Pune
Guest Faculty - Psychology Department, Pune University



DR. JAYA RAJAGOPALAN, Faculty
Principal In Charge
H.O.D. Psychology Department
St. Mira's College for Girls, Pune
Ph.D. Clinical, Counselling & Applied Psychology

*along with other nationally and internationally trained
guest lecturers and webinar faculty*

Faculty



- The on-site training will take place in Artsphere, a studio located in Kalyani Nagar in Pune and St. Mira's College for Girls, in Koregaon Park, Pune.
- Artsphere is a large, well-lit and adequately equipped studio with space for movement exploration and academic trainings. It offers facilities such as projector, audio system, teaching equipment, musical instruments and more.
- St. Mira's College is an academic institution well equipped for comfort, convenience, and academic pursuits. Apart from large and airy lecture rooms - equipped with learning facilitators like LCD Projectors and Smart Boards to facilitate ICT - enabled teaching, the college also has a well-equipped Psychology Lab, as well as a richly-stacked, well-lit and ventilated college library extending over two floors.



**Facilities &
Resources**

ADMINISTRATIVE STAFF

**Atul Prabhale - Admin Coordinator -
+91 9561720001**

**Vidhisha Devnani - Course Coordinator -
+91 7507202640**

**Amit Khandare - Finance & Accounts
Manager - +91 9764800053**

**Email:
courses@soulspherepune.com**



**Contact
Us**