



The Arts Therapists CoLab



"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 2023-24**



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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.

"If you just set people in motion they'll heal themselves."

GABRIELLE ROTH

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 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

**A b o u t
U s**



The Arts Therapists CoLab

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**



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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**



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- **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 Practices & 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**



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Term I:

23rd September - 19th October, 2023 (online)

30th November - 14th December, 2023 (onsite)

Term II:

5th January - 22nd January, 2024 (online)

9th February - 25th February, 2024 (online)

Term III:

11th March - 25th March, 2024 (onsite)

19th April - 29th April, 2024 (online)

Term IV:

17th May - 25th May, 2024 (online)

17th June - 30th June, 2024 (on-site)

16th September - 21st September, 2024 (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 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**



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- **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 500/- 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**



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Total Fees - INR 1,45,000/- (For Domestic Students)

Students paying at one go are eligible for a Prompt Payment Discount - INR 1,30,000/-

Deferred Payment Plan (For Domestic Students)

Total Fees	INR 1,45,000/-
Discount	INR 5,000/-
Total Payable	INR 1,40,000/-

Installment 1	INR 70,000/-	At the time of Admission
Installment 2	INR 70,000/-	On or before 5th Sep, 2023
Total	INR 1,40,000/-	

Total Fees - INR 1,90,000/- (For Foreign Nationals)

Prompt Payment Discount - INR 1,75,000/-

Last Date for Admission is 31st July, 2023!

Payment Terms

- 1. Prompt Payment Discount is applicable on one-time payment.**
- 2. Deferred Payment Plan and Prompt Payment Discount 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**





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ANSHUMA KSHETRAPAL, Co-Course Director
Drama & Movement Psychotherapist
M.A. Psychosocial Clinical Studies | M.A. in Drama & Movement Therapy
Founder - Color of Grey Cells | Vice President - Drama Therapy India
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 - World University of Design (Delhi), Sancheti
Healthcare Academy (Pune) & CMTAI (Bengaluru)



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



ANUBHA DOSHI, Faculty
Expressive Arts Therapist, Mindfulness based Psychotherapist
M.A. in Clinical Psychology
Pursuing the Doctoral Programme in Expressive Arts Therapy from the
European Graduate School, Switzerland
Founder – Artsphere and Soulsphere, Pune



DR JAYA RAJAGOPALAN, Faculty
Principal In Charge
Professor and Head, Department of Psychology
St. Mira's College for Girls, Pune
Ph.D. Psychology

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

Faculty



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- **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**



The Arts Therapists CoLab

ADMINISTRATIVE STAFF

**Atul Prabhale - Admin Coordinator -
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Coordinator - +91 7507202640**

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**Contact
Us**