

POST GRADUATE DIPLOMA IN DANCE MOVEMENT THERAPY (PGD-DMT)



Visit Our Website

www.sha.edu.in

Course Overview :

Dance Movement Therapy (DMT) is an innovative and powerful form of therapy that utilizes movement and dance to promote emotional, physical, and mental well-being. This course helps you gain a comprehensive understanding of DMT principles, techniques, and their application in various therapeutic settings.



Sancheti Healthcare Academy (SHA):

Sancheti Healthcare Academy (SHA) is a dedicated centre for imparting knowledge in Healthcare Management, Hospital Management and Physiotherapy. It was established with an aim to provide the highest possible education in the Health and Welfare domain.

VISION:

To establish & provide the best possible education in Dance Movement Therapy (DMT) & enhance the physical & mental well-being of our community.

MISSION:

- Inculcating knowledge in individuals and creating a holistic healthcare environment for the advancement of physical and mental well-being.

USPs & Course Highlights

- International faculty and top Indian faculties offering a cross-cultural understanding of DMT
- In-depth theoretical and practical training in Dance Movement Therapy



- Hands-on experience through an internship, where you will work directly with clients under the guidance of experienced professionals

Details of the Programme

1. The Post Graduate Diploma in Dance Movement Therapy is a 400 hours Course including 100 hours of Internship.
2. It covers the fundamental theories and approaches in psychology and DMT while also exploring other creative arts therapies.
3. This course aims at bringing the best of global practices and blends it with the rich dance and cultural heritage of our country.
4. Each module involves written or practical assignments, with a final project to be submitted at the end of the course.
5. Classes will be held in online mode, on Mondays, Wednesdays and Fridays, between 6pm-9pm.
6. Admission process will involve an online application form followed by an online interview.

- **Course Duration:** Duration: 9 Months (Plus Internship)
- **Eligibility:** Any Graduate (No Age Criteria)
- **Fees:** 1,25,000 (Installment On Demand)



Who can apply?

Any graduate with a passion of using movement as a therapeutic tool can benefit from this course.



This course is an excellent opportunity for:

- Dancers and Theatre artists
- Psychologists, Counsellors and Wellness coaches
- Special Educators.
- Occupational and/or Speech Therapists.
- Physiotherapists.
- Corporate Trainers.
- Anyone looking to work within the Health Services with an integrated approach towards holistic well-being.

Work as a Dance Movement Therapy Facilitator !

Work Areas include:

- Schools addressing Special Populations
- Educational Institutes
- Corporates
- Geriatric centres
- Oncology and other chronic illnesses



Faculty Members



TRIPURA KASHYAP

M.A Psychology,
Dance Movement therapist,
Hancock Center, Wisconsin, U.S.A.



JANHAVI PATHAK

Expressive Movement
Therapist.



DEEPMALA KHERA

Expressive Art and
Movement Psychotherapist.



TANVI BAJAJ

Laban Movement
Analyst, Somatic Movement
Therapist & Psychologist



DR. FARHEEN PATEL (PT)

MPT community
Physiotherapy



KHUSHI BARJATYA

Art Therapist

Modules In PGCDMT

- Theory and Practice of Dance Movement Therapy
- Therapeutic Dance in Education
- Anatomy, Kinesiology, Laban Movement Analysis
- Schools of Psychotherapy
- Research Methodologies in DMT
- Group processes in DMT
- Indian Folk and Classical dances in DMT
- Music Therapy in DMT
- Art Therapy in DMT
- Storytelling in DMT
- Drama Therapy in DMT
- DMT for children in adolescents
- DMT for older adults
- DMT for Trauma Survivors
- Movement Studies

Website : www.sha.edu.in

Email: dmtenq.sha@gmail.com

Contact: 9112202212 / 8888893944



Sancheti Healthcare Academy, Pune

11/12 Thube Park, Shivajinagar, Pune – 411 005