

NAVIGATING THE ALTERNATE ROUTE PROCESS.....

Undergraduate Courses/training

Recommended majors: dance and /or psychology

Graduate Courses/Training

Must have the following degree: Masters or higher in a mental health field OR Masters + general training psychology courses

Post-Graduate Work/Training

AR requirements can be taken concurrently with or following the completion of MA degree.

Dance training: (5 years concentrated study/practice): Concentrated study in at least one dance form such as modern, ballet, jazz, tap, folk or ethnic, leading to competence in the fundamentals of dance. Can occur any time in applicant's lifetime.

Kinesiology: (15 hrs/1 crs) Can be taken at an undergraduate or graduate level.

Movement Observation: (90 hrs/6 crs) Can be taken at an undergraduate or graduate level.

There is no single path for Alternate Route training. This chart reflects the range of acceptable timing for the various requirements.

Check the R-DMT Applicant Handbook for specific additional details about information listed here.

(Note: credits are semester credits not quarter credits)

Master's degree: Any Master's (a mental health degree is necessary for state licensure). Must be completed by time of R-DMT application.

General training: (270 hrs/18 crs)
180 hrs/12 crs basic psychology courses,+ 90 hrs/6 crs advanced psychology /counseling courses.
MUST be at graduate level. (see R-DMT App. Handbook for specific details)

DMT Theory and Practice: 270 hrs/18 crs AND DMT Group Process – 45 hrs/3crs
SUBMIT "LETTER OF INTENT" DURING FIRST DMT COURSE -Start with Introductory/Beginning level courses; then Intermediate level courses; Finally advanced/ specific populations & applications; Movement Observation sooner & DMT Group Process later. (Doesn't have to be offered through a university.)

Fieldwork: (200 hour/3 months full time or its equivalent)
Must be in a clinical setting and supervised by a licensed mental health professional (can be part of applicant's Masters degree program)

Internship: (700 hours/ min. 2 populations)
Prior to Internship complete (1) Fieldwork; (2) 90 hrs/6 crs DMT courses; (3) 45 hrs/3 crs Movement Observation & (4) 135 hrs/9 crs General Training. Interns must have a BC-DMT supervisor. Check Applicant Handbook for specific course requirements.

R. DMT Application

Due Jan 15th