ADTA SUPERVISION GUIDELINES

All supervision by telephone, mail, or electronic means, must strictly maintain confidentiality. Do not use names or other identifying characteristics when discussing clients.

Registered Dance/Movement Therapist (R-DMT) Competencies

A. Integration of knowledge and skill generic to dance/movement therapy theory and practice where emphasis is on utilization of dance/movement therapy as the process of intervention.
B. Knowledge of dance, movement skills, and aesthetic values.
C. Demonstration of a systematized approach to movement observation, assessment and evaluation.
D. Knowledge of individual and group psychodynamics and process.
E. Knowledge of the human body and its functioning.
F. Understanding of treatment goals and approaches with a variety of patient/client populations, based, in part on direct experience in a clinical setting.
G. Understanding research design and methodology.
H. Responsibility for professional self-evaluation.
I. Understanding of one’s professional role and responsibilities within various settings.

Supervision of students toward the R-DMT should address the supervisee’s:

A. Ability to move rhythmically to music
B. Range of movement in terms of effort, space and shape
C. Ability to mirror patients movement appropriately
D. Ability to develop and change movement phrases
E. Theoretical knowledge of DMT
F. Ability to lead groups
G. Ability to lead individual session
H. Ability to articulate goals as they relate to the therapeutic process
I. Ability to integrate theoretical knowledge with therapeutic interventions
J. Ability to process material that emerges from movement work
K. Ability to relate to patients
L. Ability to communicate DMT issues with other mental health professionals
M. Professionalism and understanding of clinical role
N. Ability to document work
O. Responsiveness to supervision
P. Self-awareness and conscious ability to attend appropriately to his/her own issues
Q. Overall dance/movement therapy skills

Board Certified Dance/Movement Therapist (BC-DMT) Competencies

A. The ability to integrate dance/movement therapy theory into their professional practice.
B. The ability to make interventions within sessions that are goal oriented/serving specific needs of clinical populations and congruent with a theoretical frame of reference.
C. The ability to communicate clearly on the issues surrounding one's professional role, clinical work, and dance/movement therapy body of knowledge.
D. The ability to demonstrate responsibility for professional self-evaluation

Supervision of R-DMTs toward the BC-DMT should address the supervisee’s:
A. Theoretical knowledge of dance/movement therapy  
B. Ability to lead groups  
C. Ability to lead individual sessions  
D. Ability to articulate goals as they relate to the therapeutic process  
E. Ability to integrate theoretical knowledge with therapeutic interventions  
F. Ability to process material that emerges from movement work  
G. Ability to relate to patients  
H. Ability to communicate dance/movement therapy issues with other mental health professionals  
I. Professionalism and understanding of clinical role  
J. Ability to document work  
K. Responsiveness to supervision  
L. Self-awareness and conscious ability to attend appropriately to his/her own issues  
M. Overall dance/movement therapy skills  

Note from the ADTA Board of Directors - May, 2008
The ADTA Board of Directors encourages every individual with an R-DMT to pursue the BC-DMT. BC-DMT supervision is a cornerstone of professional development for dance/movement therapists, and affordable BC-DMT supervision supports growth in the profession of dance/movement therapy. We recognize the right of BC-DMT supervisors to charge fees that are commensurate with their expertise and services, and we also encourage BC-DMT supervisors to use a sliding fee scale when possible, so affordable supervision is available to individuals with the R-DMT credential.