

BC-DMT FAQ

If you have questions that are not answered here, the BC-DMT Handbook, nor elsewhere on our website, please Contact the ADTA Office.

1. Is there a time limit for me to finish my training for the BC-DMT?

Yes, the majority of your work hours must have been accrued within seven years prior to your application. In addition, you must have a letter of recommendation from a supervisor who has seen your work within the past 2 years.

2. How can I find an available BC-DMT supervisor?

Any BC-DMT can supervise your BC-DMT hours. Good places for finding a supervisor include contacting your regional Member-at-Large for suggestions, checking with former instructors, or contacting local BC-DMTs in your area. If you are a member of ADTA, you can access the membership directory and contact BC-DMTs with experience working with your preferred population(s).

3. What types of work experience can I count toward my BC-DMT hours?

If you are accruing hours toward BC-DMT, you do not have to be doing DMT sessions 100% of the time, but it should be the focus of your work. You may not include hours teaching workshops or classes. Your hours must be verified by your BC-DMT supervisor. Consult the BC-DMT Handbook and application form for further details.

4. What types of settings comply with the required hours for the BC-DMT?

The criteria for BC-DMT settings are similar to R-DMT internship criteria. However, unlike the R-DMT internship, the hours must be paid employment.

R-DMTs who are also licensed to practice in a related health profession in their state may count up to 2440 hours of their private practice toward the total 3640 hours required for the BC-DMT application. However, R-DMTs accruing hours through their private practice must receive additional supervision (at a rate of 1 supervision hour for every 40 hours of private practice).

5. If I am licensed to practice privately (e.g. social worker, marriage and family therapist, or counselor) in my state, can I use my private practice hours for my BC-DMT hours?

If you have a mental health license and an R-DMT, you may count up to 2440 hours of private practice hours toward your BC-DMT hours. However, you must have supervision at a rate of 1

hour for every 40 hours of your private practice hours. You must identify yourself as “R-DMT, Board Eligible” when announcing your services.

6. Can I earn hours for DMT sessions if I am an independent contractor rather than an employee?

Yes, as long as the setting complies with BC-DMT setting requirements and you are being paid, the official financial arrangement doesn't matter.

7. Is there a specific job title required for my BC-DMT internship?

As long as you are providing dance/movement therapy, it doesn't matter what your job title is. However, your job description should include DMT responsibilities, e.g. you might be hired as a "recreation specialist" or adjunctive therapist, but you should be providing DMT services, and your job description should reflect this in the description of your responsibilities