

## 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.