

DANCE AND MOVEMENT THERAPY (CNDT)

Courses and Descriptions

CNDT 584 Counseling and Dance/Movement Therapy Practicum I 3 Credits

Students are at a clinical site for a total of 100 hours for the semester to practice counseling skills, including the use of dance/movement therapy in clinical mental health counseling. Students will apply skills in movement observation and analysis, group leadership, session analysis, treatment planning, and documentation. Supervision class will focus on understanding the professional, legal, and ethical responsibilities of using dance/movement therapy in clinical mental health counseling settings through a multicultural lens.

CNDT 585 Clinical Mental Health Counseling and Dance/Movement Therapy Practicum II 3 Credits

A 100-hour supervised experience in counseling and consulting techniques in a community agency, private practice, hospital or college counseling setting. Students will obtain a minimum of 40 direct contact hours with clients. This practicum course is facilitated in the format of group supervision. The course includes seminar discussions, interview analyses, audio- or video- recorded observations, and individual supervision with the site supervisor, who meets CACREP requirements, and university instructor. Students will develop knowledge and skills in developmental, preventive, and crisis counseling interventions designed to promote mental health in clients from diverse backgrounds. Students registering for this course should contact their advisor or coordinator the semester prior to the course being offered. Additional hours may be dedicated to Dance Movement Therapy and its integration with counseling. Pre-requisite(s): CNDT 584.

CNDT 590 Counseling and Dance/Movement Therapy Internship I 3 Credits

This course is one of two internship courses required in the student's final year. Students will be at a clinical site approved by faculty, with a site supervisor who meets standards for clinical mental health counseling supervision. Students must complete 300 hours in clinical mental health counseling to meet CACREP requirements; an additional 75 hours leading dance/movement therapy sessions are required to be accrued separately from the 300 CACREP-required hours. Students will receive supervision by a board-certified dance/movement therapist in a separate course (CNDT 790). Site supervisors who supervise interns determine the structure and the content of the internship in cooperation with the Rider supervisor. The approval and cooperation of the intern's site supervisor must be obtained the semester prior to the actual placement. Pre-requisite(s): CNDT 585.

CNDT 591 Counseling and Dance/Movement Therapy Internship II 3 Credits

This course is the second of two required internship courses. Students will be at a clinical site approved by faculty, with a site supervisor who meets standards for clinical mental health counseling supervision. Students must complete 300 hours in clinical mental health counseling to meet CACREP requirements; an additional 75 hours leading dance/movement therapy sessions are required to be accrued separately from these 300 CACREP-required hours. Students will receive supervision by a board-certified dance/movement therapist in a separate course (CNDT 791). Site supervisors who supervise interns determine the structure and the content of the internship in cooperation with the Rider supervisor. The approval and cooperation of the intern's site supervisor must be obtained the semester prior to the actual placement.

Prerequisite(s): CNDT 590, CNDT 790, or concurrent enrollment.

CNDT 600 Body Mind Integration through Movement I 0 Credits

This is a movement laboratory class to explore how dance and movement reflect and affect physical, cognitive, mental, emotional, and spiritual states. Students learn to attune to their bodies in movement and develop awareness of the bidirectional interactions between body and mind.

CNDT 610 Counseling and Dance/Movement Therapy Theory and Practice I 3 Credits

This course introduces the foundational principles, theories, and techniques of dance/movement therapy in clinical mental health counseling. Students will examine the sociocultural foundations of dance as art and medium for growth, change, and healing through a Western cultural lens. Students will explore the intersection of counseling theories and methods with dance/movement therapy. Readings, discussions, and experiential exercises illuminate the ways in which the use of body, movement, and dance in counseling is evolving in the United States to be more inclusive of different cultures and identities.

CNDT 612 Movement Observation, Analysis, and Assessment in Counseling and Dance/Movement Therapy 3 Credits

This course examines the psycho-socio-cultural influences on human movement patterns and behaviors. Students will learn movement observation frameworks that are used in observing, describing, analyzing, and assessing human movement in clinical mental health counseling settings. The didactic and experiential format of this class will enable students to embody various movement qualities and enhance their capacity for kinesthetic empathy. Students will learn how movement observation frameworks inform treatment planning and clinical interventions in counseling using dance/movement therapy.

CNDT 620 Clinical Applications of Counseling and Dance/Movement Therapy 3 Credits

This course examines the application of dance/movement therapy in clinical mental health counseling within various clinical settings: psychiatric hospitals, addiction recovery programs, medical centers, therapeutic schools for children with emotional, behavioral, or developmental disorders, programs for eating disorders and trauma, as well as support for LGBTQ+ communities. Students also reflect on their lived experiences, use their creativity, and follow their curiosity to identify an approach to dance/movement therapy in counseling that is reflective of their identities, values, and theoretical orientation.

CNDT 700 Body Mind Integration through Movement II 0 Credits

The second semester of the movement laboratory class focuses on the use of mindfulness practices and Authentic Movement methods for further develop body-mind awareness, to experience and observe movements simultaneously as internal and external experience, and to decipher the nature of knowledge and meaning inherent in dance and movement.

Prerequisite(s): CNDT 600.

CNDT 710 Counseling and Dance/Movement Therapy Theory and Practice II 3 Credits

This course examines select theories from psychology, counseling, and neuroscience that focus on the relational dimensions of non-verbal communication and their implications for dance/movement therapy in clinical mental health counseling. Students investigate the creative process to understand its role in facilitating therapeutic changes. In-class practice sessions and session analyses provide opportunities to put theories into practice and develop group leadership skills.

Prerequisite: CNDT 610 with a minimum grade of "B".

CNDT 790 Clinical Consultation in Dance/Movement Therapy I 2 Credits

For students in their first semester of internship, this course provides 24 hours of supervision with Board-Certified dance/movement therapists. Students identify theoretical frameworks and DMT interventions that best suit their clinical placement and present clinical cases for consultation.

CNDT 791 Clinical Consultation in Dance/Movement Therapy II 3 Credits

Students in their second semester of internship will be in supervision with Board Certified Dance/Movement Therapists for 48 hours. Students continue to advance their DMT skills as well as their ability for self-reflection and self-assessment towards greater autonomy and in preparation for professional practice.