

# Zoe

SCHOOL FOR  
DANCE MOVEMENT  
THERAPY



ARTS THERAPY/DANCE MOVEMENT  
THERAPY

WEBSITE  
[WWW.ZOESCHOOL.CH](http://WWW.ZOESCHOOL.CH)

Preparatory course / training course for the Higher Federal Diplome in Arts  
Therapy / Movement and Dance Therapy

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## HOW YOU STUDY WITH US

- Academically oriented at the tertiary level, evidence-based as well as multidimensional (the equal value of cognition / thoughts, feelings, emotions, sensations and intuition in the learning process).
- Movement-based and experientially based learning are at the forefront of our approach. This creates the understanding to grasp complex interrelationships and also to understand them in large contexts.
- Circular, based on the organic sequence of logically coordinated courses. Learning content is run through several times, with ever-increasing complexity and from different points of view.
- Theory and practice intertwined, theoretical learning content relates to and expands on pre-existing knowledge and life experience.
- Through lectures, presentations, movement, discussion and conversations, written short essays..
- You will go through all the learning content and learning hours required for the Higher Federal Examination at the required learning levels and receive the 7 module certificates that give you access to the Higher Federal Examinations in 4 years.



## OUR LEARNING FORMATS

### LEARNING FORMAT CONTACT CLASSES

- The transfer of expertise is carried out by:
  - through lectures, talks, presentations
  - through movement experience and conversations
- Guided discussions
  - The knowledge imparted is discussed and connected with existing knowledge.
  - You discover and develop your strengths, preferences and interests.

### LEARNING FORMAT SELF STUDY TIME

- You review your learned subject knowledge.
- You deepen your strengths, interests and preferences through reading and research.

### LEARNING FORMAT GUIDED SELF STUDY TIME

- the instructors accompany and advise you personally for your self-study time

# OUR PHILOSOPHY FOR LEARNING

Throughout the training course, you will reflect on the learning content in relation to both the knowledge you have already acquired and your life experience. You will be supported in taking an active role in the lessons. This promotes an interactive and evolutionary learning process for you personally and within the training group, which deepens your interaction skills and makes them natural.

All our instructors teach you multidimensionally (holistically), so that your thoughts, feelings, emotions, sensations and cognitions are equally asked and included.

In class and in self-study time you will be supported to develop new ideas and to take multiple perspectives.





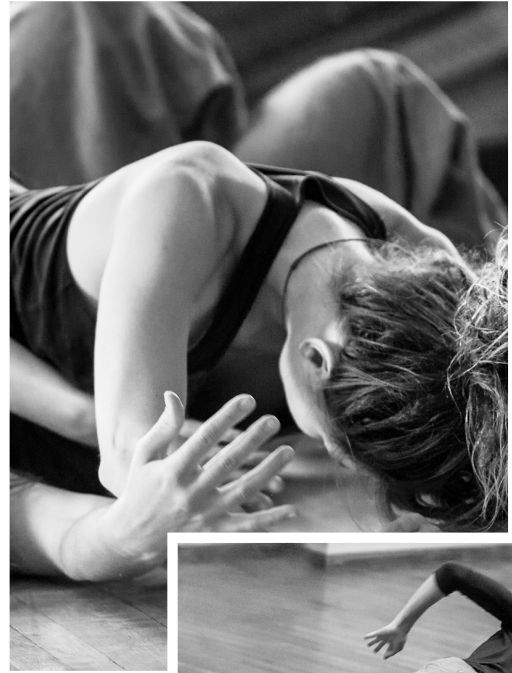
# OUR GOAL

## FOR YOU AS A DANCE MOVEMENT THERAPIST

As a dance therapist trained with us, you will design your work based on your dance therapy theoretical and artistic skills acquired with us. After your studies you will be able to incorporate criteria such as a solid movement diagnosis, client- and process-oriented interventions and medical/ psychological knowledge into your work.

By being able to incorporate research findings into your practical work, you will also be able to work in an evidence-based manner.

In addition, you will be able to create client- or institution-appropriate dance therapy concepts, and your ability to communicate interprofessionally will enable you to communicate your work appropriately within the work team.



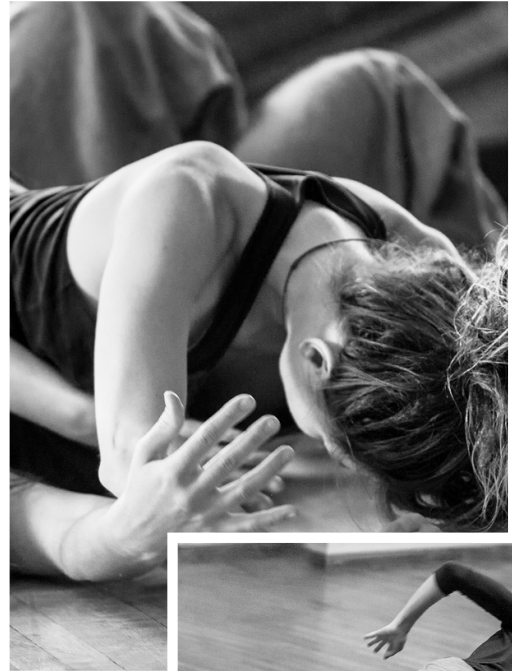
# OUR GOAL

FOR FUTURE DANCE THERAPISTS  
AND FOR DANCE THERAPY

We want you as a future Dance Movement Therapist to be on the same professional level as other health professionals.

For this reason, we put a lot of emphasis on the already proven evidence of Dance Movement Therapy, which we also teach you.

We also want you to be well-versed in the international community of Dance Movement Therapy and to be able to connect and interact with it.





## THE PROCEDURE: OVERVIEW

- 4 years / 8 semesters
- 3168 hours of contact teaching and Self-study time
- 7 module examinations
- Internship / Intervision / Supervision

## TRAINING COURSE PHASES

Basic Level I:	Personal Learning World
Basic Level II:	Expanded Learning World
Middle Level:	Medical Learning World
Upper Level I:	Dance Movement Therapy Learning World
Upper Level II:	Professional Learning World



## THE PROCEDURE: THE COURSES

### BASIC LEVEL I: Personal Learning World

Self Reflection / Embodied Anatomy  
Salutogenesis-Psychohygiene  
Biography and Developmental Psychology  
Psychology, Learning- and Creative Psychology  
Basic Pedagogical Attitudes and Concepts- Norms and Values in Education-Social and Special Education  
History of Dance Movement Therapy linked to the History of Dance and the Currents in Psychotherapy  
Imagination, Improvisation, Interaction

### BASIC LEVEL II Expanded Learning World

Communication Psychology and Models  
Communication (1st part)  
Philosophy, Sociology, Demography, other Cultures and Religions  
Group Work  
Embodiment-Communication-Common Factors  
Artistic Inquiry

### MIDDLE LEVEL: Medical Learning World

Basics of Anatomy and Physiology  
Basic Disorders and Diseases, Inter-professional Cooperation  
Psychosomatics-Psychopathology-Psychiatry  
Advanced Psychopathology  
Emergencies





## UPPER LEVEL I: Dance Movement Therapy Learning World

Ritual-Dance Rituals-Ritualisation in Dance Movement  
Therapy  
Laban/Bartenieff Movement System (LBMS)  
Authentic Movement / Other Methods  
Research in Practice  
The Marian Chace Method / Group  
Mobility Gradient (with pre- and perinatal development)  
Body Image  
Kestenberg Movement Profile (KMP)

## UPPER LEVEL II: Professional Learning World

Concept Development  
Internship  
Case Study  
Communication (2nd part)  
Professional Ethics  
Learning Group (Supervision and Introduction to be a  
Supervisor)  
Organisation and Operational Management  
Health Economics



## DEGREES AND TITLE

After the COMPLETION OF BASIC LEVEL II  
you will receive the title:

COMPLETION BASIC LEVEL II  
ZOE SCHOOL

After the COMPLETION OF UPPER LEVEL I  
you will receive the title:

COMPLETION UPPER LEVEL I  
ZOE SCHOOL

After the COMPLETION OF THE WHOLE CURRICULUM incl  
passed module exams you will receive the title:

KUNSTTHERAPEUT\*IN BEWEGUNGS- UND  
TANZTHERAPIE MIT BRANCHENZERTIFIKAT

After the SUCCESSFUL COMPLETION OF THE EIDG: HIGHER  
EXAMINATION you will receive the title:

EIDG: DIPL: KUNSTTHERAPEUT\*IN BEWEGUNGS-  
UND TANZTHERAPIE

# GROUPS OF ADMISSION

## GROUP A: NO FURTHER CLARIFICATIONS

- Relevant degree at tertiary level A or B in the field of health, arts or pedagogy

## GROUP B: EQUIVALENCE TEST

- Professional qualification tertiary level II
- Tertiary level A or B qualification not in the field of health, arts or pedagogy
- Matura

## GROUP C: NO FURTHER CLARIFICATIONS

- Enrollment at an accredited educational institute
- Proof of equivalence or relevance (health, arts or pedagogy)



# ADMISSION CRITERIA

## SECONDARY LEVEL II

- Gymnasium Matura
- Specialized secondary school diploma
- Diploma of a specialized baccalaureate
- Diploma secondary school (2 or 3 years)
- Diploma of a secondary school or cantonal school,
- Diploma of a business diploma school,
- Federal certificate of proficiency (completion of a vocational apprenticeship or basic vocational training) with/without vocational baccalaureate

## TERTIARY LEVEL A

- University of Applied Sciences,
- Universities

## TERTIARY LEVEL B

- Colleges of higher education
- Higher professional examinations
- Professional examinations





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## TRAINING COURSE ARTS THERAPY DANCE MOVEMENT THERAPY BASEL

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