

Zoe

SCHOOL FOR
DANCE MOVEMENT
THERAPY



ARTS THERAPY/DANCE MOVEMENT
THERAPY

WEBSITE
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

- Our program at tertiary level is academically oriented and emphasizes evidence-based learning. Our training program is designed to be multidimensional and includes evidence-based learning. For a holistic understanding of the learning content, we emphasize that cognition (thinking action), thoughts, feelings, emotions, sensations and intuition have an equal status in the learning process.
- To ensure that the knowledge imparted is actively linked to the knowledge content and life experiences already acquired, our focus is on movement-based and experience-oriented learning, including in the theory courses.
- Our curriculum has a circular structure, which leads students into a continuous learning cycle and guarantees that they grasp the complexity of the learning content.



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

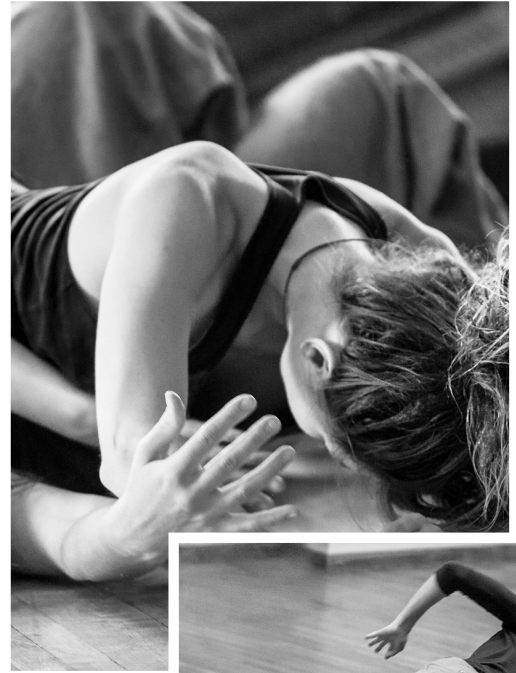
- You review your learned subject knowledge.
- You deepen your strengths, interests and preferences through reading and research.

LEARNING FORMAT GUIDED SELF STUDY TIME

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

OUR PHILOSOPHY FOR LEARNING

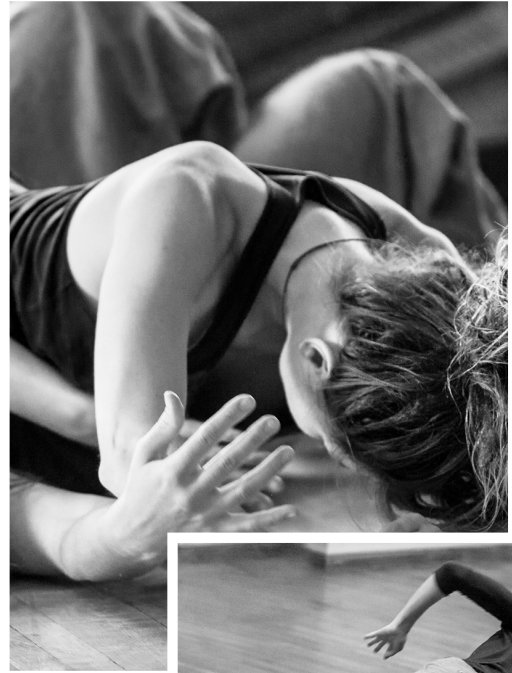
In class, the learning content is continuously linked to existing knowledge and acquired life experience. The lecturers design the lessons to be interactive and development-oriented. The content is taught in a multidimensional and holistic way, taking into account the latest findings and incorporating thoughts, emotions, sensations and cognitions in equal measure. Both in class and during the self-study time, students are encouraged to develop and deepen their individual strengths and preferences so that they can bring personal expertise to their future work as prospective dance therapists.



OUR GOAL

FOR YOU AS A DANCE MOVEMENT THERAPIST

Dance Movement Therapists who train with us design their work based on the dance therapy, therapy theory and artistic skills they have acquired with us. After completing their studies, our students are able to carry out solid and professional movement diagnostics, design client- and process-oriented interventions and incorporate medical/psychological knowledge into their dance therapy work. The integration of research results into practical work guarantees evidence-oriented work. Our students can develop client- or institution-oriented dance therapy concepts at any time. The ability to communicate interprofessionally enables them to convey dance therapy work in an appropriate manner.



OUR GOAL

FOR FUTURE DANCE THERAPISTS
AND FOR DANCE THERAPY

As a future dance therapist, we want you to be on the same professional level as other health professionals.

We also want you to be familiar with the international dance therapy community, to be able to integrate and interact with it and to benefit and develop from the many valuable activities.





THE PROCEDURE: OVERVIEW

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

Laban Bartenieff Movement System (LBMS) I: Self Reflection
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) II:
Application

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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SCHOOL FOR
DANCE MOVEMENT
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