

## Dance/Movement Therapist

### ■ Job Description

Dance/movement therapy is the psychotherapeutic use of movement to further the emotional and physical integration of the individual. Therapists work with people of all ages who have social, emotional, cognitive, or physical problems, both in groups and individually. Dance/movement therapy may be part of a treatment plan, or may be the primary treatment modality. It can also be used in assessing individuals and families. Expressive and communicative behavior is considered in treatment, with the goal of integrating these behaviors with the psychological aspects of the client.

Dance/movement therapists may also work as consultants or may conduct research.

### ■ Job Settings

Psychiatric hospitals, clinics, day-care facilities, community mental health centers, developmental centers, correctional facilities, special schools, and rehabilitation facilities

### ■ Projected Need

Nationally and in Illinois, overall employment of recreational therapists is expected to increase more slowly than average through 2010.

Employment will decline slightly in hospitals and nursing homes, which are expected to shift recreational therapy services to outpatient settings. Fast employment growth is expected in assisted living, outpatient physical and psychiatric rehabilitation, and services for people with disabilities. As greater public awareness of the field of dance therapy continues, demand for dance/movement therapists is created.

### ■ Salaries

Salaries vary according to the therapist's training and experience, geographic region and type of facility. Starting salaries generally range from \$25,000 to \$30,000 per year.

### ■ Related Careers

Other rehabilitative therapies, counseling psychology, and social work

### ■ Differences in Training

Skilled dance/movement therapists must be trained in dance as well as in psychotherapy. Professional training takes place at the graduate level. For a list of master's degree training programs nationwide; contact the American Dance Therapy Association. In Illinois, Columbia College Chicago offers the only ADTA-approved graduate degree program in dance/movement therapy.

The following undergraduate preparation is recommended: a broad liberal arts background with an emphasis in psychology; extensive training in dance, with courses in theory, improvisation, choreography, and kinesiology; and experience teaching dance to normal children and adults.

### ■ Related Educational Programs

The programs of study listed below are the recommended areas of study to pursue for this occupation. Clicking on these will lead to files that show in-state and national schools that offer these programs.

*The following link(s) will take you to CIS for more information. CIS requires an ID and password that can be obtained at <http://cis.ilworkinfo.com/loginhelp/>. You must log into CIS prior to clicking on the links below.*

### [Recreation Therapy](#)

### ■ Credentials

The American Dance Therapy Association provides two levels of registration as a dance/movement therapist: Dance Therapist, Registered (DTR), which requires a master's degree and is given to those who are prepared to work in professional settings within a team or under supervision; and Academy of Dance Therapists, Registered (ADTR), which requires additional qualifications and is given to individuals prepared to work independently in private practice, provide supervision, and teach.

### ■ Resources

American Dance Therapy Association

2000 Century Plaza, Suite 108  
10632 Little Patuxent Parkway  
Columbia, MD 21044  
Phone: 410.997.4040  
E-mail: [info@adta.org](mailto:info@adta.org)  
<http://www.adta.org>  
Click on "Education."