**Somatic: Dance/Movement Therapy Concentration**

**MA in Clinical Mental Health Counseling**

Approved by the American Dance Therapy Association since 1987, the Somatic: Dance/Movement Therapy concentration focuses on counseling, the healing potential of the creative experience, and the therapeutic properties of conscious movement sequencing. Students in the Somatic: Dance/Movement Therapy concentration are trained in both classical and innovative forms of dance/movement therapy, as well as object relations and self-psychology, the Gestalt-based Moving Cycle, Authentic Movement, and current models of sensorimotor tracking. Woven throughout the curriculum is a focus on inclusivity and the way that one’s particular socio-cultural locations influence the body, expression, and the therapeutic relationship. Somatic: Dance/Movement Therapy students are invited to dive deeply into the creative process using the tools of imagery, improvisation, rhythm, spontaneity, metaphor, and presence to activate expressivity and aliveness in themselves, and thereby in those with whom they will ultimately work.

**Dual Concentration**

Qualified students may apply for the Dual Concentration after their first semester of study. The Dual Concentration offers students an opportunity to receive education in both Dance/Movement Therapy and Body Psychotherapy. Students who are Dual Concentration complete an additional 4 credits in order to fulfill the program requirements for both concentrations. Students interested in this option should work with their academic advisor to plan their course work.

**American Dance Therapy Association**

The Dance/Movement Therapy concentration is designed in accordance with the training guidelines of the American Dance Therapy Association (ADTA) and has been an ADTA-approved program since 1987. The Dance/Movement Therapy concentration fulfills the requirements for the ADTA’s initial registration as a Registered Dance Movement Therapist (R-DMT). Graduates may apply for the R-DMT credential with the ADTA immediately upon degree completion.

**International Somatic Movement Education and Therapy Association**

It is possible for a student graduating from the Somatic Counseling Department to use coursework to fulfill the requirements for the International Somatic Movement Education and Therapy Association’s (ISMETA) certification as a Registered Somatic Movement Therapist (RSMT) and/or Registered Somatic Movement Educator (RSME).

---

**Degree Requirements**

**First year, fall**

- CNSS500 Somatic Counseling Orientation Seminar (noncredit)
- CNSD616 Foundations of Dance/Movement Therapy (2)
- CNSS621 Body/Movement Observation and Assessment I (3)
- CNSS623 Group Community Skills I (noncredit)
- CNSS631 Counseling & Helping Relationships I: Verbal & Nonverbal Skills (3)
- CNSS646 The Body in Meditation and Psychotherapy I (1)
- CNSS657 Clinical Neuroscience (3)

**First year, spring**

- CNSS610 Social and Multicultural Foundations (3)
- CNSS637 Body/Movement Observation and Assessment II (2)
- CNSS653 Group Community Skills II (noncredit)
- CNSS661 Counseling & Helping Relationships II: Verbal & Nonverbal Skills (3)
- CNSS711 Career Development I (2)
- CNSS751 Group Counseling (3)

**Second year, fall**

- CNSS605 Advanced Counseling Skills I (2)
- CNSS620 Human Growth and Development (3)
- CNSS649 The Body in Meditation and Psychotherapy II (1)
- CNSS700 Assessment (3)
- CNSS723 Group Community Skills III (noncredit)
- CNSS790 Counseling Practicum (3)

**Second year, spring**

- CNSD716 Specialized Approaches in Dance/Movement Therapy: Therapist as Artist (2)
- CNSS736 Current Methods and Skills in Psychotherapy (3)
- CNSS753 Group Community Skills IV (noncredit)
- CNSS756 Advanced Counseling Skills II: Diagnosis and Treatment in Clinical Mental Health (3)

**Third year, fall**

- CNSD871 Internship I: Dance/Movement Therapy (2)
- CNSS823 Group Community Skills V (noncredit)
- CNSS834 Master’s Paper Seminar I (1)
- CNSS801 Professional Counseling Orientation & Ethical Practice (3)

**Third year, spring**

- CNSS731 Career Development II (1)
- CNSS835 Master’s Paper Seminar II (1)
- CNSS853 Group Community Skills VI (noncredit)
- CNSD891 Internship II: Dance/Movement Therapy (2)
**Total Credits 60**

**Course Listings**

**CNSB626**  
*Foundations of Body Psychotherapy (2.0)*  
Body psychotherapy is a distinct branch of the main body of psychotherapy, one which involves an explicit theory of mind-body functioning. This theory takes into account the complexity of the intersections and interactions between the body and the mind, with the common underlying assumption being that a functional unity exists between mind and body. Although a wide variety of approaches and techniques are used within the field of body psychotherapy, all of them recognize the continuity and deep connections of mind-body processes. In this course, students learn the theoretical and practical roots of body psychotherapy, beginning with the Freudian era and sequencing through current times, though also acknowledging and appreciating the historic and contemporary presence of indigenous somatic healing practices. The field is viewed from the perspective of the significant contributions of its primary founders, the therapeutic paradigms they represent, and current applications of how these theories and paradigms have been transposed into contemporary modalities. In particular, students learn and explore the theoretical and therapeutic applications of Gestalt and Hakomi therapies with Body-Mind Psychotherapy (BMP) serving as a supportive and integrative theoretical framework. Co-requisite: CNSS623.

**CNSB871**  
*Internship I: Body Psychotherapy (1.5-2.0)*  
A continuation of CNSB871, this course is for Body Psychotherapy students who have completed their second-year requirements. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Body Psychotherapy students only. This will be a 2 credit course for all incoming students under the 2017-2018 catalog. Prerequisite: CNSB871. Co-requisite: CNSS823.

**CNSB891**  
*Internship II: Body Psychotherapy (1.5-2.0)*  
This course is for Body Psychotherapy students who have completed their second-year requirements. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Body Psychotherapy students only. This will be a 2 credit course for all incoming students under the 2017-2018 catalog. Prerequisite: CNSB871. Co-requisite: CNSS853.

**CNSD616**  
*Foundations of Dance/Movement Therapy (2.0)*  
An experiential and didactic introduction to the field of Dance/Movement Therapy, including its historical roots and evolution; the contributions of major pioneers in the field; and the beginning exploration of various theoretical models and their implications for clinical practice, based on a commitment to diversity, service, and contemplative practice. Designed to introduce students to the diversity of the work of dance/movement therapists with both groups and individuals, and to begin to prepare students to facilitate dance/movement therapy with a wide range of clients. Co-requisite: CNSS623.

**CNSD716**  
*Specialized Approaches In Dance/Movement Therapy: Therapist as Artist (2.0)*  
An exploration of the creative healing arts and the therapist’s role as artist. Theories of imagination and creativity are examined through the lens of inclusivity and clinical skill building. In addition, this course focuses on the relationship of Dance/Movement Therapy to other creative arts modalities. Readings, discussion, in-class experientials, out of class practice, and guest lectures provide an overview of theory, techniques, and considerations for special populations. Emphasis is on the integration and application of creative modalities, and their application to specific populations. Prerequisite: CNSD616. Co-requisite: CNSS753.

**CNSD871**  
*Internship I: Dance/Movement Therapy (1.5-2.0)*  
After completing second-year requirements, each Dance/Movement Therapy student enters a clinical internship, and under Board Certified Dance Movement Therapist (BC-DMT) mentorship, leads dance therapy sessions and groups. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Dance/Movement Therapy students only. This will be a 2 credit course for all incoming students under the 2017-2018 catalog. Prerequisite: CNSS790. Co-requisite: CNSS823.
CNSD891
Internship II: Dance/Movement Therapy (1.5-2.0)
A continuation of CNSD871. After completing second-year requirements, each Dance/Movement Therapy student enters a clinical internship and under ADTR mentorship, leads dance/movement therapy sessions and groups. The internship consists of 700 hours and includes participation in treatment team meetings, documentation, clinical supervision, and in-service education. The classroom seminar focuses on clinical mentorship with supplemental readings and also addresses integral issues in the transition from student therapist to professional therapist. Dance/Movement Therapy students only. This will be a 2 credit course for all incoming students under the 2017-2018 catalog. Prerequisite: CNSD871. Co-requisite: CNSS853.

CNSS500
Somatic Counseling Orientation Seminar (0.0)
A two-part orientation to the Somatic Counseling Psychology Program: A daylong retreat immerses new students in opportunities to get acquainted with each other, with the degree program, and with our mission as a university from an experiential perspective; and an all-day writing skills workshop focusing on academic writing and APA Format. Course fee.

CNSS605
Advanced Counseling Skills I (2.0)
Through experiential and theoretical exercises, students learn how counselors, dance/movement therapists, and body psychotherapists apply somatically based counseling skills to advanced counseling theory. Developmental theory is explored through the lens of object relations, self-psychology, and attachment theory, and their implications for clinical practice. As an extension of these theories, the ethics, strategies, and practices for the use of touch in somatically oriented sessions will be introduced. Students continue to develop and refine clinical skills through classroom practice sessions, assessment of outside session videos, and written assignments. Prerequisite: CNSS610.

CNSS610
Social and Multicultural Foundations I (1.0)
One of two Social and Multicultural Foundations courses, this course introduces students to basic theory, language, and foundational concepts of multicultural social justice counseling including issues of cultural difference, power, privilege, and marginalization in the therapeutic relationship. Students learn course content by examining their own cultures and sociocultural identities/locations (ethnicity, sexual/affectional orientation, race, explored through age, socioeconomic status, ability, gender, nationality, language, size, gender expression, religion) as they relate to the counselor, client, and counseling process. The impact of traditional counseling practices and mental health delivery systems on clients from socioculturally marginalized groups will be reviewed. Contemplative, somatic processes and practices will be explored and utilized throughout the course as a support for increased awareness, emotional self-regulation, and counseling/psychotherapeutic theory and practice. Somatic counseling students only.

CNSS611
Social and Multicultural Foundations II (2.0)
A continuation of Social and Multicultural Foundations I, this course expands upon content and process learned with focus on application to the practice of culturally responsive, somatic multicultural, social justice counseling. Students will explore the ways that their own cultures and power form their worldviews and how these impact the counseling process and the therapeutic relationship. Students will study the prevalent beliefs, values, and communication styles (*embodied verbal and non-verbal) of a wide development of the skills of effective somatic counseling/psychotherapy with clients within, and across, cultures and sociocultural locations. Somatic Counseling students only.

CNSS620
Human Growth and Development (3.0)
An overview of the major theories of psychological development across the life span. Information from a broad range of perspectives is covered, including biological, psychoanalytic/dynamic, cognitive, social learning, and cross-cultural. Somatic Counseling Psychology students only.

CNSS621
Body/Movement Observation and Assessment I (3.0)
The first semester of a two-semester series in which students begin to look at how the mind is expressed through the body. In the first semester, greater focus will be placed on gathering the basic kinesiological terms and concepts necessary to cultivate the skill of seeing the body descriptively, in stillness as well as in motion. A range of observation and assessment models specific to dance/movement therapy and body psychotherapy are introduced, including kinesiological, morphological, developmental, energetic, segmented, process-oriented, and archetypal frameworks; the overarching context for encapsulating these concepts is through the lens of Laban Movement Analysis (LMA). In the second part of this series, greater emphasis is placed on deriving clinical meanings from these observations. In both semesters the process of observing the body and its movement patterns will be approached from the integrative vantage points of theoretical knowledge, practiced observation, and personal embodiment.

CNSS623
Group Community Skills I (0.0)
This course is designed as a laboratory for students to learn experientially about group dynamics and leadership. Through personal exploration, communication skills practice, and integration of and participation in group relationship, this course serves as a clearinghouse for student questions, conflicts, and problem-solving regarding group dynamics. Somatic Counseling Psychology students only. Co-requisite: CNSD616 or CNSB626. Course fee.
CNS631
Counseling and Helping Relationships I: Verbal and Nonverbal Skills (3.0)
Introduction to the basic forms and practices of facilitating body- and movement-centered therapy and counseling sessions with individuals. Emphasis is on the stages of counseling, basic counseling skills, attitudes, and values of the counselor, multicultural perspectives, and the importance of the counseling relationship. Skills covered include facilitating a client through the developmental stages of individual process; basic attendance; finding unconscious associations; identifying and working with sensation and movement; cultivation of empathic, compassionate, non-judgmental states; and sensitivity to and methods for working with diverse populations. Methods of instruction include in-class role playing with supervision, relevant readings, reflection papers, and a final exam that integrates the student’s learning.

CNS637
Body/Movement Observation and Assessment II (2.0)
The second semester of a two-semester series in which students begin to look at how the mind is expressed through the body. With basic body/movement observation and assessment concepts and skills gathered in the first semester, the second semester places greater emphasis on deriving clinical meanings from these observations. In particular, this course focuses on learning the psychotherapeutic implications of developmental movement and body patterning as they relate to the psychological perspectives of object relations, self-psychology, and attachment theory. This theory is viewed through the lenses of the Kestenberg Movement Profile (KMP), Laban Movement Analysis (LMA), Body-Mind Centering (TM)/Body-Mind Psychotherapy (BMC/BMP), and anatomical kinesiology. Additionally, students continue exploring the dynamic relationship between their own movement preferences and repertoires as they interface with those of others so that this awareness becomes a resource for effectively working with transference and countertransference in psychotherapy. In both semesters the process of observing the body and its movement patterns is approached from the integrative vantage points of theoretical knowledge, practiced observation, and personal embodiment. Prerequisite: CNS621.

CNS646
The Body in Meditation and Psychotherapy I (1.0)
Explores mindfulness-awareness meditation practice: how we work with ourselves, and how this informs and supports our training as body-based psychotherapists. The course also explores the application of mindfulness-awareness practice in contemporary psychotherapies, and how this practice has influenced individual therapists’ work. The body in stillness is the ground to work directly with our moment-to-moment experience of body, speech, and mind. Includes practice sessions, lecture, discussion, experiential exercises, and in-class writing.

CNS649
The Body in Meditation and Psychotherapy II (1.0)
Further topics in the areas of somatically-based contemplative practices are explored. Prerequisite: CNS646.

CNS653
Group Community Skills II (0.0)

CNS657
Clinical Neuroscience (3.0)
This course investigates the relationship between the nervous system and other body systems, and cognitive, emotional, and behavioral processes. By understanding the relationship of body structures—such as the brain, the heart, and the gut—with thinking, feeling, sensing, and moving, students can construct a continuum from theory to practice that generates scholarly and scientifically sound treatment options for the field of somatic counseling psychology.

CNS661
Counseling & Helping Relationships II: Verbal and Nonverbal Skills (3.0)
Using direct experiences to develop clinical skills, this advanced course works with the basic forms and practices of facilitating body- and movement-centered therapy and counseling sessions with individuals. The skills covered include working with resistance, emotional arousal, therapeutic transference/countertransference, character strategy, relationship issues, and energy states. Examples will be given of how the skills apply in various settings to diverse populations. Methods of instruction include in-class role-playing with supervision, relevant readings, reflection papers, and a final exam that integrates the students’ learning. Prerequisite: CNS631.

CNS663
Family Systems: Methods of Family Therapy (2.0)
The exploration of family and social systems as higher levels of body organization, the course combines family and social systems theory with somatic perspective to provide an overview for treatment. Students learn skills for working with diverse family systems and work experientially with genograms.

CNS669
Independent Study: Somatic Counseling (0.5-4.0)
This course offering is an opportunity for students to engage in in-depth, concentrated study with a particular faculty member for a semester. The design of study and course work is decided upon by the student and faculty member. Independent Studies will count for a standard 3 credits. If a variable credit (0.5-4 credits) Independent Study is desired, a student must receive additional approval. See the Independent Study Application for further details.

CNS700
Assessment (3.0)
Students are introduced to various historical and contemporary approaches to assessment and evaluation within the mental
health delivery system. In particular, students learn the basic elements of standardized and nonstandardized testing and assessment; key components of psychometric testing including validity, reliability, and relevant statistical concepts; important ethical considerations related to clinical assessment; and multicultural perspectives on the development, selection, administration, and implementation of assessment and evaluation measures across common counseling environments. Throughout the course, students develop an understanding of how to integrate clinical assessment and evaluation tools into their diagnostic processes so that they are better able to craft therapeutic interventions using principles of counseling, body psychotherapy, dance/movement therapy, and multicultural awareness. Course fee.

CNSS710
Research and Program Evaluation (3.0)
An introduction to the field of research methods and program evaluation as they apply to counseling psychology and psychotherapy. Topics include philosophical issues in research, including the importance of research, and opportunities and methodologies for conducting research in the counseling field. Research methods including qualitative, quantitative, single-case, action, and outcome-based are surveyed. Principles, models, and applications of needs assessment, program evaluation, and use of findings to affect program modification are discussed. Technology, statistical methods, ethics and legal concerns, result reports, and methodologies that centralize diversity and inclusion are also topics of importance.

CNSS711
Career Development I (2.0)
The first of two lifestyles and career development courses, this course provides a first look into career development theory and decision-making models. Students learn career development program planning, placement, organization, implementation, administration, and evaluation. Students address the symbiotic relationship between learning in the classroom and clinical applications in the community as they explore and reflect on their own career development. This course serves as preparation for students to study the relevance of counseling psychology to marginalized and oppressed as well as privileged populations through a Practicum Placement in the fall semester.

CNSS723
Group Community Skills III (0.0)
A continuation of CNSS653: Group Community Skills II. Somatic Counseling Psychology students only. Co-requisite: CNSS790. Course fee.

CNSS731
Career Development II (1.0)
A continuation of Career Development I, this course further addresses career development theories, techniques, counseling, guidance, and education strategies. Students learn and become familiar with occupational and educational information sources and systems, effectiveness evaluation, and assessment tools and resources. Attention is paid both to the student’s personal experience and to the implications for counseling others. Prerequisite: CNSS711.

CNSS736
Current Methods and Skills in Psychotherapy (3.0)
Major current approaches in psychotherapy theory and practice, including Cognitive Behavior Therapy (CBT), Dialectic Behavior Therapy (DBT), and Solution Focused Therapy are explored. Students have the opportunity to examine how each of these methods operates independently, as well as how they interface with more traditional approaches. Students also begin to work with these approaches in a way that builds clinical skill development in alignment with a somatic psychotherapy orientation.

CNSS751
Group Counseling (3.0)
Introduces beginning dance/movement therapists and body psychotherapists to the skills they need to lead clinically focused therapy groups. These skills include an understanding of: group formation; the developmental stages of groups; group norms; multicultural issues in groups; methods for soliciting and integrating minority member influences; styles of communication among group members; group dynamics; group leadership styles; and group productivity. Specific movement-oriented, body-based interventions will be discussed and practiced in experiential and student-led group facilitations. Co-requisite: CNSS653.

CNSS753
Group Community Skills IV (0.0)
A continuation of CNSS723: Group Community Skills III. Somatic Counseling Psychology students only. Co-requisite: CNSB716 or CNSD716. Course fee.

CNSS756
Advanced Counseling Skills II: Diagnosis and Treatment in Clinical Mental Health (3.0)
This course supports students in refining the basic elements of their therapeutic skill set in preparation for clinical placements. In particular, students learn and utilize the major diagnostic categories within the DSM-V as a tool for dimensional, integrative case conceptualization. This information is incorporated into a body-based, movement-oriented, multicultural perspective as a means of deepening and broadening the traditional wisdom of mental health diagnosis and treatment planning within the counseling environment. In addition, students refine their skills in identifying and working with resistance or therapeutic ambivalence; develop greater facility in tracking transference and countertransference in the therapeutic relationship; and cultivate greater facility in using touch, imagery, music, rhythm, props, somatic tracking, and verbalizations to help clients move toward a further level of intrapsychic and interpersonal integration. Prerequisite: CNSS610.
CNSS790
Counseling Practicum (3.0)
The purpose of this course is to provide a support forum for beginning dance/movement therapists and body psychotherapists to integrate the basic principles of working within the community and the mental health care system from a body-centered, movement-oriented perspective. This course integrates academic study and skills practice with community-based learning and offers student support around internship placement issues, as well as structured clinical training. This course offers 1.5 hours of group supervision during practicum placement each week. There is a $150 special fee for a mandatory ASIST (Applied Suicide Intervention Skills Training), which takes place over one weekend of the semester. Prerequisites: CNSS711 and completion of 100-hour fieldwork placement. Co-requisite: CNSS723.

CNSS801
Professional Counseling Orientation and Ethical Practice (3.0)
A concluding seminar to help prepare the student for what to expect after degree completion, the course focuses on ethical and legal issues, relationships to professional organizations, and employment realities. Students develop awareness and skills in ethical decision-making through review of professional and ethical codes, relevant legal statutes, and case scenarios. Students also prepare written theoretical frameworks and resumes and do mock interviews to assist them with postgraduate employment and professional communication. American Dance Therapy Association registry and general licensure issues are also discussed. Prerequisite: CNSS790. Somatic Counseling Psychology students only.

CNSS823
Group Community Skills V (0.0)
Further practice of the skills and techniques covered in Group Community Skills I-IV, with an emphasis on students’ professional development in group process and leadership. Somatic Counseling Psychology students only. Co-requisite: CNSD871 or CNSB871. Course fee.

CNSS834
Master’s Paper Seminar I (1.0)
This course prepares students to write a culminating scholarly paper that reflects the student’s integrative and synthetic critical thinking in Somatic Counseling Psychology. Students choose to either write an extensive case study taken from their internship, or a theoretical/research paper formatted and submitted for publication in a professional journal. The course helps the student to select and refine a topic, review the existing literature, organize their writing, and begin working with an assigned reader. Prerequisite: CNSS710. Course fee.

CNSS835
Master’s Paper Seminar II (1.0)
A continuation of CNSS834, designed to assist students in writing their master’s project paper. Class content addresses the students’ particular needs as the project develops. Particular emphasis is placed on scholarly writing and publication requirements. The course culminates in an oral presentation of the students’ work on Master’s Paper Presentation Day, designed to be a capstone experience of the students’ time in the program. Prerequisite: CNSS834. Course fee.

CNSS853
Group Community Skills VI (0.0)
Further practice of the skills and techniques covered in Group Community Skills I-V, with an emphasis on students’ professional development in group process and leadership. Somatic Counseling Psychology students only. Co-requisite: CNSB891 or CNSD891. Course fee.

CNSS877
Extended Internship Placement (0.0)
The purpose of this course is to provide continued support and clinical mentorship for students who have not completed their required clinical internship placement(s) during the sequence of Internship Placement I and Internship Placement II. Required for any student who has completed Internship Placement I and II and who still remains in a clinical internship placement.

CNSS882
Extended Master’s Paper Project (0.5)
Required for all Somatic Counseling Psychology students who have finished five semesters of course work and who have yet to finish their master’s paper, this class is to be taken the fifth semester of study, and subsequent semesters, until the paper is completed. Somatic Counseling Psychology students only.