

# DMT CREDENTIALING CHEAT SHEET

## BC- DMT Credentialing Application Nuts & Bolts

### WHAT ARE THE REQUIREMENTS?

- 2400 HOURS OF PAID EMPLOYMENT
- 50 HOURS OF SUPERVISION FROM A BC-DMT
- 3 LETTERS OF RECOMMENDATION
- SUBMISSION OF TWO ESSAYS

### EMPLOYMENT

- 2400 HOURS TOTAL
- 1000 HOURS DIRECT CLIENT CONTACT
- 500 HOURS PROVIDING DMT
- UNDER BC-DMT SUPERVISION
- 600 HOURS MAY BE IN VOLUNTEER WORK
- IN A LICENSED, ACCREDITED OR OTHERWISE REGULATED MENTAL HEALTH, MEDICAL, EDUCATIONAL OR SOCIAL SERVICE AGENCY, CORRECTIONAL FACILITY, NGO OR COMMUNITY BASED PROGRAM.
- IF YOU HOLD A STATE MENTAL HEALTH LICENSE, YOU MAY ALSO ACCRUE UP TO 1800 HOURS IN PRIVATE PRACTICE

### SUPERVISION

- 50 HOURS TOTAL
- 25 HOURS WITH THE SAME SUPERVISOR
- UP TO 25 HOURS CAN BE IN GROUP SUPERVISION
- CAN BE IN PERSON, ON-LINE, TELEPHONE OR VIA E-MAIL

### 3 LETTERS OF RECOMMENDATION

- ONE FROM YOUR MAIN BC SUPERVISOR (25 HRS)
- ONE FROM A CURRENT CLINICAL SUPERVISOR ON THE SITE WHERE YOU WORK
- ONE MAY BE FROM ANOTHER DANCE/MOVEMENT THERAPIST OR COLLEAGUE WHO IS FAMILIAR WITH YOUR WORK

### PORTFOLIO EXAM (TWO ESSAYS)

- THEORETICAL STATEMENT – Guidelines [HERE](#) (p. 3)
- SESSION ANALYSIS – Guidelines [HERE](#) (p. 4)

### APPLICATION PROCESS

- APPLICATIONS FOR BOARD CERTIFICATION ARE REVIEWED ONCE A YEAR (end of January - April)

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- THE DEADLINE TO APPLY IS JANUARY 15<sup>TH</sup>
- YOU MAY APPLY ONLY ONCE YOU HAVE ATTAINED 2400 HOURS OF DMT EMPLOYMENT.
- APPLICATIONS ARE FILED COMPLETELY ONLINE **with the following required forms:**
  - Application filled out and signed
  - Employment Verification (send link to each employer)
  - Supervision Verification and Evaluation/ Documentation Form (send link to each supervisor)
  - 3 Letters of Recommendation: (1) from Main Supervisor, (2) from another mental health, medical, social service or educational professional; and (3) from any other professional who has seen your work **within the last two years.**
  - Pay Fee \$200
- LETTERS AND CERTIFICATES ARE E-MAILED APPROXIMATELY BY THE END OF APRIL

## APPLICATIONS MAY BE...

- PASSED – ALL SUBMISSIONS HAVE MET THE STANDARD
- PENDED – DUE TO INCOMPLETE DOCUMENTATION OR NEED TO REVISE ESSAYS
- FAILED – DUE TO:
  - NOT ENOUGH EMPLOYMENT OR SUPERVISION HOURS
  - NOT MAINTAINING THE R-DMT FOR AT LEAST ONE YEAR BEFORE APPLYING
  - LOW SCORE (>42/70) ON THE SUPERVISORS EVALUATION AND DOCUMENTATION FORM
  - FAILING SCORE (<33/50) ON ONE OR BOTH ESSAYS

## IF AN APPLICATION IS...

- PASSED – YOU'RE NOW A BC-DMT!
- PENDED – YOU HAVE UNTIL JUNE 1<sup>ST</sup> TO SUBMIT RE-WRITE OF ESSAY(S)
- FAILED – YOU CAN REAPPLY RIGHT AWAY BUT MUST PAY THE FEE AGAIN AND ONLY SUBMIT NEW ESSAYS.

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## BC-DMT Credentialing Application Essay Tips & Tricks

Two essays – both 4 pages double spaced, size 12 font.

### THEORETICAL ESSAY

1. CLEAR STATEMENT ARTICULATING THE DMT THEORY(IES) THAT INFORM YOUR PRACTICE AS A DMT. NAME THE THEORY, IDENTIFY THE IMPORTANT EMBODIED HEALING PRINCIPLES THROUGH MOVEMENT AND HOW YOU USE THEM IN UNDERSTANDING YOUR WORK AS A DMT. IT'S BETTER TO FOCUS ON ONE OR TWO IN ORDER TO HAVE SPACE TO DO THE ABOVE.
2. CLEAR STATEMENT ARTICULATING THE PSYCHOLOGICAL THEORY(IES) THAT INFORM YOUR PRACTICE AS A DMT. NAME THE THEORY, IDENTIFY SOME OF THE IMPORTANT PRINCIPLES AND PERSONALIZE THEM (HOW DO YOU USE THEM IN UNDERSTANDING YOUR WORK AS A DMT?). BETTER TO FOCUS ON ONE OR TWO IN ORDER TO HAVE SPACE TO DO THE ABOVE.
3. CLEAR STATEMENT ARTICULATING YOUR MOVEMENT ASSESSMENT METHOD. THIS DOES NOT HAVE TO BE A FORMALLY NAMED METHOD BUT SHOULD DEMONSTRATE HOW YOU ASSESS THE INDIVIDUAL(S) YOU ARE WORKING WITH AND WHAT YOU ARE BASING YOUR INTERVENTIONS ON.
4. SHOW HOW YOU INTEGRATE THE ABOVE THREE INTO YOUR OWN UNIQUE APPROACH TO USING DANCE/MOVEMENT THERAPY IN YOUR CURRENT PRACTICE. SINCE YOU MAY HAVE ONLY WORKED WITH ONE POPULATION SINCE OBTAINING YOUR R-DMT AND ACCRUING HOURS FOR THE BC-DMT, YOUR EXPERIENCE IS STILL SOMEWHAT LIMITED TO THAT POPULATION. HOWEVER YOU SHOULD DEMONSTRATE AWARENESS OF HOW YOUR INTEGRATED THEORY CAN BE FLEXIBLE ENOUGH TO ADAPT TO THE NEEDS OF MANY DIFFERENT POPULATIONS.
5. AND FINALLY, PROPERLY CITE THE THEORISTS AND PROVIDE A BIBLIOGRAPHY. IT IS REALLY IMPORTANT TO DEMONSTRATE THAT YOU CLEARLY UNDERSTAND AND ARE INTEGRATING THE THEORY(IES) CORRECTLY. VAGUE REFERENCES TO CONCEPTS WITHOUT A DEFINITION OF WHAT THEY MEAN OR HOW THEY ARE USED WILL BE MARKED DOWN BY THE REVIEWERS.

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## SESSION ANALYSIS

1. DESCRIPTION OF THE INDIVIDUAL(S) INCLUDING DEMOGRAPHICS (AGE, GENDER, CULTURAL OR RACIAL BACKGROUND, DIAGNOSIS (IF PRESENT)); AND INFORMATION ABOUT THE AGENCY OR SPACE WHERE THE SESSION TAKES PLACE, LENGTH OF TIME YOU HAVE WORKED WITH THE INDIVIDUAL(S), WHERE THIS SESSION MIGHT FIT INTO THE OVERALL TREATMENT MILIEU, ETC. BASED ON THE ABOVE WHAT THE INTENTIONS (GOALS) FOR THE SESSION MIGHT BE.
2. CLEAR STATEMENT ARTICULATING WHAT YOU ARE OBSERVING IN THE INDIVIDUAL(S) IN THE ROOM – HOW YOU BEGAN THE SESSION BASED ON YOUR UNDERLYING FORMULATION OF WHAT THAT INDIVIDUAL(S) NEEDS IN THE MOMENT AND DESCRIPTION OF HOW THE SESSION PROGRESSED TOWARDS THE GOALS.
3. DEMONSTRATE YOUR ABILITY TO OBSERVE, MAKE AN ASSESSMENT, FORMULATE AN INTERVENTION AND ARTICULATE THE RATIONALE FOR YOUR CHOICE, AND EVALUATE THE OUTCOME ON THE INDIVIDUAL OR GROUP FOR AT LEAST ONE INTERVENTION WITHIN THE SESSION ANALYSIS.
4. DEMONSTRATE YOUR ABILITY TO ASSESS YOUR WORK AS A DMT BY IDENTIFYING TWO AREAS YOU FELT SHOW YOUR STRENGTH AS A THERAPIST AND TWO AREAS WHERE YOU MIGHT CONTINUE TO LEARN AND GROW.
5. INCLUDE AT LEAST SOME REFERENCE TO THE THEORY/THEORIST THAT YOU PRESENTED IN YOUR THEORETICAL ESSAY THAT DEMONSTRATES YOUR USE OF THEORY THAT INFORMS THE SESSION.

## SUGGESTIONS FOR WRITING THE ESSAYS:

1. START WITH AN OUTLINE USING THE ABOVE AS GUIDELINES
2. DON'T WORRY ABOUT THE LENGTH – JUST PUT YOUR IDEAS DOWN IN LOGICAL SEQUENCE BASED ON YOUR OUTLINE.
3. ONCE YOU HAVE EVERYTHING WRITTEN, EDIT IT DOWN TO FOUR PAGES, DOUBLE SPACED.
4. EVEN IF YOU ARE A GREAT WRITER, HAVE A COLLEAGUE (AND ESPECIALLY YOUR SUPERVISOR) READ IT TO SEE IF IT'S CLEAR, LOGICAL AND COMPLETE.
5. IF WRITING IS NOT YOUR BEST SKILL, THEN DEFINITELY HAVE SOMEONE HELP YOU PUT YOUR IDEAS INTO WRITTEN FORM/EDIT YOUR ESSAYS TO MAKE SURE THAT THEY ARE THE BEST THEY CAN BE.

## COMMON MISTAKES TO AVOID:

1. TOO MANY THEORIES

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2. MENTION CONCEPT BUT DON'T EXPLAIN OR SHOW HOW IT IS USED
  3. USING TOO MANY QUOTES RATHER THAN SPEAKING FROM YOUR OWN VOICE
  4. MAKE SURE YOU READ AND ANSWER THE QUESTIONS CORRECTLY I.E. IDENTIFY TWO STRENGTHS AND TWO AREAS OF GROWTH
  5. AVOID STATEMENTS LIKE 'THIS WORKS FOR ALL POPULATIONS' AND BE SPECIFIC – HOW DO YOU UNDERSTAND YOUR THEORETICAL PERSPECTIVE IN RELATIONSHIP TO INDIVIDUALS OTHER THAN THE ONES YOU ARE WORKING WITH? WHAT MIGHT NEED TO BE ADAPTED IN ORDER TO USE IT DIFFERENTIALLY?
  6. MAKE SURE YOU ARE CITING CONCEPTS CORRECTLY I.E. "I USE THE CHACIAN CIRCLE" RATHER THAN TALKING ABOUT THE CIRCLE FORMATION AND ITS ROLE AS A CONTAINER AND ATTRIBUTING TO THE CORRECT THEORIST. ANOTHER EXAMPLE IS CITING THE THEORIST AND NOT THE EDITOR OF THE BOOK WHERE YOU READ ABOUT THAT THEORIST.
  7. THIS IS A CREDENTIAL TO PRACTICE DANCE/MOVEMENT THERAPY SO THE PANELISTS ARE REALLY LOOKING FOR EVIDENCE THAT YOU ARE DOING SO AND UNDERSTAND THE PROCESS OF SPECIFICALLY USING DANCE AND MOVEMENT *IN THERAPY*. EVEN IF YOU PLAN TO PRACTICE IN OTHER WAYS, THIS IS A *CLINICAL* CREDENTIAL AND YOU NEED TO DEMONSTRATE YOUR CLINICAL KNOWLEDGE AND ABILITY.
  8. DON'T SUBMIT A GROUP THAT YOU FELT YOU FAILED AT OBVIOUSLY SUBMIT A GROUP THAT YOU FEEL GOOD ABOUT EVEN IF THERE ARE SOME AREAS YOU MIGHT FEEL YOU COULD IMPROVE
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## CREDENTIAL MAINTENANCE REQUIREMENTS R-DMT & BC-DMT

### **CREDENTIAL RENEWAL:** YEARLY

- ☐ Pay the yearly renewal fee. Specific fee based on credential status (R or BC) and practice level (full or reduced practice)

### **CREDENTIAL RECERTIFICATION:** EVERY 5 YEARS

- ☐ Complete required number of CE hours for your status and practice level. (See website for specific details and amounts)
- ☐ Upload CE hour documentation to CE Tracker on website
- ☐ Submit RECERTIFICATION FILING FORM – verifying you have completed the CE requirement
- ☐ Pay Recertification filing fee
- ☐ **10% of recertificants are randomly selected to be audited (CE documentation)**

***\*\*ADTA MEMBERSHIP is different from credential renewal and is renewed yearly\*\****

### **WHAT HAPPENS IF YOU LET YOUR CREDENTIAL LAPSE?**

- ☐ To reinstate your LAPSED CREDENTIAL you must:
  - ☐ Pay a fee based on the status and practice level of your credential
  - ☐ Accrue additional CE hours (some of which must be ethics or DEI). These CE are in addition to required recertification CE hours.
  - ☐ If your credential has lapsed for more than 10 years, there are additional requirements (see website)
  - ☐ If you are an R-DMT you must have had a valid credential for at least 1 year prior to your BC-DMT application.