

Introduction to Dance Movement Therapy Workshop (Online or Auckland)

Interested in expanding your therapeutic toolkit with evidence-based, body-oriented approaches? Dance Movement Therapy (DMT) complements psychological practice by integrating movement, affect regulation, and relational processes.

Dance Therapy Training Aotearoa offers a 13-hour experiential Introduction to DMT workshop in Auckland (10 & 11 October 2026) or online (6-8 November 2026). The training introduces foundational DMT skills, theoretical frameworks, and practical applications.

The workshop can be attended as a standalone professional development opportunity or as the first module of our two-year part-time Diploma in Dance Movement Therapy.

More information: www.dancetherapytraining.org/intro-to-dmt



**INTRODUCTION TO DANCE
MOVEMENT THERAPY WORKSHOP**

WORKSHOP DATES
Auckland: 10 - 11 October 2026
Online: 6 - 8 November 2026

EARLY BIRD DISCOUNT
NZ students: \$395 + GST*
International students: \$475*
* Discount ends 14 August for in person and
4 September for online

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