



सावित्रीबाई फुले पुणे विद्यापीठ

गणेशखिंड, पुणे - ४११००७

Savitribai Phule Pune University

Ganeshkhind, Pune - 411007



सावित्रीबाई फुले पुणे विद्यापीठ
Savitribai Phule Pune University

दूरध्वनी क्रमांक : ०२०- २५६२११५६/५७/५९

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Academic Section (Approval Cell)

संकेतस्थळ/ Website: www.unipune.ac.in

संदर्भ क्र : सीबी/आय/६६६

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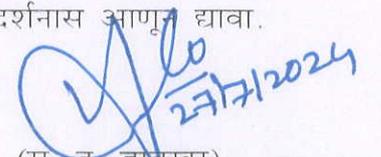
विषय :- आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत सुधारित अभ्यासक्रमांबाबत.

विद्यापीठ अधिकार मंडळाने घेतलेल्या निर्णयानुसार सर्व संबंधितांस या परिपत्रकाद्वारे कळविण्यात येते की, आंतरविद्याशाखीय अभ्यास विद्याशाखेअंतर्गत खालीलप्रमाणे सुधारित अभ्यासक्रमास शैक्षणिक वर्ष २०२४-२५ पासून मान्यता देण्यात येत आहे.

Sr. No.	Name of the Course
1	BFA-AA, BFA-PTG, BVA-PTG, Sculpture (CBCS Pattern - Sem. VII & VIII)
2	Bachelor of Social Work (BSW) – NEP, 2020
3	Master of Social Work (MSW) – NEP, 2020
4	B.A. (Education) – NEP, 2020
5	M.A. (JMC) (I & II Year) – NEP, 2020
6	M.A. in Expressive Movement Therapy

सदर अभ्यासक्रम सावित्रीबाई फुले पुणे विद्यापीठाच्या www.unipune.ac.in या संकेतस्थळावर Syllabi-Revised Syllabus from the Academic Year 2024 (New Syllabus) या शीर्षकाखाली उपलब्ध करण्यात आलेले आहेत. याची सर्व संबंधितांनी नोंद घ्यावी.

मा. प्राचार्य, संबंधित सर्व संलग्न महाविद्यालये/परिसंस्था, विद्यापीठीय विभाग, पुणे यांना विनंती की, सदर परिपत्रकाचा आशय सर्व संबंधितांच्या निदर्शनास आणून द्यावा.


27/7/2024

(स. द. डाबेकर)

उपकुलसचिव

प्रत माहितीसाठी व पुढील कार्यवाहीसाठी :-

१. मा. अधिष्ठाता, आंतरविद्याशाखीय अभ्यास विद्याशाखा, प्रस्तुत विद्यापीठ.
२. मा. संचालक, परीक्षा व मूल्यमापन मंडळ, प्रस्तुत विद्यापीठ.
३. मा. प्राचार्य, संबंधित सर्व संलग्न महाविद्यालये/परिसंस्था, विद्यापीठीय विभाग, पुणे
४. उपकुलसचिव, शैक्षणिक विभाग (संलग्नता), प्रस्तुत विद्यापीठ.
५. उपकुलसचिव, शैक्षणिक पात्रता विभाग, प्रस्तुत विद्यापीठ.

मा. विद्यापरिषद ठराव क्र. व ३२, ३५, ३६, ३८, ४०, ४२ पीए / ३२, ३५, ३६, ३८,
४०, ४२ / २०२४, दि. २२ जून, २०२४



Savitribai Phule Pune University

(formerly University of Pune)

Syllabus for Master of Arts in Expressive Movement Therapy (M.A. – EMT)

Academic Year 2024-2025

National Education Policy (NEP) 2020

M.A. in Expressive Movement Therapy

Syllabus Structure

Course Code	Course Name	Credits	Theory / Practical
SEMESTER – I			
MAJOR CORE			
EMT 501 MJ	Theory and Practice of EMT	4	Theory
EMT 502 MJ	Introduction to Psychology	4	Theory
EMT 503 MJ	Anatomy of the Body	2	Theory
EMT 504 MJP	Fieldwork	4	Practical
FUNDAMENTALS OF RESEARCH			
EMT 505 MJ	Research Methodology	4	Theory
MAJOR ELECTIVE (CHOOSE ANY ONE)			
EMT 506 MJ	Movement Observation and Analysis	4	Theory
EMT 507 MJ	Report Making	4	Theory

Course Code	Course Name	Credits	Theory / Practical
SEMESTER – II			
MAJOR CORE			
EMT 551 MJ	Group Dynamics	4	Theory
EMT 552 MJ	Psychopathology	4	Theory
EMT 553 MJ	Application of Yoga in EMT	2	Theory
EMT 554 MJP	Peer Supervision	4	Practical
INTERNSHIP			
EMT 555 OJT	Observation and Shadowing	4	Practical
MAJOR ELECTIVE (CHOOSE ANY ONE)			
EMT 556 MJP	Ethics in EMT	4	Practical
EMT 557 MJP	Basics of Yoga	4	Practical

Course Code	Course Name	Credits	Theory / Practical
SEMESTER – III			
MAJOR CORE			
EMT 601 MJ	EMT for Children and Adolescents	4	Theory
EMT 602 MJ	The Spectrum of Expressive Arts Therapies	4	Theory
EMT 603 MJ	Application of EMT in Indian Art Forms	2	Theory
EMT 604 MJP	Experiential Learning	4	Practical
RESEARCH PROJECT			
EMT 605 RP	Case Study	4	Practical
MAJOR ELECTIVE (CHOOSE ANY ONE)			
EMT 606 MJP	Clinical Supervision	4	Practical
EMT 607 MJP	Integration of Yoga in EMT	4	Practical

Course Code	Course Name	Credits	Theory / Practical
SEMESTER – IV			
MAJOR CORE			
EMT 651 MJ	EMT for Special Populations	4	Theory
EMT 652 MJ	EMT in Rehabilitation	4	Theory
EMT 653 MJP	Field Trips	4	Practical
RESEARCH PROJECT			
EMT 654 RP	Dissertation	6	Practical
MAJOR ELECTIVE (CHOOSE ANY ONE)			
EMT 655 MJ	Marketing Skills	4	Theory
EMT 656 MJ	Traditional Indian Practices for Mental Health	4	Theory

SEMESTER – I

EMT 501 MJ : THEORY AND PRACTICE OF EMT

Course Objectives :

- To learn about EMT pioneers
- To understand the various approaches of EMT
- To compare and contrast various EMT techniques

Course Outcomes :

Students will be able to

- Know the various theoretical principles of EMT
- Identify the appropriate EMT approach for various client populations

Credit 1 : Pioneers on the East Coast

- The differences in the approaches of Marian Chace, Blanche Evan and Liljan Espenak

Credit 2 : Pioneers on the West Coast

- The differences in the approaches of Mary Whitehouse, Trudi Schoop and Alma Hawkins

Credit 3b: Development of Dance Movement Therapy in Europe

- The various approaches of Helen Payne and Suzi Tortora
- The trauma-informed approach of Bessel van der Kolk and Babette Rothschild

Credit 4 : Further expansion of Dance Movement Therapy

- The present-day contributions of Irma Dosamentes, Janet Adler, Joan Chodorow and Fran Levy

Reference Books :

- *Levy, F. (2005). Dance/movement therapy: A healing art. AAPERD: Reston, VA.*
- *Sandel, S. Chaiklin, S., & Lohn, A. (Eds.). (1993). Foundations of Dance/movement Therapy*
- *The Life and Work of Marian Chace. Columbia, MD: Marian Chace Memorial Fund of the American Dance Therapy Association.*
- *Epstein, D. & Altman, N. (1994) The twelve stages of healing: A Network approach to wholeness. San Rafael, Ca: Amber-Allen Publishing*
- *Epstein, D. (2009). Somato Respiratory Integration Workbook. Longmont, CO: Wise World.*

EMT 502 MJ : INTRODUCTION TO PSYCHOLOGY

Course Objectives :

- To understand the fundamental principles and concepts of psychology
- To understand the role and importance of psychology in EMT
- To study the comparison between Indian and Western Psychology
- To apply counselling theories in EMT

Course Outcomes :

Students will be able to,

- Understand basic fundamentals of psychology
- Understand the application of psychology in EMT
- Understand the different approaches in counselling
- Highlight the various schools of counselling appropriate in EMT settings

Credit 1 : Comparison between the Indian and Western Origins of Psychology

- An overview of Socrates and Plato versus The Vedas and the Upanishads
- Introduction to the Natyashastra
- Psychology in the Mahabharat and the development of Psychology in India

Credit 2 : Psychodynamic Theory of Counselling

- Freud's Psychoanalysis and Jung's Analytical Theory and to understand the differences and similarities in the two

Credit 3 : Humanistic-Existential Theory of Counselling

- Person Centred Therapy
- The difference between Gestalt Therapy, Transactional Analysis and Existential Therapy
- The foundation and application of Logotherapy

Credit 4 : Cognitive Behaviour Therapies

- Behaviour Therapies
- Rational-Emotive Behaviour Therapy
- Multimodal and Post-Modern Therapies

Reference Books :

- *Theory and Practice of Counselling*- Richard Nelson Jones
- *Psychology in the Indian Tradition* - Ramkrishna Rao, Anand Paranjape

EMT 503 MJ : ANATOMY OF THE BODY

Course Objectives :

- To understand the anatomy of the body
- To understand body movement
- To learn about the physiology of dancers

Course Outcomes :

Students will be able to,

- Understand fundamental anatomy
- Develop the understanding of the physiology of dancers

Credit 1 : Anatomy

- Structure of the body
- Functions and names of bones, Functions and names of muscles Functions and types of joints
- Function of the nervous system and structure

Credit 2 : Biomechanics Planes

- Planes and axis of movement and axis of movement
- Physiological support systems
- Body types and biomechanics of dancers
- Movement behaviour and wellness for dancer

Reference Books :

- *Levy, F. (2005). Dance/movement therapy: A healing art. AAPERD: Reston, VA.*
- *Sandel, S. Chaiklin, S., &Lohn, A. (Eds.). (1993). Foundations of Dance/movement Therapy:*
- *Dimon, T., & Brown, G. D. (2011). The body in Motion: Its Evolution and Design. Berkley, CA:*
- *Kapit, W. and Elson, L (2001). The Anatomy Coloring Book. New York: Harper Collins.*

EMT 504 MJP : FIELDWORK

Course Objectives :

- To locate an internship with a practicing Therapist
- To apply the textual understanding of EMT
- To know the techniques and theories of EMT

Course Outcomes :

Students will be able to,

- Locate and negotiate the terms of internship with the placement manager
- Apply the theoretical skill set of EMT in a non-clinical setting

Credit 1 : In Class Movement Tasks, Discussions, Journaling

- Experiential sessions involving journal writing and therapeutic processes

Credit 2 : Personal Process and Development

- Personal therapy sessions to explore personal growth with regards to the course

Credit 3 : Locating and Finalizing Placement Including Negotiating Placement Timetable and Job Role

- Internship placements to implement learning in a supervised environment

Credit 4 : Submission of Report on Placement Challenges and Course Learning

- Detailed report writing including the administrative dealings in the placement along with learning and personal reflections.

Reference Books :

- *Theory and Practice of Counselling- Richard Nelson Jones*

EMT 505 MJ : RESEARCH METHODOLOGY

Course Objectives :

- To understand the concepts of research
- To understand different methodologies and study designs
- To create research proposal and review of literature

Course Outcomes :

Students will be able to,

- Develop an interest in research
- Create a study design for their research

Credit 1 : Basics of Research

- The meaning, definition, nature of research
- Formulating research problem
- Analyzing, organizing and reviewing literature and writing references

Credit 2 : Types of Research

- How to conduct Historical research
- How to organize Experimental Research
- Difference between Qualitative and Quantitative research
- Ways of mixing methods

Credit 3 : Experimental Research

- Experimental and control group
- Experimental Designs
- The different types of Variables
- Experiential Validity

Credit 4 : Hypothesis, Data Collection Tools and Research Proposal

- What is Hypothesis- meaning, definition, types
- Sampling- concept, types, techniques
- Various Tools of data collection
- Ethical Issues in research Presenting Research Proposal

Reference Books :

- *Research Methodology Paperback – 1 September 2019 by C.R. Kothari, Gaurav Garg*

EMT 506 MJ : MOVEMENT OBSERVATION AND ANALYSIS

Course Objectives :

- To understand movement
- To analyze movement origin
- To observe and note movement
- To improvise movement improvisation based on observation

Course Outcomes :

Students will be able to,

- Understand different types of movement
- Observe and note movement
- Analyze movement
- Create movement profiles and interventions

Credit 1 : Introduction to LMA

- Body, Effort, Shape, Space
- Creating a movement profile incorporating all aspects of Body, Effort, Shape, Space

Credit 2 : Core Laban Theoretical Principles and Selected Concepts

- Formation and development of Laban Movement Analysis and to understand analysis from an Indian context
- Application of LMA to Indian movement forms

Credit 3 : Therapeutic Experience of LMA

- Personal movement observation along with observations of peers and in the community
- Movement Observation in professional and therapeutic experience

Credit 4 :

- Experiencing movement interventions to understand the interrelatedness of all the LMA categories

Reference Books :

- *Bartenieff, I. (2002). Body movement: Coping with the environment.*
- *Routledge Bradley, K. (2009). Rudolf Laban biography.*
- *Routledge Goldman, E. (2004). As others see us.*
- *Routledge Laban, R. (1950/2011). Mastery of movement--4th Edition. Dance Books*
- *Laban, R. (1966/2011). Choreutics. Dance Books*
- *Moore, Carol-Lynne (2014). Meaning in motion: Introducing Laban Movement Analysis.*

EMT 507 MJP : REPORT MAKING

Course Objectives :

- To understand the parallel journey between coursework and fieldwork
- To understand the role and importance of supervision

Course Outcomes :

Students will be able to,

- Bring clinical material for supervision
- Draw a parallel between their internship and coursework

Credit 1 : Supervision

- Meaning of Supervision
- Boundary setting in Supervision
- Administrative considerations at placements
- Ethical considerations

Credit 2 : Personal Therapy

- Locating a suitable therapist
- Exploring the personal journey against the journey in the course
- Exploring the personal journey against the journey at placement

Credit 3 : Movement Reflection

- Using the expressive arts to express the inner reflections
- Collaborating with peers to create theme-based movement sequences

Credit 4 : Assessing and Observing Arts in Performance

- Witnessing dance concerts by various artists in various settings
- Comparing the themes portrayed in different artistic styles
- Critiquing, analysing and appreciating various theatrical pieces

Reference Books :

- *Professional Report Writing 1st Edition by Simon Mort (Author)*

SEMESTER – 2

EMT 551 MJ : GROUP DYNAMICS

Course Objectives :

- To understand the group and anti group
- To know the roles in group
- To understand the stages of group formation

Course Outcomes :

Students will be able to,

- Fundamental functions, types and roles of groups
- Development of the skill set to facilitate EMT sessions for groups

Credit 1 : Group Processes

- What is a group
- Various theories of group formation
- Introduction to group dynamics

Credit 2 : Analyzing DMT in groups

- Healing processes in group DMT
- Approaches of pioneers in group DMT

Credit 3 : Facilitation of group DMT sessions

- Ethical considerations while conducting group DMT sessions
- Transference and counter transference in group DMT sessions
- Props in group DMT sessions

Credit 4 : The Anti-group

- Anti group and its formation
- Interventions while working with the anti-group

Reference Books :

- *Group Psychology and the Analysis of the Ego- Sigmund Freud*
- *The Anti Group- The Anti-Group: Destructive Forces in the Group and their Creative Potential (Routledge Mental Health Classic Editions)- Morris Nitsun*

EMT 552 MJ : PSYCHOPATHOLOGY

Course Objectives :

- To understand various mental health conditions
- To read the DSM 5 and understand categorization of disorders

Course Outcomes :

Students will be able to,

- Define mental health disorders
- Read the DSM 5
- Facilitate interventions for mental health disorders

Credit 1 : Panic, Anxiety and Obsession Disorders

- To get an overview of Generalized Anxiety Disorder
- To understand the various disorders withing Generalized Anxiety Disorder
- To explore DMT interventions for Generalized Anxiety Disorder

Credit 2 : Mood Disorders and Suicide

- To understand the various kinds of mood disorders
- To explore DMT interventions for Mood disorders
- To differentiate between the different types of suicide and explore DMT interventions and the medico-legal aspect of treatment for suicidal ideation

Credit 3 : Personality Disorders

- To understand the difference between mood disorders and personality disorders
- To learn the different types of personality disorders along with causes
- To create DMT interventions for Personality Disorders

Credit 4 : Dissociative and Psychotic Disorders

- To understand the causes and symptoms of various dissociative disorders
- To understand and differentiate psychosis from other mental health disorders
- To create interoception based interventions for psychotic disorders

Reference Books

- *Abnormal Psychology-* Jill M. Hooley, James N. Butcher, Matthew K. Nock, Susan Mineka (Author), Preeti Kapur

EMT 553 MJ : APPLICATION OF YOGA IN EMT

Course Objectives :

- To understand the foundational principles of Yoga
- To understand the workings of Yoga
- To plan Yoga-based interventions in various settings

Course Outcomes :

Students will be able to,

- Understand the fundamental principles of Yoga
- Develop an interest in creating Yoga-based interventions with different populations
- Reach up to different populations and provide setting-appropriate service

Credit 1 : History of Yoga

- Meaning and definitions of 'Yoga'
- Aim and objectives - Historical periods of Yoga development
- Common misconceptions about Yoga

Credit 2 : Four Streams of Yoga (Based on Fundamental Principles)

- Jnana Yoga (Vedanta Tradition)
- Bhakti Yoga (Bhagvadgeeta and Narada Bhaktisutra)
- Karma Yoga (Bhagvadgeeta)
- Raja Yoga (Patanjala Yogasutra)

Reference Books :

- *The Therapeutic Applications of Yoga Paperback – 25 June 2020 by Dr. Rajendra Reddy Akuthota (Author)*
- *The Application of Yoga to Daily Life (Pocket Book) Paperback – 1 January 2002 by Lanthe H. Hoskins (Author)*
- *Anatomy of Movement: Exercises Paperback – Import, 1 January 2018 by Blandine Calais-Germain (Author)*
- *The Application of Yoga to Daily Life (Pocket Book) Paperback – 1 January 2002 by Lanthe H. Hoskins (Author)*
- *The Therapeutic Applications of Yoga Paperback – 25 June 2020 by Dr. Rajendra Reddy Akuthota (Author)*
- *Therapeutic References in Traditional Yoga Texts - Manmath M. Gharote, Vijay Kant Jha, Parimal Devnath, Lonavla Yoga Institute*

EMT 554 MJP : PEER SUPERVISION

Course Objectives :

- To apply the knowledge of mental health in a simulated therapy setting
- To know the concept of parallel learning

Course Outcomes :

Students will be able to,

- Integrate the theoretical learning in a simulated environment
- Draw parallels between the coursework and placement

Credit 1 : Conduction of EMT sessions under supervision

- 1:1 intervention for peers under supervision
- Creating plans and rationales
- Analysis and critique of peer sessions

Credit 2 : Submission of journal and case study of conducted sessions

- Documentation of the sessions
- Creative a personal reflective journal to document personal development during peer reviewed sessions

Credit 3 : Shared Leadership and Peer-Led interventions

- Peer led group interventions and conduct sessions for peers
- Rationale of these interventions
- Analysis and critique of peer sessions

Credit 4 : Movement Analysis and Intervention based Learning

- Attendance of Cultural shows and analysis of movement sequences
- Comparison and contrast of the strengths of various dance forms
- Interventions based on specific dance forms

Reference Books

- *MENTAL HEALTH CARE In Settings Where Mental Health Resources Are Limited An Easy-Reference Guidebook for Healthcare Providers In Developed and Developing Countries* by Pamela Smith, MD
- *Peer Supervision Groups: How They Work and Why You Need One Hardcover – Import, 25 September 2010* by Lee D. Kassan (Author)

EMT 555 OJT : OBSERVATION AND SHADOWING

Course Objectives :

- To locate and initiate an internship
- To acquire the knowledge of various therapeutic settings

Course Outcomes :

Students will be able to,

- Gain and internship with an organization
- Pitch the work according to the requirement of the setting
- Facilitate EMT interventions

Credit 1 : In Class Movement Tasks, Discussions, Journaling

- Students will be exposed to experiential sessions involving journal writing and therapeutic processes

Credit 2 : Personal Process and Development

- Students will be required to attend personal therapy sessions to explore their personal growth with regards to the course

Credit 3 : Fieldwork Including Observation, Shadowing and Conduction of Supervised Sessions

- Students will be guided to internship placements to implement their learning in a supervised environment

Credit 4 : Submission of Case Study of Conducted Sessions

- Students will create a detailed case study report including the therapeutic interventions as well as their administrative dealings in the placement.

Reference Books :

- *Psychotherapy Training and Practice: A Journey into the Shadow Side Paperback – Import by Kate Wilkinson*
- *Theory and Practice of Counselling- Richard Nelson Jones*

EMT 556 MJP : ETHICS IN EMT

Course Objectives :

- To create an ethical background for psychotherapy work in India
- To create policies and protocols that will ensure an ethical base for 1:1 and group psychotherapy

Course Outcomes :

Students will be able to,

- Understand the ethical prerequisites to running a psychotherapy practice.
- Analyse the challenges that might come up in psychological set ups

Credit 1 : Understanding the Ethical Paradigm in Psychological Settings

- Personal ethics and moral compass as a therapist
- Distinguishing between ethics and morals from the socio-cultural perspective
- Appreciating various ideologies and learning to welcome contrasting opinions

Credit 2 : Understanding the Ethical Protocol in Various Placement Settings

- Learning code of conduct of individual placement settings
- Creating a policy and protocol document for future setup
- Creating a consent form

Credit 3 : Identifying Institutes that Uphold Law and Order

- Updating self and peer's database of respective services and area-specific support in times of distress
- Establish medico-legal protocols for potential setup

Credit 4 : Ethical Dos and Don'ts Pertinent for Various Client Groups

- Differentiating between fiduciary duties and workaholicism'
- Establishing the necessary protocols when working with vulnerable populations

Reference Books :

- *Oxford Handbook of Psychotherapy Ethics - Manuel Trachsel (ed.), Jens Gaab (ed.), Nikola Biller-Andorno (ed.), Şerife Tekin (ed.), John Z. Sadler (ed.)*
- *Handbook of Professional Ethics for Psychologists: Issues, Questions, and Controversies 1st Edition by William T. O'Donohue (Editor), Kyle E. Ferguson (Editor)*

EMT 557 MJP : BASICS OF YOGA

Course Objectives :

- To apply the textual understanding of yogic practices
- To know the techniques and importance of Asanas and Pranayama
- To know the techniques and importance of Bandha and Mudras
- To know the techniques and importance of Kriyas and Dharana

Course Outcomes :

- Students will be able to,
- Know the difference between yogic exercises and other exercises
- Understand the higher principles of yoga through practice
- Know the effects of yogic practices on different systems
- Understand the fundamental teaching principle of simple to complex

Credit 1 : Practice of Asanas

- Asanas in Standing Position: Tadasana, Vrikshasana, Padahasthasana, Katichakrasana, Trikonasana, Parshvakonasana, Utkatasana, Sankatasana
- Asanas in Sitting Position: Sukhasana, Swastikasana, Padmasana, Vajrasana, Siddhasana, Muktasana, Veerasana, Guptasana, Gorakshasana, Garudasana, Vrushasana, Ushtrasana, Yogasana Janushirasana, Paschimottanasana, Bhadrasana, Mandukasana, Uttana Mandukasana, Shashankasana, Vakrasana, Ushtrasana, Naukasana, Merudandasana
- Asanas in Supine Position: Uttanapadasana, Ardhalasana, Viparita karani, Sarvangasana, Pavanamuktasana, Setubandhasana, Shavasana
- Asanas in Prone Position: Shalabhasana, Bhujangasana, Dhanurasana, Makarasana

Credit 2 : Practice of Cleansing Techniques

- Kapalabhati
- Agnisaradhauti
- Jalaneti - Sutraneeti
- Nauli

Credit 3 – Practice of Pranayama and Bandhas

- Anuloma-viloma, Suryabhedana, Ujjayi
- Practice of Jalandhara, Moola and Uddiyana Bandhas separately

Credit 4 – Practice of Meditation

- Breath Meditation
- Omkara Chanting with 2:3:5 Ratio

Reference Books :

- *Asana Pranayama Mudra Bandha - Swami Satyananda Saraswati*
- *Gheranda Samhita - Srisa Chandra Vasu Sat Guru Publications 2005*
- *Hatha Yoga Pradipika - Translated by Pancham Sinh*
- *Ashtanga Yoga Darshan – Yogacharya Vishwas Mandalik (Marathi)*
- *Asana Why & How - Shri O P Tiwari, Kaivalyadhama*
- *Asana by Swami Kuvalayananda – Dr. M.L. Gharote*
- *Pranayama by Swami Kuvalayananda – Dr. M.L. Gharote*
- *Guidelines for Yogic Practices - Dr. M.L Gharot*

SEMESTER – III

EMT 601 MJB : EMT FOR CHILDREN AND ADOLESCENTS

Course Objectives :

- To understand the stages of development
- To know about various developmental disorders
- To know the application of EMT for children and adolescents

Course Outcomes :

Students will be able to,

- Know the application of EMT for children and adolescents
- Know the developmental stages and disorders

Credit 1 : Developmental Psychology

- Child and Adolescent Development
- Historical and cultural perspective on health of a child
- Developmental stages of movement
- Developmental Disorders

Credit 2 : Using Movement While Working with Children and Adolescents

- Using EMT in group and individual settings
- Role of verbal facilitation during a EMT session
- Varied approaches to EMT with children and adolescents
- The question of privacy and boundaries

Credit 3 : Specialized EMT Sessions for Children and Adolescents

- Review of Neurodevelopmental disorders, anxiety and ODD
- DMT interventions while working with clients with Eating disorders, Learning Disorders, Social Anxiety and Trauma
- Practical methodologies to work with each aspect

Credit 4 : Session Plan, Treatment Plan and Interventions Treatment Template

- Assessment- Goals and objectives
- Planning sessions
- The top-down and bottom- up approach
- Play therapy, Mindfulness, Music therapy, storytelling, Transactional Analysis, Gestalt interventions

Reference Books :

- Greenspan, S. & Wieder, S.(1998).*The child with special needs: Encouraging intellectual and emotional growth.*Merloyd Lawrence, Perseus Book Group: USA..
- Winnicott, D. (1971, 2005).*Playing and reality.* Routledge, New York, NY

EMT 602 MJ : THE SPECTRUM OF EXPRESSIVE ARTS THERAPIES

Course Objectives :

- To understand the different creative arts therapies
- To know the history of creative art therapies

Course Outcomes :

Students will be able to,

- Apply creative arts therapy in various settings
- Identify populations for particular creative art therapies

Credit 1 : Art Therapy

- Principles and core concepts of art therapy
- Tools in art therapy
- EMT interventions that can be integrated in art therapy sessions

Credit 2 : Music Therapy

- Overview of the principles and core concepts of music therapy
- Tools in music therapy
- EMT interventions that can be integrated in music therapy sessions

Credit 3 : Drama Therapy and Story Telling

- Overview of the principles and core concepts of Drama therapy and storytelling
- The use of metaphor
- EMT interventions that can be integrated in drama therapy and storytelling sessions

Credit 4: Application of DMT in Various Therapeutic Interventions

- Integrative sessions of DMT with other modalities
- Possibilities of art therapy interventions based on particular client needs

Reference Books :

- *Dance Movement Therapy, Theory and Practice- Helen Payne*

EMT 603 MJ : APPLICATION OF EMT IN INDIAN ART FORMS

Course Objectives :

- To learn about various dance styles
- To learn about the application of EMT in Indian dances

Course Outcomes :

Students will be able to,

- Know about Indian dance styles
- Apply EMT in Indian dance styles

Credit 1 : Indian Classical Dances in EMT

- Kathak, Bharatnatyam, Odissi and Mohiniattam in EMT
- Navrasas in DMT
- Core concepts of the Natyashastra and its application in DMT

Credit 2 : Indian Folk Dances in EMT

- Application of Folk Dances of different regions of India
- Community benefits of Folk Dances
- Folk Dances in group EMT settings

Reference Books :

- *Sandel, S. Chaiklin, S, & A, Lohn, (Eds.). (1993). Foundations of Dance/movement Therapy: The Life and Work of Marian Chace. Columbia, MD: Marian Chace Memorial Fund of the American Dance Therapy Association.*
- *Levy, F. (2005). Dance/movement therapy: A healing art. AAHPRD: Reston, VA.*
- *History of Dance: An Interactive Arts Approach: Gayle Kassing; Human Kinetics, 2007*
- *Moving History/Dancing Cultures: Ann Dils, Ann Cooper Albright Wesleyan University Press, 19-Oct-2001*

EMT 604 MJP : EXPERIENTIAL LEARNING

Course Objectives :

- To understand the relationship between the student's personal journey and the coursework
- To be able to embody the challenges faced and solutions found during the training journey

Course Outcomes :

Students will be able to,

- Verbalize and express their individual journey
- Conduct, analyze and critique placement sessions by drawing parallels from sessions within cohort

Credit 1 : EMT experiential in Small and large Groups

- Therapeutic experience in a small EMT sub-group of the main cohort
- Group therapeutic experience in a EMT group of the entire cohort

Credit 2 : Independent and Peer movement research

- Movement repertoire of oneself
- Movement repertoire of a peer in a group setting

Credit 3 : Dance Labs

- Current and relevant issues through dance and movement
- Improvising movement as a response to stories brought in on different themes
- Collaboration within a group to contribute movement ideas and interventions

Credit 4 : Coursework Summary

- Personal journal to document the journey and development of the self
- Creating a movement portfolio that reflects the personal journey
- Attaching a written piece elaborating on the movement portfolio

Reference Books :

- *The Joy of Movement- Kelly McGonigal*

EMT 605 RP : CASE STUDY

Course Objectives :

- To create an EMT programme for a client
- To facilitate EMT sessions for clinical populations
- To maintain official records of placement sessions and document as per protocol of the placement

Course Outcomes :

Students will be able to,

- Apply the theoretical skill set of EMT in a clinical setting
- Facilitate EMT sessions for clinical populations
- Create and Document session plans and notes

Credit 1 : In Class Movement Tasks, Discussions, Journaling

- Students will be exposed to experiential sessions involving journal writing and therapeutic processes

Credit 2 : Personal Process and Development

- Students will be required to attend personal therapy sessions to explore their personal growth with regards to the course

Credit 3 : Fieldwork Including Observation, Shadowing and Conduction of Supervised Sessions

- Students will be guided to internship placements to implement their learning in a supervised environment

Credit 4 : Submission of Case Study of Conducted Sessions

- Students will create a detailed case study report including the therapeutic interventions as well as their administrative dealings in the placement.

Reference Books :

- *Case Studies in Abnormal Psychology -Thomas F. Oltmanns (Washington University in St. Louis), Michele T. Martin (Wesleyan College)*

EMT 606 MJP : CLINICAL SUPERVISION

Course Objectives :

- To develop meta-analysis and meta-thinking abilities
- To gain insight into individual motivations and functionings as a therapist

Course Outcomes :

Students will be able to,

- Integrate the theoretical learning at placement
- Draw parallels between the self-work, coursework and placement

Credit 1 : In Class Session, Discussion and Analysis

- Students will experience the narration and discussion of their clients in a supervised setting
- Students will witness session discussion and learn to provide analytical feedback on peers' sessions

Credit 2 : Personal Process and Development

- Students will be required to attend personal therapy sessions to explore their personal growth with regards to the course.
- They will draw parallels between their role as therapist and client and reflect on the individual transference and countertransference

Credit 3 : Fieldwork including Observation, Shadowing and Conduction of Supervised Sessions

- Students will be guided to clinical placements to implement their learnings in a supervised environment

Credit 4 : Submission of Therapist Report

- Students will create a detailed case study report including the therapeutic interventions as well as their administrative dealings in the placement.

Reference Books :

- *Supervision Essentials for Psychodynamic Psychotherapies* by Joan E. Sarnat

EMT 607 MJP : INTEGRATION OF YOGA IN EMT

Course Objectives :

- To understand the fundamental techniques of Yoga
- To know the higher practices of Yoga
- To understand the aims and objectives of Dhyana (Meditation)
- To know the relationship between Dhyana (meditation) and other practices of Yoga Course

Course Outcomes :

Students will be able to,

- Understand the fundamental techniques of Dhyana (meditation)
- Develop the real awareness
- Reach up to the higher stage of Yoga
- Develop the authoritativeness, accuracy and objectivity of Yogic wisdom

Credit 1 : Meditation techniques from ancient Hathayogic texts

- Meditation techniques as Adharas from Siddha Siddhanta Paddhati
- Meditation techniques as Lakshya from Siddha Siddhanta Paddhati
- Meditation techniques as Vyoma from Siddha Siddhanta Paddhati
- Meditation techniques as Marma-sthana from Yuktabhavadeva

Credit 2 : Mantra Meditation

- Types of mantra recitation (Ucchaih, Upanshu and Manasi)
- Omkara Meditation - Chanting of Vedic Mantras, Beeja Mantra Meditation
- Ajapa Gayatri Meditation

Credit 3 : Modern Meditation Techniques

- Preksha Meditation of Jainism
- Zen Meditation
- Rajayoga meditation of Brahmakumaris

Credit 4 : Other Meditation Techniques

- Transcendental Meditation by Maharshi Mahesh Yogi
- Vipassana Meditation of Buddhism
- Guided Meditation (Yoga Nidra)

Reference Books :

- *Swami Satyananda S., Ajapa Japa and Chidakash Dharana, Yoga Publication Trust, Bihar.*
- *Maharshi Mahesha Yogi, Science of Being and Art of living, Plume, 2001.*
- *Mind Sound Resonance Technique (MSRT), Swami Vivekananda Yoga Prakashan.*
- *Swami Satyananda S., Antar Mouna: Inner Silence, Yoga Publication Trust, Bihar.*
- *Niranjanananda Saraswati: Yoga Nidra; Bihar school of yoga publication, Munger, 2000.*
- *Dr. M. L., Gharote Yuktabhavadeva (A Treatise on Yoga) of Bhavadevamisra,*

SEMESTER – IV

EMT 651 MJ: EMT FOR SPECIAL POPULATIONS

Course Objectives :

- To understand the specific client needs of various populations
- To design interventions for various clinical and non-clinical populations

Course Outcomes :

Students will be able to

- Understand the fundamental needs of an audience
- Co-facilitate and facilitate sessions for special needs

Credit 1 : DMT for Addiction

- Creating and implementing customized DMT interventions for addiction and rehabilitation centres

Credit 2 : DMT for Eating Disorders

- Creating and implementing customized DMT interventions for eating disorders

Credit 3 : DMT for Older Adults

- Understanding about geriatric psychiatry
- Exposure to various settings for palliative care
- Creating and implementing customized DMT interventions for Older Adults

Credit 4 : DMT for Physical Disabilities

- Various forms of physical disabilities
- Process of getting a handicap certificate
- Creating and implementing EMT interventions for physical disabilities

Reference Books :

- *The Embodied Mind: Cognitive Science and Human Experience-* Eleanor Rosch, Evan Thompson, Francisco Varela

EMT 652 MJ : EMT IN REHABILITATION

Course Objectives :

- To create awareness about various rehabilitation settings
- To understand policies and protocols of rehabilitation setups

Course Outcomes :

Students will be able to:

- Read and interpret medical reports from various rehabilitation settings
- Create and offer interventions in rehabilitation setups

Credit 1 : Neurology

- Symptoms and prognosis of neurological disorders
- Prognosis of EMT interventions
- EMT interventions to groups and individuals under supervision

Credit 2 : Orthopaedics

- Symptoms and prognosis of orthopaedic procedures
- Prognosis of EMT interventions
- EMT interventions to groups and individuals under supervision

Credit 3 : Psychiatry

- Symptoms and prognosis of psychiatric disorders
- Prognosis of EMT interventions
- EMT interventions to groups and individuals under supervision

Credit 4 : Trauma

- EMT through a trauma-sensitive lens
- Complex needs of survivors of trauma and abuse
- Trauma-sensitive EMT interventions for children in juvenile homes, street-dwellers, CSWs and the Queer Community

Reference Books :

- *Arts Therapies in Psychiatric Rehabilitation* by Umberto Volpe
- *Trauma and Expressive Arts Therapy Brain, Body, and Imagination in the Healing Process* By Cathy A. Malchiodi · 2020

EMT 653 MJP : FIELD TRIPS

Course Objectives :

- To provide an overview of various settings where the Expressive Arts Therapies can be applied

Course Outcomes :

Students will be able to

- identify settings where psychological therapy can be provided
- To create an integrative plan involving Expressive Art Therapy interventions and present it to a potential employer

Credit 1 : Schools of Special Educational Needs

- Identifying SEN schools in the city
- Creating a plan and proposal for introducing EMT interventions
- Creating a presentation for the setup by identifying its unique requirements

Credit 2 : Homes for the Visually Impaired

- Identifying homes for the Visually Impaired in the city
- Creating a plan and proposal for introducing EMT interventions
- Creating a presentation for the setup by identifying its unique requirements

Credit 3 : Homes for the Hearing Impaired

- Identify homes for the hearing impaired in the city
- Creating a plan and proposal for introducing EMT interventions
- Creating a presentation for the setup by identifying its unique requirements

Credit 4 : Corporate Offices

- Identifying corporate office
- Creating a plan and proposal for introducing EMT interventions
- Creating a presentation for the setup by identifying its unique requirements

Reference Books :

- *A Guide to Great Field Trips by Kathleen Carroll*

EMT 654 RP : DISSERTATION

Course Objectives :

- To understand the fundamental principles of research
- To understand the role and importance of research
- To conduct various types of researches
- To provide the basic understanding of research
- To develop the sound understanding about the subject

Course Outcomes :

Students will be able to,

- Develop the interest for research methodology
- Be able to conduct the research
- Understand the correlation between different types of researches

The facility of dissertation provides for student's interest in doing research on a topic of his/her choice. The topic and the plan of the dissertation is decided in consultation with the faculty member and is executed on approval by the Departmental committee. Every candidate must follow all the guidelines given in the research report format given in the appendix of this document.

EMT 655 MJ : MARKETING SKILLS

Course Objectives :

- To create a brand
- To locate a target audience
- To promote a service according to the specific demands of an audience

Course Outcomes :

Students will be able to,

- Identify their potential area of work
- Develop their own brand
- Provide need specific resources to a variety of audiences

Credit 1 : Introduction to Marketing

- Definition of marketing
- Application and scope of the field of DMT
- Marketing Strategies

Credit 2 : Creating a Business Plan

- Tools for Marketing
- Digital Marketing Trends

Credit 3 : Brand Identity Process of Creating a Brand

- Branding for a product, person, service
- Discovering the brand's USP

Credit 4 : Creating a Brand

- Creating a personal brand vision
- Creating a marketing strategy for a brand

Reference Books :

- *Digital Marketing for Beginners- David Ross*

EMT 656 MJ : TRADITIONAL INDIAN PRACTICES FOR MENTAL HEALTH

Course Objectives :

- To apply the yogic knowledge for mental health
- To know the concept of mental health
- To know the importance of mental health in day to day life
- To know the role of yogic practices for mental stability

Course Outcomes :

Students will be able to,

- Know the application of Yoga practices for mind
- Know the detailed understanding about mental health
- Know the yogic practices for prevention, promotion and cure related to mental disorders

Credit 1 : Introduction to Modern Psychology

- Introduction and history of modern psychology, Needs and goals of psychology
- Developmental stages of psychology: from puberty
- Psychological basis of behavior, Types of behaviors, behavioral theory of psychology - Cognitive functions of mind, Stages of sleep (modern and yoga)

Credit 2 : Introduction to Eastern Psychology

- Difference between eastern and western psychology - Nature, meaning and scope of eastern psychology
- Personality traits – Allport and Maslow - Maslow's hierarchy of needs

Credit 3 : Yogic Psychology

- Mind according to Patanjala Yogasutras and Vedanta tradition
- Yogic perspective of mental health; Five levels of Chitta; Concept of affliction according to Patanjali, chitta prasada, other practices to overcome the mental afflictions
- Concept of mental afflictions in Bhagavad Geeta, assessment of mental disorders, practices for maintaining mental health
- Various Yogic practices to promote good mental health

Credit 4 : Preventive and Curative aspects of Yoga for Common Psychological Disorders

- Characteristics of common psychological disorders
- Yogic management of Frustration and Stress
- Yogic management of Anxiety, Depression and Aggression
- Yogic management of Insomnia and Eating Disorders

Reference Books :

- *Therapeutic References in Traditional Yoga Texts - Manmath M. Gharote, Vijay Kant Jha, Parimal Devnath, Lonavla Yoga Institute*

Appendix – A

FORMAT & GUIDELINES FOR WRITING RESEARCH REPORT

The student should use the following guidelines for thesis/dissertation.

- ✓ **Language:** English and Marathi are acceptable. If candidate is writing in English then Quotations in languages other than English must require a translation and if Marathi then quotations in language other than Marathi must require a translation. Thesis written in English / Marathi Language must have two abstracts, one in Marathi and other one in English and for Dissertation/thesis written in English Language must have abstract in English only.
- ✓ **Paper:** The thesis must be printed on good quality, A4 Size (8.27" x 11.69"), white paper (Executive bond) on both sides of the paper. Photographs and other special figures or tables may be printed on photographic quality paper. Oversize or undersize pages (e.g., maps/Drawings) can be included but will not be bound into the thesis—they will be placed in a pocket at the back of the thesis.
- ✓ **Margins:** Left-hand margins should be 38 mm (1.5") wide, to facilitate binding. All other margins should be well defined at approximately 25 mm (1"). Text alignment should be justified.
- ✓ **Font:** For the main body of the text, a standard, easily legible, 12-point font is preferred (e.g., Times New Roman / Arial) although for some font styles (e.g., Arial or Helvetica) 11-point may be acceptable. For Marathi a 16-point font is preferred. Condensed type is not acceptable. Chapter titles and section (sub) headings may be in a different style and should stand out clearly from the text. Text styles and title/(sub)heading styles should be consistent throughout the thesis, except that 11 or 12-point font consistent with the thesis text may be used in the table of contents. The thesis must be printed in black ink; printing should be laser or better quality.

Title	Marathi	English
Chapter Heading	16/18 Bold	14 Bold
Headings	16 Bold	14 Bold
Sub Headings	14 Bold	12 Bold
Body Text	14	12

- ✓ **Page Numbers:** All pages must be numbered in sequence. There must be no missing, blank, or duplicate pages.
- The page numbers in the preliminary material are to be in lower case Roman numerals, centered at the bottom of the page, except for the title page, which is not numbered. Minimum font size is 12-point and must be consistent throughout the text.
- The page numbers in the main part (all text pages) are to be numbered consecutively with Arabic numerals.
- Placement of page numbers is as follows: Assign page numbers for the first page of each chapter, bibliography, and title page but do not print the number.
- Number should be placed ½ inch from top of page and aligned with right margin.
- ✓ **Line Spacing:** 1.5 for text; exceptions are noted below.
- ✓ **Printing:** Preliminary pages to be printed on one side of the page and Body of the Thesis on both sides of the pages. Every new chapter should start on right hand side page.
- ✓ **Table of Contents:** The thesis must contain a complete table of contents. Individual entries (titles, headings, etc.) that extend onto more than one line should be single-spaced; line spacing of 1.5 should be maintained between entries. For clarity, chapter titles and (sub) headings should be in 12-point font regardless of their font size in the main body of the text. Page numbers listed in the table of content should be aligned at the right-hand side of the page.
- ✓ **List of Illustrations/Figures and/or Tables** (if applicable): Individual entries (titles, captions, etc.) that extend onto more than one line should be single-spaced, but line spacing of 1.5 should be maintained between entries. The lists should include any material inserted in a back pocket.
- ✓ **Abstract:** The thesis must contain an abstract. This should occupy a single page, and may be single-spaced, if necessary. There should be no illustrations or footnotes. Students are advised that, due to space limitations shorten abstract to minimum 350 words.
- ✓ **General sequence to be followed in the research dissertation is as follows:**
 - Title Page
 - Certificate of the Guide
 - Statement/Declaration by the Candidate

- Acknowledgment (Not more than TWO pages)
- Abstract
- Table of Contents
- List of Tables (if applicable) and List of Figures (if applicable)
- Body of Thesis
- Bibliography
- Appendix (If Applicable)
- Vita (optional)

Appendices and other Supplementary Material

- ✓ **General:** Appendices may include survey forms, or any other supplementary material excluding data. Content and format should be in accordance with discipline practice.
- ✓ **Copyright Permission:** Where a thesis includes copyrighted material (e.g., publications), copyright permission letters should be included as a separate appendix. Reprints may be included in the appendices, provided copyright permission is obtained.
- ✓ **Vita**
Include your vita, or biographical sketch, with the document. List all educational institutions attended after graduation from high school and the date you received the undergraduate or graduate degree (or both). Include the list of professional organizations and other personal information of a scholarly nature. Do not include a list of publications. Do not number the vita page. Margins are identical to the preliminary pages. The Vita is limited to one page only.
