



Current Newsletter

Volume 57, Issue 1: Spring 2023

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I. Grayson, PhD, BC-DMT, LPC, NCC

ADTA President Newsletter Update

Spring forth with gratitude!



As the season begins to change, I am reminded that everything in nature goes through stages of growth literally expanding, broadening, and shape shifting as a means of survival pushing through the darkness towards the light. As you read this, there have been numerous catastrophic shifts and changes in the climate, environment, culture, and human interaction around the world that created loss, devastation, and destruction devoid of light. Before one event can be processed, another or multiple others have already occurred. At this time, I invite you to hold a moment of silence that shifts into a dance of compassion for those who are impacted (including you). We have also experienced an organizational shift with the proposal of a new definition of dance/movement therapy which lead to an opportunity for us to come together for a Community Conversation. I am thankful for the many voices that came forth to offer suggestions and express concerns. I know this is a huge undertaking with far-reaching impact and the Board of Directors is very aware and sensitive to this fact. I invite you to remember why you embarked on the journey of becoming a dance/movement therapist, the challenges you faced when describing your work to those who inquired, “so what do you do?” and the excitement you felt when you experienced the power of our work during a session that changed everything for your client. That is the essence we are aiming to capture in the definition during this process of growth and sustainability.

Ongoing Justice, Access, Diversity, Equity, and Inclusion Work

I am always delighted to learn new things and broach various topics through podcasts, videos, journals, tv shows, and books. However, my favorite way to receive and process information (new and for review) is to experience it. I had the sheer joy and pleasure of going to my 6-year-old god daughter's ice skating party with her dance team, watching Wakanda Forever with my spiritual sister, and attending a moving performance at my alma mater, Suite Blackness: Black dance in cinema! I am also involved with three book clubs each with a different focus and perspective.

Books I've read and in the process of reading include:

- Learning from the Germans: Race and the Memory of Evil by Susan Neiman
- Vessels of Evil: American Slavery and the Holocaust by Laurence Mordekhai Thomas
- Song in a Weary Throat: Memoir of an American Pilgrimage by Pauli Murray
- Set Boundaries, Find Peace: A Guide to Reclaiming Yourself by Nedra Glover Tawwab

Meetings and Community Engagement

I look forward to creating and sharing space for the next Community Conversations with the membership to interact with the Board of Directors around meaningful topics that bring us together. The goal is to hold a quarterly Community Conversation that differs from the conference, spring summit, and webinar offerings since there will be no Continuing Education credits for these. They are meant to be more casual in nature with opportunities for us to strengthen our relationship as an organizing body.

Stay tuned for details regarding the next Community Conversation.

Gratefully,

Angela M Grayson, PhD, LPC, BC-DMT, NCC

ADTA President

president@adta.org

Board of Directors, Executive Committee Chair

President Elect

Submitted by Marcia B. Leventhal, PhD, CMA, BC-DMT

Greetings Dear DMT Community:

I am grateful for the opportunity to be in communication with you and want to thank those of you who so generously shared your thoughts and suggestions with me regarding how to assist our profession and our professional organization to continue to grow and move forward with grace, kindness, creativity, and innovation. It was also very heartwarming to hear from our membership at our recent Town Hall and we look forward to continuing this dialogue with our membership.

As I shared earlier, during these times of worldwide tragedy and upheaval, I am so in awe and grateful for our healing ability in assisting with these global crises. I believe that our diverse and powerful members collectively hold in community and personal self-development a positivity for communication and peace filled listening and compassion.

Further, I also hold in gratitude all the various avenues here in my community where I may further develop a broader perception and openness to deep change which contributes to a more harmonious community, country and even to further shores.

Each step we make towards progress of communicating “soul to soul” as we learn to embrace and develop in our unique DMT techniques and methods, allows for the potential of positive change to slowly evolve and manifest.

For me, these past few months since our last communication have been productive, as we begin to develop our upcoming Denver Conference. This will be our first in-person USA Conference in four years, and the excitement to be presenting our 58th Conference in Denver, Colorado, a place of ancient, sacred lands, of the Cheyenne, Arapaho, and the Ute peoples is quite moving. Our theme of BEFORE, BETWEEN, BEYOND WORDS will allow and offer our presenters the avenues to explore the vast reaches of dance/movement therapy as it has influenced and been influenced by culture, by new and old psychology and spiritual traditions,

and our sensitivity to DEI and our contribution to both continuity and to change worldwide. Our Conference Committee is working hard with an openness and sensitivity to the needs of our membership and to the need to find the seeds of hope and spirit lifting; despite the often chaotic and challenging environments in which many of us have been living (Covid, employment upheavals, loss and grief, world crises, major weather challenges causing blackouts, road closures, loss of property, etc.).

It is too soon to announce the specifics of our pre-conference intensives, our special film night, our keynote speaker, the Marian Chace speaker, or any of the workshops. We are still in the midst of receiving proposals for the conference workshops as well as developing our pre-conference intensives. Stay tuned as particulars of what we know will be a very exciting, creative, life affirming conference come to fruition.

And now, as we move forward in assisting in the development and the growth of ADTA, and welcome all of every member's concerns and visions for our future, I have found how crucial certain life's elements/lessons are --particularly now. I wish to continue to embrace each moment of light and kindness and live in gratitude for the smallest conscious altering changes, and the largesse of the kindness and care in our community of change agents. How timely that we as DMT embrace and hold for this global sharing in community and allow ourselves to be strong and positive agents for change.

For me it has been important to re-visit our Code of Ethics, and as one member shared with me: 'how important for all of us to remember particularly the following from our Code', as she expressed "the importance of maintaining respectful interactions with colleagues whether on-line, in correspondence or in-person".

- 1.1.b Dance/movement therapists recognize the dignity and worth of all persons and do not engage in behavior that is demeaning or harassing.
- 5.0.c. Dance/Movement therapists work collaboratively, cooperatively, and respectfully with members of the workplace administration, treatment team colleagues, and support staff.

- 5.0.d. Dance/movement therapists contribute to creating an ethical workplace culture by modeling and upholding ethical obligations.

We in our unique profession have always honored and embraced the opportunity to come together, see and be seen, move and be moved and rejoice in our Dances of energetic connection in which each of us hold for the continuity of being and becoming as we are able to honor the uniqueness and beauty of each dancer.

Becoming part of the raised consciousness in various of my employment assignments, as sensitive and provocative trainings are being required, in the complex arena of Diversity in the workplace, has been a welcome gift to my continuation of understanding, personal development and application in an already multi-diverse setting. Further, I have begun to outline and develop GOALS FOR DIVERSITY AND SOCIAL JUSTICE: these are what I am currently referring to as "An in-process document----to be developed further":

Goals for Diversity and Social Justice Concerns from Dr. M. Leventhal, President Elect, ADTA

An in-process document

- A. Pertaining to Clinical concerns and participating Institutions' support and awareness of Staff's micro-aggressions towards certain "difficult" populations (who gave such designations and why????), and the impact it may impose upon us giving fair and equitable clinical Tx.
- B. To create a members' forum for understanding and working with multi-diverse populations (i.e., language, cultural traditions informing creative expression and participation or not), and sensitivity to the Institution's language and P & P in compliance or not).
- C. Bringing a greater awareness to membership via open transparent discussions so that equality through such transparency will assist in helping to level the playing fields in terms of training and job opportunities, which could then become narratives and trajectories we help evolve and access.

- D. Healing through transparency and uncovering the element's causing and creating the divisiveness our members have been expressing and experiencing by the ignored, marginalized, and/or the often-de-valued voices expressing stress over ageism, lack of diversity in recognition, lack of kindness and lack of learning to listen from the heart within the organization.
- E. Re-examining disparity in terms of affordability for students and underemployed.
- F. Examining the possibility of new affinity groups which uphold and support wisdom of underrepresented groups still to be defined.
- G. Examining prejudices still rampant in our Society / Culture which impact our PROFESSION and the running successfully of the ADTA (e.g. technological dependence, ageism, historic antecedents and accomplishments), and the need to examine each and its potential benefits and obstacles.
- H. Continuing Ed. training and forum/ membership meetings to clarify what is our job, charge, focus in various aspects of diversity and social justice relevant specifically to this membership organization and the profession of DMT. WHAT IS THE IMPACT UPON BOTH?
- I. Identifying and exploring the current stressors impacting our populations since the pandemic and since the rise of gun violence, organized hate groups and what new stigmatization and symptoms of "mental illness" are being expressed.
- J. Examination and application of newest techniques and methods of Conflict Resolution for use in our organization
- K. Examination of self-harm, micro aggressions we each individually might be holding against one's own self and its impact on how we react and treat others when in disagreement or conflict.
- L. Methods and techniques which offer Self-Care directives for self and others.
- M. Publishing 3-4 times a year, or more if needed, a resource list of articles, books, various trainings we have discovered or participated in and which we (anyone may contribute from

both Membership or Board) recommend and offer some minor curating where possible and needed.

Thanking you all for your support of our Profession and our organization through and during these challenging times of disruption and upheaval. How comforting to be part of a Community that embraces and practices transparency and healing/wholeness worldwide, with peace, acceptance and an equanimity of spirit for all.

Please feel free to contact me directly at: [presidentelect @adta.org](mailto:presidentelect@adta.org) with ideas, comments, concerns. I will do all that I am able to assist and support.

Thank You!

Dr. Marcia B. Leventhal, PhD, CMA, BC-DMT

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Secretary

Submitted by Dr. Laurie M. Scherer, PsyD, BC-DMT

Eligible

Dearest ADTA Community,



Spring is in the air here in Lenapehoking (Astoria, NYC), with the first crocuses of the season proud and brilliant as their vibrant, violet crowns burst through the soil. They are an important reminder to me that in order to grow, to multiply, to fully embrace this world, all living things must fight for our existence. First, we passively

soak up all that is nutritious from our generously fruitful environments – the earth, the womb, the egg, etc. – then, we must actively break free of all that would hold us back, even the most nurturing, and protective of incubators, in order to thrive.

This is how I see our beautiful organization at this pivotal point in time, in culture, in society and in history. We are on the precipice of a new beginning, the birth of a new and vibrant generation of dance/movement therapists; one that can and should be led by strong, diverse bodies and voices. Our first Community Conversation town hall discussion on the ADTA's newest iteration of dance/movement therapy's definition showed us just how powerful intergenerational collaboration can be in moving us forward. However, our relationship to our history, to our organizational (not ideological) roots, is keeping us tethered and bound to a hegemony that no longer serves us, that is no longer protecting us in the way I believe it was intended.

In reading through Schmais & White's (1996) 30th ADTA Conference Keynote Address, "ADTA: Where, When and How it All Began," some of the struggles of that inaugural journey still very much exist today – for one, New York state's reticence to include LCATs in the Health and Mental Hygiene budget. However, as we have burgeoned quite beautifully from the initial 30-person meeting on January 16, 1965, we must embrace offshoots and allow our roots to expand horizontally, rather than deepen vertically beneath us.

At this moment in time, the BIPOC members of our community continue to fight to be heard, to be seen, and to be wholly supported by us. We – particularly the white members of our organization – can no longer fear accountability; nor can we coddle those unwilling to do the necessary work to uphold justice, diversity, equity and the decolonization required for freedom. Freedom is a Constant Struggle, Angela Davis explains; yet she also reminds us that, "It is in collectivities that we find reservoirs of hope and optimism." We cannot confuse "shame" for accountability. We cannot wilt when we are shown parts of ourselves we rather not acknowledge. We cannot stay silently accepting, or pleasantly polite,

when freedom and life are on the line. And we cannot allow the brilliant BIPOC leaders of tomorrow to continue to walk away from this organization, from our leadership, and from this community because we are unwilling to change in our attitudes and in our actions. Listed in the “Nuts & Bolts” section below are just a few of the actionable steps the New Professionals and Student Subcommittees are working on to garner greater inclusion and plant seeds for the future. Please join us. I am both hopeful and optimistic that this community will continue to do what it has done for the past 57 years: grow, shape, and evolve together.

In solidarity,

Laurie

Dr. Laurie M. Scherer, PsyD, BC-DMT Eligible
ADTA Secretary, Executive Committee & Board of Directors
NYS Licensed Clinical Psychologist
NYU Latin & Ballroom Club Coach

NUTS & BOLTS

SECRETARY

Currently reviewing and updating the Secretary P&Ps to reflect current operating procedures, removing redundancies with office manager tasks, updating subcommittee structures and tasks to reflect current responsibilities and actions.

I am seeking ways to continue to build upon the anti-racist work that so many in this organization are already doing personally and collaboratively. As Enid Lee cautioned, though, I need to “know my history.” So, in the meantime, my homework will be speaking to those with more history in this organization than myself, and consulting with others doing this work in similar community settings.

If interested chatting with me about this, please

email: secretary@adta.org

Ongoing Justice/Equity/Diversity/Inclusion Reflection + Work

- [Upstream](#), Podcast
- Rest is Resistance, Book
- Inflamed: Deep Medicine and the Anatomy of Injustice, Book
- Freedom is a Constant Struggle, Book
- “Glory,” Movie
- “What Was Ours,” Documentary
- “A new concept of aging: Ageism is one of the last socially acceptable prejudices. Psychologists are working to change that.” Article (Weir, March 2023, Monitor on Psychology)
- Meaningful conversation, reflection, consultation with close friends, colleagues, spiritual, education & justice workers

NEW PROFESSIONALS SUB-COMMITTEE

The New Professionals Sub-Committee has been meeting monthly and continues to discuss the goals of fostering community, sharing resources and supporting those new to the professional sphere of being a Dance/Movement Therapist. Given the ongoing gap between those seeking supervision and the small pool of those offering supervision, we are working towards a virtual event this spring that can help give BC-DMTs the tools and confidence to become supervisors! If you are interested in getting involved in this project, please email: secretary@adta.org

BC-DMT Credentialing Panel + Workshop

We had over 180 people register for our first virtual event! Despite a few technical glitches (like not knowing only 100 participants can attend a Zoom event versus a webinar – eek! – and the slides not being captured in the recording – oy!), the ADTA New Professionals Subcommittee and the DMT Credentialing Board hit this event out of the park! For those who missed it live, please view the following resources to help with most of your credentialing needs:

- Virtual Panel (11.6.22) - [YouTube Recording](#)
- FAQs & Answers - [Spreadsheet](#)
- Credentialing [“Cheat Sheet”](#)
- BC-DMT Application Nuts & Bolts
- Essay Tips & Tricks
- Credentialing Maintenance

STUDENT SUB-COMMITTEE

We have excitedly shifted gears towards project-based initiatives that require more collaboration across the different facets of the ADTA. Please reach out to be involved in any (or all!) of these new projects in any way that works for you and your schedule. We welcome any contribution or time, effort, ideas and connection! We are also still seeking an additional professional member who can help us organize and navigate these new working groups. Please email Laurie with a brief statement of interest and resume/CV to join us! Email: secretary@adta.org

ADTA Student Tech Support

Student volunteers will help bridge the technological gap for ADTA Members by providing 1:1 support for basic technological “How To’s,” such as: navigating Google tools, creating Zoom events, navigating the ADTA website, creating an ADTA profile and more! We are looking for students able to donate a few hours per month who are interested in forging intergenerational relationships via tech tips and tricks.

Alternate Route Student Corner

Are you an alternate route student? Are you interested in having more opportunities to connect with other students along this (sometimes) amorphous and confusing journey!? Us, too! We are fervently working with the DMT Certification Board and Alternate Route Education Subcommittee to host an R-DMT event this June to help demystify the application process and connect with others going through this process. Stay tuned for more details and be sure to email us if you are interested in helping shape this event in any way!

2023 Conference + Student Involvement

As our intrepid 2023 Conference Planning Committee sallies forth towards our Colorado conference, students are gathering their ideas, experience, concerns, and needs to share with the committee. If you would like to participate in the team of students who will be seeking out and disseminating this important information to the conference committee please let us know!

Archival Artistry - ADTA Past, Present & Future

We are recruiting student and professional members of all experience levels to investigate ways to preserve the history of the ADTA in an artistic way. Please reach out with any resources or interest in participating.

Student Membership on ADTA Committees

Student members are encouraged to reach out directly to [ADTA Committees](#) in order to represent students' unique voices, needs and concerns.

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Treasurer

Submitted by Jacelyn Biondo, Ph.D., BC-DMT, LPC

As we move towards Spring, I hope we also choose to move toward growth. Self-growth, growth in community, growth as an organization, growth toward equity.

Budget and Finance Committee: The Budget and Finance Committee members, Ebony Nichols, Corinne Ott, and I continue to work on the betterment of the ADTA.

Subsidization of Volunteerism: We will be putting out recommended plan of action for subsidization to a Board vote at our upcoming Spring meeting. We look forward to helping make this organization more equitable through appreciation of our volunteering board members. Stay tuned for details.

Pay-it-Forward: We shared a bit about our Pay-it-Forward plan last newsletter. We hope that you continue to consider this option throughout the year with options to Pay-it-Forward at the Spring Summit, Membership Drive, and Annual Conference. You can always choose to donate year-round and indicate if there is a specific cause you would like to see your donation support.

Treasury: I have presented some documents to the Board of Directors for review of a candidate who will hopefully be joining our committee after review and a Board vote. I look forward to having a full committee to continue to support our membership and our fiscal responsibilities in supporting the organization.

We are expanding our Sliding Scale program to the Spring Summit, so please make sure to use this option if it will be helpful for your current circumstance. If you are in a place of financial comfort, please consider the Pay-it-Forward option to help our community thrive.

I have begun working on our 2023/2024 budget. My goal is present a surplus budget to the Board of Directors at our Spring Board meeting. Details will be shared, as always, at the Annual Conference at our Business Breakfast.

DEI Updates and Accountability:

As always, I continue to sit in community with people. This has been and continues to be a very important part of my own growth. Having a community who will let me know when I am not considering all aspects of a situation, causing harm, overlooking my biases, or simply not turning inward enough is a substantial part of growth. Being called in (or called out) is not cruel or harmful, rather it is a loving gesture that allows us to pause and practice reflexivity. Don't get me wrong, this is not always a comfortable place; however, it is detrimental to growth. We are never done growing. I encourage you, as white folks, to sit in places of discomfort readily. Explore where that discomfort comes from and figure out how you can grow and better serve our communities.

I attended a recent training entitled An Integrated Action Framework for Health Equity Impact that focused on LGBTQIA+ health education with a specific focus on how to provide quality, equitable healthcare for our transgender community. Please see <https://www.lgbtqiahealtheducation.org> for more information. I also attended continuing education trainings through Full Being Services, located in Philadelphia, who provide amazing trainings and opportunities for our community: <https://www.fullbeingservices.com>

I continue to prioritize where and how I spend my time and money. I prioritize supporting local organizations in my neighborhood in Philadelphia. I choose to

seek out and support Black, Queer, and Female owned businesses. I make financial donations, as possible, to organizations that are Black, Queer, and Female owned and support equity building. I make intentional choices to collaborate with, stand with, and share with these communities and ensure that I, as a white woman, am doing my part when I get a seat at the table.

I'm going to keep these links here from last newsletter in case anyone would like to support these businesses:

- Black MAGIC: You can donate to them via the ADTA website by clicking the Donate Now button and writing "Black MAGIC" in the comment
- Philly Forests: Urban farmers in the Germantown section of Philadelphia. Check out their website and donate: <https://www.phillyforests.com/>
- Good lands food co.: Shop for goods and the best hot sauce here: <https://goodlandsfood.co/shop/>
- TRAE: lovely goods: <https://shoptrae.squarespace.com/>
- Self love sanctuary: Love yourself: <https://selflovesanctuary.co/>
- Lizzie's Love Cakes: Beyond delicious: <https://lizzieslovecakes.com/>
- Soap by Alana: Life-changing body care: <https://soapbyalana.com/>
- Apiary in the Sky: Beekeeping needs: <https://apiaryintheskylc.com/>
- Ubuntu Fine Arts: Photo gallery: <https://www.ubuntufa.com/>
- Black Soul Vintage: Beautiful finds chosen with care: <https://www.blacksoulvintage.com/>
- Uncle Bobbie's Coffee and Books for all your book needs and wants: <https://www.unclebobbies.com/>

Most of these shops are in my neighborhood. They are my local community members whom I continue to support. Some are not, but they are amazing, and I hope you check them out and consider supporting them.

Reminders: The ADTA is a 501(c)6, which means that your donations may be written off as a business expense rather than as a charitable donation. Please consult with your financial advisor regarding individual circumstances and write-offs.

Planned Giving Campaign: Please feel free to pass this information along to anyone who may be interested.

Leave a lasting legacy to our profession by remembering the ADTA in your will. You can choose to leave a monetary contribution to our past, present, or future with a gift of your choice as follows:

Past: Archive Project

Centrally digitize our history: Board minutes, journals, films/videos

Present: Service, Education, Scholarships

Day of Service at Conferences, Endow the annual Conference Scholarship

Future: Development of DMTs and Fellowship for Research

Develop scholarships to support the education of future DMTS, Develop Research Fellowships

Submitted Respectfully,

Jacelyn Biondo, Ph.D., BC-DMT, LPC

ADTA Treasurer

Executive Committee Member

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Ethics Committee

Submitted by Selena Coburn, BC-DMT, LMHC, LCPC

Dear ADTA Members,

I hope you are all surviving the weather, time, and space you are in. Our committee is very excited to finish our roll out of the updated policies and procedures. We will be conducting workshops, trainings, and meet and greets to address any updates you may see fit to our ethical dilemma problem solving. We will be collecting your feedback over the course of the next year and will be integrating this feedback into an improved version in 2024.

We are currently looking to recruit from our membership a taskforce that would assist in updating the code of ethics. If this is something you are interested in, please email ethics@adta.org for the application process.

Be Well,
Selena

Current DEI Self-Study:

- Reading “The Great Vanishing Act: Blood Quantum and the Future of Native Nations

by Norbert S. Hill Jr. (Author), Kathleen Ratteree (Author)

Join our Standards & Ethics Committee

Our excellent group of dedicated colleagues are seeking two professional members to join our committee, as well as many professional members to join our Code of Ethics taskforce!

We’re recruiting!

If you are a **DMT professional member** interested in continuing the work of the ethics committee please apply. Commitment is approximately 2 hours per month for virtual meetings, and 1-2 hours of additional work on your own time as needed. If interested, please email Standards & Ethics at ethics@adta.org with a brief statement of interest along with your CV.

MALs Meet & Greet

Be sure to join us virtually for a meet and greet with the MALs **March 27th at 8pm EST, 7pm CST, 6pm MST, and 5pm PST**. This will be a great opportunity to meet committee members, ask questions and see if you’d like to collaborate with us for this upcoming year.

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Education

Submitted by Tomoyo Kawano, PhD, BC-DMT, LCAT, NCC

I hope that everyone is weathering the wild changes we are seeing in multiple climate zones.

Education Committee - Ongoing projects

The committee continues to work on: the DMT handbook and website in collaboration with the dance/movement therapy credentialing board (DMT-CB); output-based standards; and engaging in discussions about educational deliveries and pedagogical frameworks. New work involves: putting together the input-based standards task group (we are hoping for one or two more volunteers - see below); and in collaboration with the Student and New Professionals Subcommittees, Members at Large, and Committee on Approval, exploring ways to expand access to information about internship across the country.

DEI and Accountability Work

These days, critical conversations with colleagues and students are focused on the institutional whiteness of DMT education. I am an Asian woman, but I subscribe to whiteness on multiple levels, some of which got me here in this position. A prioritization or “worship of the written word” and “objectivity” (Jones & Okun, 2001) are white supremacy characteristics that ring close to home. How can we think and act dialectically to infuse DMT’s endorsement of dance/movement-based communication and “co-created,” multiple forms and versions of knowledge? A student of mine shared that she journals about what she notices about how “white” she is. How do I benefit? What do I like about it? And how is it hurting us? I encourage us all to try it and see what emerges with regard to how complicit we are in maintaining the status quo. Reference Okun, T., & Jones, K. (2000). White supremacy culture. Dismantling racism: A workbook for social change groups, Durham, NC: Change Work. Retrieved from http://www.dismantlingracism.org/Dismantling_Racism/liNKs_files/whitesupcul09.Pdf.

Alternate Route Education Subcommittee (ARES) Updates

(by Laura Allen, Chair of ARES) ARES is partnering with the ADTA Student Subcommittee to prepare some live Q & A sessions over the summer to address AR student inquiries related to applying for the R-DMT credential. The hope is that these meetings will allow students to orient around outstanding requirements that they may need to meet in order to be fully prepared for the January 2024 application deadline. There will be an opportunity to submit questions ahead of time and hopefully a recording to watch if you cannot attend live. Please look out for date/time announcements so that you can spread the word to students! Invitation to participate in a task

group! The Education Committee is continuing to seek one or two more volunteers for a task group to review the input-based standards for AP and AR education:

1. **Approved Master's Programs Input Based Standards** describes input based standards, specific to approved master's programs, related to content and resources including: institutional, program, faculty and supervisors (see glossary), admissions, evaluation, student advisement (see glossary), career resources, academic curriculum (see glossary), clinical training (see glossary), and distance learning (see glossary).
2. **Alternate Route Education Input Based Standards** describes input based standards specific to alternate route education.

Please reach out to Tomoyo Kawano: education@adta.org or Laura Allen at: areducation@adta.org if you would like to hear more about getting involved with committee work.

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Research and Practice

Submitted by Cecilia Fontanesi, PhD, R-DMT, CMA

Dear members of the American Dance Therapy Association,
As the Chair of the Research and Practice Committee, I would like to express my deepest gratitude to Dr. Karolina Bryl for her tireless efforts in compiling the abstracts of the poster session for the 57th Conference in Montreal. Thanks to her hard work, we are highlighting diverse perspectives and approaches of our colleagues in the AJDT. We appreciate her dedication to advancing the field and look forward to collaborating with her in future events.

Furthermore, I would like to acknowledge the continuous efforts of our committee in organizing the poster session and the research award. We are committed to fostering a supportive and engaging environment for researchers and practitioners alike, and we aim to provide meaningful opportunities for networking and professional development. In this spirit, we are excited to announce our new initiatives, which include the structuring of clinical info sheets and bibliographies review process and the development of a research YouTube channel. We hope these initiatives will enhance our members' knowledge and skills and promote

the dissemination of high-quality research in dance therapy.
Thank you for your continued support, and we look forward to working with you in advancing the field of dance therapy.

Cecilia Fontanesi, PhD, MS/MPhil, CMA, R-DMT, RSME

Chair of the Research and Practice Committee

American Dance Therapy Association

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Government Affairs Committee Submitted by Chair, Lea Comte

Current Announcements

Government Affairs we would like to bring to awareness that each year our committee offers scholarships for folks to attend the Arts Advocacy Day in Washington DC hosted by Americans for the Arts. Prior to the pandemic, the ADTA would send the Government Affairs Chair along with a professional and student representative to this grassroots day of action on the hill. During the pandemic, like the rest of the world, Americans for the Arts pivoted to offering online events. Last year, the Government Affairs Committee paid a thriving wage to nine stipend recipients to support their attendance in this online event.

I regretfully inform the membership that this year, Americans for the Arts will not be hosting the National Arts Action Summit as it has for the last 30 years. Therefore, the Government Affairs Committee is unable to carry on the tradition of sending representatives to this important arts advocacy event. If you would like to learn more about Americans for the Arts' new advocacy plan, [please follow this link](#).

Continued DEI Work and Accountability

My personal growth and investment in unpacking my bias continues to come in many forms. A few ways that work happens is through direct involvement, financial contributions, and educating myself.

Directly supporting my local community is my most important focus. I do this through:

- Donating to Sunrise Community Church and Mobile Loaves & Fish

- Organizations that provide meals, healthcare, postal services, and clothing to Austin's unhoused population
- Volunteering and supporting Bedpost Confessions
 - A diverse organization that provides a storytelling platform about sex, sexuality, and humanity to folks of ALL walks of life
- Offering my discounted professional pediatric dance & movement therapy services to local Montessori schools that center Latino communities

Educating Opportunities

My learning and presenting opportunities lately have focused on the experiences of queer folks and their practice of pleasure and non-monogamy in relationships.

- Participated in the Pennsylvania Chapter's Panel Discussion representing the 2SLGBTQIA Affinity Group
- Read *Pleasure Activism, The Politics of Feeling Good* by Adrienne Marie Brown
- Read *Come As You Are* by Emily Nagoski
- Read *The Ethical Slut* by Janet W. Hardy & Dessie Easton

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Committee on Approval
Submitted by Danielle Fitzpatrick, MA, BC-DMT

Imagine...



When I joined the Committee on Approval (COA), I never imagined the changes I would witness in higher education, our association, and in our world as a whole. I never imagined the seeds that I would have the opportunity to plant and which are now joyfully sprouting as my time as Chair comes to an end. And I never imagined, nor will I ever forget, the joyful connections that I would make. As the interim Chair of the COA, I welcome you to imagine yourself serving on a committee of the ADTA. There are many open positions; the service is an offering yet rewarding, grounding yet visionary.

Who could imagine a team of dedicated volunteers with such generosity of spirit as the folks on the COA and the Subcommittee for Approval of Alternate Route courses (SAARC)? These reviewers ensure that DMT education is in compliance with the ADTA Standards for Education and Clinical Training set by our association. For more information on the work that we do, follow this

link: <https://docs.google.com/document/d/1qoXXEyAzVLvAQYH5lIZHbu8AXSTWgjQbxm1vx3YdgKU/edit?usp=sharing>

I want to welcome our newest members to SAARC: Amy Jacques and Kalila Homann. We appreciate the time and expertise that they bring to the committee. We thank Diane Bartko and Wendy Allen for jointly representing Naropa University in the past year. They will be missed on the Committee on Approval.

Each time we get together, the members of the COA inevitably begin imagining what the ideal DMT education would look like, how DMT education and services could be more accessible, and the steps we could take as a committee to advance the important initiatives laid out by the DEI Task Force. My personal area of focus for the past few

months has been around educating myself on how to better support my trans students and clients; I have engaged in continuing education opportunities, community conversations, and reading. I have also initiated conversations with an organization that works to uphold the ADA to get a better understanding of how to advocate for accessibility issues within educational standards. A few steps the COA is taking to move ahead and advance the process include:

- * Efforts to recruit diverse committee members
- * Removing financial barriers to being on the committee
- * New and enhanced data collection
- * Revisions to the approval review process
- * Encouraging exploration of international relationships
- * Developing better tools to onboard potential new programs
- * Considering standards in support of educational accessibility
- * Increasing transparency regarding the role of the COA

I'm pretty sure none of us could have imagined the ways in which the pandemic would force us to reinvent how we deliver DMT education. The COA offers a reminder that Covid-19 accommodations (found on the ADTA website) are still allowed if a student, program or course is being directly and impactfully influenced by the pandemic. We imagine that education will never look exactly like it did before the pandemic. As such, any long-term changes to programs or courses must go through reapproval immediately.

Educational Opportunities:

The ADTA offers two types of approval:

1. Approved Master's Programs which are assessed by the COA members through the Self-study process and annual maintenance reviews. All aspects of a program, from admissions to job development, are assessed for compliance with the ADTA's comprehensive standards.
2. Alternate Route Courses are reviewed by members of SAARC. The ADTA does NOT approve alternate route "programs"; singular courses are reviewed every 5 years for compliance with standards.

APPROVED MASTER'S PROGRAMS

There are 6 approved master's programs in DMT, and one program in Candidacy. For information about which programs have ADTA approval,

please visit the ADTA website and click under the Education tab.

ALTERNATE ROUTE APPROVED COURSES

All new courses must be submitted in compliance with revised standards effective immediately. An application, accompanying syllabi, and the educator's professional CV can be submitted to the SAARC Chairperson, Susan Saenger at ARapproval@adta.org. Need some help? No worries...

- The application is designed with a checklist to make sure you don't miss anything.

[Application for Approval of Alternate Route Courses](#)

- The COA wrote a handy-dandy guide to filing for re-approval.

[A Guide to Approval for Alternate Route Educators](#)

- Check out the NEW Alternate Route Educator Webinar: "Getting Approved...Staying Approved"

[Access the FREE Webinar HERE](#)

These Alt Rte courses have been approved or re-approved since the last newsletter:

Constructing KMPs II: Tension Flow Attributes, Pre-efforts, Efforts, Shaping in Directions, and Shaping in Planes, taught by Suzanne Hastie.

Constructing KMPs I: Tension Flow Rhythms, Bipolar Shape Flow & Unipolar Shape Flow, taught by Suzanne Hastie.

Movement Observation III: The Language of Movement, taught by Barbara Nordstrom-Loeb.

Movement Observation II: The Language of Movement, taught by Barbara Nordstrom-Loeb.

Families in Motion: Understanding Movement, Gesture, and Preverbal Communication in Young Children, taught by Suzi Tortora.

DMT—the Whitehouse Approach, taught by Kimberly Rothwell.

LMA II- Body & Effort, taught by Stacey Hurst.

If you currently offer a course that was approved in 2015 & 2016, please submit a course revision to SAARC by December 31, 2023. There is no fee for revisionary approval.

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Members at Large

**Submitted by Central MAL Bria Campbell, LPC, R-DMT;
Eastern MAL Rebekka Dieterich-Hartwell, PhD, BC-DMT,
LPC; Western MAL Vonie Stillson**

Greetings, our dear ADTA Members across the country,
We hope that the year 2023 has started off well for you and that it will be a year filled with dance, good community, and connection making. One of the exciting opportunities over the last few weeks has been a series of chapter leaders meetings with our National Board members. We had several “Meet and Greets” with opportunities for chapter leaders to ask questions and bring forth issues. On January 30, we hosted ADTA President Dr. Angela Grayson; on February 8, ADTA Treasurer Dr. Jacelyn Biondo; and on February 20, ADTA PR Chair Sara van Koningsveld. Looking into the future, we have one more “Meet and Greet” scheduled for March 27th with the Standards and Ethics Committee, including Chair Selena Coburn. These meetings were a direct result of a survey sent out last fall to all the local Chapter Leaders about what leadership support would be beneficial for their chapters. Thank you to everyone who was in attendance!

It was also a joy to see so many of you at the recent town hall meeting on 2/15 when we discussed the changes in the definition for dance/movement therapy. Stay on the lookout for more membership meetings as the National Board will continue to provide opportunities to speak up, be heard, and connect with one another.

In other news, as you know the virtual ADTA Spring Summit is right around the corner, from April 24-29. The theme is “Professional Development for the Creative Arts Therapist: Cultivating our Therapeutic Tool Box.” There will be more information forthcoming, so stay tuned and look for ADTA digests in your email inboxes.

On a personal note, we have all continued to do our work in relationship to privilege, social justice, diversity, equity, and inclusion. More specifically Rebekka attended a workshop by

Natalia Alvarez Figueroa, entitled “Nuanced experiences of a Queer Afro Latina, creating and facilitating a multi modal course for white aspiring allies within helping professions: an exploration beyond binary thinking and automatic thoughts, from first person perspective.” In this presentation, Natalia spoke to the importance of cultural competency when addressing trauma and about the challenges of aspiring allyship. Rebekka has also read several papers on health equity research: “Upending Racism in Psychological Science: Strategies to Change How Science is Conducted, Reported, Reviewed, and Disseminated,” by Buchanan, Perez, Prinstein, and Thurston, “Vulnerability in Research 101” by Ho, and “Health equity tourists: How white scholars are colonizing research on health disparities” by McFarling. Voniè continues to listen to a variety of podcasts including, Code Switch, Our Body Politic, Native America Calling, Sunflower Conversations, Devotional Anarchy and several individual podcast episodes around decolonization of self and education. She continues to work to support LGBTQIA+ individuals navigate medical systems to receive affirming care for mental and physical health.

As your MALs we continue to be here for you! We hope that you don't hesitate to reach out to us with any questions and concerns! Have a wonderful spring season, everyone!

Warmly,

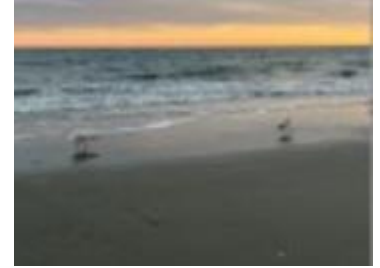
Bria Campbell, Central MAL centralmal@adta.org

Rebekka Dieterich-Hartwell, Eastern MAL easternmal@adta.org

Voniè Stillson, Western MAL westernmal@adta.org

Carolina Chapter of the ADTA





Founders Day Celebration

The Carolina Chapter celebrated its annual Founders Day event on January 27-29, with 3 members joining virtually and 4 in-person at our beachfront space in Myrtle Beach, South

Carolina. Photos are above. Our theme this year was “Who is our community - then and now?”.

We collectively created the definition of “community” through movement exploration. Our

definition included “Social Engagement”, “Common Connections”, “Me and We”, “Change”,

“Intersections”, and “Give and Receive”. Highlights of this event included community dancing

indoors and at the seashore with other beach-goers witnessing and joining in, creating art as a

form of processing our discussions, watching one of the History Holders videos about

experiences with DMT founders, and sharing great meals and memories together.

February Hangout

Six members joined our virtual hangout this February. Ann Harrell and Jody Cassell presented

their published children’s books. We discussed ways to implement storytelling in therapy as well

as educational settings, particularly while incorporating movement expression. Ideas and

memories were shared by all!

Upcoming April Workshop

The Carolina Chapter plans to hold a Spring Workshop on April 29th from 9am to 1pm. This will be a hybrid event with both virtual and in-person attendance, where participants will learn about “Doodling your Emotions,” “Neurographic Drawing,” and how to use these techniques with movement. The Chapter will offer 4 NBCC approved CEs to participants who complete the workshop. Costs for Chapter members will be \$80; for the general public, \$100; and for students, \$50. We will soon be releasing a flier for this event.

Well wishes to all!

New England Chapter



Starting 2023 with Monthly DMTea &

Espresso Yourself Meeting & Greet:

To strengthen the connection and form new ones amongst students, new graduates, and new professionals within the NEADTA community, NEADTA invites our members to join us in a casual, monthly virtual meet-and-greet with the NEADTA student representatives and fellow board/committee members.

January: 1/22/2023, Nine of us brought coffee/tea and brunch into the virtual space to connect.

February: 2/26/2023, we had 14 registrants, and we are looking forward to connecting!



NEADTA Financial Update:

We wanted to follow up with you on the status of our financial progress in regard to repairing the concerns related to the IRS we shared in our last financial update. We have worked the past several months with our accountant team to identify a plan to resolve our EIN issue and they are currently working on executing this plan. This has involved examining our incorporation status and taking steps to be properly incorporated, as well as ensuring all tax documentation is up to date. We realize this has been a process, but it is our primary goal to restore the NEADTA to optimal fiscal health this year. We realize this has impacted on our ability to provide offerings, such as the conference, and for that we do

apologize. Please know we are working diligently to resolve these financial matters, so we are able to return to planning those events in the future.



2023 NEADTA Annual Spring Conference

“COMING BACK TO OUR BODIES IN COMMUNITY” (Virtual)

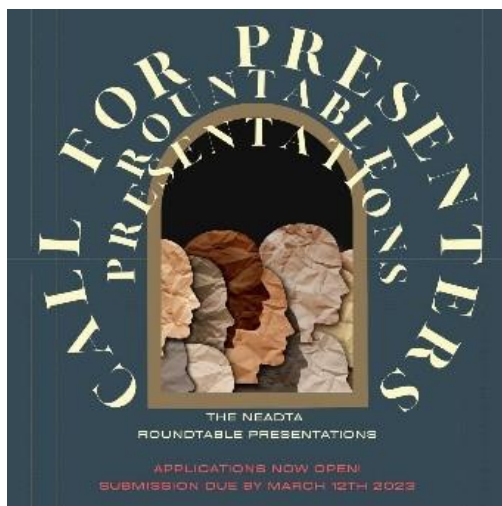
Date and Time: SAT & SUN, APR 22nd -23rd, 2023; 10:00AM - 3:30PM



2023 NEADTA Conference Workshop

Presentations

If you are interested in submitting your presentation ideas for consideration in this year's conference, take a moment to reflect on what "COMING BACK TO OUR BODIES IN COMMUNITY" as a DMT community means or looks like to you. In order to be considered for a workshop, potential presenters must submit a workshop proposal through the NEADTA online form. Accepted proposals will provide an opportunity to present your work this April 2023 at our virtual conference.



2023 NEADTA Roundtable Presentations

Join us for the NEADTA first ever Roundtable Presentations in partnership with the DMT programs at Antioch University and Lesley University wherein we will be centering and amplifying the voices of our current DMT Students, and, celebrating the hard work of our recent DMT Graduates and new DMT Professionals. This community offering aims to provide more opportunities and collective space for the next generation of Dance Movement Therapists to forge further connections with the larger DMT community.

Instagram: [@neadta](#) | [Linktree](#) to register | [NEADTA Website](#)

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Marian Chace Foundation

Submitted by Jane Wilson Cathcart, BC-DMT; Ann Lohn, BC-DMT; Sharon Chaiklin, BC-DMT; Susan Kleinman, BC-DMT; Lynn Koshland, BC-DMT

Marian Chace Foundation

SUPPORTING THE DEVELOPMENT OF DANCE/MOVEMENT THERAPY
THROUGH RESEARCH, EDUCATION AND SCHOLARSHIP

Grants

Every February is always exciting because we eagerly anticipate grant applications. This year we have received several and acknowledge the efforts of those who submitted these proposals for our consideration. The Trustees will meet in late Spring and applicants will be informed of our decisions by May 31.

We thank all those, past and present, who have completed their projects thus adding to our field's body of knowledge. Again, we wish to acknowledge the perseverance of current grantees who continue to show resilience and determination in face of COVID challenges. You have our full confidence and continuing support.

If you wish to apply for a grant we remind you that the annual deadline is February 15. Please refer to the current ADTA website pages for the Marian Chace Foundation. There you will find updated grant guidelines. Please direct any questions or requests for clarifications to:

Lynn Koshland, Secretary marianchacefoundation@gmail.com

And for those of you who have graduated within the past five years there is a \$500 Journalism Award given by the Foundation for articles published in the AJDT. Please see the description in the back of your printed AJDT for procedural details. Note that there is no longer a deadline to apply for the journalism award.

Marian Chace Foundation Scholarship Initiative

The Marian Chace Foundation has established an annual scholarship for each of the Graduate Dance/Movement Therapy Programs. These are still in the process of being established for the 2023-2024 Academic year.

Publications:

The Marian Chace Foundation publications are available for purchase on

BIBLIO: https://www.biblio.com/bookseller_info.php?d=3979485

Donations:

We are grateful for the donations, big and small, which provide funding for the various grant proposals received each year and which also sponsor the Annual Marian Chace Foundation Lecture, the Reception at past Research Poster sessions at the in person ADTA conferences, and other special events including the new scholarship initiative.

Our mission is to continually grow and support our profession.

To donate online: <http://tinyurl.com/mchacedonate>

Checks may be sent to:

Marian Chace Foundation Treasurer

P.O. Box 254

Prior Lake, MN 55372

THE MARIAN CHACE FOUNDATION

Donations received December 1, 2022 – February 28, 2023

FRIEND (up to \$36)

- Sandy Dibbell-Hope - Thanks as always for all your work
- Meghan La Marca
- Elissa Q. White

SUPPORTER (\$36-\$99)

- Conrad Cathcart
- Charné Furcron - In honor of Sharon Chaiklin's and Jane Wilson Cathcart's passion and dedication to the field of Dance Therapy
- Judith Klein
- Audrey Albert King - In honor of the MCF

PARTNER (\$100 - \$499)

- Anonymous
- Anonymous
- Beate Becker
- Miriam Berger In memory of Bobbie Shlasko, Stephanie Katz, Hector Munoz, Gunilla Sempler, Mildred Hill, Claire Schmais, Rhoda Winter Russell, Sasha Silberstein, Dianne Dulicai and Irmgard Bartenieff
- Judith Bunney - In honor of Mary Pat Richardson Berkin
- Beth Kalish
- Rena Kornblum - Here's to all the good you do

- Nana Koch - In memory of Claire Schmais and Linni Deihl and in honor of Elissa White
- Ann Lohn - In memory of Gunvor Basberg
- Sanford Meek
- Donna Newman-Bluestein - Thank you for your support in growing this profession
- Nicholette Oddivak
- The Goldov Family Giving Fund
- James Trostle & Lynn Morgan - In honor of our dear sister-in-law, Nana Koch

PATRON (\$500 - \$999)

- Anonymous - In memory and gratitude to Arlyne Stark
- Sharon Chaiklin

CHACE CIRCLE (\$1000 & up)

- Anonymous - In memory of Dr. Harris Chaiklin
- Ira & Joan Berkowitz
- Jeffrey Samuels - In memory of Arlyne S. Stark, ADTR
- Robert Berne

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Newsletter Submission Guidelines

All articles submitted are done so with the understanding that edits may be required for clarity and format purposes.

In order to guarantee that each issue of the ADTA newsletter is published and posted for the membership in a timely matter, deadlines for all submissions will be strictly observed. There will be no exceptions! If late documents are received, they will be held for publication in the following issue. Please send submissions for the newsletter via email to secretary@adta.org.

We encourage submissions from our members regarding what is new and newsworthy in their lives and practice as DMTs.

The opinions reflected in the submissions are not necessarily the opinions of the ADTA and Board of Directors.

Remember...

- Send submissions in a Word document as an attachment
- Newsletter articles should be no more than 2 ½ pages when submitted as a Word document
- Do NOT send material in the body of the email
- The subject heading of the submission email should read “ADTA Newsletter Submission”
- Prior to submission, check and recheck material for spelling and grammatical errors, construction of sentences and paragraphs, content comprehension and overall flow, clarity and conciseness
- Include a contact name and email with each submission

Newsletter Submission Deadlines:

February 28, May 31, August 31, November 30

Publication Deadlines (on/before):

March 28, June 28, September 28, December 28

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Newsletter Advertising Information

Interested in advertising with ADTA?

Advertising space is now available in our quarterly newsletter! Reach dance/movement therapists, other professionals, students, the international community, and more. Rates are provided below.

Save 20% when you advertise in 4 issues!

Single issue rates are available. Submit ads to info@adta.org.

Member Rates

- Single – \$100
- 2 Issues – \$175
- 4 Issues – \$300

Non-Member Rates

- Single – \$150

- 2 Issues – \$275
- 4 Issues – \$500