



Current Newsletter

Volume 56, Issue 4: Winter 2022

A few words from the Newsletter Team: *Happy Joyous Winter from the ADTA! We hope you enjoy this edition of the newsletter and learning about the work the board of directors and Association have been doing on your behalf! Don't forget, as an ADTA member you are welcome to submit to the newsletter. Thoughts, pictures, etc. send them in! Please review the Newsletter Guidelines at the bottom of the page before submitting.*

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President

Submitted by Angela M. Grayson, PhD, BC-DMT, LPC, NCC

ADTA President Newsletter November 2022

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

Joyful greetings!

I need a favor...can you help me in extending surmounting applause for the Annual Conference Committee and the Dance Movement Therapy Association in Canada for an amazing conference experience??? Like any other large event ADTA 57 was not without bumps in the road and multiple details that seemed to spring up out of nowhere, but the end result was connection, laughter, learning, dancing, and difficult but necessary conversations. For those in attendance, I hope the 57th ADTA Annual Conference in Tiohtià:ke/Montréal on the unceded Indigenous lands of the Kanien'kehá:ka sparked your dance/movement therapy desires to stay connected and go deeper.

I don't know about you, but the energy of this conference had a different more significant impact (regardless of whether you attended, followed the communication, or supported the efforts of planning). It was our first time being together after a harrowing two years of unprecedented global events from extreme overt racism to a debilitating medical pandemic to unforeseen natural disasters. A great majority of people were mentally, emotionally, spiritually, and physically exhausted due to the drastic impact on all aspects of life. Even as dance/movement therapists you may have felt these same pressures and then you remembered our superpower – DANCE!!!

It was such a pleasure to meet many of you in person, listen to your stories, and welcome you back to the excitement of the conference. Thank you for making it a meaningful experience as my first conference as President of this great organization!

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

I was delighted to be amongst stellar colleagues on the MDC Affinity Group Panel hosted by the PA ADTA Chapter in September. In case you are not aware, I am the Coordinator of the Spirituality and Religion Affinity Group which welcomes over 30 members from various practices and beliefs. This group has been one of the many highlights of being a member of the Multicultural and Diversity Committee in addition to the Native American Affinity Group and Black MAGIC. All three of these affinity groups are a part of my intersections and help me continue to grow and honor others' intersections. I also had the pleasure of attending the Disability Access Affinity Group (DAAG) workshop that same day and I was extremely grateful to experience the intimate nature by which Sabrina Washington and Ramanda Brockett shared. I also attended a webinar hosted by Maraka Healing, *The Body in My Spirit: Intersections between Spirituality and Mental Health*, filled with so many juicy nuggets and invitations to explore various aspects of spirituality based in the rituals of the African diaspora.

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

- *The Five Levels of Attachment* by don Miguel Ruiz Jr
- *Token Black Girl: A Memoir* by Danielle Prescod

Meetings and Community Engagement

During the 57th Annual Conference, I introduced the concept of 'Community Conversations'. In essence it is my goal to create opportunities for the membership to interact with the Board of Directors around topics of interests and have the ability to ask questions for deeper meaningful conversation. The initial 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.

Our next Community Conversation will be after the New Year in January. Stay tuned for details.

With deep appreciation!

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**

DEAR ADTA MEMBERS NEAR AND FAR; TO THOSE OF YOU WHO ARE NEW TO OUR PROFESSION AND TO THOSE WHO HAVE BEEN PART OF OUR COMMUNITY FOR MANY YEARS, AND TO ALL OUR NEW FRIENDS MADE AT OUR IN-PERSON, 2022 , INTERNATIONAL ,MONTREAL CONFERENCE:

Greetings and gratitude for those of you who were able to attend this exciting Conference and to each of you in attendance or not who helped us to develop, plan and support all the intricate, delicate and multi -dimensional moving parts that brought our Conference to fruition!

Please forgive my hyperbole, but for many of us it was the first time in three years that we had probably traveled no further than our local supermarket, or moved together off of a Zoom connection. So, to have been able to interact and dance and extend and have the real time potential to transform together, in all four dimensions energetically, was breath-taking, magical and so very moving; from the opening ceremony right to the closing ceremony. The energy, the enthusiasm, the good-will experienced and expressed by the participants, who came from all over the world to celebrate, to create, and to connect in powerful ways was life affirming. Perhaps such positivity and kindness of spirit only serves to support and move our profession forward. Energy, enthusiasm, and positivity were in abundance throughout the entire Conference.

The high level of professional expertise was in evidence from our pre-conference presenters, to each of our daily workshops and continued with the Marian Chace speaker, the Keynote Presenter, and each specialized event: We are in awe and full of gratitude for all the effort, depth of knowledge, and high level of teaching in which we were able to participate. Our deepest and sincerest thanks go out to all who helped make this Conference so special and memorable, despite the numerous adjustments needed to be made due to Covid concerns, and last-minute snafus. Bravo!

Hoping that you are all staying well and strong despite these continued difficult and life changing, often devastating National and global “upheavals “, and unthinkable atrocities affecting us all professionally, emotionally, mentally, spirituality, economically, in our homes, our workplaces, our communities. I, for one, and hope that I do speak for many, am so grateful

for the renewed hope and positivity that our community of dedicated Dance Movement Therapists offers to us all in this time of rapid and life altering changes.

And again, we are so grateful for your continued support of who we are and your astute and invaluable support to the unfolding and continual development of both our organization and to our profession. You, our members are what allows us to continue to be a voice, a change agent, a catalyst in the healing of these world traumas, needed social changes and awarenesses, and more. Each of you are deeply acknowledged and our appreciation is infinite.

Despite all that is occurring and affecting everyone's mental health and stability, our service to you, our members does continue. Our excitement and focus and energy , which is more than a welcome distraction, is now focused upon the numerous changes, additions, adjustments we on the Board are beginning to examine which will assist us in supporting our Profession To this welcome respite we hold the strong intention that our own " crossing of Borders", which we believe was accomplished in the Montreal Conference, and the power of our touching our energy fields once again, will have begun to cause an unending ripple effect of change. That in our coming together in person we were able to catalyze a powerful positivity to ripple through the ether and hopefully contribute to a powerful CRITICAL MASS turning point in helping to change some of the warped narratives and trajectories embedded currently in our planet's consciousness. And of course, we have begun now to plan our 2023 Conference to be held in the Western United States. More information will be forthcoming in the next few weeks. Please stay tuned.

In addition to Conference planning and development, our position involves a multitude of critical Board involvements regarding future plans for our organization's growth and development, reviewing and restructuring some of our organization's various elements affecting our continued growth and change, support of the many hard working Committees which create our strong foundation, and continued personal and professional growth and development. I continue to remain active and involved in promoting DMT worldwide and locally in working within the Psychiatric field, in facilitating international training groups and other professional development trainings as therapist: teacher, researcher, citizen and participating in a wide variety personally of trainings.

The learning curve for the position of President Elect is still evolving as new issues and concerns of our members are brought forward. The curve is steep, but highly exciting as step by step I learn, develop, grow and have the opportunity to evolve. Thank you for your kindness and support as I continue to ascend and thereby give you the support and results you hope to have through the ADTA.

Please feel free to contact me with ideas, concerns, issues, whatever, and I will do all I am able to assist:

presidentelect@ adta.org.

THANK YOU!

Dr. Marcia B. Leventhal, Ph D, CMA, BC-DMT

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Secretary

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

Dearest ADTA Community,

These past few months have been a roller coaster of emotions: I am filled with tremendous gratitude for the labor and love that went into planning and making our 2022 Conference a real, three-dimensional thing! While I have been part of this community since 2010 (thanks to my incredible experience in the 1st Alternate Route cohort at 92NY), this is the most immersed in our community, our field, and our values I've felt since that impactful training ended. And, wow, did it feel good! From Enid Lee's impeccable and timely Keynote, to the dynamic and welcoming Multicultural & Diversity Committee's (MDC) shared space offering, to the resonating words spoken by Jewish matriarchs of this organization, to – most importantly – every passionate, silly, tearful, boisterous laugh, hug and conversation in between. And yet... And. Yet.

During Enid Lee's incisive keynote address, we were asked to reflect upon a **moment of surprise**, an emotional marker for when an unconscious assumption or bias had been turned on its head in our lives. The clinical psychologist in me thought back to a training moment

years before; but the dance therapist in me noticed my racing heart, clenched arms and subtle shaking of my body right then and there. My visceral reaction was, in fact, from something utterly surprising that occurred during our ADTA Business Meeting just prior to the keynote. Thanks to the unwavering support of a newfound friend at the presentation, we investigated this instead.

At the Business Meeting, a question was directed to our President-Elect regarding her stance and plans for continuing the social justice initiatives and precedents that had begun with the start of the MDC many years ago. In the years since, this work has been valiantly stewarded in earnest while our country's militarized police force continues to [unconscionably murder](#) Black and Brown bodies without repercussion; while fascist-leaning politicians police the bodies of femme, queer, trans and young people; while rigid, close-minded pundits and lay people alike fuel the rise of hatred and violence against our AAPI communities, our Jewish communities, our disabled communities... the list of suffering induced by the white supremacist, colonizing ideals upon which this country was "founded" is overwhelming and feels never-ending. And, yet, our MDC committee, BIPOC community & allies persist. The answer given to the clear and important question posed, was equivocating, vague and dismissive. I - a privileged young, white, Jewish, straight, cis woman - was, neutrally disappointed.

And then, I looked around me. Some were in shock, others suppressing anger, one in tears.

Just one of the many incredible humans in our organization whose endless work and passion has been invested in moving us towards greater equity and ensuring that those who have been harmed get the support, voice and repairs they deserve, was crying. Which surprised me.

Why?

Because the lack of commitment, the lack of embodiment of the ADTA's stated values and mission to ensure all bodies feel safe in our community does not threaten me directly. I have the privilege to be analytical, removed, contemplative.

And that, dear community, is the crucial lesson I am learning again and again. When we have the option to think about justice and equity when we want, when we have the capacity to, when it's convenient, when it pops up in our lives unexpectedly, when we are told to, etc., etc., we are privileged, lucky, favored enough by our society to feel safe as a default. This is not to say that we have not all experienced prejudice, or hatred, or suffering based on our various intersecting layers of identity, not at all. The very foundation of white supremacy in corporate America is that we all suffer in different ways until we are allowed to rise just enough to tread upon the newest influx of immigrants. As the colonizing holiday of Thanksgiving is only just past us, let us not forget that enslaved Africans were violently abducted to provide labor because colonizing, white Anglo-Saxon Protestant men from Europe had already decimated the numbers of the indigenous stewards of Turtle Island in their lust for profit. Not having enough of a workforce for their genocidal "manifest destiny," they turned to different lands. We have inherited a history of placing profit margins before people; of utilizing violence to get whatever those in power feel entitled to.

So please, hear me when I say, I am acutely aware that different peoples in our collective history and community have suffered, and continue to suffer under this exploitative, divisive system of oppression. I also know it can be difficult to support others when our own wounds have not been allowed to heal as we continue along in the rat race.

And, yet, at this moment in our history, not everyone's house is on fire.

While we absolutely need to stomp out each spark of hatred and harm that burns us; we *must* band together to lift the water hose towards the life-threatening flames that engulf our Black, Indigenous, People of Color right here in our own neighborhood before we can hope to help this world mend.

We represent some of the most empathetic and creative in our society. I believe in our ability to tend to the sparks *and* the flames. We can, we must. And we can only do this 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
at: secretary@adta.org

Ongoing Justice/Equity/Diversity/Inclusion Reflection + Work

- [Nice White Parents](#), Podcast
- [Upstream](#), Podcast
- ["Gather,"](#) Movie
- ["If European-Americans Were the Cultural Other,"](#) Comedic Videos on Microaggressions IG: @clarabelletoks + TikTok: @clarabellecwb
- Meaningful conversation, reflection, consultation with close friends, colleagues, spiritual, education & justice workers
- ADTA Native American Affinity Group's Conference Presentation
- Allyship & Co-Conspirator Workshop at ADTA Conference

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 Therapy. Following a successful launch of our first-ever joint credentialing event (!), we will be looking to launch a virtual event in the spring geared towards creating connections with supervisors and supervisees. 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

The Student Sub-Committee is burgeoning! We have excitedly welcomed several new students to our monthly meetings and have shifted gears towards shared leadership, in which a different member leads each meeting to encourage greater equity around schedules and voices. Please be sure to read more about our members below. We continue to brainstorm creative ways to engage and support DMT students in their relationship to the ADTA. Despite well-intentioned efforts, the crafting of a “New Student Membership Packet” to introduce resources specifically geared towards students entering their DMT programs was not able to come to fruition in time for our October Conference. With more subcommittee members and student interest growing, we plan to introduce other opportunities for student involvement via task-oriented projects open to any ADTA student members and guided by our subcommittee representatives, including (but not limited to!):



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.

If interested in helping brainstorm and facilitate this program email us at:

Dr. Laurie - secretary@ADTA.org

Gracen - Ghansen2@lesley.edu

2023 Conference + Student Involvement

- **Student Panel** – Students are feeling underrepresented at the annual ADTA conference and undersupported in their efforts to be heard. Next steps: Student Reps will be recruiting student participants to create a student panel proposal with the Secretary (or other professional!) as advisor/moderator of panel. We will meet with Conference and Education committees to understand steps to making this happen and troubleshoot any barriers.
- **Student Incentives**– Students are feeling unable to attend conferences due to the lack of student involvement in presentations as well as the financial burdens. Be on the lookout to join this task force and help with the brainstorming and organizational elements of helping coordinate travel plans with students in your area!
- **Student Membership on ADTA Committees** – Be on the lookout for how students can contribute to specific committees! We are encouraging student ADTA members to directly join [ADTA Committees](#) to represent students' unique voices, needs and concerns. Our aim is to help cultivate student leadership skills, create new relationships across the generations, and prepare our leaders of tomorrow at the national level.

**ADTA STUDENT SUB-COMMITTEE MEMBERS
2022-2023**



Samantha Ambrico-Custer (she/her) - 2nd Term

Sam is a second-year student at the Philadelphia College of Osteopathic Medicine (PCOM) in Philadelphia, PA, where she studies mental health counseling, with a concentration in clinical health psychology. Aside from her graduate work at PCOM, Sam is currently working towards becoming a Registered Dance/Movement Therapist through the American Dance Therapy Association's alternate route program. Through her lived experience with a chronic disability and passion for dance, she has fostered a deep desire to merge her two identities and support the disability community through therapeutic movement. Sam is a modern-trained disabled dancer, Teaching Artist, and Disability Advocate. Sam has a heart for bringing dance and movement to communities that have historically been excluded from the dance world. She loves spending time with her husband and two dogs, all things coffee, reading, and adventure.



Jessica Pearl Asteria Bailey (she/they) - 1st Term

Jessica is a multi-disciplinary artist born and raised on the westside of Chicago. Her primary mediums are digital collage, dance, and theater. She graduated from Princeton University in 2019 where she majored in Sociology and received certificates in African American Studies. She attends Antioch University New England where she is working on receiving an MA in Dance Movement Therapy: Couple and Family Therapy. Jess is also an aerial artist and sling instructor at Chicago Aerial Arts, where she has been practicing for a little over a year. Currently, Jess is also a performing artist with Red Clay Dance Company where she is able to learn and perform afro-diasporic movement vocabulary and engage her community around liberatory practices.



Victoria Budesha (she/her) - 2nd Term

Victoria is a second-year student in Antioch University New England's Low-Residency MA in Couple + Family Therapy/ Dance Movement Therapy program. Originally from New Jersey, she is currently based in Nashville, TN. As a second year student, she is currently an intern at an outpatient group practice centered in embodiment and collective liberation, working with individuals and couples. Victoria also serves as the secretary of the ADTA Southern Chapter. As a student representative for the ADTA, she hopes to aid in the efforts to have more student representation at the national level, bringing more awareness to the impact that dance movement therapy can have within marginalized populations, and help connect students with individuals in the field across all levels (other students, new professionals, seasoned professionals, etc) to promote meaningful connections in the field.



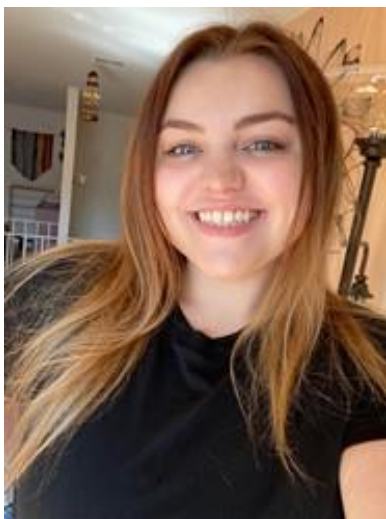
Samantha Diamond (she/her) - 1st Term

Samantha is a first-year graduate student at Lesley University in Cambridge, MA in the on-campus master's program for Clinical Mental Health Counseling with specialization in Dance Movement Therapy. Right now, she is living in Newton, Massachusetts and she is currently working as a Practice Assistant at Beth Israel Lahey Health Primary Care in Newton Center, Massachusetts. Samantha thoroughly enjoys being involved in a variety of collaboration groups, especially where the focus is supporting others in need. As President of Performance Club at her undergraduate program at Beacon College, she enjoyed ensuring students had a safe and welcoming environment to express their talents. Finally, as a new member of the ADTA Student Subcommittee, she is excited to connect with others who have the same passion to promote DMT overall.



Caitlin Evans (she/they) - 1st Term

is a second year student in the low residency program for Dance/Movement Therapy at Lesley University. They currently live on the Western Slope in Colorado where DMT is hardly known. Caitlin is excited to be on the student sub-committee to connect with peers outside of Lesley, to provide support to current and future dance/movement therapists, and to bring DMT to communities who are unfamiliar with the practice.



Victoria Finger (she/her) - 1st Term

Victoria is a first-year graduate student at Rider University. Enrolled in the Clinical Mental Health Counseling / Dance Movement Therapy program. Victoria originally hails from a small town, Northfield, Minnesota, where she grew up dancing from a young age. Graduating from Minnesota State University, Mankato in Spring of 2021 with a bachelor's degree in Pre-Professional Dance Therapy. After graduating, she decided to take a gap year to teach 20 dance classes a week, work at a preschool, and bartend on the weekends. Victoria enjoys being outside, reading, yoga / barre classes, spending time with her cats, and of course, dancing. After finishing Rider's program she hopes to work with survivors of trauma with Dance Movement Therapy. Victoria is thrilled to be part of the ADTA Student Subcommittee and is dedicated to helping other students be successful in DMT programs.



Gracen Hansen (she/they) - 1st Term

Gracen is a first year Low-Residency student at Lesley University studying Dance/Movement Therapy. She currently resides in Los Angeles, CA and has taught dance in New York as well as California to a variety of ages. Gracen currently dances with the non-profit, Leigh Purtill Ballet company; with the mission statement of "Ballet for everyone." She hopes to utilize her education from Lesley to work with adolescent women recovering from eating disorders as well as children coping with

grief. Through the ADTA Student Sub-Committee, Gracen hopes to connect with her peers and learn from all they have to share.



Mikayla McLaughlin (she/her) - 1st Term

Mikayla McLaughlin is a Clinical Mental Health Counseling student with a concentration in Dance Movement Therapy at Rider University. Mikayla was a BFA in dance and dual major in psychology at Rutgers University. She is a Jersey girl who loves to spend time finding a good iced coffee, walking her dogs, and dancing anywhere she can. She strives to work in a population with adolescents/adults who deal with eating disorders as DMT seems to be challenging, yet beneficial for this population. Another new-found interest is working with adults who suffer from schizophrenia and schizoaffective disorders (as she loved working with them in practicum). Mikayla is excited to be involved with ADTA as a student representative and she hopes to get Rider more involved!



Somdatta Pal (she/her) - 1st Term

Somdatta is an interdisciplinary performing artist and an educator. She combines her passion for movement and her love for music in her performances and teachings. In the past, she has collaborated with world musicians and curated musical works and continues to curate DMT-based choreographies and host workshops. Her most recent production was the trauma based 'Bird' first performed in the city of Toronto. Somdatta is currently a student of Rider University pursuing her M.A in clinical mental health counseling with a DMT concentration. In the future, she hopes to work with the trauma population and endorse the healing language of movement.



Sophie Schneider (she/her) - 2nd Term

Sophie grew up in Mundelein, Illinois and trained at Dancenter North, a studio in Gurnee, Illinois. She trained in a variety of styles, focusing mainly on ballet and contemporary. She graduated from Indiana University with a BFA in Contemporary Dance and a BA in Chemistry. During her time at Indiana University, she was fortunate to work with Noa Shadur, Elizabeth Shea, Dr. Nayama McCarthy Brown, Beatrice Capote, Selene Carter, and other respected artists. In addition, Sophie performed in nine productions and choreographed three works, titled “Reactive,” “Ripples of Light: Volume 1,” and “Submerged”. Sophie has a passion for research and assisted in an Organic Chemistry research project aimed to battle antibacterial resistance against penicillin. She is currently pursuing a master’s degree in Clinical Mental Counseling in Cambridge, Massachusetts and is thrilled to finally be able to combine her love for medicine, research, and dance. In the future, she hopes to work and perform research with pediatric cancer patients.



Ambrie Sward (she/her) - 1st Term

Ambrie is a third-year graduate student at Lesley University studying Clinical Mental Health Counseling with a specialization in Dance/Movement Therapy. Ambrie is in the low-residency program. Ambrie is interested in advocating for people of color and currently

serves on the ADTA Latinx Affinity Group (Ritmo de Vida) as the Social Media Liason.



Olivia Vepley (she/her) - 2nd Term

Olivia is a dance educator and third-year Clinical Mental Health Counseling student with Adler University's low residency program. Originally from the midwest, she now resides in the Gulf Coast of Mississippi where she spends her time teaching dance, reading, watching the sunset from the beach, and working through her internship. Olivia is studying Dance/Movement Therapy through the Alternate Route of the ADTA and as a student representative hopes to advocate for Alternate Route students while connecting with others from different programs. This is her second year on the sub-committee and she looks forward to continuing to form relationships with other DMT students and members of the ADTA.



Stephanie Wilson (she/her) - 1st Term

Stephanie is a first year student at Rider university pursuing a masters in counseling with a concentration in Dance Movement Therapy. Originally from Brooklyn, NY she now lives in the Washington DC area with her husband. Upon graduation, Stephanie is interested in working with survivors of trauma and collaborating with other professionals in the field to open a holistic counseling center focused on DMT services in the DC metro area. As a student representative for the ADTA, she hopes to bring more awareness to the field, connect with her fellow peers, and bring more awareness of the DMT profession to the Washington, DC metro area. In her spare time, she blogs about new vegan recipes and shares her love of DMT and mind/ body wellness and the healing power of movement!



Deanna Zois (she/her) - 2nd year

Deanna is a second year master's candidate at Drexel University in Philadelphia, Pennsylvania studying Dance Movement Therapy and Counseling. She graduated from Connecticut College in 2020, majoring in dance and minoring in psychology, with a focus in public health. At Connecticut College, she had the honor of performing in works by Cunningham Trust, David Dorfman, Shen Wei Dance Arts, Kate Weare Dance Company, Lisa Race, Heidi Henderson, and more. Prior to her journey at Drexel, she worked on an inpatient unit for adolescents and young adults with eating disorders, at Walden Behavioral Care in Dedham, MA. Deanna is currently interning at Penn Presbyterian Medical Center, on their inpatient psychiatric and substance use recovery units. She has been a class representative for her cohort for the past two years, and is also involved in Drexel's Creative Arts Therapy affinity group, "Unlearning Whiteness", centered around deconstructing and unlearning oppressive systems of white privilege. As a new member of the ADTA student sub-committee, Deanna is looking forward to building community with other members, strengthening the relationship with the greater ADTA organization, and promoting advocacy within the field of Dance/Movement Therapy overall.

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Treasurer

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

I hope this finds you all well and safe and finding glimpses of joy. I hope you all are being kind to one another and to yourself. I hope that you all are inspired to reach a hand out, to bring others along with you. I hope that you provide grace to those whom you encounter. I hope that you are taking active steps towards inclusion.

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 have finally made progress with our plan to subsidize volunteerism within the ADTA. This plan will be a slow rollout that will unfold over three years. We hope to present our plan to the Board of Directors in the Spring. Stay tuned for more details.

Pay-it-Forward: Many of you have heard of and some of you have taken advantage of our pay-it-forward programs. For those who have been able to support the community, thank you so much for your part in making this organization more equitable. For those who are not quite sure what the pay-it-forward program represents, I would love to share a bit more.

The Budget and Finance committee established the pay-it-forward program simultaneously with the sliding scale options for our members. So, what do we mean by pay-it-forward? Many of us have gotten to where we are with the help of others: financially, temporally, emotionally. We stand on the shoulders of many others who have paved the way for us to progress. Conceptually, pay-it-forward asks that you consider a way to provide for others in an act of grace to those who provided for you. Simply, it is a way of continuing to build community through acts of sharing resources. If you attended the business breakfast at the conference, you may recall me saying, "We are all in the same storm, but we are not all in the same boat." Pay-it-forward is an actionable way for you to provide someone in the community with access to your boat, a raft, a plug for a hole in their boat, or even an acknowledgement that you see them doing their best in their boat and honoring their presence. With that, I invite those who are able to pay-it-forward with a financial donation so our community can continue to heal together. We have a lot of healing to do.

Treasury: I want to take some time to discuss the ADTA Budget as I presented it at the business meeting. Since my presentation of the budget and finances of the ADTA, I have received emails with misinformation that is rapidly circulating. I do not want this misinformation to continue to circulate, which is instilling fear and discomfort into our membership. Please, if you have questions about the budget or the financial state of the organization, come to me directly. I am happy to have a discussion with you or to further explain things. My intention is to present our organization with a clear picture of our financial status and with a transparent synopsis of our budget. I want to first start by saying that the financial status of the ADTA is amazing. Our finances are greater than they have ever been. We

continue to make frugal financial choices that have allowed us to thrive. There is absolutely no financial concern within the ADTA.

I also mentioned at the Business Breakfast that we passed a deficit budget this year. This is not uncommon. Particularly as we continue to navigate the many ways COVID has affected our community, financially and otherwise, and due to the fact that this was our first year back to an in-person conference, which comes with our biggest annual expenditure.

I stepped into this role as Treasurer amidst a deficit budget. I have passed both deficit and surplus budgets in my three years as treasurer. Budgets are created from scratch each year. This is done by the Treasurer receiving budget requests from each of the members of the Board of Directors to reflect their proposed budgets for their respective committees. As treasurer, I then review each budget request in addition to our organizational spending items (website hosting, staff salaries, printing needs, AJDT fees, trademark fees, legal and insurance fees). I then compare the total projected expenditures against the projected annual income. This provides me with a picture of our income versus our spending and provides me with an overview of the financial needs and status of the organization *within that year*. This, of course, is based off of projections from the year prior, so there is room for fluctuation within the actual budget.

For example, due to COVID restrictions I anticipated some people would choose not to come to the in-person conference this year. Therefore, I made a judicious estimate that we would have approximately 200 people join us (this is the low end of traditional conference attendance). I then calculate approximate income of 200 people allowing for some student rates, sliding scale rates, professional rates, etc. These estimates are based of historical information. That number is counted towards our annual income.

Since we had more people attend than estimated, our *actual* income will be higher than our *estimated* income. This will lower our estimated deficit.

Just like dance, we move with the budget as needs unfold, improvising along the way where possible to return to a balanced budget. I will continue to improvise and adapt for the duration of our fiscal year to get us as closely to a balanced budget as I can. I am working as hard as possible to honor my role as Treasurer. What I ask in return is that you do not panic, you do not start rumors about the financial status of our organization, if you hear rumors you do not spread them, but rather come to me, and that you have faith in the work that the Board of Directors is providing in service to you all.

DEI Updates and Accountability: I hosted the Pennsylvania Chapter of the ADTA's upcoming Continuing Education event including an MDC Affinity Group Panel followed by a workshop on Ableism. It was such a lovely an important time together and Sabrina Washington's movement experiential still lives and dances in my body. I attended a Webinar, *The Body in My Spirit: Intersections between Spirituality and Mental Health*, hosted by Maraka Healing on September 18th. This was a remarkable presentation that was so full of warmth, kindness, inclusion, and knowledge. I was inspired to be more present with myself and with others and to allow more space, more pause, more quiet into my life and my practice.

As always, I prioritize my spending and donations towards QTBIPOC people and organizations. Make sure you are supporting people and businesses that you want to see succeed. Your donations can be financial, temporal, or energetic. Please support.

As many holidays are upon us, I am providing some of the QTBIPOC folks that I support financially in hopes that you may consider supporting them as well:

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.

Finally, I sit in community with people. As a white-identifying woman who has inevitably perpetuated harm, I turn to my friends and have tough conversations. We provide a space to keep one another accountable for our thoughts, choices, and actions. We process together. We are honest with one another. We listen and receive from

and with one another. We inspire one another to always strive to do better.

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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Ebony T. Nichols LCAT, BC-DMT

Multicultural & Diversity Committee (MDC)

Chairperson

During the ADTA Conference 2022 in Tiohtià:ke/Montréal on the unceded Indigenous lands of the Kanien'kehá:ka, the level of excitement and somewhat nervousness was felt after two years of virtual annual conferences and the inability to dance and move together in person. For many, our lives are very different from when we were together in person at the Miami conference in 2019. Our 2022 conference reflected that difference. Not only that we had to adapt in physical space of how we engaged with each other, whether masked, unmasked, viewing whole bodies, vs. faces in little zoom squares, geographically different as a collaborative international conference, we were, and we are different. I don't have many words to express the collective trauma we all experienced while existing for nearly two years in a global pandemic. We are still fighting and resisting inequities in society, and in the last few months, we have witnessed and continue to experience hate crimes in the LGBTQAI+ community, anti-black racism, anti-Asian hate, race and culturally-based violence, and an unspeakable amount of gun violence and mass shootings. These harms cannot go unnoticed and is a continued call for our work as dance/movement therapists to place focused attention on the concerns of equity, justice, and inclusivity.

This year's MDC conference presence was extremely potent. At the MDC Shared Space event, J Lyn Thomas MS, R-DMT taught a master class on Social Dances of the African Diaspora through a DMT embodied narrative framework, and Meg ChangEdD, BC-DMT, LCAT, NCC warmed and opened us up through Kinetic Awareness™, A Somatic/Bodily

Decolonization & Dance/Movement Therapy Technique (See below). This all occurred in the MDC Shared Space room... that's right, the MDC had a room to just be for the entire conference! During the MDC annual meeting mixer, Black MAGIC Affinity Group got us moving with the latest Tik Tok dance, and our newest Affinity Group, Ritmo de Vida Latinx DMT, closed us out by honoring the sacredness of movement in each of us. In addition, the Disability Access Affinity Group (DAAG) provided a much-needed sensory room that was open for the entire conference (See below). The Spiritual and Religion Affinity group hosted their annual Shabbat candle lighting ceremony, which was open to all. We are continuing to receive such positive feedback from the MDC events.

As the new incoming MDC chair, I will continue the mission of the MDC to ensure that existing mono-cultural barriers to diversity and multiculturalism are eliminated within the ADTA and the dance/movement therapy profession. As the MDC community has experienced in the past, this mission has not always proved easy. In some spaces within the organization, questions continue to linger on why social justice and equity should even be a focus. The simple answer is, because lives depend on it! I do not imagine continuing the MDC legacy will be easy, without difficult conversations, ruptures when needed, and repairs when beneficial. I do, however, hope that with that same energy of resistance and fighting against inequity, members of the MDC community can also find space for joy-making, love up on one

another, and rest as we continue to organize and strategize on the transformation of the ADTA to an equitable and just organization for our historically underrepresented colleagues, and the communities we serve.

Disability Access Affinity Group (DAAG)

Fall 2022

We are beaming with disability pride in this season!! DAAG members Sabrina Washington and Ramanda Brockett presented their workshop, "Awakening into (Anti)Ableism: And how to start to open to a world of access for all," virtually on September 17th, 2022 for a CEU event sponsored by the ADTA PA Chapter. They plan to continue to develop this offering and keep educating our ADTA community about how to embody anti-ableism. Sabrina Washington has also been an essential DAAG representative within the Annual Conference Committee, supporting disability consciousness and accessibility initiatives to be built into ADTA conference planning.

A group of DAAG members attended the conference in Montreal to present workshops as individuals and to finally connect with each other in person, as many of us have only ever interacted virtually. Together, we organized the first Sensory Room in ADTA conference history, as a part of the Multicultural and Diversity Committee's Shared Space. We are so grateful for the consistent support from our MDC leadership to help us make it happen.

The Sensory Room was open at all times during the conference hours for attendees to rest, recharge, and integrate in a curated exploration of quiet stillness, engaging the senses, creative processing, and nervous system capacity-building. It was a self-guided experiential of attending to access needs, including an Art Reflection Station, Sensory-Motor Station, Soft Relaxation Station, Self Massage/Stretch Station, and a Labyrinth/Active Meditation space. We received an abundance of gratitude for offering the space, one of our members, Lauren Milburn, stated, "It made traveling across the country with a 20lb weighted blanket worth it!" We also received a few questions about why it had not already existed...our answer to that is: we still have a long way to go to confront ableism in our field.

We hope that the Sensory Room will become a permanent part of future conferences as it is meeting a clear need for dance/movement therapists, both disabled and nondisabled alike. We were elated to share our crip wisdom with the larger organization and hope our growing presence will inspire more of our colleagues to educate themselves about Disability Justice and consider how to improve accessibility for all.

Image descriptions of attached photos: a series of photos of our Sensory Room, a carpeted conference room with pre-existing winter themed decor.

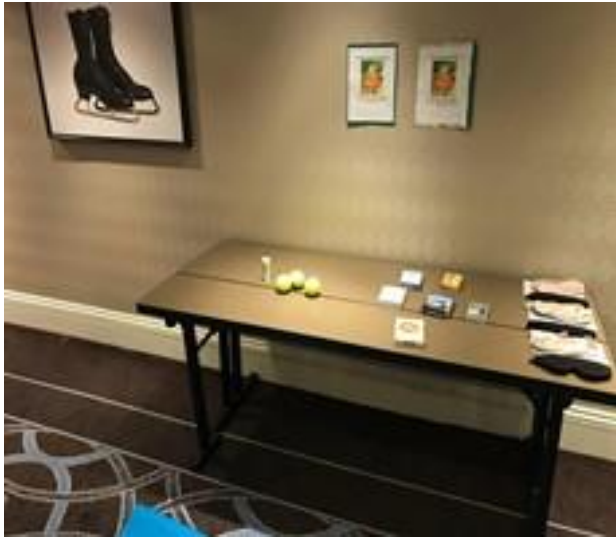


Photo 1 is of a table with eyemasks, tennis balls, and therapeutic card decks



Photo 2 a table with two baskets of sensory tools

Photo 3 a basket of earplugs with our sound recommendations.



Photo 4 our device charging station



Photo 5 the art reflection station with art supplies galore strewn across the table.

Spirituality and Religion Affinity Group

Dr. Angela M Grayson, LPC, BC-DMT, NCC, Coordinator

It has been a season of spiritual and religious growth, enrichment, and stretching of faith. We have held space for one another and the DMT community through our monthly meetings and virtual Sacred Shared Space open meeting. We have had deep meaningful discussions, moments of joy and laughter, as well as moments of prayer, movement and contemplation.

We have shared resources and opportunities for learning how we each incorporate spirituality and/or religion into our DMT practices.

All in all we have had a great quarter! What we are most excited about is seeing one another at the conference in Montreal!!! Those who were able to be present shared screams of delight and joy for finally meeting in person (some for the first time) and having a nearly packed open meeting to greet conference attendees interested in our group. We had over twenty people

show up who shared their interest, journey and story of how meaningful their spiritual/religious practice is to their DMT/clinical/educational process. As a result, we welcomed several new members - both students and professionals and look forward to sharing space with them in the coming monthly meetings.

We hosted the Shabbat Candle Lighting Ceremony for the third year and it was such a moving and deeply impactful experience as Pamela Faith Lerman coordinated virtually with Karen Nevins-Goldman and Judith Sternfeld who had not attended the conference in several years but graciously volunteered to lead us through the ceremony rituals. Finally, two of our members presented their phenomenal work, Sara R. van Koningsveld shared *Mindful Movement: Dance, Yoga, and Human Connection through Spirituality* and Rev. Ouida Pihulyk (with Ximena Vidal-Seifert) shared *Attending to the Sacred in DMT:*

Integrating Body, Mind and Spirit.

As 2022 comes to a close, we look forward to creating space for more great things in the Spirituality and Religion Affinity Group. Would you like to join us? Please contact us at dmtspiritualitygroup@gmail.com.

Meg Chang EdD, BC-DMT, LCAT, NCC

**October 27-30, 2022. Reflecting on Presenting *Kinetic Awareness™* As A *Somatic/Bodily Decolonization & Dance/Movement Therapy Technique.*
ADTA Annual Conference, Montreal, Canada.**

The experience of introducing my dance lineage in the Shared Space at the Montreal Conference was an amazing full-circle moment that connected my early dance training through to now! I greatly appreciate the opportunity to familiarize dance therapists with the bodymind praxis of my late friend and teacher Elaine Summers. In addition, it was

exhilarating to present in the same room with JLyn Thomas, MS, RDMT, LCAT.

Kinetic Awareness™ (KA) is a flexible and anatomical method for getting in touch with all parts of the body, which we explored through standing and walking on Saturday, October 29th. This brief sample of KA served as a functional warm-up for JLyn's masterful presentation, *Social Dances of the Diaspora*. I was very grateful to JLyn for her dance sharing that attracted an overflow room and thereby opened the door to a larger audience for KA!

In fact, it was too exhilarating to see so many people in the room. In my haste to start, I was remiss in not giving full credit to Temple University Dance Professor, choreographer, and performance artist Merian Soto for her formulation of "decolonizing the body" through the methods and physical techniques of our teacher Elaine Summers (Soto, 2019). In a *Contact Quarterly* article, Soto specifically refers to her classical ballet training when she was "put on pointe since age 8...and suffered lower-back and shoulder pain" (Soto, 2019, p. 44). This persisted until she began working with Ms Summers as a young dancer. Soto writes, "Emotionally, I was struggling with issues of self-worth tied to personal, gender, and cultural history as a Puerto Rican woman and I was on a quest to decolonize my body/mind/psyche from assumptions and patterns [subconscious/habitual] of thinking, being, and moving that blocked inner knowledge" (Soto, 2019, p. 44).

Reading her terminology, decolonizing the body, was a lightbulb moment that consolidated my personal dance history and teaching experience over the past decades. With dance therapy students I have taught, it is clear that classical ballet and traditional Modern Dance (Graham, Cunningham, Limon, etc.) impose more than line and form on the dancer. I have long been struck by how culture is laid on the body—how the body absorbs cultural postures, movements, rhythms, etc. and is shaped by such external social forces. Adapting to psychophysical pressure from the dominant hierarchy to look, move, and communicate in opposition to one's home culture can result in a distortion of the way

you wear your body (an Elaine Summers aphorism), as Soto writes. The author's direct experience of re-discovering her own bodymind through the praxis of Kinetic Awareness™ is described as reparative, healing, and as individual as a fingerprint. This conversation with the body (Summers in Soto, 2019) provided the key to unlocking the unconscious door of embodied hierarchy that Soto had previously experienced. Such highly personal, individual, and kinesthetic knowing, developed through Summers' method, resulted in creating uniquely original dances. In 2000 Soto received a Bessie award for her choreography.

Kinetic Awareness™ is not a dance technique that teaches a particular dance vocabulary, but rather a somatic technique that liberates by unifying and sensitizing the mover to their own bodymind. Michelle Berne, NYU dance educator, choreographer, celebration/parade maker, and Master KA teacher wrote, "Kinetic Awareness has been described as a dance and performance technique, a body therapy, a comprehensive system for movement re-education, and a method for self-discovery. It has been and continues to be all of these, depending on the perspective of the investigator" (Berne, 1990).

Studying with Elaine Summers and Michelle Berne, a lead dancer in the Elaine Summer Dance company and an unparalleled KA teacher, prepared me for personal depth dance/movement therapy. The slow and introspective nature of KA further sensitized me to nuances of breath that formed the basis for teaching mindfulness meditation years later. Despite the insights and unraveling of unconscious knots in the bodymind, it is necessary to note that Elaine was adamant that she was not a psychotherapist. Rather, she consistently and firmly urged dancers to seek psychotherapy in order to deal with the unconscious nonverbal material that emerged and to make sense of it.

In reflecting on the ideas underlying my Shared Space presentation, I am appreciative of a recent conversation with esteemed colleagues and certified Master Kinetic Awareness™ Teachers Michelle Berne, Frances Becker, and Thomas Körtvélyessy. We clarified that Kinetic Awareness™ is a technique that prepares the mover for psychophysical insight and

enhanced somatic knowing through the actual body they are inhabiting rather than any imposed ideas, images, or constructions of the body.

References

Berne, M. (1990, April 21). Kinetic Awareness [Paper presentation]. Dance Education Forum, University of Los Angeles, CA, United States.
Soto, M. (2019). How does this body want to move: Dancing the legacy of Elaine Summers. *Contact Quarterly*, 44-49.

Melody Gamba LMHC, BC-DMT
MDC Committee Member
ADTA Conference Reflection

While a lift in restrictions regarding the COVID pandemic may have allowed the ADTA to have its first in-person conference in three years, the pandemic of racism is still rampant in our nation, our ADTA organization, and within ourselves. "The White Body Supremacy virus remains with us - in the air we breathe, the water we drink, the foods we eat, the institutions that govern us, and the social contracts under which we live. Most of all, though, it lives in our bodies" (Resmaa Menakem & the Cultural Somatic Training Institute).

I want to honor and celebrate being in the community in person and highlight the Multicultural and Diversity Committee (MDC) Room, DAAG Sensory Room, MDC Shared Space and Enid Lee's keynote. I appreciated witnessing President Dr. Angela Grayson lead our community and experiencing her wisdom and grace live. It was a gift to learn from each other while celebrating outgoing and incoming leadership and specialty awards. But my heart is heavy, and I am reckoning with my Whiteness and the virus that continues to infect our ADTA community. Pulling from the words of Carmen Marshall, my goal is to speak my truth from a place of love and compassion.

During the Annual Business Meeting, the floor was opened to the membership to ask questions to leadership. I witnessed Past President Dr. Robyn Cruz ask a question to President-Elect Dr. Marica Leventhal to speak on her role and commitment to the ADTA's mission around change and social justice. On a body level, Marcia's response in which she refused to answer the question to Robyn shocked my system; my

heart and limbs were on fire, and I felt my nervous system shift to high-alert fight mode while simultaneously freezing. And, since, that body memory remains.

With time to reflect and converse with my trusted community, I am left with a curiosity and more questions. How did Robyn, Marcia, and the membership that witnessed this exchange feel in their bodies, minds, and hearts in that moment? What was happening beneath the questions that were left unsaid? And, as a community, how do we make the invisible visible and sit with and name the discomfort?

When I sat with my bodily response long enough, it highlighted my own unhealed Whiteness ... what am I avoiding exploring and admitting due to my own shame, guilt, and fear of "not getting it right." That moment I witnessed at the business meeting was also a mirror to the more significant virus that plagues me and each and every one of us.

While watching a segment from the "Color of Fear" documentary, I resonated with Victor Lewis's words that "racism is a White person problem," and White people need to take responsibility for participating in collective solutions. Lewis also highlights that everyone is impacted by oppression, but being White affords individuals to disconnect from their suffering, but that does not negate that the system of White supremacy negatively impacts everyone. I am cautious that my words and work do not further center White voices or perpetuate White saviors but instead call White identifying individuals into action. I may have unrealistic expectations, but as body-based practitioners, we have a unique set of tools and knowledge to model justice, heal our bodies, and support collective healing -what is the barrier?

I humbly share today in my imperfect, messiness open to hearing others' experience of this moment, and invite folks to reflect and share if they feel called to do so. I am still determining how we repair rupture and shift our ADTA culture. But making the invisible visible seems like an essential part of this process. I do know that I do not want to continue spreading the White supremacy virus. While I will never arrive or be free of the disease and symptoms, I know I have two choices:

"Move through necessary pain and heal. Or, run from the pain and healing - and create much-added misery for everyone, including descendants and myself" (Resmaa Menakem, resmaa.com)

I chose to heal and continue to make it a priority. Closing with the words and wisdom of Carmen Marshall, I will leave these questions...

- How do you tell the truth in love?
- How do you attend to the body without destroying it?
- How do you show up amid the current culture?

References

(1994). The Color of Fear. Retrieved from

<https://stirfryseminars.com/products/the-color-of-fear-part-one/>.

Menakem, R. (2017). My grandmother's hands: racialized trauma and the pathway to mending our hearts and bodies. Central Recovery Press.

Resamaa Menakem: Resmaa.com

The Cultural Somatic Training Institute:

<https://courses.culturalsomaticsinstitute.com>

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Ethics Committee

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

Hello and Howdy from the Standards & Ethics Committee: Selena Coburn (Chair), Hang Yin Candy Lo, Neha Christopher, Douglas Cornman,

Megz Roberts, Jenn Whitley, and Lauren Milburn. We are still seeking an additional committee members, please email ethics@adta.org if you are interested.

The committee has shared the revised ethical complaint process at the conference. This was a process guided by our entire committee but lovingly stewarded by our wonderful Douglas Cornman. Many many thanks to him for fostering this process between the ADTA S & E and DMTCB and our deepest gratitude for the hours put into this document. We will be coordinating with ADTA Public Relations and Continuing Education to roll out the updates in an easy to comprehend way. Please be on the lookout for our webinar training on the process to be added to our CEU program. We are also seeking membership feedback to our new complaint process. This is a working document and we want membership input on these important processes. The committee will be reaching out to membership in the future for feedback and opportunities to enact changes.

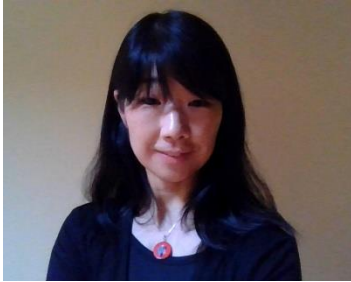
The Standards and Ethics Committee also received a Call to Action letter from our valued membership. We are currently continuing to work on a timeline for action steps as we continue the work towards harm reduction and an ever-improving ethical process. We appreciate your call to continue improving the ADTA for all.

We have also been busy fielding great questions about ethics from our wonderful membership. Please continue to reach out when you need guidance surrounding ethical concerns and DMT. The committee is looking forward to mediation training forthcoming as we prepare to better serve our membership. Thank you!

The S&E Committee would love to hear from you! Ask questions, send comments to [**ethics@adta.org**](mailto:ethics@adta.org).

Respectfully submitted by Selena Coburn BC-DMT, LMHC, LCPC, S&E
Committee Chair

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Education

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

Greetings to the membership,

ADTA Conference

The Education committee was able to meet in-person at the 57th annual ADTA Conference for the first time in three years. I felt joy. Three separate meetings were held for Approved Programs educators, Approved Programs & Alternate Route educators combined, and Alternate Route educators. We moved together and reviewed the progress with the standards revision process, AR webinar, forms, handbook, as well as the AR portal and advising for AR students, and provided space for emerging conversations on AR general psychology requirements, addressing the new norms with virtual and hybrid learning/ supervising, field training opportunities (or lack thereof), and expectations for future DMT educational developments, particularly with regard to disability access for students and JEDI work for educators.

Dr. Mariah LeFeber, Dr. Valerie Blanc, and I presented the annual Education workshop on hybrid DMT pedagogy and supervision. We discussed the survey responses from approved and alternate route educators, and promising practices that are developing through research, trial and error. A main focus was to explore how to incorporate embodied, arts-based experiential pedagogy. We were grateful to the participants who shared their many experiences and creative ideas.

DEI and Accountability Work

The conference was held on Tio'tia: Ke territory (Montreal, Quebec). Farah Fancy, one of the co-founders of the Dance Movement Therapy Association in Canada and Le Groupe Herencias, sang during the initial presidential reception, which moved me. I later found her in the episode of the podcast series called Devotional Anarchy with Isha Vela, [Centering Indigenous Knowledge with Farah Fancy](#). Farah spoke about how we can move forward. Providing an example from her decolonizing training, she referenced evaluations she received that "expected" a colonized education, to have information "poured into," rather than having the decolonized attitude "to receive" when the body is ready. This resonated with me because it reminded me of how Japanese people were traditionally encouraged to learn through embodied experience (体験:*taiken*). Being present was emphasized - to be open to the new learning that is constantly evolving. Farah spoke to this from her ancestral knowledge and personal experience. She shared ways to ground through the body to be present, which related to accessing experience and generational knowledge, and "harmonizing." There is an interesting segment about cultural appropriation-appreciation that I found very helpful for DMT practitioners to hear. I felt honored to have made the connections that I did at the conference, and look forward to continuing to preserve and create new relationships. I believe that centering indigenous

knowledge will help us to move the ADTA forward to be resilient. (And I also found other interesting episodes of [this podcast](#).)

Education Committee Updates

The committee is busy updating the Policies and Procedures (P&Ps), the DMT handbook, and website in collaboration with the Dance/movement Therapy Credentialing Board (DMT-CB) and Office.

Policies and Procedures (P&Ps)

The Education committee P&Ps indicate meeting annually during the conference. Before the COVID-19 pandemic began, the annual meeting was the one time that the educators would meet. The AMPS and ARES now meet more regularly throughout the year to address the myriad changes needed to create a more equitable environment for DMT education. To reflect these realities, the items in the Timeline of the P&Ps were updated. New changes in the P&Ps regard: (a) the ARES core team member requirement; and (b) The “Timeline” of the P&P.

- (a) There was a requirement for one of the members to be a former Dance/Movement Therapy Credentialing Board (DMT-CB) member. With very few members with this experience, the seat was limited for a select few. We amended the language that the ARES core team can seek advice and guidance from someone in the DMT-CB as the need arises. This change will allow for more opportunities for membership to be a part of the core team. It will also hopefully provide some space between the Education committee and DMT-CB.
- (b) The Education Committee Procedural Guidelines v. 1 and 2. were removed to reduce redundancies and to reflect the changes in the committee members’ engagement and collaboration. The demographic survey is now being sent

out to all AP students from the Chair of the Committee on Approval (COA) who has fewer conflicts of interest to collect such data. The education committee can request the demographic information directly from the COA. Similarly, the committee can request educational data from the COA as needed.

Approved Master's Program Subcommittee (AMPS) Updates

As mentioned in the previous newsletter, the Output-based Standards Refining Group continues to meet regularly to review and consolidate the Approved Master's Programs and Alternate Route Training core curriculum and competencies of the Standards of Education and Training from a critical and anti-oppressive framework. At this time, we have an initial revised draft of the "History," and Human Development through the LifeSpan, that comes under "Theory." Other areas of Theory and Practice and Professional Development are being addressed. Our plan is to have a cohesive list that is sequenced developmentally and as an integrated whole by May of 2023. Please be on the lookout for input from ARES, MDC, and the Ethics Committees. A comprehensive draft for approval is hoped by the BOD next April, 2024, with an ambitious implementation of the revised standards by 2025.

The concurrent revision of syllabi in alternate route education will continue in order for those to better align with the 2018 Standards of Education and Training that approved programs have mostly incorporated.

Alternate Route Education Subcommittee (ARES) Updates

(by Laura Allen, Chair of the Alternate Route Education Subcommittee (ARES))

Thank you to everyone who took time from their busy conference schedules to join us at the AR

Educator meetings and the meet-&-greet to create a social gathering space for our AR students while other schools were holding alumni events! One celebratory note to share: In the year from October 2021-2022, over 20 AR course syllabi were approved. Some of these were new courses, and many were syllabus updates to incorporate current ADTA Education standards, but regardless it represents an extraordinary amount of work by educators and SAARC members alike. So much gratitude to all involved!

A very important “Help Wanted” note is that the AR Education Chair is desperately in need of someone willing to take over the job of “AR Course Calendar Coordinator.” This is a generally simple job for someone with excellent timing strengths and strong attention to detail. The calendar is updated quarterly and the coordinator does some minimal communication with educators to recruit new/updated course offerings and the ADTA office to get timely calendars posted on the website. Please contact Laura Allen at areducation@adta.org if this is a way you might be able to offer critical (but wonderfully concrete!) service to our AR community.

Invitation to participate in a task group! The Education Committee is convening 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

Updates from the 57th ADTA Conference in Montreal, October 27-30, 2022

1. Research Awards

Committee Members: Minjung Shim, Tal Shafir, Robyn Flaum Cruz, Rebecca Barnstaple.

Dr. Supritha Aithal was selected for the American Dance Therapy Association's Research Award for 2022 for her study *A Dance Movement Psychotherapy Intervention for the Wellbeing of Children With an Autism Spectrum Disorder: A Pilot Intervention Study*.

2. Research and Thesis Poster Session

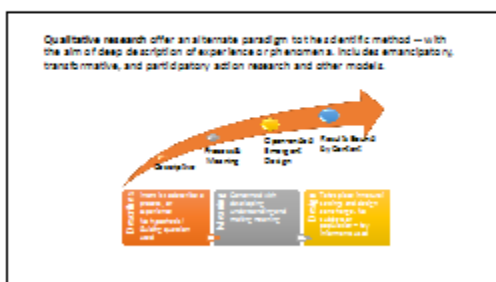
Committee Members: Karolina Bryl, Chevon Stewart, Cecilia Fontanesi.

Here is the list of the 2022 Poster session presenters for the Conference proceedings (first and last names, title of the poster):

1. Cara Hazel “Embodied Concepts of Neuroscience and Trauma: An Exploration of Interpersonal Neurobiology and Dance/ Movement Therapy.”
2. Jessica Mattingly, Courtney Trevino, Emily Lund “Dance and the executive functioning skills of children: A scoping review.”
3. Morgan Ose “Dancing Through the Trauma: DMT with Male Identifying Survivors of Sexual Assault.”
4. Laura Demay, Nicole Harbonnier, Florence Vinit “The explicitation and understanding of the expertise of the dance therapist in a therapeutic process.”
5. Miho Yamada “Developing Competency in Psychoeducation Team Staff Competency Using Dance/Movement: An Online Program for Girls with Autism Spectrum Disorder ASD.”
6. Eden Champagne and Heather Hill “Embodying Hope: A Theoretical Exploration of Dance/Movement Therapy for Family Caregivers to foster Spiritual Coping Resources”
7. Amber Supernor “The Use of Auditory Rhythm in Dance/Movement Therapy: A Multi-Methodological Study Utilizing Quantitative and Qualitative Measures.”
8. Rotem Peles “Embodied Exploration of Belonging Through Participation in the Hip-Hop and Dancehall Dance Cultures.”
9. Dr. Yukari Sakiyama “Kestenberg Movement Profile and Digital Transformation.”
10. Pei-Shan Tsai “DMT group integrating process model of positive emotional regulation for female drug-abuse inmates: an action research.”
11. M Gallego “Investigating the Mutual Influence Between Ballroom Dance and Dance Movement Psychotherapy: An Embodied Autoethnographic Inquiry.”

3. Research and Practice Workshop “Research Rumble: wrestling with ideas”

Committee Members: Robyn Flaum Cruz, Kyung Soon Ko, Rebecca Barnstaple, Cecilia Fontanesi.



1

EXAMPLE:

Qualitative Research

Copyright © 2018 Corinne or Breanna in Dance
All rights reserved. All trademarks are the property of their respective owners.

Feeling Lovely: An Examination of the Value of Beauty for People Dancing with Parkinson's

Sara Holstein

Setting her in Cornell's flat, we began the interview. Corinne immediately exclaimed "The dance class really changed me. It's so much more positive. It's something about the music, rhythm and feeling, which makes you feel better. I haven't felt better in a long time. This dance is groovy!" (Corinne, March 15, 2012). Corinne has Parkinson's, a neurological condition that affects motor movement and balance, and is characterized by motor, cognitive rigidity, and absence of movement. I was intrigued by Corinne's comment, and more particularly the emphasis on the satisfaction of her being a member of a team in thinking about dancing, rhythm, and beauty. In particular, her comment allowed me to reflect on the place of beauty within a community dance context and its relation to a chronic degenerative condition. In becoming post-critical regarding its both scientific and sociological of dance, I want to address some of the concerns that are periodically discussed in the field to engage through research with the dancing person, rather than the medical patient, and how for or the single experiential value of dance as well as a social practice, while dancing with a degenerating and potentially life-changing condition.

2

EXAMPLE: from Qualitative to Quantitative

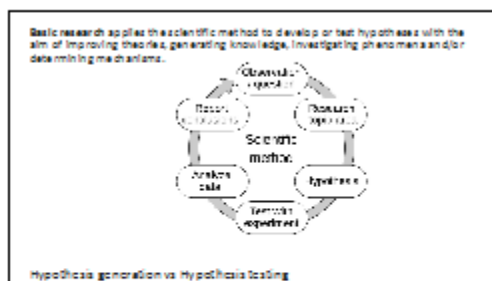
ORIGINAL RESEARCH

The Embodied Self in Parkinson's Disease: Feasibility of a Single Tango Intervention for Assessing Changes in Psychological Health Outcomes and Aesthetic Experience

Background: Dance is an embodied activity with distinctive mobility, balance, and beauty with health benefits attributed to Parkinson's disease (PD). It is hypothesized that a single tango intervention will improve psychological health outcomes, specifically well-being, self-efficacy, and sense of beauty, and aesthetic experience after a single Argentine tango intervention in a community-based, teacher-supervised setting. In addition, the article introduces a method of assessing aesthetic experience in a single aspect of feeling in an embodied intervention.

Results and Discussion: The study supports the feasibility of measuring health-outcomes and psychological changes that emerge in response to large structured PD interventions, as well as an embodied and experiential process of the intervention for the patient group. After the single intervention, well-being, self-efficacy, and psychological health outcomes, specifically well-being, self-efficacy, and sense of beauty of their movements and other aesthetic aspects, did support that in addition to the embodied and experiential process described in the abstract, engagement in dance may be an important therapeutic factor mediating several dimensions of well-being and that an embodied experiential and community study for evidence supporting a change in variables can now follow to examine diverse hypotheses.

3



4

4. Some of the powerful words of Enid Lee, our Keynote speaker

“The gap is not in the person; it is in the system. We can create systems that can reform, starting from systems we can control. We ourselves are a system we may have control over.”

“We have to fix the system and fix ourselves in the process of it.”

“Awareness – Action - Analysis - Attitude Change “ (The 4 A's)

If you have recommendations or suggestions, please reach out to researchandpractice@adta.org.
Cecilia Fontanesi, PhD, CMA, R-DMT

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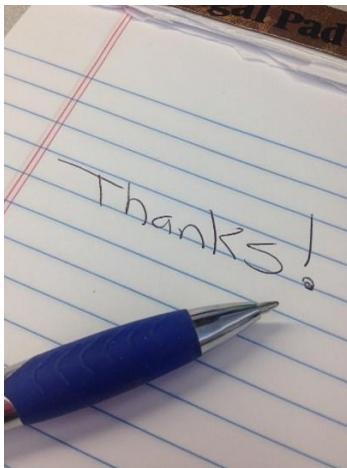


**Committee on Approval
Submitted by Danielle Fitzpatrick, MA, BC-
DMT**

Committee on Approval (COA)

November 2022 Newsletter

Gratitude



I know it's cliché to talk about thankfulness at the end of November. Yet, that is where my heart is right now. As my term as Chair of the Committee on Approval (COA) comes to a close (I am currently serving as interim chair until succession plans can be finalized), I want to take this opportunity to express my heartfelt gratitude.

First, to our dance/movement therapy students who inspire, challenge, motivate, and spur us onward, and to our educators who continuously hold themselves to the highest expectations of ADTA-approved DMT

training. I am honored to get a glimpse into the efforts of our educators to provide the kind of learning environment that will shape the future of our profession. And I appreciate those who ask us to contemplate what work still needs to be done to improve the accessibility and inclusivity of that education.

I want to thank the members of the COA and the Subcommittee for Approval of Alternate Route courses (SAARC). These dedicated volunteer committee members ensure that DMT education is in compliance with the *ADTA Standards for Education and Clinical Training*. Working with them has been humbling, stimulating, and personally and professionally rewarding. They have been a joy to learn and grow with. For more information on the work that we do, follow this link: <https://docs.google.com/document/d/1qoXXEyAzVLvAQYH5IIZHbu8AXSTWgjQbxm1vx3YdgKU/edit?usp=sharing>

Thank you to those who recognized me for an award at the conference this year. I am honored and share the recognition with my amazing committee. Special thanks to Dr. Tomoyo Kawano, Jessica Young, Dr. Christina Devereaux, and Margaret Migliorati for all the support, encouragement, and belief in me. Just a few years ago, I didn't think I had anything to offer the ADTA. These amazing people showed me that I was wrong. I warmly welcome YOU to consider if you are called to serve. There are so many ways to be a part of the ADTA and to feel the connection to our colleagues, students, and field. The COA currently has an opening for a Supervisor representative (BC-DMT) and SAARC is looking for multiple former or current alternate route educators to join their team. Diversity of representation is being centered in our recruitment efforts to fill vacant spots on our committees. Interested? Email approval@adta.org.

I would like to offer my appreciation for the members of the newly-formed International Task Force. I am so excited to consider how changes in international relationships could lead to a more diverse pool

of educators, supervisors, and leaders. So many people have stepped forward to offer their advice, guidance, and information to further the work of the Task Force. Thank you to ALL of them!

I am grateful to our members who have held us accountable to do the important work of moving our association towards greater inclusivity. A few steps the COA is taking to move ahead and advance the process include:

- * Efforts to recruit diverse committee members
- * New and enhanced data collection
- * Revisions to the approval review process
- * Encouraging exploration of international relationships
- * Developing better tools to onboard potential new programs
- * Increasing transparency regarding the role of the COA
- * Soliciting feedback as to what we can do better.

In the context of an ongoing pandemic, I am so grateful for my health, my access to vaccines, and my privileged resources to navigate covid-related challenges. The negative influence of the pandemic on our BIPOC communities is one example of how inequities in health systems, education, and in the workforce continue to shore up structural racism. 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 delivery of 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.

Last, I am grateful for the call to do better each and every day. The COA members are always pressing each other to better themselves around examining bias, power dynamics, and systems that perpetuate privilege and oppression in all of the work that we do.

With an attitude of gratitude,

Danielle Fitzpatrick
Interim COA Chair
approval@adta.org

More information about ADTA Approval:

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 through annual maintenance reviews.
2. Alternate Route Courses are reviewed by members of SAARC. The ADTA doesn't 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.

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

- *Introduction to the Kestenberg Movement Profile, taught by Suzanne Hastie*
- *DMT Theories & Practice 3- Multicultural & Diverse Populations, taught by Charne Furcron*
- *Authentic Movement 2—Witness Role, taught by Barbara Nordstrom-Loeb*
- *Advanced Clinical Skills—The Methods of Blanche Evan, taught by Bonnie Bernstein*
- *DMT Theoretical Foundations III, taught by Judith Bunney*
- *DMT Theoretical Foundations I & II, taught by Judith Bunney*
- *Methods of DMT I & II, taught by Miriam Roskin Berger*
- *Methods of DMT III, taught by Miriam Roskin Berger*

If you currently offer a course that was approved before 2014, please submit a course revision to SAARC by December 31, 2022. 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 Voniè Stillson**

Hello dear ADTA Members,

We hope that you and your loved ones have had a good fall thus far and are healthy, safe, and well at this time!

It was absolutely wonderful to see so many of you at the 57th Annual Conference in Montreal at the end of October! What a gift it was to meet in person - some of us for the first time! - spend time with each other, catch up, move, learn, and dance together! The regional caucuses were well attended and we appreciated you taking time out of your busy workshop schedules to join us! We hope the conference was rewarding for you overall. If you were unable to attend, please know the three of us plan to offer separate meet and greet/regional networking events in a few months which we hope you can join us for. These are great opportunities to build community and foster connection. We will keep you posted about the exact timing for each region.

We have also scheduled a series of chapter leaders meetings which will address topics specifically requested by the regional board members. These meetings will run from January through March 2023 and include appearances by our president Dr. Angela Grayson, board treasurer Dr. Jacelyn Biondo, public relations chair Sara van Koningsveld, and ethics chair Selena Coburn. Again, dates and times will be announced within the next few weeks.

We hope you have been continuing your personal diversity, equity, justice & inclusion work. Here are some of our recent learnings. Rebekka has read the book "Decolonizing Trauma Work" by Renee Linklater, a volume that presents healing and wellness in Indigenous communities on Turtle Island. She also read "Decolonizing the body: Restoring sacred vitality" by Allanah Earl Young and Denise Nadeau, "The trauma lens of police violence against racial and ethnic minorities" by Thema Bryant Davis,

and several chapters in Christine Caldwell's book "Oppression and the body." Lastly, she watched Resmaa Menakem's interview "Resmaa Menakem breaks down deep rooted trauma linked to racism, healing, practices, and more." Voniè continues to listen to a variety of podcasts, including Code Switch, Native America Calling, and Our Body Politic. Voniè was honored to co-present with the Native American Affinity Group the intensive, "Heartbeat of the Earth: Connecting Through Native American Storytelling A DMT Practice " and to be a part of the group from the Disability Access Affinity Group facilitating the Sensory Room to the conference. She continues to work to support members of the LGBTQIA+ community of all ages in receiving affirming care holistically.

As your MALs we want to invite you to reach out to us any time with questions or concerns! We are here for you! We wish you all a restorative and peaceful holiday season and a healthy and positive new year 2023.

With care,

Bria Campbell, Central MAL centralmal@adta.org

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

Voniè Stillson, Western MAL westernmal@adta.org



**CONGRATULATIONS TO THE 2022 NEADTA PENNY LEWIS AND
NORMA CANNER STUDENT SCHOLARSHIP FUND RECIPIENTS**

SELINA NIEVES

Lesley University



"My name is Selina (She/her) and I'm a grad student in the Expressive Arts Program, with a focus in Dance/Movement Therapy. I identify as a Latinx, able-bodied, cisgender woman in her early thirties. I additionally use the terms BIPOC, bisexual, queer, neurodivergent, millennial, spiritual, liberal, first-gen, and a Gemini Sun, Leo Rising, Aquarius Moon. I look forward to my continued DMT journey."

CIERRA TUNQUIST
Antioch University



Cierra grew up on a rural farm in California, begrudgingly riding horses to support her mother's passion. In high school, her cousin showed her how to connect, through dance, with other human beings at a swing dance in Sacramento. This was more inspiring to her than connecting with horses (no offense, Mom <3). Cierra continued to partner dance and turned away from her engineering career path to study and practice, with others, the healing potential in dance.

We hope you enjoyed the 57th Annual ADTA Conference!

Carolina Chapter of the ADTA
Submission

November 2022 Newsletter

Annual Conference

Four of our members attended the annual conference in Montreal – Heather Waters, Leslie Armeniox, Susan Saenger, and Virginia Hill. Leslie presented at the conference. On November 18th, during our quarterly Chapter Hangout, conference attendees shared their experiences at the conference with Chapter members, including the beauty of the city of Montreal (See below), along with positive reviews for the conference plenary speaker, Enid Lee, and the workshops. The attendees who presented agreed that the overall conference experience was positive.



Figure 1 - Notre Dame at night



Figure 2 - Inside Notre Dame

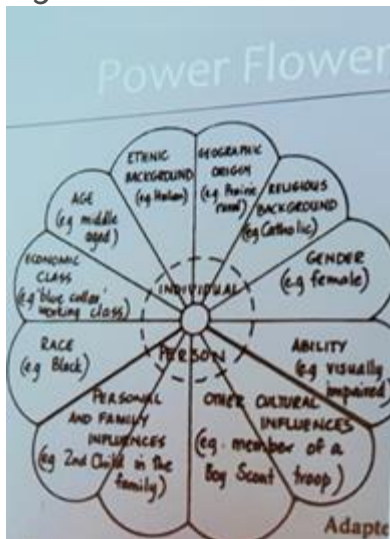


Figure 3 - Enid Lee's Power Flower
Christmas Cookie Bake

The Chapter plans to hold its annual virtual cookie bake on Sunday, December 11th, from 2:00 until 3:30. We are open to having other dance therapists join us, so please send email to carolinaADTA@gmail.com if you're interested in participating.

Founders Day Celebration

The Chapter is planning for its annual Founders Day event, scheduled for January 27-29, and considering providing this as a hybrid offering. We

are hoping to hold the in-person gathering in Myrtle Beach, SC. Our theme this year is “Who is our community - then and now?”

Merry Christmas and Happy Holidays to all!

Hello from the California Chapter of the ADTA! We hope that you have all had a wonderful beginning to this holiday season.

We have had a great start to the 2022 – 2023 year with new board members. The board has been working towards planning a couple of great events throughout the year. Currently, we are planning for an event in southern CA in the spring, and one in northern CA in the summer. There are many great ideas up in the air for these events, and we always welcome your input! Please be on the lookout for a survey email with a call for proposals for these events. If you are interested in presenting at either of these events, please begin to think of a proposal for your presentation. We look forward to hearing all the wonderful ideas. Additionally, we will be inquiring about member preferences for in-person or virtual events. Thankfully we have continued to be able to hold events virtually in the last couple of years, but we know that in-person events can bring about so much connection within the DMT community. We want to hear from our members to know what people would feel most comfortable with. This email will be sent to all chapter members, so if you are not a CA chapter member, please sign up through the ADTA so you can participate in the survey. If you are chapter member, but have not received any emails in the past, please reach out to the CCADTA to confirm you are on our email list – CCADTA@gmail.com. We have also attached the link for the survey, just in case it gets lost in email!

<https://forms.gle/8jBPn3xpTbejP4KQ7>

We still have a couple open positions on the board for the CCADTA - MDC Liaison and Communications Chair. If you feel that you or someone you know would be a great fit for either of these positions, please reach out to us. We would love to discuss a little more about what these

positions would entail and how things work on the board. Extra bonus – CE's are provided for your time on the board!

To stay up to date and connected with all the happenings of the CCADTA, you can find us on Instagram @ccadta, Twitter @cc_adta, and Facebook as California Chapter of the American Dance Therapy Association. For email updates and reminders, please visit our website at www.ccadta.org and sign up for our email updates.

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Public Relations Committee

Submitted by Sara R. van Koningsveld, MA, LPCC, BC-DMT, GL-CMA, RYT 2

Hello, ADTA Membership and greater dance/movement therapy community.

Thank you for the warm welcome as your incoming Public Relations Committee (PRC) Chairperson. Although I have previously served in this role (2016-2018), I am thankful for the commitment, guidance, and service Angie Yemma provided this committee over the past 4-years. Without her, our small and mighty PRC would have all but disappeared... She has been such a solid cornerstone in ensuring we were able to continue our mission of educating and sharing dance/movement therapy through ADTA's social media presence, branding, and marketing initiatives. Also, my open and personal gratitude to Angie for: being a

friend, confidante, colleague, cheerleader, and support from afar. –You are the best!

For those who were able to attend the Conference in Tiohtià:ke/Montréal, Quebec (unceded lands of the Kanien'kehá:ka), was being together not only invigorating but also rejuvenating? The experience and location had a special kind of energy/magic. -Oh how I had missed our non-verbal connections and experiencing the wonderful work you are all doing in our field; I am so glad to have the opportunity to share space with you after over 4-years of planning this international conference (Yes, I was a part of the initial talks back in 2018)! Thank you to our collaborators in Canada (DMTAC) for assisting with resources, including our photographer. PRC cannot wait to start sharing some of the images that were captured as we moved together in our upcoming media and graphics.

Some other exciting things on the horizon: The last group of ADTA Talks has been translated to Spanish! We are excited to announce that these invaluable resources will be available on YouTube by early 2023. Thank you for your patience as we navigate all the technical steps and details to ensure we are releasing them properly and completely. PRC is also looking forward to creating some original content as more information becomes available about our 2023 Conference (#ADTA58 will be great!) and navigating changes in our social media presence. –We hear you and know you want spaces to commune, converse, and share. PRC plans to both reimagine and maintain meaningful, respectful, and equitable spaces to engage with one another.

Lastly, I would like to reflect on my endeavors to address systemic inequities and social justice. Many of you may not know me personally or my experiences thus far (*read below for a brief bio*), so I will share a few highlights of actions I have taken in recent months. As a manager in

non-profit social service, I have been selected as a member of our agency Diversity-Equity-Inclusivity-Transformation (DEIT) Committee. We are currently working with a consulting group to improve our social justice and equity initiatives across the agency, as well as discussing accountability to address issues regarding discrimination and prejudice in the workplace (and our work within the community). In addition, I have been an active member of the ADTA Multicultural and Diversity Committee, now under the leadership of Ebony Nichols, for over 3-years. Being a member of the Spirituality & Religion Affinity Group has supported me in becoming more conscientious, by challenging me to go deeper in my own process and healing. The transformation may be subtle on the outside, but I know it has given me strength on the inside to do my personal reflective work with integrity. In holding this position on the Board of Directors, I know I have a responsibility to use our presence for good, today, tomorrow, and every day after that...

Here's a bit more about me, if we have never met or are not already connected: I was born and raised in SE Wisconsin, between Milwaukee and Chicago. My Bachelor of Fine Arts was completed in Dance Studies at Arizona State University, where I danced alongside many of my now ADTA and dance/movement therapy colleagues (I love how this profession brought us back together). From 2008-2011, I completed my Master of Arts at Columbia College Chicago (CCC), as well as my GL-CMA (2009-2010). During my time at CCC, I joined the ADTA Student Committee, which was my first connection with Angie! Since graduate school, I have lived in California and gone through many stages of professional (and personal) development. My focus has always been community mental health services, predominantly with immigrant and foster youth and their families, including employment at non-profit organizations in: Los Angeles, San Francisco, San Mateo, and Alameda counties. Lora Wilson at some time recruited me to join the PRC and the rest is pretty much history as far as that goes... In addition to my national volunteer services, I previously held positions on the California Chapter – ADTA Board of Directors as Communications Chair and Secretary. Most

recent life changes have included: becoming an Aunt (“Titi”) for the first time in 2021; joining Antioch University-Los Angeles as Adjunct Faculty in their Masters of Clinical Psychological program (2022); and presenting at the 2022 ADTA and European Association of Laban/Bartenieff Movement Studies (EuroLAB) conferences on my Laban research and discussions of de-centering. It has been quite a journey these past couple of years and I am excited to be back on the Board of Directors.

If you have any interest in joining the ADTA – PRC, please email me at: publicrelations@adta.org (I will respond faster to email than a personal message on social media, but I read those too). We are currently looking for committee members that enjoy: creating graphics/images and branded content (using CanvaPro), developing language and captions, have interest in making our presence more inclusive for those with any visual or hearing impairments (captions) and other special needs, and also those who like to engage live through social media responses (mainly Facebook and Instagram) and communications (EX- media relations). PRC is open to various levels of involvement and contribution, with flexibility to meet your needs and availability. These are voluntary positions and can be a great way to build your skills, while contributing in the organization on a national level.

Thank you again for electing me to this role. I look forward to getting to serve the organization in the coming years.

Be well.

-Sara

Sara R. van Koningsveld, MA, BC-DMT, LPCC, GL-CMA, RYT 200

publicrelations@adta.org | she, her, hers

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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

The Marian Chace Foundation's Board of Trustees continues its practice of affirming diversity, equity and inclusion while fulfilling its mission to support the development of Dance/Movement Therapy through research, education and scholarship.

THE MARIAN CHACE FOUNDATION LECTURE 2022

The Trustees were delighted that this year the 33rd Annual Marian Chace Foundation Lecture was presented in person by

Amber Gray, PhD, MPH, LPCC, BC-DMT, NCC

at the 2022 ADTA Conference in Montréal this past October.

Entitled ***HEARTLINES: Gathering Wisdom from Many Streams***, this was an extremely dynamic and rich tapestry of her vast experience, multidirectional explorations of the human condition, and a glimpse into her most educated heart. Dr. Gray was introduced by Dr. Ryan Kennedy. The introduction and Lecture will be published in the American Journal of Dance Therapy where you will also find all previous lectures.

Following the Lecture the Foundation was pleased to host and provide refreshments for the reception at the Research Poster Session.

We extend our gratitude to Dr. Marcia Leventhal, the Conference Committee and the staff of CapHill: Isma Pervaiz, Eileen Crosby and Donna Johnson who assisted us to ensure the success of the Lecture and reception.

The Trustees also attended the Research and Practice Committee meeting and were gratified to see that of the seven members present, we have awarded grants to five. This committee is a wonderful resource if you have questions about how to proceed with potential research projects.

We remind you that the deadline for grant proposals is February 15th.

The Grant Application and instructions may be found at the Marian Chace Foundation section of the ADTA website

2022 GRANT - ADTA Talks

The *ADTA Talks* Project first began in 2013 when the Foundation funded a grant from Dr. Sherry Goodill and Lora Wilson. Dr. Nana Koch has been awarded grants to subtitle eight of these *ADTA Talks* into Mandarin Chinese and Spanish (2018) and Korean and Japanese (2019).

Now, with her recent grant to add Spanish subtitles to the remaining 19 *ADTA Talks*, all of the 27 *ADTA Talks* will soon be available on the ADTA YouTube channel.

The Trustees eagerly anticipate their release in the near future.

PUBLICATIONS

The Marian Chace Foundation publications are available for purchase on BIBLIO:

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

**THE MARIAN CHACE FOUNDATION
ANNUAL AWARD FOR
SCIENTIFIC AND EDUCATIONAL JOURNALISM**

This award is based on theses, dissertations, or research projects required for a degree completed and conferred within the past five years and may include updated material. Papers should have no more than two authors.

The award carries a \$500 honorarium.

If you wish to be considered for the MCF Journalism Award please read the guidelines in the AJDT, and if you are eligible please send an email to:

Lynn Koshland, Secretary, Marianchacefoundation@gmail.com
to request the procedural guidelines.

**DONATIONS to
THE MARIAN CHACE FOUNDATION**

We are most grateful for the donations, big and small, which so many of you contribute in support of the MCF mission. Your generosity provides funds

for the various grant proposals received each year and sponsors the Annual Marian Chace Foundation Lecture, Research Poster session reception at the in person ADTA conference, and other special events including this year's new Spring Summit scholarship initiative. Our mission is to continually grow and support our profession.

Please consider donating to the Marian Chace Foundation as you plan your end-of-the-year donations. Thank you!

DONATE: <http://tinyurl.com/mchacedonate>
THE MARIAN CHACE FOUNDATION
Donations received September 1 – November 30, 2022

FRIEND (up to \$36)

Orit Janco Golan *Thank you for all your work & research projects.*

Grateful to be able to contribute to the fund.

Mary C. Moncrieff

SUPPORTER (\$36-\$99)

Cheryl Cook-Auerbach

Stacey Hurst

Marsha Perlmutter Kalina *A wonderful presentation!*

Corinne Ott

PARTNER (\$100 - \$499)

Conrad Cathcart

CHACE CIRCLE (\$1,000 & up)

Lorna Ferguson *earmarked Global Site Performance projects*

Hancock Center for Creative Arts Therapies

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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