

ADTA 58
DENVER, COLORADO
NOVEMBER 9-12, 2023



Denver Marriott Tech Center 4900 S Syracuse St., Denver, CO 80237

Early Bird Registration Until Sept 1st, 2023

	Full Conference	Full Conference + Half Day Intensives	Full Conference + Full Day Intensives OR (2) Half Days	Saturday Only	Banquet Only Guest
Student	\$350.00	\$400.00	\$430.00		
Member	\$525.00	\$590.00	\$625.00	\$300.00	\$95.00
Non Member	\$675.00	\$755.00	\$795.00		

Regular Registration Until Oct 27th, 2023

	Full Conference	Full Conference + Half Day Intensives	Full Conference + Full Day Intensives OR (2) Half Days	Saturday Only	Banquet Only Guest
Student	\$400.00	\$450.00	\$485.00		
Member	\$575.00	\$640.00	\$675.00	\$300.00	\$95.00
Non Member	\$725.00	\$805.00	\$845.00		

The American Dance Therapy Association has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5739. Programs that do not qualify for NBCC credit are clearly identified. The American Dance Therapy Association is solely responsible for all aspects of the programs. The American Dance Therapy Association is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Creative Arts Therapists #CAT-0035.

Start Time	End Time	Event	Speakers	CE Hrs ADTA; NBCC; NY LCAT
Tuesday, November 7				

Tue, 11 /07 at 08:00: AM 4:00 PM Board Meeting - Open to ADTA Members as silent observers Only

Wednesday, November 8

Wed, 11 /08 at 08:00: AM 4:00 PM Board Meeting - Open to ADTA Members as silent observers Only

Wed, 11 /08 at 05:00: PM 7:00 PM Conference Check-In & Information Desk

Wed, 11 /08 at 07:00: PM 9:00 PM President's Reception - invite only

Thursday, November 9

Thu, 11 /09 at 07:00: AM 5:00 PM Conference Check-In & Information Desk

Thu, 11 /09 at 09:00: AM 11:30 AM Exhibitor Set-Up

Dedicated Shared Space Room (MDC)
Dedicated Sensory Room (DAAG)

PRE-CONFERENCE INTENSIVES

Thu, 11 /09 at 08:00: AM	3:00 PM	Intensive - Full Day: <i>Introduction to Dance/Movement Therapy</i> This workshop offers participants perspectives on dance as a catalyst for their own self-discovery and personal growth. Participants will learn the fundamentals of DMT that incorporate psychotherapy concepts and support clients' personal growth, development and behavioral change. Participants will become familiar with the Dance Movement Therapy body of knowledge that continues to demonstrate positive outcomes and integrative effects of DMT interventions with people who have debilitating mental illness or trauma and the worried well.	Elizabeth Connor Kelly, MA, BC-DMT, LPC, DTAA (Prof & Clinical DMT) Eleanor DiPalma, MA, PhD, BC-DMT, LCAT, NCC, Professor, The State University of New York at the Fashion Institute of Technology Berti Klein, MA, MSS, NCC, BC-DMT	6 ADTA NBCC NY LCAT
--------------------------	---------	---	---	------------------------------

<p>Intensive - Full Day: <i>Dance/Movement Therapy as an Agent of Social Change to End Oppression and Marginalization of Sex/uality</i></p> <p>Sex/uality has been relegated to the abject self — a relic of power and control over the body seen across cultures which marginalizes eroticism outside phallic-centrism and a gender-binary perspective. Sex Therapy has done much to advance our understanding and inclusiveness of sex/uality yet its perspectives are largely behavioral and cognitive-based. Meanwhile, the field of dance/movement therapy has done very little to integrate an inclusive view of sex/uality for the clients and communities that we support. DMT can now participate in embodied social change and advocate for “body equity” by integrating sex/uality into our theory, movement systems, bodyful practices, and training.</p>	<p>Kimberly Rothwell, BC-DMT Melissa Walker, BC-DMT</p>	<p>6 ADTA NBCC NY LCAT</p>
<p>Intensive - Full Day: <i>The Inherent Healing of Dance When East and West Meet</i></p> <p>The co-creators of LivingDance~LivingMusic (LDLM) and four Indian women, at varying stages in their DMT studies, introduce basic dance movement elements of LDLM that appear both in the east and the west, give participants opportunities to embody and improvise with them as sources of improvisation, and describe how LDLM has affected them and their peers. In addition to discovering how LDLM can benefit themselves, participants will hear how LDLM can be applied to social and mental health challenges in India, triggered or reinforced by what Dr. Sudhir Kakar calls “building blocks” of India’s “cultural unconscious,” (e.g., patriarchy and caste.). Live music.</p>	<p>Danielle Fraenkel, Ph.D., BC-DMT, LCAT, NCC, LMHC, CGP, Kinections, Director Jeffrey Mehr, MA, MLP, Kinections. Music Director Bhargavi Naik, MA, PGCDMT Priyanka Ojha, BA, PGCDMT Vedashree Sangwika, MAEMT, PGCDMT Yami Joshi, MA, Beatroot, Director</p>	<p>6 ADTA NBCC NY LCAT</p>

Thu, 11 /09 at 08:00: AM	11:00 AM	<p>Intensive - Half Day: <i>How Healing Processes Serve Therapeutic Change Within Group DMT</i></p> <p>The focus of this didactic and experiential intensive workshop is on eight healing processes, as defined by Schmais (1985), and the role that therapist leadership plays in addressing them in dance movement therapy groups. Discussion and movement experiences will focus on the unique features of these processes, which include: synchrony, expression, rhythm and vitalization, integration, cohesion, education and symbolism.</p>	Nana Koch, Ed.D., LCAT, BC-DMT, NCC, LPC, CMA	3 ADTA NBCC NY LCAT
		<p>Intensive - Half Day: <i>Refugees and Trauma Cross Culturally; Culturally Sensitive Trauma Informed DMT</i></p> <p>Using KinAesthetic Imagining (KI), a dance therapy process based on an existential/humanistic approach, Dr.Serlin will share her work with immigrants and refugees in Jordan, Portugal, Istanbul and China. Vignettes, video demonstrations, and partner exercises will help participants to learn concrete steps to help people ground; create safe spaces and boundaries; contain and channel emotions; and create community rituals with people suffering from a broad range of grief and post-traumatic conditions in culturally sensitive ways.</p>	Ilene Serlin, Ph.D, BC-DMT	3 ADTA NBCC NY LCAT
Thu, 11 /09 at 09:00: AM	10:45 AM	Approved Program Educators Only Meeting (<i>Closed</i>)		
Thu, 11 /09 at 09:00: AM	10:45 AM	Approved Master's Program Subcommittee (AMPS) Meeting (<i>Closed</i>)		
Thu, 11 /09 at 11:00: AM	12:00 PM	Lunch on Your Own		
Thu, 11 /09 at 12:00: PM	4:00 PM	Exhibits Open		
Thu, 11 /09 at 11:00: AM	12:30 PM	Approved Program and Alternate Route Educators Meeting (<i>Closed</i>)		

Thu, 11 /09 at 12:00: PM	3:00 PM	Intensive - Half Day: <i>Finding Deep Rest; Using DMT to Access Restorative States</i>	Lauren Pass Erickson, LPC, R-DMT	3 ADTA NBCC NY LCAT
		<p>During times of ongoing stress, it is vital to develop a deeper relationship to rest grounded in the body and nervous system. Drawing from a contemporary approach to trauma treatment, foundational theory in dance/movement therapy, and recent professional experience leading “Deep Rest” therapy groups, this presentation will discuss how to move from active to restful states in the body and how trauma-informed dance/movement therapy interventions can support both clinicians and clients in preventing and addressing burnout.</p>		
		Intensive - Half Day: <i>Rhythm and Synchrony</i>	Rebecca Barnstaple, Ph.D Rebekka Dieterich-Hartwell, Ph.D, BC-DMT, LPC	3 ADTA NBCC NY LCAT
		<p>Synchrony underlies dance/movement therapy goals of attunement and kinesthetic empathy. In this intensive workshop, we will explore mechanisms of synchrony within and between brains. Topics include critical engagement with the current neuroscientific understanding of synchrony, sharing techniques that are relevant to the field of dance/movement therapy, and a community of practice dialogue that integrates</p>		

Intensive - Half Day:

MDC: Multicultural Diversity Committee Committed to More Dancing in Community

Robyn Flaum Cruz, Ph.D., BC-DMT
Dr. Angela Grayson, BC-DMT, LPC, NCC
Meg Chang, BC-DMT, LCAT, NCC

3
ADTA
NBCC
NY LCAT

What does that diversity committee do again and why do we still need them? We're so glad you asked! Join us to learn more about who we are, what we do, and how everyone benefits when we focus on being diverse, equitable, accessible, socially just, and inclusive. It has been thirteen years since the inception of the Multicultural and Diversity Committee and the introduction of Affinity Groups. What progress has been made, what role do you play, and what are our next steps as a committee and an organization?

Thu, 11 /09 at 01:30: PM 3:00 PM Alternate Route Educators Meeting

Thu, 11 /09 at 03:00: PM 4:00 PM Men's Caucus

Thu, 11 /09 at 04:00: PM 7:00 PM **Plenary:**
Embodied Past, Present, and Future of the ADTA

3
ADTA
NBCC
NY LCAT

Thu, 11 /09 at 07:00: PM 8:00 PM Dinner on Your Own

Thu, 11 /09 at 08:00: PM 9:30 PM Opening Ceremony

Friday, November 10

Fri, 11 /10 at 07:00: AM 6:00 PM Conference Check-In & Information Desk

Dedicated Shared Space Room (MDC)
Dedicated Sensory Room (DAAG)

Fri, 11 /10 at 07:15: AM 2:00 PM Exhibits Open

Fri, 11 /10 at 07:15: AM 9:00 AM Business Breakfast Meeting

Fri, 11 /10 at 09:30: AM	12:30 PM	<i>Queering DMT: a Queer Affirmative Approach to DMT Practice</i>	Deepa Sai Avula, MA, BC-DMT	3 ADTA NBCC
--------------------------	----------	---	-----------------------------	-------------------

Bodies of queer people (including diverse gender-sexuality identities/expression) in this gender binary and heteronormative world can be sites of oppression, experiencing the paradox of discriminatory visibility, and invisibility from equity. Dance/Movement Therapy (DMT) although inherently celebrates varied bodily and movement experiences, it rarely highlights the validity and visibility of queer people's bodies, lives, and mental health. This could make one's practice neutral and ineffective, or even oppressive. Therefore, a Queer Affirmative lens to DMT is imperative, replacing clinical oppression/neutrality with an end-to-end affirmative practice towards gender and sexuality equity in the present so as to foster a queer-normative future.

<i>Dance Movement Therapy and DEI: Diversity, Equity and Inclusion with Indigenous People: Defining pathways toward behavioral change; professional development and/or broad based social change</i>	Eleanor DiPalma, PhD, BC-DMT, LCAT, NCC, Professor, The State University of New York at the Fashion Institute of Technology Karen Wilson-Stevenson, Interim VP of Institutional Advancement, The City University of New York, Borough of Manhattan Community College	3 ADTA NBCC NY LCAT
--	---	------------------------------

This presentation/workshop is about the importance of understanding Indigenous American culture, the richness of diversity within and the value of dance therapy as treatment and as a direct means of understanding people from any one of more than 500 ethnically, culturally, and linguistically diverse Indian Tribes in the United States. The presentation will include a model of Diversity, Equity and Inclusion (DEI) based on the premise that DEI is a holistic balance of consciousness, commitment, communication, creativity and culture. Workshop participants will identify numerous systemic DEI challenges that Indian Tribes and the US government face. Participants will address questions related to the extent to which DMT's are both committed and equipped to affect behavioral change on local and/or broad based level requiring psychotherapeutic, ethical, social service/policy development and organizational interventions.

<p><i>Beyond Words: Applications of Physical Storytelling</i></p> <p>This workshop will introduce elements of Physical Storytelling (PS) with applications to clinical supervision and within international crisis situations. In PS, a small group of dancers co-create movement improvisation in response to verbal narrative. When used in DMT supervision, the narratives include clinical questions and case material. When applied to international crisis, these improvisations offer nonverbal metaphors which can engage participants who do not all have a common language and culture. The workshop will include lecture about the practice,</p>	<p>Steve Harvey, PhD Elizabeth Connor Kelly, BC-DMT, LPC, DTAA</p>	<p>3 ADTA NBCC NY LCAT</p>
<p><i>Pure Dance - A Therapeutic Essence in Dance/Movement Therapy</i></p> <p>"Pure Dance, Mettler-Based approach to the art of body movement, invites us to dance not just Before, Between, Beyond Words but also without music. The workshop demonstrates how the therapeutic power of Pure Dance principles was revealed by dance/movement therapists who integrated these principles with a variety of therapeutic approaches. The presenter will share the integration that she developed, using Pure Dance as an essential building-block in an embodied and interactive mindfulness-based dance/movement therapy model. Participants will experience mindfulness practices expressed through Pure Dance, and a concluding discussion will guide them in how to apply such practices with their clients.</p>	<p>Yael Schweitzer, LCSW, BC-DMT</p>	<p>3 ADTA NBCC NY LCAT</p>

Dance/Movement Therapy with Military-Connected Populations: A Spectrum of Care

There are a growing number of DMTs working from clinic-to-community across the spectrum of military healthcare. A group of DMTs working in Department of Defense and Veteran's Affairs medical centers will provide an experiential workshop to demonstrate how both clinical care and arts in health opportunities are provided to active-duty service members and veterans, as well as their family members and caregivers, to promote healing across the lifespan. The military is a diverse population that represents a microcosm of the U.S., and these presenters will discuss how dance plays a powerful role in connecting individuals through kinesthetic empathy and social reciprocity.

Liz K. Freeman, MA, BC-DMT
Kristine Chieko Lilia Keliiliki, MA, R-DMT
Brittini Cleland, brittini.cleland@va.gov
Valeria Gomez Guzman, LCAT, R-DMT
Brianna Martin, BC-DMT
Sarah Moore, MA, R-DMT, RYT 200

3
ADTA
NBCC

Fri, 11 /10 at 09:30: AM

10:45 AM

Embodying Culture Past, Present, and Future: the moving body as a site of cultural reproduction, cultural encounter, and cultural co-creation

Sara 'Zora' Boas, RDMP, MA, MCC

1.25
ADTA
NBCC

Movement is shaped by and in turn shapes culture, with the body as a living bridge between past and future. As dance therapists, we acknowledge the body as a site of cultural reproduction and transformation, conformity and challenge, limitation and opportunity. Each professional encounter has the potential to both acknowledge the past and co-create the future. Workshop participants explore how cultural codes are inscribed in the body and transmitted across generations, and how that which is cultural may be experienced as 'natural'. Through active engagement in these and related questions, participants sharpen their transcultural awareness, and review their own practice.

MIRROR ME: The Dance of Tech-Assisted Interventions for Neurodiverse Populations

Karen DeHaven, MA, BC-DMT, LPC
Michael Stauffer

1.25
ADTA
NBCC
NY LCAT

Virtual Reality interventions to improve DMT therapy outcomes ... whaaat? Welcome to a new frontier in client engagement in therapy! We'll review current research on attunement, mirroring and Virtual Reality (VR) for building social skills in neurodiverse populations. VR interventions use highly engaging gamification therapy tools that may help improve personal connections and academic success. Why? Perhaps it is the way VR offers multi-sensory engagement within a preferred comfortable environment that makes practicing and mastering social skills fun. Participants will be introduced to a new VR game, Mirror Me, to address social-emotional development challenges. Try out the prototype first hand!

Discovering Sex/uality Bias and Building Ethical Resilience through Erotic Mapping for Clinicians

Anna Mayer, MA, R-DMT, LPC
Melissa Walker, MA, R-DMT, CST, LPC

1.25
ADTA
NBCC
NY LCAT

This presentation will guide therapists through the somatic practice of erotic mapping to begin to identify their areas of bias in clinical practice, especially when working with clients around sex/uality. This experiential presentation will use dance/movement therapy approaches to illuminate clinicians' areas of strength, challenge, and shadow when sex-related topics come up during work with clients, and participants will discover individualized movement sequences that support a bottom-up process of resilience in the therapist's body when challenged by clients' sexual content. Participants will identify the areas they can benefit from further professional study

Fri, 11 /10 at 11:15: AM	12:30 PM	<p><i>Becoming the Mountain; Recognizing Movement Within Resistance: DMT Support for Chronic, Intergenerational and Persistent Rural Trauma for Clinicians and Clients</i></p>	<p>Suzanne Mueller, LCMHC, BC-DMT, PMH-C Morgan Grant, R-DMT</p>	<p>1.25 ADTA NBCC NY LCAT</p>
		<p>Dance/Movement Therapists (DMT's) are trained to provide somatic interventions with the presumption that clients have access to expressing themselves through abstract metaphor and expressive embodiment. When working with pervasively traumatized rural populations, perception of the body, discussion of somatic responses, and movement can trigger in clients a sense of resistance towards movement. DMT's must shift their approach and classical training to work with unseen movement(s). Lecture, discussion and experiential will provide suggestions of adaptations for working with movement resistance clients and assist DMT's to gain confidence</p>		
		<p><i>Ketamine & DMT: The Use of Altered States in Somatic Psychotherapy</i></p>	<p>Alicia Patterson, LPC, R-DMT, LMT</p>	<p>1.25 ADTA NBCC NY LCAT</p>
		<p>Ketamine Assisted Psychotherapy contributes to this year's conference theme: how our work is inspired by transformation, propelling us toward progress and change. Explore a controversial and needed topic in a safe container. A topic that is growing with great speed as we intentionally move forward as professionals and humans during this transformational time in human history. Attendees will have the opportunity to inquire into alternative treatment, in a harm reduction model, for a wide variety of psychological distresses that our population is facing at increasingly intense levels.</p>		

Latin Dance and its Effects on the Mindful and Acceptance of All Individuals

Carolina "Cuquis" Robledo, MS, LPC-Associate

1.25
ADTA
NBCC

Studies have shown dance can have physical, therapeutic, and mindful benefits. However, there is not enough research that explores the intersection of Latin dance and mindfulness, let alone how to adapt Latin dances for all types of abilities. This workshop explores how the dance styles of Merengue, Salsa and Bolero can be a mindful tool, specifically the acceptance of one's living experience for all abilities, and how to adapt the styles for those with disabilities. This workshop is experiential as we will move mindfully to Latin music and process using other expressive arts, such as writing and journaling.

Fri, 11 /10 at 12:30: PM	2:00 PM	Lunch on Your Own
Fri, 11 /10 at 12:45: PM	1:45 PM	Affinity Group Meeting - Native American Affinity Group Affinity Group Meeting - BLACK Magic Affinity Group Meeting - LGBTQIA+
Fri, 11 /10 at 01:45: PM	2:45 PM	Regional Caucus Western Regional Caucus Central Regional Caucus Eastern

Fri, 11 /10 at 03:00: PM	4:30 PM	Marian Chace Foundation Lecture: <i>आत्मा (Ātma): a journey with Dr. Nalini Prakash</i>	Nalini Prakash, PhD, BC-DMT, CMA	1.5 ADTA NBCC
		<p>The purpose of my talk is to disrupt the status quo of exclusionary and confining narratives of the individual and community by engaging in an introspective practice of exploration of the atma to unravel the intricate threads of my identities. My complete story establishes the significance of critically examining the self and the profound impact such inquiry continues to have on my choices. I aim to connect you to an alternative, decolonized notion of self and other, expanding the limited Western concept of 'identity.' Through personal narratives, I describe the challenges of balancing the atma amidst overwhelming, dominant narratives of unprecedented power.</p>		
Fri, 11 /10 at 04:45: PM	6:15 PM	Research Poster and Thesis Project Poster Session		
Fri, 11 /10 at 05:30: PM	7:00 PM	Dinner on Your Own		
Fri, 11 /10 at 05:30: PM	7:30 PM	Research & Practice Committee (<i>Closed</i>)		
Fri, 11 /10 at 05:30: PM	7:00 PM	DMTCB Meeting (<i>Closed</i>)		
Fri, 11 /10 at 06:00: PM	7:00 PM	Shabbat Candlelighting Ceremony Students & New Professionals Meeting		
Fri, 11 /10 at 06:15: PM	8:15 PM	Committee on Approval (<i>Closed</i>)		

Fri, 11 /10 at 07:00: PM	9:00 PM	Movie Celebration Night: The Groundbreaking Work and Legacy of Warren Lamb; A Centennial Celebration!	Carol-Lynne Moore, PhD, CMA, R-MPA Susan Imus, MA, LCPC, BC-DMT, GL-CMA Susan Loman, MA, BC-DMT, NCC, KMP Certified Analyst Janet Kaylo, MA, CMA, SrDMP, RSMT, R-MPA Beverley Dunn, MBA, GL-CMA, MA, LPCC, NCC, R-DMT, R-MPA Sabrina Washington, MA, R-MPA, GL-CMA Sara R. van Koningsveld, MA, LPCC, BC-DMT, GL-CMA	1.5 ADTA
		<p>Join us for an evening of multimodal learning and community celebration as we come together to indulge in the work of Warren Lamb and the impact he's had on our DMT field and beyond. Opening discussion will include a history of his life and work, as he crossed paths with Irmgard Bartenieff, Judith Kestenberg and Rudolf Laban. The highlight of the night will be the newly released documentary style film <i>Movement and Making Decisions: The Ground-breaking Legacy of Warren Lamb</i>, sharing methods and applications of Movement Pattern Analysis (MPA), produced by Imogen and Tim Lamb in collaboration with members of the Warren Lamb Trust. We will engage in a panel discussion with DMTs and MPA experts on how this breakthrough method has been implemented and used successfully, and will end the evening with a shared movement experience and celebration of Warren, his heart and his work, including a surprise treat and time to socialize with our community.</p>		

MultiCultural Diversity Committee (MDC)

Fri, 11 /10 at 07:15: PM 9:00 PM International Panel Meeting (*Closed*)

Saturday, November 11

Sat, 11 /11 at 08:00: AM 4:30 PM Conference Check-In & Information Desk

Sat, 11 /11 at 08:00: AM 1:00 PM Exhibits Open

Dedicated Shared Space Room (MDC)
 Dedicated Sensory Room (DAAG)

Sat, 11 /11 at 08:30: AM	11:30 AM	<p><i>Unbound: A Trauma Informed & Creative Community Experience for Fostering Inclusivity and Belonging through Movement and the Creative Arts</i></p>	<p>Alicia Brewster, MA, BC-DMT Kali Skodack, MA, R-DMT, APPC Camille Gentry, RTC Jennifer Deterville, MT-BC Tracey Ferron, MA</p>	<p>3 ADTA NBCC</p>
		<p>Unbound, a multidisciplinary creative arts experience that took place at DSH-Napa in 2022. The experience created a first-time opportunity for forensic, psychiatric patients to be filmed in DMT groups. It also included a group art making experience which included artists from inside the hospital and from the community at large, as well as a musical experience and an original patient-written song. Presenters will discuss how participation in this movement experience of being seen increased feelings of belonging among participants and helped to foster an atmosphere of inclusivity. Relevant research will be presented and discussed along with implications for future projects.</p>		
		<p><i>Rituals for Elder Empowerment: Jungian and Indigenous Wise Women Practices</i></p>	<p>Dr. Dicki Johnson Macy, PhD, BC-DMT, LMHC</p>	<p>3 ADTA NBCC NY LCAT</p>
		<p>Indigenous and earth-based cultures revere elder women for the wisdom amassed through life experiences. Western patriarchal cultures devalue this knowledge as well as nature informed practices. This workshop empowers participants to transform their western perception of aging. Collective rituals are explored and developed which consider the tasks of successful passage to “elder wise women” status. Borrowing tools from earth-based cultures and from Jungian psychology, this workshop empowers women to reclaim what has been lost. Although theme- based for elder women, tools are adaptable for other marginalized voices. Explorations include o movement, guided imagery, music, elder stories, visual imagery and writing.</p>		

Dance/Movement Therapists and Schools in Collaboration: A Multi-Cultural, Embodied Approach to Violence Prevention

Rena Kornblum, BC-DMT DTRL

3
ADTA
NBCC
NY LCAT

Embodied learning increases productivity, emotional growth, and a sense of well-being. Participants will experience a movement-based, multi-cultural social skills and violence prevention curriculum authored by the presenter. Self-regulation, empathy, anger management, modulating arousal & multi-cultural uses of proximity in clinical and prevention settings will be explored. New concepts that work on self-regulation, anger management, resilience, and cultural diversity as well as unpublished handouts will be available. Techniques for working with groups of families together to integrate these skills will be presented with new evaluation forms.

20 years: The Growth and Future of Pediatric Medical DMT

Jennifer Whitley, BC-DMT, LCAT, CMA
Suzi Tortora, Ed.D, BC-DMT, CMA, LCAT, LMHC
Sara Schmidt, M.Ed, MA, R-DMT
Ramanda Brockett, MA, R-DMT
Breanna Davis, M.S., R-DMT, LMHCA
Karolina Bryl Ph.D., BC-DMT, LCAT
Dr. Lori Baudino
Susan Rizzo Vincent

3
ADTA
NBCC
NY LCAT

Pediatric medical DMT has grown over the last 20-years thanks to the support of the Andréa Rizzo Foundation. Starting as a three-hour weekly program at a leading oncology hospital in NYC, learn how Dréa's Dream dance therapy is a national force with 5 programs in 5 states. Over the 20-years of the foundation's existence, Drea's Dream has incorporated the changing times by using advanced scientific theory and research to inform medical dance/movement therapy, strengthening its efficacy. Through discussions and experientials with DMTs from across the country, learn the core elements that build a strong pediatric medical DMT program.

Integrating Research and Education in Dance/Movement Therapy: Bridging the Gap for Future Growth

The Education and Research & Practice Committees present a collaborative initiative aimed at addressing key questions in the field of dance/movement therapy (DMT). Focused on the intersection of education and research, our workshop will explore innovative approaches for teaching the next generation of dance/movement therapists, while incorporating cutting-edge research findings. By examining emerging areas such as social justice and neuroscience, we aim to foster a dynamic dialogue that promotes growth and ensures the integration of new knowledge into DMT education. Join us as we navigate the ever-evolving landscape of DMT, bridging the gap between research and education.

Tomoyo Kawano, PhD, BC-DMT, LCAT, NCC
 Cecilia Fontanesi, PhD, MS, CMA, RSME, BC-DMT
 Valerie L. Blanc, LMHC, BC-DMT, CMA
 Minjung Shim, PhD, BC-DMT
 Eri Millrod, PhD, LPC, NCC, BC-DMT
 Rebecca Barnstaple PhD
 Robyn Flaum Cruz, Ph.D., BC-DMT
 Molly Arney, LPCC, BC-DMT, CT, E-RYT
 Charné Furcron, Ed.D, BC-DMT, LPC, NCC, BCC, MAC, CPCS, ACS

3
 ADTA
 NBCC
 NY LCAT

Sat, 11 /11 at 08:30: AM

9:45 AM

Dismantling Privilege from the Inside Out: An Exploration of the Embodiment /Expression of Whiteness

This workshop shares what was learned in a co-research lab composed of faculty, alums, and students that focused on the somatic aspects of white privilege and how it is embodied/expressed. When examining racism, there is always a risk of centering whiteness and recapitulating oppressive dynamics that cause harm. The lab attempted to examine whiteness in service to dismantling systemic racism with the hope that consciousness around this might have a positive impact on the interpersonal dance across racial difference. Through discussion, art experientials, and keeping field journals, the co-researchers chronicled and reflected on their experiences around racial privilege. The workshop aims to share what was learned and continue the dialogue around dismantling racism.

Nancy Beardall, PhD, BC-DMT, LMHC, CMA
 Wendy Allen, PhD, LPC, BC-DMT

1.25
 ADTA
 NBCC
 NY LCAT

Dance/Movement Therapy for Trauma from an Internal Family Systems Perspective

Amy Jacques, BC-DMT, LPC

1.25
ADTA
NBCC
NY LCAT

This experiential workshop will explore using dance/movement therapy to treat trauma from an Internal Family Systems Therapy (IFS) perspective. IFS involves a non-pathologizing and empowering approach to treating trauma which focuses on accessing the undamaged core strength or Self of the individual, which is used to heal traumatized parts of the individual that have been exiled or have taken on extreme roles. Dance/Movement Therapy (DMT), when integrated with IFS, can assist the individual in discovering how dissociated parts can be identified as they surface in the body, and the individual can reclaim their body, reintegrating previously exiled parts.

A Quiet Scream Conversation: How dance/movement therapy can generate insight and awareness into the U.S.A.'s polarizing political landscape

Kosta Kotoryz, MA, R-DMT

1.25
ADTA
NBCC

After attending multiple political rallies and protests, I desired a quiet completely nonverbal form of advocacy. That desire became "Our Polarizing Landscape", an interactive experience between two participants, active witnesses, and nine politicized objects to foster a nonverbal intersectional political dialogue. Positioned together at one vantage point, the participants take turns selecting, moving, and placing one object at a time in the space. When all nine objects are placed, the two participants place themselves in their landscape. This experiential forefronts embodiment, symbolism, and spatial relationships to have a complex yet playful conversation, offering another way into "the work".

Sat, 11 /11 at 10:00: AM	11:15 AM	<p><i>Psychedelic Integration with Dance Movement Therapy, Prayers in Motion Experiential</i></p> <p>Psychedelic integration is rising in popularity and prevalence as new research and pop-psychology embrace the wave of seekers looking to catalyze psychological wellness through the use of entheogens. Dance Movement Therapy possesses a rich foundation for processing the materials uncovered by psychedelic seekers. Presentation will include a lecture and Q&A by Briena Pearl, movement warm up, a breakdown of Jocelyn Steury's Prayers In Motion experiential, a discussion on the application of these tools as they pertain to integrating and articulating psychedelic experiences.</p>	<p>Briena Pearl, MA, R-DMT, RADT Jocelyn Steury, BA</p>	<p>1.25 ADTA NBCC</p>
		<p><i>Use of Creative Arts Therapy 12-week Protocol to Reduce Burnout in Healthcare Professionals: Experience of the CORAL Team</i></p> <p>Work-related psychological distress is common among health care professionals (HCP). Creative arts therapy (CAT) is a potential intervention to mitigate HCP burnout and build resilience. In a randomized trial of HCPs, we identified that a 12-week CAT program reduced psychological distress (anxiety, depression, PTSD, and burnout) and turnover intention in HCP. The intervention was developed by our creative arts therapists and writing experts. All participants answered surveys that aimed to measure burnout and other emotional distress symptoms at baseline (before the start of activities), after the intervention (at the 12-week mark), at the 4-month, 8-month and 12-month mark.</p>	<p>Hilary Sinn, R-DMT, LPC Marc Moss, MD Katherine Reed, LPC Michael Henry, MFA Tony Edelblute, MT-BC, LPC</p>	<p>1.25 ADTA NBCC NY LCAT</p>

Brain-body-mind in the Therapeutic Field: Bridging Neuroscience and Dance/Movement Therapy

Sharon Vaisvaser, PhD.

1.25
ADTA
NBCC

The recognition and integration of neuroscientific concepts into Dance/Movement therapeutic knowledge and practice is valuable and advantageous. The presentation offers current neuroscience insights that coincide with the well-established nature, principles and methods of DMT, enabling comprehensive understandings of the clinical landscape. Touching upon fundamental aspects of the self and self-other interaction, mechanisms of the embodied, predictive and relational brain emerge. The on-going creation of internal models of the body in the world are explored, along with interpersonal mirroring, simulation and synchronization mechanisms that support empathy and mentalization. An integrative brain-body-mind approach encourages neuroplasticity and the enrichment of our psychotherapeutic practice.

Sat, 11 /11 at 11:15: AM	12:45 PM	Lunch on Your Own
Sat, 11 /11 at 11:30: AM	12:30 PM	Chapter Leaders Meeting DMTCB Meet and Greet - Meet the Board, Bring your Questions Affinity Group Meeting - Spirituality and Religion Affinity Group Affinity Group Meeting - Ritmo De Vida Affinity Group Meeting - Disability Access Affinity Group
Sat, 11 /11 at 1:00: PM	3:00 PM	Exhibitor Tear-Down

Sat, 11 /11 at 02:00: PM	4:30 PM	<p>The 2023 International Panel: <i>The Challenges of Leadership in Dance Therapy Associations Around the World</i></p> <p>"The 2023 International Panel will feature reports from the leaders of some of the dance therapy associations located in Asia, Europe, South America, and North America regarding the status of their organizations. *How is the organization promoting and maintaining the "essential art of dance" in dance therapy? *How is the association addressing the needs of the membership regarding continuing education and employment? *How are professional standards created and monitored? *In what ways is the organization focusing on and using the model of DMT with issues related to diversity, equity, inclusion, marginalized groups, and the LGBTIQ+ community? *What are the organizations visions for the future?"</p>	<p>Patricia Capello, BC-DMT, LCAT - <i>Panel Chair</i> Miriam Roskin Berger, BC-DMT, LCAT - <i>Associate Chair</i></p> <p>The 2023 International Panelists Maria Artemi, Greece Susanne Bender, Germany Ana Luisa Meza Ferrari, Spain Dr. Angela Grayson, United States Dr. Rosa María Rodríguez Jiménez, Europe Nina Kanevskaia, Russia E. Connor Kelly, Australasia Joy McIntyre, United Kingdom Preetha Ramasubramanian, India Martina Vávrová, Czech Republic</p>	<p>2 ADTA</p>
--------------------------	---------	--	---	--------------------

Sat, 11 /11 at 05:30: PM	6:30 PM	<p>Alternate Route Educators/Alumni Meet & Greet School Alumni Meeting - Antioch University School Alumni Meeting - Drexel University School Alumni Meeting - Lesley University School Alumni Meeting - Naropa University School Alumni Meeting - Pratt Institute School Alumni Meeting - Rider University School Alumni Meeting - Sarah Lawrence College School Alumni Meeting - NYU</p>
--------------------------	---------	---

Sat, 11 /11 at 06:30: PM 11:00 PM **ADTA 58:** Awards Banquet and Dance

Sunday, November 12

Sun, 11 /12 at 08:00: AM 2:00 PM Conference Check-In & Information Desk

Dedicated Shared Space Room (MDC)
Dedicated Sensory Room (DAAG)

Sun, 11 /12 at 08:30: AM	11:30 AM	<i>Socioculturally-informed Kinesthetic Empathy in the Therapeutic Movement Relationship</i> This workshop explores the ways that implicit bias, White supremacy, ableism, heteronormativity, transphobia, patriarchy, sexism, narratives of pathology and of erasure of sociocultural identities/locations, can impact empathy, specifically kinesthetic empathy, in the counselor/ dance/movement therapist, and how this impact affects clients. Using verbal and nonverbal explorations through movement and the arts, participants will investigate their assumptions about empathy and how they experience empathy in their bodies in various contexts. Through reflection and discussion, participants will identify their next steps/moves in the journey of including socioculturally-informed kinesthetic empathy in the co-construction of the therapeutic movement relationship with the client.	Wendy Allen, MA, BC-DMT Carla Sherrell, Ed.D	3 ADTA NBCC NY LCAT
--------------------------	----------	---	---	------------------------------

The Roots & Future of Child DMT 20th Early Childhood Forum

Tracing the evolution of DMT with children and families, this year addresses DMT for those: exposed to traumas such as war and natural disasters; using movement, stories and music as sources to connect/learn about self and other, fostering self-identity within community; using indigenous methodologies, and trauma work with indigenous students in public schools and its with effect the family unit addressing generations-long deficits of cultural knowledge; how dance helps youth develop social, emotional, and cognitive skills to thrive, positively address self-concepts, developing leadership and life skills; and child/adolescent mental healthcare practices within the context of urban Turkish and Indian cultures.

Suzi Tortora, Ed.D, BC-DM, LCAT, LMHC, NCC, CMA
Selena Coburn, BC-DMT, LMHC
Deepa Sai Avula, BC-DMT
Lynn Koshland, BC-DMT
Seda Guney

3
ADTA
NBCC
NY LCAT

Dance/ Movement Therapy Across Difference: The Use of Rhythm and Movement to Regulate, Sequence and Create Connection

Moving into our bodies via rhythm invites release, sequence and integration of psychological material. It also invites connection to what exists both outside and inside of ourselves. Before dance/movement therapists can invite clients into experiencing their bodies through movement and rhythm, the first step is being able to name and acknowledge the sociocultural differences that live in our bodies. In this workshop we will explore how dance/ movement therapists can begin to embody sociocultural differences within the use of rhythm and movement in order for us to move towards a more inclusive and supportive professional field.

Rachel Collins, MA, LPC, ACS, BC-DMT
Tajah Schall, LPC, R-DMT

3
ADTA
NBCC
NY LCAT

Social Media, an Ethical Query: What are best practices as a dance/movement therapist?

In the last two decades, social media changed the way humans communicate with each other. This workshop seeks to explore how our community is developing ethical practices within social media to ensure the wellbeing of our clients and maintain adaptive relevance of our field within the digital space. Recently, members brought increased ethical awareness of social media use to the ADTA Standards and Ethics Committee. After close analysis of the Code of Ethics, the committee will share recommendations regarding best practices of social media use, highlighting personal versus professional use, advertising, and advocacy.

Jennifer Whitley, BC-DMT, LCAT, CMA
 Hang Yin Candy Lo, MA, BC-DMT, RDT/BCT, CCLS
 Douglas Cornman, MA, BC-DMT
 XaHara, A.M., MA, R-DMT, G-RMT, CPT
 Meg Chang, EdD, BC-DMT, LCAT, NCC
 Selena Coburn BC-DMT, LMHC, LCPC
 Lauren Milburn, BC-DMT, LHMC, LPC
 Neha Christopher, MS, LCAT, BC-DMT
 Pamela Lerman, LCAT, LMHC

3
 ADTA
 NBCC
 NY LCAT

Sun, 11 /12 at 08:30: AM 9:45 AM

Becoming the Mosaic: DMT evolution and its legacy pedagogy

The passage of time has required many shifts and changes in the profession of DMT, to keep up with developments in the US from healthcare and medicine, to technology and social policy. In this workshop we will use discussion and experiential to engage participants in focusing on the impact of some key cultural shifts over time, and review recent perspectives on practice and pedagogy offered by research. Recognizing change as individuals and as a profession, we will explore how we can appreciate and extend the notion of the mosaic into DMT pedagogy, practice, and research.

Robyn Flaum Cruz, PhD, BC-DMT
 Tomoyo Kawano, PhD, BC-DMT, LCAT, NCC
 Chevon Stewart, PhD, BC-D,T, LCSW, E-RYT
 Meg Chang, Ed.D, BC-DMT, LCAT, NBCC

1.25
 ADTA
 NBCC
 NY LCAT

Music in Dance/Movement Therapy: A Worthy Deconstruction

Rebekka Dieterich-Hartwell, PhD, BC-DMT, LPC

1.25
ADTA
NBCC
NY LCAT

The connection between music and movement is a universal, cross-cultural phenomenon. Depending on its quality and how it is received, music may at times hinder or encourage movement and dance. It thus plays an important role for dance/movement therapists. However, little has been written about the use of music in Dance/Movement Therapy (DMT) sessions. This workshop will include theoretical considerations about music, practical personal experiences by the presenter, and the results and implications of a recent survey on the use of music in DMT. Through movement experientials participants will further explore the influences of music on movement.

The Power of the Novel in Dance / Movement Therapy Yeva Feldman, MSc, ADMP UK, UKCP, R-DMT

1.25
ADTA
NBCC

This workshop will explore how the power of surprise can help us navigate the past, present and future. This workshop interweaves experiential exploration, theory and clinical application. A theoretical integration of Gestalt therapy, Neuroscience, trauma informed therapy (Van der Kolk, 2014; Ogden et al, 2006; Levine, 2005), Focusing (Gendlin, 1981) and DMT (Chace, 1993; Schmais, 1985) will be presented and support the experiential experience. Participants will also be introduced to the power threat meaning framework (Boyle & Johnstone, 2020), a new alternative approach to more traditional models of psychiatric diagnosis to consider for themselves and their practice.

Sun, 11 /12 at 10:00: AM	11:15 AM	<p><i>Critical Knowledge from the Neuroscience Field to Include in DMT Education, Research, and Practice: A Community Inquiry</i></p>	<p>Cecilia Fontanesi, PhD, MS, CMA, RSME, BC-DMT Rebecca Barnstaple Rebekka Dieterich-Hartwell, Ph.D, BC-DMT, LPC</p>	<p>1.25 ADTA NBCC NY LCAT</p>
		<p>The workshop "Critical knowledge from the neuroscience field to include in DMT education, reservation, and practice. A community inquiry" explores the intersection between dance movement therapy (DMT) and neuroscience, and how this knowledge can be integrated into DMT education, reservation, and practice. Through a community inquiry, participants will share their conceptualizations of the relationship between neuroscience and DMT, and discuss the most critical findings from the neuroscience field that should be prioritized and organized for integration into DMT practice. The workshop aims to promote collaboration and inclusivity among DMT practitioners and educators and enhance the integration of critical neuroscience knowledge into DMT practice.</p>		
		<p><i>A Study of Dance Base Narrative Therapy Group as Nonpharmacological Prescription for People with Dementia in Taiwan</i></p>	<p>YinHui Hong, PhD, M.A., CMA Cheih-Yu Hsu, M.S.</p>	<p>1.25 ADTA</p>
		<p>This study explores Danced-Base Narrative Therapy (DBNT) as a non-pharmaceutical approach for Dementia patients. Using narrative inquiry as the research method, nine pairs of dementia patients and their caregivers attended 20 bi-weekly group sessions. Data were collected and analyzed through the "Categorical-Content" Narrative Analysis Method and Laban Movement Analysis. The results show the development of new perspectives: 1) "I am a person" affected by "dementia" (externalizing), 2) but "I have the ability" to dance (deconstructing sense of 'disability'). 3) "I am healthier" through dancing (thickening), and 4) "I can continue to be healthy" by adding dance to daily life (transforming).</p>		

CANCELLED

~~*The Moving Body Needs No Words: Embodying Social Argentinian Tango and Bachata Dances to Build Cooperation and Propel Human Advancement*~~

~~Elissaveta Jordanova, LCAT, BC-DMT, MS, MA
Iva Jordanova, BBA, MA~~

1.25
ADTA
NBCC
NY LCAT

~~We rely on each other for identity, belonging, acceptance, and love. Without meaningful human connection, we cannot thrive. We will prosper when we create fun and laughter, and provide understanding, encouragement, and affection. Argentinian Tango and Bachata are two out of many social dance practices where the role of leaders and followers are interchangeable; and where movement replaces the power of words. Partner dance allows examination of the psychological trends of our partner, sensed through the kinetic force, rhythmic awareness, synchronization in dance, time in between phrasing, embrace as connection between the two, or leader's hand leading, among other components.~~

*Exploring the Construction of the Movement
Experience Scale: an Asian perspective*

Pei-Shan Tsai, NCC, BC-DMT GLCMA

1.25
ADTA
NBCC

Dance therapy recognizes the therapeutic potential of the body and its unique subjective and objective nature. Movement experience plays a vital role in consciousness formation and calibration, and bodily action is a way of constructing knowledge about the world. However, expressing innate movement thinking and experiences in words can be challenging, and vocabulary is inadequate. To address this, the Movement Experience Scale (MES) was developed as a simplified tool that focuses on individual movement experience dimensions. This presentation aims to share the construction of the MES from an Asian perspective, based on presenter's DMT and LMA training in the U.S. and 20 years of clinical experiences with Asian both in Chicago and Taiwan, through reviewing relevant literature to explore the uniqueness and importance of movement experience in dance therapy and outlining the observable bodily movement experiences' different structures. The guarding, formal, perceptual, and awareness experiences are discussed and experienced, along with the application of the MES.