

# Social Media, an Ethical Query

Tuesday, March 19, 8:15PM - 9:30PM EST

## PRESENTATION DESCRIPTION

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.

## LEARNING OBJECTIVES

1. Facilitate conversation on the self-inquiry needed to navigate the ever-changing dynamics of social media as a dance/movement therapist.
2. Offer recommendations of best practices while engaging with social media platforms and create space for self-awareness about ethics and personal relationship to social media.
3. Introduce an ethical decision-making model for dance/movement therapists to follow when utilizing social media for business or personal use.

## CONTINUING EDUCATION

1.25 ADTA CE, 1.25 NBCC CE, 1.25 NYLCAT CE

## PRESENTER INFORMATION



**Selena Coburn BC-DMT, LMHC, LCPC** is a mental health and dance/movement therapist in Great Falls, Montana and an adjunct professor at Lesley University. She is a descendent of Blackfeet, Klamath, and Pitt River tribes. She earned her BFA in Dance from SUNY Purchase College in Purchase, NY. Selena's dance/movement therapy training includes the 92nd Street Y in Manhattan, NY, and Lesley University in Cambridge, Massachusetts. Selena is serving the ADTA as the Standards and Ethics Chair.



**Meg Chang, EdD, BC-DMT, LCAT, NCC.** Visiting Faculty, Lesley University Expressive Therapy Department, Dance/Movement Therapy Program. Certified Mindfulness-Based Stress Reduction teacher (MBSR), National Treasurer-American Dance Therapy Association (ADTA) 2003-2007 and founding member of the Multicultural and Diversity Committee of the ADTA Board of Directors. Authored initial articles in the American Journal of Dance Therapy regarding racial and cultural identity; and dance therapy with the trauma of domestic violence. Certified Kinetic Awareness™ Teacher and lifelong dancer.



**Neha Christopher, MS, BC-DMT** is a passionate artist and advocate for use of arts in wellness. As a dance therapist, Neha has worked in, USA, Nepal, India and Australia; she is currently pursuing her PhD in DMT and works as a DMT tutor at The University of Melbourne. Within the ADTA, Neha serves on the S&E committee and as a co-chair of the AAPIDA affinity group. Internationally, Neha is a founding board member of The Indian Association of Dance Movement Therapy and a registered professional with The Australian, New Zealand and Asia Creative Arts Therapies Association.



**Douglas Cornman, MA, BC-DMT** is the Director of Island Outreach for Maine Seacoast Mission in Northeast Harbor, Maine. His work with rural communities focuses primarily on emotional and spiritual healthcare, substance abuse, and coping with the challenges associated with living in isolated island communities. Douglas earned his dance therapy degree from Allegheny University (now Drexel University) and his undergraduate degree in Theater Performance from Messiah College in Grantham, PA. He is a former company member of Trapezium Ariel Dance, Philadelphia and The New Haven Ballet. He currently dances with Motion Collective, an improvisational dance company based on Mount Desert Island.



**Pamela Faith Lerman, BC-DMT, LCAT, LMHC** is a New York State Licensed Creative Arts Therapist, a NYS Licensed Mental Health Counselor, and a Board Certified Dance/Movement therapist. She works from a trauma informed approach, integrating body/mind awareness and tools from Creative Arts Therapy tools with counseling. With her embodied perspective, she offers sessions to people of all ages, treating anxiety, depression, grief and loss, body image and self-esteem and other issues. She has been a clinician with Family and Personal Counseling since October 2021. Ms. Lerman was the Creative Arts therapist for the Department of Psychiatry at Ellis Medicine, from 1998-April 2021 in both inpatient and outpatient mental health, working with adults who struggle with mental health and/or addiction issues. In addition, Ms. Lerman led dance/ movement therapy (DMT) and creative arts (CAT) therapy groups for the Ellis Medicine Department of Psychiatry in the inpatient Adolescent Treatment center.



**Hang Yin Candy Lo, MA, BC-DMT, RDT/BCT, CCLS** is a Board-Certified Dance/Movement Therapist, a Registered Drama Therapist/Board Certified Trainer and a Certified Child Life Specialist. Currently the President of both Hong Kong Child Life Association and Hong Kong Dance Movement Therapy Association; Candy has been serving at the ADTA's Standard and Ethics committee since 2017; co-leads the Asian and Asian Pacific Islander Desi American Affinity Group (AAIPDA) and is member of the BC-DMT Task Force.



**Megz "XaHara" Roberts, MA, R-DMT, RMT, CPT** is a entrepreneurial therapist who currently incorporates dance/movement therapy and Reiki energy techniques into their sacred sexuality and spiritual healing private practice. Megz built a power-sharing ethical decision-making model that is used to help therapeutic relationships, companies and communities navigate culturally embedded ethical dilemmas. Their model is currently published in the Journal of Dance Therapy. Megz embodies this ethical model in their own private practice and travels across states educating others on how to incorporate this model in their work.



**Jennifer Whitley, M.S., BC-DMT, LCAT, CMA** is a board-certified Dance/Movement Therapist (DMT) and Licensed Creative Arts Therapist in New York City. She is a Ways of Seeing practitioner, Level II Reiki practitioner, certified Laban Movement Analyst, and trained in the practice of Authentic Movement. Mrs. Whitley works at Memorial Sloan Kettering Cancer Center with a focus on medical DMT in pediatric oncology and provides dance-focused wellness/mindfulness classes and workshops for adult patients. She also provides group dance therapy for children with special needs and works in private practice at Dancing Dialogue with adults, children and families. She is currently serving on the board of the Andrea Rizzo Foundation.



**Lauren Milburn, BC-DMT, LMHC, LCPC** (she/they) completed her Dance/Movement Therapy and Counseling Masters at Columbia College Chicago, and gained clinical experience supporting survivors of trauma and individuals living with conditions across the spectrum of mental health concerns. Their approach is grounded in relational/cultural theory, pleasure activism, harm reduction, and disability justice principles. In sessions, Lauren invites deep listening to the body's innate wisdom, resourcing the nervous system's resilience to generate self-compassion, untangle harmful internalized patterns, and embrace creative and contemplative meaning-making practices. It is Lauren's hope that by engaging healing processes held within relational webs of care, we can build the capacity to transform social conditions into sanctuary spaces and promote life-affirming reciprocity.