

Tuesday, November 4

Start Time	End Time	Workshop	Location		
12:00 PM	8:00 PM	Board Meeting: Open to ADTA Members as silent observers	Cape Fear		

Wednesday, November 5

Start Time	End Time	Workshop			
8:00 AM	4:00 PM	Board Meeting (Closed)	Cape Fear		
12:00 PM	7:00 PM	Conference Check-In & Information Desk	Prefunction B		
6:00 PM	7:00 PM	Approved Program Education Meeting	Hope		

Thursday, November 6

Start Time	End Time	Workshop		Presenter(s)	CE Credits
7:00 AM	5:00 PM	Conference Check-In & Information Desk	Prefunction B		
9:00 AM	11:30 AM	Exhibitor Set-Up	Prefunction B		
4:00 PM	8:30 PM	Dedicated Shared Space Room (MDC)	Biltmore		
4:00 PM	8:30 PM	Dedicated Sensory Room (DAAG)	Smith		

PRE-CONFERENCE FULL DAY INTENSIVES

9:00 AM	4:00 PM	Intensive - Full Day: IS1 Introducing the Kestenberg Movement Profile (KMP): A nonverbal Assessment Tool	Blowing Rock	Susan Loman MA, BC-DMT, NCC K. Mark Sossin PhD, MA, NY state licensed psychologist Melanie French PhD, BC-DMT, RYT-200 Yukari Sakiyama PhD, BC-DMT Karolina Bryl PhD, R-DMT/DMP, CMA, RSMT/E, KMP Analyst/Trainer	6 (ADTA; NBCC; NY LCAT)
		In this intensive workshop we will explore the Kestenberg Movement Profile (KMP) and its relevance to working with adult in-patients, out-patients, and family community settings. Topics addressed will be the creation of a safe holding environment, consideration of cultural contexts, development of trust, attunement, and attachment, and channeling antisocial behavior into prosocial forms of self-expression. We will cover Kestenberg's developmental framework, presenting issues that arise for adults and families with examples of practical interventions. Participants will embody and observe the KMP patterns to increase movement observation and intervention skills grounded in descriptive qualities of relating.			
9:00 AM	4:00 PM	Intensive - Full Day: IS2 Integrating Internal Family Systems Therapy into Dance/Movement Therapy Practice	Chimney Rock		
		This experiential workshop will explore ways to integrate Internal Family Systems Therapy (IFS) into Dance/Movement Therapy practice. IFS is non-pathologizing and helps clients uncover their inner wisdom (SELF). The workshop will include a lecture component explaining the model. Also, Amy will share her current research on how dance/movement therapists are using IFS. She will give examples of how she has used the model, including in her work with trauma, eating disorders, anxiety, and depression. The workshop will primarily focus on experiential learning, exploring IFS concepts such as unblending, working with polarizations, legacy burdens, and unburdening.		Amy Jacques BC-DMT, LPC	6 (ADTA; NBCC; NY LCAT)

9:00 AM	4:00 PM	Intensive - Full Day: IS3 Magnetizing Connection through Dance/Movement Therapy : Grasping the Mindset of Others Kinesthetically	Pinehurst	Susan Kleinman BC-DMT, NCC, CEDS-C Audrey King BC-DMT, LMHC, CMA	6 (ADTA; NBCC; NY LCAT)
		Individuals with a variety of emotional issues including eating disorders, trauma, and substance abuse, often ignore the experience of living in their bodies, instead, focusing on turning to emotionally driven behaviors that provide an illusion of control. Magnetizing the connection between self and others can lead to re-awakening authentic connection with their inner self as well as increasing cognitive understanding of what is driving their maladaptive coping mechanisms. Attendees will have the opportunity to identify with material that surfaces experientially and incorporate their discoveries as research components to further validate the importance of specific concepts unique to our profession.			
9:00 AM	4:00 PM	Intensive - Full Day: IS4 The Point of Contact: Distilling Contact Improvisation into Clinical Interventions	Tanglewood	Julie Brannen LCPC, R-DMT, GL-CMA Katherine Scott MA, LCPC, BC-DMT, GL-CMA Kellyn Jackson LPC, BC-DMT, CYT	6 (ADTA; NBCC; NY LCAT)
		The field of dance/movement therapy has long acknowledged the transformative nature of touch. This workshop aims to cultivate an embodied sensitivity to the complexities of incorporating touch in clinical work. Participants will learn how, when, and why elements of contact improvisation can be used to clarify and focus touch-based interventions. Facilitators will guide participants in improvisational movement exercises in which participants decide if, when and how they engage in physical contact with others. Participants will reflect upon their own relationship to touch and determine their readiness for ethically incorporating touch-based interventions.			
9:00 AM	4:00 PM	Intensive - Full Day: IS5 Introduction to Dance/Movement Therapy	Cape Hatteras	Angela Wiley LCMHCS, MAC, NCC, RDTBCT, BC-DMT Susan Saenger MA, BC-DMT, LCMHC	6 (ADTA; NBCC; NY LCAT)
		This introductory full-day workshop is both didactic and experiential and is meant for all those interested in learning about the use of dance/movement as therapy. It is focused on providing participants with a complete overview of the profession. Attention is paid to the following: the field's historical and theoretical influences; the theory that provides the basis for clinical practice and research; educational requirements for entering the field; where dance/movement therapists practice; and clinical populations that benefit from our work. Additionally, various dance/movement exercises and a group dance/movement therapy session will be enacted so participants can experience first-hand the power of dance/movement therapy.			
9:00 AM	4:00 PM	Intensive - Full Day: IS6 Neuro-Affirming Dance/Movement Therapy: An Emerging Framework	Reynolds	Emma Mamis LPCC, BC-DMT Stephanie Kilper LCPC, BC-DMT Katy O'Hanlon Bruns LPC, R-DMT Cara Spilsbury LCMHC, LCPC, R-DMT	6 (ADTA; NBCC; NY LCAT)
		This presentation focuses on autism and attention deficit hyperactivity disorder (ADHD) and encourages dance/movement therapists to develop neuro-affirming clinical strategies. Attendees will identify, embody, and participate in deconstructing the barriers to care through neuro-affirming experientials and discussions. Presenters will propose an emerging framework for neuro-affirming dance/movement therapy, which they will refine and expand in collaboration with attendees to include shared ideals uncovered during the workshop. Attendees will develop ways to cultivate self-care within a neuro-affirming clinical environment. Presenters will model an inclusive and collaborative learning landscape for dance/movement therapists of all neurotypes.			

HALF DAY INTENSIVES					
9:00 AM	12:00 PM	Intensive - Half Day: IS7 Indigenous Cosmovisions of Relational Movement(s)	Hope		
		Indigenous knowledge systems and cosmovisions have the potential to expand limited perspectives of evolution, health, and personhood. Moving beyond the patient-client therapeutic relation, indigenous communities around the globe integrate multidimensional understandings of wellbeing that include individual, familial, spiritual, ecological, social and political dimensions. This presentation advocates for epistemic justice, cultural safety and ethical considerations within cross-cultural relation building and knowledge bridging practices. The offering integrates auto-ethnographic sharing, literature review, open dialogue, ritual arts and ecosomatic experientials to support multidimensional curiosity, learning and praxis. Inviting wonder about potential implications for developing theories and practices in the international emergent field of DMT.		Krystal Elizabeth Garcia-Deras MA, R-DMT, LMHC	3 (ADTA; NBCC; NY LCAT)
9:00 AM	12:00 PM	Intensive - Half Day: IS8 Embodied Connection in Dementia Care	Bellamy		
		With over 55 million people worldwide diagnosed with dementia, dance/movement therapists have a vital role in transforming care. This intensive explores the therapeutic potential of DMT in dementia care—both in enriching the lives of individuals living with neurocognitive changes and in challenging the stigma that reduces their personhood. Rooted in clinical practice and informed by neuroscience, this workshop will integrate movement experience, theory, and practical strategies to explore self-expression and relational connection which fosters person-centered care. Participants will consider how they assess environments and groups, support embodied expression, and advocate for dignity through therapeutic presence.		Donna Newman-Bluestein MA, BC-DMT Cecilia Fontanesi PhD, BC-DMT, CMA, RSME	3 (ADTA; NBCC; NY LCAT)
9:00 AM	12:00 PM	Intensive - Half Day: IS9 Dance/Movement Therapy & Sexuality- New Educational Standards	Mendenhall		
		The ADTA Educational Board has voted in new educational standards for Dance/Movement Therapists which include sex/uality themes across several core knowledge areas. This is a poignant moment of progress within our organization. Dance/Movement Therapists are specially positioned to support clients to experience an embodied, securely-attached relationship with sex/uality and intimate relationships in a life-affirming and socially-just way with our fundamental somatic-based framework. Through experientials and discussion we will explore several important core thematic elements of effective and ethical work including embodied consent, accurate and inclusive sex/uality information, valuing consensual and pleasure-based expression, with trauma-informed language and experientials while erotic navigating countertransference.		Melissa Walker MA, LPC, CST, R-DMT	3 (ADTA; NBCC; NY LCAT)
12:00 PM	1:00 PM	Lunch Provided Soup, Salad & Potato Bar			

1:00 PM	4:00 PM	Intensive - Half Day: IS10 It's Not Always About Sex: Exploring Embodied Gender and Sexuality from a Queer Perspective	Hope	Kristen Crowe LPCC, BC-DMT	3 (ADTA; NBCC; NY LCAT)
		How does one identify as being "queer-informed"? It's more than just knowing the definitions of LGBTQ+ terms or Queer& Trans history. As dance/movement therapists, we know one our greatest sources of information is our bodies - so we cannot be content with learning about gender expansiveness and sexuality through books or videos. Queer people's bodies are being policed, oppressed, discriminated against, violated and killed. It is not enough to know the terms, watch queer show, or know a queer person. Gender and sexuality are not hypersexualized topics, they are immutable facets of human existence. It is time to embody their validity and visibility.			
1:00 PM	4:00 PM	Intensive - Half Day: IS11 Clinical Supervision with Creative Arts Therapists	Bellamy	Ryan Kennedy PsyD, LPC, BC-DMT, CLMA, RSME/T, E-RYT-500, ACS	3 (ADTA; NBCC; NY LCAT)
		Though clinical supervision is an expected aspect of professional training for all creative arts therapists, few receive any direction on providing effective supervision. Clinical supervision is a specialty within the creative arts therapies delivered by an experienced practitioner who facilitates the growth and development of supervisees using models and tools specific to the practice of supervision. When these concepts are in place, clinical supervision shifts from simply focusing on weekly topics to intentionally situating the supervisee in an arc of training that locates them in a developmental trajectory supporting the supervisee's emerging skills and identity as a creative arts therapist.			
1:00 PM	4:00 PM	Intensive - Half Day: IS12 Integrating Culturally Responsive Assessment and Therapeutic Support in Pediatric Medical Dance/Movement Therapy	Mendenhall	Breanna Davis MS, BC-DMT, LMHCA	3 (ADTA; NBCC; NY LCAT)
		As the Dance/Movement Therapy Field continues to grow, it is important to continue to plant the seeds of inclusion to contribute to collective growth. Inclusive practices in Dance /Movement Therapy can offer a space that moves towards a more equitable, safe, and client- centered approach which can lead to therapeutic support that is accessible, affirming, and empowering for individuals. Through discussion and experiential, this presentation will highlight the integration of a culturally responsive assessment and inclusive practices in order to create renewal of Dance/Movement Therapy Assessment with a focus on Pediatric Medical Dance/Movement Therapy.			
4:15 PM	5:15 PM	Approved and Alternate Route Joint Educators Meeting (Closed)	Cape Fear		
4:15 PM	5:15 PM	Men's Caucus	Hope		
4:15 PM	5:15 PM	Chapter Leaders Meeting	Kitty Hawk Boardroom		
5:30 PM	6:45 PM	Multicultural Diversity Committee (MDC) Open Meeting	Kitty Hawk Boardroom		
5:30 PM	7:00 PM	Dinner on Your Own/ Break			
7:00 PM	7:30 PM	Opening Ceremony & Light Bites	Blowing Rock		

7:30 PM	9:00 PM	PLENARY: Anatomy of Disaster Response			Sara Baicich ATR-BC, SEP, LPAT	
		This plenary session will include movement expression based in lived-experience from some of those involved in Hurricane Helene, a brief sharing on the anatomy of a disaster and appropriate responses to disasters, along with an opportunity to engage in community development of movement interventions for disasters and sharing. Consequently the plenary will incorporate a viewing of visual expression and an embodying of techniques to bring about resilience and recovery from disasters.		Liz K. Freeman MA, BC-DMT		
			Heather Spooner MA, LPAT, ATR-BC			
			Heather Waters MA, BC-DMT, RYT-200	1 ADTA, NBCC, NY LCAT		
			Leksykhana Jordan R-DMT			
			Angela Gorman R-DMT			
			Rhiannon Burk MA, LCMHC, R - DMT, LCAS			
Friday, November 7						
Start Time		End Time	Workshop		Presenter(s)	CE Credits
7:00 AM	6:00 PM	Conference Check-In & Information Desk		Prefunction B		
7:00 AM	7:00 PM	Dedicated Shared Space Room (MDC)		Biltmore		
7:00 AM	7:00 PM	Dedicated Sensory Room (DAAG)		Smith		
7:15 AM	5:00 PM	Exhibits Open		Prefunction B		
7:30 AM	8:15 AM	Movement Warm-up		Tanglewood		
8:00 AM	9:00 AM	Crossing the Tracks: Site-Specific Dance		Cameron Reynolds		
9:15 AM	10:00 AM	Research Poster and Thesis Project Poster Session		Prefunction A		
10:15 AM	11:45 AM	Keynote: An Interactive Conversation: Polyvagal-informed Dance/Movement Therapy: Pathways for Resilience, Regeneration and Emergence		Blowing Rock/Chimney Rock	Amber Gray PhD, MPH, LPCC, BC-DMT, NCC <i>(Co-Presenting In-Person)</i> Stephen W. Porges, PhD <i>(Co-Presenting Virtually)</i>	1.5 ADTA, NBCC, NY LCAT
12:00 PM	1:30 PM	Annual Business Meeting Lunch & Award Ceremony		Blowing Rock/Chimney Rock		
1:45 PM	4:45 PM	Multidisciplinary approach to DBT Skills Embodiment for Successful Community Reentry: Dance Therapy, Art Therapy and Psychology		Cape Hatteras		
		Expanding upon last year’s Full Day Intensive, utilizing Dialectical Behavior Therapy (DBT) as a multimodal approach between the neuroscience of the psychobiological theory of Psychology and Dance/Movement Therapy (DMT); we’d like to share our latest development of adding in Art Therapy interventions to promote self-development and skills for successful transition into the community. Our presentation will share DBT skills through the embodiment of DMT techniques to enhance deeper understanding of the 4 modules of DBT. The additional collaboration Art Therapy has led to discharge and community reintegration from a forensic psychiatric hospital.			Alicia Brewster BC-DMT Kali Skodack BC-DMT, APCC/LLCC Brittany Cunningham PhD Alfred Lee ATR-P	3 ADTA, NBCC, NY LCAT

1:45 PM	4:45 PM	“...And move between the earth and the sky” Embodying Poetry with Interactive Dance Improvisation	Reynolds	Yael Schweitzer LCSW, BC-DMT	3 ADTA, NBCC, NY LCAT
		Poetry helps express emotions, gain insights, and enhance empathy. Integrating poetry with dance/movement therapy enriches therapeutic processes and healing. Selected poems from different cultures and periods, that emphasize presence and resiliency, are introduced, embodied and expressed in dance/movement improvisation. Without music, poems' words and phrases permeate the body and inspire authentic movement that emerges from within, clarifying their rich meaning. Following Mettler-based dance principles, participants dance together, deepening the sense of shared humanity and closeness that poetry evokes. Creating embodied poems in small groups, Q&A, guidance for choosing poems and implementing embodied poetry in participants' work conclude the workshop.			
1:45 PM	4:45 PM	Collective Exhale: Breath, Voice and Movement as Liberatory Practice	Pinehurst	Angela Grayson BC-DMT, LPC, NCC, CCTP	3 ADTA, NBCC, NY LCAT
		"Collective Exhale" is an immersive workshop exploring the intersections of conscious breathing, vocal expression, and embodied movement as pathways to personal and collective liberation. Drawing from dance/movement therapy, somatic practices and indigenous wisdom traditions, participants engage in progressive exercises that examine how systemic oppression manifests in our bodies and breath patterns while discovering tools for transformation and authentic self-expression. Through collaborative breathing circles, vocal improvisation, and movement explorations, we build community resilience while honoring diverse lived experiences. Grounded in trauma-informed principles, this workshop makes embodied liberation practices accessible to people of all movement abilities.			
1:45 PM	4:45 PM	The Need To Be Seen: DMT 22nd Early Childhood Forum	Cameron	Suzi Tortora EdD, BC-DMT, LCAT, LMHC, CMA, NCC Renee Ortega BC-DMT, LCAT, OT Melissa van Wijk MA; PhD (ABD) Lisa Clementi BC-DMT, LCAT	3 ADTA, NBCC, NY LCAT
		It's the 22nd year of this forum exploring DMT with children and families; the 6th year tracing the evolution of child DMT. Aligning with the conference theme, this interdisciplinary panel includes a dance company director and three dance therapists presenting community-based programs that embrace diversity and inclusion across age and ability, supporting the Winnicott and DMT belief that we all "need to be seen". Through discussion and experientials participants learn about community-based classes for infants, young children and their caregivers; DMT in an early childhood mental health service agency; and NYC dance performances for under-served students with disabilities			

1:45 PM	4:45 PM	Holding the Collective: Embodied, Trauma-Informed, and Justice-Oriented Approaches to DMT Education in Times of Crisis	Hope	Wendy Allen PhD, LPC, BC-DMT Tomoyo Kawano, PhD, BC-DMT, LCAT, NCC Eri Millrod PhD, LPC, NCC, BC-DMT Elise Risher PhD, BC-DMT Heather Sutton LPC, ACS, R-DMT Valerie Hubbs MS, BC-DMT, NCC, CGP, LCAT, LMHC Laura Allen BC-DMT, LCPC, GL-CMA Kalila Homann LPC-S, BC-DMT Amber Gray	3 ADTA, NBCC, NY LCAT
		In the wake of global crises, social upheaval, and collective trauma, dance/movement therapy students must be equipped to navigate the complex landscape of shared trauma—when both therapist and client experience the same collective distress. Educators play a vital role in shaping how future DMT practitioners engage with trauma-sensitive and justice-oriented care. By providing embodied, trauma-informed education, we support students in developing the resilience and ethical awareness necessary to navigate collective trauma while maintaining their own well-being. This workshop, presented by the Education Committee, is an opportunity to share best practices, deepen our pedagogical approaches, and strengthen our capacity to teach in uncertain times.			
1:45 PM	4:45 PM	Passing the Spoons: Extending Community Care Requires Accessibility	Bellamy	Karen Linafelter BC-DMT, LMHC Voniè Stillson BC-DMT, LPC, ATRIC, ACS, NCC, CSITP Sabrina Washington MA, R-DMT, GL-CMA, R-MPA, CHLC, SRMP Heather Waters MA, BC-DMT, RYT-200 Ramanda Brockett MA, MS, BC-DMT Charné Furcron EdD, LPC, BC-DMT, NCC, BCC, ASC, CPCS, MAC Sara R. van Koningsveld MA, BC-DMT, NCC, GL-CMA, RYT 200	3 ADTA, NBCC, NY LCAT
		The Disability Access Affinity Group (DAAG) of the Multicultural and Diversity Committee emerged through community-building in 2020; however, disabled DMT's have always been co-creators of the ADTA. This workshop will share a brief overview, shared experiences, and disabled/crip theory. We will explore anti-ableism practices and our vision for an access-based dance/movement therapy organization while acknowledging that [dis]ability is a different path for everyone, including timelines and experiences. As confronting ableism and other systems of oppression is an ethical imperative to achieve this vision, we encourage attendees to bring curiosity and openness to experience support for all in a safe space.			
1:45 PM	3:00 PM	Attaching to Self and Others: Using Dance/Movement Therapy to Explore Attachment Wounds with Multi-Cultural Teenage Adoptees in a Group Setting	Tanglewood		
		Adoption competent Dance/Movement Therapy techniques are used as a way of exploring attachment wounds in an outpatient teen adoptee group. Using a tree metaphor, clinicians examined how attachment in developmental stages aids in the conceptualization of the self and determines how the adoptee connects with themselves their communities.		Madison Janke R-DMT, LMHC Sahita Pierre-Antoine R-DMT	1.25 ADTA, NBCC, NY LCAT

1:45 PM	3:00 PM	Roots of Connection: DanceAbility – Cultivating Inclusion Through Movement	Mendenhall	Genevieve Dunn R-DMT, MA	1.25 ADTA, NBCC, NY LCAT
		This interactive workshop introduces DanceAbility, an inclusive dance method that promotes healing, equality, and connection. Through improvisation, breakout groups, and hands-on exercises, participants will explore movement as a tool for self-expression, social integration, and collective well-being. DanceAbility creates a space where everyone—regardless of ability—can participate fully, reducing isolation and fostering belonging. Community development thrives on empowerment and connection. This workshop embraces an integrated approach rooted in inclusion, social justice, and self-determination. Through movement, we will explore how embodied experiences build resilience, break down barriers, and strengthen communities, fostering a deeper sense of unity and collective growth.			
1:45 PM	3:00 PM	Documenting The Body: Enhancing Mental Health Care Through Body-Based Clinical Documentation	Cape Fear	Sara McIntyre BC-DMT, LPC	1.25 ADTA, NBCC, NY LCAT
		This presentation explores the essential role of body documentation in mental health systems and its significant impact on patient care. By focusing on the importance of nonverbal communication and somatic behaviors, the session provides practical strategies for clinicians to document beyond verbal expression. Attuning to ethical and culturally sensitive documentation practices, the presentation ensures that interdisciplinary care teams remain aligned in understanding patients' emotional and psychiatric states. Participants will refine their clinical documentation skills, promoting a holistic, inclusive approach to treatment that supports both individual and community resilience.			
3:00 PM	3:15 PM	BREAK for 75 Minute Workshops			
3:15 PM	4:30 PM	Rooted in Neuro-Affirming Care: Enriching Relationships in Our Communities	Pinehurst	Emma Mamis BC-DMT, LPCC Stephanie Kilper LCPC, BC-DMT Katy O'Hanlon Bruns LPC, R-DMT Cara Spilsbury LCMHC, LCPC, R-DMT	1.25 ADTA, NBCC, NY LCAT
		This presentation will focus on the dynamics of relationships for the neurodivergent population, specifically autism and attention deficit hyperactivity disorder (ADHD). First, participants will learn about various relationship styles, challenges and assumptions that neurodivergent (ND) individuals face, and harm caused to ND folx by societal expectations. Next, movement-based experientials will allow participants to embody the neurodivergent experience of constantly adapting to connect with others and highlight the strengths of different communication styles. Participants will leave the presentation with increased competence and targeted strategies for strengthening inclusive			
3:15 PM	4:30 PM	Working as a Team; Interdisciplinary approach to working with Children with Developmental Differences	Cape Fear	Sarah Miller MS, BC-DMT, LLPC	1.25 ADTA, NBCC, NY LCAT
		This presentation explores the benefits of integrating Dance/Movement Therapy (DMT) with Occupational Therapy (OT) and Speech Therapy (ST) to support children with developmental differences. By combining movement, emotional expression, and sensory experiences, DMT helps children build body awareness, coordination, and communication skills. When partnered with OT's focus on motor development and ST's work on language, this holistic approach fosters comprehensive growth in physical, cognitive, and emotional areas. The session will highlight real-world examples and case studies, demonstrating how this collaborative model enhances therapeutic outcomes, increases engagement, and improves the overall well-being of children facing developmental challenges.			

3:15 PM	4:30 PM	Returning Home: An Embodied Artistic Inquiry Process	Tanglewood	Chevon Stewart PhD, BC-DMT, LCSW Giselle Ruzany PhD in Expressive Therapies, LPC, R-DMT	1.25 ADTA, NBCC, NY LCAT
		This workshop explores the embodied artistic inquiry process as a pathway to self-awareness, belonging, and relational support. Grounded in Dance Movement Therapy, Gestalt Therapy, and expressive arts, as well as culturally sensitive and anti-oppressive practices, participants will engage in movement-based creative exploration to reclaim their bodies and deepen their embodied sense of self. Using their own choice or guided prompts, participants will reflect on personal narratives through movement and multimodal artistic expression. By co-creating and witnessing within a supportive environment, participants will cultivate resilience and attunement. They will leave with tools for application in therapeutic settings, education, and personal self-care.			
3:15 PM	4:30 PM	Becoming the Renewal - Fan Dance as Ambassador of Good Will	Blowing Rock	Elissaveta Iordanova LCAT, BC-DMT	1.25 ADTA, NBCC, NY LCAT
		The participants in this workshop will become acquainted with the history of the fan, and led in learning basic movement with it, followed by improvisational dancing as solo and duets with personal "unspoken", but danced out messages for renewal, good fortune, and respect. The participants will be divided in two groups to show their imaginative plays. The session will end with a ritual - passing of the rice paddle, done in the Kanreki celebrations. All participants will keep the fans given to them at the session. This experiential is limited to 24 participants ONLY. No previous experience in fan dance needed.			
4:45 PM	5:45 PM	Affinity Group Meeting - Asian Pacific Islander Desi American Affinity Group (AAPIDA)	Cape Hatteras		
4:45 PM	5:45 PM	Affinity Group Meeting - LGBTQIA+	Pinehurst		
4:45 PM	5:45 PM	Affinity Group Meeting - Spirituality and Religion	Chimney Rock		
5:00 PM	6:00 PM	Shabbat Candle Lighting Ceremony (bring a scarf)	Biltmore		
5:30 PM	7:30 PM	Dinner on Your Own			
5:30 PM	6:30 PM	Alternate Route Educators meeting (Closed)	Cape Fear		
5:30 PM	6:30 PM	Research & Practice Committee Meeting (Closed)	Kitty Hawk Boardroom		
5:30 PM	6:30 PM	Alternate Route Educators Meeting (Closed)	Cape Fear		
6:00 PM	7:00 PM	Affinity Group Meeting - Native American Affinity Group	Mendenhall		
6:00 PM	7:00 PM	Affinity Group Meeting- DAAG	Pinehurst		
6:00 PM	7:00 PM	Affinity Group Meeting - BLACK Magic	Smith		
6:00 PM	7:00 PM	Affinity Group Meeting - Ritmo de Vida LatinX	Cameron		
6:00 PM	8:00 PM	International Panel Gathering (Closed)	Bellamy		
Saturday, November 8					
Start Time	End Time	Workshop	Presenter(s)		CE Credits
7:00 AM	4:30 PM	Conference Check-In & Information Desk	Prefunction B		
8:00 AM	8:45 AM	New England ADTA Chapter Meetup	Hotel Lobby		
8:00 AM	1:00 PM	Exhibits Open	Prefunction B		
8:00 AM	6:30 PM	Dedicated Shared Space Room (MDC)	Biltmore		
8:00 AM	6:30 PM	Dedicated Sensory Room (DAAG)	Smith		

9:00 AM	10:15 AM	Inviting Awe Experiences Through the Dance/Movement Therapy Lens	Blowing Rock	Melinda Malher BC-DMT, LPCC, C-SPT, LMHC	1.25 ADTA, NBCC, NY LCAT
		This workshop focuses on understanding awe and its transformative potential through a dance/movement therapy lens. Drawing on Dacher Keltner's research on awe's physiological and psychological benefits, the presenter will guide participants in exploring how awe can be invited through DMT practices. Using movement, presence, and natural elements, participants will explore how to evoke awe in therapeutic settings to enhance connection, reduce stress, and promote empathy.			
9:00 AM	10:15 AM	Naot Ma Ba'ad - Moving Together: Fostering Community-Building among Jewish and Palestinian Women in Jaffa	Bellamy	Alexandra Zaslav MA	1.25 ADTA
		"Naot Ma Ba'ad"— "Moving Together" in Hebrew and Arabic—is a community movement workshop led by and for Jewish and Palestinian women in Jaffa. Using the workshop as a case study, the presentation explores interdisciplinary approaches to integrating DMT in peacebuilding practices, especially highlighting DMT's potential to support sustained community growth in cross-cultural settings. The presentation draws insights from evaluation of the program over a three-year period, highlighting the workshop's significant capacity for cultivating shared dialogue, emotional processing, and sense of belonging. The presentation will also include a movement experience exploring themes of identity, culminating in a community movement mosaic.			
9:00 AM	10:15 AM	Staying Cool in a Warming World: Coming to terms with Climate Change through Dance/Movement Therapy	Reynolds	Suzanne Eagan Beverly BC-DMT, LMHC Audrey LaVallee BC-DMT, LMHC	1.25 ADTA, NBCC, NY LCAT
		Climate change is affecting everyone worldwide. Climate anxiety has increased over the past ten years. In this workshop, we will define and identify climate emotions and climate anxiety to understand the effects on mental and physical health and address climate injustice in BIPOC communities. Movement and dance including a guided meditation/body scan, mirroring and moving as a group will bring an embodied sense of connection. Climate Aware Therapy practices will be discussed as well as nature based activities that can be incorporated in dance/movement therapy practices, group work and community settings			
8:30 AM	10:30 AM	Rhythms of Care: Creative Collaboration in Dementia Care	Cape Fear	Tania Lazuk PhD, MD, BC-DMT Carol Jones MA	2 ADTA, NBCC
		This presentation explores the impact of Dance/Movement Therapy, body percussion, and rhythm on seniors with dementia and their caregivers. It emphasizes how accessible, culturally responsive tools foster connection and engagement, even as verbal communication declines. The presenters discuss the emotional challenges faced by therapists, particularly when balancing professional and personal caregiving roles. They highlight the importance of interdisciplinary collaboration—especially between DMT, theater, and music—in enhancing therapeutic processes, preventing burnout, and promoting equity. A video of a dance-theatrical chronicle demonstrates the power of movement, rhythm, and storytelling in fostering resilience and connection in dementia care.			

8:30 AM	10:30 AM	Growing Pains: Reimagining “Embodiment” and the Evolution of Dance/Movement Therapy	Tanglewood		
		This presentation explores the evolution of dance/movement therapy (DMT) and the critical examination of its practices, particularly the term “embodiment.” We question whether conventional definitions of embodiment remain expansive enough to reflect the diverse experiences of those we serve. Drawing from concepts such as the Kestenberg Movement Profile, kinesthetic empathy, and metaphor, we explore how language influences DMT practice and its inclusivity. By reflecting on past practices while integrating new perspectives, we advocate for an expansive approach to DMT that nurtures growth, transformation, and resilience in both clients and practitioners.		Holly Herzfeld MA, R-DMT Tory Eichler MA, R-DMT	2 ADTA, NBCC, NY LCAT
8:30 AM	10:30 AM	Safety in Experiential Learning that Centers the Body and Dance/Movement in DMT Education	Mendenhall		
		Dance/movement therapy education is unique in its universal use of experiential learning exercises that centers the body and dance/movement as the primary means of developing DMT knowledge, skills, and attitudes. However, experiential learning has the risks of blurring the line between education and therapy as well as making students feel anxious, vulnerable and unsafe. This presentation will discuss findings from a qualitative study that identified factors that supported students and factors that hindered their learning. The aim is to engage members of the DMT community in developing best practices for using movement based experiential learning in DMT education.		Eri Millrod PhD, BC-DMT, LPC, NCC	2 ADTA, NBCC, NY LCAT
8:30 AM	10:30 AM	From Data to Impact: And So We Danced	Cameron		
		The Research and Practice Committee invites dance therapy practitioners and researchers to explore the vital role of research in informing and transforming practice. The workshop begins with an introductory session centered on the question, "What is the role of research in your practice?" Small group sessions will provide a collaborative environment for participants to work on their chosen focus, share experiences, and co-create actionable strategies for bridging the gap between data and impact.		Chevon Stewart PhD, MSW, BC-DMT, LCSW Minjung Shim PhD, BC-DMT Robyn Flaum Cruz Ph.D., BC-DMT Cecilia Fontanesi PhD, BC-DMT, CMA, RSME Karolina Bryl PhD, R-DMT/DMP, CMA, RSMT/E, KMP Analyst/Trainer Darci Nelson PhD, LMHC, LPCC, BC-DMT Rebecca Barnstaple PhD, MA	2 ADTA, NBCC, NY LCAT

8:30 AM	10:30 AM	Embodied Consent: The Power of Yes, No, and Maybe in Clinical Practice	Chimney Rock		
		Embodied consent extends beyond sexual topics or verbal agreements; it equips us with an advanced understanding of how yes, no, and maybe feel in our bodies in real time. This practice empowers dance/movement therapists to navigate moments of clinical uncertainty, to offer trauma-informed choices to clients, and to support clients in increasing awareness of consent and self-advocacy within their sociocultural locations. Participants will learn to practice embodied consent as clinicians and to model the practice for clients to enact with each other, such as in group therapy or couples therapy contexts.		Anna Mayer MA, R-DMT, LPC Melissa Walker MA, R-DMT, CST, LPC	2 ADTA, NBCC, NY LCAT
8:30 AM	10:30 AM	Authentic Movement and Brainspotting Integration: Roots from similar seeds	Hope		
		This workshop will remind participants of foundational concepts of Authentic Movement and introduce them to the fundamentals of Brainspotting, a new “seed.” It will highlight the similarities of each, as well as their differences, to indicate viable points of integration. The workshop will include experiences of both interventions, a brief demonstration, and the opportunity for participants to experience the integrated approach. The use of Brainspotting along with Authentic Movement, extends the healing and growth possibilities for individuals and communities. This integration is an additional tool to support dance/movement therapists in their efforts to care for communities.		Virginia Hill LCMHC, BC-DMT, CRC	2 ADTA, NBCC, NY LCAT
10:45 AM	12:15 PM	Marian Chace Foundation Lecture: Take Back the Narrative: Telling My Story and Dancing My Dance	Blowing Rock	Meg Chang EdD, BC-DMT, LCAT, NCC	1.5 ADTA, NBCC, NY LCAT
12:15 PM	1:45 PM	Lunch on Your Own			
		Lunchtime Walk			
12:45 PM	1:15 PM	Students & New Professionals Meeting - (Open Meeting)	Cape Fear		
12:45 PM	1:45 PM	Regional Caucus Western (<i>Bring Your Own Lunch</i>)	Hope		
12:45 PM	1:45 PM	Regional Caucus Eastern- <i>BYOL</i>	Cameron		
12:45 PM	1:45 PM	Regional Caucus Central- <i>BYOL</i>	Reynolds		
2:00 PM	4:30 PM	The ADTA International Panel 1995-2025 Nurturing the Global Dance/Movement Therapy Community for 30 Years	Blowing Rock	Miriam Roskin Berger, PhD, BC-DMT, LCAT Patricia P. Capello, MA, BC-DMT, LCAT Zuzana Sevcikova, BC-DMT, RDT Radana Syrovátková, MD, BC-DMT Radwa S. Abdelazim, MSc, MD, FECSM Terje Kaldur, MSc Vincenzo Puxeddu, PhD, MD Sohini Chakraborty, PhD Dita Federman, PhD, CATRC Boon Soon Ryu, PhD, BC-DMT Nayung Kim, PhD, BC-DMT, SEP, CMA	2 ADTA
4:30 PM	5:30 PM	BREAK			

5:30 PM	6:30 PM	School Alumni Meeting - Antioch University	Cape Fear		
		School Alumni Meeting - Drexel University	Bellamy		
		School Alumni Meeting - Lesley University	Cameron		
		School Alumni Meeting - Naropa University	Reynolds		
		School Alumni Meeting - Pratt Institute	Mendenhall		
		School Alumni Meeting - Rider University	Private Dining Room (Bistro Restaurant)		
		School Alumni Meeting - Sarah Lawrence College	Hope		
		School Alumni Meeting - NYU			
		School Alumni Meeting - Columbia College	Tanglewood		
		School Alumni Meeting - Hunter College	Kitty Hawk Boardroom		
6:30 PM	11:00 PM	Alternate Route Education Meet and Greet	Cape Hatteras		
		Credentialing Ceremony, Banquet and Dance	Blowing Rock/Chimney Rock		
Sunday, November 9					
Start Time	End Time	Workshop		Presenter(s)	CE Credits
7:30 AM	8:30 AM	Interfaith Worship Dance Service (bring your scarves, flags, streamers, etc.)	Blowing Rock		
8:00 AM	1:00 PM	Conference Check-In & Information Desk	Prefunction B		
8:00 AM	2:00 PM	Dedicated Shared Space Room (MDC)	Biltmore		
8:00 AM	2:00 PM	Dedicated Sensory Room (DAAG)	Smith		
8:30 AM	10:30 AM	PLENARY: Exploring Ethics: Using the ADTA Code of Ethics and Standards to Inform Professional Behavior The Standards & Ethics Committee recognizes that Dance/Movement Therapists make ethical decisions regarding best practice on a daily basis. The goal of this workshop is to engage participants in the use of the current ADTA Code of Ethics and Standards as a guide for ethical decision-making in various situations. The Committee will invite participants to attune through diverse embodied conversations and offer feedback on the Code's relevance and shortcomings in current therapeutic and professional practice in several settings. A review and discussion of the current procedures for resolving situations involving questionable ethics will support the Committee in updating the document.	Blowing Rock	Douglas Cornman MA, BC-DMT Selena Coburn BC-DMT, LMHC, LCPC Meg Chang EdD, BC-DMT, LCAT, NCC Pamela Faith Lerman MEd, LCAT, LMHC, BC-DMT Jennifer Whitley MS, BC-DMT, LCAT, CMA	2 ADTA, NBCC, NY LCAT
10:30 AM	10:45 AM	BREAK			
10:45 AM	12:45 PM	Embodied Stories: The Stories We Need to Hear	Cape Fear		
		This experiential presentation integrates the Truth, Racial Healing, and Transformation (TRHT) Racial Healing Circles (RHC) framework with dance/movement to create an embodied storytelling experience. By incorporating movement, participants from diverse backgrounds engage in deeper self-awareness and connection, exploring how their bodies respond to both witnessing and sharing personal narratives. Through honest dialogue and physical expression, this approach fosters a deeper understanding of societal barriers and individual experiences. This model promotes community-driven healing and transformative change by encouraging participants to embody empathy, cultivate cross-cultural understanding, and reflect on the impact of racial healing through movement and shared storytelling.		Shontae Walker MS Angela Grayson PhD, BC-DMT, LPC, NCC	2 ADTA, NBCC, NY LCAT

10:45 AM	12:45 PM	Expanding International Connections: A US-India Global DMT Classroom Initiative	Tanglewood	Monica F. Gaydos MA, R-DMT, RYT-200, PhD Candidate Nalini Prakash PhD, BC-DMT, CMA Olivia Kimes MA Student	2 ADTA, NBCC
		This experiential workshop presents a 4-week global classroom model integrating students from the U.S. and India into an existing dance movement therapy movement observation and assessment course. We share our experiences designing the curriculum, creating the syllabus and student groupings, and addressing logistical challenges, such as time differences. Issues of diversity, equity, and inclusion will be addressed by honoring the diverse voices and experiences of students and community members. Participants will engage in a movement experiential, incorporating optional healing touch within a co-facilitated community-based DMT group to integrate knowledge and explore international collaboration in DMT education.			
10:45 AM	12:45 PM	A Couples and Family Therapy Forum for Dance/Movement Therapists: Planting Seeds by embodying a systems approach	Cameron	Deepa Sai Avula BC-DMT	2 ADTA, NBCC, NY LCAT
		This presentation welcomes those at the intersection of Dance/Movement Therapy (DMT) and Couples/Family Therapy (CFT) to an introductory conference forum. Despite meaningful relational work by DMTs, and CFT being an established field for relational health, there is a lack of formalized community dialogue among DMTs studying/practicing CFT. This session includes a brief overview of DMTs' relational contributions, CFT models and ethics, embodiment of a systems lens, and a diverse open forum discussion. Attendees will collaboratively explore learning and working needs, culminating in a symbolic planting of seeds to foster seasonal knowledge sharing within the DMT-CFT landscape.			
10:45 AM	12:45 PM	Translating Embodiment: The Role of Linguistic Mediation in DMT Training	Mendenhall	Christina Devereaux PhD, LPC, LMHC, LCAT, BC-DMT, NCC	2 ADTA, NBCC, NY LCAT
		The increasing globalization of dance/movement therapy (DMT) training presents unique challenges and opportunities in cross-cultural and bilingual teaching contexts. This presentation explores the role of linguistic mediation—the facilitation of communication across languages and cultural contexts—in shaping the embodiment of immediacy in DMT skills courses. Drawing on findings from a heuristic study, we examine how real-time translation, such as English-to-non-English interpretation, influences instructors' ability to model immediacy and students' embodiment of core DMT competencies. Participants will engage in discussions on the intersection of language, culture, and movement-based pedagogy, gaining insights into fostering immediacy in multilingual settings.			

10:45 AM	12:45 PM	Dance/Movement Therapy Intervention for Informal Caregivers of Individuals Diagnosed with Alzheimer's Disease	Hope	Hecbel Marie Rodríguez Crespo PhD, MA	2 ADTA, NBCC, NY LCAT
		Informal caregivers of individuals with Alzheimer's disease face significant emotional and psychological challenges. This presentation explores a dance/movement therapy (DMT) intervention designed to enhance self-efficacy, mindfulness, and nonverbal communication. Based on The Dance of Interaction manual, this study was conducted in Puerto Rico, addressing the cultural and linguistic needs of an underrepresented caregiver population. This conference highlights DMT's role in fostering holistic well-being and strengthening caregiver-care recipient relationships. Attendees will engage in experiential exercises, gaining insights into embodied caregiving approaches that promote resilience, community connection, and interdisciplinary collaboration in dementia care.			
10:45 AM	12:45 PM	Reclaiming Identity and Community Through Dance: The Role of Movement Therapy in Decolonization and Healing for Indigenous Peoples	Bellamy	Selena Coburn BC-DMT, LCPC, LMHC Dylan Tarrant DC	2 ADTA, NBCC, NY LCAT
		This abstract examines the intricate connections between reciprocity, identity, and trauma in Indigenous communities, focusing on the impacts of white supremacy, colonialism, and intergenerational struggles. Indigenous peoples navigate trauma and erasure through non-linear time and collective memory, emphasizing relational frameworks rooted in reciprocity and interconnection. The tension between cultural survival and exploitation is explored, along with the role of authentic storytelling and decolonization in healing. Dance and movement therapy offer a means for reclaiming cultural identities and fostering community solidarity. These embodied practices serve as tools for reconnecting with ancestral wisdom, affirming identity, and decolonizing relationships within Indigenous communities.			
10:45 AM	12:45 PM	Dancing with Magic: Incorporating 'Alternative' Spiritualities for Mutual Transformation	Reynolds	Ramanda Brockett MA, BC-DMT	2 ADTA
		This play-shop will share group norms and values of some of the 'New Religious Movements' across the Midwestern region of America. Participants will explore the existing alignment between multicultural theory and DMT practice and the rich potential to serve these populations and the societally constructed barriers that exclude many of them from access to mainstream mental health care while they continue actively seeking personal growth and healing to improve their well-being through holistic means. The presenter will share their lived experiences of co-facilitation with various paraprofessionals in these communities and the positive impact of adopting some of the values of these observed cultural movements into the private practice setting.			

10:45 AM	12:45 PM	Innovative Partnerships and Interdisciplinary Collaboration for a Spectrum of Dance Engagement with Aging Adults	Pinehurst		
		This workshop highlights local and international interdisciplinary collaboration and innovative partnerships between health, educational and community institutions. Specifically, two educational institutions, a hospital, and a city Department of Family and Special Services collaborated on a research study called, Dance for Health: A spectrum of dance engagement on the psycho-physical health, quality of life and loneliness of aging adults. Funded by the National Endowment for the Arts the partnerships included 50 staff and 210 study enrollees, aged 50-85, in the 3-month study. Results will be shared and applications made to dance/movement therapy continuum of approaches.		Susan Imus LCPC, BC-DMT, GL-CMA	2 ADTA, NBCC, NY LCAT
12:45 PM	1:00 PM	BREAK			
1:00 PM	1:45 PM	Closing Ceremony & In Memoriam	Blowing Rock		