

From DMT to EMDR to Art Therapy, Reiki & more, supporting the mind-body-emotions-spirit throughout the life span: An Intradisciplinary Private Group Practice

Saturday, March 29, 2:00 – 4:00PM EDT

PRESENTATION DESCRIPTION

This workshop explores the evolution of a private practice founded by a single dance/movement therapist over 40 years ago, now a comprehensive intra- and interdisciplinary practice. Featuring five skilled creative arts therapists, it highlights the integration of Dance/Movement Therapy (DMT), Eye Movement Desensitization and Reprocessing (EMDR), Art Therapy, Reiki, occupational therapy, grief counseling, and family/couples counseling. Participants experience how these approaches foster holistic well-being through lectures, case studies, and experiential activities. Discussions and Q&A address practical considerations, challenges, and successes in creating a balanced therapeutic practice.

LEARNING OBJECTIVES

1. Participants will be able to identify how diverse therapeutic practices can be incorporated into a creative arts therapy practice to support a client's well-being.
2. Participants will be able to cite 3 specific creative/somatic activities they can incorporate into their own client population.
3. Participants will be able to describe practical insights that they can integrate into the organization and running of their own group creative arts therapy private practice.

CONTINUING EDUCATION

2.0 ADTA, 2.0 NBCC, 2.0 NYLCAT

PRESENTER INFORMATION



Suzi Tortora, Ed.D, BC-DMT LCAT LMHC CMA, 40 years private practice Cold Spring, NY and NYC, specialization-parent-infant/child family therapy; trauma; medical illness; chronic pain; International Medical Creative Arts Spokesperson for Andréa Rizzo Foundation, created and is senior DMT on pediatrics Integrative Medicine Service, Memorial Sloan-Kettering Cancer Center, NYC, since 2003; received 2010 Marian Chace Distinguished DMT award ADTA; holds faculty positions as international teacher including Ways of Seeing International Webinar Training Program for DMTs and allied professionals; published numerous papers and her book, *The Dancing Dialogue: Using the communicative power of movement with young children* is used extensively in DMT training programs internationally.



Jennifer Whitley, M.S., BC-DMT, LCAT, CMA, a board-certified DMT and LCAT in NY, graduating from Pratt Institute in 2012. She is trained in: Ways of Seeing, Level II Reiki, LMA from LIMS, and authentic movement. Jenn works at MSKCC in NYC with a focus on medical DMT in pediatric oncology (MSK Kids), offers dance wellness classes, and leads workshops for adult patients through Integrative Medicine. She provides dance therapy in the school setting and works in private practice at Dancing Dialogue using Suzi Tortora's Ways of Seeing approach. Jenn is on the Board of the Andréa Rizzo Foundation and the ADTA Standards and Ethics Committee.



Renee Ortega, PhD BC-DMT LCAT COTA/L, a distinguished professional with over 19 years of experience in education, mental health, and psychosocial support. She holds a PhD in International Psychology with a trauma focus and is a Certified Occupational Therapy Assistant (COTA). Dr. Ortega's expertise includes Sensory Integration, applied behavioral analysis (ABA), and various therapeutic techniques. She has conducted research on intercultural communication and mental health in Brazil and is certified in the Intercultural Development Inventory (IDI). Dedicated to supporting vulnerable populations, particularly BIPOC communities and at-risk youth, she integrates a family systems approach into her practice and mentoring.



Kelley Linhardt, MA LCAT ATR-BC, CCTP, a licensed creative arts therapist, a registered board-certified art therapist, and a certified clinical trauma practitioner. She is a clinician at Dancing Dialogue, a creative arts therapy private practice. Additionally, Kelley is a faculty member at the School of Visual Arts Art Therapy graduate program and is co-editing the forthcoming book, *The Embodied Art Therapist*, for Routledge Press. Kelley received her MA in Art Therapy from New York University. She has completed postgraduate training at The Ackerman Institute for the Family, the International Trauma Studies Program, and the Ways of Seeing training program.



Elizabeth Veltrie, BC-DMT, LCAT-LP, EMDR trained, a dedicated dance/movement therapist passionate about the healing power of movement and the arts. She earned her BA in Dance from Rider University and her MS in Dance/Movement Therapy from Pratt Institute. Elizabeth's pre-professional dance experience includes American Repertory Ballet and training at Princeton Ballet School, American Ballet Theatre, and Joffrey Ballet School. Since 2013, she has worked with diverse populations, including individuals with developmental disabilities, ADHD, autism, and perinatal mood disorders. Certified in perinatal mood and anxiety disorders, Elizabeth integrates dance/movement therapy to support new moms in exploring emotions, enhancing body awareness, and fostering self-expression.