

In this Issue

| | |
|---|----|
| Board Reports | 2 |
| Chapter Reports | 13 |
| ADTA Voluntary Contributions | 13 |
| ADTA'S 50 TH Annual Conference | 14 |
| ADTA's 50/50 Campaign | 15 |
| DMTCB | 16 |
| Marian Chace Foundation | 17 |
| Professional DMT Community | 19 |
| Newsletter Advertising | 20 |
| Newsletter Submission Guidelines | 20 |

A Few Words from the Newsletter Team

Wow! What an amazing 50th Annual Conference we had in sunny San Deigo. We can't wait to see your pictures and receive your newsletter submissions (wink, wink) that tell us all about your conference experience. Make sure to submit by February 28th for the March issue.

Enjoy the holidays and gear up for the New Year...celebrating 50 years of ADTA!



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The quarterly ADTA Newsletter is the official news publication of the American Dance Therapy Association (ADTA). The ADTA invites all members to contribute and reserves the right to edit all materials. Newsletter items do not necessarily reflect the attitudes held by all individual members of the ADTA, the Board of Directors, or the ADTA as a whole.

Newsletter Team:
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 Gloria Farrow, Co-Editor
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Board Reports: President

Submitted by Jody Wager, BC-DMT



“It was the best of times, it was the worst of times...”

-Charles Dickens

These famous lines, which open *A Tale of Two Cities*, hint at the novel’s central tension between love and family, on the one hand, and oppression and hatred, on the other.

I returned home from our conference in California feeling elated and rejuvenated. My time spent with friends and colleagues was deeply satisfying and exactly what I needed to replenish my personal well. The experience of being surrounded by like-minded people, felt like being held ... safe and secure. I felt on top of the world and for the moment, invincible; buoyed by the support and positive feelings surrounding me. These good feelings lingered and I carried them with me to work the following week, where I shared my positive energy and new found techniques with my patients at the hospital. They were pleased to be the first to explore and play with these new ways of moving.

One month later the world was shaken by the news of the bombings in Paris and the earlier incidents of terrorism in Turkey. How quickly one’s world can be turned upside down! How suddenly we can move from feeling safe and secure to frightened and vulnerable. Yet, these are familiar feelings for many on a daily basis. As a dance/movement therapist in an acute psychiatric hospital, I am challenged regularly to assist my patients to find ways to experience their feelings fully, be they uncomfortable or pleasing, and to develop ways in which to express them. For many the result of therapy is learning to live with co-occurring feelings; feelings that at times seem at odds with one another. Together in our sessions we explore and move through these complicated, and at times contrasting, "waters", gradually dipping our toes or jumping enthusiastically in to the deep end; floating to catch our breath or fiercely paddling to keep from sinking.

I’ve wondered how we, as people committed to helping and healing, take care of ourselves in times like these and how we take care of those in our charge. I wonder how dance fits into the picture of healing for the world and how we, as dance/movement therapists, might serve as peacekeepers. How might we be available not only during an aftermath but before, as part of the prevention?

During our business meeting, I spoke of expanding our relationships with others in related fields and encouraged our community to take greater ownership of our expertise. One thing we know for certain is that dance and movement heal and that when offered, facilitated and processed by a skillful dance/movement therapist, can be transformative. Imagine, for example, bringing our work into communities dealing with discord on a daily basis and instead of working with the individual or family in crisis, we work with the entire neighborhood? Why not expand our job title to include peacemaker? There are some amongst us who already are using their DMT skills in this way and are doing this work with tremendous dedication and compassion.

I encourage us all to find ways in which to share what we do with a broader audience. As we focus this year, our 50th year, on advocating and educating, why not incorporate this idea of dance and movement as a means towards peace in the fuller sense of the word ... inner peace and outer peace ... personal/interpersonal/global.

I’d like to leave you with this Buddhist kindness prayer:

*“May I be free of worry,
May I be well,
May I feel safe and at ease,
May I be at peace”*

With Gratitude,
Jody

Board Reports: Vice President

Submitted by Margaret Migliorati, R-DMT



“Pulling the Curtain Back” on the ADTA Annual Conference

Now, while the dust has settled from the 2015 ADTA annual conference and before we begin planning the 2016 conference (who am I kidding, we are already waist-deep in 2016 conference planning), I thought I would take time to share some of the behind-the-scenes workings of the conference. Specifically, I am hoping to demystify the process of choosing conference programming such as workshops and pre-conference intensives.

Most of the following information is either taken directly or paraphrased from the *ADTA National Conference Procedural Guidelines* which can be found by clicking the following link...

<http://www.adta.org/resources/Documents/Conference%20P%20and%20P%20revised%20January%202012.pdf>.

I highly encourage you to read through the Procedural Guidelines to learn more about the inner workings of the annual conference.

Conference Aims

First, let's turn directly to the Procedures for the stated purpose of the annual conference:

1. For mutual exchange of information and stimulation among professional dance/movement therapists.
2. To develop and support each dance/movement therapist's professional identity and the field's identity by integrating this information into the life stream of the particular group that is gathered.
3. To inform the public and promote public relations.
4. To disseminate knowledge from the conference through a conference publication (via the American Journal of Dance Therapy).
5. To yield financial earnings (*did you know the conference is the LARGEST source of revenue for the ADTA – allowing us to carry on all of the other important educational, public relations, oversight and advocacy work we do?*).

Major Conference Roles

Next, let's review the primary conference roles:

- **Conference Manager:** This is a paid ADTA position responsible for managing and coordinating all conference logistics including setting the budget, negotiating the hotel, securing the band, scheduling all events, managing registrations, etc.
- **Annual Conference Committee (ACC):** The Committee consists of the Vice President (Chair of the ACC), Conference Manager, Member-at-large from the conference region, the current ADTA Public Relations Chair, the current Multicultural and Diversity Committee chair and the RCC chair if one exists. The purpose of the ACC is to oversee conference plans and preparations including evaluating and choosing the pre-conference intensive presentations and other special conference events.
- **Regional Conference Committee (RCC):** An RCC is formed if there are ADTA members in the region the conference is being held wishing to volunteer to assist with the conference. The RCC will have a chair (chosen by the local group or appointed by the ACC Chair) who will take part in the ACC as a liaison. While the tasks of the RCC vary depending on each group, in general they include assisting the Conference Manager in identifying a band for the banquet, coordinating the Day of Service, identifying groups to perform at the conference and working with the PR committee to promote the conference locally.
- **National Review Panel (NRP):** The purpose of the National Review Panel is to evaluate by blind review the presentations submitted for the conference. The panel consists of the Member-at-large from the conference region, two (2) members (BC-DMTs) from the region and one (1) member from each of the other two areas of the country. In addition, the NRP shall be diverse in its composition, representing as much as possible different affinity groups within the association. The ACC Chair (Vice President) recruits the NRP.

Additionally it takes numerous other volunteers and office staff to successfully carry out the conference, including those involved in the International Panel, Marian Chace Foundation Lecture, research poster session, etc.

Process for Selecting Pre-Conference Intensives

One of the questions I was frequently asked while preparing for the 2015 conference was how pre-conference intensives were chosen. First, let's return to the Procedural Guidelines:

Board Reports: Vice President

Continued...

“The Annual Conference Committee (ACC) will evaluate and choose the pre-conference intensive presentations. (ADTA) Members can recommend presenters to the ACC, yet the intensive presenters are arranged only by direct invitation from the ACC Chair. To select topics and presenters for the intensives, the ACC shall refer to evaluations from the prior conferences, the ADTA Vision and Mission Statements as well as other BOD priorities for that conference. One intensive shall be focused on a topic related to diversity and/or multiculturalism. One intensive shall be focused on a topic related to ethics.”

In general, as suggested above, the ACC considers many factors when choosing intensives, including, but not limited to topics that:

- Fit well with the overall conference theme.
- Are based on highly rated workshops/intensives from previous conferences.
- Are requested by membership through feedback from conference evaluations, webinar evaluations and other mechanisms.
- Appear to be “hot” and in high demand.
- Can be marketed outside of the ADTA to allied professionals.
- Align with the conference purposes as outlined in the Procedural Guidelines and other BOD priorities.
- Provide an overall balance of content.

Process for Selecting Conference Workshops

And now to the process of choosing individual conference workshops. Once the conference theme is determined (a process that happens at the Fall Board Meeting the previous year), a call for proposals is sent out to membership based on the theme. During this time, the ACC Chair convenes the NRP, as outlined above.

Proposals submitted must be de-identified to maintain the integrity of the blind review process by the NRP. Each proposal must include an ADTA member as a primary presenter (proposals that don't include ADTA members must be approved by the Board of Directors Executive Committee). All proposals submitted that meet these criteria are forwarded (again, de-identified) to the NRP.

The NRP completes a scoring rubric for each proposal based on the following factors:

- Suitability to conference theme.
- Professionalism (*Is the abstract proposal well-written within APA standards?*).
- Content (*Are the learning objectives achievable in the timeframe allotted? Is the content appropriate for professionals?*).
- Innovation (*Is the content contributing to new learning or perspectives in the DMT field?*).
- Diversity (*Does the proposal adequately address diversity issues within its topic?*).

Each proposal is given a final score and ranked based on that score. Proposals are accepted based on these rankings and the number of slots available.

**Please note: based on membership feedback, there will be additional criteria added to the workshop selection process for 2016. Stay posted for more details!*

For both pre-conference intensives and conference workshops, it is always the case that there are far more excellent proposals than space to fit them within the conference structure. While the process for selecting intensives and workshops will never be perfect, it is always undertaken with a great deal of thoughtfulness and integrity.

Conference Feedback

Finally, I would like to speak briefly to how feedback is built into this system and impacts changes to future conferences. There are currently two formal mechanisms of feedback for the conference: evaluations for each specific educational

Want to learn more? Click the link below to read the Conference Procedural Guidelines...

<http://www.adta.org/resources/Documents/Conference%20P%20and%20P%20revised%20January%202012.pdf>

Board Reports: Vice President

Continued...

session and an overall conference evaluation. This information is reviewed carefully and changes to conference events or processes are made based on themes identified in the feedback. Less formally, members can always reach out to the Conference Manager or Board Vice President with ideas and feedback. These mechanisms help ensure that membership has an active voice in future conferences.

I hope this newsletter article has helped to clarify the Annual Conference process. Have more questions? Read through the Procedural Guidelines and feel free to call the ADTA office or to email me.

Board Reports: Treasurer

Submitted by Vicky Nichols Wilder, BC-DMT



I thank you for the opportunity to serve as your Treasurer of the ADTA. Holding this position since the conference, I am grateful for the new partnership between the ADTA and the Marian Chace Foundation (MCF) for the purpose of the "Outreach to Veterans" project. The MCF is proud to join the ADTA in its support of expanding dance/movement therapy services for our veterans. All donations to the MCF for the "Outreach to Veterans" project are tax deductible.

Dance/movement therapy "Outreach for Veterans" is the ADTA's response to November as the Month of the Military Family and an educational endeavor of our 50Years/50Ways to advocate. The #GivingTuesday campaign kicked off on December 1st and donations will be collected through December 31st. Your donation will expand mental health services to veterans through the development of new dance/movement therapy programs

across the country, including the dissemination of educational materials for both veterans and service providers which communicate the value of this treatment for anxiety, PTSD and depression.

And here's how... once the donations are in, the PR committee will create a Toolkit on DMT with Veterans, the project will be announced early in 2016 and dance/movement therapists will apply for the grant to provide an in-service or experiential to a veteran community. The project will be videoed for viewing at the conference and chronicled in the American Journal of Dance Therapy. The initial project is projected to cost \$2550 and each additional project \$550. The educational outreach of these videos is much larger than that of a single in-service because all final video from this project will live on YouTube and be distributed by social media.

Total contributions from first day: \$1,744

Board Reports: Education, Research & Practice Committee

Submitted by Susan Imus, BC-DMT



Hello everyone,

I wish I was back in La Jolla. I bet many of you who were fortunate to attend our excellent annual conference do too—at least those of you who have already experienced snow like we have here in Chicago. Yes, parts of my community received nearly a foot. Ok. I'm not writing to discuss the weather; although, I will report my forecasts (action items) for ERP. I will also present updates from the five conference meetings that occurred under the ERP "umbrella" while in La Jolla.

EDUCATION

Approved Academic Degree Programs: All seven schools had representatives in attendance this year

including Antioch University, Columbia College Chicago, Drexel University, Lesley University, The Pratt Institute, Naropa University and Sarah Lawrence College. Six of the seven programs described an increase in their student enrollment. Cultural diversity was scheduled as one of the meeting themes and will continue next year. Time was spent discussing the American Counseling Association and its influence on our educational standards.

Forecast # 1: We will conduct a training session at our annual meeting in Washington D.C. next year.

Alternate Route Educators Sub-committee (ARES): Six of the six Core Team members were in attendance for a meeting prior to the large afternoon meeting with nearly 20 additional alternate route educators. Members included Bonnie Bernstein, Nana Koch, Linni Diehl, Ellen Schelly Hill, Thania Acaron via Skype and me. The meeting was

Board Reports: Education, Research & Practice Committee

Continued...

led by sub-committee chair, Barbara Nordstrom-Loeb. It was decided to shift the communication response teams so three instead of two members will respond to AR student-related questions, and one member will now answer AR educator questions. There are twice as many questions from students than educators, as tracked in Google Docs, so this was a simple and logical change. We shared challenging questions that have been posed by the two constituencies in addition to Core Team questions. We discussed the need for working groups and Core Team members selected the groups in which they would work. Two of the groups included demographics and advisement.

Forecast #2: A database of all Alternate Route students who submit a letter of intention is being created. Similar to Approved Degree Programs, data will be collected to better understand Alternate Route student demographics. Data will remain in the ADTA office. Thania Acaron will head this group.

Forecast #3: The Advisement group will be led by Barbara Nordstrom-Loeb. Paul Sevett and Sandra Beggs will assist Barbara.

Forecast #4: Two new members will be invited to serve on Alternate Route Educators Sub-Committee (Ellen Schelly Hill and Bonnie Bernstein were thanked for their two years of service to ARES).

I reported to the Core Team on the quarterly meetings that are now occurring between the chair of the Dance/Movement Therapy Certification Board (DMTCB), Linda Aaron-Cort; ADTA President, Jody Wager; Committee on Approval Chair, Jessica Young and myself as ERP chair. This group is calling themselves, The DAMES, which stands for **DMTCB-ADTA Meetings for Educational Standards**. The DMTCB is a separate credentialing organization that must be respected as such. The ADTA is a membership organization that is committed to assisting its membership around credentialing. There is a firewall between the two organizations. The ARES was created for the purpose of answering credentialing questions for both alternate route educators and students. I encourage all ADTA members to use the ARES for both your questions and concerns on credentialing. Please contact Barbara Nordstrom-Loeb or myself for assistance. I am re-posting the purpose and objectives of the ARES to assist everyone in better understanding the ARES's role:

“The purpose of the Alternate Route Educators’ Subcommittee is to strengthen and support Alternate Route R-DMT education and training for AR students and the AR educators by:

- **Identifying and responding to current and emerging AR education and training issues.**
- **Disseminating information about Alternate Route education and training.**
- **Facilitating communication among and between AR students and AR educators.**
- **Advocating for AR education and training needs and concerns through recommendations to the Education, Practice, and Research Committee chair for consideration by the ADTA board.**

Both education sub-committees met jointly for the third year. Although cultural diversity was scheduled for the agenda, the theme turned toward a discussion of allied degrees considered acceptable for the R-DMT. A recent survey was taken of all educators to communicate their choices on the subject. This became a heated discussion that is still continuing.

Forecast #5: ARES is working toward crafting a written position on the subject of acceptable allied degrees for the R-DMT. This falls under the sub-committee's objective that is listed above as advocating for AR education and training needs.

RESEARCH

Members in attendance for this sub-committee included Robyn Cruz, Jennifer Tantia, Marybeth Weinstock, Sondra Mallig, Cynthia Berrol and me. Laura Downey, research sub-committee chair, ran the meeting via Skype. Sondra reported on the Research Poster Session, which was a great success. Congratulations to Sondra and Laura on their efforts. Robyn reported on the Annual Research Award, which went to Rainbow Ho this year. Congratulations to Rainbow, and a thank you to Robyn for spearheading the organization of the award. Robyn also agreed to explore the creation of mini-white papers on subjects pertinent to the Government Affair Committee's initiatives. Thanks were also given to Lenore Hervey for her continual work on the website. Laura Downey was applauded as she ended her last meeting as sub-committee chair. Great job, Laura! Jennifer Tantia has stepped into this role. Thank you and welcome Jennifer.

Forecast #6: Laura and Jennifer will connect to transfer leadership and put membership duties into a written document.

Forecast #7: Three new members will be invited to the sub-committee and membership duties will be communicated to them.

Board Reports: Education, Research & Practice Committee

Continued...

PRACTICE

Sub-committee chair, Vicky Wilder; Sharon Chaiklin and potential new member, Julia Rice, met with me to discuss the past year's responsibilities and forecast the Practice sub-committee's future. The board of directors voted to approve the new By-Law to split ERP earlier in the week. If our entire ADTA membership approves the new By-Law, the ERP will split into two separate committees: 1. Education, and 2. Research & Practice. The meeting

centered on brainstorming the new Research & Practice format. New members for Practice were discussed and Julia seemed interested. She later confirmed by email that she will serve on the Practice sub-committee. Daniel Geer has also agreed to serve. Thank you and welcome Julia and Daniel.

I have created a list of forecasts that should manifest before next fall despite winter, spring and summer storms. Stay tuned for my March "weather" updates.

Board Reports: Committee on Approval

Submitted by Jessica Young, BC-DMT



I am grateful for having the opportunity to connect with so many of you at the conference in San Diego. It was wonderful to see everyone, move with you and feel the power of the work we do.

The committee met on October 29th to discuss the ongoing work of the Education Standards Revision Task Force, including the preliminary development of procedural guidelines for rolling out the revised standards when the time comes. I am truly thankful for the thoughtfulness, dedication and diligence that the committee members bring to ensuring that programs are upholding the Education Standards. Current members who graciously serve on the committee include: Wendy Allen (Naropa), Nancy Beardall (Lesley), Valerie Blanc (Supervisor), Ted Ehrhardt (Pratt), Craig Haen (Public Member), Susan Loman (Antioch), Anne Margrethe Melsom (Drexel) and Jessica Young (Columbia College Chicago). We hope to have a representative from Sarah Lawrence join the committee in time for our spring meeting on April 9th in Boston. During this time, we will be reviewing the six-year program reviews for Drexel and Lesley. We will also be reviewing Lesley's low residency program in addition to annual reports from all the programs.

I met on November 21st with the Alternate Route Education Subcommittee (Susan Imus), Dance/Movement Therapy Certification Board (DMTCB) (Linda Aaron-Cort) and the ADTA President (Jody Wager) regarding alternate route (AR) concerns. We will be meeting quarterly on a regular basis as a means of improving communication and supporting AR education. There has been a dramatic increase in the number of courses submitted for approval. It is very exciting to see such a growing interest and demand for

alternate route education. I would like to take this opportunity to share that as the use of technology increases, courses must continue to adhere to the existing standards. Syllabi must reflect learning outcomes that address the standards and assignments need to demonstrate related competencies. Additionally, when addressing issues of client confidentiality, extra measures to ensure such confidentiality must be established and articulated in the syllabus. I want to thank this subcommittee for so willingly embracing an increased workload! The Subcommittee of Approval for Alternate Route Courses (SAARC) membership includes: Janet Lester (Chair), Valerie Blanc (Committee on Approval representative), Danielle Fraenkel (alternate route educator representative) and Susan Saenger (former DMTCB representative). All applications and accompanying syllabi for alternate route course approval should be sent to the chair, Janet Lester, at janetlester@earthlink.net. Please note that Janet will be stepping down as chair in the near future. Please visit the website for up to date information of where to send applications after the new year. The website also includes a complete list of approved alternate route courses <http://adta.org/Information-for-Students>. Thank you, Janet, for your service on SAARC since 2011 and your leadership since 2014. The integrity and heartfelt dedication that you brought to this work will have a lasting impact.

Finally, the ADTA Standards Revision Task Force has been very busy. Members of the task force include Co-Chair Anne Margrethe Melsom (Approval), Robyn Cruz (Research), Nancy Beardall (Educators), Meg Chang (Standards & Ethics/Diversity), Ellen Yacoe (Government Affairs), Joan Wittig (Alternate Route), Elizabeth McNamara (Practice) and Julie Miller

Board Reports: Committee on Approval

Continued...

(DMTCB). A work group of five members met four times throughout September and October and, through a rigorous process, identified core theoretical areas, which serve as a basis for the development and revision of related competencies. The nine member task force met to review this theoretical map on October 29th. Each work group of three is now in the process of organizing, integrating and streamlining revisions to the outcome-based standards (Section II) while simultaneously continuing revisions to the input-

based standards (Section I). The goal is to have Section II completed by the winter meeting on January 21st. All educators, program directors and the membership at large will have an opportunity to offer feedback on the proposed revisions. Details of this process will be forthcoming after the task force has a completed draft.

Have a loving, joyful, warm, and healthy holiday season!

Board Reports: Government Affairs Committee

Submitted by Alison Salter, BC-DMT



I am truly honored by all of you for entrusting me with this great opportunity to serve as your Government Affairs Chair. I am humbled by the great adventure and challenge before me. However, I am confident that, with the incredible teamwork of Jody Wager, Robyne Davis, Ellen Yacoe, Norlyn Aspre, Angela Wiley, Myrna Mandlawitz, Gloria Farrow and Sherry Goodill, our dedicated Government Affairs Committee, amazing movement is forthcoming. I would like to thank Allison Winters for her devoted two years of service as ADTA's Government Affairs Chair. Her passion and dedicated advocacy for our veterans have paved a foundation for dance/movement therapy across the nation. I wish her success with her new position as Wellness Coordinator at the National Intrepid Center of Excellence (NICoE).

At the annual conference this past October in La Jolla, California, the **50 Years/50 Ways to Advocate for Dance/Movement Therapy** campaign was started; a challenge we present to each and everyone of our membership. How will you advocate for dance/movement therapy during this year?

The Government Affairs Committee would like to assist you with a great opportunity to advocate through it's two new annual scholarships to attend **Arts Advocacy Day** in Washington D.C. Join hundreds of arts colleagues from all over the United States for this dynamic two day event of training and advocacy which will culminate in on-site meetings with congressional representatives. This is an opportunity to share with and educate congressional representatives and fellow art advocates about dance/movement therapy. Build your own knowledge of the latest facts and figures regarding how the arts impact our lives in so many significant ways throughout the United States.

Arts Advocacy Day is March 7th and 8th. It is being held at the Omni Shoreham Hotel in Washington D.C. and includes a full schedule of events:

Monday, March 7th:

- 8-4 Training (Omni Hotel)
- 4-5 Americans for the Arts Action Fund Reception
- 6-8 The 29th Annual Nancy Hanks Lecture (Kennedy Center)

Tuesday, March 8th:

- 8:30 Congressional Arts Kick Off Event (Capital Hill)
- 10-6 Lobbying Visits (Capital Hill)

Please consider applying for one of Government Affairs Committee Arts Advocacy Day Scholarships. Applications are due Friday, December 18, 2015, by midnight (Eastern Time). The Government Affairs Committee will be presenting one scholarship to an active professional member and one scholarship to an active student member.

Help ADTA create a strong presence in Washington D.C. this year. Though only two scholarships are available, anyone can join us for this extraordinary event. Please check out the Arts Advocacy Day website and start making your plans to

Board Reports: Government Affairs Committee

Continued...

be a part of ADTA's dance on Capital Hill! Let us know if you will be joining us on the hill!

<http://www.americansforthearts.org/events/arts-advocacy-day>

If you are unable to join us in Washington D.C. for Arts Advocacy Day, check out 50 Ways to Advocate on the ADTA website under *About ADTA*.

On a recent trip to Sacramento, I realized how very natural advocating dance/movement therapy can really be as I sat waiting to board the plane. Twice I was asked why I was heading to Sacramento. Twice I was able to share about dance/movement therapy. Once on the plane, the woman sitting next to me was a student starting her educational path into counseling. We talked about the various counseling options before her - one more opportunity to talk about dance/movement therapy. The opportunities actually presented themselves to me.

As for why I was heading to Sacramento, dance/movement therapists in California were facing a potential block from licensure due to a suggested "non-qualifying degree" list proposed by the Board of Behavioral Science (BBS). I was presented with the opportunity to address the BBS regarding dance/movement therapy degrees and the current clinical work dance/movement therapists are providing in California. With Executive Director of CALPCC Dean Porter's support and assistance, the BBS eliminated the proposed list and maintained that each application would be evaluated on an individual basis instead of by degree title.

This meeting with the Policy and Advocacy Committee of the BBS was both successful and informative. It was a reminder of the importance of being actively engaged with the various governing bodies on a local, state and national level in order to productively participate in the development of public policy with regard to dance/movement therapy. It was also a reminder of how important our professional relationships with other fellow colleagues and organizations are to staying informed, shaping public policy and advancing dance/movement therapy.

ADTA needs your voice, your passion and your experience to expand awareness of and public policy for dance/movement therapy. I hope each and every one of us will find our voice this year as we look for those small and grand moments to advocate for making dance/movement therapy a positive force and choice.

Board Reports: Public Relations Committee

Submitted by Lora Wilson Mau, BC-DMT



As 2015 nears an end and the new year beckons, there is much to be excited about. The ADTA's 50th Anniversary Celebration kicked off in style at the San Diego conference and multiple initiatives to grow the public's awareness of dance/movement therapy and celebrate

our profession are in motion. Here are highlights on just a few:

ADTA Talks 2015

Thanks to a generous grant from the Marian Chace Foundation that funded a significant portion of our production budget, 27 speakers took the stage on October 22 in La Jolla to speak about dance/movement therapy! It was a very full day and a great success in every possible

The ADTA Facebook page so be sure to "like" that page also to stay informed.

way. An exceptional professional film crew and a slate of well-prepared speakers kept everyone on schedule (twenty-seven speakers in nine hours was a feat, to be sure!). We even had an audience in attendance throughout the day in varying numbers – including a number of undergraduate dance students from San Diego State University!

When these talks are edited and published on the ADTA YouTube Channel, the ADTA will have a total library of 42 videos that educate and inspire. The videos will be edited and released in order of awareness days/months starting in January. If you haven't subscribed to the ADTA YouTube Channel, I highly recommend you do so because you will be notified the moment a new ADTA video is uploaded. We will also be sharing the videos on

Instagram!

ADTA is officially hip.

Board Reports: Public Relations Committee

Continued...

ADTA launched its presence on Instagram during the conference and we already have nearly 100 followers! If you are on Instagram, please follow @ADTAorg. As they say, a picture is worth a thousand words. This will undoubtedly prove to be a powerful platform for the organization. If you would like to get involved on this new sub-committee, contact Instagram Team Leader Brianna Martin at blmartin1215@gmail.com.

#GivingTuesday

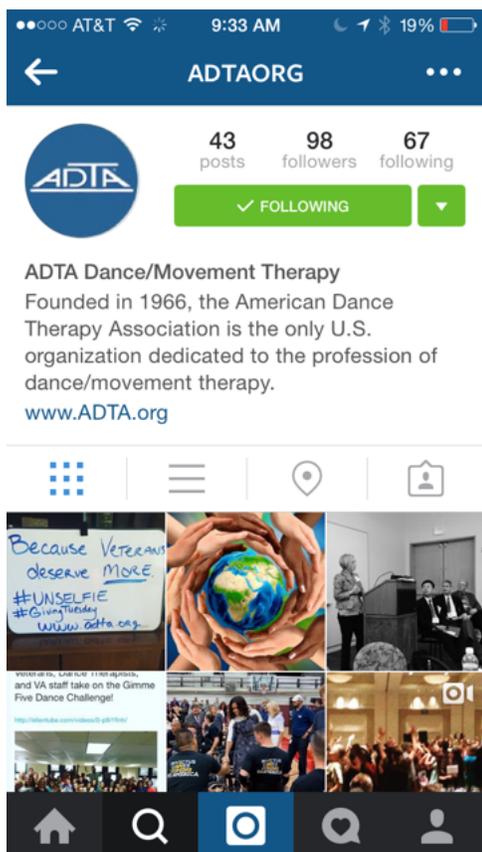
Since its founding in 2012, #GivingTuesday has inspired giving around the world, resulting in greater donations, volunteer hours and activities that bring about real change in communities. This year, due to hard work by past treasurer Meghan Dempsey, current treasurer Vicky Nichols Wilder and the generosity of the Marian Chace Foundation, we were able to launch our own #GivingTuesday campaign that contributed \$1855 to our inaugural "Dance/Movement Therapy Outreach to Veterans" program. Our participation in #GivingTuesday also raises our visibility in the world – participating in the campaign recruited a number of new followers of our Facebook and Twitter platforms. Tax deductible donations for this campaign will continue to be accepted through December 31 and we will be announcing the details of the

program early in 2016. Thank you so much for your support of this initiative.

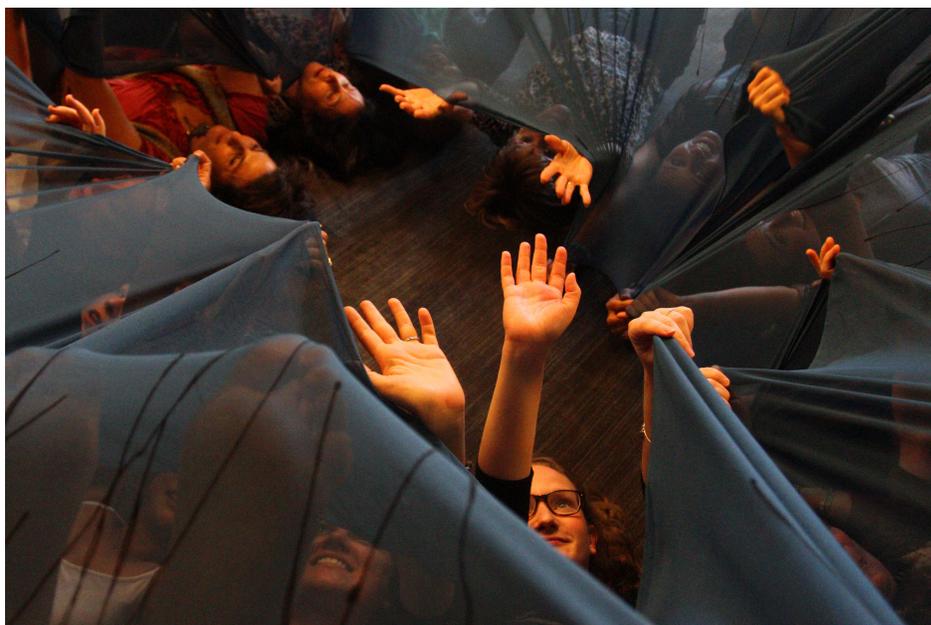
New DMT Photos

Look closely at the ADTA blog posts and social media updates in the next year and you will see many new images of DMT in action. This is due to a brilliant initiative by PR Committee member Melinda Mahler-Moran at the San Diego Conference. The PR Committee organized a photography room, complete with furniture, tapestries and DMT props and invited conference attendees to come and play. Professional photographers moved through the space with them and obtained many incredible shots. Participants enthusiastically asked for this experience to be a regular event at future conferences – there was so much joy in the room. Definitely a win win for all!

As always, I must with great humility and gratitude thank all members of the PR Committee who work so diligently, mostly behind the scenes. The successes of these projects are due entirely to the teamwork and commitment of many people who are passionate about dance/movement therapy. If you would like to join the committee and contribute in any way, please reach out to me at lorawilsonmau@mac.com. There's a place for you in PR. ☺



Left: Check out ADTA on Instagram! Follow us @ADTAorg. Below: No, that wasn't your eyes tricking you! New DMT photos will be making an appearance on the website, blog and social media.



Board Reports: Public Relations Committee

Social Media Update

Submitted by Lora Wilson Mau, BC-DMT

Our growth in the social media spheres in the three months since the last newsletter:



Moving Dance/Movement Therapy Forward: The Official Blog of the ADTA

<http://blog.adta.org/>

Totals since launch January 11, 2015

65 posts

141 subscribers (+ 32)

+ 29%

39,319 views (+ 14,196)

+ 56%

The official ADTA Facebook Page (the voice of the organization on Facebook)

<https://www.facebook.com/AmericanDanceTherapyAssociation>

Launched March 13, 2014

3,000 "likes" (+383)

+ 15%

ADTA YouTube Channel

<https://www.youtube.com/user/ADTAorg>

Launched officially on April 2, 2014

781 subscribers (+106)

+ 16%

ADTA Talk total views

64,301 (+ 9,697)

+ 18%

ADTA Facebook Group Page

<https://www.facebook.com/groups/2209175161/>

4,612 members (+111)

+ 2%

ADTA Group on LinkedIn

www.linkedin.com/groups/american-dance-therapy-association-adta-3945307

2,803 members (+140)

+ 5%

ADTA Twitter Account @ADTAorg

www.twitter.com/adtaorg

1,234 followers (+95)

+ 8%

ADTA Pinterest Account

www.pinterest.com/adtaorg

9 boards; 139 pins; 314 followers (+26)

+ 9%

Board Reports: Members at Large

Submitted by: Amber E. L. Gray, BC-DMT; Crystal Smith, BC-DMT; Naomi Nim, BC-DMT



Licensing was the hot topic at the ADTA conference regional meetings in San Diego and during a recent Chapter Leaders conference call. ADTA members are taking note of the practical paths to professional counseling and dance/movement therapy licenses as well as the roadblocks that we face state by state.

For example, we learned that in California a DMT degree is acceptable towards a license if it includes coursework in diagnosis and assessment and appraisal. While up to six other courses may be taken to “remediate” a transcript that does not include all of the counseling requirements, these two courses are required as part of the degree.

With a keen eye to how state licensing boards are going to respond to the American Counseling Association’s endorsement of CACREP, dance/movement therapists are looking closely at the opportunities and limitations of their degrees, whether they graduated from a school recognized by CACREP, have a degree with specific counseling courses and/or counseling in their degree title or whether they will practice in a state, like NY, where these factors will not matter.

Chapter leaders are also talking about how to get CE’s for chapter educational programs. Chapters want to reach out to invite colleagues in other mental health fields but are limited if chapter educational workshops and professional trainings cannot offer CE’s.

Chapter leaders, MAL’s and other members of the ADTA Board and community are thinking creatively about how to address changes that impact our professional practice and opportunities.

Board Reports: From the Office

Submitted by Gloria Farrow, Operations Director



We had such a wonderful conference in San Diego! Close to 500 people attended and we received positive feedback of learning, connecting, dancing and enjoying the time spent with colleagues. I thank all the volunteers, presenters, vendors and conference book advertisers, and as I always say, the strength of an organization such as the ADTA is totally dependent on the contributions made by its member volunteers.

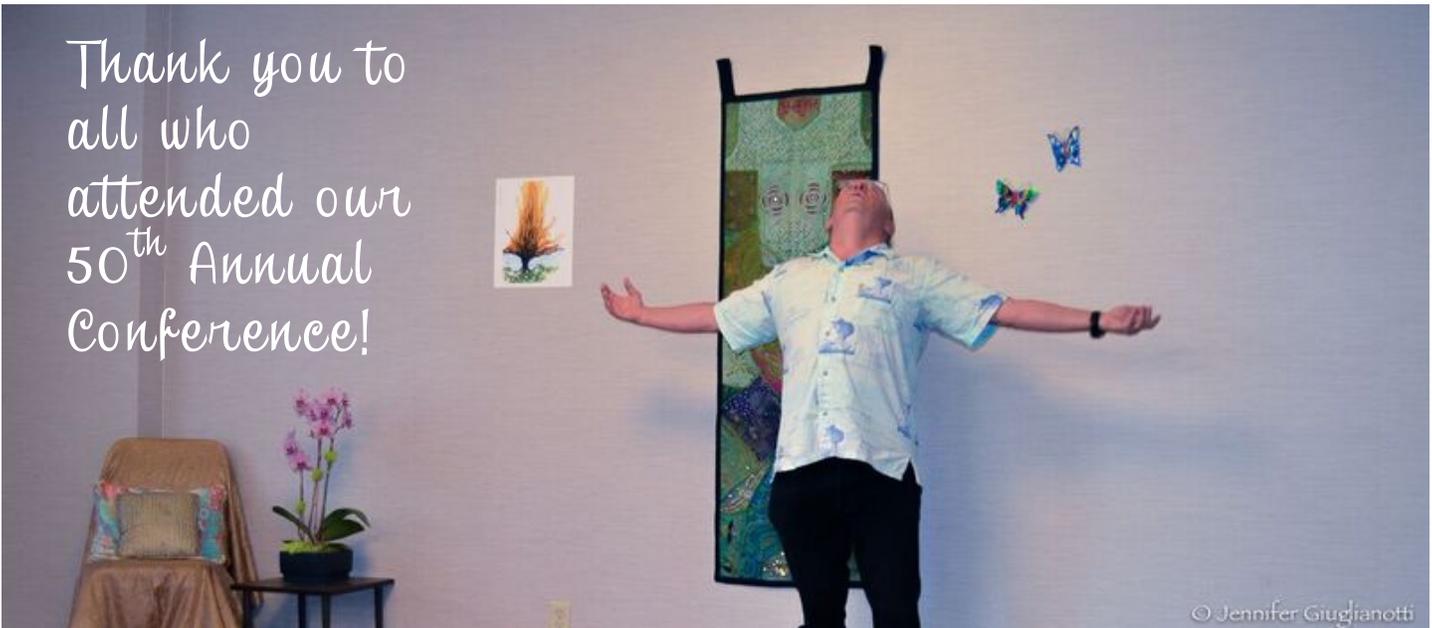
Our 51th Conference planning is abound! Put **October 20 – 23, 2016** on your calendar and plan to come to the Washington DC Metro area (Bethesda, Maryland).

ADTA receives royalties to sell DVDs for dance/movement therapists and distributors. See the list below and visit our online store http://www.adta.org/Online_Store. Please contact the ADTA office if you have a video that meets the distributor criteria of ADTA.

- *Expressing Disorder: Journey to Recovery* by Susan Kleinman, dance/movement therapist and Carol Dietrich, drama therapist
- *Moving Toward Health* by Sandy Dibbell Hope
- *Violence Prevention through Movement: Training DVD One & Two* by Rena Kornblum
- *Moving Toward Peace: Violence Prevention through Movement* by Rena Kornblum
- *Dance/Movement Therapy for Women with Breast Cancer* by Ilene Serlin
- *To Move is to Be Alive* by Penny Lewis
- *Looking for Me & Still Looking* by Janet Adler
- *Dance Therapy: The Power of Movement*

Have you visited the ADTA Online Store? Several new items available and to receive member discounts, log in as a member first http://www.adta.org/Members_Store. There are new items to purchase!

Fun Times at ADTA's 50th Annual Conference



ADTA's 50/50 Campaign

Submitted by Robyn Flaum Cruz, BC-DMT

**Celebrate 50 YEARS OF ADTA!!
Join the 50 Years/50 Ways to Advocate for Dance/Movement Therapy Campaign!**

The ADTA 50/50 Campaign



- ✓ Commit to advocating for Dance/Movement Therapy in your community by taking an action to educate the public about DMT. Big or small, all of it counts in the **50/50** campaign!!!

THE GOAL: To educate groups in each of the 50 states of the US and each of the countries where dance therapists live and work! Send in YOUR information and we will add it to the listing!!!!!!

- ✓ See examples and find out how!! Visit the ADTA WEBSITE 50/50 CAMPAIGN PAGE <http://www.adta.org/page-1861785>

OR JUST

- ✓ Pledge to educate the public about Dance/Movement Therapy by sending *your Name, City, State, Country and email* address to Robyn Cruz robyncruz@comcast.net

HELP MEET THE GOAL!! WE CAN DO IT TOGETHER – Advocate for DMT in ADTA's 50th Year!

| TIMBERLINE KNOLLS JOB POSTING | | |
|---|--|--|
| Timberline Knolls is an equal opportunity employer and affords equal opportunity to all applicants for all positions without regard to race, color, religion, gender, national origin, age, disability, sexual orientation, veteran status or any other status protected under local, state or federal laws. | | |
| Open Position: Dance/Movement Therapist | Date of Posting: Posting Expiration: Until Filled | |
| Department: Expressive Therapy | Hours: Full Time Schedule: It includes a weekend day | Supervisor: Lisaura Lozada-Goode |
| Minimum Qualifications: Seeking a Master's level registered and licensed dance/movement therapist (R-DMT or BC-DMT, and LPC or NCC). Individual will support residents by facilitating dance/movement therapy groups on a full time basis. Clinical experience in treating individuals with mood disorders, substance abuse, and/or eating disorders is preferred. | | |
| Job Description: Plans, schedules and implements dance/movement therapy and leisure sessions so that residents are offered a wide range of expressive therapy opportunities. | | |

PAID ADVERTISEMENT

DMTCB

Dance/Movement Therapy Certification Board

Submitted by Linda Aaron-Cort, BC-DMT

Congratulations

R-DMTs credentialed between September 1st and November 30th

- Stefanie D. Belnavis
- Allyssa S. Rivera Cabrero
- Andrea Chan
- Lisa Clementi
- Angelica Falcinelli
- Hannah Helfman
- Alyssa Infranco
- Jessica Kraft
- Amanda Lopez
- Keya Middleton
- Elaine A. Moehl
- Yasmin Philor
- Hillary Posey
- Michelle Quintus
- Nadia Sophia Rachel
- Carrie Robinson
- Bailey Santoro
- Linelly Olmeda Santos
- Yelimara Concepcion Santos
- Jessica Scheer
- Lisa Sclar
- Kendra Seone
- Lucia Irene Sirota
- Ayako Takahashi
- Hideki Takahashi
- Sarah Zichi



Marian Chace Foundation

Submitted by Trustees: Susan Kleinman, Sharon Chaiklin, Ann Lohn, Jane Wilson Cathcart



The conference in San Diego was satisfying and most successful on all accounts. That includes the intriguing lecture offered by Marylee Hardenbergh. Hopefully if you were not able to attend, you will

get some of the flavor as you read it in the Journal.

Prior to the conference, a new set of talks were videotaped about the use of dance/movement therapy in various settings. The Foundation granted the ADTA funds to continue this worthwhile project. We congratulate Lora Mau and her committee for the successful job that was done.

Additionally, we are acting as a fiscal sponsor for the ADTA's day of giving so that funds may be collected to support the use of dance/movement therapy in veteran facilities through educational materials and workshops.

Donations have been made at the conference and through the mail that permit us to give such grants. We thank each of you for your generosity in enabling these events to happen.

We also want to remind you that should you wish to pursue a grant of your own, the information is on the ADTA web site under the Marian Chace Foundation. Grants must be received by February 15th of each year.

Special bookmarks with gold background were given to all attendees at the conference in honor of the ADTA's 50th conference.

The trustees are planning for the next conference in Bethesda, MD which will celebrate the ADTA's 50th year. We hope to create something special for the occasion.

We thank those who have contributed to the Marian Chace Foundation these past months so that we may continue to support the wonderful work done by our dance/movement therapists.

Donations received September 1st through November 30th

FRIEND (up to \$36)

- Chandra Baylor
- Nitza Broide-Miller
- Emily Day – *In memory of Grazia Fulton*
- Pamela Jimenez – *In honor of Nana Koch who inspired and opened a path for DMT in Costa Rica*
- Audrey Albert King – *In gratitude – Jennifer Frank Tantia for her wealth of research, expertise and advice*
- Susan Loman
- Pattee Russell-Curry
- Elissa White – *In memory of Claire Schmais*
- Anat Ziv

SUPPORTER (\$36 - \$99)

- Sarah Campbell Arnett – *In memory of Luci Beinhorn*
- Sandy Dibbell-Hope
- Monica Fischbach
- Susan Kierr – *In honor of my 74th birthday – my present to myself*
- Audrey Albert King – *In honor of Dr. Harris Chaiklin*
- Judith Klein – *In memory of Elizabeth Polk and Liljan Espenak*
- Julie Miller
- Ilene Serlin – *In memory of Claire Schmais*
- Sally Totenbier

Marian Chace Foundation

Donations Continued...

PARTNER (\$100 - \$499)

- Millie & Michael Baker – *Global Site Performance projects*
- Joan Berkowitz – *In memory of Harris Chaiklin*
- Cynthia Berrol – *In memory of Harris Chaiklin, an exemplary mensch, and for his contributions as educator, researcher and scholar; he gave ongoing support to ADTA, the organization as well as individuals who sought his assistance*
- Judith Bunney – *In memory of Dr. Harris Chaiklin in recognition of his support for and guidance to dance/movement therapy and the ADTA for over 50 years; he taught me what the “hallmarks of a profession” are*
- Barbara A. Busse – *In honor and memory of the founders of the ADTA*
- Joan Chodorow – *In honor of Sharon Chaiklin for being the magnificent colleague she is including her lifelong and continuing contributions to DMT, and in honor and memory of Harris Chaiklin for his significant contributions to DMT, especially in the ways he guided us toward creating our profession*
- Pamela Fairweather
- Nancy Goldov – *To Marylee Hardenbergh and in honor of her award*
- Sherry Goodill – *In memory of Dr. Harris Chaiklin*
- Virginia Klein – *In memory of Claire Schmais*
- Nana Koch – *In memory of Claire Schmais and in honor of Elissa White*
- Rena Kornblum
- MD/DC/VA Chapter of the ADTA – *In honor and in memory of Harry Chaiklin*
- Shira Musicant – *In memory of Sylvia Holtz who took me to my first dance class*
- Naomi Nim – *In honor of Marylee Hardenbergh*
- Nikki Odlivak – *In memory and gratitude for Claire Schmais*

PATRON (\$500 - \$999)

- Nancy Beardall – *In memory of my parents, Marion & William Beardall*

CHACE CIRCLE (\$1,000 & up)

- Beate Becker – *In honor of the 50th Annual ADTA Conference and two late great leaders in the field of Dance/Movement Psychotherapy, Claire Schmais and Elaine Siegel*
- Jeffrey Samuels – *In loving memory of Arlynne S. Stark*
- Wisconsin Chapter of the ADTA



Professional DMT Community

Couples Counseling – New Dance Therapy Frontier

Submitted by Dee Wagner, BC-DMT



Dee Wagner, BC-DMT, has several new publications in the area of couples counseling. Most recently her article, *Is My Anxiety Attracting Your Depression: Polyvagal Theory in Romance*, was published in the online mindfulness magazine Elephant Journal

<http://www.elephantjournal.com/2015/11/is-my-anxiety-attracting-your-depression-polyvagal-theory-in-romance/>.

Her book/workbook for online daters, *Naked Online: A DoZen Ways to Grow from Internet Dating*, uses polyvagal theory and attachment theory to help daters gain relationship skills

<http://www.lustierlife.com>. Most couples counseling draws upon attachment theory, which dance therapists understand on a body level. Her recent publication in *Body, Movement and Dance in Psychotherapy* - Polyvagal theory and peek-a-boo: how the therapeutic pas de deux heals attachment trauma, looks at attachment theory through the lens of polyvagal theory applied to dance therapy. <http://www.tandfonline.com/doi/full/10.1080/17432979.2015.1069762>.

Annual Integrative Approach to Psychiatric Mental Health Care Conference

Submitted by Michael Gardos Reid, BC-DMT

Michael Gardos Reid, BC-DMT in the mental health services of Abbott NW Hospital in Minneapolis, recently presented for the fourth time at the 4th Annual Integrative Approach to Psychiatric Mental Health Care Conference. After helping the crowd of over one hundred nurses and allied mental health professionals relax into their nonverbal experience, Michael led the group in using their cell phone selfie cameras to practice "Selfie Witness, Selfie Esteem". Inviting participants to explore self compassion for their own dear face, Michael called the process "embodied self care for the digital age."

Dance/Movement Therapy Courses: 10 Day Experiential Intensive Courses

Approved by the ADTA as an Alternate Route to R-DMT Certification

4 Credits or 60 Contact Hours

Located in the Hampton's Beach Resort Area – 2 hours east of NYC

Attend one or both:

December 27, 2015 – January 6, 2016

June 1 – 12, 2016

- Established experiential training in dance/movement therapy since 1972
- Open to practicing and student dance/movement therapists, mental health providers, graduate and undergraduate students in related fields, and others interested in non-verbal communications
- Known for small classes which allows for both group and individualized instruction
- Learn dance/movement therapy theory and skills, group process in dance/movement therapy, and movement analysis
- Participate in clinical field work
- Authorized certificate will be issued on completion of the course

Tuition: \$975 per two-week program

Housing: Hampton's Bed and Breakfast available at additional cost

Contact: Linni Deihl, BC-DMT

P.O. Box 743

Quogue, NY 11959

(631) 653-8750

LinniADTR@aol.com

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| Ad Size | Member Rate 2 Issues | Member Rate 4 Issues | Non-Member Rate 2 Issues | Non-Member Rate 4 Issues |
|---------------------------|-------------------------|-------------------------|-----------------------------|-----------------------------|
| Full Page | \$275 | \$440 | \$350 | \$560 |
| Half Page | \$175 | \$280 | \$250 | \$400 |
| Quarter Page | \$100 | \$160 | \$175 | \$280 |
| Eighth Page/Business Card | \$25 | \$40 | \$100 | \$160 |

Interested in advertising with ADTA?

Advertising space is now available in our quarterly newsletter! Reach dance/movement therapists, other professionals, students, the international community, and more. Rates are provided above. **Save 20% when you advertise in 4 issues!** Single issue rates are available. Submit ads to info@adta.org.

Newsletter Submission Guidelines

All articles submitted are done so with the understanding that edits may be required for clarity and format purposes.

In order to guarantee that each issue of the ADTA newsletter is published and posted for the membership in a timely matter, deadlines for all submissions will be strictly observed. There will be no exceptions! If late documents are received, they will be held for publication in the following issue. Please send submissions for the newsletter via e-mail to info@adta.org.

Remember...

- Send submissions in a **Word document as an attachment**
- Newsletter articles should be **no more than 2 ½ pages** when submitted as a Word document
- Do **NOT** send material in the body of the email
- The subject heading of the submission email should read **“ADTA Newsletter Submission”**
- Prior to submission, **check and recheck** material for spelling and grammatical errors, construction of sentences and paragraphs, content comprehension and overall flow, clarity and conciseness
- Include a **contact name and email** with each submission

Newsletter **Deadlines:**

Submission Deadlines:

February 28, May 31, August 31, November 30

Publication Deadlines (on/before):

March 28, June 28, September 28, December 28