



Volume 51 * Issue 1 * Spring 2017

THE OFFICIAL NEWSLETTER OF THE AMERICAN DANCE THERAPY ASSOCIATION

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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.

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A Few Words from the Newsletter Team

Welcome to the first issue of the ADTA Newsletter for 2017. We have a lot to share with you! Read on for information on changes to the upcoming conference structure, PR strategies for getting the word out about DMT and many submissions from the professional DMT community. Don't forget to submit your articles and photos for the next ADTA Newsletter by May 31st.



Above: ADTA Site Specific Performance at the Lincoln Memorial Reflecting Pool



Right: ADTA Conference Keynote Address by Dr. Stephen Porges + Dr. Sue Carter

Below: India Conference



Board Reports: President

Submitted by Jody Wager, BC-DMT



The Board of Directors of the ADTA has been hard at work advocating, supporting, developing and refining. Our spring Board of Director's meeting is scheduled for April 1-2 in Columbia, Maryland, where we will work diligently

on behalf of our membership and the field of dance/movement therapy. I wish to take this moment to publically thank our members of the Board for their dedication, ongoing voluntary service and passion. It remains a true pleasure and privilege to be sharing this work with them!

I encourage you to read the Board reports and to notice where you feel drawn. I invite you to identify a project that you would like to work on or a committee that you would like to join. Please identify yourselves ... we won't know you're out there unless you do! We are looking for new voices and different perspectives to help move DMT forward.

In addition to my ongoing responsibilities, here are a few highlights:

1. On November 29-30, I had the honor of participating in the National Roundtable for Arts, Health & Well-being across the Military Continuum. What a thrill it was to be a part of this exciting discussion on the important role the arts play in the healing process in the military. I, along with my colleagues from NCCATA, was excited to speak to the specific contributions that the creative arts therapies have to offer. We also discussed the aspects of our work that distinguish us from the arts in healthcare platform. I was especially excited to learn about the plans to expand the use of the creative arts therapies in new satellite programs opening up throughout the country. A personal highlight for me was leading this group of esteemed individuals, dressed in uniform and presenting rather formally, in a few minutes of stretching and interacting across this massive table. This exchange evoked laughter and lightness ... some fuller breathing and playful interactions. I believe the conversation that followed was richer and more relaxed as a result. A little taste goes a long way! To learn more about this event, please refer to the separate report in the newsletter. I will be attending the NCCATA board meeting on Saturday, April 29, 2017, where will continue to explore our next steps regarding this initiative.
2. Vision 2021 ... work groups are forming and tasks are being identified. There is still time to join and become a part of helping to move the ADTA into its next 50 years!
3. Please stay engaged and read the eBlasts that come to you from the organization. There has been and will continue to be various invitations to join in local and national advocacy. We are actively working to keep our community informed of bills that are requiring our attention ... bills that impact our work and our clients ... and YOU ... our membership. Some of these eBlasts are time sensitive, so please check your email routinely. Thank you!
4. As I write this report, I am preparing to once again conduct the movement opening for the Psychotherapy Networker Symposium in Washington, DC on March 23-26. I am filled with both excitement and anxiety as I anticipate guiding a group of 100-300 psychotherapists through a movement experience designed to 'warm them up' for what's to come. This is another opportunity to share what we do. I encourage you all to give it a try. Why not offer a movement opening at a local conference?
5. I, along with Robyn Davis and other DMTs from the DC metropolitan area, will be conducting a presentation on DMT at the world-renowned Kennedy Center for the Arts. We will take to the Millennium Stage on Sunday, April 23rd from 5:30-7:00pm, where we will offer a program that will include dance, video screening, poetry, a movement choir and a PowerPoint presentation followed by a question and answer discussion.

Lastly, on a personal note, I wish to speak about self-care and the role that I believe we, as dance/movement therapists, can take in the healing of the world. These are challenging times! There is a tremendous amount of division throughout the country and the level of stress, tension, anger and fear seems to be growing exponentially. I have not only felt this in my own body but in the bodies that I touch every day in my massage therapy practice. I sense the deeply held emotions, observe the protective postures and hear the words of hopelessness and anxiety of the patients that I dance with daily. It is as though we are holding our collective breath as we all wait for the other shoe to drop. This fear of the unknown is certainly a theme that we are familiar with as therapists and one that we assist our clients with regularly. I believe that self-care is more important today than ever before ... for us, for our families and friends, for our clients, for our colleagues ... for the world! Who better than us to help bring this awareness to the attention of others? As dance/movement therapists we are exquisitely prepared to help others navigate these challenging times. So here is where I am starting ... at my hospital, my expressive therapy staff and I are designing a program that will offer weekly mini self-care sessions for staff; incorporating art, dance, music and poetry. And recently, I joined a women's acapella group that plans to bring

Board Reports: President

Continued...

uplifting and empowering music, a la flash-mob style, to local events, marches and peaceful gatherings. There's another dancer in the group and together we're going to incorporate some movement. These are simply two examples of tapping into personal resources and using them to bring about change. What are you doing to take care of yourself these days? How might you use your

DMT skillset to help soothe the world? If we don't take care of ourselves, we won't be able to care for others ... or effect the change we want to see.

With Ongoing Gratitude,

Jody

Board Reports: President Elect

Submitted by Margaret Migliorati, R-DMT



Start Your Planning NOW...A Sneak Preview of the 2017 Conference

ADTA 52nd Annual Conference

Movement as Pathway to Neuro Resilience and Social Connection:

Dance/Movement Therapy at the Forefront

November 2-5, 2017

Hyatt Regency San Antonio, Texas

It may feel as if you just got back from the 2016 conference but your 2017 Annual Conference Committee has already been busy at work for months planning a spectacular program for you in San Antonio. Conference attendees can earn up to 19 continuing education credits; up to 25 if you attend Thursday intensives. Below you will find the master conference schedule as well as highlights of intensives and this year's exciting keynote events.

Stay tuned for the opening of registration. In the meantime, it's not too early to book your conference hotel room and flights. You will want to make sure you arrive in time on Thursday to attend one of our spectacular intensives or to take part in the Day of Service and stay through the Closing Ceremony on Sunday. Just go to the ADTA website and click on "2017 conference" under "Events" on the homepage for your link to the conference hotel.

Conference Master Schedule (subject to minor changes)

THURSDAY, November 2	
8:30 am – 3:30 pm	Full Day Intensives
8:30 am – 11:30 am	1/2 Day Morning Intensives
11:30 am – 12:30 pm	Lunch
12:30 pm – 3:30 pm	1/2 Day Afternoon Intensives
12:00 pm – 4:00 pm	Day of Service (<i>actual time to be determined</i>)
5:00 pm – 6:15 pm	75 minute Workshop
7:30 pm – 9:30 pm	Opening Ceremony and Reception
FRIDAY, November 3	
7:00 am – 7:20 am	Movement warm-up
7:30 am – 9:15 am	Business Meeting
9:30 am – 12:30 pm	3 hour Workshop
9:30 am – 10:45 am	75 minute Workshop
10:45 am – 11:15 am	Break (for 75 minute workshops only)
11:15 am – 12:30 pm	75 minute Workshop
12:30 pm – 2:00 pm	Lunch
12:45 pm – 1:45 pm	Regional Caucuses (bring own lunch)
2:00 pm – 3:30 pm	Marian Chace Foundation Annual Lecture
3:45 pm – 5:00 pm	Research Poster Session and Reception sponsored by the Marian Chace Foundation
7:00 pm – 9:30 pm	FREE EVENT OPEN TO THE PUBLIC: Film Screening: "The Moving Child" by Hana Kamea

Board Reports: President-Elect

Continued...

Conference Master Schedule Continued (subject to minor changes)

SATURDAY, November 4	
7:15 am – 7:35 am	Movement warm-up
8:00 am – 9:30 am	Keynote address: Becoming the Storm - Using the Energy and Imagery of Symptoms in Play Therapy to Help Children Heal – Dennis McCarthy with an introduction by Kalila Homann
9:30 am – 10:00 am	Break
10:00 am – 1:00 pm	3 hour Workshop
10:00 am – 11:15 am	75 minute Workshop
11:15 am – 11:45 am	Break (for 75 minute workshops only)
11:45 am – 1:00 pm	75 minute Workshop
1:00 pm – 2:15 pm	Lunch
2:30 pm – 4:30 pm	International Panel
6:30 or 7:00 to Midnight	Banquet
SUNDAY, November 5	
8:00 am – 8:20 am	Movement warm-up
8:30 am – 11:30 am	3 hour workshop
8:30 am – 9:45 am	75 minute workshop
9:45 am - 10:15 am	Break (for 75 minute workshops only)
10:15 am – 11:30 am	75 minute workshop
11:30 am – 12:00 pm	Break
12:00 pm – 1:15 pm	Closing

What's New This Year

- You will notice in the schedule two workshop lengths: 3 hours and 75 minutes.
 - Three (3) hour workshops** allow conference participants to dive deeper into the content area. Three hour workshops may be appropriate for anyone from a student to an advanced level, but the presenters must have advanced experience/expertise in the topic.
 - Seventy-five (75) minute workshops** also may be targeted to varying levels of participants but the briefer time period allows conference participants to “sample” more topics. These workshops slots are open to either new conference presenters or experienced presenters wanting to try out new topic areas.
- Research Poster Session Reception:** in an effort to highlight and promote all of the wonderful research taking place in DMT, we have moved the research poster session to Friday afternoon directly following the Marian Chace Foundation Lecture. Join us for stimulating conversation and light snacks sponsored by the Marian Chace Foundation.
- Longer breaks: Yes we have heard you! While this is still a full conference, you will notice a concerted effort to bring you longer breaks and lunches.

Keynote

This year we are thrilled to be offering special keynote events. All events will be open to the public and other professionals and will offer ADTA, counseling and social work continuing education credit.

- Friday night showing of “**The Moving Child**” by Hana Kamea along with a panel of other DMT’s in the film. For more information on Hana’s incredible film, go to www.themovingchild.com. FREE to the public.
- Saturday Keynote Address: **Becoming the Storm - Using the Energy and Imagery of Symptoms in Play Therapy to Help Children Heal** – Dennis McCarthy with an introduction by Kalila Homann
- Saturday Keynote Workshops with Dennis McCarthy, Hana Kamea and other DMT’s highlighted in the film.

Board Reports: President-Elect

Continued...

Intensives

We have an outstanding line-up of intensives, many of which are expansions of some of our most highly rated workshops from 2016. Be on the lookout for more details in the near future.

Board Reports: Treasurer

Submitted by Vicky Wilder, BC-DMT



#GivingTuesday2016: The grant this year, supported by donations on #GivingTuesday and the Marian Chace Foundation, provides for a dance/movement therapist to provide an in-service and eight dance/movement therapy sessions to veterans. The #GT committee is pleased to announce that Gail Gogliotti is the recipient this year of the \$1000 grant. She is in Chicago developing the project with completion by August 2017. Look for a blog and update this fall and at the conference. CONGRATULATIONS Gail!

Finance Committee: Jacelyn Biondo and Corinne Ott are the committee members continuing to have brainstorming calls with the Treasurer, who is tasked with increasing revenue in order to expand professional infrastructure. Anyone interested in joining the committee, please email Vicky at vnwilder@comcast.net.

Board Reports: Education Committee

Submitted by Jessica Young, BC-DMT



Spring is right around the corner, which means longer daylight, more sunshine and new beginnings. It is timely then that after almost three years of dedicated and passionate work by the ADTA Education Standards Revision Task Force, the revised standards will be presented to the Board of Directors at our April meeting for a vote. A sincere thank you to the membership who took the time to thoughtfully review and comment on the draft that was disseminated via Survey Monkey. Many of the comments we received reflected in depth discussions that the task force had; other feedback resulted in clarifying and adding language as well as deleting areas of repetition. After co-chair Anne Margrethe Melsom and I considered and integrated membership comments, we took all of the feedback and our resulting recommendations to the task force (Nancy Beardall, Meg Chang, Robyn Cruz, Beth McNamara, Julie Miller, Joan Wittig and Ellen Yacoe) for final discussion. The final draft was then sent to all program directors for review and comment.

Our next venture is to revise the Alternate Route (AR) Education Standards. It should be noted that the actual competencies for AR and Approved Program education will be the same. However, there are significant differences related to the input based standards (i.e. clinical training, advising and evaluation) given the independent nature of AR training. The working group for revising AR standards is currently being assembled and will likely include: members from the ARES Core Team, a program director with AR experience and an AR educator from the Standards Revision Task Force. Please note that the review and comment process will be extensive and available to all AR educators, program educators and the membership at large. Stay tuned for updates and ways to participate. Your voices and expertise are extremely valuable to this process.

I know there is a lot that comes through your inbox and demands that are placed upon you from all sides, and on behalf of Barbara Nordstrom Loeb (ARES Chair), we are so grateful to all of the AR students and graduates who completed the demographic survey. If you are an AR student or graduate and did not receive the Demographic Questionnaire, please contact Barbara Nordstrom-Loeb at loebx001@umn.edu and she will send you a link to the survey. We are excited to gain a more comprehensive view of who our AR student body is and how the ADTA can best support your learning. It's thrilling to see the growth in AR education and the far reach of dance/movement therapy. Your input provides us with an opportunity to examine, develop and implement best practices for this model of education; one which offers broad accessibility, capitalizes on evolving technological capabilities and embraces the diverse experiences of our growing body of educators.

Board Reports: Education Committee

Continued...

ARES Core member Suzanne Hastings is in the process of creating a survey for AR educators to assess your needs and interests in more formalized networking opportunities. Thank you in advance for taking the time to complete the forthcoming Survey Monkey, and thank you Yvette Hynson who provides administrative support for all of these Survey Monkeys!

Wishing you a spring in your step this season!

Board Reports: Standards & Ethics Committee

Submitted by Paul Sevett, BC-DMT



I start this report by commending our membership for the questions, comments and concerns regarding proper ethical behavior that I receive. This high level of integrity demonstrates the thoughtfulness that our members put into their own practice and their desire for our profession to present a professional, ethical face to the outside world. As we say; **“Living ethics- it’s not just what we do, it’s who we are”** Thank you!

My report in the Summer 2016 newsletter spoke about LGBTQ issues that were prominent in the news at that time. More recently, immigrant and other marginalized groups are in the headlines. I again refer you to our Code of Ethics, particularly the sections on Multicultural Competence, 2.3 and Advocacy and Promotion of Social Justice, 6.0. These are the sections that serve as guidelines when questions arise about how to address and advocate for clients who feel and experience being disempowered. If this is an issue you confront in your practice or place of employment or is of interest to you, this year’s ethics workshop at the annual conference will focus on the ethics of advocacy. Areas and issues addressed will include confidentiality, dual relationships, conflicts of interest among others. Please join us.

As always, the S&E committee and I are at your service to help with any ethical issues/concerns that arise. I welcome your inquiries. You can contact me at ethics@adta.org and you can find my phone number in the ADTA directory for a phone conversation if you desire.

Board Reports: Committee on Approval

Submitted by Anne Margrethe Melsom, BC-DMT



I hope everyone is doing well, whether it is warm or cold where you are or simply just somewhere between. Thankfully I say - we are moving towards longer days with more daylight.

Members continuing on the Committee on Approval (COA) are: Wendy Allen (Naropa), Nancy Beardall (Lesley), Valerie Blanc (Supervisor), Ted Ehrhardt (Pratt), Craig Haen (Public Member), Susan Loman (Antioch), Susan Orkand (Sarah Lawrence) and Kim Rothwell (Columbia).

The next business meeting for COA is our Spring Meeting on March 11, 2017, where we will come together at Lesley University in Cambridge, MA. We will review Pratt University’s self-study. The program is up for renewal of the six-year ADTA Approved Program Status. The Committee will also review annual reports from all the approved programs and will attend to business for both COA and the Subcommittee for Approval of Alternate Route Courses (SAARC). We will also review rollout plans for implementation of the approval procedures that will be in place to support programs in complying with current standards whilst gradually coming into compliance with the new competency based standards. We anticipate having a working plan in place in time for the ADTA Board’s vote on the new ADTA Clinical Education and Training Standards.

Business conducted since previous newsletter:

Revisions of Policies and Procedures for COA and SAARC:

At the January 2017 teleconference for the Board of Directors, several policy and procedure amendments and changes were approved. The revised policies and procedures for COA and SAARC may be found on the website.

Board Reports: Committee on Approval

Continued...

Cross-committee meeting:

The ADTA President and two ADTA Board members met with the Chairperson of the Dance/Movement Therapy Certification (DMTCB) Board: The ADTA President (Jody Wager), the Chair of Education Committee (Jessica Young), the Chair of COA (Anne Margrethe Melsom) and DMTCB Chairperson (Linda Aaron-Court) met in January of 2017. Business pertaining to both Boards was discussed. In particular, the review, approval and certification processes with regards to the anticipated new Alternate Route (AR) standards. We envision communication and collaboration as we prepare for the Education Committee (EC) to spearhead the development of new AR standards.

Approval of Alternate Route Courses:

Continuing members of the SAARC are: Susan Saenger (Chair), Danielle Fraenkel and Dawn Lyon (both Alternate Route Educators), and we welcome Ted Ehrhardt to this subcommittee as the new COA representative. I would like to extend a heartfelt thank you to Valerie Blanc who is stepping down as the COA representative on SAARC.

The Subcommittee for Approval of Alternate Route Courses (SAARC) is currently reviewing applications under the leadership of its Chairperson, Susan Saenger.

In 2016, a total of eight AR courses were approved. One new course has been approved since the previous Newsletter edition: *Bringing Dance to People with Dementia*. Donna Newman-Bluestein is the AR Course Educator.

In 2017, no new courses have been approved as yet. You may find a comprehensive list of all approved alternate route courses at the ADTA website. Applications and accompanying syllabi can be submitted for course approval to Susan Saenger, SAARC Chair, at ssaenger@nc.rr.com

Board Reports: Government Affairs Committee

Submitted by Alison Salter, BC-DMT



Does My Voice Matter?

Last month, during a conversation which focused on the importance of calling one's elected officials, I was told, "They are too busy to care about what you have to say. No one actually listens intensely and relays your actual message. They don't have the time." These comments challenged my beliefs regarding the advocacy work our ADTA members, the Government Affairs Committee and myself have been engaged in over the past year. Some pretty amazing things have been happening thanks to every one of you who has stepped up to the challenge. I would like to share some of the interesting things I have noticed. Are they connected to each other? Maybe ... maybe not. I choose to believe our voices do make a difference. Each time we partake in the discussion, we start the ripples of awareness which spread the impact of our words and our profession.

One of my first duties as ADTA's Government Affairs Chair was to address the California Board of Behavioral Sciences. I was to provide testimony which would defend a master's in Dance/Movement Therapy as a qualifying degree for licensure as a LPCC in the state of California. After providing my testimony on the use of dance/movement therapy with various populations, the

board stated, "clearly dance/movement therapy is a qualified degree." My willingness to be the voice for California's DMTs made a difference that day.

In March of 2016, I had the privilege to attend the White House Briefing on the Arts. The briefing opened up with a beautiful video of dance in the White House. Next came a presentation on the VA's utilization of art therapy and mask making to assist veterans. At the end of the presentation, the audience was given the opportunity to ask questions. So I took a deep breath, pushed aside my fear of speaking up in a room full of "experts", raised my hand and asked my question. "What needs to happen in order for dance/movement therapy to be a service offered to veterans at the VA?" I had put it out there, not really knowing what to expect. I was somewhat surprised that I got answer back rather than education on the various programs offered at the VA. "Get the primary care doctors involved." Then the truly amazing thing happened, two other attendees, who had no connection with ADTA or Dance/Movement Therapy, asked more questions about bringing DMT to the VA. My one question compelled two other people to start asking questions on behalf of DMT. My voice inspired others to be curious that day.

One of the hopes the conference committee had for ADTA's 51st conference was to have former First Lady Michelle Obama speak at the conference. A formal

Board Reports: Government Affairs Committee

Continued...

invitation was sent to the White House. Then our Public Relations Committee orchestrated a Thunderclap through Facebook and Twitter. Our voices were heard, loud and clear. The ADTA received a response back from Michelle Obama's office. She would not be able to attend. It may not have been the response we wanted but our voices were heard and acknowledged.

ADTA's Hill Day on October 20th brought 28 DMTs to Capitol Hill. Thirty-eight congressional members and senators' offices were visited. One week after Hill Day, the Government Affairs Committee received an email from a staff member who had been visited during Hill Day. He stated that someone from the Kennedy Center is interested in hearing more about Dance Therapy and he immediately thought about us. I am happy to announce ADTA will be presenting on April 23, 2017, from 5:30 - 7:00 on the Millennium Stage at the Kennedy Center as part of their Arts and Wellness Program. Our voice does make powerful connections.

On August 26th, President Obama attended Allison Winters' yoga class while touring the National Intrepid Center of Excellence. Allison Winters is the only DMT employed at the center. She has used her voice and her actions promoting DMT within the VA system for several years. August 26th, completely unbeknownst to her, the President of the United States joined her yoga session while on his visit at the VA. Her voice was honored that day.

Our voices do make a difference, if we have the courage to join the conversation.

We may not ever know the full impact our voices have on the world around us; however, I chose to believe we are making a powerful difference by using our voice to advocate not only for DMT but for all those who cannot find their voice.



Join ADTA at the
National Arts Action Summit
March 20-21, 2017
Washington D.C.

With the National Endowment for the Arts at risk of being eliminated, the value of the Individuals with Disabilities Education Act (IDEA) being questioned and the mental health Parity and the Addiction Equity Act in jeopardy with

the fore-coming repeal of the Affordable Care Act, your voice is needed in Washington D.C. this March 20-21!

Please join ADTA at Arts Advocacy Day!
Americans for the Arts website

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

ADTA's Government Affairs Committees awards two Arts Advocacy Day scholarships each year. I would like to congratulate Elizabeth McNamara and Courtney Ann Romanowski as our 2017 scholarship recipients.



Elizabeth McNamara, BC-DMT, LPC, NCC is a Board-Certified Dance/Movement Therapist and Licensed Professional Counselor currently living in Philadelphia. She works with individuals and couples in

Private Practice as well as provides EAP consulting in a corporate setting. She is currently the Program Director for the Creative Arts for Everyone project within the Family Court system, where she has worked for almost 20 years and is an Adjunct Faculty Member at Drexel University. Areas of specialty include working with those impacted by trauma and providing licensure support in Clinical Supervision.

Elizabeth serves as the Government Affairs Liaison for the local PA ADTA Chapter and is a member of the PCA Government Affairs subcommittee. Advocacy has long been a passion for Elizabeth, highlighted this year by participation in the ADTA pre-conference Hill Day in October as well as various local grass root advocacy training events. She is thrilled to be attending the National Arts Advocacy Day in Washington, D.C. as activism on behalf of arts in healthcare and mental health care reform is an important element of her professional path.

Elizabeth is passionate about her work as a clinician, educator and clinical supervisor. Witnessing clients' growth and process of change, contributing to students' learning and supporting other therapists as they hone their skills and grow into their expanding professional identity continue to be rewarding. Elizabeth stays inspired by yoga, dance, travel, time in nature, and lots and lots of PLAY with her family (husband Greg and 3 kids). Nurturing connections with friends, laughing a lot and participating in social action in her community are most important to her self-care these days!

Ann Romanowski, R-DMT, is a Registered Dance/Movement Therapist currently living in Massachusetts. She is currently working at MetroWest Medical Center's Partial Hospitalization Program



Board Reports: Government Affairs Committee

Continued...

in Natick, Massachusetts. She runs groups for patients with mental health and substance use diagnoses and was hired because of her R-DMT. Though she utilizes music, art, poetry, and drama throughout her groups, she engages the patients primarily in movement to promote body awareness, grounding, interpersonal connection and self-expression. It thrills her to witness the patients opening themselves up to DMT. It is this daily witnessing that inspires her to continue with the work and to advocate for the legitimacy of DMT on both a local and national level.

It was pretty much written in the stars before Courtney was born that her life was going to revolve around dance. Learning it, creating it, writing about it, selling clothing and shoes for it and teaching it made up the first 15 years of her life. While thinking about college; however, the idea of studying psychology crept into her mind. She stuck to her gut and studied dance at Emerson College in Boston. She continued to read, write, sleep, eat and breathe dance. But what did she truly want to do with it? How was she going to change the world with dance?

Then came the beautiful day when the words "Dance/Movement Therapy" fluttered across her computer screen as she was looking for a new job in arts administration. She didn't know what Dance/Movement Therapy was or what it meant but she knew in an instant that she was going to be a Dance/Movement Therapist. Suddenly life made (much more) sense. Though the two years she studied at Lesley University were filled with challenges, both academic and personal, she never second-guessed her choice. And to this day she knows that she is exactly where she is supposed to be, doing exactly what she is supposed to be doing.

It seems as of late that her path is taking her to be more involved in advocating for DMT as she was involved in Hill Day during the 2016 ADTA Conference, will be returning for Arts Advocacy Day in March and will be taking part in Massachusetts' Arts Advocacy Day on March 28th. Her hope is to also become more active within the ADTA and NEADTA in finding ways to create awareness, interest, and support both in and out of the field. She is looking forward to her new adventure and in seeing what else the stars have written into her story.

Board Reports: Public Relations Committee

Submitted by Sara R. van Koningsveld, BC-DMT



Thank you for your warmth and kindness in welcoming me as the new Public Relations (PR) Chairperson on the ADTA Board of Directors. I am honored to be serving you in this role and grateful to those who served as PR Chair before me, paving-the-way. Let me begin by introducing myself,

followed by sharing changes and current leadership within the PR Committee. Lastly, I will give an update on current initiatives and projects as well as provide information on how you can become involved in a variety of capacities!

For those of you who do not know me or I have not met, my name is **Sara R. van Koningsveld**. I am a graduate of Columbia College Chicago, including the Graduate Laban Certificate in Movement Analysis. Since early 2012, I have been serving the PR Committee through primarily social media, conference marketing and press support. In addition, I have served as a Student Representative on the national Student Committee (2009-2011) and on the California Chapter Board as Southern California Programming Chair (2012-2014) and Secretary (2015-2016). At the 2014 ADTA Conference, I was recognized as a "Leader of Tomorrow", following in the footsteps of other former PR Chairpersons and Committee Members. Since completing my Master's, I have resided in Los Angeles, California. I have since become a Registered

Yoga Teacher and most recently began ventures in entrepreneurship, contracting and consulting. Professionally, I am passionate about holistic health & wellness, self-care and burnout prevention in the workplace.

However, I am but one member of a magnificent PR team. Continuing in leadership roles for the PR Committee are a group of passionate and dedicated Dance/Movement Therapists who each commit their time to the DMT field and ADTA. At the Fall 2016 Board of Directors Meeting, **Angie (Giordano-Adams) Yemma** was appointed the first "New Media Manager" of the PR Committee (Join me in congratulating her on this appointment, as well as her 2016 marriage!). Having served many years as a social media lead, Angie brings a great amount of skill and leadership to the New Media (digital/social media) sector of PR. This Spring, Angie will continue recruitment of new sub-committee members looking to share their knowledge and expertise in creating content for our various organization media platforms.

Likewise, **Ande Welling** continues to be an exemplary leader as the Editor-In-Chief of the ADTA Blog. Recently going through a transition alongside the website, the blog will be relaunching in the near future due to the dedication and perseverance of Ande and her amazing team. Ande

Board Reports: Public Relations Committee

Continued...

brings years of experience as a creative thinker and a writer. Another asset to the PR Committee is **Melinda Malher-Moran**, the visionary behind the beautiful marketing, images and graphics of the ADTA and PR Committee. Melinda's role truly touches all aspects of PR supporting advocacy, engagement, marketing and communications. In 2017, Melinda will be seeking individuals to join her in getting creative, as she leads the Vision 2021 initiative for the PR Committee. For these leaders, I am forever grateful. They have made my transition to this role easy and enjoyable. I am definitely looking forward to all that is to come from this powerful group in the months and years ahead!

And now time for some updates! With a new year, comes time for "spring cleaning" and space for new growth. The PR Committee is currently in the process of reviewing current strategies and approaches to create efficiency and increase effectiveness in all our primary channels. With this, we have some amazing opportunities for you to become involved and also to provide us with your feedback. Here is what the PR Committee has going on:

- New Media: digital/social media recruitment
 - Information collection (resourcing articles, videos, images, etc.) to be shared
 - Information sharing (participating in the posting of all collected information)
 - Email **Angie** at ADTAsocialmedia@gmail.com, if you have questions or would like to become involved.
- Marketing, Communications and Vision 2021 recruitment
 - Focusing on advocacy, education, marketing, press, imagery/graphics, etc., this team really gets hands-on with all aspects of PR
- Do not need any prior experience but do need a passion for thinking outside-of-the-box and truly being a team player.
- Email **Melinda** at ADTAPublicrelations@gmail.com if you have questions or would like to join the team.
- ADTA Blog and Website
 - The blog team is currently developing a survey for all membership. We want to know your thoughts, ideas and feedback on the blog moving forward. Please look for this email soon and provide your input by the deadline! Many thanks in advance from **Ande**!
 - In addition, the website has gone through a fabulous rebirth and the results are stunning. Do you have any feedback or ideas that could make it even better? Think specifics, for example, "I would love to see a link for ___ on ___ page." or "The images on ___ page do not load well." Please feel free to contact me, **Sara**, at any time with your input.

Thank you again for all of your support, as I take on this new role. And my sincere gratitude and love to **Lora Wilson Mau** for being an absolutely awesome leader, mentor and friend (before and throughout this process). Although she is missed dearly on the Board, Lora left me with the structure and team to make many more things possible for ADTA PR. Please feel free to contact me at any time with your PR questions, comments, feedback and ideas or if you would like to connect (saravDMT@gmail.com) or find me on social media (search: Sara v - DMT). Thank you for your time and reading along today.

Board Reports: Members-at-Large

Submitted by: Amber E. L. Gray, BC-DMT; Crystal Smith, BC-DMT; Dawn Morningstar, BC-DMT

This year, due to the tight schedule for the 50th anniversary celebration conference, the ADTA members-at-large conducted caucuses via teleconference in February. This allowed members in a region to meet, hear updates about the ADTA and the Board of Directors (BOD) and ask questions. Each call lasted about an hour.



Below are the announcements we highlighted.

Change in BOD leadership

Anne Margrethe Melsom (Committee on Approval Chair)
 Dawn Morningstar (East Region Member-at-Large)
 Jennifer Tantia (Research and Practice Committee Chair)
 Sara R. van Koningsveld (Public Relations Committee Chair)
 Jessica Young (Education Committee Chair)

Board Reports: Members-at-Large

Continued...

We are looking for helpers to actualize our portion of the VISION 2021 initiatives, which is INCREASING DMT EMPLOYMENT. Our first order of business is to form a working group with preliminary tasks of creating and distributing a survey to members regarding employment challenges, successes in securing work and creating work/entrepreneurship. Please reach out to your MAL via email to express interest.

On 9/26/16, the NJ Task Force and members of our NJ dance/movement and drama therapy communities provided testimony and favorable votes supporting our Bill #S2159 in the NJ Senate Commerce Committee. With a vote of 5-1, the bill was released from the committee. The hearing was full of difficult questions that challenged us to advocate for the legitimacy and efficacy of our profession. Thank you to Arts Pride NJ for testifying in support of our bill and to our music therapy colleagues, who not only supported our bill but also testified first and very confidently spoke of the power of the healing arts! Special thanks to Senator Nia Gill who was a strong advocate for the healing power of the arts.

Congratulations to NJ music therapists as their licensure bill moved out of committee as well! Next step is the general Senate Floor. Stay tuned to see what you can do to continue the momentum!!!!

- The new Puerto Rico Chapter will fall under the leadership of the Eastern Region MAL. Welcome Puerto Rico!!
- Creative Arts Therapy Week MARCH 14!

Based on feedback from the regional calls, attendees were overwhelmingly positive about the teleconference as an additional way to connect especially if they cannot come to a conference. The plan is to have an in-person caucus at the conference and a follow up via teleconference later in the year.

At the request of the Central region, we plan to share the testimony of the NJ Chapter with other Chapters so that we can all benefit from the hard work of NJ and learn from their success. Thanks, NJ Chapter!

The Eastern region talked about advocacy and how to deal with that among chapters. The discussion centered on advocating for our clients, mental health services and our profession regardless of individual political beliefs.

The Western region suggested and requested quarterly caucus calls, since we are a more spread out region.

Please reach out for questions or concern to your regional MAL!

Dawn Morningstar, Eastern Region Member-at-Large (dawnmorningstar4@gmail.com)
Crystal Smith, Central Region Member-at-Large (csmithdmt@gmail.com)
Amber Gray, Western Region Member-at-Large (amber@ecentral.com)

Board Reports: From the Office

Submitted by Yvette Hynson, Coordinator of Association Services



Administration:

- Ongoing calls with Operations Director
- Web-team
- Admin Team
- Remember: ADTA maintains high standards of the profession through:
 - 1) Education
 - 2) Legislative efforts
 - 3) Advocacy
 - 4) Professional collaboration representation:
 - 1) Members-at-Large link members to the Board of Directors
 - 2) Local Chapters give access to Continuing Education workshops and professional collaboration

Board Reports: From the Office

Continued...

Members receive:

- 1) Special conference rates, webinar rates, online store rates
 - 2) Access to the ADTA quarterly newsletter
 - 3) Access to the American Journal of Dance Therapy (AJDT)
 - 4) Opportunities to get involved with committees
 - 5) Access to the Membership Directory
 - 6) Complimentary link from ADTA website to a member's DMT website or blog
- 5) Leadership: ADTA members influence the profession by holding office, serving on committees and voting in elections.
- ADTA Monitors Legislation: ADTA keeps a national watch for legislation impacting the practice of dance/movement therapy; sponsors "Hill Day" seminars to inform federal legislators about dance/movement therapy and informs members about the political process.
 - ADTA Expands the Scope of Dance/Movement Therapy: Membership ensures continuation of publications, education, research and training necessary to inform the public of the benefits of dance/movement therapy and ensure access to quality services.

DMTCB:

- Applications have been sent to reviewers

Continuing Education:

- NYSED LCAT application is complete and has been sent to NYSED for approval.

Membership:

- Membership renewals will be sent out at the end of March. The membership rate (\$70) is changing this fiscal year.
 - Membership is a team sport! Membership is our motivating commodity and really the mixture of things that are happening around the association. We want to grow our numbers, we want the help and support and companionship of the office staff and our members. We want to continue to keep our current members engaged and also attract younger members to our association who may think an association is for older professionals. As a member, take the challenge to bring in new members. Why not reach out to allied professionals to attract them to the ADTA as an associate member? How about sponsoring a student's membership?

Starting April 1st, renew your membership, credentials and chapter dues online for the upcoming fiscal year (July 1, 2017 through June 30, 2018):

1. Go to www.adta.org
2. Login with email address and password (lower left of screen)
3. Then click "view profile" at bottom left of screen below your name
4. Under "member details" click button "renew until 30 June 2017"
5. Follow the instructions* (*You will also be asked if you want to renew your R-DMT or BC-DMT and Chapter dues - so read to the bottom of each screen.)

**Feeling left out?
Get involved with ADTA!**

- Join a committee
- Participate with your local chapter
- Submit articles & pictures to the newsletter



Chapter Reports

Carolina Chapter

Submitted by Virginia Hill, R-DMT

Chapter Workshop

On June 16, the Carolina Chapter is planning to host Martha Eddy, author of *Mindful Movement: The Evolution of the Somatic Arts and Conscious Action*, for a brief review of her book and possible demonstrations of her own Body-Mind Dancing and Dynamic Embodiment. Dr. Eddy is leading the training certification program for Body-Mind Dance instructors at the University of North Carolina in Greensboro from June 16 - 22: LMA & Embodied Physiology, BMD requirements). For more details about this training: <https://vpa.uncg.edu/dynamic-observation/index>

Viewing of The Moving Child and Annual Meeting

The Chapter is also planning to view "The Moving Child" together with the intention of following the viewing with our annual chapter meeting during the second quarter of this year.

Correction from last quarter's ADTA's 51st Annual Conference report:

Chapter member Adrienne McKee was also in attendance at the 51st conference, making our chapter participation a total of eight. She was not included in our pictures. Apologies to Adrienne.



New England Chapter

Submitted by Leah Brett, R-DMT

The New England Chapter Board is excitedly preparing for their annual spring conference, *Homage to Our Pioneers: Dance/Movement Therapy, from Origins to Present*, to be held April 1st, 2017 at Antioch University, New England. The keynote lecture will feature Susan Loman, Elissa White, Anne Brownell and Heidi Ehrenreich as well as a reading from the experience of Kim Burden. Each panelist will present on a chosen dance/movement therapy pioneer and her influence on the panelist's current work in the field. Hope to see you there!

The Board is also preparing for a transition in leadership as elections for the positions of president, vice president, treasurer and secretary will take place in March of 2017. Stay tuned to welcome the new members who will carry the New England Chapter to another level of professionalism, progress and innovation!

The Board is continuing to pursue new ways to develop and support the growth of the dance/movement therapy professionals, students and community of New England. We would love any feedback or ideas from New England members, as well as from other chapters. The Board can be reached at neadta@gmail.com.



Pennsylvania Chapter

Submitted by Rebekka Dieterich-Hartwell, BC-DMT

The PA chapter was very active in the last couple of months. We had a wonderful holiday party with a good turn out in December. In January, we started our first Performance Club with a performance of Doug Varone and Dancers followed by discussion and drinks. The Performance Club will be a regular feature of our chapter, and we look forward to celebrating the spirit of movement in a non-clinical fashion. Coming up on March 11th is our DMT Spring Gathering. It will be from 5:30-7:30 at Flaunt Fitness, 1939 South 17th St., Philadelphia, PA 19145.

Pennsylvania Chapter Members (and a gleeful photo-bomber) attended the first Performance Club event of Doug Varone and Dancers at the Prince Theater on January 20th.



Chapter Reports

Rocky Mountain Chapter

Submitted by Alicia N. Patterson, R-DMT

The Rocky Mountain Chapter of the ADTA is happy to announce our continued efforts in building awareness about Dance/Movement Therapy in our community. We have a spring workshop coming up this March and are already beginning the planning for the conference we will host in the Spring of 2018. We gathered for a holiday party and chapter meeting this December and we're looking forward to seeing more of our community this year.

Our spring workshop sponsors Jenny Epstein Kessem with her offerings on "Relational Mindfulness". In this workshop, we will explore our own relational habits through experiential practices that bring our style and biases into more awareness. We will create a space of inquiry that is not about a right way to relate, but rather a space to get curious. This kind of awareness may support clinicians to be more effective in work and life and may even help make the changes we want to see in the world.

We welcome anyone who wants to join who is a therapist in training or a therapist working in the field. Please write to us if you're interested in joining! You can find us on the web here: <https://adtarockymountain.org/>

We are currently taking feedback for the theme of our 2018 Conference which is hosted in Boulder, CO every 2 years. Please write to us if you are interested in participating or submitting a proposal to present at the conference (DMT submissions only please).

We look forward to working with you!



Southern Chapter

Submitted by Voniè Stillson BC-DMT

I am elated to be connected to such inspiring professionals who continue to sow the seeds of dance/movement therapy across the fertile land of the South!

Dee Wagner continues to get articles published where she is identified as a dance/movement therapist, further informing the world about our fabulous profession!

Amy Jacques is loving the dance-movement therapy work she is doing at Challenged Child and Friends. In addition, she recently integrated some of Rena Kornblum's "Disarming the Playground" curriculum activities into a conference that took place in Gainesville, GA called "Girl Power" for middle and high school girls on preventing bullying.

Ambria Cunningham and Charnè Furcron taught the Taught the One Billion Rising Flashmob Dance at South Fulton Municipal Jail, in Union City, GA on Friday, February 10th.

Rita Bates-Brown did a community presentation on Project Achieve on Feb. 14 for some MCPSS social workers and attendance officers in Mobile, AL and will be presenting on Dance/Movement Therapy for Bayview May 4th lunch and learn.

Lauren Higgins hosted her 1st show, "The Road: Exploring Healing & Recovery Through the Arts" on Feb. 26 in Chattanooga, TN

To hear about our upcoming events please see our Facebook page at: <https://www.facebook.com/southernchapterofadta/>



Chapter Reports

Washington State Chapter

Submitted by Emily Rose

On Saturday, February 11, 2017, the Washington State Chapter of the American Dance Therapy Association hosted and sponsored a One Billion Rising event in Seattle, WA. The event took place at the iconic Gas Works Park.

While Seattle had been consistently rainy all week, the sun began to shine as we danced, moved and raised our voices together to support survivors of domestic violence.

With gracious guidance from the WA State Chapter Chairperson, Lauren Harrison, participants performed the original choreography created by Debbie Allen to Tena Clark's original music, "Break the Chain." Lauren was joined by fellow board members: Nancy Goldov, Alethea Le Francois, Emily Rose and Allie Bulliman.

The WA State Chapter is incredibly grateful to have risen in passionate solidarity with community--and to have cultivated awareness of women's rights while breaking the cycle of violence through dance!



ADTA Voluntary Contributions

The ADTA wishes to thank the following for voluntary contributions December 1, 2016 through February 28, 2017.

Inga Benson
 Jack Chin
 Anne Fiskvik
 Robin David Gregg
 Norma Goldberg
 Lynn Koshland
 Andrea Peterson



DMTCB

Dance/Movement Therapy Certification Board

Submitted by Linda Aaron-Cort, BC-DMT

Congratulations

New R-DMTs credentialed between December 1, 2016 and February 28, 2017

Kamryn Briski
 Eve Chalom
 Paula G. Chandler-Paramore
 Donna DeCotiis
 Jade Dixon
 Renee Gestalt
 Chauncey Harrison
 Amy Leow
 Akanksha Mishra
 Ryann A. O'Neill
 Senta Perez
 Chelsea Vill



Kestenberg Movement Profile Trainings - 2017

Instructor: Suzanne Hastie, MA, BC-DMT, NCC, LPC, KMP Analyst

Located in West Lehigh Valley, PA (www.twinpondscenter.com) --75 minutes from Philadelphia & 2 hours from NYC

These trainings offer:

- Alternate Route or Continuing Education as well as foundational studies in the KMP allowing one to pursue KMP Certification
- Increased understanding of the nonverbal throughout the lifespan
- Small class size; space & time to move; individual attention & group experientials
- Clinical applications
- Learning in a beautiful, tranquil setting in Pennsylvania

Courses & Workshops:

(the 30 hour live courses have been approved by the American Dance Therapy Association as meeting requirements for the Alternate Route R-DMT credential)

May 1-4, 2017 Constructing Kestenberg Movement Profiles II: Tension Flow Attributes, Pre- efforts, Efforts, Shaping in Directions, and Shaping in Planes (2 credits/30 hours)

June 28, 2017 KMP One-Day Workshop on System I Patterns: Tension-flow-Effort (9am-4pm; 6 CE hours)

August 21-24, 2017 Introduction to the Kestenberg Movement Profile (2 credits/30 hours)

September 18-21, 2017 Constructing Kestenberg Movement Profiles I: Tension Flow Rhythms, Bipolar Shape Flow & Unipolar Shape Flow (2 credits/30 hours)

September 28, 2017 KMP One-Day Workshop on System II Patterns: Shape-flow-Shaping (9am-4pm; 6 CE hours)

**Also available for purchase--KMP Color Wheel Poster*

To register for courses, workshops or to purchase a poster, contact Suzanne Hastie at suzannehastie@aol.com or (610) 417-0831.

Paid Advertisement

Marian Chace Foundation

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



As the spring draws near, the Marian Chace Foundation trustees are gearing up for their meeting in April, which remains a time for a lot of planning and decision making. We have received several grants to review and make decisions about, which is gratifying, as it is our wish to enable further development of the profession. It is the start of thinking about the next ADTA conference and our roles within it, which include the Annual Lecture and the possibility of an award for journalism for a new professional writer. We would so enjoy hearing from the membership with their ideas, comments and vision for the Foundation so do not hesitate to contact any one of us.

We are pleased to announce that Joan Naess Lewin's book *Dance Therapy Notebook* is being translated into Korean by our own members Kyung Soon Ko and Sang Meong Lee. The Marian Chace Foundation shares copyrights for this book thanks to Joan, and the book will be printed by Sigma Press when completed. Royalties will go to the Foundation. The ADTA's project for veterans, by collecting funds on GivingTuesday, will be supplemented by funds from the Foundation. Matching funds were initially offered at the time.

There remain copies of the special edition book offered during the 50th conference of all quotes about dance, movement and dance/movement therapy used on the bookmarks over the years, photographs of early clinicians before the year 1980 as well as pictures of recent losses to our professional family. The book may be ordered by contacting Susan Kleinman at skdmt2@bellsouth.net who will send an order form.

With deep appreciation for the on-going support, we thank the following for their donations for both the Foundation and the TuesdayGiving project.

Donations received December 1, 2016 through February 28, 2017

* = #GivingTuesday Veteran's Outreach campaign

FRIEND (up to \$36)

- Barbara Busse *
- Diana Faraone
Thank you for being there! I love you all at ADTA!
- Diana Faraone *
- Stacey Hurst
- Elissaveta Iordanova
- Carolyn Johnson *
- Naomi Nim *
- Paul Sevett *
- Debbie Hirsch vanderLaan
- Jessica Young *

SUPPORTER (\$36 - \$99)

- Marylee Hardenbergh *
- Margaret Migliorati *
- Leni Serlin
Thank you for doing this
- Susan Shafer *
- Kim Tompkins *
- Carin Torp
Thirty years of excellence in service at Antioch University New England by Susan Loman
- Jody Wager *

Marian Chace Foundation

Donations Continued...

PARTNER (\$100 - \$499)

- Charles & Jean Albert
In honor of our wonderful daughter, Audrey Albert-King
- Anonymous
- Anna Ahlgren *
In honor of my sister, Berit Ahlgren
- Susan Cahill
- Robyn Cruz *
- Lynn Koshland
In memory of Harris Chaiklin – supporting Dance/Movement Therapy and research
- Dawn Morningstar *
- Mimi Moyer
In tribute and with thanks to Dianne Dulicai
- Shira Musicant
- Vicky Wilder *

PATRON (\$500 - \$999)

- Sherry Goodill

CHACE CIRCLE (\$1,000 +)

- Hancock Center
- Marylee Hardenbergh
Earmarked Global Site Performance projects
- Jeffrey Samuels
In loving memory of my mother, Arlynne Stark

Professional DMT Community

Suzi Tortora Presentations and Honors

Submitted by Suzi Tortora, BC-DMT

March 6th Dublin, Ireland - I am lecturing in a Pre-Congress Workshop organized by the World Association of Infant Mental Health (WAIMH) and the Irish Association for Infant Mental Health (IAIMH) for the 7th World Congress on Women's Mental Health. My lecture is titled : The Multisensory World of the Infant: Understanding the Baby's Embodied Experience and Nonverbal Cues to Support Attachment.

March 9th, River Vale, NJ. I am being honored for my work with children with Autism Spectrum Disorders at MarbleJam Kids Center for Creative Arts Therapy and Enrichment 10th Anniversary Dinner.

March 15th, Downstate Medical Center, Brooklyn, NY – I am presenting a Grand Rounds Lecture for National Creative Arts Therapy week . Lecture title: Shall We Dance? Using the Creative Arts Therapies to Promote Play, Social relatedness and Self-Expression in Autism Spectrum Disorders (ASD)

March 16, New York-Presbyterian Morgan Stanley Children's Hospital Inaugural Creative Arts Therapy in Healthcare Lecture - for National Creative Arts Therapy week, I am presenting a lecture titled: Dancing Dialogues: Interdisciplinary Non-verbal communication through movement.



Professional DMT Community

News from Hancock Center for Dance/Movement Therapy, Madison WI

Submitted by Laura Rogers



Sexual Assault Awareness Month Workshop

Ann Wingate, BC-DMT of Hancock Center, and Dianne Brakarsh, dance choreographer, teacher and organizer of Moving from Within in Madison, WI, will present 'Empowerment through Movement and Song' for Sexual Assault Awareness Month in April. This workshop

is based on the "Break the Chain" flash mob dance of One Billion Rising and its themes of empowerment through assertion, boundary setting and appreciation of one's own body and community. Ann and Dianne have offered this workshop together over the past three years at a number of settings including a state teen summit, the University of Wisconsin of Madison Conference on Childhood Sexual Abuse, area high schools and at the Hancock Center. This April's workshop will be held at Hancock Center free of charge and open to all women.

Chapter Writing

Jeanine Kiss, BC-DMT, and Rena Kornblum, BC-DMT, spent part of the summer writing about their use of DMT in violence and bullying prevention in elementary schools. The result, "Violence Prevention through Movement - Dance/Movement Therapists Create Peace in the Schools", will be a chapter in *Breaking the chains of violence and bullying through the creative arts*, edited by Dorothy A. Miraglia and Stephanie L. Brooke. Charles C. Thomas Publishers. The book is currently in press. This will be the fourth such chapter written by Hancock Center therapists and other authors for one of Dr. Brooke's volumes exploring creative arts therapies treatment approaches. The book will be of interest to mental health professionals, creative arts therapists, educators, students and others.

Comprehensive Community Services (CCS)

Since 2015, Hancock Center therapists are approved Dance/Movement Therapy providers in the provider network for Comprehensive Community Services (CCS), a new program affiliated with Dane County Human Services (DCHS) in Wisconsin. Through DCHS, CCS programs provide psychosocial rehabilitation services to consumers who have needs for ongoing, high or low-intensity services resulting from mental health or substance use disorders. CCS programs use a wraparound model that is flexible, consumer directed, recovery oriented, as well as strength and outcome based. The focus of CCS programs is to assist consumers in efforts to maximize their independence. Through this partnership, Hancock Center is able to reach and serve a population who may not otherwise have access to embodied therapy. Hancock Center therapists have seen an increased interest in DMT clinical work through the network and have received many referrals for both children and adults in the past year.



My Journey as a Dance/Movement Therapist

Submitted by Pamela Faith Lerman, BC-DMT

Since 1998, I have worked as a dance/movement therapist with the title of: "Creative Arts Therapist" for a Psychiatry Department in a community hospital in Schenectady, NY.

When I first called the hospital to inquire if they might need a dance/movement therapist, the Director of the Department of Psychiatry asked how soon I could get there. As it turned out, the hospital was about to open an inpatient unit for adolescent's aged 11-18. I interviewed with the director and was hired almost immediately with the title of "Creative Arts Therapist".

After three months, other parts of the Psychiatry Department heard about my work and asked if I could expand my time working in the Department. My work expanded from 10 hours a week working with the adolescent's to 31 hours a week working on both the inpatient unit for adolescent's, the adult inpatient psychiatry unit, and eventually, an outpatient mental health program that was then called "Continuing Day Treatment".

What I would like to focus on in this article is my work at the Continuing Day Treatment (CDT) program that transitioned in 2011 to a NYS program called: PROS- Personalized Recovery Oriented Services. For those who are unfamiliar with PROS, the New York State Department of Mental Health began a mandate to close all CDT programs throughout the state and to move towards what was described as a more consumer centered, wellness oriented program.

Professional DMT Community

My Journey as a Dance/Movement Therapist *Continued...*

I was not sure how this transition was going to go for many of our clients but for myself as an employee of a psychiatric institution and as a NYS Licensed Mental Health Counselor as well as a NYS Licensed Creative arts therapist; whatever I thought and felt about this, I had to adapt.

With support from dance/movement therapy colleagues from around the country, I decided to approach this transition with a positive outlook realizing that dance/movement therapy has so much to offer from a wellness perspective. However, it was initially a bit difficult as the program is “rehabilitation” oriented and not psychotherapeutically minded. It was necessary for me to adapt my goals, objectives and techniques to this new program.

Over the few years that our program has been in existence, the NYS Office of Mental Health (OMH) has clarified their expectations for treatment programs. Among the most challenging for me has been the expectation that groups have specific curriculums and that, at any time, an OMH administrator could go to a group and, by looking at the written curriculum, know what “lesson” the facilitator was teaching.

Prior to my graduate alternate route training as a dance/movement therapist, I graduated with a Masters in Dance Education from Temple University in Philadelphia, PA. I am familiar with the development of curriculum but I had become very accustomed to using dance/movement therapy for our traditional goal as the psychotherapeutic use of movement to further the emotional, cognitive, physical, and social integration of the individual.” (ADTA informational brochure, www.adta.org)

On the inpatient adult and adolescent units of our hospital, I was and am still able to use these skills in an individualized capacity for the patients with whom I work. Despite my familiarity with HOW to create a curriculum, I did feel resistant to this change.

Nonetheless, as with most of my journey as a dance/movement therapist, I learned (and am learning still) how to adapt and use my skills to the new situations that call for my professional DMT abilities.

Over the past few years, I have developed and utilized many new curriculum utilizing suggestions as well as articles and books by my fellow dance/movement therapists.

Below are some of the names of the groups I have created curriculum for, and use, with adult participants who are in recovery from both mental health and/or substance abuse issues:

- ***Problem solving through Dance and Movement***
- ***Improving Coping Skills through Dance and Movement***
- ***Dance for Recovery***
- ***Recovery and Healing through Dance and Movement***
- ***Trauma Recovery through Dance and Movement for Women in both Dual Recovery and Trauma Recovery***

Presently, I am so very interested in some of the work that is going on in one of my groups, the Problem Solving Through Dance and Movement.

The curriculum incorporates some of the work from Rena Kornblum’s *Violence Prevention through Movement* curriculum as well as my own work and training at both Temple University’s Dance Education program (some focus on Laban) as well as my post graduate/ alternate route training at Hahnemann University (now Drexel University).

The group has 12 participants of varying ages from the mid-30’s to late 70’s. All have a diagnosis related to mental health issues. This particular group has much body disorganization as well as internal pre-occupation with thoughts and response to internal stimuli (some of the characteristics of Schizophrenic type diagnoses). Each of the participants has demonstrated very poor awareness of self in space as well as in relationship to peers. In addition, many of the participants in the group lack the social skills of making friendships and sustaining relationships.

Professional DMT Community

My Journey as a Dance/Movement Therapist *Continued...*

The Problem Solving through Dance and Movement group addresses practical ways of learning to interact with peers and becoming aware of self in space and in relationship to others. It also teaches participants concrete tools to reach out to peers, to initiate friendships and to sustain contact through movement.

I find it so interesting to use the “lesson” of the day to assist the participants in learning new skills that are sure to be of assistance to them in their recovery process.

And I am so grateful to have been trained as a dance/movement therapist and to learn how to be resilient and able to adapt to change.



Report on National Initiative for Arts & Health in the Military

Submitted by Jody Wager

National Roundtable for Arts, Health & Well-Being Across the Military Continuum November 29-30, 2016

Members of the NCCATA board received email invitations from Marete Wester, Senior Director of Arts Policy for Americans for the Arts, to attend this event in Maryland and Virginia. The National Coalition of Creative Arts Therapies Associations (NCCATA) was represented by Ronna Kaplan, NCCATA Chair; Jason Butler, President of North American Drama Therapy Association (NADTA); and Jody Wager, President of the American Dance Therapy Association (ADTA). Linda Condon, President of the American Society of Group Psychotherapy and Psychodrama (ASGPP), had planned to attend but was ill. We were joined by Andrea Farbman, Executive Director of the American Music Therapy Association (AMTA), and Cynthia Woodruff, Executive Director of the American Art Therapy Association (AATA).

Approximately 40 individuals were in attendance, including present and past members of the military and civilians from our organizations mentioned above and a variety of important other organizations including the following:

- Armed Forces:
 - US Air Force
 - US Army
 - US Navy
- Americans for the Arts
- American Legion
- American Red Cross
- Blue Star Families
- Corporations:
 - Johnson and Johnson
 - RAND Corporation
- Department of Defense
- Foundations:
 - Loreen Arbus Foundation
 - Bob Woodruff Foundation
- National Center for Creative Aging
- National Endowment for the Humanities
- National Endowment for the Arts Military Healing Arts Network/Partnership
- National Intrepid Center of Excellence, Walter Reed National Military Medical Center
- National Leadership Advisory Council of the NIAHM (National Initiative for Arts & Health in the Military)
- Universities:
 - Drexel University Department of Creative Arts Therapies

Professional DMT Community

Report on National Initiative for Arts & Health in the Military *Continued...*

- Uniformed Services University of the Health Sciences
- University of South Florida, Office of Military Partnerships
- USO
- Veterans Health Administration

This event was a day and a half filled to the brim with speakers, information, dialogue, and networking. Stated goals and objectives of the roundtable were to:

1. Benchmark and report out on progress made toward actualizing the recommendations articulated in HIAHM's 2013 seminal report, *Arts, Health, and Well-Being across the Military Continuum – White Paper and Framing a National Plan for Action*
2. Outline the next key set of action steps to be taken collaboratively over the next 3 to 5 years; these steps will form the backbone of HIAHM's new Blueprint for Action
3. Formalize communications and events plan to guide NIAHM's work through 2020 to educate and engage policy leaders, decision—makers, supporters, and field activities to realize the Blueprint's goals

The 2013 document noted several areas where the arts have demonstrated impact, e.g., helping to sustain and promote troop force and family (*a*) *readiness*, (*b*) *resilience*, and (*c*) *retention* and subsequent successful (*d*) *reintegration* into family and community life.

Furthermore, the 2013 White Paper recommended strategies in the following areas:

- Research
 - Support a broad research agenda
 - Conduct needs assessment and benchmark research
 - Promote linkages and information sharing
- Practice
 - Person and family-center for life
 - Arts at every stage—from healing to wellness
 - Access for all
- Policy
 - Formal recognition
 - Strategically placed
 - Adequately resourced

More details about all these aspects listed above were provided in a Briefing Paper prepared for the November 2016 Roundtable we attended. An addendum containing additional resources accompanied the briefing paper. We believe there are numerous websites, webinars and more that could prove to be educational and functional for NCCATA member organizations to expand creative arts therapies services across the military continuum.

A tour of the National Intrepid Center for Excellence (NICoE) was enlightening, and a presentation by art therapist Melissa Walker, ATR; Girija Kaimal, EdD, Department of Creative Arts Therapies @ Drexel University; and Dr. Sarah Kass, CAPT, USN RET, the Military Clinical Advisor of Creative Forces: The NEA Military Healing Arts Partnership highlighted creative arts therapies and arts research. Throughout other talks and panels the arts were discussed and multiple stories that were quite moving were shared.

Possible Next Steps for NCCATA:

Throughout the discussions, NCCATA representatives in attendance became acutely aware of some major issues, such as what core components of the process of provision of arts experiences for the military and their families are still “missing”:

1. Standard vocabulary/language/definitions about various roles of artists in healthcare across the continuum (We need to advocate, educate, and clarify these roles, as frequently throughout the roundtable, lines were blurred

Professional DMT Community

Report on National Initiative for Arts & Health in the Military Continued...

between creative arts therapies and other arts experiences). Definitions of the Creative Arts Therapies are in Appendix A of the White Paper, but these need to be more widely disseminated, and perhaps we need to highlight what *is* creative arts therapy and what *is not*. AMTA has a document to this end on its website.

2. Expansion of creative arts therapies services all over the country-increased access
3. All creative arts therapies professions offered in each setting where arts therapies exist (right now it appears that art therapy and music therapy are the most frequent)
4. Need for more research regarding the impact of creative arts therapies on the lives of past and present members of the military and their families
5. Commitment to families of the military

How can we help advance the cause? How can we help advocate and educate? The NCCATA board will discuss this at upcoming meetings, and we invite your input.

Ronna Kaplan
Jason Butler
Jody Wager



Announcing the Antioch University New England Susan Loman Fund for Dance/Movement Therapy

Submitted by Brittni Cleland

Antioch University New England (AUNE) has established a scholarship fund in the name of Susan Loman to honor her in her retirement.

The creation of this fund is intended to:

- Honor Susan's thirty year commitment to Antioch University New England and her retirement planned for June 2017
- Acknowledge Susan's international expertise in Dance/Movement Therapy, specifically with Kestenberg Movement Profile (KMP),
- Recognize Susan's professional service to the American Dance Therapy Association, culminating with receiving an ADTA Lifetime Achievement Award in December 2014
- Celebrate the many people, clients, babies and parents, students and colleagues whose lives have been impacted by Susan's unselfish dedication to her field, to higher education and to her life's Body of Work

It is our intent to grow the Susan Loman Fund for Dance/Movement Therapy for the direct benefit of the AUNE Dance Movement Therapy program and students. The AUNE family is invited to participate in the effort by making a gift in Susan's honor. Follow the link below to make an online gift and to view video footage from the ADTA conference during the AUNE alumni gathering when we officially announced the fund to Susan as a surprise!

<https://www.givecampus.com/schools/AntiochUniversity/susan-loman-fund-dance-movement-therapy#donations>



Professional DMT Community

My ADTA Conference Experience

Submitted by Nalini Prakash, BC-DMT

I can still feel the impact of the ADTA conference even though it was four months ago. Celebrating 50 golden years was extra special and I had the privilege to take the role of local conference chair. Among many of my duties in that role, the one I enjoyed most was coordinating the day of service at Saint Elizabeths Hospital for a group of dance therapists from around the nation who were eager to experience the history and culture of the hospital. The morning began with a tour of the hospital's museum. One of our clients proudly took the role of guide and very articulately described the artifacts and their significance to the group. Our program analyst Maureen Jais-Mick then organized a tour of the hospital and gave the DMTs a very informative session on the history. Following the tour, Saint Elizabeths staff was given a brief introduction to dance/movement therapy, which included a movement experiential facilitated by our very own Robyn Cruz. Our Chief Executive Officer Mark J. Chastang and our Chief Clinical Officer, Dr. Richard Gontang participated in the workshop as well – a very proud moment indeed. After lunch, the visiting DMTs formed three groups and facilitated dance/movement therapy sessions with the ladies and geriatric clients at the hospital. Our clients opened their hearts and welcomed the visiting dance therapists, who interacted and danced with them. In the joy of the moment, one of the geriatric clients spontaneously gifted a bead necklace she made herself to one of the visiting DMTs. It was a moment to cherish! After a very eventful and fruitful day, we traveled back to the Hyatt where I presented at the Saint Elizabeths historic panel. Sitting at the end of the line, I looked up at the amazing stalwarts who had created history at the hospital long before I even dreamed of becoming a dance/movement therapist. While I have always understood the significance of working at Saint Elizabeths Hospital, my participation in the historic panel that day opened my eyes wider to the reality that my name would now be part of that history. Apart from being the local conference chair; I also enjoyed attending workshops, marching to the Lincoln Memorial and dancing by the reflecting pool, listening and learning from the keynote speakers Dr. Porges and Dr. Sue Carter and dancing the night away at the banquet. Sharing the same space with stalwarts, newly crowned registered and board certified DMTs, students and aspiring DMTs was the most special part of the conference for me. We all share the same passion and work towards the same goal of healing lives through dance/movement therapy. I am already looking forward to Texas!



Shortly after the ADTA conference, I traveled to India to present a dance/movement therapy workshop for the Creative Movement Therapy Association of India's (CMTAI) International conference in collaboration with Artsphere and Symbiosis, Pune in November. Tripura Kashyap, a dance therapist who was instrumental in my decision to study dance therapy ten years ago, was the curator of the conference along with a very dedicated team of DMTs. It was interesting and encouraging to see dance therapy in the Indian paradigm. The conference began with lighting the lamp, which is a typical Indian tradition meant to purify the environment and protect the space from negative energy. Over the next two days, I participated in sessions led by Alokanda Roy, a movement therapist from Kolkata who spoke about movement therapy in a prison setting. She shared her experience of working with the inmates and how she uses performance as a tool to empower them. The inmates are involved in the process from designing and stitching the costumes, to building the props and choreographing and performing the pieces at different venues all around the country. I also attended a session "Exploring the inner child: meaning of metaphors in dance movement psychotherapy," by Rashi Bijlani, a dance therapy graduate from the UK who now practices in Delhi. We engaged in playing games we had played as children, which allowed us the freedom to move in ways we had forgotten. I also participated in a discussion on eating disorders after watching Susan Kleinman's movie "Expressing Disorder: Journey to Recovery." Dance therapists from Germany, Mexico, the US and the UK facilitated some of the other sessions. I had the privilege to facilitate a workshop on both days of the conference on my work at Saint Elizabeths Hospital.



Above: India Conference lamp lighting
Below: India Conference



Professional DMT Community

My ADTA Conference Experience
Continued...

As part of the workshop, I facilitated a movement experiential where I shared my process and demonstrated how I used DMT interventions to target certain goals of my clients who struggle with shame and guilt. The best part of the conference was making new connections with dance therapists from all over the world. We mixed and mingled over scrumptious Indian lunches provided by the organizers on both days at the venue. We also had the opportunity to witness an Indian classical dance ballet "URMILA – The Forgotten Wife" at the beautiful ISHANYA Amphitheatre one evening. The conference concluded with a closing ceremony, which included a movement choir. While reflecting on my experience at the conference in India on my way back to the US, I felt certain that dance therapy was in very good hands in India and that Tripura

and her team at CMTAI are doing great work to educate, train and spread the word of DMT in the country.



India Conference

Dance and Psychology Dialogues: Interdisciplinary Work in the Project Conexiones para la Creatividad

Submitted by Pamela Jimenez Jimenez

Creative action is an expression or liberation of our world vision, values, knowledge, life and transgression. In each chord, drawing, word, gesture, sound or movement there is a symbolism; therefore, it is important to integrate the body experiences into our interdisciplinary process. (Grijalba, J. & Jiménez, P. 2016)

Conexiones para la Creatividad (Connections for Creativity) is an integrated Project that belongs to the Artistic Center for Research, Education and Extension (CIDEA) of the Universidad Nacional (UNA) of Costa Rica. The project has developed communal, educational and health processes. During the last few years, we have been working in health settings through the Costa Rican Health and Security System, *Caja Costarricense de Seguro Social* (CCSS) coordinated by the Cultural Heritage Area. One of the processes in hospital settings was coordinated with the Psychology Service of the Hospital San Vicente de Paul in Heredia Costa Rica.

The purpose of this article is to share examples of body experiences using Dance and Authentic Movement as the basis of integration dynamics with some populations. We will emphasize the reflections of the psychologist of the service, Dr. Judith Grijalba, and the coordinator of the project, Pamela Jimenez, who have been working together leading group processes; such as: grief in mothers who lost their babies, women with a history of sexual abuse and impulse control in adolescents. The groups have become a space to visualize and implement

arts as a valuable tool for health and psychotherapeutic settings.

Contemporary Dance leads us to creative action through body and movement, as a ritual, as an expression and a space for integration and self-knowledge. The various interdisciplinary processes were based upon the idea of the experiential and participative methodology, developing some important topics: body wisdom; body listening, body language; sensations, body expression, rhythm, movement meditation, dance; body poetic.

When we move, we are not only doing a physical activity, we are expressing and communicating via nonverbal language throughout our body in which emotions and thoughts are integrated.

For the development of the group processes, we also included Authentic Movement, which we found very important in leading to deep listening of internal impulses. By introducing the roles of the internal and external witnesses; whose task is to accept, love and never make a judgment; we emphasized the fact that the body has a memory. It contains the path for integration, the key to symbolism and the means for resolution of any particular process.

In addition, we implemented a space for "transition" as a way in which the participants could integrate body and movement into a more concrete art and expressive

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Dance and Psychology Dialogues: Interdisciplinary Work in the Project Conexiones para la Creatividad *Continued...*

language, like drawing, writing, sculpturing, etc.. The creation and development of these dynamics came for and from the participants.

In this interdisciplinary process, Psychology and Arts joined together as a means to allow participants to get closer to themselves in a less threatening environment. Since the creative process allows the transformation and manipulation of reality, they had a sense of control over the situation, and it gave them the confidence to express their pain, anguish or internal discomfort as well as the opportunity to make a new meaning of the experience. It is a moment when the person can connect with him/herself through the five senses by using colors, textures, shapes, music, gestures and body awareness. The process facilitated access to repressed emotions and feelings and helped participants acquire new social skills, new perceptions of the situations. It provided a space for "rehearsals for life" that finally seek for the integration of discordant feelings in the person.

Both Authentic Movement and Dance were validated as valuable methods for body listening and awareness and as ways of expression, creation and self-regulation. One essential element is that both connect us to the present

moment (here and now). They allow us to connect us with our own body, respect our internal rhythms, and prioritize sensations, body language and nonverbal language. This encourages benevolence towards self and others and to generate expressive and creative settings. Authentic Movement and Dance also give the chance to work with kinesthetic empathy, as a vital premise to relate with others, to inspire and to be inspired.

In the psychotherapeutic setting, use of the arts increases creativity, sociability, self-esteem, confidence, handling of guilt, anger and frustration and expression of different emotions. It also promotes access to repressed material through symbolization. The creative arts help people in their process to give meaning to life and allow them to contact their own body and emotional resources so they can develop personal ways and awareness of themselves.

"The roots of this work can be traced to earliest human history when disease was seen as a loss of soul and dance was an integral part of the healing process." Joan Chodorow

Links to the project:

FB: <https://es-es.facebook.com/atencioncreativa/>



Dancing Towards Love

Submitted by Rachel Singer, R-DMT

"When working with young children, dance/movement allows for an environment that is simultaneously structured and freeing" (Integrating Expressive Arts and Play Therapy with Children and Adolescents, 2014).

As we know, children are incredible and have their own way of thinking and being in the world. They use their senses to experience the world around them and are looking to us, the adults, for the answers. In their everyday lives, they are receiving guidance to stay safe and do what they need to do to survive and thrive. Children need both structure and freedom. Structure provides children with boundaries to help them feel safe, secure, and supported. They also need freedom to think, feel and be how they are in order to develop a solid sense of who they are.

We as human beings are complex and have a body that navigates our day to day interactions. Yet, we are not as connected as we used to be. As much as we try, our phones and busy lives keep us detached from our bodies. In many spiritual teachings, the body-mind connection is found to be extremely important to our health. Being present in the moment, focusing on our breath and listening to our body, is the ultimate goal for many of us. However, it is challenging to stop and do this while we

Professional DMT Community

Dancing Towards Love Continued...

have to go to work, pick our kids up from school, take them to school, pay rent, clean our homes and so on and so forth. The big question is: How do we make time to be present in our bodies, present with our children and teach our children to be present with themselves?

Dance is fun, easy and can be a free way to do exactly this. We may think of dance as a structured activity with choreographed movements, ballet slippers and a tutu. Although this is a great activity for children who love dance, this is not the only way. Children are very capable of meditating, breathing and being in their own bodies. Yet, like many things, they need to experience it to learn it.

Have you ever turned the music on at home and have had an unscheduled dance party with your child(ren) or spouse or lets face it, just you? This is a perfect, easy and fun way to get into our bodies, let loose and connect to yourself and to your child. By dancing freely and creatively, you are allowing your body to relax, unwind and literally move things around in your system.



We hold our tension and stress inside our shoulders, necks, bones, cells and everywhere in between. Dancing, breathing, stretching and shaking out to any music, helps relieve stress and calm the nervous system. Not only is this beneficial for you but it is highly beneficial for your child. Dance helps children self-regulate, express their

feelings and get into touch with their bodies. By dancing with your child, you are able to connect to them on an equal level, letting them know you are on their side and that you see them for who they are. In addition, they get to see you relaxed and having fun, which puts them at ease. I invite you to try, once a week, putting any music on, whether it be Katy Perry or the Beatles, and dance freely with your child. You can wiggle every part of you, copy your child's movements and dance crazy together! Dancing is more than having fun, it is a way of letting go and of being in touch with your body.

It allows your mind and body to connect, release and integrate both sides of the brain. Give this to yourself and to your family. Dance towards love! If anything, I can assure you, you'll have fun and let's face it, we all need more fun in our lives!

We want mail!

Questions, comments, thoughts, pictures...submit them for the next ADTA newsletter. We love hearing from our members. Be sure to read the newsletter guidelines before submitting.



International DMT News

Dance Movement Therapy Association in Canada

The Dance Movement Therapy Association in Canada (DMTAC) continues to promote the growth of Dance/Movement Therapy in Canada. In February, we had the immense pleasure of welcoming Canadian BC-DMT, Hana Kamea Kemble to premiere her beautiful film "The Moving Child" and host a workshop exploring the importance of movement in early development. This film, supported by the ADTA, the Marian Chace Foundation and DMTAC among many others, holds wonderful potential to impact audiences as it did the students, therapists and parents who attended the screening in Montreal. Contact Hana to order the film or inquire about future screenings here: <https://www.facebook.com/themovingchild/>

We would like to extend an invitation to DMTs across the globe to contact us if they are visiting a Canadian city and wish to hold a workshop in Canada. We offer four workshops per year and would love to collaborate with you. Please contact: dancetherapyca@gmail.com

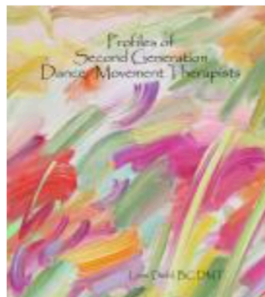
Furthermore, we extend a call to any professional DMTs and DMT students in Canada who are not yet members. Please contact us to let us know where you are and how we can involve you in the Canadian DMT community. Follow us on Facebook to find out about upcoming events and stay in touch with the DMT community in Canada! <https://www.facebook.com/dancetherapyca/>

With warmest regards,
DMTAC Board Members

Profiles of Second Generation Dance/Movement Therapists

Linni Deihl has collected written profiles and video of prominent second generation dance/movement therapists who describe their journey in this profession at annual ADTA conferences from 2005 to 2015. These dance/movement therapists live in different states and countries and practice in different ways, but they all have contributed significantly to the body of knowledge in our field. They present theories and concepts from our eight pioneer dance/movement therapists, integrated with their own resources in their work in private practice, in psychiatric hospitals, in dance/movement therapy education, in research and publications, and in our ADTA organization. Wishing we had more material from our earliest eight pioneers, it is vital for our profession to preserve our living history while we still can and to maintain connections between generations so that we continue to transmit our history.

Book and DVD are available for purchase. Please contact the ADTA Office to purchase (info@adta.org or 410-997-4040). Proceeds to benefit the ADTA.



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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.

We encourage submissions from our members regarding what is new and newsworthy in their lives and practice as DMTs. The opinions reflected in the submissions are not necessarily the opinions of the ADTA and Board of Directors.

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