



THE OFFICIAL NEWSLETTER OF THE AMERICAN DANCE THERAPY ASSOCIATION

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A Few Words from the Newsletter Team

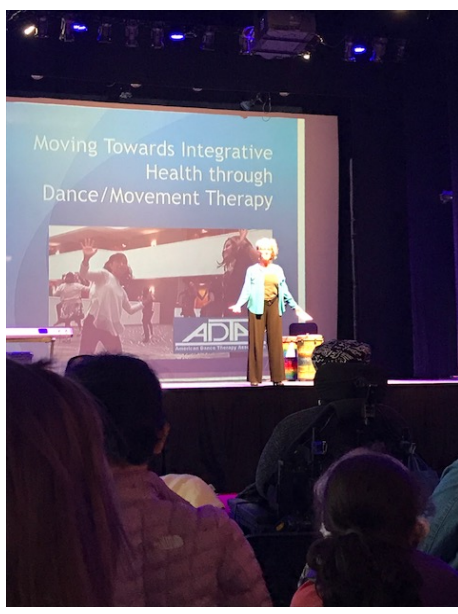
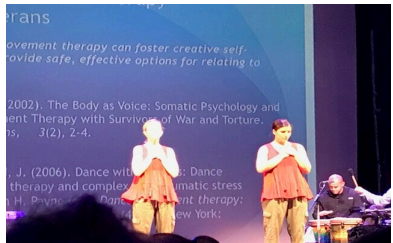
Welcome everyone to the summer edition of the ADTA Newsletter! We are excited to announce the ADTA Election Results in this issue. Keep reading for updates from your Board of Directors, local Chapters and submissions from your professional colleagues. Don't forget to submit your pictures and articles to our next newsletter.



All photos: ADTA at the Kennedy Center

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

Newsletter Team:  
Mat Winer, Copy & Content Editor  
Gloria Farrow, Co-Editor  
Amber Falls, Format & Design



## Board Reports: President

Submitted by Jody Wager, BC-DMT



*Only with winter-patience can we bring  
The deep desired, long-awaited spring  
Anne Morrow Lindbergh*

It has been a busy period since I last wrote and much has happened that I would like to share ... here are a few of the highlights:

20 March 2017

Arts Advocacy Day  
Washington, DC

On Monday, March 20, 2017, I joined hundreds of arts advocates from across the country for interactive advocacy training and peer-to-peer learning and networking. It was my pleasure to share this experience with Renee Wolfe, the ADTA's Administrative Assistant, and the two ADTA members who were the recipients of the ADTA Arts Advocacy Day Scholarship; Elizabeth McNamara and Courtney Romanowski. I also had the distinct privilege to co-facilitate an introductory training session on the Creative Arts Therapies alongside Judy Simpson, the American Music Therapy Association's Director of Government Relations. That evening, we attended the Nancy Hanks Lecture on Arts & Public Policy at the John F. Kennedy Center for the Performing Arts. It was a long, tiring yet exhilarating day and I went home that evening feeling inspired and eager to return for more!

Then, on Tuesday, March 21, 2017, bright and early, after the Congressional Arts Kick Off, my fellow advocates and I met with our Members of Congress and Senators to share our stories about the impact and transformative power that the arts have in our communities. I had the pleasure of sharing this experience with Donna Betts, the President of the American Art Therapy Association. She and I represented the Creative Arts Therapies as we spoke to our representatives from Virginia; she provided information on the research our fields have generated and I provided compelling clinical vignettes. We made a great team!

I would strongly encourage you to consider attending and participating in this most exciting and beneficial annual event. Each time I attend, I learn something new about advocating ... and each time I come away feeling more empowered and determined. Won't you please join me next year!

27 March 2017

Psychotherapy Networker Symposium  
Washington, DC

Once again I, along with members of the MD/DC/VA chapter, facilitated a movement opening for the Psychotherapy Networker at the Omni Shoreham in Washington, DC. This year, as in years past, 150 psychotherapists from around the world joined us to move, dance and play during the evening event entitled "The Doorway to Engagement". Sharing our work as dance therapists in this way has been nothing short of wonderful!

1-2 April 2017

ADTA Spring Board of Directors Meeting  
Columbia, Maryland

I conducted the Board of Director's meeting during the weekend of April 1-2, 2017. We had a most productive meeting, which you can read about in the various reports included in this newsletter. Your board has been hard at work and I am grateful for their ongoing dedicated service.

23 April 2017

Kennedy Center for the Performing Arts  
Washington, DC

On April 23, 2017, members of the MD/DC/VA chapter had the distinct privilege to perform on the Millennium Stage of the John F Kennedy Center for the Performing Arts. How cool is that??? To say that we were excited would be an understatement! This invitation was the result of a connection made during our Conference Hill Day back in October, which speaks to the fact that you just never know where an opportunity may come from. Our performance was part of the Arts and Wellness series in collaboration with the NIH and the Kennedy Center's Sound Health Initiative. Together we shared, with an audience of 350 people of all ages and cultures, demonstrations of dance/movement therapy with veterans, adults, and children. I even had the opportunity to facilitate a movement opening that had everyone in the house moving about. It was a very special evening for all of us.

## Board Reports: President

*Continued...*

You can view a video of the event at: <https://www.kennedy-center.org/video/index/M7161>. Thanks to DMTs: to Robyn Davis, Ellen Yacoe, Nalini Prakash, Brigitta White, Allison Winters, and Liz Freeman.

29 April 2017

Chicago, IL

On April 29, 2017, I had the privilege to represent the ADTA at the annual in-person meeting of the National Coalition of Creative Arts Therapies Associations (NCCATA). NCCATA is a non-profit 501(c)(3) alliance of organizations dedicated to the advancement of the creative arts therapies (CATs) professions. Founded in 1979, the NCCATA represents over 15,000 individual members of six CATs associations based in the United States.

The Executive Committee is composed of Past Presidents of the CATs member groups. Each of the six professions was represented by organization Presidents (or designees) of the American Art Therapy Association (AATA), the American Dance Therapy Association (ADTA), the American Music Therapy Association (AMTA), the American Society of Group Psychotherapy and Psychodrama (ASGPP), the National Association for Poetry Therapy (NAPT), and the North American Drama Therapy Association (NADTA).

The meeting began with a tribute to AATA Past-President Joan Phillips. Joan passed away in February and had served as NCCATA Chair in 2015/2016. She was highly regarded by her colleagues in the creative arts therapies professions and her absence is deeply felt.

In addition to conducting regular business, the NCCATA Board productively engaged in a number of tasks. We discussed initiatives such as joint panels at conferences and strategic planning developments tied to our plan that was initiated one year ago. We continued to work on the Creative Arts Therapy document to be included in the upcoming white paper of the National Organization for Arts in Health (NOAH).

On May 11<sup>th</sup> I was thrilled to witness the thesis presentations of the 2017 graduating class of Sarah Lawrence College. It was a moving and inspiring evening, which left me feeling proud and reassured that the future of dance/movement therapy is in good hands. I especially enjoyed my time visiting and celebrating with these remarkable students and look forward to welcoming them into our professional community. On June 11<sup>th</sup>, exactly one month later, I will have yet another opportunity to experience the culminating theses of the 2017 graduating class of Drexel University. I am eager to participate in their Colloquium and join the Pennsylvania chapter's tradition of welcoming their graduates into the profession.

On another note, I wish to share some reflections from my participation in the celebration of Dianne Dulicai's life on Saturday, June 3, 2017. It was a privilege and an honor to be present and engaged in this program designed to celebrate Dianne and her many, many contributions. The stories shared by family, friends, and colleagues moved me from tears to laughter. It was Dianne's request to have a second line parade as part of her service, and so Jim, Dianne's husband, arranged for that to happen. Cathy McCoubrey, a DMT and colleague of Dianne's, created a movement choir ala second line. Dance/movement therapists from the DC area and PA came together to guide family and friends in this dance to honor Dianne and the result was exquisite! I think Dianne would have loved it!

Lastly, I want to share with you, my DMT community, that the Board of Directors has been keenly aware of the political climate in Texas. In light of the fact that our upcoming conference will be held in San Antonio, I want to assure you that we are committed to creating and providing a conference experience that is safe and supportive of all our members. We are keeping current with the proposed laws that might impact our work and those we serve, as well as members of our association. In light of some of the recent laws, the executive committee crafted a position paper that we shared with members of our Texas chapter and their representatives. The closing of the statement reads as follows: *The ADTA supports leadership and policy that demonstrates ethical, thoughtful consideration and support for human rights. We oppose all legislative efforts whose intention results in discrimination or intimidation of a social group based on sexism, homophobia, racism, or economic exploitation. In addition, such legislation significantly affects our decisions regarding the allocation and investment of our financial resources.* The executive committee is currently working on plans to share the full statement with the membership and the general public. Please stay tuned.

Respectfully submitted,

*Jody*

# Board Reports: President Elect

Submitted by Margaret Migliorati, R-DMT



## Registration is open now for the 52<sup>nd</sup> Annual ADTA Conference in San Antonio!

*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's that time of year again – time to go to the ADTA website and register for the annual conference (<https://adta.org/2017conference/>). This year's event is jam-packed with the usual conference programming as well as special and **FREE** events that you won't want to miss. Plan to arrive early to take advantage of all of the pre-conference opportunities on Thursday and stay through Sunday afternoon when we come together one final time as a community to honor our newest credentialed members and close our conference.

### Conference Highlights

- Keynote address: Internationally-renowned author and speaker Dennis McCarthy presents: ***Becoming the Storm - Using the Energy and Imagery of Symptoms in Play Therapy to Help Children Heal*** (<https://adta.org/keynote-address/>)
- Free public showing of The Moving Child film with Hana Kamea Kemble, RCC, BC-DMT, CLMA and a panel of dance/movement therapists (<https://adta.org/2017-friday-film/>)
- Day of Service opportunities to meet and give back to the local community - **FREE**
- Marian Chace Foundation of ADTA Lecture with Robyn Flaum Cruz, PhD, BC-DMT: “Rhythms of Research & Dance/Movement Therapy”
- Over 30 workshops and 9 pre-conference intensives to choose from
- Rich cross-cultural sharing on the state of DMT around the world with the International Panel
- Research poster session and reception sponsored by the Marian Chace Foundation of the ADTA
- A day of advocacy training - **FREE**
- Great opportunity to explore San Antonio's River Walk and historic sites. (See NY Times *36 Hours in San Antonio* ([https://www.nytimes.com/interactive/2017/03/23/travel/what-to-do-36-hours-in-san-antonio-texas.html?\\_r=0](https://www.nytimes.com/interactive/2017/03/23/travel/what-to-do-36-hours-in-san-antonio-texas.html?_r=0)))
- The best Saturday-night dance party in the universe

### Conference Master Schedule (subject to minor changes)

<b>THURSDAY, November 2</b>	
8:30 am – 3:30 pm	Full Day Intensives
8:30 am – 11:30 am	1/2 Day Morning Intensives
<b>11:30 am – 12:30 pm</b>	<b>Lunch</b>
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
<b>FRIDAY, November 3</b>	
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
<b>10:45 am – 11:15 am</b>	<b>Break (for 75 minute workshops only)</b>
11:15 am – 12:30 pm	75 minute Workshop
<b>12:30 pm – 2:00 pm</b>	<b>Lunch</b>
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: <b>“The Moving Child”</b> by Hana Kamea



## Board Reports: President Elect

Continued...

SATURDAY, November 4	
7:15 am – 7:35 am	Movement warm-up
8:00 am – 9:30 am	Keynote address:  <b>Becoming the Storm - Using the Energy and Imagery of Symptoms in Play Therapy to Help Children Heal</b> – 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.
  - 3 hour workshops** allow conference participants to dive deeper into the content area. 3 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.
  - 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](http://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.

### Intensives

We have an outstanding line-up of intensives, many of which are expansions of some of our most highly rated workshops from 2016:

- Practice Based Evidence: Treating Eating Disorders Through Dance/Movement Therapy** with Susan Kleinman and Concetta Troskie
- Couples Dance/Movement Therapy: Theory and Practice** with Stacey McGinn Hurst and Dee Wagner

## Board Reports: President Elect

Continued...

- **Activating the Edges: Addressing Race, Gender, Sexuality and (Dis)Ability** with Rosey Puloka, Jessica Diaz and Monimia MacBeth
- **Why DMT Works: State-of-the-Art Research Designs to Investigate Therapeutic Factors of Dance/Movement Therapy** with Sabine C. Koch
- **DMT Meets Cosplay** with Vonie Stillson
- **Cultivating Body Presence: Integrating Principles of Dance/Movement Therapy and Trauma Stewardship to Develop Self Care Practices** with Kyla Gilmore
- **Group Dynamics/Group Development Through a Jungian Lens** with Nanine Ewing
- **Cultivating Embodied Compassion Resiliency: Contributions From Dance/Movement Therapy** with Annabelle Coote
- **Introductory Experiential Workshop and Continuous Support Group for Those New to the ADTA** with Linni Deihl

## Board Reports: Secretary

Submitted by Leslie Armeniox, BC-DMT



Greetings, Members! It's a pleasure and honor to serve as your Secretary. Thank you for electing me to a second term. It's an honor to have your confidence.

I appreciate your membership, your engagement in our association and your efforts to educate and advocate. I hope this year will be the year you spread your wings - get more involved in your chapter, reach out to one of our international members, join a committee, present at the conference or publish an article. The ADTA is doing important work to support the profession and your professional development, and we need your input, ideas and contributions.

It's also important that we continue to grow our membership; with bigger numbers, we can reach more people to educate them about DMT, create more jobs and have a stronger voice for advocacy efforts. Did you know that non-DMTs can be members of the ADTA? Our membership is open to anyone interested, such as students in high school and college, and professionals in related fields. Perhaps you've spoken with someone lately who's fascinated with the field and wants to learn more. I always say there's no better way than to become a member and join us at the annual conference. Our members are generous with their knowledge and ideas and enjoy creative collaboration with other professionals. Do you remember how exciting it was when you first joined, met and danced with your fellow members? You could change someone's life by telling them about the ADTA and inviting them to join.

In addition to taking notes at meetings and other document review responsibilities, I'm happy to be taking on a new initiative: **The ADTA Archives Project**. We have records, photographs, publications, newsletters, videos, films, meeting minutes and more, and very little has been archived in an orchestrated way to make sure we preserve and protect our history as a profession. I'm looking now for members who are interested in serving on the **Archives Task Force**. We'll meet by telephone and Skype to discuss ways to approach, organize and manage this project. Together, we'll come up with a plan to present to the board. If this is something that sounds interesting to you, or if you have some experience in this area and you'd like to help, please email me directly at [larmeniox@gmail.com](mailto:larmeniox@gmail.com).

Another important part of the Secretary's work is overseeing several committees. One is the Student Committee. This committee includes student representatives from DMT programs as well as alternate route students and professional members. Since many student representatives are graduating this spring, we're looking for new student representatives and committee members. If you'd like to work creatively and collaboratively to help ease students' transition from school and training to the world of work, please volunteer to join us. My goal is to come up with 2 or 3 ways to help students better prepare for job searches, network effectively and find ways to work within the association to further their professional development. If you'd like to be part of the Student Committee, please email me at [larmeniox@gmail.com](mailto:larmeniox@gmail.com).

Lastly, I would like to thank our **global members** for working persistently to network with each other, establishing DMT training programs, providing DMT in underserved parts of the world, engaging in research to advance the profession and translating a body of work into many languages to benefit people around the world. You have said in the past that connecting with each other to talk about DMT and to combat feelings of isolation is helpful. I remember being a pioneer in

## Board Reports: Secretary

*Continued...*

the Southeast United States and how challenging it was to work and stay in the loop. I had my hands full helping my coworkers and community understand DMT and what it offers; it was a blessing every time I was able to talk with another professional who “got it”. The Global Committee and I would like to hear more from you—about what you’re doing, what kind of support you need and other ways the ADTA can support your work. Please take a minute to post something on the Global Committee Facebook page and/or the ADTA Facebook page. Send us news on how many people have benefitted from your work as a DMT. Post your photos so we can see your smiling faces and look forward to meeting in person at the conference. If you’re not comfortable bragging about your contributions, write me at [larmeniox@gmail.com](mailto:larmeniox@gmail.com) and I’ll be happy to brag for you.

## Board Reports: Treasurer

Submitted by Vicky Wilder, BC-DMT



FYI: The ADTA is a 501(c)6 organization. 96% of ADTA dues and donations are deductible, either as unreimbursed employee expenses or as Schedule C business expenses. (The 4% pays for the ADTA's lobbying expenses and is not tax deductible).

CLINICAL CONSULTATIONS at the annual conference are an opportunity for dance/movement therapists to receive supervision in person, perhaps connecting with a new supervisor. For BC-DMTs, it is our opportunity to mentor developing dance/movement therapists and to give back to our professional community. The list of clinical supervisors is being updated by the ADTA office. Registration is \$35 for one hour and is available on the conference registration website. Those registering for and those giving the consultation will have a place to meet-and-greet on Thursday @ 4:30 at the conference. Each duo will decide on when the consultation will take place. Let's make those connections.

#GIVINGTUESDAY2016: Gail Gogliotti, the award recipient of the \$1000 grant in 2016, is preparing to provide dance therapy services for veterans in Chicago beginning this June. Look for her blog and update at the conference this fall!

#GIVINGTUESDAY2017 title will be: Outreach to Refugees: Fostering Connection and Belonging. Look for details and deadlines to apply for the grant in the next newsletter and on the website.

Thanks to the Finance and Budget committee for their continuing work: Corinne Ott, Jacelyn Biondo and Liz Hagerman.

## Board Reports: Education Committee

Submitted by Jessica Young, BC-DMT



Summer is often an opportunity to set aside time to recuperate, rejuvenate and restore. As a Chicagoan, I am also aware that summer is a time often riddled with increased gun violence. In addition, our local, regional and national communities are facing dramatic budget and healthcare cuts that have significant ripple effects, while our international neighbors are confronted with unprecedented challenges. I say all of this to emphasize the increased need for spreading the work of dance/movement therapists—caring, respectful and compassionate relationship builders and social justice advocates who promote health, healing and well-being. We can each make a positive difference individually and collectively.

The Education Committee is committed to revising the Alternate Route (AR) Education Standards to better support alternate route training while establishing consistency with student competencies that are required in approved graduate programs. The working group for revising AR education standards is comprised of Meg Chang, Kalila Homann, Barbara Nordstrom-Loeb (ARES Chair), Suzi Tortora, Joan Wittig and myself. Meg, Joan and I also served on the Education Standards Revision Task Force, and collectively, the members offer extensive experience in providing AR education both nationally and internationally. We have met once as a group and divided into three dyads to begin the review, research and revision process, which is being informed, in part, by the data collected from the AR demographic survey. Thank you again to all of those who completed it. Our next meeting full meeting is in June.

## Board Reports: Education Committee

*Continued...*

The survey for AR educators regarding online networking opportunities closed on June 1<sup>st</sup>. Thank you to ARES Core member Suzanne Hastie for taking the lead in developing this survey, Yvette Hynson in the national office for facilitating its dissemination and the AR educators who completed it. The ARES Core Team looks forward to learning of the networking needs and peer support interest of AR educators and to sharing next steps.

Finally, the ARES Core Team (Thania Acaron, Suzanne Hastie, Nana Koch, Barbara Nordstrom-Loeb and Lenya Treewater) continues to address questions posed by AR educators and students while maintaining updated resources on the website.

I hope your summers are filled with warmth!

## Board Reports: Standards & Ethics Committee

Submitted by Paul Sevett, BC-DMT



I write this report in farewell as I leave the Chair of the Standards and Ethics Committee to become the President-Elect. Please accept my sincere thanks for your support in my current position and your faith in electing me to my next one.

Standards and Ethics will be in great hands with its new Chair, Joan Wittig, and I welcome her to the job! The committee will be adding some new members beginning this Fall as we say goodbye to Ellen Searle LeBel, Annabelle Coote and Ellen Shelly-Hill. They served with such great enthusiasm and integrity over these past several years. Their work on the new Code of Ethics will endure and they deserve our heartfelt appreciation for their service. Thank you! Angela Tatum Fairfax, Aisha Bell and Kiki Nishida Yokokawa continue in their roles as committee members.

The committee continues its work on revising the Policies and Procedures to conform to the new ADTA format as well as continuing to evaluate how we will handle any investigation of ethical complaints. Coordination with the DMTCB is ongoing in this matter.

Please consider attending the Standards and Ethics Committee workshop at this Fall's conference focused on the ethics of advocacy. This is a timely topic as we will cover relevant topics and stimulate important discussion.

Again, thank you for your support these past 2 years. I am available until the Fall to answer any of your inquiries regarding ethical issues: [ethics@adta.org](mailto:ethics@adta.org). I look forward to continuing to work for and support you, the membership and our profession.

Respectfully,  
Paul Sevett

## Board Reports: Committee on Approval

Submitted by Anne Margrethe Melsom, BC-DMT



Greetings and happy summer to all!

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

I am delighted to welcome Danielle Fitzpatrick as the newest member of the Committee on Approval. Danielle is representing Antioch University and she is taking over for Susan Loman. Susan is retiring after years at the helm of the Dance/Movement Therapy Program at Antioch University in Keene NH. We are all so thankful for Susan's



## Board Reports: Committee on Approval

*Continued...*

outstanding contributions to the work on this committee and to the field of dance/movement therapy. Happy retirement Susan!

### **Business conducted since the previous Newsletter:**

The committee met at Lesley University in Cambridge for the Spring business meeting. We reviewed all annual reports from approved programs as well as the six year approval self-study from Pratt University. The committee also discussed the implementation of new standards for education and the impact on the approval process. The ADTA Standards for Education and Clinical Training have been ratified by the ADTA Board of Directors. Approved programs are encouraged to begin to integrate new standards at this time. However, for approval matters, the programs will need to be in compliance with current standards until January 1, 2023 when the rollover to new standards takes effect. The Committee on Approval will support programs as they all come into compliance with the new standards over the next five years.

### **Approval of Alternate Route (AR) Courses:**

Continuing members of the Subcommittee for Approval of Alternate Route Courses (SAARC) are: Susan Saenger (Chair), Danielle Fraenkel and Dawn Lyon (both Alternate Route Educators) and Ted Ehrhardt (COA representative).

SAARC is reviewing applications for approval of courses under the leadership of its Chairperson, Susan Saenger. Applications and accompanying syllabi can be submitted to [ssaenger@nc.rr.com](mailto:ssaenger@nc.rr.com).

In 2017, the following three (3) Alternate Route courses have been approved so far:

1. Developmental Dance/Movement Therapy  
Adulthood to End of Life (Barbara Nordstrom-Loeb)
2. Authentic Movement I: Listening to the Body  
Dance/Movement Therapy Theory and Practice (Barbara Nordstrom-Loeb)
3. Authentic Movement II: Moving and Witnessing: Seeing and Being Seen Dance/Movement Therapy  
Theory and Practice (Barbara Nordstrom-Loeb)

## Board Reports: Government Affairs Committee

Submitted by Alison Salter, BC-DMT



With the new administration, some arts advocates saw hope for the arts with First Lady Melania Trump being Honorary Chairwoman for Martha Graham Dance Company in April 2005 and Second Lady Karen Pence's work with art therapy. However, a few days before Arts Advocacy Day was to kick off, President Trump released his FY18 Budget which proposes to completely defund the National Endowment for the Arts (NEA). This sparked the largest number of attendees to Arts Advocacy Day, with 700 dedicated arts advocates walking the halls of the Capitol to educate and inform every senator and US representative how important the arts are in making America great. ADTA's Government Affairs Committee's Arts

Advocacy Day Scholarship recipients, Courtney Romanowski and Elizabeth McNamara, joined in on this powerful day to enlighten legislators on the power of the dance/movement therapy and the arts. Please take a moment to read how Courtney found her voice during Arts Advocacy Day.

### **Arts Advocacy Day 2017: Telling Our Stories**

Courtney Romanowski, R-DMT

This past March, I took a quick flight from Boston to Washington D.C. to take part in what would be the highest attended Arts Advocacy Day in 30 years. More than 700 artists, educators, expressive arts therapists, arts administrators, patrons and politicians gathered together on March 20<sup>th</sup> and 21<sup>st</sup> in an effort to advocate for increased federal funding of the arts. In the days before my trip, it was reported that the current administration was planning on negating the budget for the National

Endowment of the Arts and the National Endowment of Humanities, ending the wide array of arts programs that reach every district in every state. 2017's Arts Advocacy Day could not have been more timely.

I describe my experience of the 2017 Arts Advocacy Day as amazing and powerful, an inspirational journey and a whirlwind of a trip to D.C. I am amazed by how much took place in such a brief period – the information reported; the

## Board Reports: Government Affairs Committee

*Continued...*

relationships made; the messages of love, passion, support, and determination expressed were more than I expected to take in in two days. Though as I write this the FY2018 budget for the NEA and NEH has yet to be determined, I remain hopeful and inspired by such a powerful experience; not only because of those I stood next to but because of the support I received by everyone around us – from Congressional members to strangers walking by - and by the support I continue to receive daily from those around me.

My Arts Advocacy Day journey began months before March. When registering for the 2016 ADTA conference I decided to register for Hill Day as a way to honor my grandmother, a politician during her time who stood for healthcare and women's rights and who, as a grandmother, welcomed her young granddaughter's enthusiasm for dance. Up until this point I had been searching for a way to use my voice and I was thrilled for the opportunity to use it for something I care deeply about. Hill Day was exactly what I needed - nerve racking at times, but wonderfully empowering. That was the day I decided to attend the 2017 Arts Advocacy Day. I considered Hill Day to be a great first run at advocacy and knew I would be that much more prepared and confident come March.

March 20th was made up of many wonderful speakers such as Jay Dick of Americans for the Arts, Senate President Stan Rosenberg of Massachusetts and Ford Foundation President Darren Walker. They discussed what we were advocating for – “what we want our country to be, and what we want to leave for our next generations” – how to advocate – “data + storytelling + persistence = impact and change” as well as all the statistics and figures of how the arts effect such things as the economy, school attendance and health care. I couldn't help but wonder how I was going to remember everything. Would I make an impact if I wasn't able to seamlessly report and discuss the statistical proof of how important the arts are? I knew what I was advocating for – for all people throughout the United States to be able to experience the arts in any way, shape and form. It was in the midst of this wondering that, thankfully, Jody Wager intervened with a movement warm-up at the post-lunch session. I was back in my body, connecting to the people around me, forgetting for a moment that I was questioning my ability to advocate well enough. As it came time to break off into our states in order to prepare for our Congressional meetings, I was left with a thought shared earlier in the morning: People don't care what you know until they know that you care.

I was at my first Arts Advocacy Day – I care! And I was bursting at the seams to prove it. I cared because I have been lucky enough to be immersed in the arts since I was just a kid and continue to be daily. I hail from

Massachusetts; a state full of arts and culture, a state that is currently working on strengthening arts education and in which I reside and work as a Registered Dance/Movement Therapist. I could not figure out what exactly I would be asking for from my congressmen. I wasn't expecting a lot, if any, pushback and though the facts and figures would be important to share since so much of Washington runs on numbers, I didn't feel as though I would be using them defensively. Would I still be advocating? And did I really know as much as I needed to know to make an impression?

Sitting with my fellow Massachusetts arts advocates, I listened as they so easily repeated the facts and figures given throughout the day without even a glance at their notes. Fortunately, I also heard them say important points I had heard earlier in the day: data + storytelling = impact, and that the congressmen won't care until they know we do. It suddenly clicked and my “ah-ha!” moment finally arrived: tell my story. Tell my story! Of course! I had to accept that I wasn't going to remember all the facts and figures no matter how many times I reread my notes. But my story, my experiences with the arts and even my clients' experiences with expressive arts therapy – those “figures” I know by heart. I was no longer nervous, I knew I could rely on my peers to refer to the facts. I had the honor of being the human proof that the arts aren't an option, they are necessary. I had finally found my role: I was the storyteller.

As a Registered Dance/Movement Therapist I focused primarily on arts in healthcare. However, my conversation with my congressmen did not start with me but with them, “What is your connection to the arts?” For each of their answers, I quickly responded with a variety of “I'm also still friends with people from my high school marching band!”, “Aren't dance recitals so much fun?” and “You must have played a great Roxie Hart!” Smiles and laughter filled each room and relationships were instantly made, “Now let me tell you about Kevin and how I utilized Dance/Movement Therapy to help him improve the quality of his life...”. There it was – their proof that the arts matter right alongside my proof. But the work seemed far from done. Again, coming from Massachusetts I wasn't so much on the defensive. So, the question arose of how can we, the arts advocates, help our congressmen better advocate for the arts with their peers? The answer was music to my ears, “Keep sending us your stories”.

So, here's what I walked away with and my call to action, let us continue to share our stories about the impact that the arts have had on our lives. Not just when it's Arts Advocacy Day but every day. How have the arts impacted your life? Did you talk to a friend today that you used to dance with? Did your daughter come home from school, noticeably more confident in herself, because she played

## Board Reports: Government Affairs Committee

Continued...

her first full song on the flute? Maybe your brother stayed sober today with help from a drama therapy group? Whatever it was, whenever it happened, tell your story. Share it with family, friends, your healthcare providers, your neighbor down the street, the kid bagging your groceries. Anyone and everyone! And if you want the next generations to have similar stories to tell, share your story with your congressmen.

Begin to formulate your story of how dance/movement therapy has impacted your life and those around you. Now is the time to share our stories. Our legislators need to hear about how dance/movement therapy is impacting the lives of their constituents. With so many proposed cuts to

the arts, mental health, special education, the elderly, the poor, the schools, Medicaid, Medicare, healthcare and so many other necessary services, we need to use our voices.

A simple means to talk to our legislators is to call our legislators. If each of us puts our senators and representative's phone numbers in our contact numbers on our phones, they are readily available to be used at any time. Then when a call to action comes, we are prepared to **call our legislators**. We can let them know how important these things are to us, our family, our neighbors, our community, our state and our country.

## Board Reports: Members-at-Large

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



The Members at Large (MALs) current focus is actualizing 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. To this end, last month we sent the following email out:

Hello fellow DMTs,

The Members-at-Large and Multicultural and Diversity Committee (MCD) have been charged with spearheading increasing DMT Employment for Vision 2021. Thank you for volunteering to help with this task. We have 5 areas below we have identified to start our work. We hope to expand on these and maybe add to these as we progress through this process.

1. Collect and post job opening data to create a clear picture of reality
2. Have two pages on website, easily accessible for employers and with job openings-perhaps cross reference with other related fields
3. PR campaign which highlights dance therapists who have created new DMT opportunities and pathways- Practice committee about corporate training and analysis of movement
4. Educate new graduates on creative, out of the box, independent thinking for job development
5. Educating the public about DMT

Please let me know if you are still interested in working on this aspect of Vision 2021 and if any of the areas particularly interest you. If you feel like this is not something you still want to be included in that is perfectly fine, just let us know and we will remove you from the list.

Once we hear back from everyone we will send out a doodle poll to try to find a mutual time to talk together and plan our next steps.

We gratefully received one enthusiastic reply, so are using this newsletter entry to invite members of our community to support the MAL team in this important initiative.

If you are interested in working with the MAL and MCD team, please email your regional MAL. We are:

Eastern Region: Dawn Morningstar [dawnmorningstar4@gmail.com](mailto:dawnmorningstar4@gmail.com)

Central Region: Crystal Smith [csmithdmt@gmail.com](mailto:csmithdmt@gmail.com)

Western Region: Amber Gray [amber@ecentral.com](mailto:amber@ecentral.com)

## Board Reports: From the Office

Submitted by Yvette Hynson, Coordinator of Association Services



The national office staff has been busy processing membership renewals and answering your emails and phone calls!

Membership for the 2017/18 fiscal year is being accepted and is due by June 30th. Don't let your membership lapse, the dues from the membership helps ADTA support dance/movement therapy.

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

1. Go to <https://adta.org>
2. Member Login with email address and password
3. Then click Renew
4. Under "member details" click button "renew until 30 June 2018"
5. Follow the instructions. You will also be asked if you want to renew your R-DMT or BC-DMT and Chapter Dues - so scroll to the bottom of each screen.

The National Office receives many emails or calls wanting a dance/movement therapist who specializes in a specific population in a particular area. We go directly to the ADTA database and search for dance/movement therapists who meet that criteria. So please update your profile on the ADTA website by logging into the website with your username and password and clicking on view profile to update.

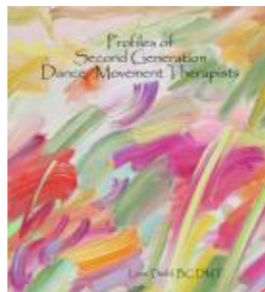
The ADTA 52<sup>nd</sup> Conference in San Antonio, Texas is only 5 months away! Have you registered for the conference? Don't miss out on the Early Bird Rates available through July 15<sup>th</sup>. Register online at: <https://adta.org/register-now-2017/> Plan ahead and make your sleeping room reservations: <https://aws.passkey.com/event/15503469/owner/3217/home>

Have a great summer!

### 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.



*Paid Advertisement*



## ADTA Election Results

Submitted by ADTA National Office

Congratulations to our ADTA 2017 Election Winners!

The American Dance Therapy Association would like to congratulate our newest board members and wish everyone a successful term. At our Annual Business Meeting in San Antonio, Texas, the installation of newly elected and appointed Board of Directors' members will take place.

**President-Elect:** Paul Sevett

**Secretary:** Leslie Armeniox

**Treasurer:** Vicky Wilder

**Standard & Ethics Chair:** Joan Wittig

**Government Affairs Committee Chair:** Meghan Murphy-Sanchez

**Member-at-Large Central Region:** Pam Margules

**Member-at-Large Western Region:** Marybeth Weinstock

**Nominating Committee-Eastern Region:** Jacelyn Biondo

**Nominating Committee-Western Region:** Bobbi McKissick

We would also like to thank everyone who participated in the election process as a candidate and express our sincere appreciation. We hope that you will continue your support and commitment to the ADTA and the dance/movement therapy field by participating in committee work, both nationally and locally.



### Kestenberg Movement Profile Trainings - 2017

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

Located in West Lehigh Valley, PA ([www.twinpondscenter.com](http://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)

**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](mailto:suzannehastie@aol.com) or (610) 417-0831.*

***Paid Advertisement***

## Chapter Reports

### Carolina Chapter

Submitted by Virginia Hill, R-DMT

#### Viewing of The Moving Child and Annual Meeting

On May 13, the Chapter met to view the film, "The Moving Child." As a result of that viewing, the chapter is planning to use the film to advocate for movement training and is looking to identify specific areas of influence, such as school districts, agencies and law makers. The annual Chapter meeting followed, where we decided to consider partnering with other expressive arts therapist in a 2018 workshop focused on self-care/resilience. Chapter officers were also elected, where the office of Secretary/Treasurer changed.

Chapter officers are now:

President: Angela Wiley

Vice President: Virginia Hill

Secretary: Kyla Matthews Koontz

#### Chapter Workshop

On June 17, the Carolina Chapter is planning to join Martha Eddy, author of *Mindful Movement: The Evolution of the Somatic Arts and Conscious Action*, along with the NC Dance Educators Organization, for a movement overview of Dr. Eddy's *DynamicEmbodiment*,™ a blend of **Laban Movement Analysis and Body-Mind Centering®**. In July or August, the chapter will meet again with Dr. Eddy for a review of her book via teleconference. If you are interested in joining this book review, please send an email to: [carolinaadta@gmail.com](mailto:carolinaadta@gmail.com) including your name and chapter name. Dr. Eddy is leading the training certification program for Body-Mind instructors at the University of North Carolina in Greensboro during the week of June 17-22 (LMA & Embodied Physiology, BMD requirements). For more details about this training, please go to <https://vpa.uncg.edu/dynamic-observation/index>

### MD/DC/VA Chapter

Submitted by Meghan Dempsey, BC-DMT

Hello from the MD/DC/VA Chapter! We have had a few exciting months and I wanted to share some of the highlights with you!! On March 23, local DMTs participated in the opening night of the Psychotherapy Networker Symposium. It has become a tradition over the last few years that Jody Wager leads a movement opening for the conference attendees. This year's theme for the movement was focused around building community through dance. For many of the psychotherapists attending from around the country and beyond, this joyful movement experience is the highlight of the conference! Jody and Naomi Nim also presented a DMT workshop, Keeping the Inspiration Alive, at the end of the conference! We look forward to our



continued presence at this conference.

On Sunday, April 23, members of our chapter had the opportunity to showcase dance/movement therapy on the Millennium Stage at the Kennedy Center. Every day of the year at 6 p.m., the Kennedy Center hosts a free

performance as part of its "Performing Arts for Everyone" initiative. No tickets are required, though seating is limited and available on a first-come, first-served basis. Featuring local, national and international talents, the Millennium Stage has been hailed as "a cultural institution within a cultural institution" by the *Washington Post*. This event, organized by chapter member Robyne Davis, was part of the Arts in Health Initiative with NIH. The following local DMTs offered a short experiential relating to their specific population of expertise: Ellen Yacoe, Brigitta White, Nalini Prakash, Allison Winters and Jody Wager. There were over 200 in attendance! It was breath taking to see everyone in the audience up, holding hands and moving together during Jody's movement choir.

On Saturday, May 6, we held our annual Spring Conference. We were thrilled to have Karen Bradley and Susan Loman as our guest speakers! It was such a treat to have both LMA and KMP, side by side. There was observation, interpretation, video clips, role playing, embodying and of course, laughs! Our chapter is grateful to be able to invite such amazing practitioners to offer us such enriching experiences. We hope everyone has a great summer and we look forward to seeing you in San Antonio!

## Chapter Reports

### Pennsylvania Chapter

Submitted by Rebekka Hartwell, BC-DMT

Greetings from the PA chapter! Some of the exciting things in the past few months include our DMT Spring Gathering in March and our second Performance Club with a performance of Leah Stein Dance Company in May. Now we look forward to the yearly Drexel Colloquium scheduled for June 11 at 5PM when the Drexel DMT graduates present their theses publically.



### Rocky Mountain Chapter

Submitted by Alicia Patterson, R-DMT

#### Call for Submissions!

**The American Dance Therapy Association, Rocky Mountain Chapter presents:  
Working with Complexity: Engaging with Conflict and Moving toward Social Change**

#### **SAVE THE DATE 2018**

The Rocky Mountain Chapter of the ADTA will host the 2018 conference on April 13 and 14, 2018 at Naropa University in Boulder, CO. There will be a conference opening on Friday evening and a full day of presentations and workshops on Saturday.

\*\* All proceeds go to member scholarships and educational opportunities for our community

**INVITATION:** For the 2018 local conference, we are inviting the collective to explore our relationship to and our work with complexity. Complexity shows up in many ways including but not limited to issues surrounding social justice. Complexity can relate to relational, familial, bodily processes, cultural, internal relationships and influences and more. Complexity is defined as the 'composition of many interconnected parts'. When acknowledging the complexity that exists within the environment, relationships and the individual, there is an opportunity to work with the entire system. When complexity is neglected, there is a risk of devaluing the whole and overlooking important aspects of the exploration. Your proposals are encouraged to acknowledge complexity and engage working with complexity and may be inclusive of social justice as it feels appropriate to you. Working directly with social justice is invited but not required. Proposals are welcome to explore complexity and conflict in many ways, and we hope to receive a wide range of proposals.

**QUESTIONS TO CONSIDER:** How can Dance/Movement Therapy support engaging with this complexity? To hold conflict and social change? How can Dance/Movement Therapy offer ways to engage with the complexity that is inherent in conflict and social change? How can Dance/Movement Therapy support the development and sustainability of relationships across difference while giving consideration of social factors such as institutional, cultural, interpersonal, intrapersonal and other systemic influences?

#### **PROPOSALS**

We will be accepting proposals through the fall of 2017. The last day/deadline for proposal submission will be Friday, November 17, 2017. If interested in submitting a proposal, please email [rmadtainfo@gmail.com](mailto:rmadtainfo@gmail.com) for submission information and application guidelines.

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

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



## Chapter Reports

### Southern Chapter

Submitted by Voniè Stillson BC-DMT

The Southern Chapter continues to make connections all over!



Susan Kierr is teaching two dance/movement therapy courses in Beijing during May and June.

Dee Wagner has an article coming out in the therapist magazine *Voices: Journal of the American Academy of Psychotherapists*. Her article, entitled *The Big Dance: My love affair with the science of nervous system functioning*, describes how her being a dance therapist gave her a unique view of her body's functioning during a foray into online dating that led to the creation of her workbook *Naked Online: A DoZen Ways to Grow from Internet Dating*.

Lauren Higgins, R-DMT, of Chattanooga, TN collaborated with artists in her region for a show highlighting the recovery process. *The Road: Exploring Healing and Recovery through the Arts* was held in Chattanooga on Feb 26, 2017. The first annual production aims to examine recovery through the use of various arts expressions. Lauren has been inspired by her clients healing from addictions and eating disorders and set this show in the national eating disorder awareness week. The show included work choreographed by Melissa Meade, R-DMT and Lauren as well as other regional performing and visual artists. Artist and art therapist Jas Milam, MAAT, facilitated a powerful art installation with participants from her art therapy support group PaintED.

Voniè Stillson and Michelle Whitacre represented the Southern Chapter with a booth at Southern Geek Fest 2.0 in Hattiesburg, Mississippi.

Voniè and Dee are both excited to be presenting intensives at the upcoming ADTA National Conference in November! Dee will be presenting "Couples Dance/Movement Therapy: Theory and Practice". Voniè will be presenting, "DMT Meets Cosplay".




## **Register Now!**

SAVE THE DATE

**NOVEMBER 2-5, 2017**

**Movement as Pathway to Neuro-Resilience and Social Connection:**

**Dance/Movement Therapy at the Forefront**





**52ND ANNUAL CONFERENCE**

**HYATT REGENCY SAN ANTONIO, TX**



**See you in San Antonio!**



## ADTA Voluntary Contributions

The ADTA wishes to thank the following for voluntary contributions March 1<sup>st</sup> through May 31<sup>st</sup>. Your generosity is greatly appreciated.



### Up to \$25

Bonnie Bernstein  
 Norma Canner  
 Sharon Chaiklin  
 Meghan Dempsey  
 Tanner Fant  
 Toni Freni  
 Katrina Guitar  
 Elizabeth Harper  
 Becky Engler Hicks  
 Takane Hirai  
 Rebecca Houghton  
 Suzanne Hunt  
 Stacey Hurst  
 Elissaveta Iordanova  
 Susan Kierr  
 Judith E. Klein  
 Nancy Kowalczyk  
 Susan Lovell  
 Sook Young Nam  
 Melanie Nesbit  
 Constance Newman  
 Tria O'Maille  
 Toni Reiss  
 Samantha Rosenfeld  
 Kimberly Rothwell  
 Heatheranne Shepard  
 Geraldine Silk  
 Randi Stein  
 Tina Stromsted  
 Elizabeth Templeton  
 Jody Wager – *Happy Birthday ADTA*  
 Ruoxi Zhang

### \$26 - \$50

Joan Berkowitz  
 Sherry Goodill  
 Ann Lohn  
 Shira Musicant

### \$51 - \$100

James Ryan Kennedy  
 Michele Lees  
 Ellyne Skove  
 Jennifer Weiss  
 Vicky Wilder – *Happy Birthday ADTA*

# DMTCB

Dance/Movement Therapy Certification Board

Submitted by Linda Aaron-Cort, BC-DMT

## *Congratulations*

### **New R-DMTs credentialed between March 1<sup>st</sup> and May 31<sup>st</sup>**

Samantha Aldana  
Michelle Marie Baxley  
Kaitlyn Clark  
Rachael Collins  
Yolanda M. Dandridge  
Taylor Deysher  
Jade Dixon  
Maegan Garvey  
Sandralis Gines-Gonzalez  
Kayla Haberern  
You Sun Hwang  
Hye-seung Kang  
Starr Montalvo  
Jennifer Norgren  
Roshni Patel  
Stephanie Terrell  
Krista Tyner

### **New BC-DMTs credentialed between March 1<sup>st</sup> and May 31<sup>st</sup>**

Erika Barrington  
Katie Bellamy  
Rebecca Anne Connors  
Ashley Fagnoli  
Whitney Hoke  
Ashley Lemmonds  
Hang Yin Candy Lo  
Wei-Chiung Chen Martinez  
Darcilyn Nelsen  
Melissa A. St. Jean  
Orith Zabari



## Marian Chace Foundation

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



We are most pleased to announce that the Marian Chace lecturer at the ADTA conference in San Antonio in November will be Robyn Flaum Cruz, PhD. The intriguing title of her talk is *Rhythms of Research and Dance/Movement Therapy*. Immediately after the conclusion of the lecture, the Foundation will host the Research Poster Session. Therefore, we shall extend our support in order to encourage learning and sharing of knowledge.

The trustees of the Marian Chace Foundation held their semi-annual meeting this past April to conduct business and review grant proposals. We were delighted to have nine proposals to review. Sadly, our financial limitations cannot fund all of the proposals that might be worthy. However, we are pleased to announce the projects which we were able grant partial funding.

Karolina Bryl, PhD Candidate at Drexel: The role of dance/movement therapy in the treatment of negative syndrome and psychosocial functioning of patients with schizophrenia: a pilot study.

Kim Dunphy, Amber Gray, Alex Jordan, Tony Lee: Developing, trialing and evaluating a program of dance/movement therapy for indigenous Australians recovering from trauma in remote areas of Australia. (To be completed over a two-year period).

Tal Shafir, Robyn Flaum Cruz, Rachelle Tsachor: Associations between Personality Traits and Movement Patterns (to be completed within a four year period).

We are also pleased to announce the completion and excellence of two films that we partially enabled. *The Moving Child: Supporting Early Development Through Movement* produced by Hana Kamea (Kemble) is now available and contains interviews with many dance therapists. The other film was produced by Sophie Kruz who made a documentary film of four women using their art to make change in the world. One of them is Sohini Chakraborty using dance therapy. It is entitled *Little Stones* and is currently making the film festival circuit. It made its World Premiere at the Vail Film Festival and won the award for Best Documentary. Hopefully you will get a chance to see it.

Please note that if you did not have a chance to order a copy of the booklet commemorating the 50<sup>th</sup> Anniversary of the ADTA or need another one to give away, *Movement Reflections* is now available through the ADTA office. You may look up their publication page for further information. An attractive book, created by the Foundation, it contains photographs and quotes.

We remind you that all of the above is only possible through your philanthropic contributions to the Foundation. We thank you for keeping the Foundation in mind when you make your contributions annually or in honor or memory of someone.

During this time period, we wish to thank the following:

### Friend (up to \$36)

Jody Wager - *In memory of Dianne Dulicai – may her legacy live on!*



## Professional DMT Community

### Memorial Day Weekend Support of Military Families – Holding the Heart

Submitted by Brigitta White, R-DMT

Tragedy Assistance Program for Survivors (TAPS) is a military and veterans support network for families who have lost a loved one in combat, illness or suicide. Annually the organization holds a Children's Grief Camp and Adult Seminar in Washington, DC where families across the country travel to heal. Since 2012, dance/movement therapy has played a part in this event by running grief groups for children using dedicated volunteer Dance Therapists in the DC area. This year this writer was invited to offer a dance/movement therapy group through experiential learning to adults.

The emotionality and symbolism of the Holiday is truly felt driving down Route 66 into Washington, DC as motorcyclists, The Rolling Thunder, proudly unite to show their heroism. As a Hispanic American without military connections, quite candidly, the Memorial Day Holiday was never an emotional holiday for me. However, after having experienced the level of heart held by the Military Families in the TAPS groups, the significance of the Memorial Day Holiday has become a deeply felt experience.

The participants; who included two Master of Social Work Counselors, a military widowed spouse and a mother-in-law of a lost soldier; committed themselves to the movement experience starting internally through centeredness and grounding exercises and moving externally to using space in their movement and in their socialization. As the movement developed, the commonality between the movers was the power of dance/movement therapy. The power lies in the application of dance/movement therapy to any group or population and how the modality is absorbed. In dance therapy, the ability to connect to one's body and to think and feel more clearly while in relation with another person or people is foundational and timeless. The holding of a grief group is the same whether in many languages, through traditional talk therapy or through art therapy; we feel grief through the heart, so it is here that the heart is held in memory, in honor of the loved one. Thank you for your service, for your life. The group ended with the movers' hands wrapped around their chests, giving themselves heart-felt hugs.



### Laurice Nemetz to Present at Oxford this Summer

Submitted by Laurice D. Nemetz, BC-DMT

Dance/movement therapist and anatomist Laurice (Lauri) D. Nemetz will be presenting at Oxford this summer as part of the Movement 2017 Brain Body Cognition Conference ([www.movementis.com](http://www.movementis.com)). Her oral presentation is "The Connected Body: Born to Walk and Dance. Bipedalism to Artistic Expression Through the Lens of Anatomy Trains (R)" by Laurice D Nemetz and James Earls. According to the program chair, Gerry Leisman, this conference is, "sponsored, in part, by the Harvard University School of Medicine's Spaulding Rehabilitation Hospital, the M.I.N.D. Institute at M.I.T.; the Hebrew University of Jerusalem; the Wingate Institute for Sports and Exercise Science; the National Institute for Brain and Rehabilitation Sciences, Nazareth, Israel; the Institute for Neurology and Neurosurgery, Havana; the University of the Medical Sciences Facultad 'Manuel Fajardo' Havana; the School of Public Health of the University of Havana and Bielefeld University in Germany. The purpose of the conference is to share knowledge of all those whose interests lie in the nature of human movement. The conference will address issues related to gait, motion, kinesiology, disorders of movement, movement rehabilitation, motion, and balance, movement and cognition, human factors and ergonomics, as well as optimized movement in elite athletes, developmental issues of movement and coordination. Workshops on dance, dance therapy, physiotherapy of movement impairment will also be provided." More on Lauri can be found at [www.wellnessbridge.com](http://www.wellnessbridge.com)

## 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.





## Professional DMT Community

### Footage from Dance in DC Needed

Submitted by Marylee Hardenbergh, BC-DMT

Do you have footage of our street dancing from the Metro stop to the Reflecting Pool? Any cell phone video you took??? If so, we need it!

A full-length version of our outdoor dance is going to be made. The professional videographers did not accompany the lines of colorful ADTA groups (more's the pity) and we want to include that part of the dance!

Please send your footage to me –as high resolution as you can, please! HD is preferable. Upload to my “DC Dance” Dropbox: <https://www.dropbox.com/sh/7tcbdqq26l9lnwb/AABCf66qmk8WUTfyDwfeEbH4a?dl=0>

Thank you! This is very appreciated!! Your names will be included in the film!!



### Dance/Movement Therapy with the Elderly: Connecting through the Confusion

Submitted by Sarah Zichi, R-DMT and Morgan Durocher

The world seems to have taken notice of the power of the arts. With the dawn of social media there are now viral videos of different groups of people dancing, then talking about how they feel afterwards. This article discusses the use and benefits of Dance/Movement Therapy (DMT) with the elderly as well as specific example of our sessions in an adult day care facility in Grand Rapids, Michigan.

At our day center, there is one gentleman in particular, Mr. F, that has been participating in DMT sessions for over a year and a half. When Mr. F is not engaged in a DMT session, he can become anxious and confused and he often fixates on when he is supposed to leave. Mr. F is also hesitant to try any new activity and will refuse to participate when his anxiety begins to take over. When he first started participating in the groups, all he would move were his two index fingers pointing them up towards the ceiling and then pointing them towards each other. Through many DMT interventions, Mr. F slowly began to expand his movements to include his whole arm and legs, and he has even begun to come and dance in the middle of the group. Staff has noted changes in Mr. F during DMT sessions and also outside of groups. He is more amiable throughout the day, less anxious and more willing to participate and try new things. His wife/caregiver was also able to witness his participation in a DMT session, which enabled her to see the strengths he still possesses shine brighter than the deficits that have changed their lives. While his participation in DMT sessions has not reversed the symptoms of his Alzheimer's disease, nor does it claim to, it has improved his quality of life.



At first Dance/Movement Therapy was perceived as a form of physical exercise, and while physical activity is a by-product of a session, it is not the primary goal. To use Dance/Movement Therapy solely as a form of exercise is missing both the intention and many benefits of the practice. The American Dance Therapy Association has described the practice as, “a behavioral health modality that combines physical activity, social support, creativity and emotional expression.”

An important distinction to be made about DMT is the MOVEMENT! When most people are asked to dance, they freeze due to the constraints of the word dance. When working with the elderly, it is best to emphasize movement in order to remove the preconceived notions of what dancing should look like. Encouraging this freedom often has beautiful results. As a body-based modality, DMT focuses on nonverbal communication between people. This alleviates frustrations that many elderly face regarding verbal abilities. Dance/movement therapists use gestures even as small as sharing a smile to inform their practice.

The choice of music for a DMT session with the elderly is one to consider carefully. Music is a powerful medium for engaging memories, which can often present themselves in the forms of movement and singing. Utilizing recognizable

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### Dance/Movement Therapy with the Elderly: Connecting through the Confusion

*Continued...*

music from participants' pasts is pertinent to the success of the session due to the strong connection between music and memory. When choosing music for DMT sessions, we choose songs that were popular when our participants were in their late teens to mid-thirties because that is the music they remember the most. That means we use anything from Perry Como to Elvis Presley to trigger "forgotten" memories and start the process of moving.



The primary goal of DMT is to stretch the participants both mentally and physically. The majority of our group members have been diagnosed with either dementia or Alzheimer's disease -- illnesses that confuse and muddle the past and present together. DMT focuses on the "here and now" and allows group members to clearly know where they are within their bodies and relationships, if only for the hour that they are in the group. Dance/movement therapists use information gained at a person's baseline to form therapeutic interventions to expand and cultivate meaningful relationships. The therapist utilizes each person's pre-existing creativity to mold each session and attain both personal and therapeutic goals. Often these goals pertain to enhancing quality of life, improving social-emotional skills and building self-esteem. When Dance/movement therapists work with the elderly, relating to the environment around them through movement offers a sense of grounding in reality and brings clarity to the confusion. Dance/movement therapists working with the elderly across

the United States currently work in senior centers, adult day programs, assisted living residences, skilled nursing facilities and in mental health clinics. In the state of Michigan, this field is growing as clinicians continue to incorporate the creative arts into healthcare.

"American Dance Therapy Association." ADTA. <http://www.adta.org/>



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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](mailto: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.

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- Newsletter articles should be **no more than 2 ½ pages** when submitted as a Word document
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- 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

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March 28, June 28, September 28, December 28