



A FEW WORDS FROM THE NEWSLETTER TEAM

Welcome to the ***new and improved*** ADTA Newsletter! Now you can pick an article and it will expand. No more scrolling for pages! We hope you enjoy the updated look and feel. This also means a change to how advertisements are displayed, which we're sure you've already noticed. Are you interested in advertising with ADTA? Inquire about advertising in the newsletter by emailing info@adta.org.

BOARD REPORT: PRESIDENT



Submitted by Margaret Migliorati, R-DMT

Greetings Everyone:

What a whirlwind of a Fall! In October, we had an incredibly productive Board meeting followed by an inspiring Conference in Salt Lake City, Utah. For those of you who were unable to attend, this year the ADTA and Conference Committee made an effort to have more explicit conversations at the Conference about power, privilege, oppression, inclusion and diversity within the ADTA and throughout the field of DMT in the United States. The Board was moved by the level of honesty and sharing that happened throughout the Conference and looks forward to continuing the conversations membership-wide. Our next steps include a membership survey developed by the Multicultural and Diversity Committee and the convening of a task force to review Conference feedback and make recommendations to the Board. Stay tuned, we will be providing more details in the next few months.

Member Business Meeting Highlights

Each year at the Conference the membership gathers early Friday morning for breakfast, awards and recognition, and the annual business meeting. As your president, I have the honor of convening this meeting. I would like to share here a summary of the State of the ADTA address I gave during the meeting for the benefit of those of you who were unable to attend.

First, it is important for you to know that the ADTA is financially solid thanks to the prudent stewardship of the national office staff and prior Boards. Each Spring the Board approves a balanced budget for the following fiscal year, starting on July 1st. The majority of the ADTA's operating budget goes to the administrative costs associated

with the maintenance and growth of the profession of DMT in the United States. The two top revenue sources for the ADTA are membership dues and the annual conference.

You may recall that in 2016 the Board and entire membership underwent a 5-year strategic planning process, Vision 2021. This process resulted in 11 strategic initiatives. During the business meeting, I discussed three of the eleven initiatives that have been the focus of the Board over the past year and will continue to be our emphasis into 2019. Below I briefly review each of these three initiatives:

1. **Increased Staffing:** During the past year, the Board has worked at length to identify the appropriate staffing necessary to maintain the ADTA's daily operations and achieve long-term goals. Over the year we have assembled a strong, fully-staffed office administration team wholly capable of managing day-to-day operations. We have also determined that it is time for the ADTA to consider hiring an Executive Director (ED) who will be responsible for strategic oversight of the association. Though the Board has concluded that the ADTA does not currently have the financial resources to hire an ED, we believe we can do so within three to five years and have developed a plan to increase revenues to support the hire.
2. **Increased Revenues:** The Board is working on several initiatives to increase revenue:
 - Increasing continuing education programming: The Board approved hiring a part-time manager of continuing education who will be charged with developing and marketing programming to both DMTs and allied professions. This is currently a largely untapped revenue source for the ADTA.
 - Increased Conference revenue: The Board approved a pilot of returning to the same Conference location in the years 2021, 2024 and 2027. This enables the ADTA to negotiate better rates and build on marketing the conference to the local non-DMT community. Further, the Conference location will be in a major city which generally attracts more attendees, including international attendees. Please read President-Elect Paul Sevett's report in this newsletter for more details.
 - Financial Investing: the ADTA is in the fortunate position of having accrued a financial reserve. The Board recently hired a financial advisor and approved a set of investment policies and procedures that will enable the ADTA to more strategically invest its reserve with an eye towards greater growth.
 - Increased membership: see below
3. **Increased Membership and Membership Engagement:** The Board is actively evaluating membership fees and benefits. We are also working hard on increasing opportunities for meaningful membership engagement. You will be hearing more about this over the next several months.

A Couple of Shout-Outs

I would like to thank Wendy Allen and her students at Naropa (pictured below) who graciously allowed me to sit in on their class when I was visiting in November. I have renewed hope for our future after meeting these bright, engaged and creative DMTs in the making!



{Margaret Migliorati with Wendy Allen, Assistant Professor and Chair of Somatic Counseling at Naropa University, and Naropa DMT Students in Boulder, CO}

And, finally, I would like to publicly acknowledge Jody Wager who stepped down from her official role as Past President at the Fall business meeting after 9 years on the Board (this round; Jody has served on the Board in the past). Jody is the embodiment of dance/movement therapy and each of us owes her deep gratitude for her selfless service. Thank you, Jody; you may have left the Board, but you will always be my partner in crime!

I hope you take time to review the rest of the newsletter for other important updates from the Board. This is one of the few ways your Board must share with you the important work that is being done on behalf of our members and dance/movement therapy.

Please accept my deepest gratitude to you for your active support of the ADTA and the field of DMT. Wishing you and your loved ones happy holidays!

Margaret Migliorati

BOARD REPORT: PRESIDENT-ELECT



Submitted by Paul Sevett, BC-DMT

My report is Conference, Conference, Conference!!

2018

We had a fabulous National Conference in Salt Lake City, Utah this past October. Our attendance was high, the workshop presentations were of high quality and the evaluations we received were quite positive overall. I want to first thank the local committee members whose work and commitment was outstanding: Lynn Koshland, Ande Welling, Paula Naatz and Kathleen Mason. Additionally, the whole Annual Conference Committee was a wonderful group with which to work. I have great appreciation for their dedication and collaborative spirit and look forward to our work in upcoming conferences.

Our keynote plenary on the Power and Privilege in ADTA stirred up a lot of feelings as was expected. As I mentioned in my opening remarks at this plenary, the ADTA is engaged in a process to uncover any policy, decision-making process, etc. that results in the marginalization of any of our members. We are looking to embody the qualities of rising and advancing into a future where all our members are and feel free to be themselves. The leadership and Board of Directors continue to process this plenary presentation and the evaluations that came in about it to be sure we are taking the necessary next steps for this process of inclusion.

2019

Planning is underway for our 2019 Conference in Miami, Florida on October 17-20. Our theme for this conference continues our focus on diversity and multiculturalism: **Building Connections: Dance/Movement Therapy in Our Diverse World**. We are very excited as we plan for ways to highlight at the Conference the multicultural diversity that Miami offers.

We are also doing a pilot project focused on how some of the seminar presentations will be arranged. We will still have a variety of presentations on different topics. However, we will also have three “tracks” of seminars. What this means is that there will be three specific topics or populations for which we will have a series of presentations spanning all the days of the Conference. Those choosing to register for a track will be assigned to all the seminars offered within that track. We are still working out the details of exactly how this will look, so stay tuned for Conference updates in your email box in the coming months. With your feedback, we will evaluate how this new track system worked and see how or if it can be of value for future conferences.

2020

Boom!! We are also in the very beginning stages of organizing for our 2020 Conference in..... **Montreal, Quebec, Canada, October 15-18, 2020**. We are thrilled to be working with the Dance/Movement Therapy Association in Canada in planning this wonderful, collaborative conference. Start your preparations to attend this very special event. AND remember you will need a **passport** to enter Canada from the US so be sure this is part of your planning.

2021, 2024, 2027

Beginning in 2021 we will start another conference pilot project. This one is tied to lowering costs, increasing attendance and generating more revenue.

As you may or may not know, one of the biggest revenue source for ADTA is our conferences. As our association grows, we need to expand our infrastructure and ability to interface with other professions, impact legislation and meet the needs of a growing membership. We are in the beginning stages of considering a paid position as Executive Director of ADTA to help meet these challenges. For that we need to grow our revenue.

When looking at the data, those conferences held in major cities have the highest number of attendees and the most choices and least costly prices offered by airlines. Contracting with a hotel for multiple years offers a better price per conference, and a major international airport means our international members and conference attendees from around the world have easier access to the conference. When we combine all these factors, the ADTA Board of Directors feels this is the time to test the premise that putting conferences in the same major city will achieve the objectives of lowering costs and increasing attendance and revenue.

We have always had a policy of rotating conferences to the three different regions in the US – Central, Eastern and Western. We will still do this but, when the time rolls around for the Central Region conferences in 2021, 2024 and 2027, they will all be held in Chicago Illinois, a city that meets all the criteria mentioned above.

Our national conferences are an explosion of Dance/Movement Therapy knowledge, intelligence, camaraderie and collaboration. Conferences are an exciting time to meet new people, renew old friendships, learn and grow as a professional and dance, dance, dance our hearts out on Saturday night!!! Thanks for reading through all the conference news above and I can't wait to greet you at the next conference you attend!!

BOARD REPORT: TREASURER



Submitted by Vicky Wilder, BC-DMT

#GivingTuesday (#GT) Mission: to provide dance/movement therapy to underserved populations, to increase opportunities for ADTA members and to educate the public. The 2018-19 project *Outreach to Marginalized Youth: Empowering Potential* will be conducted by Sara R. van Koningsveld in the Los Angeles area. Congratulations Sara!

Your tax-deductible donations for the #GT projects via the Marian Chace Foundation will help sustain this mission. NOVEMBER 27 was #GIVINGTUESDAY...and we received \$1000 on this day! Donations to this project will be received through the end of the year. Give now! Watch the website in April for the announcement of the next #GT focus and application deadline.

We thank the Marian Chace Foundation 501(c)3 for continuing to support this project by serving as the fiscal agent. Thank you to the Finance Committee for their guidance and assistance:

Jacelyn Biondo, Corinne Ott, Liz Hagerman

The ADTA is a 501(c)6 organization. Contributions to a 501(c)6 are not tax deductible as charitable contributions. However, for fiscal year 2018-19 100% of ADTA dues, chapter dues and credential dues are deductible as an ordinary and necessary business expense. Consult your tax advisor for your situation.

BOARD REPORT: STANDARDS & ETHICS COMMITTEE



Submitted by Joan Witting, BC-DMT

Greetings from the Standards and Ethics (S&E) Committee: Joan Witting, Angela Grayson, Akiko Nishida, Aisha Bell, Rosey Puloka, Stefanie Belnavis, and Candy Lo. We are still appreciating our Conference in Salt Lake City – thank you to our members who attended our presentation on making our Code of Ethics real in the world. We are especially appreciative of the focus of the Conference on issues of diversity that are so important to the life of the ADTA. We continue to invite each of you to get comfortable and familiar with our Code of Ethics in an ongoing way. We must remember that we are all bound by this code in every professional endeavor we undertake. This includes, of course, Conference presentations. It is not unusual for the S&E Committee to receive emails with questions about ethical concerns rising out of Conference presentations. It is essential that every member of the ADTA approach all their work with integrity and with a clear understanding of ethical practice. To that end, please feel free to email the S&E Committee at ethics@adta.org with any questions or concerns you may have – we are more than happy to answer questions and to serve as a resource in matters of ethics.

The S&E Committee continues to work toward clarifying the ADTA Code of Ethics, ensuring that the code is accessible to all members and assisting members in facilitating ethical practice of dance/movement therapy. The committee is continuing to investigate how we can assist DMT's working internationally to facilitate ethical practice of DMT around the world.

Most recently, S&E has begun a process of mentoring ADTA members who contact us with ethical concerns and want assistance clarifying their concerns and making decisions about actions they might take in response to their concerns. As we receive emails, a member of S&E will be in consistent contact with the member, communicating to help clarify the concerns and working through what might be appropriate actions in response to ethical concerns. Eventually we hope to create a tool that will assist members in thinking through ethical concerns and investigating them in an embodied way. Our goal is to facilitate members having a process they can enter into to determine if there has been an ethical breach or not and what to do about it.

We have been contacted by the Illinois Institute of Technology and invited to be a part of the Ethics Codes Collection at the Center for the Study of Ethics in the professions. Established in 1996, the Ethics Codes Collection now contains over 3000 codes from 1500 different organizations. The goal of the collection is to serve as a dynamic global resource for informing ethical decision making in professional, entrepreneurial, scientific and technological fields and to inform critical research into the advancement of ethics practices. You can find the collection at <http://ethics.iit.edu/ecodes/>.

The Standards & Ethics Committee is at your service to help with any ethical issues, concerns or questions that you may have. You can contact us at ethics@adta.org.

Respectfully submitted,

Joan Wittig BC-DMT

ethics@adta.org

BOARD REPORT: MULTICULTURAL & DIVERSITY COMMITTEE



Submitted by Charne Fucron, BC-DMT

Since stepping into the Multicultural Diversity Committee Board member role in 2017, with the support of Angela Grayson and the MDC committee, I hit the ground running to ensure that the underrepresented members of the ADTA are more visible and have a voice. Through engaging discussion and activities, we can be a better organization for all of our current and future members and the clients' we serve.

At this year's Conference, my objective was to intentionally welcome the underrepresented new and existing student members to the MDC and the ADTA. It was wonderful to meet so many new people.

If you were unable to attend, here is a snapshot of the **MDC's meaningful moments during the 53rd Annual Conference:**

- The ADTA MDC Keynote Plenary Panel: Power and Privilege within the ADTA was presented by Angela M Grayson (Past MDC Chair and MDC Education Liaison), Lindsay Howard (BAAD Affinity Coordinator) and Rosey Puloka (LBTGQ+ Affinity Coordinator). The keynote addressed historical perspectives, education, theory and practice to bring light to the power and privilege concerns within the ADTA. Each of the dance therapists provided a critical analysis based on their own experiences as well as those before and around them. Through the keynote panel email follow up, the Conference participants were invited to raise questions and provide comments as contemplative practice towards creating deeper understanding to embody change.
- Twenty-two MDC members attended the conference and eleven of them presented.
- In the MDC Committee meeting, we celebrated our own personal identifiers in movement and discussed the *Hits and Misses of Diversity within the ADTA*. The lists that were created will be presented to the Board of Directors for discussion. Fifty-five conference registrants attended the meeting.
- Rosey Puloka was presented with the 2018 *Leader of Tomorrow* award for her leadership within the first five years after becoming a Professional member of the ADTA.
- Ashley Ervin was the 2018 *MDC Focus Award* recipient. This year, the MDC received eight applications for the Focus Award. The selection process was difficult because there were some strong candidates with creative video submissions.
- The Bridge provided a transcultural community room to promote awareness of multicultural competency during the Conference and reduce the barriers to diversity within the dance/movement therapy field. The Bridge cultural experiential consisted of Thai Dance (Warin Tepayeyone), Importance of Safe Spaces (Voniè Stillson), Blackfeet Native American Culture (Selena Coburn) and Kemeti Yoga -Healing with the Geometric breathing /Egyptian Culture (Lindsay Howard).
- Angela Grayson and I attended the educators meeting to discuss education and diversity concerns that have been presented to the MDC Committee. The MDC will continue to collaborate with the Education Committee to have more culturally diverse DMT programming.

Looking Ahead to 2019

Now that the Conference is over, the MDC is in the process of finalizing guidelines for the development of an affinity group and creating the role of ADTA Chapter MDC representative. The MDC representative role will ensure that multicultural concerns are addressed at the local level and provide the ability to accelerate responses to any issues. Be on the lookout for these two new MDC initiatives.

Peace be with you,

Charné

Submitted by Ashley Ervin

ADTA Conference Experience

It was an honor to receive the Multicultural & Diversity Committee (MDC) Focus Award to attend the 53rd annual American Dance Therapy Association Conference. With this scholarship, I was afforded a monumental introduction into this organization. This was my very first conference and one I will always remember.

My experience on the first day of the conference was filled with an array of emotions, thoughts and information that I initially struggled to hold and process. In the midst of my first seminar I found myself questioning my sense of belonging. I stated to a peer, "where do I fit in?" I didn't quite understand where these feelings were coming from until I met Dr. Charné Furcron. Her energy, welcoming presence and statement "Let me introduce you to the family (referring to other members of the MDC)," enabled me to acknowledge my deep desire and need to be reflected in the space. Seeing other people of color immediately shifted how I viewed myself within the immediate space but also as a member of this organization. I realized I was not alone.

From that point, I had an overwhelming sense of gratitude as I attended many seminars, lectures, panels and committee meetings engaging in topics relevant to injustice, privilege and diversity. They gave me courage and confidence to continue my work and research in using dance/movement therapy to fight against and cope with oppression and discrimination, and specifically to not fear exploring these topics in new territories. I am fortunate to feel like I've entered the ADTA at a very pivotal time, a time when certain conversations are no longer happening in private but have been brought to the forefront of lectures, seminars and panels. However, I witnessed the need for so much more to occur. It is going to take people of color such as myself to know my value and purpose when walking into a room and not immediately question, "do I belong," but intuitively know my presence alone is setting a precedent and foundation for change. It is going to take allies to acknowledge and examine their own place of privilege and power, make it a priority to listen to the voices of the culturally diverse and be bold in initiating and integrating the fight into their lives. It will take educators to proactively understand what was and what is. There is a strong need to eliminate, include and/or alter certain parts of the curriculum and how it is taught to enable ALL students to feel accepted, comfortable and supported in learning environments. Overall, to all of us, it is going to take introspection, openness and diligence to recognize what roles we play in either the problem or the solution. There is such fluidity in ways we identify ourselves and where that positions us in life. This is not relegated to only identity but the construct of choices, experiences, our families and many other aspects. Taking it all into consideration, it's necessary to look closer and deeper into how we might be upholding traditions, both within the association and in society, that perpetuate cycles of inequality, prejudice and inferiority.

In addition to the vast array of information that I gained about the theory and practice of dance/movement therapy at this Conference, I also took away life-altering insight and perspectives related to how I desire to carry and conduct myself as an African American woman in today's society. I appreciated the poise and grace in which Dr. Angela Grayson, Lindsay Howard and Rosey Puloka spoke during the Keynote Plenary Panel. How we communicate often impacts how information is received. Many truths were expressed and acknowledged. There were authenticity, humor and grounding qualities that allowed me to listen and synthesize in ways that felt good and natural. These women addressed the importance and urgency of matters so deeply ingrained into the heart of my own existence I couldn't help but feel seen, heard and valued. Another woman during this conference that truly inspired me was Domonique Terrell. Her seminar was collaborative, uplifting and thought-provoking. Recently identifying as a student, like Domonique, and now a very new dance/movement therapist, I have constant doubts and question what I have to offer. Domonique was a resounding reminder that there is room at the table, I just have to be willing to sit down. No matter my level of education, the letters behind my name or any other means to measure who I have become, I know I am a strong, intelligent, genuine African American woman and that in itself is and always will be enough.

This Conference created space for essential issues to be deliberated and for emotions to be released. I am more than grateful to have shared this space with so many brilliant dance movement therapists. I gained a family, community and association to look to for guidance and support, and I have an incredible amount of faith that the ADTA will continue to progress in the direction of change to advocate for ALL of its members.

Submitted by Meg Chang

Social Location and human development: Is a revision needed?

Growing up in a resort town in Southern New Jersey in the 1950's there were no Chinese people, no Asians at all, no South Asians from the Indian continent, no one who looked like me or spoke with my father's accent. Perhaps that is why none of the White girls came to play with me or why my only friends were from the African-American neighborhood that bordered the back yard of the apartment building where we lived. I made my first White friend in

first grade but I missed my neighborhood friends. I didn't understand segregation or why my friends went to "the other school" next door from my school. I especially missed my friends at recess.

As I got older, one narrative I told myself was that my parents, by being in a mixed-race marriage, chose to separate themselves rather than make efforts to break through the status boundaries of the dominant society. In addition to social isolation, there were no aunts, uncles or cousins, just my parents and my maternal grandparents with whom we lived. For decades, I thought of this social estrangement as my parents' choice; it seemed to be a personal, idiosyncratic, even eccentric lifestyle that was the result of their personalities. Consequently, I was imprinted by my family's individuality. I developed an anti-authoritarian and outsider stance by high school and was alienated from all but five or six friends.

However, there is another reality—one that recognizes how social location had as much or more impact on my perception of my family and of the world in these early years as attachment theory. Rather than seeing my personality as a process of psychological stages, I now see how much national politics and immigration policies shaped my world. The first such insight was in high school when I realized that the reason that none of my father's family ever visited was due to closed borders in China. The "Bamboo Curtin" that cut off all communication between "communist" countries and the United States prevented my father from seeing his family until 1972. Twenty-three years after he immigrated to the United States for the last time, how did this social isolation affect his identity as a Chinese man, as a parent, as the person I knew?

In contrast to an emphasis on the individual that was the ideal model in my early education, I now understand that larger sociocultural currents contributed to estrangement from my racial identity. The lack of cultural and racial role models in my life was not an individual choice of my parents. Last spring, May 29th, PBS aired "The Chinese Exclusion Act" on The American Experience <https://www.pbs.org/video/chinese-exclusion-act-trailer-n22mpb/> Enacted in 1882—and following an earlier law that banned Chinese women from entering the United States—the Chinese Exclusion Act prohibited Chinese immigration to the US. No other racial or cultural group has been banned categorically though there are clear and tragic parallels with the current immoral and xenophobic immigration disasters. The Chinese Exclusion Act was lifted in 1943 but only to the extent that a quota of 105 Chinese could enter. It was not until 1965 that the passage of the Immigration and Nationality Act lifted all nations of origin restrictions.

Viewing the PBS video, I was profoundly shaken to know that it wasn't a psychological shortcoming that my family had no close Chinese friends, that we did not socialize. Developmentally, how much did my social location in early years influence my self-perception in areas of self-esteem and 'fitting in?' I had no cultural role models because Chinese people were not a presence in the America in which I grew up. Chinese were systematically and intentionally excluded, after being exploited as cheap labor in the West, because of racist policies. There is a pivotal scene in *Chan Is Missing*, directed by Wayne Wang in 1982, where (Charlie) Chan is a cook in a Chinese restaurant. Stirring the wok, smoke billowing from the hot oil, he sings James Brown. I identify with Chan's humor, and more than that, know the need to locate myself, to claim my voice.

BOARD REPORT: EDUCATION COMMITTEE



Submitted by Jessica Young, BC-DMT

Education@adta.org

Recently, my students reminded me of the importance of creating time and space to simply "be". Slowing down often offers an opportunity to feel and connect with oneself and others in a deeper way. I hope that during this holiday season we can all find ways to live in the moment, connect with the spirit of the season, see the light in the darkness and enter the new year with a sense of ease, wonder, hope and renewed compassion for self and others. The educators' meetings at the conference were well attended and very productive! Thank you to all who contributed to the lively discussions on the revisions of the alternate route (AR) standards as well as the requirements for Chair of the Education Committee. It is always so nice to have collective wisdom, experience and energy in one space! Sandra Beggs, Alternate Route Education Subcommittee (ARES) Chair, Barbara Nordstrom-Loeb, ARES member, and I continue to revise the AR Standards based upon the feedback that arose at the meetings. We met on December 4th to finalize our revisions. We will then share these with the full working group (Linda Aaron-Cort, Sandra Beggs, Meg Chang, Kalila Homann, Barbara Nordstrom-Loeb, Suzi Tortora and Jessica Young) for further discussion before disseminating them for another round of review and feedback to all educators, the ADTA Board of Directors and the DMTCB Chair.

In other business, I am in conversation with several alternate route and approved program educators. I am drafting language to revise the requirements for Chair of the Education Committee so that more people are eligible to serve in this capacity.

The inaugural education workshop at the Conference, Foregrounding Social Justice in DMT Education, was also well attended and feedback was positive. A special thank you to the students and recent graduates who led workshop activities and shared about their educational experiences and social justice work. As educators, we are more rigorously examining the theory and practice of DMT within a larger sociocultural context. The revised Standards reflect this, and it continues to be ongoing work to actualize them. I anticipate that next year's seminar will be a continuation of this work and am humbled to have been a part of this year's seminar where we had an opportunity to collectively examine our own sociocultural locations and places of power and privilege.

Also, at the conference, it was wonderful to see so many AR educators, students and prospective students at the AR alumni gathering. We recognized the challenge that this gathering was scheduled alongside the multicultural and diversity meeting and will work to schedule it differently in the future. ARES continues to regularly respond to an average of two inquiries per week by AR students and addresses questions by educators. Please feel free to reach out to Sandra with any ideas, concerns and needs related to AR education at sandrabeggs@miamicounseling.com. Finally, as 2019 ushers in revised AR Standards of education and clinical training, we are looking for volunteers who are willing and able to help develop materials to support AR education. This will include a handbook for the new role of advisors as well as a clinical training manual. Please reach out to me if you are interested in assisting in any capacity and thank you to those who have already reached out to me!

BOARD REPORT: PUBLIC RELATIONS COMMITTEE

Submitted by Angie Yemma, BC-DMT

Greetings, Dance/Movement Therapy Community.

Public Relations (PR) has been keeping busy with many things over the past few months. Our projects, tasks and responsibilities include visual/digital media development, social media publications and support via the e-blasts, website and general marketing. The PR Committee is actively involved in many of the initiatives of the ADTA, including #GivingTuesday, and the Annual Conference.

Our New Media Manager, **Sara R. van Koningsveld**, has been working hard with her team to keep our social media presence strong and growing. From gathering information, images and articles, to participating in awareness campaigns, developing and sharing graphics and engaging through our active social media platforms, the New Media team keeps busy!

Here are some stats on what we've accomplished since Summer 2018 (July 2018- September 2018)! It's great to see our community growing and the word about dance/movement therapy spreading!

Facebook Page: +123 followers

Instagram: +82 followers

YouTube: +265 subscribers

YouTube: +20065 views!!!!

Most impressively, the YouTube channel from October 2017- October 2018 gained +73271 views, which brings the total YouTube views since the ADTA began the YouTube channel to 249368!

Upcoming Events include our Facebook Live! Have you been watching? Future dates include December 16, 2018 with Charne' Furcron, MDC, January 27, 2018, & February 17, 2018. Be sure to go to www.facebook.com/AmericanDanceTherapyAssociation to watch the archived videos. Like, comment and share your thoughts and be sure to check-out our upcoming Facebook Live! events.

You may have noticed the hiatus of the ADTA Blog over the past year. With the relaunch of our website, we have also undergone a big structure change within blogging system. But do not fret, our Editor-In-Chief, **Ande Welling**, as well as her team have been working hard and most recently the blog relaunched with the following blog post: <http://056.c09.myftpupload.com/2018/11/15/dance-therapy-survivors-torture/>. Stay tuned to the blog page: <http://056.c09.myftpupload.com/blog/> for upcoming posts about balanced holiday life, highlighting generations of dance/movement therapists and #GivingTuesday.

Are you interested in joining the ADTA PR Committee? Your input and skills are needed! To continue to provide the best content, the most consistent engagement and to grow as an organization, the PR Committee is seeking your help. Read below for some areas where you may be able to provide as little as 10-minutes or as much as time as you would like to volunteer.

- Are you on social media daily? Do you like to read and/or share articles or images? Consider joining the New Media team.
 - Information collection (identify and resource articles, videos, images, etc.) to be shared.
 - Information sharing (participating in the posting of all collected information, commenting and engaging with the ADTA community).

- With as little as 1-hour per week, you can help us grow our social media influence and spread the word about the ADTA and DMT.
- Email **Sara** at: ADTAsocialmedia@gmail.com, if you have questions or would like to become involved.
- Does graphic design and imagery, publicity and advertising and/or advocacy and education interest you? The PR Committee is forming a Marketing team.
 - Focusing on: advocacy, education, marketing, press, imagery/graphics, et al. 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.
 - With as little as 1-hour per week, you can help market and promote the ADTA, DMT and especially our Conference, through developing the media and engaging the community directly through your creativity.
 - Email **Sara**, at ADTAsocialmedia@gmail.com if you have interest or want to learn more.

Thank you for taking the time to read all about what we are up to in Public Relations. Without you, we would not have the presence or influence we have in our fast-paced and advancing digital world. Please feel free to contact me at any time with your PR questions, comments, feedback and ideas or if you would like to connect (publicrelations@adta.org). You can also find me on social media (search: AngieYemma07).

With gratitude and warm regards.

Angie

BOARD REPORT: RESEARCH & PRACTICE COMMITTEE



Submitted by Jennifer Tantia, PBC-DMT

Email: researchandpractice@adta.org

Hello from the Research and Practice Committee! I hope you had a wonderful Conference in Salt Lake City with us, and if not, please be sure to make plans for our 2019 Conference in Miami! First, I would like to welcome Lauren Harrison and Karolina Bryl as new members to our Committee who joined us at the meeting in Utah. We are very excited to have you and enjoyed your involvement in our discussions! Second, in case you missed it, we had a wonderful poster session with sixteen fabulous research/thesis presentations. As our research is expanding, we had submissions from researchers outside of the field, who are collaborating with DMTs as well as DMTs who are doing important and creative research studies! If you are thinking about submitting your study for the poster session next year, please look up our guidelines at: <http://056.c09.myftpupload.com/research-practice> and click on Research Poster Session. Deadline is July 1, 2019.

In addition, we announced TWO research awards this year- the first was the annual ADTA research award that was given to Ashley Fagnoli, for her work with survivors of sexual trauma in India. Her study, "Maintaining Stability in the Face of Adversity: Self-Care Practices of Human Trafficking Survivor-Trainers in India," can be found in the 2017 *American Journal of Dance Therapy*, 39(2), 226-251. The second award was given to Minjung Shim, PhD, BC-DMT who received a R34 grant from the NIH National Center for Complementary and Integrative Health (NCCIH). The R34 program is a funding mechanism of National Institute of Health (NIH) aimed to provide support for the initial development of a clinical trial or research project. The title of this 2-phase, 3-year project is, "Mindfulness-based Dance/Movement Therapy (M-DMT) for Chronic Low Back Pain." We congratulate both Ashley and Minjung for their contributions to our field and are honored to acknowledge such important work!

Finally, our biggest project to date is dance/movement therapy inclusion in the National Endowment for the Arts Creative Forces project in Washington, DC. In the past few years, art therapy and music therapy were involved in creating research studies to project the effectiveness of creative arts therapies for our military population. This year, the NEA is including dance/movement therapy in the project, and Amber Gray and I (Jennifer Tantia) will be serving on the Technical Working Group for the next two years of the initiative. *We are currently seeking other researchers and clinicians to serve in the Task-Specific Working Group.* If you are running groups or are engaged in research with our military population and are interested in committing to this two-year project, please contact me at; researchandpractice@adta.com for more information. I hope you will join us in this exciting development!

Warmly,

Jennifer Tantia

Chair, ADTA Research and Practice Committee

BOARD REPORT: MEMBERS-AT-LARGE



Submitted by Dawn Morningstar, BC-DMT; Marybeth Weinstock,

BC-DMT; Pam Margules, BC-DMT

Hello fellow ADTA members,

We wish you a happy Fall and healthy upcoming holidays. In addition, we wish to inform you of some of the things the Board is working on from the recent Conference in October 2018.

First, Salt Lake City, a beautiful place surrounded by mountains, was the location of the Conference with about 385 folks in attendance. The theme was diversity and inclusion and there were many hard and challenging but necessary panels, talks and presentations. Sessions were lively and inspiring, and the dance/banquet was, as usual, a blast!!

The 2019 ADTA Conference is in Miami on October 17-20.

The ADTA Board agreed to hire an investment consultant to manage ADTA reserved funds. We are looking at ways to increase revenue and secure the future of ADTA. The Board has considered hiring an Executive Director, in a few years, to increase our visibility, increase revenue, spearhead grant writing and perform other duties still to be determined.

The ADTA Board approved the hiring of a part time CE manager to enliven our CE program with the purpose of providing continuing education to our members, expanding to other fields and leading discussion on dance/movement therapy.

We are looking into member fees, conference fees and the like based on a request from members. We have heard from the caucuses that members are interested in fees to include various “packages”, such as conference fees built into the yearly fee. Members are also wondering about direct deposit. We are assembling a group to work on recommendations. Stay tuned.

With all of that, it begs the question, “What are the benefits of ADTA membership?” Well, some of the reasons include that having an organization like the ADTA allows us to have a profession under which there are standards of education for graduate schools and alternate route programs, an ethics code, credentialing, a listserv with job postings and other resources. Member dues include \$18 a year for the American Dance Therapy Journal and archived journals which would otherwise cost \$100/yr. We offer support to our members through Multicultural and Diversity Committee (MDC) and affinity groups, information papers to share with employers and consumers, government affairs support and we answer a myriad of questions for both members and the general public. We have grant support through the Marian Chace Foundation which gives money every year for the Giving Tuesday project and to individual members for other projects. We have state or regional Chapters to provide community and support for local DMTs. These are some of the examples of what the ADTA does for dance/movement therapy professionals.

Members have expressed ideas for future conferences. Some possibilities are having one whole day for the many meetings that individuals attend during the conference. Another idea that was presented is that of a “virtual ticket” so that individuals can join the conference without having to travel. Another thought expressed was having more time built into the schedule to experience the host city. These ideas and many more have been shared with the Board and the Conference Committee. We will keep you posted.

The MALs hosted a reception for the officers of the local Chapters. It was well received! We were delighted to see so many people in attendance. The food and conversation were wonderful, and we look forward to making this a yearly event.

Any member can attend Board meetings, the Spring meeting is in Columbia, MD and the Fall meeting at the conference. Please come and see how the Board works! In the past, we have had members come and we really enjoyed it.

For clarification, the ADTA is a 501c6 and any payment to the ADTA (conferences, etc.) can be written off as business expenses. The Marian Chace Foundation functions as the charitable wing, 501c3, of the ADTA, so donations to Marian Chace Fund are tax deductible.

The following are open ADTA national board positions, please email us or the ADTA for descriptions:

Secretary (term of office: 2 years)

Treasurer (term of office: 2 years)

Chairperson, Government Affairs Committee (term of office: 2 years)

Chairperson, Standards & Ethics Committee (term of office: 2 years)

Member-at-Large – Central (term of office: 2 years)

Nominating Committee – Western (term of office: 1 year): One (1)

Nominating Committee – Central (term of office: 2 years): Two (2)

The Multicultural and Diversity Committee (MDC) is requesting all Chapters to appoint or elect a representative to their Board who will be a member of the MDC. The purpose of each MDC chapter representative is to liaison with MDC and offer diverse perspective to the Chapter leadership. Currently, the MDC is working on criteria and guidelines for this position.

MDC Affinity groups are groups of underrepresented populations in ADTA. Anyone can join an affinity group! Check out the website for more information

The Government Affair Committee (GAC) would like each Chapter to have GAC member who will liaison with GAC National and keep abreast of state licensure issues.

Arts Advocacy day is March 4-5, 2019.

Visit Facebook (FB) live, Instagram and YouTube talks! Keep liking and sharing.

The American Journal of Dance Therapy is requesting submissions for a Special Topics Issue on Social Justice and Diversity, Equity and Inclusion in DMT, deadline Feb 28.

Western Region

Rocky Mountain Chapter: At the Conference in Salt Lake City, we realized that the Utah DMTs didn't have a Chapter to which they could belong. ***The Rocky Mountain Chapter very warmly welcomes all Utah DMTs to join their Chapter.***

The Western Regional Caucus was very well attended with about 40 people in the room. We spent time discussing how often our members can feel the lack of support due to distance and not being in an area where there are other DMTs. We also had a lively discussion from all the Chapters on what is going well for them. We discussed the possibility of having a regional conference and this was well received.

As a chapter we were excited to have our entire board attend the ADTA Conference this year!

Congratulations to Lauren Erickson, the recipient of our Conference scholarship! Lauren is the current ADTA Student Representative from Naropa University.

We were able to connect with many members from across the Rocky Mountain Region while at the Conference. We also had the opportunity to connect with some of our members and ADTA President Margaret Migliorati in Boulder this November. We are looking forward to getting together again in January, more details to come soon. If you would like to know more about us as a Chapter or a Board, please feel free to reach out to us [via \[via_rmadtainfo@gmail.com\]\(mailto:via_rmadtainfo@gmail.com\)](mailto:via_rmadtainfo@gmail.com)

NEW SUPERVISION GROUP – Power, Privilege, & Oppression in the Therapeutic Relationship Working towards your LPC? Seeking opportunities for further development as a culturally competent counselor? Join an upcoming supervision group for Master's level and/or licensed therapists looking to improve their level of cultural competency through clinical supervision specifically focused on working with systems of oppression, power and privilege within the therapeutic relationship. For more information and to reserve your spot, please contact facilitators Tajah Schall (tajahsahar@gmail.com) and/or Deb Silver (debsilver.counseling@gmail.com).

As always, please reach out to us with any questions or concerns.

Have a lovely Winter and Happy Holidays!

Dawn Morningstar, Eastern Region MAL easternMAL@adta.org

Pam Margules, Central MAL centralMAL@adta.org

Marybeth Weinstock, Western MAL westernMAL@ADTA.org

OPERATIONS DIRECTOR REPORT



Submitted by Gloria Farrow

Membership has always been my passion for ADTA. Before I retire, 2000 strong is my goal. That retirement is less than a year away – right after the ADTA 2019 Conference in Miami. If we all put our minds to it, we can accomplish this goal.

Do you know a student (high school, undergrad, graduate) who is interested in psychology, dance, therapy/counseling, dance education etc.? Why not surprise them with an ADTA membership? Why not give a friend, colleague, acquaintance, relative or a **former** member an ADTA membership?

Speaking of **former** members – why are they no longer a member? Did they not feel engaged or felt they didn't fit in? The office is working to reach out via personal phone calls to get these answers and conceivably bring them

back into ADTA. Do you know any former members you could contact? Why not telephone them, even a text may work? If for some reason you feel uncomfortable reaching out to them, just send an email to anyone in the office. Remember membership is less than \$6/month or less than .20/day. What can we all do?

1. Let's work to focus on engagement. Find out who members are, what they want and work to provide it to them. Give us ideas. Any member can ask the ADTA Office for information at any time. We have more employees now! admin@adta.org amber@adta.org info@adta.org and gloria@adta.org
 - Do you belong to a Chapter? Engagement with a Chapter is full of connection opportunities. Did you know, as an ADTA member you can join any or as many Chapters as you want?
 - Our website is a valuable resource and is updated more frequently than ever. Go to our website and look around. Some say the website is hard to maneuver but any website is hard if you do not use it.
 - Have you registered to be notified of all activity on the Forum? <http://056.c09.myftpupload.com/forum/>
 - If you are on Facebook like @AmericanDanceTherapyAssociation
2. Do you think those who are not members are unable to justify the \$5.84/month? Or don't they believe in the value or return on investment of membership? Membership benefits include:
 - Yearly dues include \$18 which goes directly to pay for the American Journal of Dance Therapy (AJDT) a member receives twice a year. Also, on the website are all the AJDTs ever published. This is an immense benefit for everyone and especially students writing papers.
 - Quarterly newsletters with national, international and regional information
 - Discounts on conference registration fees
 - Reduced fees on webinars and earn continuing education <https://beacon360.content.online/xbcs/S1642/catalog/main.xhtml>
 - Reduced charges for ADTA online store purchases
 - ADTA advocates on the National Level for the promotion and advancement of dance/movement therapy through the collaboration with public policy makers
3. Maybe not joining is a result of budget cuts/economic hardship.
 - This is the toughest for ADTA to solve for individuals, but the office works with any member providing payment plans to meet any needs. Yes, ADTA has done this for at least 20 years
 - ADTA membership should be so valuable that members don't want to give up membership even in tough times
 - The ADTA is the only U.S. organization solely dedicated to the profession of dance/movement therapy
 - ADTA advocates nationally and internationally for the expansion of dance/movement therapy services and training
 - Increasing jobs for dance/movement therapists is part of our Vision 2021
 - ADTA is looking into restructuring dues or creating special dues offers to encourage members to retain their value
4. Some will say I forgot to renew or oh I didn't know I was lapsed but we act to keep members informed
 - We notify members about renewal. ADTA sends paper mailings (which is advised)
 - Email reminders are sent. If an email comes back to us, we telephone to achieve the correct email
 - The office does not allow anyone to forget

Let's build up our membership. If you care about dance/movement therapy and ADTA, you will want to retain your membership and encourage others to join.

Best to all and have a wonderful Happy New Year!

CHAPTER REPORT: CAROLINA

This past September, several members of the Carolina Chapter participated in an authentic movement workshop initiated at the multi-disciplinary workshop sponsored by the chapter in June. In November three of our chapter members attended the ADTA national Conference – Sarah Arnett, Barbara Busse and Susan Saenger. They reported that the focus on diversity and inclusion at the Conference was clear and well received. In addition, they had fun! (See pictures below). The Chapter is planning a group call with the Conference attendees to hear from them about the Conference.



Left: Susan Saenger with Gabrielle Kaufman (CA) at the Mormon Temple

Right: Sarah Campbell Arnett in City Creek Canyon

ADTA VOLUNTARY CONTRIBUTIONS

Thank you for your voluntary contributions to ADTA between September 1st and November 30th:

Up to \$25

- Bonnie Brunton
- Meg Chang
- Orit Janco Golan
- Carolyn Himmelgreen
- Theresa Howard
- Karen Nevins-Goldman

\$26 – \$50

- Jane Cathcart
- Charity Huffaker

\$100 and over

- Dorothy Rosenbluth

MARIAN CHACE FOUNDATION



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

The Conference in Salt Lake City was filled with high level seminars and comfortable ways to meet and greet old friends and make new ones. Looking at the snowcapped mountains was always a delight. The highlight was the Marian Chace Foundation Lecture given by Christine Caldwell entitled *Grace and Grit: A Meditation on Dance/Movement Therapy's Locations and Aspirations*. It was so pertinent and timely to the state of the profession within the world that the Journal will be holding it to include in within a special issue planned for Fall 2019. It raised thoughtful questions that had each attendee examining their own assumptions.

The lecture was followed by the excellent research poster session which was well attended particularly since ice cream and other good things were offered by the Foundation and ADTA.

At the lecture, two members were recognized for their contributions to the Journal. Sarah Anne Simpkins received the award for Journalism while Ashley Fagnoli was awarded an Honorable Mention. Each were eligible as they: graduated and re-wrote their thesis project within five years into an article that was accepted by the Journal for publication. Each year, the trustees read the eligible articles and choose one to receive the award. In accordance with new procedures, those who have been told their article will be published should then write to the Marian Chace Foundation with the following information: program attended, year of graduation, title of article and the wish to be considered for the award. This information will also be included in each published Journal.

The Foundation has supported the translation of eight ADTA talks with subtitles in Mandarin and Spanish so that they may be more available globally. This was first a grant proposal that was granted to and quickly made possible by Nana Sue Koch. Each year grant proposals are accepted by February 15th and reviewed by the trustees at their meeting in April. We urge those with ideas, projects and research to consider looking up the requirements under Marian Chace Foundation on the ADTA web site.

The Foundation will again support the ADTA Giving Tuesday project by accepting donations that are tax deductible. Of course, we would also be delighted to receive any end-of-year donations directed toward the Marian Chace Foundation itself.

The trustees will be meeting in early April and we would be happy to hear from you with any thoughts you might want to share.

We thank those who have donated to the Marian Chace Foundation as it is only through your financial support that we are able to continue the work ahead.

Donations received September 1, 2018 – November 30, 2018

Supporter (\$36.00 – \$99.00)

- Anonymous
- Sarah Arnett – *In memory of Luci Beinhorn*
- Stacey Hurst
- Audrey Albert King – *In honor of the trustees of the Marian Chace Foundation*
- Marybeth Weinstock

Partner (\$100.00 – \$499.00)

- Marylee Hardenbergh – *In honor of Kathleen Devereaux*
- Susan Kierr – *In honor of 9 year old Josie Hess on being selected by the Anti-Defamation League to serve on the No Place for Hate Committee at Bricolage School, New Orleans, LA*
- Ann Lohn – *Honoring the Marian Chace Foundation*
- Margaret Migliorati – *In memory of Mario Migliorati*

CONGRATULATIONS NEW R-DMTS

Congratulations Newly Credentialed R-DMTs

September 1st – November 30th

- Suraija Agosto
- Nicole Anderson
- Terra Lyn Anderson
- Sarah Casey
- Diana D'Ambrose
- Jennifer T Fay
- Dominique Andriese Fickling
- Jillian Lee Glace
- Nathalie Isabelle Goykhman
- Briena Graziani
- Alana Henderson
- Lily C. Hughes-Dunn
- Nicole Jenkins
- Alisha Jihn
- (Maria) Renee Kurz
- Lucia Bennett Leighton
- Kimberly Lynn Morrill
- Susana Potter
- Erika Ingrid Pranzo
- Julia Rose-Ramo
- Daniel Safavi
- Shauna D Shrewsbury
- Ivanilda Silva
- Mary Elizabeth Taylor
- Aditi Uttarwar
- Tia Vegemast
- Meredith E. Weissert
- Kelsey Witzling
- Alison Vodnoy Wolf

DMT COMMUNITY: ADTA TALKS BY NANA KOCH

Submitted by Nana Koch, BC-DMT

I am pleased to announce that with generous funding from The Marian Chace Foundation and additional funds from ADTA, the eight most viewed YouTube ADTA Talks have been subtitled into Spanish and Chinese.

Given the information age in which we live, I embarked upon this project to electronically extend the reach of knowledge about our field to an ever-widening community of those interested in dance/movement therapy (DMT). In addition to English, Spanish and Chinese (Mandarin) top the list of the most common world languages. Thus, having ADTA Talks available in all three languages will be a boon to spreading DMT information.

There are an abundance of Spanish speaking people world-wide who are interested in dance/movement therapy and have less access to information about the field. Additionally, the idea of subtitled ADTA Talks into Mandarin comes at a time when DMT interest and training has exploded in China. Thus, the need for disseminating information about our field has never been more essential.

Below are the eight ADTA Talks that have been subtitled into Spanish and Chinese:

- Dance Movement Therapy and Autism – Christina Devereaux
La danza movimiento terapia y el autismo: Danzas para conectar
舞蹈/运动疗法与自闭症：舞动中的关系
- Dance Movement Therapy and Mental Illness- Ted Ehrhardt
La danza movimiento terapia y las enfermedades mentales
舞蹈/运动疗法与心理疾病
- Embodying Empathy: Dance Movement Therapy after Unthinkable Trauma – David Alan Harris
Empatía experiencial: Danza movimiento terapia después de un trauma impensado
体现式共鸣：意想不到的创伤后舞蹈/运动治疗
- Dance Movement Therapy: Analyzing Body Language – Stacey Hurst
Danza movimiento terapia: Analizando el lenguaje corporal
舞蹈/运动疗法：“肢体语言”分析
- The Difference between Therapeutic Dance and Dance Movement Therapy- Susan Imus
La diferencia entre danza terapéutica y danza movimiento terapia
治疗性舞蹈和舞蹈/运动治疗之间的区别
- An Introduction to Dance Movement Therapy- Nana Koch
Una introducción a la Danza Movimiento Terapia
舞蹈/运动治疗介绍
- Dance Movement Therapy and Dementia- Donna Newman-Bluestein
La danza movimiento terapia y la demencia
舞蹈/运动疗法与痴呆症
- Dance Movement Therapy: Embodied Parenting- Suzi Tortora
Danza movimiento terapia: La crianza sentida
舞蹈/运动疗法：体现出的亲子关系

All the above videos can be accessed on the YouTube web site. When on the site, type in: ADTA Talks-Spanish and ADTA Talks-Mandarin. Please note that the Marian Chace Foundation and ADTA are making on-going efforts to publish the Mandarin subtitled videos to a website available in mainland China, where YouTube is not accessible. In order to further promote this project and future video productions of the Marian Chace Foundation and ADTA, please consider:

- Subscribing to the ADTA YouTube Channel
- Liking/ “thumbs-up” any newly published videos
- Commenting on videos
- Sharing videos with your community
- Donating to the Marian Chace Foundation, which is a 501(c)3 charitable organization

DMT COMMUNITY: CULTURE AND GENDER: KEYNOTE THOUGHTS BY DEE WAGNER

Culture and Gender: Keynote Thoughts

Submitted by Dee Wagner, BC-DMT

How awesome is the Multicultural and Diversity Committee for looking at culture and gender issues simultaneously! Dance has been used for healing in various cultures since long before Chace explored dance/movement therapy at St. Elizabeths Hospital, and dance/movement therapists can benefit from better understanding how those cultures invited and continue to invite healing through dance. Also, there is something new Chace brought to our world. By inviting and mirroring patients' movement, she shaped a maternal healing modality within the patriarchal system of Western medicine.

Oxytocin—the mothering neuropeptide—exists in all of us and brings balance to the testosterone we all have in some amount as well. Chace's use of kinesthetic empathy, an oxytocin-driven healing modality, forecasted the growing appreciation of feminine leadership styles. Recently, the president of the Board of Directors of the International Association of Yoga Therapists identified a trend toward feminine leadership in yoga.

In hunter/gatherer times, giving power to those with greater levels of testosterone, those who were more likely to fly into Fight/Flight, made sense but it no longer serves us. Once humans learned to cultivate crops and domesticate animals, nurturing methods served societies best. However, the desire for a quick response to danger kept those with higher levels of testosterone in power.

Past ADTA keynote speaker Porges, creator of polyvagal theory, taught us that Social Engagement system biology comes on line when we feel safe, but safety is often a luxury of the majority culture. Therefore, our world needs a more nuanced understanding of the dance of Social Engagement system functioning. Porges' co-speaker Carter—oxytocin researcher—gave us a clue by speaking to the importance of oxytocin. Dance/movement therapists know that ideal mothering invites the indulging dances identified by Kestenberg and colleagues as well as the fighting dances that train the biting/snapping that invites healthy embodiment.

Trauma expert Levine teaches us that animal bodies wake up from the dissociative holding patterns of Shut-down by going into Fight/Flight. This understanding could guide a mother to respond with knowing when/if her child is biting and snapping fueled by Fight/Flight. The Mythic Mother tunes into her own deep connections with the collective unconscious where she recognizes the beautiful wiring of her babe's animal body that wakes it up from a stupefied state with a burst of Fight/Flight. She does NOT say, "I imagine you feel..." She says, "I understand within my own body the intensity of the sensations you are showing me. Now, teach me the unique and beautiful expression of this intensity that is yours."

Dr. Charné Furcron—leader of the Multicultural and Diversity Committee—invites us to examine and re-examine how we identify. This helps us be mindful of the dance of oxytocin and testosterone within our bodies. We can explore the legacy of the culture from which we are descended. We can appreciate cultures that maintain connection to the land and those who hold the old knowing of how to writhe out extra Fight/Flight energy. We can recognize our biting/snapping rhythm that is part of our getting "woke."

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

NEWSLETTER ADVERTISING INFORMATION

Interested in advertising with ADTA?

Advertising space is available in our quarterly newsletter! Reach dance/movement therapists, other professionals, students, the international community, and more. Rates are provided below.

Submit ads to info@adta.org.

Member Rates

Single – \$100

2 Issues – \$175

4 Issues – \$300

Non-Member Rates

Single – \$150

2 Issues – \$275

4 Issues – \$500