



Current Newsletter

Volume 55, Issue 1: Spring 2021

A few words from the Newsletter Team: *Happy Fall from the ADTA! We hope you enjoy this edition of the newsletter and learning about the work the board of directors and Association have been doing on your behalf! Don't forget, as an ADTA member you are welcome to submit to the newsletter. Thoughts, pictures, etc. send them in! Please review the Newsletter Guidelines at the bottom of the page before submitting.*

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Board Report: President Elect

Submitted by Angela M Grayson, PhD, LPC, BC-DMT, NCC

Greetings! I am now four months into my role as President Elect and it has been a wonderful fast-paced learning experience! Many of you have reached out via email, social media or Zoom to connect, offer support and encouragement or to seek advice. I have truly appreciated these connections and meeting so many dance/movement therapy students and professionals in the process.

Meanwhile I have been working closely with the ADTA Office Staff (Lauren Hoyt, Administration and Michelle LaVoy, Operations Manager) to streamline and systematize many of the annual projects and processes. As we continue to fine tune and update these processes, we hope you will continue to use the resources available to you through your local chapters, Members-at-Large and the Board of Directors.

ADTA 56th National Conference October 14-17, 2021

The Annual Conference Committee has been diligently planning and taking great care to weigh all options for our upcoming conference. The considerations include: in-person, virtual or hybrid (in-person with some virtual accessibility). **As of this writing we have decided that a virtual conference experience would be in the best interest of our membership.** The Call for Proposals has been released and we anticipate an array of intriguing, dynamic presentations. Please stay tuned for

conference updates from ADTA in your email via the Digest or special announcement.

In the meantime, please do not hesitate to contact me with any questions at presidentelect@adta.org.

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Board Report: Treasurer

Submitted by Jacelyn Biondo, Ph.D., BC-DMT, LPC

Sending you all positive energies for health, happiness, and dance in your lives. As we experience this collective grief together, know that you are on my minds and that I am sending all of the warmth I can your way. Please try to be gentle with yourselves and with one another as we approach the first anniversary of COVID and social distancing. Find ways to connect with others and please feel free to email and connect with me at treasury@adta.org. Here's what I have been keeping busy with since my last newsletter:

Budget and Finance Committee: Since my last newsletter submission, the Budget and Finance Committee has been hard at work to re-evaluate, brainstorm, discuss, and evolve the membership dues fees. Although still a work-in-progress, we are so excited about the development of this work and the new ways it will move us towards our goal of equitability and inclusivity within the American Dance Therapy Association. We don't have the final details to share just yet, but please know that our intention is to put our new plan to a vote with the Board of Directors in our upcoming Spring meeting.

I want to thank the Budget and Finance Committee members, Ebony Nichols and Corinne Ott for their dedication, wisdom, and time with our projects. If this work sounds exciting to you: Good News! The Budget and Finance Committee has an open position. If you have knowledge of budgets and finance and are looking to give

back to the amazing world of the ADTA, please send me a Letter of Intent to join the Budget and Finance Committee along with your CV or Resume and a brief bio.

Treasury: I have also continued to meet regularly with our Financial Advisory Team at CapHill to continue to manage budgetary inquiries and make efforts towards remaining true to the Treasury responsibilities of always acting in the best interest of the organization and with frugality in mind. A project at our forefront is presenting an Executive Summary of our Budget, which will be accessible to membership on the website. I apologize for the amount of time this has taken, but rest assured I am working on this and will share the details shortly, which will also be accessible on our website. I promise to keep you all posted!

Reminders: The ADTA is a 501(c)6, which means that your donations may be written off as a business expense rather than as a charitable donation. Please consult with your financial advisor regarding individual circumstances around write-offs.

Planned Giving Campaign. Please feel free to pass this information along to anyone who may be interested:

Leave a lasting legacy to our profession by remembering the ADTA in your will.

You can choose to leave a monetary contribution to our past, present, or future with a gift of your choice as follows:

Past: Archive Project

Centrally digitize our history: Board minutes, journals, films/videos

Present: Service, Education, Scholarships

Day of Service at Conferences, Endow the annual Conference Scholarship

Future: Development of DMTs and Fellowship for Research

Develop scholarships to support the education of future DMTs, Develop Research Fellowships

Submitted Respectfully,
Jacelyn Biondo, Ph.D., BC-DMT, LPC
ADTA Treasurer
Executive Committee Member

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**Board Report: Multicultural & Diversity Committee
Submitted by Charne Furcron, BC-DMT**

The Multicultural and Diversity Committee Newsletter



Happy Black History Month!



Mynasha Whyte R-DMT, Co-founder of Black MAGIC Affinity Group, wrote this piece highlighting the contribution of [Prominent Black Figures in Mental Health](#)

Happy Anniversary Black MAGIC!

Black MAGIC was established on February 6, 2020 under the Multicultural and Diversity Committee of the American Dance Therapy Association (ADTA). During our first year, Black MAGIC members worked tirelessly to connect and re-connect Black dance/movement therapists, students, and prospective students. In their second year Black MAGIC will focus on collective and individual growth.





Black MAGIC
Virtual
Pop-up Shop
Fundraiser

in partnership with
Black owned businesses

March 13, 2021
3pm- 5pm EST



Event is free for guests!
To become a vendor email:
blackmagicdmt2020@gmail.com

Black MAGIC will be hosting our first ever retreat during the Juneteenth weekend in the Poconos. To fund this transformative event and other operational cost, Black MAGIC will hold several fundraisers, including our first ever Virtual Pop-up Shop on March 13, 2021!

The Pop-up Shop will partner with small Black owned businesses across the Diaspora to highlight and support them through promotion and a virtual space during the Pop-up Shop. During the event, guests will be able to interact with, ask questions, and participate in demos from business owners in virtual

shopping rooms.

While the event is highlighting Black owned businesses only, ALL are welcomed and encouraged to attend.

So please join us for some celebrating, dancing, and shopping Black! [RSVP here!](#)

Paypal donations: blackmagicdmt2020@gmail.com

If you would like to become a vendor, please email blackmagicdmt2020@gmail.com

AN ODE TO DANCE/MOVEMENT THERAPY by Rebecca D. Lermsider R-DMT, CAT-Ip

As a dance/movement therapist, in my second year of working in a public health setting, I ask myself the questions, “How does it feel to grieve, survive and prevail in my body during COVID-19 extreme conditions?” and “How do I hold my internal experience as well as others’ in my groups?”

As of late, I’ve been asking myself large and existential questions. This COVID-19 era has allowed me to do so many things on my own terms, especially leaving me employed and useful at my job. We are rounding up the one year mark since the

novel corona (or Rona as my colleagues call it (her) to softly add comic relief.) Working on a psych ward, I am met regularly with the challenges of DSM-5 levels of paranoia in my clients, now disrupted by pandemic paranoia. In hopes of finding, how does it feel to grieve? I have paid attention to sensorial details and consistent themes in sessions with clients. We are mostly looking to feel safe and feel seen, now there are a few more barriers like wearing masks. My perspective has shifted to maybe sensitively shifting into the space, shapes, and feelings of loss and grief together. It is so humanizing to breathe, stretch and be spontaneous together surrounding the loss of normalcy, heightened depression, and crippling fear. I feel I am simultaneously coping with COVID-19 alongside my clients in our group therapy setting, three times a day. Finding oneness has inspired me to redefine usefulness.

I work as a NYC employed dance/movement therapist and I survived COVID-19. Wow. Such an undertaking. It's almost March 2021— one year since I was COVID-19 positive and quite ill, too. I was met at an intersection. I was one individual survival example, within a mysterious ongoing survival towards a health cure. An emotional ode to surviving within a bigger survival, coping with ultimate world change, I accept in my body I'm most overwhelmed when I am tightly holding (mostly in my neck and shoulders) onto a time when the world didn't feel so extremely inflamed.

An ode to dance/movement therapy. Thank you for allowing me to see the truth and humanity in helping others heal as I give myself the direct direction to “put my own mask on first,” so I can hold a group in harmony to breathe and self-regulate.

Thank you dance/movement therapy for reminding me that “being of service to others” took on a whole new meaning this year. Witnessing my clients as rigid, catatonic, and constrained has stirred my own reckoning with stored and generational trauma, that have ended up on the periphery of my work. Common body postures I've noticed in my clients lately are: constant manic pacing, lying flat in bed, sitting straight with a rigid spine in a chair, and sustained light, indirect movement qualities. My response is: exhausted. Personally, I've suffered great loss aside from the COVID-19 pandemic and I am the great-granddaughter of Auschwitz-Birkenau and Dachau Holocaust survivors. For being a Jew is why they got killed. If I opened up my ode just a little, I would explain how speaking out against inhumanity, inequality, anti-Semitism, nepotism, bigotry and hatefulness in society has helped me survive, be alert and envision a more just and equal future for those discriminated against most.

I have come to a resting point (for now) on how traditional D/MT goals in groups require new limit-setting and motivation. Goals such as accessing joyful memories,

retrieving skills and talents, only allowing mask-wearing individuals in groups, counting breathing techniques (inhale 5 exhale 5 or box breathing), stretching farther out of our movement spheres and sensitivity to the moment have shown me self-regulation and self-compassion is taking more time, returning to the work and more patience; the overarching theme for our times.

An ode to dance/movement therapy has made me recognize my fundamental values and sense of usefulness hasn't changed; however, "COVID-19 dance/movement therapy" has supported symptomatic psychiatric clients experience their internal experiences in more conscious ways because together we are developing novel one-of-a-kind containers. Of course, in dance/movement therapy each session is eternally unique in its own time-space-shape... grief, survival and prevailing. I end with another question, "Who knew I had to see the whole container to reach such realizations?"

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Board Report: Ethics

Submitted by Joan Wittig, BC-DMT, LCAT

Greetings from the Standards & Ethics Committee. 2021 finds us at work thinking about how to best be of service to our membership. Hopefully you all received a brief questionnaire from the S&E Committee, and took a few minutes to complete the survey. This information will assist us in knowing what is most important to you, our members, about ethics; and will help us design educational programs in the coming year that will be most useful to you.

We continue to field questions about telehealth and ethics. This is a relatively new area for most of us, and is not something directly addressed in our Code of Ethics. Though we definitely don't have all the answers, we are happy to entertain questions and have discussions with you about this, as we are happy to engage with you regarding all your questions and thoughts about ethical practice.

Communication on social media remains a serious concern as well, as we receive regular reports about questionable posts on ADTA social media platforms. We remind each of you that everywhere you represent yourself as a DMT, you are bound by the ADTA Code of Ethics and Standards. We must all be committed to maintaining the highest ethical standards in all our communication, within our community and without.

The S&E Committee revised our Policy and Procedure to allow addition of two more members to the Committee. We welcome Jennifer Whitley and Brigitta White, each of whom has joined the Committee for a three-year term. Jenn and Brigitta join existing members Candy Lo, Neha Christopher, Nancy Herard-Marshall, Douglas Cornman, Megz Roberts, and Selena Coburn.

We, the S&E Committee members, continue to support all our members in our ongoing commitment to facing issues of racism, poverty, hatred, inequity, and access through our work as DMT's. We welcome any questions ADTA members and friends may have about ethical concerns and/or practice in these and all areas of our work. Please feel free to contact us at ethics@adta.org. We are always happy to hear from you!

Respectfully submitted,
Joan Wittig MS, BC-DMT, LCAT
Chair, Standards & Ethics Committee

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Board Report: Secretary

Submitted by Ambria Cunningham, R-DMT, LPC, NCC

Greetings ADTA Family,

Recruitment for the New Professional Subcommittee is underway, and I will be presenting the board with formal letters of interest from new professionals in our field interested in engaging and collaborating with the secretary in developing meaningful ways to support and engage new professionals. If you are new professional that has graduated from an approved program within the past 2 years, and interested in this committee please send a formal letter of interest that includes 1) program attended and graduation date or date of completion of all Alternate Route requirements, 2) professional areas of interest, and 3) how to foster growth within the ADTA to secretary@adta.org.

CURRENT STUDENTS: recruitment for the student subcommittee begins April 1st! I will be sending information to department chairs to be dispersed to all students. If you have questions about the subcommittee, please reach out to me via email.

If you identify as member of the new professional or student membership, and are interested in engaging in a subcommittee, please email secretary@adta.org.

Warm regards,

Ambria Cunningham, R-DMT, LPC, NCC

Secretary, Board of Directors
She/her/hers

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Board Report: Members-at-Large
Submitted by Rebekka Dieterich-Hartwell, PhD, BC-DMT, LPC, MaryBeth Weinstock, BC-DMT, Pam Margules, BC-DMT

Hello all ADTA Members,

We are hoping that you are all healthy and safe during this cold pandemic winter!

The Board has been busy meeting monthly to ensure the smooth running of the ADTA.

The DEI Task Force is hard at work following up on all the feedback that was gathered from our members. Please see the website for updates on the initiatives and actions. We are also currently working on an updated definition, mission statement, and vision statement of the ADTA. Once a preliminary version has been developed, the ADTA membership will be able to offer feedback and vote.

A “Call for Proposals” for the 56th annual conference in Chicago went out recently. They will be in review by the time that this newsletter comes out. At this time we do not know if the conference will be in person or done virtually or a hybrid of both. We want to assure you that the Annual Conference Committee is taking careful consideration to decide what is best to support the membership. We hope to see many of you at the virtual mini Conference on Saturday, April 24th.

Lastly, we are looking ahead to the next National Chapter Leaders Meeting, which will take place virtually. We have not set a date yet, but we are hoping to plan it for the nearby future. We’ll keep you posted!

Wishing you all a good rest of winter and a hopeful beginning of spring!

Marybeth Weinstock, Western MAL

Rebekka Hartwell, Eastern MAL

Pam Margules, Central MAL

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**Board Report: Committee on Approval
Submitted by Danielle Fitzpatrick, BC-DMT**

The Committee on Approval (COA) and the Subcommittee on Approval of Alternate Route Courses (SAARC) review dance/movement therapy programs and courses for compliance with ADTA education standards. As our education systems navigate challenges with the pandemic, changes in education standards, and a commitment to diversity, equity, and inclusion, the COA offers our support and guidance.

ADTA COA Accommodations in Response to COVID-19

During the current global health crisis, the COA has authorized accommodations and offered suggestions for creatively adapting DMT education and training in response to the impact of COVID-19, as outlined in the following REVISED document:

[ADTA Guidelines for COVID-19 Accommodations, revised](#)

Accommodations are in effect for the duration of time that course or program delivery is impacted by the coronavirus. If an educator is adapting a course or program *as a response to coronavirus*, that adaptation may be covered by the accommodations. The REVISED Accommodations provide guidelines and creative solutions for addressing fieldwork and internship. The document offers suggestions for educators and site supervisors to follow broadened definitions of how, where, when, and to whom the student is providing services to accrue fieldwork and internship hours.

There are many uncertainties ahead, but it is with optimism that we look at **re-opening** when deemed possible by state, local, and institutional officials. In returning to in-person classes, please consider:

1. Is it safe to return to in-person classes at the time of accepting admissions?
2. If it is not safe or does not meet all students' health and safety needs due to the threat of coronavirus, you should continue under the ADTA accommodations.
3. When it is safe and reasonable that students can travel and be face-to-face safely, resume in-person classes OR apply for approval as a new online course.

Please reach out with questions or to communicate changes as a response to COVID-19 to SAARC at arapproval@adta.org or the COA at approval@adta.org

Recruitment

We are seeking a nominee for the Supervisor Representative position for the COA . If you are a BC-DMT supervisor, have a deep commitment to DMT education, and can bring a diverse perspective to the committee, please send a letter of interest and CV to approval@adta.org.

We are still looking for ONE alternate route educator to join SAARC. It is a wonderful opportunity to work with a great group of people who are so dedicated to our field!

COA & SAARC Business:

- Procedures for Programs Seeking Candidacy

- At the winter meeting, the Board of Directors voted to adopt a **Letter of Intent** when a program seeks to apply for Candidacy, thereby initiating a set of procedures which will support the program in entering the Candidacy phase.
- Procedures for **Annual Maintenance Report** for Approved Programs
 - This year's Annual Reports will not be due until **July 15th, 2021**. You will receive a detailed letter outlining what is required in this year's annual report. In the report, we will ask you to include a synopsis of the Spring of 2020 (which we recognize was a time of mass transition) highlighting the steps that were taken to address the start of the pandemic, then move forward with a traditional annual report *based on the start of your academic cycle in 2020*
- Procedures for Approval of Alternate Route Courses:
 - **New Alternate Route Courses:** All courses being approved for the 1st time must be submitted in compliance with revised standards effective immediately.
 - **Do you teach an AR Course older than 2010???** If you currently offer a course that was approved before 2010, please submit a course revision to SAARC in the coming year. There is no fee for revisionary approval.
 - Refer to the *ADTA Standards for Education and Clinical Training* for approval requirements.
 - The **NEW** *Application for Approval of Alternate Route Courses* can be found on the Alternate Route Educator's page of the website or at the following link:
 - **[Application for Approval of Alternate Route Courses](#)**
 - A *Guide to Approval for Alternate Route Educators* is available to help educators in revising courses to meet the revised standards:
 - **[A Guide to Approval for Alternate Route Educators](#)**
 - Once all AR courses have transitioned to revised standards (Jan 2025), educators must reapply for approval every five (5) years, allowing SAARC to ensure continued compliance with standards on an on-going basis. The reapproval process will mirror the approval process in a simplified and streamlined way.

- For ALL deadlines and due dates, course providers should refer to the *COA Procedural Guidelines for the Transition to Alternate Route Course Approval: New Standards* which can be found at this link: [COA Procedural Guidelines for Transition to New Standards](#)

Alternate Route Course Approval

SAARC reviews all alternate route course applications for approval. An application, accompanying syllabi, and the educator's professional CV can be submitted to the Chairperson, Susan Saenger at ARapproval@adta.org. All alternate route courses being approved for the first time must be submitted in compliance with revised standards.

The following Alternate Route Courses have recently been approved:

Unfolding Embodied Experiences to Expand Multicultural and Diversity Awareness taught by Barbara Nordstrom-Loeb.

The Moving Child II: DMT for Children and Youth taught by Hanna Kamea Kemble.

Thank you to these Alternate Route Educators for submitting these new and revised courses for approval. You can find a convenient calendar of *all* approved alternate route courses at the ADTA website.

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Board Report: Public Relations

Submitted by Angie Yemma, MA, BC-DMT, LCAT

The PR committee has been busy promoting our Black History Month initiative, NEDA Week, upcoming Webinars, and many more awareness days that aim to advocate for the use of dance/movement therapy! We continue to actively promote our ACT NOW campaign which aims to bring awareness to racism, white supremacy, & Black Lives Matter. Join us in promoting Dance/Movement Therapy and our ACT NOW campaign by following our Social Media handles and sharing the information.

Instagram: ADTAorg

Twitter: ADTAorg

Facebook Group: <https://www.facebook.com/groups/516042972196519/>

LinkedIn: American Dance Therapy Association

YouTube: ADTAorg

FACEBOOK PUBLIC GROUP:

Join the PR committee in streamlining our Facebook group! As mentioned in the Facebook group, we are making changes to posting guidelines, in order to streamline information. Let us start with stating: these changes in no way impact open communication, discussion, or engagement with others that fall within the purpose and general rules of the group. Each member of the ADTA Group is required to accept these rules upon joining and they are available to you at any time in the "About" tab on this page. Above all, this group is to discuss and share information about the field of Dance/Movement Therapy (DMT) and related content.

If you see the daily post you can comment and discuss based on the theme of the day. If you happen to miss a day, you can always go back to find the day you missed and comment. If you want to find information from a previous day/week, it will remain active as a post in the timeline of the group. Here are the daily themes:

- **Monday Motivation:** Inspirational quotes, memes, videos, including your favorite dancing videos and DMT thoughts.
- **Promotion Tuesday:** Have an event, workshop, CE course, alternate route program, etc. that you want to talk about? -This will be your time to share.

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- Working Wednesday: Are you hiring? Do you know someone who is hiring? Are you looking for work in DMT or related fields? Post details on this day and thread.
- Thursday Readings: Articles, blogs, podcasts, magazine publications, et al are welcome on the reading and resources post.
- Follow Friday: Share your social media links and recommendations. If you are building a following for yourself, your company, or your brand, post your Facebook, Instagram, LinkedIn, Twitter, website links so we can support your journey!

With these daily posts (there will be a graphic and a prompt), the only change will be the reduction of individual posts outside the themes. -Think of this as a virtual filing system/rolodex; all of the links and sites under one heading and theme each week. -Ultimately, this is to make information more easily accessible for YOU! And streamline a search for someone who may be looking for a job, CE workshop, or DMT resources.

EX: You want to promote your workshop. -Find the most recent Promotion Tuesday post and share in the comments. Automatically, your comment will bump this post to the top, for people to view the next time they come to the page!

Outside of these 5-repeating themes, if you have other content or discussions you would like to start, you are welcome to share. As will any development/transition in social media, this is a "beta test" that we hope will help members of this community, as well as our committee, in more ways than one.

Update on Statistics May 2020- August 2020:

Facebook Company: +139

Facebook Public Group: +11

Instagram: +183

YouTube:

Subscribers: +560

Total views: 501,596 views!!

JOIN THE PUBLIC RELATIONS 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 reposting of all collected information to other groups, 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: newmedia@adta.org, if you have questions or would like to become involved.

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

publicrelations@adta.org

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**Board Report: Research and Practice
Submitted by Cecilia Fontanesi, PhD, R-DMT**

Hello to All ADTA Members,

The Research and Practice Committee has gone through some significant changes over the past few months.

In the Fall, Jennifer Tantia stepped down as R&P Committee Chair. I want to express deep gratitude to Dr. Tantia for her essential role in organizing the work we have done and are doing as a committee, curating the Poster session and the annual Research Award, as well as keeping Bibliographies and Clinical Info Sheets up to date. The bibliographical and clinical updates are work in progress that we are actively committed to, while embracing questions like the nature of DMT practice, the role of research in our field, the layers of knowledge in different practice and research expressions, and how our understanding is shifting with time.

Importantly, we want to thank two R&P members, mentors, and scholars who recently stepped down the committee, Sharon Chaiklin and Cynthia Berrol. We want to recognize the generous insight and understanding that they contributed, and will continue to offer, over the years. A particular thanks goes to Lauren Harrison, who stepped down the R&P Committee to serve on the Nominating Committee as the West Coast Representative, for her attentive and informed perspective toward marginalized members.

We are happy to welcome two new members, Chevon Stewart and Monica Gaydos, PhD Candidate in Expressive Therapies at Lesley University and PhD Student/Research Fellow in Creative Arts Therapies at Drexel University, respectively. We are looking forward to incorporating your perspectives in our committee process and work. I will quote Dr. Helen Payne words in the documentary *Resilient Lives: Building Strength Through Dance Movement Therapy* (2017) “We need people to do PhDs because they need to get training in research.”

Research can investigate, articulate, and make visible to others what we practice every day with the people (clients, patients) we serve. As Nelson Mandela phrased it in a popular speech in 2001, “It always seems impossible until it’s done.”

Cecilia Fontanesi, PhD, R-DMT

ADTA Research and Practice Committee Chair

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Jane Wilson Cathcart Ann Lohn Sharon Chaiklin Susan Kleinman Lynn Koshland

Marian Chace Foundation

Submitted by Jane Wilson Cathcart, BC-DMT; Ann Lohn, BC-DMT; Sharon Chaiklin, BC-DMT; Susan Kleinman, BC-DMT; Lynn Koshland, BC-DMT

Marian Chace Foundation

SUPPORTING THE DEVELOPMENT OF DANCE/MOVEMENT THERAPY
THROUGH RESEARCH, EDUCATION AND SCHOLARSHIP

GRANTS:

February is exciting for we eagerly anticipate grant applications. This year we have received several and acknowledge the efforts of those who submitted proposals for

our consideration. The Trustees will meet in late Spring and applicants will be informed of our decision by May 31.

If you wish to apply for a grant we remind you that the annual deadline is February 15. Please refer to the current ADTA website pages for the Marian Chace Foundation. There you will find updated guidelines. Any questions or requests for clarifications can be sent to:

Lynn Koshland, Secretary marianchacefoundation@gmail.com

And for those of you who have graduated within the past five years there is a \$500 Journalism Award given by the Foundation for articles published in the AJDT. Please see the description in the back of your printed AJDT for procedural details. Note that there is no longer a deadline to apply for the journalism award.

DONATIONS

We are grateful for the donations, big and small, so many of you contribute in support of the MCF mission. Your generosity provides funds for the various grant proposals received each year and sponsors the Annual Marian Chace Foundation Lecture, Research Poster session at the in person ADTA conference, and other special events. Our mission is to continually grow and support our profession.

MARIAN CHACE FOUNDATION

Donations received December 1, 2020 – February 26, 2021

FRIENDS (up to \$36.00)

Marcia Leventhal

Elissa White

SUPPORTER (\$36.00 - \$99.00)

William Freeman

Caroline Holtz

Judith Klein

Marguerite Mariama

in honor of my friend Jane Downes

with love and blessings

Ilene Serlin

PARTNER (\$100.00 – \$499.00)

Jane Wilson Cathcart

with gratitude to the founders and charter

members of the American Dance Therapy Association for their vision, grit and continual grace

Goldov Family Giving Fund

Nicholette Oddivak

Yukari Sakiyama

Suzi Tortora

CHACE CIRCLE (\$1,000 and up)

Joan & Ira Berkowitz

Edison Properties Newark Foundation

Jason Kleinman

Jeffrey Samuels

in loving memory of Arlyne Stark

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JANE WILSON CATHCART

SECRETARY
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OUTREACH
SUSAN KLEINMAN

PAST PRESIDENT
SHARON CHAIKLIN

EMAIL: MARIANCHACEFOUNDATION@GMAIL.COM

MAILING ADDRESS: 976 EAST 200 SOUTH, SALT LAKE CITY, UT 84102

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American Journal of Dance Therapy Submitted by Laura Downy and Susan Kierr

Our Dance Movement Therapy community is robust and diverse. We exist in an expanding net that the Journal's intellect and reflections weave. Our professional community holds us during the current pandemic's emotional rollercoaster. As your coeditors we will support your work as we go forward. In our profession's efforts to evaluate and understand how clients' needs have been affected, as well as our own needs, and how telehealth has worked and not worked, we invite articles to be submitted to the American Journal of Dance Therapy from our professional community that provide case studies and new knowledge gathered in treatment during the Corona virus treatment and recovery.

Laura Downey and Susan Kierr

[Journal Website](#)

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Carolina Chapter

Submitted by Rayni Collins, MA, BC-DMT, LCMHC

The small yet mighty Carolina Chapter has been up to a lot these past few months!

With the ADTA 55th Annual Conference being virtual this past year, more of our Chapter members were able to enjoy and connect. In the Social Dis-Dancing/ADTA Conference Review held on November 13, 2020, Chapter members were most pleased with being able to video chat with other DMTs from all over the world in a different way.

On November 21, 2020, the Chapter held its first virtual workshop! Dr. Leslie Armeniox, PhD, MCAT, LCMHC, BC-DMT, one of our long standing Chapter members, presented *Becoming an Embodied Therapist* to some seasoned DMTs as well as Clinical Mental Health Counselors new to DMT. It was a 2-hour experiential workshop that explored and investigated how to use 3 essential components (visual synchrony, rhythmic synchrony, and kinesthetic empathy) of DMT via video.

The Chapter had a virtual holiday cookie party on December 6, 2020. Members got to chat while baking their favorite cookies from the comfort of their own kitchens. There was also some recipe and baking tip swapping.

To abide by the safest social dis-dancing guidelines, the Carolina Chapter held its 2nd Annual Founders' Day Retreat via Zoom. Participants learned from one of the first African American Dance/Movement Therapists Glorianne Jackson, MA, BC-DMT on Dance Therapy with Mothers and Young High-Risk Children. The participants also learned from Nana Koch, Ed.D, BC-DMT, LCAT, NCC, LPC, CMA on *Psychomotor Therapy: Liljan Espenak's system of treatment from Diagnosis to Integration*.



During the Social Dis-Dancing hour on February 12, 2021, Chapter members discussed what they gleaned from the Founders' Day (Virtual) Retreat. There was also some brainstorming for the 3rd Annual Founders' Day Retreat as well as ways the Chapter could make more significant contributions to the ADTA.

The Carolina Chapter is excitedly preparing for its next virtual workshop in April 2021. The presenter will be Amber Grey, PhD, MPH, LPCC, BC-DMT, NCC. Stay tuned for more details to come on this event.

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California Chapter
Submitted by Lauren Zampieri, R-DMT

As reported in our last newsletter, the CCADTA continues in our exciting affiliation with the Creative Movement Therapy Association of India. We have a virtual event coming up on March 20, 2021 featuring Ashley Fargnoli and Tripura Kashyap. Ashley will be sharing her experience in Moving Towards Vicarious Resilience and Collective Care. Tripura will be providing education on Samagama: Exploring the Therapeutics of Indian Dance Traditions. There will be 1.75 CEs offered with this event which will be an all-day (3 – 3 ½ hour) event, available to anyone interested in attending. Please stay connected to our social media platforms and emails for updates on this and all upcoming events! Our monthly White Accountability groups have continued with varying times to accommodate those in regular attendance.

The CCADTA would like to welcome Natalie Jacobs as our new Student Representative. Natalie is the most recent addition to our board, and we couldn't be more thrilled for her to join. Our Education Committee led by Malini Nagpal is actively working to build a DMT program in California. If you are interested in learning more about the education committee or about pursuing a career in DMT please visit our website at www.ccadta.org. Additionally, as a reminder, we are no longer using LinkedIn, but are increasing the use of Instagram and Facebook to connect with those interested in being a part of the CCADTA as well as a way of connecting with other chapters of the ADTA. If you would like to stay connected with us to learn more about events and news please follow us on Instagram @ccadta, Twitter @cc_adta, and on Facebook as the California Chapter of the American Dance Therapy Association as well as through emails at ccadta@gmail.com.

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Pennsylvania Chapter

Submitted by Jacelyn Biondo, PhD, BC-DMT, LPC

Just a quick update from the PA ADTA Chapter. We hope you all are well and hope to connect with you in the future. We can always be reached at paadta@gmail.com or you can check out our website at www.paadta.com. Make sure to follow us on Social Media as well where our PR Chair keeps everything updated.

The PA ADTA could not be more excited to host Ebony Nichols for our upcoming Continuing Education Event:

**THE AFRICANIST AESTHETIC IN DANCE/MOVEMENT THERAPY
OBSERVATION**

PA ADTA Presents Ebony Nichols M.A., R-DMT, CAT-LP

pronouns: she/her/hers

LEARNING OBJECTIVES:

1. To define dance/movement of the African Diaspora
2. To explore movement patterns as they relate to the African Diaspora
3. To discuss the Africanist Aesthetic as an observation tool and descriptor of movement quality in movement observation

WHEN: March 6th, 2021 10 AM - 1 PM ET

Workshop will be held via Zoom

PRICING: 3-HOUR VIRTUAL WORKSHOP - 3 CEUS AVAILABLE FOR DMTS
GENERAL—\$35

PA/NJ ADTA CHAPTER MEMBER—\$30

STUDENTS—\$20

Register by Email: PAADTA.Programming@gmail.com

Payments are due upon registration

We are also looking for nominations for the position of Secretary to begin in Fall of 2021. If you are interested in running for this position or nominating someone, please contact us at paadta.nominations@gmail.com

Finally, we are looking forward to collecting the final responses from the survey sent to our PA membership by the Multicultural and Diversity Committee Liaisons to understand how we can best serve the diverse needs of our local membership.

Submitted Respectfully,
Jacelyn Biondo, PhD, BC-DMT, LPC
PA ADTA President

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Illinois Chapter

The ILADTA welcomes new board members, Catherine Miller, Diversity and Multicultural Committee Representative, Lauren Milburn, Secretary, and Nicole Anderson, Treasurer to serve a two year term! Over the past six months, the ILADTA Chapter has dedicated their efforts and energy to the ongoing social justice work that feels deeply important to our DMT community. The ILADTA Board of Directors dispersed a questionnaire within the community. Our community voiced they want more diversity and inclusion tools, resources, and education. A monthly virtual learning opportunity titled, It Stops With Me, United to End Racism, was created and initiated once a month. This series is dedicated to the ongoing personal growth through exploration of topics including anti-racism, multiculturalism, and diversity. The open format gives members the opportunity to show up and openly discuss the material that was presented. This series is open to anyone involved in the ILADTA chapter and the surrounding DMT community.

Another virtual series was created to hold space for difficult and uncomfortable conversations among a group of white identifying clinicians. This white accountability group are for those who are dedicated and passionate about doing the internal work to fight racism and dismantle white supremacy. These gatherings are held on the 2nd Sunday of every month via Zoom beginning in September. Our vision is to come together and support each other while expanding comfort zones. These meetings will remain focused on the discussion topics provided, with room for personal examples and associations, however it is not group psychotherapy or group supervision. The ongoing resource for the gatherings will be the book, *Me and White Supremacy*, by Layla F. Saad.

The ILADTA is currently welcoming video submissions of dance/movement/performance/art created during the past year. This is an invitation to explore within the range of the specific prompt, or follow where breath, body, and movement inspire. The prompt being “In the midst of our present reality, how are you finding balance and creativity?” Then in honor of National Dance Day and Spring Equinox, the ILADTA will stream the compilation of movement pieces on YouTube, to share with each other, friends, and family. To celebrate after the streaming performance, the ILADTA will host a live after party on Zoom. Participants

are invited to offer movement responses as well as connect by moving together to music!

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New England Chapter

The NEADTA board is very excited to embark on this new year together, having reflected on all that 2020 has shown us. We are hopeful to re-engage with our membership to continue to build on our diverse DMT community within our New England region.

As a board we have been confronted with the strengths and challenges of navigating the intersectioning social, political, and cultural identities of our membership, and are growing in our awareness of the complexities that our members face to better be able to hold space for and support our members.

We're continuing to engage in essential dialogue around the disparities that our members have experienced historically and currently, and are working towards introducing a collaborative diverse, equitable, and inclusive initiative in the coming weeks. We are hopeful it will bring about further connectivity within our membership.

As a part of our initiative, we have offered a chance for our members to use their voices through a Membership Feedback survey, and we are in the process of forming committees within the chapter to better utilize a shared leadership model.

We want to hear from you! If you're interested in becoming a member, have questions about your membership, or want to connect with us, feel free to email us at helloneadta@gmail.com.

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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 email 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 Submission Deadlines:

February 28, May 31, August 31, November 30

Publication Deadlines (on/before):

March 28, June 28, September 28, December 28

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Newsletter Advertising Information

Interested in advertising with ADTA?

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

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