

Current Newsletter

Volume 56, Issue 3: Summer 2022

A few words from the Newsletter Team: Happy Spring 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

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

I would like to invite you to hold a moment of silence for everyone impacted by ongoing acts of hate, racism, white supremacy, and erasure, for lives lost and for those left devastated as a result of these acts. BREATHE. I would like to invite you to hold a moment of silence for everyone impacted by natural disasters, war, and inhumanity. BREATHE!

With everything that is going on in the world around us, the time to care is NOW. How are you making a difference in your family, community, state, and country? Even a small stone thrown in a pond makes a ripple, let's unite and raise awareness as dance/movement therapists to be salve for those who are hurting. Our time to serve and support is NOW.

Please renew your membership and invite other allied professionals to join our Association. There is much work to be done and we need all hands on deck to make a wide and deep impact.

As we celebrate our growing profession, I send major congratulations to all the 2022 graduates!! May your dance/movement therapy career be long, meaningful, and impactful. You are change makers, continue to make a difference!

Meetings and Community Engagement

The Board of Directors held a virtual Spring Board meeting that was rewarding and challenging on many levels which stretched us and helped us grow as we made some key decisions for the good of the Association. Thank you to all who attended as observers, supporters, and encouragers. I hope that you were favorably impressed to see the work of this dynamic Board!

Kudos to everyone involved in making the Spring Virtual Summit a successful event!! There were so many delightful offerings and presentations that I cannot wait to watch them again on-demand. If you registered for the event, then you will have access to the videos through July 31st.

I continue to meet monthly with the Executive Committee and Board of Directors in a creative think tank to better manage all the needs of the membership, association, and profession. I meet weekly with the office staff and Continuing Education Manager to plan, create and problem solve so that things run as smoothly as possible. Additionally, I have had the good pleasure to converse with several students (enrolled, taking courses and curious) in relation to dance/movement therapy as a viable career path.

Ongoing Justice, Access, Diversity, Equity, and Inclusion Work

I have been enlightened and invited to participate in and facilitate several workshops and training that highlight dance/movement therapy as a proponent for justice, access, equity, diversity, and inclusion work. I have contributed writings to news articles, books, and personal renderings.

Books I've read and in the process of reading include:

- *Hood Feminism* by Mikki Kendall
- So You Want to Talk About Race by Ijeoma Oluo
- How to Forgive When You Don't Feel Like It by June Hunt
- The Quaking of America by Resmaa Menakem
- Restorative Yoga for Ethnic and Race-Based Stress and Trauma by Gail Parker

Thank you to everyone who took the time to vote in the various polls that were sent out during the quarter. The nomination and voting process is complete so be on the lookout for the announcement of our newly elected members. Also, I cannot wait to honor our awardees at the Business Breakfast during the conference. To stay up-to-date concerning announcements and events, please check out our bi-weekly Digest and the website.

Lastly, I am ecstatic to attend our first in-person conference in two years in my role as President and look forward to the culmination of hard work that the Annual Conference Committee has been preparing for us all as we gather together in October!!! Will you save me a dance?

57th Annual Conference

Renewed Connections: Dance/Movement Therapy Fostering Community Healing
October 27-30, 2022
Montreal, Quebec, Canada

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

ADTA President

president@adta.org

Board of Directors, Executive Committee Chair



Board Report: President Elect

Submitted by Marcia B. Leventhal, PhD, CMA, BC

DEAR ADTA MEMBERS NEAR AND FAR; TO THOSE OF YOU WHO ARE NEW TO OUR PROFESSION AND TO THOSE WHO HAVE BEEN PART OF OUR COMMUNITY FOR MANY YEARS:

Hoping that you are all staying well and strong despite these very difficult and life changing, often devastating National and global "upheavals" and unthinkable atrocities affecting us all professionally, emotionally, spirituality, economically, in our homes, our workplaces, our communities. I am so grateful for the renewed hope and positivity that our community of dedicated Dance Movement Therapists offers to us all in this time of rapid and life altering change.

Thank you for your continued support of who we are and your astute and invaluable support to the unfolding and continual development of both our organization and to our profession. You are what allows us to continue to be a voice, a change agent, a catalyst in the healing of these world traumas, needed social changes and awarenesses, and more. Each of you are deeply acknowledged and our appreciation is infinite.

Despite all that is occurring and affecting everyone's mental health and stability, our service to you, our members does continue. Our excitement and focus and energy, which is more than a welcome distraction, is towards our upcoming Montreal Conference. To this welcome respite we hold the strong intention that our own "crossing of Borders", and the power of our touching our energy fields once again, may cause an unending ripple effect of change. That in our coming together in person we are allowing for a powerful positivity to ripple through the ether and perhaps contribute to a powerful CRITICAL MASS turning point in helping to change some of the warped narratives and trajectories embedded currently in our Planet's consciousness.

We, the Conference Committee with the support of our administrative office are deep into the final stages of the planning of the Conference (October 27-30 in Montreal, Canada——book now and remember, passports are required). We are so looking forward to our exciting and diverse pre-conference intensives and the timely and varied daily presentations, our Marian Chace and keynote speeches, film night, poignant opening and closing ceremonies, our brilliant dinner- dance and auction, and so much more. We are planning a WELCOME BACK to us all as we celebrate a reunion of our bonds to each other and our renewed commitment to our global community of catalyst-healers; our first time in person since 2019. Our gratitude to our hard working Canadian Committee who are so key in developing many of our on-site experiences is so in order for the recognition of their dedication and commitment.

In addition to the Conference our position involves a multitude of critical Board decisions regarding future plans for our organization's growth and development, support of the many hard working Committees which create our strong foundation and continued personal and professional growth and development. I continue to remain active

and involved in promoting DMT worldwide and locally in working within the Psychiatric field, in facilitating international training groups and other professional development trainings as therapist: teacher, researcher, citizen.

The learning curve for the position of President Elect is a steep one and I feel as though I have barely begun the ascent during these past 6 months. Thank you for your kindness and support as I continue to ascend and thereby give you the support and results you hope to have through the ADTA. Please feel free to contact me with ideas, concerns, issues, whatever, and I will do all I am able to assist: presidentelect@ adta.org.

Dr. Marcia B. Leventhal, PhD, CMA, BC-DMT

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Board Report: Treasurer

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

Life continues to happen with full force and not a lot of time for pause, digestion, and reflection. My heart continues to hold space for everyone affected by the atrocities that affect our communities. I am horrified that mass shootings, white supremacy-fueled hatred and devastation, and erasure of basic human rights continue to be present with such vigor. I am finding balance in using my voice and remaining quiet to contemplate. Please reach out if I can be of support for you in these times of continued hatred, devastation, destruction, and general lack of humanity. You can connect with me at treasurer@adta.org.

Budget and Finance Committee: The Budget and Finance Committee members, Ebony Nichols, Corinne Ott, and I are still in discussion regarding options for our subsidization project. This continues to keep us busy as we investigate the most equitable options for our amazing volunteers.

We are still looking for one more member to join our team. Our committee is on the lower end of time commitments, so if you want an entry into joining the National ADTA, this is a great starting point. If you are interested in learning more, please reach out to me directly or if you are interested, please send me a Letter of Intent to join the Budget and Finance Committee along with your CV or Resumé and a brief bio.

Treasury: A majority of my time and energy this quarter was dedicated to creating and balancing the ADTA Annual Budget for our upcoming fiscal year and presenting the budget report at our Spring Board Meeting. This year's budget was particularly challenging for me as we all are living in uncertain, fluctuating, and unpredictable financial states for numerous reasons. I reviewed all of the committee chairs' budget requests and attempted to piece together the budget in ways that honored our mission of remaining fiscally frugal, while adapting to COVID times, and considering the financial implications of each budget request. I worked very closely with our team in the office and am so thankful for their hours upon hours of meetings with me to iron out details and listen to me talk through my many ideas of ways to make things work. The office support was truly invaluable, and I am so appreciative to have a team that has become like family to me. I feel lucky to have them all on our side, working with us to help our membership and organization thrive!

One the budget was approved, I moved swiftly into my work on the Annual Conference Committee to meet and discuss a sliding scale option for our upcoming Conference in Montreal. I am delighted to share that we will be providing a sliding scale for conference fees and hope to more fully develop ways to support our community members who benefit from more inclusive pricing options.

DEI Updates and Accountability: I have just finished reading *She is not your rehab: One man's journey to healing and the global anti-violence movement he inspired* by Matt Brown with Sarah Brown. You can learn more about the book and movement here: https://www.sheisnotyourrehab.com/

Today, I will plan to sit out in my garden and begin to read *The Protest Psychosis: How Schizophrenia Became a Black Disease* by Jonathan M. Metzl. I often write, teach, or lecture on the racial discrepancies of DSM diagnostics and the over-diagnosis of schizophrenia, particularly for Black and African American men. I cannot wait to read this book and learn more about inequities of diagnosing and ways to be more inclusive in my own practice and process.

Finally, I am privileged to work in higher education that affords me professional development money. I recently spent the last of my funds on books which I purchased through Uncle Bobbie's Coffee and Books (https://uncle-bobbies.myshopify.com/ scroll down to purchase books). The books that I purchased to inform my teaching, practice, and humanity are the following:

- The Body is not an Apology Sonya Renee Taylor
- Photovoice Handbook for Social Workers Michele Jarldorn
- Imagination and Arts-Based Practice for Integration in Research Nancy Gerber
- The Quaking of America Resmaa Menakem
- The African Aesthetic Kariamu Welsh-Asante
- The Protest Psychosis Jonathan M. Metzl

I continue to make donations to QTBIPOC folx and organizations and have added the ACLU and Planned Parenthood as places to donate in light of the efforts to overturn Roe v. Wade. If you are in a position to donate, no matter how small, please consider making a financial, energetic, or temporal donation to people and organizations.

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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Soard Report: Multicultural & Diversity Committed by Charne Furcron, BC-DMT

Dear ADTA members,

The Multicultural and Diversity Committee is pleased to introduce you to Ritmo de Vida Latinx DMT, a newly established ADTA MDC affinity group. On May 25th, The Ritmo de Vida Latinx DMT Affinity group hosted its first general meeting.

We are celebrating BIG!!! It's Been A Long Time Coming!



Ritmo de Vida Latinx DMT Affinity Group Goals

- To create a safe space for building community with Latinx DMTs; including Clear accessibility of the group to current DMT students and prospective students; creating a safe platform to seek and share educational sources, creative interventions, and other theoretical frameworks; to provide peer support, including a supervision network; SHARE (Strengthen, Hear, Amplify, Recognize and Enrich our voices).
- To increase the visibility of Latinx DMTs and increase the representation of the Latinx community within the ADTA; including advocating for Latinx lineage and roots to be recognized and taught in regards to dance/movement as a healing modality/form of psychotherapy; To compile and document a literature database of articles/books written in Spanish and Portuguese;
- To create leadership in professional development for other DMTs, including networking and professional support; support international students with supervision in their native tongue; learn, advocate for, and supporting international DMTs.
- To advocate to fulfill the needs of the community within ADTA; including: increase the accessibility of culturally sensitive literature and approaches to DMT in the Latinx community;
- e a self-sustained financial committee as well as supported by ADTA.
- To promote the integration of DMT's outside of the U.S. together with the established International DMT Network in order to continue advancing the professionalism of the field over all. "Integrar los países de Latinoamérica a la red de danza terapia mundial, para profesionalizar cada vez más la disciplina."

To act as a liaison between ADTA and international Latinx identifying practitioners.

The Ritmo de Vida Latinx DMT Affinity Group's Mission Statement

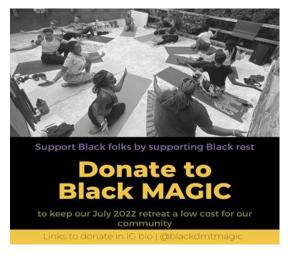
"Our mission is to uplift the voices and bodies of Latinx identifying Dance/Movement Therapy students and professionals by creating a safe space rooted in inclusivity which honors the complexity of intersectionality while building community across borders internationally. Furthermore, by advocating for representation, accessibility, and recognition, our vision is for the inherent healing of Latinx African Indigenous Dance to be prominently found in the research, education, and application of Dance/Movement therapy across the field."

If you would like to know more about the Ritmo de Vida Latinx DMT Affinity Group, please email ritmodevidalatinxdmt@gmail.com.

Disability Access Affinity Group

- We shifted into a seasonal meeting model where we are experimenting with rotating leadership of the collective space. Our meetings prioritize community care practice and then end with accessibility advocacy project peer support.
- DAAG leaders Sabrina Washington and Ramanda Brockett will be presenting a workshop for the PA ADTA Chapter Fall CEU event called "Awakening into (Anti)Ableism: And how to start to open to a world of access for all" and Ramanda will also be representing DAAG on the MDC Affinity Group Panel
- DAAG Historian is currently transcribing interviews with Dance/movement therapists who live with various disabilities regarding their experiences within the ADTA and will soon conduct another round with more focused questions based on the themes that are emerging. It is our hope that this material can be shaped into a conference presentation for 2023.
- DAAG is beginning to get organized around offering a sensory room space as a part of the MDC Shared Space. We hope to offer an area where participants are invited to integrate the material from the conference nonverbally and access restoration as needed to attend to the possibility of overstimulation, especially in the wake of physical distancing over the past 2 years. Your thoughts and ideas are welcome, and we would love to collaborate with whoever is interested!

Black Magic (Black Moving Affinity Group in Community)



The 2nd Annual Black Magic Retreat will take place at the Aya Retreat House in the Poconos from July 1 to July 4. Keep an eye out for opportunities to support the BM community to keep their retreat costs low.

Native American Affinity Group

• In June, the Native American Affinity Group will hold its first retreat in Montana. It's gonna be sweet and we're pumped! NAAG has planned a naming ceremony and a pipe ceremony as part of the retreat. During the pre-conference, we will present about storytelling DMT and NAAG. Additionally, NAAG is shifting to a shared leadership model with Wesley Johnson-Klein.

Spirituality & Religion Affinity Group

- We crafted two announcements to the ADTA membership. One pertaining to the tumultuous times that we are living in and a second one pertaining to the Holy days between March and April.
- We held two meetings in which we shared space for meditation and movement, discussed ethical practice in sharing spiritual and religious ideas and beliefs, and hosting DMT Sacred Shared Space for the dance/movement therapy community.

Multicultural & Diversity Chapter Liaison (MDCL) Updates

• Illinois MDCL - Illinois Chapter hosted a Midwest Meet and Greet to gauge interest in establishing a Midwest Chapter. The meeting successfully amplified the need for more chapter connections in the Midwest.

- New York MDCL On May 22th, the NYSADTA started their pop-ups to welcome the new DMT incomings. In addition, they are creating a video series called Life after graduation, which will showcase different Brooklyn DMTs and their journey after graduation.
- **Pennsylvania MDCL** The PA ADTA will be postponing our upcoming Two-Part CE Event! Please look out for our new date in Fall 2022! This will be a great learning opportunity so we hope to see you there!

Undergraduate Russell Sage College DMT students experienced Umfundalai Pan-African dance technique taught by Erin Bryce Holmes.

This semester, Russell Sage College in Troy, NY, and the undergraduate Intro to Dance Therapy class (CAT-213), had the honor of being taught virtually by Erin Bryce Holmes, MS, LCAT, BC-DMT, visiting professor at Pratt Institute. Erin taught our class a movement of the Umfundalai pan-African dance technique known as the African Triplet, and then brought the dance/movement that the class had done, right home to DMT, our bodies, and the stories that Umfundalai tells. Erin spoke of the power of repetition and the occurrence of "triplets" throughout the African Diaspora. This connected to moments in history like being moved forcibly out of Africa and into slavery, the Great Migration North, and how triplets continue to connect the bodies of descendants of enslaved Africans back to the continent- a sense of knowing without knowing. She also asked the students to reflect on their felt experiences of the movement getting quicker while also thinking about what was going on with the war in Ukraine, and what rhythms might develop for Ukrainians who are fleeing their country on foot.

The students responded deeply. One student talked about her own experience while learning the movements, and feeling like she "couldn't keep up, and wondering if she was "going to get left behind". Erin took this statement and broadened it to once again, the spiritual principles of Mama Kariamu and Umfundalai, saying "no one gets left behind".

I want to take this moment to thank Erin for bringing her wisdom and knowledge to our class. I think it is an experience the students will not forget.

Written by Pamela Faith Lerman, M.Ed., LCAT, BC-DMT with Erin Bryce Holmes, MS, LCAT, BC-DMT

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Board Report: Ethics Committee Submitted by Selena Coburn, BC-DMT, LMHC, LCPC

Hello and Howdy from the Standards & Ethics Committee: Selena Coburn (Chair), Hang Yin Candy Lo, Neha Christopher, Nancy Herard-Marshall, Douglas Cornman, Megz Roberts, Jenn Whitley, and Lauren Milburn. We are still seeking an additional committee member, please email ethics@adta.org if you are interested.

I have always had a zest for serving the ADTA, it is an organization that I want to be successful and continue to thrive. There are many transitions and shifts occurring in the ADTA, the nation, and the world. It is the responsibility of our leaders to continue the important work of DMT and the reckoning of the profession. I believe in an ethical way forward, acknowledging our histories, holding people accountable for their actions, examining the hurts, and bridging our many communities, chapters, and international partners. It is important to be transparent in looking at the chasm that is forming in our community and work towards the repair and transformation of that energy. It is my honor to serve this membership as the Standards and Ethics Chair with humility, humanity, and humor.

The committee has been very busy and we are proud to announce we have revised the ethical complaint process. This was a process guided by our entire committee but lovingly stewarded by our wonderful Douglas Cornman. Many many thanks to him for fostering this process between the ADTA S &E and DMTCB and our deepest gratitude for the hours put into this document. We will be coordinating with ADTA Public Relations and Continuing Education to roll out the updates in an easy to comprehend way. Please be on the look out for the in the next month or so. We have also been busy fielding great questions about ethics from our wonderful membership. Please continue to reach out when you need guidance surrounding ethical concerns and DMT. The committee is looking forward to mediation training forthcoming as we prepare to better serve our membership. Thank you!

The S&E Committee would love to hear from you! Ask questions, send comments to ethics@adta.org.

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Board Report: Education Submitted by Tomoyo Kawano, PhD, BC-DMT,

Amidst capitalism, white supremacy, trauma, and with the swirling thought that too many people are alienated from our bodies/spirit and from each other, it is still possible to find joy. I would like to extend my heartfelt congratulations and welcome to all new R-DMTs and BC-DMTs. It is so exciting to grow our professional community of dance/movement therapists. The education committee looks forward to a renewal in energy and for further learning and developing our passion for the power of dance together.

Alternate Route Education Subcommittee (ARES):

There is much to report from the Alternate Route Education Subcommittee (ARES). Alternate route (AR) advisor training and support materials are almost complete, thanks to Laura Allen, Barbara Nordstrom-Loeb, Beth Austin, and Hana Kamea who have been working on the webinar with Danielle Fitzpatrick's guidance. The hope is to launch the webinar by the October 2022 conference, and for AR advising to begin in January 2023. There are also steps being taken to develop a Student Portal for AR students with the assistance of the ADTA office staff, Lauren Hoyt and Michelle LaVoy.

The JEDI educational and interactive workshops, facilitated by Carmen Marshall, are coming up. AR educators are invited to participate on June 2nd from 2-4 pm (EST) and June 11th from 10am-12pm (EST): "Leading and Learning: Creating a JDEI Culture." Here is an overview and learning objectives:

When considering how to be a more equitable organization, leadership becomes more critical than ever. A committed, consciously aware leader can make all the difference in whether an organization realizes its desire to embrace the way of justice, equity, diversity, and inclusion. Whether you hold an official leadership title or not, your role and position carries great value. However, creating a JEDI culture doesn't just happen. It must be created and led with intention. During this session, participants will:

- Create or deepen awareness and understanding of what it means to lead the work of justice, diversity, equity, and inclusion (JDEI) work and why it is important;
- Explore the elements of building a JDEI and anti-racist, anti-oppressive culture;
- Understand the role of leadership in building a race equity and JDEI culture;
- Develop and deepen language and understanding of essential terminology such as race equity, inclusion, white privilege/advantage, dominant culture, anti-oppression, and anti-racism, etc.
- Establish action steps or goals to consider as a next phase of the work.

Please contact ARES Chair, Laura Allen, at: areducation@adta.org if you would like access to the Zoom link or for more information.

Approved Master's Program Subcommittee (AMPS):

The standards revision task group has established a rhythm and met consistently every other week for about seven months now. We have been taking an approach of alternating between focusing on specific core curricular content areas, and then widening to take a birds eye view on where and how other competencies might fit into the overall curriculum. It has been a slow, methodical process with a lot of critical dialogue - an essential collaboration for all approved program directors to be engaged in. We are almost at a

place to share recommendations for revisions in two core curricular content areas with AR educators before submitting them to the ADTA board. We anticipate that we will need another year or so to review and make recommendations for all content areas.

The movement observation and assessment (MOA) framework task group leaders, Nancy Beardall and Sherry Goodill, who previously facilitated a meeting with MOA and other educators, has met for a second time, this time with the facilitation of Susan Orkand and Ted Ehrhardt. Educators are thoughtfully engaging in a process of reimagining ways to apply an observational and assessment lens to DMT work.

The education committee is convening a task group to determine the language for a dance/movement therapy terminal degree to be presented on the ADTA website. We will clarify and indicate the qualifications necessary for full time DMT faculty hires (separate from clinical practice requirements) at higher education institutions.

If you are interested in joining either group, please contact Tomoyo Kawano at education@adta.org.

Ongoing JEDI work:

Last month, I had the honor to serve as an interpreter for a Social Justice Symposium workshop hosted by Antioch Seattle's Clinical Mental Health Counseling Chi Sigma lota OMG Chapter: "Experiences of Zainichi women: The Human Rights Situation of ethnic Korean residents living in Japan." I was reminded of the importance of understanding intersectionality, not only to refer to the social locations of people, but as a methodology to question the complexity of social and historical discrimination and injustices that a group of people experience. Even within a seemingly homogenous ethnic culture like Japan, the history of colonizing various Asian countries has had an impact that lasts to this day. Empowering those who have been oppressed is work that each dance/movement therapist can do from their unique socio-cultural-historical locations and relationships.

This month, I was a part of a two-day Student Success Symposium that offered a variety of presentations by BIPOC students, students with disabilities, as well as faculty and staff who are working to create a learning environment that is more inclusive and developmental. Our group was a "think tank" consisting of two writing center staff, three faculty from various departments, and a student. Instead of being the "experts," we offered a space, resources, and vignettes to explore "Identity, Race, and Racial Trauma in the Classroom" with other faculty and staff to build a supportive community to learn best practices from one another. Some of the other presentations that I attended include a doctoral dissertation presentation: "Unintentional Harm: Student of Color Experiences of Microaggressions, Racial Trauma and Anti-Racist Dialogues," a keynote speech entitled: "Solidarity Is an Action: How We Transform Our Educational Institutions into Spaces that Center Anti-Racism, Equity & Justice," and "Neurodiversity and Ableism in Higher Education." A theme I noticed was the need to reevaluate what is accepted as "normal" or "standard," and take one step at a time to reimagine the status quo before reaching a critical mass for change to happen.

I also had the pleasure of attending the doctoral presentation by Chevon Stewart, who did important research on "Anti-Oppressive Pedagogy in Dance/Movement Therapy Education: Embodied Experiences of Black, Indigenous, and Students of Color." So much work is coming out in recent years that will move DMT education towards greater inclusion that centers myriad voices and bodies.

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

The Research & Practice Committee is revising the <u>Clinical Info Sheets</u>, informational brochures available to all DMTs to advocate for services and share their work with clients, families, and other clinicians. If you have recommendations or suggestions, please reach out to <u>researchandpractice@adta.org</u>.

Further, the R&P members are working to contribute to the ADTA Annual Conference (October 2022, Montreal) through the Research Awards, the Poster Session, and the R&P workshop. If you want to submit a poster for consideration, please review our Guidelines below and at https://www.adta.org/research-and-thesis-poster-session.

May 2022 was Mental Health Awareness Month in the United States. On May 6, Columbia's Zuckerman Mind Brain and Behavior Institute hosted The Harlem International Film Festival for a crucial conversation with three films highlighting local stories of health and wellness. The event featured "Swimming Against the Current" (director Aminah Salaam) a documentary portraying the life and stories of the *Harlem Honeys and Bears*, a Synchronized Swim Team "that inspires us to live our best lives regardless of age." On May 13, the Comparing Domains of Improvisation discussion group invited the Music Therapist Dorian Wallace to talk about his approach to working with people in the jail and prison system at Rikers Island through the lens of liberation psychology movement of

the 1970s in Latin America. "This approach aims to consciously understand the needs of exploited and socially excluded peoples through theory and praxis regarding the oppressive sociopolitical structure in which they live." If you want to donate to the Rikers Island Music Therapy program, here is a <u>wish list</u> to contribute to purchasing musical equipment.

Finally, the European Association of Dance Movement Therapy is sharing an initiative to support colleagues working with Ukrainians affected by war, presenting a series of webinars to provide professionals with the necessary knowledge and tools to approach specific issues related to war trauma. This initiative is carried forward by <u>TAOMI</u> (Therapeutic Art of Movement Institute). You can help to raise funds from the webinars to support volunteers in the field and provide group supervision where sought.

57th Annual Conference

Renewed Connections: Dance/Movement Therapy Fostering Community Healing
October 27-30, 2022
Montreal, Quebec, Canada

Research and Thesis Project Poster Session

Karolina Bryl, PhD; Chevon Stewart, PhD; and Cecilia Fontanesi, PhD Research & Thesis Poster Sessions Coordinators

Research and Thesis Poster Session

The ADTA Research and Practice Committee hosts an annual Research & Thesis Project Poster Session. Accepted posters are presented at the conference by the authors with time for viewing and discussion among conference attendees, and a selection of abstracts from the poster session will be published in the American Journal of Dance Therapy. This year we are thrilled to hold the poster session in person after being virtual for the past two years.

Please submit your innovative research or thesis project to be presented to your diverse dance/movement therapy colleagues from around the world in Montreal, Canada.

Submissions are due between May 16th and June 25th, 2022. Submissions should be sent in electronic format via email as a word doc Please submit all poster session proposals to Research & Thesis Poster Sessions Coordinators at postersession@adta.org and include "Poster Session" followed by your last name in the subject line. **Late submissions will not be accepted.** Notification of acceptance will be made by July 25th.

Please follow the guidelines below. All elements of a research study are required, and those that do not include #1, 2, 3, and 4 will not be accepted.

nents for Submission:

- 1. Research/Thesis Project Poster Title (Centered, bold top of page, 14 points, Times New Roman).
- 2. APA (7th Edition) style poster abstract (300 words maximum, 12-point Times New Roman) that includes:
 - a. Explicitly identified research questions and/or objectives of the study.
 - b. A clearly articulated research methodology that includes:
 - 1. Description of study design,
 - 2. Description of participant sample,
 - 3. Description of data collection and data analysis.
- c. Presentation of findings in relation to the research question(s).
- d. Conclusions and applications to dance/movement therapy.
- 4. Presenter(s) name(s), emails, biography(ies) (50 words maximum), and headshot(s).
- 5. All submissions should be sent in electronic format via email as a word document. **Please include "Poster Session" followed by your last name** in the subject line.

If you feel that your thesis work does not fit under these guidelines, please contact the coordinators at <u>postersession@adta.orgPRIOR</u> to the deadline date. You may be asked to edit, revise, or clarify your abstract or biography prior to acceptance. *All submissions must include research question, methodology, and report of findings*.

You MUST be present at the conference for your poster to be displayed. We will no longer accept poster submissions without attendance of the researcher/presenter at the poster session as the discussions that occur during the poster session are rich and important to our poster session format.

Note: The Research and Practice committee will submit *a selection* of abstracts for publication in the American Journal of Dance Therapy.

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Board Report: Committee on Approval Submitted by Danielle Fitzpatrick, MA, BC-D

My walk through my local cemetery on Memorial Day was tinged with melancholy; remembering our country's fallen felt especially pathis year. As I walked along the edge of the graveyard, I was surprised to see half a foot of standing water on the adjacent property that be thick with overgrowth. The thin muddy trickle that skirted the border of the cemetery seemed swollen with water. What was going then, I spotted a log-shaped beaver paddling down the stream with branches in its mouth. A small dam was forming at a drop in the stream I paused a moment to examine it.

At first, I was in awe that just a few sticks tossed across this dribble of a stream could flood the er within a few weeks. It reminded me that it doesn't take much to become "flooded" in our current sociocultural landscape. I thought of to obstacles and "dams" that we are all facing in our communities, in our education, in our profession, and in our personal lives. For a more worried about what would happen to the cemetery if the busy beaver caused the water to rise up and flood everything.

I walked a little further and passed the dam. It looked so different on the other side. The stream was flowing swiftly, the water was cle clean, and the sound of the babbling brook was soothing. That is when I noticed that the dam was carefully constructed to allow water constantly sift through at a controlled pace. There were only as many sticks as were needed to modulate the flow of water, not block it completely. This resonated within me; the water doesn't have to flow at full force, nor does it have to be blocked up. It made me realize

the starting-stopping rhythm of my emotions lately was exhausting. The beaver reminded me that with some focused effort and some valued supports, it didn't have to be that way. And I was reminded of my community's pledge to allow this land to return to the wetlan once was. And the beaver knew just how to make that happen.

What does the COA do?

The Committee on Approval (COA) and it's subcommittee (SAARC) work similarly to the beaver's dam. We sift through the content of educational systems to ensure that DMT education is delivered in accordance with the *ADTA Standards for Education and Clinical Training*. We add a few well-placed supports to help programs and courses maintain the steady flow of high-quality learning that our profession demands and our consumers deserve. And our amazing volunteers on the committee are just as industrious as the beaver!

For more information on the work that we do, follow this

link: https://docs.google.com/document/d/1qoXXEyAzVLvAQYH5IIZHbu8AXSTWgjQbxm1vx3YdgKU/edit?usp=sharing

We need more beavers!

We have several openings in SAARC.

- Interested in education and professional development? Detail-oriented and a team player?
- Committed to decentering whiteness in education?
- Seeking a rewarding and meaningful way to give back to your field? Wanting to connect with other dedicated DMTs?
- Wanting to earn CEs towards your R-DMT or BC-DMT?
- Alternate Route Course Reviewer qualifications (SAARC)
- Current or former alternate route educator familiar with Education Standards and the Alt Rte track
- Advocacy for inclusive learning/teaching
- Send a letter of interest and CV to approval@adta.org

The Nature of our Landscape:

The ADTA offers two types of approval:

- 1. Approved Master's Programs which are assessed by the COA members through the Self-study process and through annual maintena reviews.
- 2. Alternate Route Courses are individually reviewed by the members of the Subcommittee on Approval of Alternate Route Courses (SAARC). The ADTA does not approve alternate route "programs," just singular courses that are reviewed every 5 years for compliant standards.

APPROVED MASTER'S PROGRAMS

There are 6 approved master's programs in DMT, and one program in Candidacy.

Drexel & Lesley—The COA is currently reviewing their 6-year self-study for re-approval.

Rider University—This program continues in Candidacy status at this time.

Antioch Univ NE, Sarah Lawrence, Naropa, and Pratt Institute-- The COA has reviewed the annual reports for to maintain approval. A programs continue to be approved at this time.

ALTERNATE ROUTE APPROVED COURSES

All courses must be submitted in compliance with revised standards effective immediately. An application, accompanying syllabi, and educator's professional CV can be submitted to the SAARC Chairperson, Susan Saenger at ARapproval@adta.org.

These Alt Rte courses have been approved or re-approved since the last newsletter:

- DMT II-Theory and Practice: The Dance of Relationship taught by Barbara Nordstrom-Loeb
- DMT 4- Developmental DMT: Adulthood to End of Life taught by Barbara Nordstrom-Loeb
- Movement Observation 1: The language of movement: Intro. To Laban Movement Analysis taught by Barbara Nordstrom-Loeb
- Psychomotor Therapy: Liljan Espenak's Dance Therapy Approach taught by Nana Koch

If you currently offer a course that was approved before 2014, please submit a course revision to SAARC by December 31, 2022. Therefore fee for revisionary approval. Refer to the *ADTA Standards for Education and Clinical Training* for approval requirements. An applicate accompanying syllabi, and the educator's professional CV can be submitted to the SAARC Chairperson, Susan Saenger at <u>ARapproval@adta.org.</u>

- The application is designed with a checklist to make sure you don't miss anything.
- Application for Approval of Alternate Route Courses
- The COA wrote a handy-dandy guide to filing for re-approval.
- A Guide to Approval for Alternate Route Educators
- Check out the NEW Alternate Route Educator Webinar: "Getting Approved...Staying Approved"

Access the FREE Webinar HERE

Changing the Landscape

A current goal of the COA is the development of tools that will facilitate new programs in DMT to come on board as rapidly and efficiency possible. In particular, we hope to attract HBCUs and public institutions to consider starting a DMT program. Click this link to find our more! *Positioning Ourselves for Growing New Programs*



Keeping Our Heads Above Water

Regrettably, as I write this newsletter, the rates of transmission of covid-19 are very high in my county. The ADTA recognizes that each community is experiencing the influences of the pandemic differently, as are educational institutions. Some schools have resumed in perclasses, while others are teaching in hybrid or online formats. The COA offers a reminder that the Covid-19 accommodations are in plate the duration of time programs or courses are *directly* and *impactfully* influenced by the pandemic. Programs and courses should return pandemic operations when safe to do so. Can't go back to the way it was before the pandemic? Long-term changes MUST go through approval.

COVID Accommodations

An Inclusive Landscape:

I am grateful to our members who have held us accountable to do the important work of moving our association towards greater inclusi few steps the COA is taking to better our approval process include:

- Efforts to recruit diverse committee members
- New and enhanced data collection
- Revisions to the approval review process
- Increasing transparency regarding the role of the COA
- Soliciting feedback as to what we can do better.

As presented in the last newsletter, here are some documents that outline some of the ways the committee members are doing the import work to better themselves around examining bias, power dynamics, and systems that perpetuate privilege and oppression.

COA response to DEI Action Plan
COA Chair's DEI Work

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Board Report: Members at Large

Submitted by Central MAL Bria Campbell, LPC, R-DMT; Eastern MAL Rebekka Dieterich-Hartwell DMT, LPC; Western MAL Voniè Stillson

Hello to our dear ADTA Members,

We hope that this newsletter finds you and your loved ones healthy and safe as we are grieving over yet another horrific school shooting wrestling with the realities in this country. We are grateful for you and know that our common passion for dance, care, healing, and the with our emphasis on anti-oppressive practices, justice, equity, diversity, and inclusion will shine an important light in the haziness that to face at times.

One of the important aspects of our field is connection. Looking back over the last 3 months, there have been several opportunities to content together virtually - the 2022 Spring Virtual Summit in April, where there were thoughtful presentations and a reverent holding of space honoring members of our DMT community who have passed since our last ADTA in person gathering. There were book club meetings the Carolina Chapter, the Black Magic event *Black Magic Moves: Black Joy* in May, a Drexel University panel discussion, Spring Sum gatherings hosted by the Rocky Mountain Chapter and California Chapter held a workshop and chapter meeting,

This is also the season of graduations and we want to congratulate all the students who completed or are about to complete their degree dance/movement therapy! We are excited to welcome you into our profession!

Our Annual ADTA Conference is scheduled to take place from October 27-30 in Montreal, Canada. This year's theme is Renewed ConDance/Movement Therapy Fostering Community Healing. This is the first in-person conference since 2019 and we look forward to see

there if you are able to join! In addition to some amazing all-day intensive workshops, there will be 75-minute and 3-hour workshops, so including keynote and Marian Chace Foundation lecture, a movie night, an international panel, poster presentations, and a banquet and will also have our regional caucuses and other opportunities to gather and network. We are very grateful to be able to collaborate with to DMTAC this year.

As an update on our personal diversity, equity & inclusion continuing education work, Rebekka has been reading the novel "The Night Watchman" by Loise Erdrich, which depicts events in the Turtle Mountain Reservation of the Chipewa Indians. Voniè continues to listed variety of podcasts (Colorado Matters series "On Pain", Separate But Equal, Polygamer Podcast, Native Voices One and Code Switch), about the honoring of survivors of Amache internment camp in Colorado, the Amache National Historic Site Act (Amache officially be national park), including "From Behind Barbed Wire, a hopeful validictor's speech", Marion Konishi's speech when graduating from A high school, "Pronouns and Why They Matter" and an interview with DJ Caven about his new album and urban gardening; articles incl "What it Takes to be Culturally Responsive Therapist", Risk Factors for Transgender Suicide, and an interview with Mary D. Watkins, created an opera about Emitt Till. Webinars attended by Voniè include "The Future of Mental Health in the Black Community", "Trans Clients with Eating Disorders" and "Bringing Indigenous Wisdom into Psychotherapy".

One important reminder to all the Chapter Leaders: We will gather for our Chapter Leaders Meeting, a time of connection, support, prosolving, and celebrating one another, on July 11th (a Monday) at 8PM EST. More information will be sent out directly and closer to the

Lastly, we want you to know that we are always here for you! Please reach out to us with any concerns, challenges, victories, or just to

Wishing you all a restorative springtime and good summer months ahead.

Bria Campbell, Central MAL Rebekka Dieterich-Hartwell, Eastern MAL Voniè Stillson, Western MAL

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Ann Lohn

Jane Wilson Cathcart

Susan Kleinman

Lynn Koshland

Marian Chace Foundation

Submitted by Jane Wilson Cathcart, BC-DMT; Ann Lohn, BC-DMT; Sharo 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

The Marian Chace Foundation's Board of Trustees continues its practice of affirming diversity, equity and inclusion while fulfilling it to support the development of Dance/Movement Therapy through research, education and scholarship.

THE MARIAN CHACE FOUNDATION LECTURE 2022

The Trustees are delighted to announce that

Amber Gray, PhD, MPH, LPCC, BC-DMT, NCC

will be the Marian Chace Lecturer at the 2022 ADTA Conference

in Montréal this October

We also look forward to the

Research Poster Session

immediately following the Lecture.

2022 GRANT

The Trustees have fully funded the grant proposal submitted by Dr. Nana Koch which will provide Spanish subtitles for the remaining Talks.

SPRING SUMMIT SCHOLARSHIPS

This year the Marian Chace Foundation offered Spring Summit student scholarships. One student each from six of the seven Master's received a free registration.

THE MARIAN CHACE FOUNDATION ANNUAL AWARD FOR SCIENTIFIC AND EDUCATIONAL JOURNALISM

This award is based on theses, dissertations, or research projects required for a degree completed and conferred within the past five year include updated material. Papers should have no more than two authors.

The award carries a \$500 honorarium.

If you wish to be considered for the MCF Journalism Award please send an email to:

Lynn Koshland, Secretary, <u>Marianchacefoundation@gmail.com</u> to request the procedural guidelines.

PUBLICATIONS

The Marian Chace Foundation publications are available for purchase on BIBLIO: https://www.biblio.com/bookseller_info.php?d=3979485

DONATIONS to THE MARIAN CHACE FOUNDATION We are grateful for the donations, big and small, which so many of you contribute in support of the MCF mission. Your generosity profer the various grant proposals received each year and sponsors the Annual Marian Chace Foundation Lecture, Research Poster session person ADTA conference, and other special events including this year's new Spring Summit scholarship initiative.

Our mission is to continually grow and support our profession.

Donations received March 1, 2022 – May 31, 2022

PARTNER (\$100 – \$499) Lisa Roll Spring renewal

CHACE CIRCLE (\$1,000 & up)

Joanne VonBlon earmarked for Global Site Performance (GSP)

CONGRATULATIONS TO THE 2022 GRADUATES

Congratulations to all those who have just graduated from the various DMT programs. We welcome you into the profession and wish best!

PRESIDENT SECRETARY TREASURER OUTREACH PAST PRESIDENT
JANE WILSON CATHCART LYNN KOSHLAND ANN LOHN SUSAN KLEINMAN SHARON CHAIKLIN

EMAIL MARIANCHACEFOUNDATION@GMAIL.COM MAILING ADDRESS 976 EAST 200 SOUTH, SALT LAKE CITY, UT 84102

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New England Chapter Report

Submitted by Suki and Roshni (Co-Presidents of NJADTA)

Greetings NEADTA!

NEADTA March 2022 Newsletter



NEADTA JUNE PEER CONSULTATION (VIRTUAL)

Topic: "Let's Talk about Self-Care

Date: Thursday June 16th, 2022

Time: 7:30PM - 9:00PM

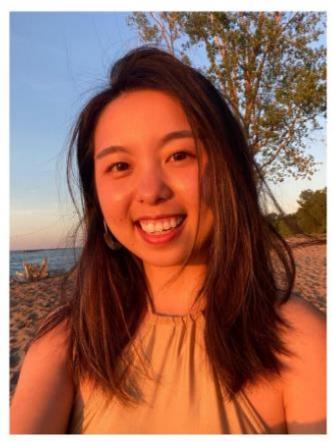
Facilitators:



Ashley N. Abesamra, LMHC, BC-DMT, MA

Ashley Abesamra is a licensed mental health clinician specializing in group and individual infants/toddlers, children, adolescents, and adults. Her counseling approach is strengths bas and goal oriented. Her work is rooted in dance/movement therapy and expressive arts theor primarily focused on anxiety, parenting support, trauma/PTSD, ADHD, adjustment challen Intellectual Disabilities, depression, and challenging childhood behaviors.

Ashley Abesamra received her B.A. in Psychology from Middle Tennessee State Universit M.A. in Expressive Therapy with a concentration in Dance/Movement Therapy and Clinica Lesley University. She has worked in residential treatment, a day treatment program, early school based setting, and most recently in outpatient therapy.



Iyit Benusia, MA, R-DMT

Iyit Benusia, MA, R-DMT (she/her) is currently working as a Juvenile Justice Residential Of Juvenile Boys Detention Unit. Iyit is a biethnic and bicultural person who is fluent in 3 lang mostly focuses on marginalized populations. Her work is reflected in her capstone thesis proportion of exploring Chinese-Indonesian ethnic-racial identity through a community en with Dance/Movement Therapy approach. Iyit is based both in Indonesia and the US. Iyit's focuses on the combination of verbal and non-verbal therapy with a research-based, psychoclient-centered approach.

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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 secretary@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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I would like to invite you to hold a moment of silence for everyone impacted by ongoing acts of hate, racism, white supremacy, and erasure, for lives lost and for those left devastated as a result of these acts. BREATHE. I would like to invite you to hold a moment of silence for everyone impacted by natural disasters, war, and inhumanity. BREATHE!

With everything that is going on in the world around us, the time to care is NOW. How are you making a difference in your family, community, state, and country? Even a small stone thrown in a pond makes a ripple, let's unite and raise awareness as dance/movement therapists to be salve for those who are hurting. Our time to serve and support is NOW.

Please renew your membership and invite other allied professionals to join our Association. There is much work to be done and we need all hands on deck to make a wide and deep impact.

As we celebrate our growing profession, I send major congratulations to all the 2022 graduates!! May your dance/movement therapy career be long, meaningful, and impactful. You are change makers, continue to make a difference!

Meetings and Community Engagement

The Board of Directors held a virtual Spring Board meeting that was rewarding and challenging on many levels which stretched us and helped us grow as we made some key decisions for the good of the Association. Thank you to all who attended as observers, supporters, and encouragers. I hope that you were favorably impressed to see the work of this dynamic Board!

Kudos to everyone involved in making the Spring Virtual Summit a successful event!! There were so many delightful offerings and presentations that I cannot wait to watch them again on-demand. If you registered for the event, then you will have access to the videos through July 31st.

I continue to meet monthly with the Executive Committee and Board of Directors in a creative think tank to better manage all the needs of the membership, association, and profession. I meet weekly with the office staff and Continuing Education Manager to plan, create and problem solve so that things run as smoothly as possible. Additionally, I have had the good pleasure to converse with several students (enrolled, taking courses and curious) in relation to dance/movement therapy as a viable career path.

Ongoing Justice, Access, Diversity, Equity, and Inclusion Work

I have been enlightened and invited to participate in and facilitate several workshops and training that highlight dance/movement therapy as a proponent for justice, access, equity, diversity, and inclusion work. I have contributed writings to news articles, books, and personal renderings.

Books I've read and in the process of reading include:

- Hood Feminism by Mikki Kendall
- So You Want to Talk About Race by Ijeoma Oluo
- How to Forgive When You Don't Feel Like It by June Hunt
- The Quaking of America by Resmaa Menakem
- Restorative Yoga for Ethnic and Race-Based Stress and Trauma by Gail Parker

Thank you to everyone who took the time to vote in the various polls that were sent out during the quarter. The nomination and voting process is complete so be on the lookout for the announcement of our newly elected members. Also, I cannot wait to honor our awardees at the Business Breakfast during the conference. To stay up-to-date concerning announcements and events, please check out our bi-weekly Digest and the website.

Lastly, I am ecstatic to attend our first in-person conference in two years in my role as President and look forward to the culmination of hard work that the Annual Conference Committee has been preparing for us all as we gather together in October!!! Will you save me a dance?

57th Annual Conference

Renewed Connections: Dance/Movement Therapy Fostering Community Healing
October 27-30, 2022
Montreal, Quebec, Canada

Peace & Joy!
Angela M Grayson, PhD, LPC, BC-DMT, NCC
ADTA President

president@adta.org

Board of Directors, Executive Committee Chair