



Current Newsletter

Volume 56, Issue 1: Spring 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**

By now, I hope that you have had an opportunity to watch the video. If you have not, it is available on the website under the Board Report section. I discussed why I wanted to be a therapist, my core values, my goals and intentions during my career. My core values (connection and creativity), pretty much everything I do when, how, and why of it. There is no separation or compartmentalization of my values and my multifaceted life. My leadership encompasses my leadership

*Click
on the video above to view Dr. Grayson's video*

intentions for the progress of
therapy as a viable profession

A core tenet of my leadership style is to be in a perpetual process of learning. As such, I have participated in and facilitated several workshops and training that highlight dance/movement therapy as a proponent for justice, equity, diversity, and inclusion work. I 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. I have met several times with the Dance/Movement Therapy Certification Board (DMTCB) leadership to strengthen our partnership and streamline services that we provide to the membership and certificants.

During the National Coalition of Creative Arts Therapies Association (www.nccata.org) meeting, we finalized the new mission statement which now reads as follows:

“To foster collaboration among the creative arts therapies associations, raising awareness, and advancing the creative arts therapies professions.”

It was collaboratively decided that the best use of our time would be to promote all the creative arts therapies and unify on important issues that affect us all.

Creative Arts Therapies Week is quickly approaching on March 13-19, 2022 and we want to see how you're celebrating!! Please post pictures and videos and tag the ADTA in your social media posts. Let's celebrate and highlight all the ways that dance/movement therapists contribute to the healing of our society not just during CAT week but all year long!

Lastly, I hope that you have been following all the wonderful updates and upcoming events posted in our bi-weekly Digest. It is our desire to share as much information as possible to keep you “in the know” with all things concerning the ADTA. In order to keep the robust momentum of our work going, we do need your help. Please consider joining a committee to lend your expertise and knowledge to increase productivity and spread awareness. As the African proverb reminds us, “many hands make light work.”

Can I count on you to fully lean into our conference theme, “Renewed Connections: Dance/Movement Therapy Fostering Community Healing”, by supporting our DMT community with your time and talent?

Peace & Joy!

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

president@adta.org

Board of Directors, Executive Committee Member

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Board Report: President Elect

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

At this time of this devastating newest world crisis, I am grateful for our healing, diverse and powerful members whom I believe collectively hold, in community and personal self development, positivity for communication, peace-filled listening and compassion.

I am grateful for all the various avenues here in my community where I may further develop a broader perception and openness to deep change, which contributes to a more harmonious community, country and even across oceans and Continents.

Each step that we make towards progress of communicating “soul to soul” as we learn to embrace and develop in our unique DMT techniques and methods, allows for the potential of positive change to slowly evolve and manifest.

For myself, these past few months since our last communication have been productive and spirit lifting despite the often chaotic and challenging environments in which many of us have been living (Covid, employment upheavals, loss and grief, world crises, etc.).

Yet, move forward we do; learning to embrace each moment of light and kindness, and living in gratitude for the smallest, conscious life altering changes and the largesse of the kindness and care in our community of change agents.

To share in the immediate, in our unfolding development of our upcoming, first, in- person Conference in two years; how significant that it is about crossing borders and holding for connection and healing in our communities as we evolve this INTERNATIONAL CONFERENCE.

Our conference committee is dedicated and focused with both USA and Canadian members sharing deeply and creatively as we manifest our exciting pre-conference intensives, key note presentations, film night, cross cultural entertainment and more. Thanking this hard working and dedicated Committee and the support of our CapHill administrators for all that is being developed for the Montreal 2022 Conference. How timely that we embrace and hold for this global sharing in community and allow ourselves to be strong and positive agents for change. We honor and embrace the opportunity to come together, see and be seen, move and be moved and rejoice in our Dances of energetic connection in which each of us hold for the continuity of being and becoming as we are able to honor the uniqueness and beauty of each dancer/participant.

We hold in our vision those who will not be able to travel to Montreal, and appreciate the importance of participating, despite the inability to attend in person. As this Conference cannot be a hybrid entity due to a variety of budgetary and other restrictions, it is our hope that there will still be an opportunity to share part of the conference afterwards in a forum yet to be determined.

Becoming part of the raised consciousness in my various employment assignments, as sensitive and provocative trainings are being required, in the complex arena of Diversity in The Workplace, has been a welcome gift to my continuation of understanding, personal development and application in an already multi-diverse setting.

Thanking you all for your support of our Profession and our organization through and during these challenging times of disruption and upheaval. How comforting to be part of a Community that embraces and practices transparency and healing/wholeness worldwide, with peace, acceptance and an equanimity of spirit for all.

I look forward to hearing from you with questions, concerns, suggestions at: presidentelect@adta.org.

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Board Report: Treasurer

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

There are so many layers of life happening simultaneously. I have been trying to use the layers of grief, trauma, sadness, loneliness, and darkness that accompany the ongoing pandemic and, additionally for me, the coldness (physically and emotionally) of the Winter months, to embrace contemplation and reflexivity through yielding. I invite you to find spaces to yield with me and yield with and into others. I hope you and your loved ones are safe and well. A reminder to continue to be gentle with yourselves and with one another. 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 have begun research for our newest initiative: volunteer subsidization. We want to thank our volunteers for their tireless service to the ADTA through subsidization of volunteerism as a small token of our gratitude. We are in the beginning stages of brainstorming equitable options for such a program while simultaneously being mindful of the frugality of mission of remaining in good financial standing. We know there can be balance and are reviewing all of our options to make the best decision for our

organization. We believe that this is important work that can build not only a more sustainable organization, but also a more inclusive organization. We know first-hand the dedication of serving our membership and want to honor those who chose to do so through our newest initiative.

With that, 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.

DEI Updates and Accountability: In my own practice of yielding and contemplation, I have revisited a few podcasts that felt important to me, and I'd like to share them with you here. First, I re-listened to the ***On Being*** podcast in which ***Resmaa Menakem*** was the guest. Here is the unedited

version: <https://www.wnyc.org/story/b46154dcb02d91cbaf56bc56/>

Also, ***The Traumatic Roots of White Body Supremacy and Racism in America—Resmaa Menakem***. You can listen

here: <https://psychiatryinstitute.com/podcast/traumatic-supremacy-racism-menakem/>

I have also participated in an amazing online workshop entitled ***Decolonizing the body—a question of technique*** led by **Thomas Talawa Prestø**. It was such an important learning opportunity and allowed me to think much more deeply about my own practice, my teaching, my advisement, and what opportunities I want to move my energy towards. One of the salient concepts I took away from the workshop (among so, so many) is that of epistemocide. The resonance of Prestø's notion that we are erasing knowledge really struck me in a way I had not previously conceived of it. It has been rising to my body's surface and I am spending time to deeply listen to this phenomenon.

I also participated in a workshop with **Enoch the Poet**. Enoch is a phenomenal human being who resides in the Germantown section of Philadelphia (where I also live) and is a truly trauma-informed educator and artist. The workshop was entitled ***Body as a Space: A Trauma-Informed Workshop***. Enoch's way of holding space, of gently tapping into the roots of our souls, of supporting our expression through imagery and language was astounding. He is the embodiment of trauma-informed care and creativity. Here is his website; support him or join his workshops if you can. It is well worth the experience: <https://www.blackmindspublishing.com/>

I continue to find space to read ***Decolonizing Trauma Work: Indigenous Stories and Strategies*** by Renee Linklater when I feel that I have the emotional space that it deserves, which is less frequently than I would like. However, it remains on my nightstand with care.

I have also re-watched the documentary ***Black Psychoanalysts Speak*** in preparation to teach a class on Psychoanalysis in a Mental Health Counseling Theories course. You can watch this important film here: <https://www.youtube.com/watch?v=N8-Vli7tb44>

Finally, I recently purchased some books with my Professional Development money to prepare myself more fully as an educator. I purchased all of the books from **Uncle Bobbie's Coffee and Books** (<https://uncle-bobbies.myshopify.com/> scroll down to purchase books). Here is a photograph I made of them



Finally, as I am financially able, I am making donations to QTBIPOC folk and organizations to support them and their missions. 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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Board Report: Multicultural & Diversity Committee
Submitted by Charne Furcron, BC-DMT



BLACK HISTORY

HONORING THE PAST

Celebrating the Present

INSPIRING THE FUTURE



Multicultural and Diversity Committee - Spirituality and Religion Affinity Group Where Movement and Mindfulness Mingle

A fresh approach to applying guided imagery for Dance/Movement Therapists working with teens diagnosed with an eating disorder

Submitted by Ramanda Brockett, R-DMT

As the current dance/movement therapist (DMT) at a children's hospital in St. Louis, MO, I provide DMT programming for five inpatient units and two outpatient treatment areas in the hospital. One of these units contains a teenage population experiencing eating disorders. Based on the limited availability of time to be with individual patients and the strict medical recovery protocol followed for this population, colleagues suggested that choosing one day a week to hold a group during the post-meal resting period would be a beneficial way to maximize participation and use of effective time.

To meet DMT and socio-emotional developmental goals, I have written a group curriculum titled, 'Mindful Movement'. This curriculum will rotate through an eight-week cycle to accommodate the shorter length-of-stays experienced by most patients in this population with hopes to ensure that every time each teen attends a different lesson will be experienced and learned.

Mindful Movement is intended to be a gentle, guided-imagery journey that integrates Robert Burgess' method of experiential movement-studies with Eric Franklin's method of movement imagery for deeper understanding of body mechanics. This theoretical information is being delivered via my personal experiences of guided imagery and sleep-tools, such as sleepy stories to produce a meditative experience which is focused on appreciating the movement systems of the body.

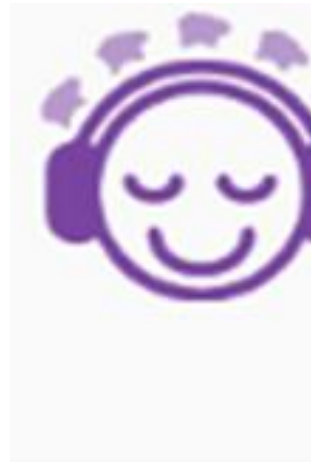
Each lesson focused on a distal movement system such as hands and wrists or feet and ankles to hold a boundary for the experienced embodiment of each system, without overwhelming the patients, many of whom are just starting their healing journey. The hope is that these experiences provide a safe structure wherein patients of this population can experience the body (to a focused and limited scope) as a positive 'place' to be and leave the door open for further growth into embodiment and future therapeutic work.

To make this content as teen friendly as possible, I drew creative inspiration from my extensive personal practice of guided imagery and use of popular tools for insomnia, such as Sleep With Me Podcast. This practice combines a person-focused approach with non-threatening delivery including the use of humor, modeling the Dialectical Behavior Therapy (DBT) practice of nonjudgement, and unlimited positive regard.

The creative structures being used for this particular population include technologically themed ideas like framing each group as an 'episode', asking participants to 'pull up their mental white-board' when picturing 'the schematic of the body' (instead of asking them to picture their own body) and reminding patients to 'toggle up to the top left corner to save this update to your program so you can access it any time you like'.

This group is set to start in March, and I would be delighted to share the patient's direct responses to participating in a future update. For now, I can say that during the creation and canvassing stages, many parents have been strongly interested in their teen being able to use guided imagery and/or meditative elements in their individual Dance-Movement Therapy treatment as part of the collaborative services teen's receive from the EDO team. When asked directly about their relationship to guided imagery and/or meditation, teen patients have mostly had positive responses, which ranged from, "Traditional meditation is part of how I practice my spirituality." To, "Yeah, I could use something to help me chill that's not meds." to the more ambivalent, "At least it's something else to do besides sitting in here [patient's room]." I look forward to these patients becoming peers in the Mindful Movement group and providing me with feedback to improve to the experience for future patients.

Resources:



SECOND EDITION

DYNAMIC ALIGNMENT THROUGH IMAGERY



With web audio of
Eric Franklin leading
imagery exercises



Perfect for

- Dance
- Yoga
- Pilates
- Athletics
- Injury rehab
- Performing arts

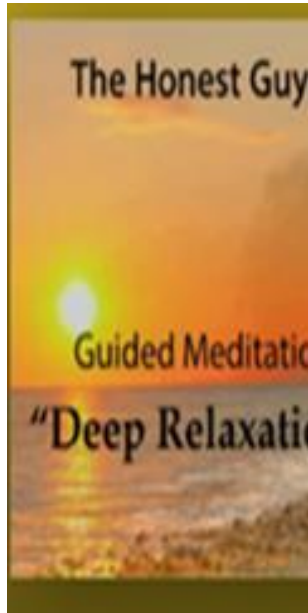


ERIC FRANKLIN

The Honest Guy

Guided Meditation

"Deep Relaxation"



Further Reading on Methods:

Feldenkrais Technique

- [Therapeutic effects of the Feldenkrais Method \(Awareness Through Movement\) in eating disorders](#)
- [Seeking common threads to effective eating disorder practice](#)
- [The Feldenkrais method and women with eating disorders](#)
- [How does psychomotor therapy change the body awareness of patients with an eating disorder? Qualitative study](#)
- [A pilot study on the effect of Basic Body Awareness Therapy in patients with eating disorders: a randomized controlled trial](#)
- [The effectiveness of the feldenkrais method: a systematic review of the evidence](#)
- [Doing What Works: An Integrative System for the Treatment of Eating Disorders From Diagnosis to Recovery: by Abigail Horvitz Natenshon. Washington, DC: NAS](#)
- [Alexander technique and Feldenkrais method: a critical overview](#)
- [Effectiveness of rhythmic movement therapy for disordered eating behaviors and obesity](#)
- [Feldenkrais and body image](#)

Guided Imagery

- [Experiential therapies for eating disorders](#)
- [A guided imagery treatment approach for eating disorders](#)
- [Guided Imagery as an Effective Therapeutic Technique: A Brief Review of its History and Efficacy Research.](#)
- [Treating eating disorders: the healing power of guided imagery.](#)
- [A randomized controlled trial of guided imagery in bulimia nervosa](#)
- [Relationship between self-soothing, aloneness, and evocative memory in bulimia nervosa](#)

- [Guided imagery treatment to promote self-soothing in bulimia nervosa: A theoretical rationale](#)
- [The role of imagery and the self in the eating disorders](#)
- [Imagery and the negative self in eating disorders](#)
- [Emerging psychotherapies for eating disorders](#)

Angela M Grayson, PhD, LPC, BC-DMT, NCC
Spirituality and Religion Affinity Group Coordinator
Contact us at dmtspiritualitygroup@gmail.com

Glorianne Jackson Scholarship Fund



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The Dance Department has created the Glorianne Jackson Scholarship Fund to honor Glorianne for her lifelong dedication to dance. Funds from this scholarship will benefit students from underserved communities that demonstrate financial need and who are pursuing their BFA or BA in Dance at Marymount Manhattan College.

No contribution is too small or too large. **Please [click here](#) for more information about the scholarship and to make a donation.**

Or, if you prefer, please mail a check, payable to Marymount Manhattan College. Please note in the memo section of the check: Glorianne Jackson Scholarship. Mail to:

**Marymount Manhattan College
Attn: Institutional Advancement
221 East 71st Street
New York, NY 10021**

All contributions are 100% tax deductible and all donors will receive a gift acknowledgement letter from the College.

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Board Report: Secretary

Submitted by Laurie M. Scherer, PsyD, MA, MS, R-DMT

Dearest ADTA Members,

As we begin to usher in Spring, so too must we acknowledge and grieve the death that precedes rebirth.

Black History Month has ended and the media has drawn its fickle attention to Ukraine. Flames of anger are stoked as I witness age-old imperialist acts of senseless, premeditated violence by those in positions of power – and not just those pulling the spotlight on the European stage. While feeling a strong sense of solidarity with the Ukrainian struggle, my attention and concern is drawn to the underlying cancer of white supremacist and fascist ideology fueling this violence – at home, as well as abroad. Dystopian horrors unfold in our states and communities daily. As we pass the 59th anniversary of Malcolm X’s assassination, legislation geared towards restricting, censoring and eroding education, LGBTQIA+ (specifically transgender) and reproductive rights is running rampant. Black and Brown bodies are shot in their beds and taxpayer money is diverted to the police who do the murdering. In a 2016 interview with Fania and Angela Davis, [The Radical Work of Healing](#), Angela Davis reminds us that, “with all the discussion about terror... it’s important to recognize that there were reigns of terror throughout the 20th century.” That terrifying reality remains all too true today for all too many.

As we continue to grapple with the overwhelming racial, economic, health and environmental traumas of our current day, I remember Mr. Roger's advice and look to the helpers for hope and inspiration, for the good that persists just as the seeds that push through the soil in search of light and warmth. But not just any helpers, no; I am looking to the *radical* helpers. Those who are affecting the fundamental nature of things, like those who gather to fight the [eco-feminist revolution in Rojava](#), or who march in St. Petersburg in protest of Russia's invasion risking arrest, and those like the Davis sisters and [@thenapministry](#) who are paving the internal path of resistance through rest and restoration. There is still so much to be done, and I thank each and every one of you for the work you do individually and collectively. I wholeheartedly believe that every act, large or small, internal or external, helps us embody [tikkun olam](#), the beautiful burden we have to mend the brokenness in our world.

"I think our notions of what counts as radical have changed over time. Self-care and healing and attention to the body and the spiritual dimension—all of this is now a part of radical social justice struggles." – Angela Davis

Current DEI Self-Study:

- No Mud, No Lotus, by Thich Nhat Hanh
- Braiding Sweetgrass, by Robin Wall Kimmerer
- My Grandmother's Hands, by Resmaa Menakem
- Teaching for Black Lives, edited by Dyan Watson, Jesse Hagopian, Wayne Au
- [So.Informed](#)

In solidarity,

Laurie

Student Sub-Committee

We have a wonderful group of dedicated DMT students who are actively working on increasing student engagement, connection and envisioning the future of the ADTA. While we continue to draft a welcome packet for incoming ADTA student members this Fall, the student sub-committee has excitedly shifted gears to organizing a virtual meet and greet with featured DMT panelists this summer! Join us on **Sunday, June 5th 12-2pm (EST)** to move with fellow students and hear firsthand how DMTs from across different parts of the country, different cultures and different generations have crafted their journeys as professionals. Be sure to save the date and be on the lookout for more details coming soon!
Meet the Student Sub-Committee!



VICTORIA BUDESA

(she/her)

Antioch University



JABYN CLEERE

(she/her)

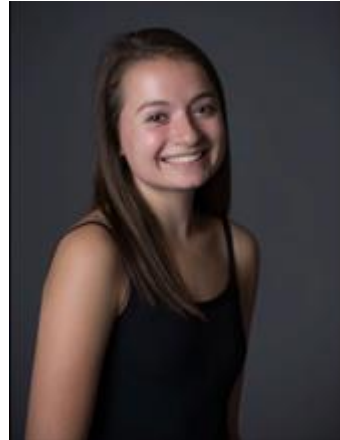
Lesley University



NIKKI LI

(she/her)

Antioch University



SOPHIE SCHNEIDER

(she/her)

Lesley University



MELISSA THREADGILL

(she/her)

Drexel University

If you are a **Professional Member and interested in supporting this ongoing work by attending a monthly meeting, please email secretary@adta.org*

New Professional Sub-Committee

The New Professional Sub-Committee is proud to welcome our new members: ***Purna Bjekal, Caroline Kinsley, Siyao “Violet” Li, Lindsay Redick!*** We have hit the ground running with our first meeting in February and are already brainstorming upcoming virtual events for new professionals to connect with one another, as well as to learn more about pertinent issues, such as BC-DMT credentialing. If there are any issues you would like for us to integrate into our planning, please consider joining the sub-committee.

If you are interested in being a part of this sub-committee, please **send an email with the following information to secretary@adta.org:*

1. Your name, pronouns, credentials
2. Name of program attended and completion date

3. Current work and professional areas of interest
4. How would you foster community and growth within the ADTA for new professionals?

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Board Report: Public Relations Submitted by Angie Yemma

Hello fellow members! I know that I have not written in a while. I am currently exhausted from the pandemic and raising a toddler during this difficult time. I apologize for not being as clear and communicating what has been happening with PR during this time.



During this difficult time I have been trying to find small things that bring me joy. Right now I am enjoying planning future trips to visit family and friends I have not seen in over two years now. I also am finding joy in singing my favorite songs to my son and dancing with him while he laughs. I hope that when you are reading this that you too have found small things that bring you joy. Tell me what has brought you joy lately?

My current DEI work includes reading the following books: How to Talk About Race At Work and White Fragility. In the past year I have joined the DEI task force for the Inpatient Psychiatry Department at the hospital I work at, and participated in our “Chats for change” initiative. I also continue to seek out other resources for learning and enlightenment.

Now for the PR business:

Please find the ADTA on social media on the following networks:

Instagram: ADTAorg

Twitter: ADTAorg

Facebook

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

LinkedIn: American Dance Therapy Association

YouTube: ADTAorg

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 Public Relations Committee.

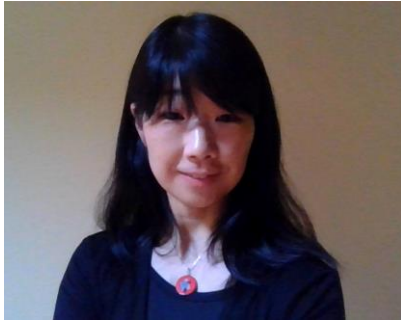
- Information collection (identify and resource articles, videos, images, etc.) to be shared
- Information sharing (participating in the reposting of all collected information to other groups, commenting, and engaging with the ADTA community)
- With as little as 1-hour per week, you can help us grow our social media influence and spread the word about the ADTA and DMT.
- Email **Angie at publicrelations@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

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Board Report: Education

Submitted by Tomoyo Kawano, PhD, BC-DMT, LCAT, NCC

The past two years were a lesson in embracing the unknown on a vast scale. BIPOC, non-resident migrants, and disenfranchised members of our community have experienced added challenges and responsibilities. On February 24th, yet another geopolitical layer cast its looming shadow. The Russian invasion of Ukraine is devastating, and close to home. Half of my partner's family live in Ukraine and the other half in Russia. None of them expected this to *really* happen. Now, in real time, we hear stories about missing people and the impact of sanctions. As our dance/movement therapy community continues to engage in self/relational-work and community building, I am reminded of the following: have sources of support regarding our various social and cultural identities; be mindful about media consumption; reach out to support others; and focus on what we can do now.

Updates:

The education committee continues to meet every other week to engage in the massive undertaking of reviewing the education and training standards. For those who missed the history from the previous newsletter, the revisions build on the tremendous work of Jessica

Young, Nancy Beardall, Ellen Schelly Hill, Kalila Homann, Meg Chang, and Robyn Flaum Cruz, who thoughtfully crafted the current standards that had not been updated since the 1970s. In addition to the movement observation and assessment standards that were revised last year (by Nancy Beardall, Meg Chang, Angela Grayson, Ebony Nichols, J Lyn Thomas, and Elissa White), the current task group comprised of approved program directors are critically interrogating all standards from an evidence-informed, anti-oppressive lens through a process of collaborative dialogues. We have received input from the Research Committee and the Committee on Approval. We hope this extended effort will result in a more decolonized, comprehensive list.

The subgroups focusing on pedagogy and diverse perspectives and frameworks (Eri Millrod, Nancy Beardall, Meg Chang, Sherry Goodill, Suzanne Hastie) delved deep into the community of educators involved in teaching movement observation and assessment and developed helpful recommendations. They are working on their final revisions of their report, which we hope to share in the next month.

Alternate route (AR) educators are revising syllabi so the outcome standards align with the current Standards of Education and Training. Committee on Approval Chair, Danielle Fitzpatrick, has kindly agreed to offer a Q&A session in the coming months for anyone who can benefit from additional guidance. The dates are being determined. Dates are also being determined for AR educators to have a DEI consultation session with Carmen Marshall. AR advisor training and support materials are almost complete. Accordingly, there will be many updates made to the ADTA website. Finally, the Alternate Route Education Subcommittee (ARES) is recruiting Core Team members. Please consider serving the community of AR students. Contact Laura Allen at: areducation@adta.org

DEI Work:

Many BIPOC faculty are placed in the position of leading Justice, Equity, Diversity, and Inclusion initiatives at higher education institutions and workplaces. Like many of my colleagues, I was called to be involved in several ongoing committees and task groups such as: the AntiRacism Task Force (1x/mo), Justice Leadership Council (JLC) (weekly), Collaborative for Racial Justice Curriculum Committee (1x/2 weekly), and Student Success Symposium (1x/2 weekly), among others. One of the seminars we co-hosted through the JLC was a research salon entitled: “Essays from [Blackmaled by Academia](#).” The two speakers from our institution shared their frustrations that they encountered, and how, as a newer generation of black faculty, they embrace their vision to learn from previous generations, connecting, and unapologetically owning who they are.

On a personal level, I am faced with the need to work to be heard and taken seriously at my place of work. I often feel drained and burned out. To stay motivated, I rely on different communities to find validation and to continue my learning. Two such larger groups outside of my institution are the APIDA Higher Ed Group Conversation on Confronting Anti-Blackness (1x/mo) and Critical Pedagogies in the Arts Therapies Alliance (1x/mo). Listening to different perspectives inspires me to stay humble and engaged.

While I see opportunities to build relationships and make changes within, there are dynamics in predominantly white academic spaces where the recapitulation of marginalizing power dynamics are rampant. I think that much of this has to do with the familiar and socialized norms that people operate under. We all need to be vigilant and recognize that none of us are exempt from the capacity to do harm, just as much as we would want to do better.

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Board Report: Government Affairs Submitted by Lea N. Comte, MS, R-DMT

Calling all Arts Advocates!!

The Government Affairs Committee (GAC) is excited to announce that the [2022 National Arts Action Summit](#), hosted by the Americans for the Arts has waived ALL registration fees for the upcoming virtual event held March 28th- 30th. This multi day arts advocacy training event is FREE to all participants who would like to join.

The National Arts Action Summit is an amazing opportunity to learn how to become an effective arts advocate & what current federal legislation is being proposed. Also, you get to meet your states' Federal Arts Advocacy Captain and connect with your member of Congress while implementing your new advocacy skills!

Let us pay you to attend!!

In an effort to increase the number of trained advocates in our profession, the GAC wants to pay dance/movement therapists for attending this free virtual event by providing a limited number of stipends to interested parties.

Specifically, the committee is looking to reimburse the time of students, Affinity Group members, new professionals, Chapter Leaders, ADTA Members who have never attended this advocacy event, and therapists doing advocacy or government affairs work. In return, we ask that you take your knowledge gained through this experience and help us create a “How To Be An Advocate” panel discussion webinar at a later date.

Express your interest in a [**GAC Stipend by completing this 3 minute survey**](#) by **March 7th**.

If you have questions about the event, please reach out to Lea Comte, the GAC Chair at governmentaffairs@adta.org

Sign On Letters

Over the last three months, the ADTA has signed on the support the following:

- [**Youth Mental Health Health: Part 1 - An Advisory and Call to Action with the Mental Health Liaison Group**](#)
- [**Medicaid Home and Community Based Services letter of support.**](#)

Chapter Updates

- New Jersey: The NJ Board of Creative Arts and Activities Therapies has been approved by the governor. The newly formed board will now move into the phase of drafting regulations, protocols, and forming subcommittees.
- Connecticut: Due to the ongoing contributions of dance/movement therapist Lydia Naimoli and newly joined Jennifer Ellyson, they have successfully submitted the bill for Dance Therapy Licensure with personal support from the governor.

Diversity, Equity, and Inclusivity Work

Since last reported, I have participated in the following learning opportunities:

Workshops:

- Decolonizing the Body - a questions of technique: by Thomas Talawa Presto of Tabanka Dance Ensemble
 - The Embodied Social Justice Summit, attended the following six workshops:
- Finding Your Authentic Voice in the Movement for Equality, J. Williams
- Race & Resilience: Working Across Lines of Differences, M. Johnson & K. Kelly
- Direct Action & The Imagination- Creative Arts as a Tool for Social Change, M. Hunken
- Body, Emotions, Mind, and Awareness Connections, E. Nyaki
- Building Embodied Resilience, D. Shankar
- Harm vs Hurt, R. Menakem and Rev. A. Kyodo Williams

Readings

- My Grandmother's Hands by Resma Menakem
- Textured Teaching by Lorena German
- Hood Feminism by Mikki Kendall
- I'm Still Here by Austin Channing Brown
- The Purpose of Power by Alicia Garza

Social Media Creators

- The Chronic Couple
- The Neurodivergent Teacher
- Relentless Indigenous Woman
- Conscious Lee

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

Updates:

The Research & Practice committee meets once every other month to discuss initiatives that foster DMT research and the professional identity of ADTA members. After contributing the Research Awards and Poster Session at the ADTA Annual Conference this Fall, some of our committee members joined the European Association Dance Movement Therapy Association and the Dance Movement Therapy Association of Australasia to offer an international DMT Online Science Café.

This Spring we are coming back to our work in updating the clinical info sheets, which are informational brochures made available to all DMTs to advocate for services and share our work with clients, families, and other clinicians. We are revising the current documents that you can view at <https://adta.memberclicks.net/clinical-info-sheets>. If you have recommendations or suggestions, please reach out to researchandpractice@adta.org.

Further, we are exploring the possibility to embark on a new journey, which is to contribute a Practice Analysis to our community. You can find the previous ADTA 2016 Member Survey and Practice Analysis [here](#).

DEI Work:

Between the Fall 2021 and Winter 2022 I personally faced the challenges posed to non-resident migrants, also called non-resident aliens in the US, exacerbated by the global pandemic. I have been reminded of the meaning of living precariously, as well as of the vulnerability and exposure to abuse that such a position implies. It is clear that the relationship to systems that we happen to live in is not always benevolent, that there are systems in place developed around practices of dehumanization. I think of two precious human beings, who met each other on their lives' paths, one once said, "Injustice anywhere is a threat to justice everywhere" while the other wrote, "You are me, and I am you. Isn't it obvious that we *inter-are*?" Martin Luther King and Thich Nhat Hanh knew each other, worked together, and lived to foster a world of peace.

With hope that their legacy can now live through us,

Cecilia

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

**Due to an oversight, the Committee on Approval (COA) November 2021 newsletter submission was not initially included in the last newsletter. The submission can be accessed at this link:

https://docs.google.com/document/d/1HtQ8LRoKzexy8HneQu01-V1uXBk21UgP/edit?usp=sharing&oid=103765496106900215536&rt_pof=true&sd=true

The Holding Environment



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What does the COA do?

The COA is part of the ADTA’s “holding environment.” As a regulatory body made up of volunteers who review the delivery of DMT education, the COA and the Subcommittee on Approval of Alternate Route Courses (SAARC) uphold the ADTA education standards for approved master’s

programs and alternate route courses. Students looking to enroll in a DMT program have the added assurance of these accountability measures.

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

<https://docs.google.com/document/d/1qoXXEyAzVLvAQYH5IIZHbu8AXSTWgjQbxm1vx3YdqKU/edit?usp=sharing>

Lend Your Voice!

We have an opening 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

Holding Accountable:

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 approved these programs for to maintain approval. All 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 the 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:

Embodied Neurobiology and Embodied Neurobiology (online)
taught by Kalila Homann

Methods of Group Psychotherapy taught by Shannon Suffoletto

DMT Theory and Practice: DMT for the Higher Functioning Client taught by Bonnie Bernstein

If you currently offer a course that was approved before **2014**, please submit a course revision to SAARC **by December 31, 2022**. There is no fee for revisionary approval. Refer to the *ADTA Standards for Education and Clinical Training* for approval requirements. An application, accompanying syllabi, and the educator's professional CV can be submitted to the SAARC Chairperson, Susan Saenger at ARapproval@adta.org.

Need some help? No worries...

- 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](#)

Holding the Future

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 efficiently as

possible. In particular, we hope to attract HBCUs and public institutions to consider starting a DMT program. Click this link to find out more! [Positioning Ourselves for Growing New Programs](#)

The Pandemic: Holding Our Breath



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COVID Accommodations

Holding Ourselves Accountable: DEI

I am grateful to our members who have held us accountable to do the important work of moving our association towards greater inclusivity. A 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

One important area of conversation taking place in the committee is around the use of “blind” reviews. The challenge arises when we review a syllabus without knowing the social location of the author. Bias can occur when an assumption of whiteness is placed on the unknown author of the syllabus. In addition, important sociocultural contextualization can be lost when using the “blind” review format. These important considerations are being explored and debated as the committee revises procedures.

As presented in the last newsletter, here are some documents that outline some of the ways the committee members are doing the important 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, PhD, BC-DMT, LPC , Western MAL Vonie Stillson

We hope that you are all healthy and safe during this second pandemic winter!

It was wonderful to see many of the chapter leaders at our recent National Chapter Leaders Meeting on January 10th and learn about what is happening in the local chapters across the country. While numerous events have had to occur virtually, it is heartwarming to hear

how resilient and faithful you have been in continuing to connect and show up.

As you probably know, the 2022 Spring Virtual summit is just around the corner, from April 25- 30. All week-day presentations will take place at 8PM EST, so you can tune in at the end of the day to be inspired and engage in self-care and self-development. For more information, please check out <https://www.adta.org/2022-spring-virtual-summit>

A friendly reminder: our next Chapter Leader's Call will be on July 11th at 8pm EST.

A "Call for Proposals" for the Annual Conference in Montreal went out recently and proposals will be in review by the time that this newsletter comes out. This conference, scheduled for October 27-30, is planned to take place in person. We already look forward to seeing and connecting with those of you who are able to attend!

As an update on our personal diversity, equity & inclusion continuing education work, Rebekka has been reading an excellent book called "Anti-racist psychotherapy: confronting systemic racism and healing racial trauma" and has been volunteering her time with clients at an inner-city Philadelphia health clinic. Voniè has been listening to the audiobook, "So You Want to Talk About Race" by Ijeoma Oluo, ongoingly listening to the podcasts, "Native Voices One", "Code Switch", "Polygamer" as well as a new Colorado Matters series, "On Pain" talking about the impacts of chronic pain. She is currently reading, "Great Vanishing Act: Blood Quantum and the Future of Native Nations," edited by Kathleen Ratteree and Norbert Hill and was able to attend 3 days of The Embodied Social Justice Summit in February. As a volunteer with Girl Scouts of Colorado she has participated in many conversations about inclusion, visibility, and welcoming of scouts who are part of the LGBTQIA+ community. This includes discussions around the differences

between tolerating vs accepting, the impact this difference has and supporting middle school students in advocating for bathroom safety. She has also worked to support others who are creating connections for community for interracial kink relationships on social media.

The Southern Chapter is hosting a monthly book club! Details will be provided in the upcoming weeks with a tentative launch in March 2022! This is open to all members outside of the Southern Chapter. If interested, please email southernchapteradta@gmail.com.

Lastly, a friendly reminder that we are here for you! If you have any concerns or challenges, please let us know! If you have good news you'd like to share, please let us know! And if you just want to connect, please let us know!

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

Warmly,

Bria Campbell, Central MAL centralmal@adta.org

Rebekka Dieterich-Hartwell, Eastern MAL easternmal@adta.org

Voniè Stillson, Western MAL westernmal@adta.org

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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**

SPRING SUMMIT SCHOLARSHIPS:

The Marian Chace Foundation is pleased to offer student scholarships for the seven approved DMT Graduate Programs. One student will be selected by each program administrator. This initiative is for full funding of registration for the ADTA Spring Summit: April 25-30, 2022.

GRANTS:

We wish to acknowledge the perseverance of our current grantees who show resilience and determination in face of COVID challenges. You have our full confidence and continuing support.

February is always exciting because 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 decisions 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 grant 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, which 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 including the new scholarship initiative. Our mission is to continually grow and support our profession.

MARIAN CHACE FOUNDATION

Donations received December 1, 2021 – February 28,

FRIEND (up to \$36)

Carey

In honor of Alison Kohtz.

Rowsom

Carin Torp

SUPPORTER (\$36 - \$99)

Charné Furcron

Thanks to Jane Wilson Cathcart and Sharon Chaiklin for
SUPPORT!! Peace be with you!

Susan Kleinman

In memory of Laurel Thompson who spent much of her life

Emily Schwarz

Elise Tropea

PARTNER (\$100 – \$499)

Miriam Berger

In loving memory of Stephanie Katz, Roberta Shlasko, G
Dianne Dulicai, Laurel Thompson, Claire Schmais, Sasha
Thomas.

Conrad W. Cathcart

Jane Wilson
Cathcart

In memory of Dr. Laurel Thompson.

Sharon Chaiklin

Goldov Family
Giving Fund

Beth Kalish

E. Connor Kelly

Nana Koch

In honor of Elissa White and in memory of Claire Schmais

Rena Kornblum

Sending love to all of you.

Ann Lohn

Lynn Morgan &
James Trostle

In honor of our sister-in-law, Nana Koch.

Nikki Oddivak

Adina Rosenberg

Ilene Serlin

Thank you for keeping the flame alive.

Tina Stromsted

In honor of Dr. Joan Chodorow -beloved mentor, colleague
With deep gratitude for all of your teachings, your way of
help make the world a better place.

CHACE CIRCLE (1,000 - and up)

Nina Abrams Fund

Anonymous

In warm remembrance of Harris Chaiklin

Jeffrey Samuels

In memory of my mother, Arlyne Stark.

PRESIDENT JANE WILSON CATHCART SECRETARY LYNN KOSHLAND TREASURER ANN LOHN 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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DMTCB Credential Corner

January 15 was the deadline for applications for Board Certification and Alternate Route R-DMT. For the fourth year in a row, there has been a record number of applications for the BC-DMT and the board is hard at work on reviewing these in preparation for its Spring meeting. The number of Alternate Route applications continue to be quite small because it often takes a number of years for candidates to amass the number of DMT courses and internship hours required. As you may know, the boards approved new requirements for the BC-DMT in October 2020 so this is the second year in which candidates may apply under the 2400 Employment Hour Requirement. The board will continue to accept both the new 2400 hour and old 3640 hour applications until

2025 at which time the old requirements will be phased out.

While all DMTs are expected to keep their credential current, we also understand that sometimes there are changes in work status or life situation. When this occurs, there are several options for maintaining your credential. If your clinical practice is 10 hours or less a week, you can renew your credential at a 'Reduced Practice' rate. If you are not working temporarily, you can renew at the 'Temporary Inactive' level for up to 4 years. There is also a Retired status option. Each of these options should be selected during the yearly credential renewal and doing so will result in a lower renewal fee and CE-hour requirement. However, if you let your credential lapse, you will have to re-apply to reinstate it. The reinstatement process involves paying a reinstatement fee and completing additional CE hours. Also, note that if you are an R-DMT and you plan to apply for the BC-DMT, you will have to maintain your credential prior to applying for board certification.

(All credentialed DMTs are required to recertify their credential every 5-years by confirming that they have maintained the CE requirement. This process will be explained in more detail in a future Credentials Corner.)

In addition to reviewing applications, the board has been focusing on strengthening and clarifying its organizational structure and function as a separate board. Consisting of two, three member panels (one each from the Eastern, the Central and the Western region) to review R-DMT and BC-DMT applications; a Compliance Coordinator who manages recertification and Continuing Education; and an overall Chair, there is a typical rotation of members, one per panel each year. Due to challenges with getting the word out in the last years, we need to fill four positions this year. We are looking for BC-DMT's – one from the Central Region (BC-DMT, Elected); One from the Western Region (R-DMT, Elected) and two from the Eastern Region (R-DMT and BC-DMT, Appointed). The work can be challenging but extremely interesting and rich, particularly at this moment of expansion of the theory and practice of DMT. We welcome your input!

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Carolina Chapter Report

Submitted by Kyla M. Koontz, BC-DMT, Vice President of the Carolina Chapter

Founders Day

The Carolina Chapter continues to engage virtually with our members. At the end of January, we gathered on Zoom for our annual Founders Day Event. This time, our chapter leaders led participants in movement and discussions focused on our individual and collective experiences related to the COVID pandemic.

Quarterly Hang Out

In February, we met up for our quarterly virtual hang out on the 18th of February. We enjoyed catching up on each other's work and lives, as well as dancing together to highlight themes that came up during discussion.



A shot taken during our February 18th Virtual Friday-night hang out!

Book Club

Our book club, open to all DMTs, no matter your home base, began working through its second book this month. *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*, by Resmaa Menakem. We will meet via zoom two more times, on March 27th and April 24th from 7-8pm. Please email our chapter at carolinaadta@gmail.org if you've like to register for either or both meetings!

Upcoming

Looking ahead, our chapter is excited to be planning a virtual workshop led by Susan Imus with opportunity for participants to earn continuing education credits. The event will take place June 4th from 10am-2pm EST. Details are forthcoming!

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New Jersey Chapter Report Submitted by Suki and Roshni (Co-Presidents of NJADTA)

NJADTA Chapter Members will all receive a welcome email for being in our chapter. We will include all the benefits of being a member and how we can better support our members. We are looking into creating a Spotlight Member section for our social medias and websites. The NJADTA truly wants to feel more connected to their members and feel more like a community. We are also in the works of having our own peer supervision/support group, so stay tuned for more information on that! We are very excited to be more involved with our members and hope to create more events for the year to come.

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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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