

ADTA Newsletter

Official Publication of The American Dance Therapy Association
Volume 43 Issue 3 & 4

In this Issue

Special Double Edition

Letter From the Editor	ii
President's Letter	1
National Office News	3
Committee Reports	6
Student Section	7
DMT and Public Health	11
Chapter Reports	10
Marian Chace Foundation	12
<u>Newsletter Publication Policies</u>	<u>15</u>

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

Editorial Team:

Christina Devereaux, Editor
Elissa White, Historical Consultant



ADTA Reflects on 2009



Join us for the
2010 Conference
Brooklyn, New York

September 23-26, 2010

Editor's Corner



Christina Devereaux

Editor's Reflections on 2009!

I'm pleased to introduce to you this special double issue, that is focusing on reflecting on the ADTA's very productive 2009! 2009 held historical memories for ADTA: an amazing conference in Portland, Oregon, the change from Registration to Board Certification, the honoring of amazing members and leaders, and the growth and expansion of our work all over the nation. As your newsletter editor, I'm constantly trying to focus on making our newsletter more reader friendly... and focusing on visual appeal. I hope you have enjoyed the look and feel of the newsletter in 2009. Now that our website is redesigned, you should still be able to very easily access this issue and request any back issues that you have not received. Further, if you are still wanting to receive a hard copy (it will be printed in black and white) all you need to do is request this from the national office by sending an email to gloria@adta.org. Due to continued newsletter expansion, and as my personal life continues to require more of me, I'm requesting for some editorial help. I'm interested in finding a person who is familiar with Adobe InDesign that may be interested in serving as a Co-editor of the ADTA Newsletter. Publications occur quarterly and assistance is needed in layout, design and basic editing. I'd love to hear from you if you are that person!! Contact me directly at christinadmt@gmail.com. Enjoy this issue, which is filled with lots of wonderful reflections on the exciting year of 2009. Letters to the editor should be sent to christinadmt@gmail.com with the Subject line "Letter to the Editor" Your comments are welcomed and encouraged.



ADTA MERCHANDISE FOR SALE

Great merchandise available for purchase
Contact info@adta.org:

- Diversity Packets (\$12)
- 2008 Conference Proceedings (\$25)
- Adult T-shirts (grey, black, and white; \$15)
- Travel mugs (\$6)
- Tote bags with zipper (beige or black; \$15)
- Egg Lady Necklaces (\$5)

Children's Wear:

- Toddler T-shirts (grey, yellow, & green \$10)
- Baby bibs (white \$6)
- Baby Onesies (pink, white, and blue, \$10)





PRESIDENT'S LETTER

Robyn Flaum Cruz, ADTA President

President's Letter – 2009 Annual Conference Brought BIG CHANGE to ADTA –

The Annual Breakfast Business Meeting Friday Oct. 9, 2009 – Marked the change from Registry to Board Certification. See the film clip of the official change on the new ADTA Website that debuted the week after the conference! The new Website is designed to be a HUB for dance/movement therapists and the public – new features include “Find a Therapist” and “Find a Supervisor” functions as well as a wealth of other information about dance/movement therapy.

ADTA 2009 RECOGNITION AWARDS RECIPIENTS

2009 ADTA Lifetime Achievement Award - This award, established in 2006, recognizes a specific individual for her or his lifelong and significant contribution to the American Dance Therapy Association and to the growth and development of the profession of dance/movement therapy. Nominations for this award are made and voted upon by the ADTA Board of Directors.

Joan Chodorow, Ph.D., ADTR is a dance therapist, Jungian analyst, and Past President (1974-1976) of ADTA. Her early background includes professional work as a dancer, choreographer and teacher; her dance therapy training was with Trudi Schoop and Mary Whitehouse. Her interest in both early development and active imagination led her to studies of the emotions, their forms of expression and development, together with the multi-sensory nature of imagination. One of the original Trustees (1975-1983) of the Marian Chace Memorial Fund, she is the author of *Dance Therapy and Depth Psychology*, editor of *Jung on Active Imagination* and author of a new, soon to be published book: *Active Imagination: Healing from Within*. Dr. Chodorow's more than 46 publications span the years since 1962 and demonstrate her ongoing involvement with the field and with ADTA. Some of her early papers on dance movement as active imagination appear in the two volume work entitled *Authentic Movement*, edited by Patrizia Pallaro. In addition to papers and books in English, translations in other languages include Bulgarian, Czech, Danish, Dutch, French, German, Hebrew, Italian, Japanese, Korean, Mandarin, Polish, Russian and Spanish; she lectures and teaches internationally. In thanks for her lifelong dedication and many contributions to the profession of dance/movement therapy, the ADTA Board of Directors is pleased to honor Dr. Chodorow with the 2009 Lifetime Achievement Award.

2009 ADTA President's Award - The President's Award is given to a member who has (1) achieved distinction in the field, or (2) rendered outstanding service to her or his community, or (3) rendered outstanding service, and demonstrated loyal interest in ADTA. Members of the Board of Directors of the ADTA are also eligible for this award. Selection of the award recipient is by the ADTA President.

STACEY HURST, MA, ADTR, LCPC, GLCMA has served ADTA first as Central Region Member-at-Large from 2003 to 2007 and as Secretary from 2007 to the present. She is a dance/movement therapist in private practice and a faculty member at Columbia College, Chicago where she is the Coordinator of the Certification Program in Laban Movement Analysis. One of Stacey's first tasks as a new member of the Board of Directors in the fall of 2003 was to volunteer for the newly formed Certification Taskforce. By April of 2004 she had become the Chairperson of this taskforce. Her enthusiasm, energy, and responsiveness for her roles at ADTA and for pushing the Certification Taskforce thorough years of intensive work have never flagged, and she has served as an inspiration to Board Members, Taskforce members, and the membership at large. She is a model of dedication and service for all dance/movement therapists, and it is an honor to offer to Stacey Hurst the 2009 President's Award.

PRESIDENT'S LETTER CONTINUED

Outstanding Achievement Award - Susan Kleinman

This award recognizes a member who has made a national impact with specific, significant contributions to the advancement of the field of dance/movement therapy. Susan is a Past President of ADTA who has been consistent in her support of and service to the Association over decades. She has served as ADTA Listserv Respondent for many years, actively engaging and providing a "holding environment" for the online member and non-member community. She continues to serve on many committees, and continues to be very active in promoting the profession. In 2008 she was appointed Trustee of the Marian Chace Foundation as the first trustee for Outreach and Development.

Leader of Tomorrow Award - Nancy Toncy

The Leader of Tomorrow Award is given to a dance/movement therapist and professional member of the ADTA who demonstrates leadership early in their career. Nancy has served on the ADTA Credentials Committee and became an instructor at Columbia College Chicago since her graduation in 2003. Active in the IL Chapter, her early accomplishments make her a future leader to watch.

Exceptional Service Award - Jody Wager

The Exceptional Service Award recognizes those who have given their time and effort to their local regions of the ADTA and/or their Chapter. Jody was instrumental in orchestrating the opening movement choir for the Psychotherapy Networker Conference. Her persistence brought it to fruition and her MD/DC/VA chapter colleagues assisted. Her determination increased the exposure to our profession in this important arena.

Excellence in Education Award - Rena Kornblum

Excellence in Education is awarded in recognition of outstanding education in dance/movement therapy. Rena created an "Introduction to Dance Therapy Studies" Certificate program at the University of Wisconsin-Madison to introduce students to the profession. Her program "Disarming the Playground: Violence Prevention through movement" continues to educate professionals nationally about the value and importance of movement in educational settings.



Rena Kornblum (right) receives Excellence in Education Award from President, Robyn Flaum Cruz (Left)



Susan Kleinman (right) graciously accepts her Outstanding Achievement Award from Robyn Flaum Cruz (left)



A Few Tips From the Office

Gloria Farrow

Operations Director

Happy New Year!

The ADTA National Office was really busy in 2009!

As Operations Director, I would like to take this opportunity to thank each and everyone on the ADTA Board of Directors for all the work they have done to initiate and implement the great changes and upgrades for the ADTA in 2009! There is always a lot of behind the scenes work that members are not aware, but I will say this Board works unconditionally!

A few reminders:

- January 15, 2010 is the deadline for BC-DMT applications and R-DMT applications (alternate route/other). The applications, fee, and all supporting materials must be received by this time.
- R-DMT applications from Approved Programs (this is just a one page application) may be processed at any time throughout the year. Your transcript must be sent directly from your school and once the office receives your application, transcript, and fee you will be awarded your R-DMT.
- Membership/Credentials Installment Plan – membership/credentials dues installment plans may be set up with the National Office. This year more members are taking advantage of the payment plan and each plan is unique to them. If you know of someone who is lapsed in paying their membership/credentials dues, please encourage them to call the ADTA National Office!
- If you are planning to give a presentation in your area, call 410-997-4040 or email info@adta.org or gloria@adta.org to see what ADTA information is available to distribute to your audience. Our ADTA introductory brochure is updated with the new certification service marks.
- As a member you have full online access to the American Journal of Dance Therapy (AJDT); login with your username and password to the ADTA website. You are able to access the latest journal and every one back to Volume One.
- Liability Insurance – Marsh Affinity 1-800-503-9230
- Forum - The ADTA Forum has replaced the listserv! Anyone can read the Forum, but to post a message or to receive email notification when others post ADTA members must subscribe.

Forum Instructions:

You must Subscribe (click “Subscribe” below right on the Forum page) to post. You receive an email and a link to the Forum when others post! (to turn email notification off, e.g., if you go on vacation -- just click “Unsubscribe”). To post, click the topic and then click “New Comment” You can read posts without being subscribed or without logging in to the website! Just click in the reply column of the topic you are interested in. Remember your “e-manners” when posting!

- Amazon SHOP AMAZON.COM and SUPPORT ADTA!! Use this link <http://www.adta.org/Default.aspx?pageId=377986> to shop Amazon and ADTA automatically receives a percentage of what you spend! Start shopping and share this link with all your friends and relatives.

The ADTA National Office is available to its members 24/7 by voice mail (410-997-4040), email (info@adta.org or gloria@adta.org), FAX (410-997-4048), and of course postal mail, (10632 Little Patuxent Parkway, Suite 108, Columbia, MD 21044).



Business Hours: 7:30 AM-3:00 PM Eastern Time
Telephone: (410) 997-4040
10632 Little Patuxent Parkway Suite 108
Columbia, MD 21044-3263
Fax: (410) 997-4048
E- Mail: info@adta.org
Internet: <http://www.adta.org>

The ADTA National Office strives to answer your questions directly or funnel your questions to the correct person to respond to your inquires as quickly as possible. ●

...IN RECOGNITION

DMTCB wishes to congratulate the following R-DMTs and BC-DMTs who were registered between June 1 through November 30, 2009.

R-DMTs

Brooke Blythe
Tatum J. Brogan
Elizabeth Cause
Sabrina Santa Clara
Katie Clay-Wakefield
Mindy Coleman
Keeli Cook
Marcia Genden
Tracy Goldenberg
Melanie R. Haber
Amanda Harris
Chia Chun Hu
Yu-Ling Hu
Allison Klein
Wendi Kornberg
Jaimee Jaucian
Alexis Anne Lanzillo
Kristen Leahy
Katherine Jonesco Lower
Djuna Passman
Katherine Pixley
Genevieve Prizeman
Ariele Riboh
Jeannine Salemi
Gina M. Serraino
Rachael Skolnik
Amy Sorrento
Emily Van Nelson
Veronica Vera
Jessica M. Verbanc

BC-DMTs

Charlotte Jean Carito
Douglas Cornman
Nicole DePetro-Abelson
Cara Aubrey Gallo
Betty L. Olson
Dawn Penney
Esther Schultz
Dawn Wechsler-Feinberg

ADTA wishes to thank the Voluntary Contributors through November 30, 2009

Bonnie Bernstein
Cynthia Berrol
Jean Caron
Jane Cathcart
Sharon Chaiklin
Anne Coltre
Donna Conwell
Pamela Fairweather
Lucy Gonda
Terese Hall
Ellen Schelly Hill
Takane Hirai
James Ryan Kennedy
Bat-Sheva Koren
Lynn Koshland
Fran Levy
Ann Lohn
Susan Lovell
Deborah May
Shira Musicant
Nicholette Oddivak
Danielle Owen
Dawn Penney
M. Isabel Goma Rodriguez
Josette Rutgers van der Loeff-van Embden
Yukari Sakiyama
Grace Santangelo
Valerie Savidis
Ellyne Skove
Arlyne Stark
Deborah Stone
Tina Stromsted
Warin Tepayayone
Deborah C. Thomas
Grace Valentine
Marybeth Weinstock
Joan Wittig
Anat Ziv



Public Relations

Donna Newman-Bluestein, Chair

With the surge of interest in dance, this is the best time ever to be a dance/movement therapist!

Check out the astonishing flash mob of 21,000 people dancing choreography for Oprah's Kickoff Party on YouTube. Dance/movement therapists are all about shaping energy, and there is a lot of energy out there. Getting the word and the movement out about our dynamic profession continues to be our focus, particularly establishing a stronger internet presence.

Many of you have many fabulous ideas for what we should do for Public Relations. In order to carry out these ideas, we need a committed committee. As Lora Wilson Mau said, "Marketing individually, we are lost in a sea But when we THINK COLLECTIVELY, when we ACT COLLECTIVELY, in concert . . . with the intention of drawing attention to our profession as a whole, we benefit ALL OF US. When our profession gets well-deserved attention, our individual careers also shall benefit."

Some of the highlights of dmts promoting the field:

Informational Materials

Have you seen our beautiful revised brochure which you can download and print at <http://www.adta.org/resources>

Marjory Trott used some of these materials, including the ADTA general information sheet and Dance Therapy and Autism to educate the Autism Resources Office in Nantucket, MA. Vitalah Gayle Simon and Heidi Ehrenreich provided Marjory with 2 supplementary articles they had written.

Look for a new info sheet on dmt in inpatient psychology coming soon!

Web Presence

Our beautiful new website is an excellent reference resource for media and people interested in the field.

Our Facebook members number 746 members and are growing daily. While many of our members are not yet comfortable with Facebook, Facebook has increasingly become a place where people newly interested in the field find and ask questions of us. Some of our student reps have taken over monitoring Facebook. Many thanks to Grace Ho, Veronica Ramirez-Wheeler, Audrey LaVallee, Michelle Goldsmith, and Sara Van Koningsveld as well as Kimberly Schmidt, R-DMT.

Susan Kleinman's article "Challenging Body Distortions Through the Eyes of the Body" is now featured on the Eating Disorder Hope website at <http://www.eatingdisorderhope.com/body-image-and-eating-disorders.html>.

Check out DMT blogs:

Somatic Revelations, <http://somaticrevelations.blogspot.com/2009/06/what-is-up-with-alphabet-soup.html>

Moving toward Understanding, <http://dancetherapy.wordpress.com/author/lorairene/>.

The Dance to DTR, <http://alternaterouteca.blogspot.com/>

Dance Therapy Musings, <http://dancetherapymusings.typepad.com/>

DMT Social Network, [http://dance-movementtherapy.ning.com/dance/movement therapy network](http://dance-movementtherapy.ning.com/dance/movement%20therapy%20network)

Robyne Davis will be writing a monthly column for the ACA blog.

In Print and Media

David Allan Harris has received a lot of press lately for the dance/movement therapy group he ran for former boy combatants in Sierra Leone in 2006. Most exciting is that Harris accepted an international human rights award, the Freedom to Create Youth Prize, which he accepted on behalf of the Orphan Boys of Koindu, (aka Poimboi Veeyah Koindu, also PVK) on November 25. The Youth Prize, which comes with \$25,000 to aid local advocacy and recovery efforts, recognizes PVK's youths for the way they used dancing and dramatic performance to help restore their decimated community.

Subsequent to Harris accepting the Freedom to Create Youth Prize, he was interviewed live by the BBC World Service. According to Harris, the 6 live segments aired over BBC Africa during the morning news between 5:30 and 8:00a.m. "People waking up all over the continent repeatedly heard such leads as: 'What is dance therapy? And is it an effective form of healing for people after war? Listen for more from David Alan Harris, who is adamant that it is...'" The news anchor also read a couple of endorsements by colleagues Harris had trained in Sierra Leone.

Harris was also interviewed live for a few minutes on a daytime talk show on Sky TV, the BBC rival, which is broadcast across the globe (or at least the Eastern Hemisphere).

Jenn Frank Tantia was interviewed as a guest on TokyoFM radio, talking about her work as a dance/movement and somatic psychotherapist in a program which aired on August 15th.

Look for "Healing Through Dance: When the Body Speaks and the Spirit Moves" which will soon premiere on UCTV. Healing Through Dance is a weekly dance therapy support group which Anne Krantz has been running for the past 15 years.

Dance therapists Julie Miller, Jessica Young, and Kris Larsen were interviewed for an article, "Based on Mind-Body Connection, Dance Therapy Offers Physical, Psychic Benefits", written by Barbara Trainin Blank, which appears online in THE NEW SOCIAL WORKER, Vol. 16, No. 4 (Fall 2009).

Public Relations continued

Donna Newman-Bluestein, Chair

Getting the Word Out

In response to Oprah's enthusiasm about dance after the flash mob dance, several dmts wrote in to Oprah, telling her about our profession and asking her to do a show about us. Perhaps that's why there was a line about dance therapy in the November issue.

Creative Arts Therapies Week will be March 21-28, 2010. Look for ways you can recognize and create PR opportunities during this week on the Forum.

National Dance Week is April 23 - May 2, 2010. Soon you will find an updated letter to send to dance educators about dmt for National Dance Week under PR on the website.

In Christine Hopkins' words, "All aboard the success train! Now departing the station for a brilliant future!"

With gratitude,
Donna Newman-Bluestein
Public Relations Chairperson ●



Treasurer's Report

Christine Hopkins

dancingsmart@yahoo.com

It's that time of year when many people reflect on and review the past year. It's a time to consider intentions, goals or simply openness to what the coming new year might bring. It's also a time when many people review their finances and their Wills. Did you know that you can include the ADTA in your gift planning? You can choose a dollar amount or a percentage of your estate as a gift to the ADTA.

Consider how the ADTA has strategically invested in services and benefits for you. The ADTA has a new website with many improved features, as well as a highly professional and updated look to enhance the public image of our association and profession. The ADTA continues to expand the public relations resources available to you at no charge, including informational handouts with lists of published references promoting DMT treatment with various populations. The ADTA has a policy consultant in Washington DC supporting awareness and inclusion of DMT in health care reform and other legislative initiatives.

The ADTA completed a multi-year project of upgrading our credentials to Board Certification status. Where would your career in DMT be without our national credentials? What would getting a job in mental health be like without the ADTA's affiliation with the National Board of Certified Counselors? Without the privilege of BC-DMT's being automatically eligible to take the National Counselor Exam? Having the National Certified Counselor (NCC) credential has helped many of us be seen as qualified for counseling jobs and have better access to attaining state licensure as counselors.

What else does the ADTA do for you? We support the formation and continuance of local Chapters so you can receive support from colleagues. The ADTA produces a national conference that offers incredible learning and professional community experiences year after year.

Now is the time to consider giving back to the ADTA. By putting a gift to the ADTA in your Will, you support the continued expansion of dance therapy into the future and honor your own journey as a dance therapist.

Public Relations Materials are available for you to help spread the word about Dance/Movement Therapy:

Visit www.adta.org to download

DMT Populations Specific informational Sheets about:

- DMT and Autism**
- DMT with Children**
- DMT with the Elderly**
- DMT with Alzheimer's**
- DMT with Trauma**
- DMT with Eating Disorders**

ADTA Brochures
ADTA informational Slide Shows
Contact info@adta.org for more information

Student Representatives Reflect

Emily Glenn
Drexel University

Reflecting back on my educational experiences at Drexel I am very grateful for a variety of things. First, I am grateful and honored to have had the opportunity to be exposed to various populations in the Philadelphia area and utilize dance/movement therapy with these clients. I feel this has allowed me to have a new outlook on life and have the opportunity to see how DMT can reach so many individuals in need. I am grateful for my past and current supervisors at my internships. Each supervisor has supported and challenged me in so many ways, which has helped me to grow in establishing my own identity as a dance/movement therapist. In classes, I have been taught so many invaluable skills in becoming a clinician and dance/movement therapist. I have found support from our mental health supervision and modality supervision classes, because it has given me the opportunity to address issues from my internship and learn from my others experience while being counseled by professionals. I have gained a better understanding and appreciation for the other creative arts therapies such as music and art. I have had the opportunity to go to classes with peers from the other modalities and learn about their therapeutic work with others. I am also very grateful for my colleagues in the dance/movement therapy program for their thoughts, feelings, support, creativity, expression, intelligence, and dedication to this work.

Audrey LaVallee
Lesley University

What am I grateful for about my DMT program?

The holidays often invite us to remember and acknowledge the things we are grateful for in our lives. This year I am particularly grateful to the DMT staff at Lesley for seeing our program through budget cuts this fall. I am so appreciative of the dedication and support shown by the department as well as from the staff at my internship site who worked so hard to make sure I and others could maintain our internships. Thank-you!

Michelle Goldsmith
Pratt Institute

Yes, I truly love training to become a dance/movement therapist. I love that my whole being- body, mind, and spirit- are invited to be present in my personal life and work. I love that it is necessary for me to be alive, meaning I must be fully feeling all my feelings to do this work. I am so grateful to have the skills and predilection to do this work. I am thankful to be learning from extremely skilled teachers and supervisors who are mentors in emotional wisdom, models for holding and setting limits, and models for different ways of working. I love the acceptance of individual differences in approaching this work. I love that there is a vast amount of room in this field to work in myriad ways benefitting the whole spectrum of moving, living beings. I am especially grateful for the work that was done in my group therapy class, a process that was illuminating and extremely difficult, but opened a whole new way of thinking for me about how people connect or do not connect. I also feel grateful to work with an amazing group of classmates who I am traveling with on this journey. This work cannot be learned in isolation. Having compassionate, empathic, intelligent, and creative women to work with is truly an amazing gift. I am thankful to my internship supervisors for their welcoming, accepting, sharing with me, attuning to me, encouraging me, challenging me, being in real relationships with me. I am grateful for being introduced to symbolic processing - thinking, feeling, moving, imagining, making art, making words, making sense of what is present for me and a client through symbols and metaphor. This way of working to process patients soothes my soul. It fills something in me that was truly missing before. I love learning about myself and growing as a person and in my relationships throughout this training process. And I love dancing, dancing, moving all the time, being a human who uses the body as much as the mind and honors the wisdom of the body.

Student Representatives Reflect

Calling All Students!

The ADTA Newsletter team welcomes and invites dance/movement therapy students in training to share their experiences, triumphs, questions, challenges and wonderments to be shared in the ADTA newsletter student section.

Please send submissions to:

*Christina Devereaux,
ADTA Newsletter Editor
christinadmt@gmail.com.*

Elizabeth Hallett Antioch University New England

The end of my dance/movement therapy training at Antioch University New England is within sight. As I continue to develop my skills, my way of working and my identity as a dance/movement therapist in internship, I am flooded with gratitude for the amazing teachers, supervisors, advisors, staff and peers with whom I traversed this terrain for the past two and a half years. At the start of my program at Antioch, I was not aware of the ways in which I would be challenged to examine who I am as a human being and that within this intense examination I would discover my innate ability to help others by listening, attuning, observing and being mindful of the truth within our bodies. The encouragement I have received to trust in what I know, that the body holds our truth, our emotions, our experiences and our power, has expanded and enhanced my understanding of the ways in which I can incorporate everything I learned in my classes into my work with clients. As I prepare, mentally and emotionally, for the end of my training at Antioch, I am grateful to know that I take my next steps in my life and career with my peers and teachers in my heart and by my side, as colleagues. I am stronger, wiser, and more connected to my sense of self than I ever imagined possible as a result of my experiences at Antioch. I have developed confidence and enthusiasm to be the best dance/movement therapist I can be. I believe, as our Antioch motto states, the world needs me now.

Grace Ho Alternate Route Student Rep

What I am thankful of learning as a DMT--

The richness and depth of learning under the alternate route training as a DMT is a meaningful process of being who you are. I am grateful to have the opportunity to work with great diverse of wonderful teachers, mentors, therapists, and friends. Especially, I am so deeply thankful to have a mentorship with Mimi on my path of becoming a DMT. Simplicity, creativity, and kinesthetic empathy are the three treasures she has been teaching me.

I am grateful of being in the process as a DMT that I've learned within each breath, there's always a place we can find comfort inside us—our heart. I've learned that the stillness of the mind creates more space in my body, and allow me to reflect rather than react. I am so grateful that the journey of learning as a DMT is an ongoing creative process of a deeper self discovery as well as gaining self awareness in multi-dimension.

I am so appreciate that the joy of being in this learning process is that I've been giving the opportunity to not only receiving the knowledge, but more about giving the support, sharing the trust, sending the healing energy, and making connection with a true self.

I am so thankful for having the opportunity to dance from the heart, to co-create the visible and invisible space with others, to experience the power of collective consciousness in the circle, to have a vision of how we co-constructed a sense of kinesthetic empathy and a sense of humanity within the community, to see the beauty of each individual's uniqueness through their movement, and to spread the joy of dance with others in every present moment.



Highlights of Color....

by **Veronica Ramirez-Wheeler**
Naropa University
May 2010 Candidate

As the first recipient of the Diversity Scholarship I was and continue to be deeply humbled. Attending the ADTA conference was inspiring and brought deeper understanding to the training that I am receiving at Naropa. As my final year continues to unwind and unfurl, I look back on my time spent in Portland as a moment where my questions in career identity and professional longevity were answered.

Attending Meg Chang’s Thinking Globally, Seeing Locally-Intercultural Dance/Movement Therapy brought me into a further awareness of the model of Action Research. I am excited to say that because of this intensive, my thesis has now become a community project on working with Latino teens in the Denver-metro area.

I also had an incredible opportunity to receive supervision from Amber Gray and to attend her presentation At the Crossroads: DMT, Vaudu and Trauma Gray’s seminar affirmed my current experience at my internship via the Boulder Vet Center with a solid “YES!!” in the healing aspects of DMT when working with individuals of political war, trauma, and PTSD.

The biggest highlight of my time at the conference was attending the Marian Chace Foundation Lecture with Janet Adler. I recall the very first time I saw her classic film Looking for Me, which was the defining moment of my future as a Dance/Movement Therapist. The visceral experience I felt as I witnessed her loving approach to the children in her film, I felt once again while she expressed with such fearlessness in the witnessing of her mother’s passing into shadow. The energetic shift that occurred in the ballroom with the silent standing ovation for her brought me to tears.

And too, I witnessed the historical moment when the ADTA’s dance therapy credentials changed to Board Certified. I relished the conversations I had with other students present in their hearts and bodies. Finally, I am incredibly grateful to the Multicultural & Diversity Committee for their ongoing discussions and final stomps that occurred during the casual gathering of Multicultural beings at the conference, for not only was I received with open arms, but I was received with an understanding that diversity work, awareness, and acceptance continues on a professional and personal level as a member of the ADTA. To this I say: THANK GOD!!!!



The Stars at Night are Big and Bright...

Deep in the Heart of Texas

Highlights from Cities of Texas

by Suzy Rossol-Matheson

Austin

Kalila Homann, LPC-S, BC-DMT reports that Accessible Arts completed its 9th year of providing music, art and dance therapy programming to life skills students and students with social behavioral skills challenges in Austin Independent School District. In the spring we worked with eighteen classrooms, and trained teachers and teachers' aids in two full day trainings about the importance of nonverbal communication, creativity, and social relationships in the classroom. Our Intern from the UT school of social works organized a show highlighting the children's art work and also educating the public about the role that the expressive arts can play in education. The show was held at the VSA arts gallery in May.

Dallas

Mary M. Whiting Dance/ Movement Therapist M.S. BC-DMT Hunter College Graduate, NYC, NY working in the Dallas Metroplex is one of the leading Dance/ Movement Therapists in the DFW Metroplex. She is currently seeking to find a student (of any age and degree level) to internship with or assist along side with to gain immeasurable experience, skill and hands-on knowledge of becoming a Dance/ Movement Therapist. Populations of Mary's work vary to the Senior Assisted Living to the high functioning youth and adults. Her work is intensely passionate, always uplifting and powerfully engaging. Please contact Mary Whiting M.S. ADTR directly if you have an interest: m) 347-247-1238 p) 972-492-7202.

An Adaptive Dance Workshop was held Friday, October 16 in downtown Dallas including a total of 15 participants: Pt's, OT's, Speech Therapists, and Child Life Therapists from a variety of clinics in the DFW area from Our Children's House at Baylor for their Fancy Feet Adaptive Dance Program. The Dance Council of North Texas, www.thedancecouncil.org, funded this workshop to serve it's mission in training educators the ability to "introduce persons with disabilities the joy and vitality of dance and movement, as well as achieving benefit through inclusion-based arts." This workshop was conducted by two highly skilled dance/ movement therapists in the Dallas area currently doing this work with children, Lynn Moon Shellenberg, MPS, R-DMT, Yoga Ed, and Suzy Rossol Matheson, MA, BC-DMT, NCC. The workshop curriculum included a mix of both experiential, as well as dance/movement therapy theory.

Houston

B. Taylor Cook, LCSW, BC-DMT, is going into her 4th year of providing a creative recovery model using dance therapy for the women in transition and in residence for drug and alcohol addiction at "Passages" in Houston. She continues to maintain a practice at her office and have started a dance therapy group for stress solutions. She works full time at St. Joseph Medical Center as a dance therapist providing groups, individual and family therapy.

San Antonio

Vivian Olmos, R-DMT, MSW, began a new position as a social worker for the Psychosocial Rehab Program at South Texas Veterans Health Care Hospital in San Antonio. She is thrilled to have the opportunity to do movement groups, yoga, and meditation for the vets. She reports that it is a coming together of 25 years working in both fields. She has gotten nothing but total support for her groups from all the professional staff. Vivian is also studying towards Iyengar yoga certification with two teachers in Austin, as well as working towards her ADTR.

Elizabeth Anderson, MA, R-DMT, welcomes a new addition to the ADTA community: Charlie Lewis Anderson was born on 8/15/09 at 1 pm after a FAST labor! She reports she barely made it to the hospital on time...and even got pulled over on the way!! Elizabeth was working as an activity therapist at Baptist Medical Center downtown on the adult psychiatric unit. There she implemented some new creative arts groups such as daily movement group, weekly music/ singing group, journal making & creative writing group and a spirituality group.



Lynn Moon Shellenberg, MPS, R-DMT, Yoga Ed demonstrating Broadway style dance, "Chorus Line," using fun props

NEWS

DMT and Public Health

by Sherry Goodill

A ccording to the website for the US Department of Health and Human Services (<http://www.healthypeople.gov/hp2020/default.asp>) “Every 10 years, the U.S. Department of Health and Human Services (HHS) leverages scientific insights and lessons learned from the past decade, along with new knowledge of current data, trends, and innovations.” These are then published as health objectives for the United States, and these objectives are used by researchers, funders, educators and service providers to prioritize and focus the use of resources in clinical and public health programs. Currently the HHS is developing the next set of objectives, entitled “Healthy People 2020” to be launched in 2010. Again, according to the website, “Healthy People 2020 will reflect assessments of major risks to health and wellness, changing public health priorities, and emerging issues related to our nation’s health preparedness and prevention. ...The development process strives to maximize transparency, public input and stakeholder dialogue to ensure that Healthy People 2020 is relevant to diverse public health needs and seizes opportunities to achieve its goals. Since its inception, Healthy People has become a broad-based, public engagement initiative with thousands of citizens helping to shape it at every step along the way.”

The transparency and stakeholder dialogue included three public meetings in the Fall of 2009, one in each region of the country (Eastern, Central, Western)... and the ADTA was there to participate! On a lead from the ADTA Policy Consultant Myrna Mandlawitz, ADTA Vice President Sherry Goodill attended the HHS Healthy People 2020 Public Meeting in Philadelphia PA on November 7th. She gave public comment informing the government officials present about the evidence for dance/movement therapy effectiveness, the need for more access to DMT services for more people, and the ways that DMT fits with the draft objectives in the Healthy People 2020 documents. Public comments were limited to three minutes! It was a true privilege to have the rapt attention of our nation’s top leaders in public health for this brief yet important presentation. The comments were then posted on the HHS website, where you can see them and other entries from various national level groups at: <http://www.healthypeople.gov/hp2020/Objectives/TopicAreas.aspx>.



Marian Chace Foundation



Marian Chace Foundation Trustees: Susan Kleinman, Sharon Chaiklin, Ann Lohn, & Jane Wilson Cathcart.

At this past ADTA conference in Portland, the MCF was very happy to award the Marian Chace prize in Journalism to two recipients who had re-written their thesis into an article accepted by the American Journal of Dance Therapy. Allison Winters received the award for 2008 for her article *Emotion, Embodiment and Mirror Neurons in Dance/Movement Therapy: A Connection across Disciplines*. She also received the award for research co-sponsored by the Research Committee and the MCF. Megan Dillenbeck received the award for 2009 for her article *Death and Dying: Implications for Dance/Movement Therapy* which is in the current issue of the Journal. Each received a framed certificate and a prize of \$100. We are hoping that we shall be able to continue to make such an award each year.

At the annual lecture, Janet Adler; sensitively spoke of her role as witness to her mother's planned death. It left those in the room moved and silent. It was a time of inner contemplation of loss and how one might consider planning to make meaningful such times we all must face.

The MCF has funded a filmmaker to produce a film depicting the dance therapy work being done with trafficked women and children at Kolkata Sanved by Sohini Chakraborty. About 60 hours of film needs to be edited and other post-production needs must be funded to complete the project. The Foundation is hoping to collect such funds through other foundations and donations designated for it. Ann Lohn, who could not attend the conference, has generously offered to match funds up to \$500 for this purpose. To view clips of the film and for other information, go to <http://dmt.shawnconvey.com>. Should you choose to make a donation, please note it is for film production. It would be most wonderful to receive monies for this interesting film.

Each year a trustee of the MCF attends a board meeting of the Hancock Center for Dance/Movement Therapy in Madison, WI. as the Center is a supporting agency of the Foundation. This December, Susan Kleinman represented the Foundation and offered a workshop on eating disorders as a benefit for the Center.

Thanks to...

Donations Received Sept. 1 2009- Nov. 30, 2009

FRIENDS (up to \$36)

Peri Abel *"in honor of Janet Adler"*
Emily Day *"in loving memory of Grazia"*
Stacey Hurst
Julie Miller
Kirsten Peterson
Carin Torp
Dee Wagner

SUPPORTER (\$36.00 - \$99.00)

Susan Kierr *"in recognition of the creation of the Dance/Movement Therapy Certification Board"*
Judith Klein *"in memory of Liljan Espenak & Elizabeth Polk"*
Beth Lucchi *"to Ann Wilson"*
Pattee Russell-Curry
Susan Searle *
B. Sorensen *

PARTNER (\$100.00 – \$499.00)

Barbara Ann Busse *"to my friends of the ADTA who have supported and inspired me as I recover and move on"*
Pamela Fairweather
Kathleen Fluegel *
Nancy Goodell
Lenore Hervey
Phyllis Jeswald *"in honor and in memory of my Mother, Rose Krakauer"*
Lynn Koshland
Mary Ita O'Connell

*** Dedicated to Global Site Performance projects**

We thank most sincerely those who gave so generously to the fund. Many gave anonymously at the conference and while their names are not listed, we thank them too.



Invitation to the Dance



UNIVERSITY OF
STIRLING



The Dementia Services
Development Centre

This book by Australian dance therapist, Heather Hill, provides a series of practical suggestions for organizing simple dance sessions for people with dementia. It will help you and your colleagues bring the experience of dance to the people you work with- an experience which will be enriching for all.

Dance has much to offer in terms of meeting both the physical and social/emotional needs of people with dementia. The information in this book is based on the author's extensive practical experience of running dance sessions for people with dementia. A CD featuring six tracks that are useful for a dance session has been included.

Available to buy online at www.demntiashop.co.uk

Publication date: September 15, 2009



Don't miss important information.

The ADTA Newsletter is published quarterly, and posted online at www.adta.org in a section designed just for ADTA Member's Only. Click on "Member's Login" and enter your email address.

Click on "Read the Newsletter" and either read the news online or print it out to read at your leisure. The newsletter is jam packed with important news from your board of directors, announcements, Global Moves, student submissions, & literary prose. Don't miss out on the important news pertaining to dance/movement therapy!

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ADTA 45th Annual Conference:
Creating the Mind Body Mosaic:
Theory, Research and Practice in
Dance/Movement Therapy.



Brooklyn, New York

September 23-26, 2010
Marriott at the Brooklyn Bridge

visit www.adta.org for more information



See you there