

# ADTA Newsletter

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Volume 43 Issue 1

March 2009

## In this Issue

### Spring 2009 Edition

Letter From the Editor	ii
President's Letter	1
National Office news	2
Committee Reports	3-7
Meet our Policy Consultant	10
In Memoriam	9-11
Marian Chace Foundation	12
ADTA at AASCB	13
Student Section	14
Dance Obama Reflections	16-17
Global Moves: Germany	18-20
Workshops	21-23
Newsletter Publication Policies	24

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



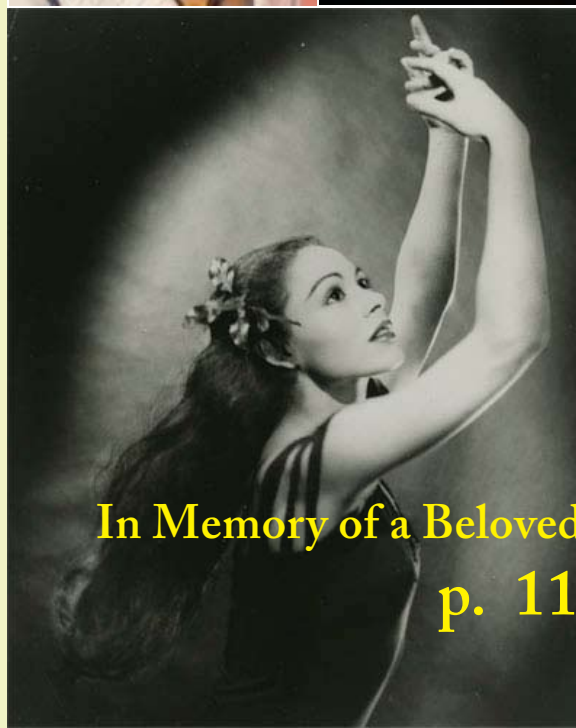
ADTA is on the MOVE!



Meet Our  
Policy Consultant  
p. 10



Come to Portland!  
44th Annual  
Conference



In Memory of a Beloved Mentor and Friend  
p. 11-13



# Letter from the Editor



*Christina Devereaux*

I'm pleased to introduce to you Volume 43 Issue 1 of the ADTA Newsletter. As you read this issue, you will be astounded by the exciting movements of ADTA. Meet our new Policy Consultant on page 10. Read about the plethora of Public Relations events across the country on pp. 4-5. In addition, I'm still looking for an eager volunteer who would like to join the Newsletter Editorial Team. We're interested in someone to assist in encouraging student, international and featured articles. If you would like to talk more about this position, please contact me directly ([christinadmt@gmail.com](mailto:christinadmt@gmail.com)). Enjoy this issue, and I welcome comments and letters to the Editor. ●

## ***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 at [christinadmt@gmail.com](mailto:christinadmt@gmail.com).*

**ADTA wishes to congratulate the DTRs who were registered December 1, 2008 through February 28, 2009**

**Grace Albert  
Iry K. Drupp  
Erica Joy Hornthal  
Pei-Yu Kuo  
Paola Navarro  
Catherine Mary McHugh  
Kimberly A. Schmidt  
R. Clair Young**

# *Merchandise SALE*

Great merchandise available for purchase  
Contact [info@adta.org](mailto: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)





# ADTA IS ON THE MOVE!

*Robyn Flaum Cruz, ADTA President*

There are lots of exciting developments at ADTA to report, and the Board of Directors is fired up. I'll outline a number of these exciting projects below – make sure you read all the reports in this newsletter to get all the details!

## **Government Affairs News –**

- ADTA welcomes policy consultant, Myrna Mandolwitz, on a part-time basis to assist in developing a proactive government affairs strategy. Myrna will attend the Board meeting April 18th.
- Robyne Davis, GAC Chairperson, and Sherry Goodill, Vice President, attended the annual conference of the American Association of State Counseling Boards in January. They presented a workshop and met with many state representatives from across the country.
- Arts Advocacy Day is March 31st and Robyne Davis and ADTA members will again participate in training and arts advocacy efforts on the Hill in D.C. The focus this year is on arts in healthcare, and ADTA will have an entry in the booklet that is distributed to all participants including senators and congress persons. In addition, ADTA signed on to several recent initiatives including a transition letter sent to President Barak Obama that was drafted by creative arts therapists working together with the Society for Arts in Healthcare.
- The ADTA Board revised the GAC grant application process for Chapters and awarded a GAC grant to the New Jersey Chapter. The ADTA Board also responded to a request from the Southern California Chapter to donate materials to their GA fund raising raffle to support counselor licensing efforts in CA.

## **Public Relations News –**

- ADTA continues to collaborate with Career Transitions for Dancers to get information about our profession into the hands of dancers. There are many Public Relations initiatives in the works and PR Chairperson, Donna Newman-Bluestein is staying on top of them all!
- One exciting project with ADTA Consultant, Richard Bell, will focus on using FaceBook to reach out and promote dance/movement therapy and ADTA. Go to the ADTA homepage to link to us on FB.

## **Other Developments –**

- Make sure to read the new Diversity clause in the ADTA Code of Ethics - A dance/movement therapist: Will value and respect the diversity of the expanded world community served, where differences in culture, gender, sexuality, country of origin, race, language, ethnicity, age, abilities, socio-economic status, and religion are present; will seek multicultural competencies to ensure the ability to recognize the dignity and worth of all people; will not engage in behavior that is harassing or demeaning to others. <http://www.adta.org/ethics.cfm>
  - Make use of ADTA's installment plan to pay your dues! See Operations Director, Gloria Farrow's report. Installment plans can make a big difference in this troubled economy.
  - The Approval Committee welcomes new Public Member Dr. Jesse Geller, a licensed psychologist with long years of experience in academia and clinical practice. The Approval Committee goes GREEN – it has accepted its first completely electronic self study!
  - More CEs available online – check [www.adta.org](http://www.adta.org) for details on reading Berrol (2006) "Neuroscience Meets Dance/Movement Therapy" or Brown (2008) "The Importance of Making Art for the Creative Arts Therapist: An Artistic Inquiry" for CE credit!
- ## **Coming Soon –**
- As ADTA makes progress in moving to Board Certification, we will soon ask members to vote on important changes to the ADTA Bylaws. These changes are intended to bring the Bylaws up to date, and to ensure that they reflect the new Dance/Movement Therapy Certification Board that will be created. The packet members receive will explain the rationale for each proposed change – please study the materials carefully when they arrive and cast your vote!
  - ADTA is finally in constructive consultation (that's different from the unconstructive consultation we've had previously : ) to make sweeping changes to our website – in fact, we will have a whole new site that will echo the aesthetic of our new PR materials created by ADTA Spokesperson, Christina Devereaux. If you haven't seen these materials – by all means, go to <http://www.adta.org/resources/media.cfm> and check them out!! We hope the new website will be ready during the summer months!



# A Few Tips From the Office

**Gloria Farrow**

**Operations Director**

- ADTA operates on a July 1 through June 30 Fiscal Year. Your current membership/credential will expire June 30, 2009.
- Look for your dues/credentials renewal form in the mail around April 1. Take advantage of renewing online and save time and postage!
- Did you know that your ADTA dues are deductible as a business expense for federal income tax purposes?
- Membership dues installment plans may be set up with the National Office. Do you personally use online banking? This is an easy way to set up your own installment plan.
- Want to help sponsor a student to attend the ADTA Conference in Portland? We are selling Diversity Packets for this reason (to purchase: send a donation of any amount but a minimum of \$15)
- Don't be left out! Make your conference hotel room reservations today! Hilton Portland & Executive Tower \$157.00 single/double room rate. For Reservations: Call 1-800-445-8667 or 1-503-226-1611 and state the American Dance Therapy Association Reservation Code: AMD
- Want to advertise in the 2009 ADTA Conference Brochure? For information go to <http://www.adta.org/resources/conference.cfm> or call the ADTA National Office 410-997-4040. Absolute deadline is April 15, 2009.
- We have a few 2008 Conference Proceedings left (\$25 includes postage)
- Keep your members' area username and password in a safe place. (If you happen to forget, send the office an email and your information will be sent to you).
- DTR 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 DTR.
- The ADTA Membership Directory is only online and after logging into the members' area of the website; you have authority to information regarding your fellow ADTA members.
- The Listserv (a current events device that motivates dialogue) is available to anyone who wishes to subscribe. Currently there are over 1325 members to the ADTA listserv. If you are not already a member and wish to subscribe, go to <http://lists.adta.org/mailman/listinfo/adta>
- Need informational brochures for a presentation? We have newly designed brochures with photos! Call 410-997-4040 or email [info@adta.org](mailto:info@adta.org) or [gloria@adta.org](mailto:gloria@adta.org) to see what ADTA information is available to distribute to your audience.
- 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.
- One easy way to support the ADTA. Go to [www.adta.org/resources](http://www.adta.org/resources) and shop Amazon. Tell all your family and friends!



**Business Hours: 7:30 AM-3:00 PM Eastern Time**

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**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. ●*



## Public Relations

*Donna Newman-Bluestein, Chair*

Following is a snapshot of some of the many inspiring ways that we all have been promoting our profession and the ADTA the past few months and will be doing in the months ahead:

### **Movement Choirs**

- Movement choirs celebrating hope and change through music and dance were spearheaded by Robyne Davis and Karen Bradley in D.C., by Lori Baudino in Santa Monica, and Pattee Russell Curry in Merced, California, and by Michelle Gaudreau in Boston. You can check them out on Youtube at: [http://www.youtube.com/watch?v=8UD\\_UTpPOxw](http://www.youtube.com/watch?v=8UD_UTpPOxw) for a video slide show Christina Devereaux created for the DC event; <http://www.youtube.com/watch?v=CaIDMhThCMc> for a video of the Santa Monica event; and <http://www.youtube.com/watch?v=GTEPMlo3Wsg> for Merced. You can also see photos of the Boston event on the ADTA facebook page.
- The Maryland/DC/Virginia Chapter will lead an opening movement choir for this year's Psychology Networker Conference, March 26 - 29 in Washington, D.C.
- In celebration of National Dance Week, Nancy Bear-dall's Movement Observation class will be leading a movement choir on Monday, April 27, 6:00 p.m. in Cambridge. Details will be forthcoming.

### **Dance/Movement Therapy in the News**

- Linni Deihl's 10-day dance therapy intensive course, including a 30-minute session in a nursing home, was written up in the Jan 5 Southampton Press. [http://www.27east.com/story\\_detail.cfm?id=188437](http://www.27east.com/story_detail.cfm?id=188437). Linni said of the article, "I think they get the importance of the work we do!", which is significant when it comes to p.r. in print.
- Rena Kornblum's course introducing students to dance movement therapy was written up in the Dec. 10, 2008 issue of the University of Wisconsin-Madison News. It's a wonderful article, which can be found at <http://www.news.wisc.edu/16063>, which explains in some depth dmt and U. Wisconsin's Certificate for Introductory Studies in Dance/Movement Therapy. "Dance therapists use activities that might appear frivolous to uninitiated observers to serve serious, beneficial purposes."
- A dance/movement therapy session with Ashley Ostroski and an interview of her and the client's parents will be aired on Channel 13, the local Des Moines news station, on Thursday, March 12.

### **ADTA Brochure**

We have a fabulous new, updated ADTA brochure, which better reflects our diversity thanks to Christina Devereaux.

### **Facebook**

We have hired a consultant to help us make the ADTA facebook a more official extension of ADTA - a place to answer questions about ADTA, dance therapy, how to become a dance therapist, and the latest news. Kim Schmidt, Suzy Rossol Matheson, Erica Hornthal and I are being trained to be facebook moderators. We'll be looking for additional volunteers.

### **Internet Presence**

- The Pennsylvania Chapter of the ADTA has a new website. Check it out at <http://www.paadta.org/>.

### **Creative Arts Therapy Week, March 8 - March 15, 2009**

- Portland's Creative Arts Therapy Week 2009 is offering many exciting programs. Here are the dance therapy workshops:
  - Dance/Movement Therapy: Connecting with Children Through Nonverbal Communication led by Melissa Parr, MA, DTR, MHC
  - Dance of Aging: Exploring the Aging Process through Movement & Creative Writing led by Carolyn Johnson, MA, ADTR, NCC
  - Moving from Silence: Connecting to the Authentic Self ? Connecting to Others led by Yael Schweitzer, MSW, LCSW
  - Facilitating Hope & Change through Creativity & Innovation led by Beth Lucchi, PsyD, LCSW, ADTR
  - Dance Therapy with a Jewish Twist: Working in a Culture-Specific Setting led by Lenya Treewater, MA, ADTR
  - California kicked off Creative Arts Therapy Week with a workshop "Accessing the Language of the Body in Treatment: Becoming an Embodied Therapist" at California State University, Long Beach on March 7.
  - Virginia Klein presented on her work with short term inpatients at Payne Whitney - Cornell in NYC.
  - The Creative Arts Therapies Department at Bronx Psychiatric Center celebrated Creative Arts Therapies Week at a potluck lunch on March 11 with an exhibition of artwork by BPC clients recently featured at the State Office of Mental Health in Albany, and a performance by the BPC Band.
  - The Creative Arts Therapists at Mt Sinai Hospital in NYC are planning a lunchtime "Creative Arts Therapies Celebration" for staff, on Thursday, March 12 with CAT literature, goodies to eat, and a dance/movement/music/art experiential for participants.
  - NYSADTA is offering a workshop on Mind/ Body Centering and Dance/Movement Therapy at the New School on March 14th in honor of Creative Arts Therapy Week.
  - Jody Wager, her dance therapy intern and the recreational therapist who works mostly in art will be providing a

lunchtime experiential presentation for the staff at Dominion Hospital. This year's presentation will be a combination of movement, art, music and some writing. Jody will speak briefly about the expressive therapies and will provide handouts.

- Katie Mens has organized a one night event of movement, art and play therapy experiences for clients and community at the Atlantic County Women's Center, a non-profit agency for victims of domestic violence in New Jersey. Katie is publicizing this new program via the first annual Creative Art Therapies Week event, and is looking forward to spreading the word through a night of art making and FUN!!

- Michelle Gaudreau is coordinating a Dance-A-Thon on March 13 at a dance club, THE PLACE, at 2 Broad Street in Boston to help raise money for the Andréa Rizzo Foundation, and specifically a brand new program starting in March bringing dmt services to children with epilepsy at Massachusetts General Hospital in Boston.

- And, Hill Day, of course. You'll find more about this under GAC.

## Honors, Awards and Recognition

- In January, 2009, Lesley University appointed Professor Vivien Marcow Speiser Interim Dean of the Graduate School of Arts and Social Sciences.

- Ilene Serlin has been invited to join the Editorial Board of The Humanistic Psychologist, a peer-reviewed journal for the Division of Humanistic Psychology of the American Psychological Association. She hopes that students will consider submitting papers. This would be a great PR opportunity and a way for students to feel empowered.

- Ilene Serlin has recently been elected president of the San Francisco Psychological Association.

## Professional Presentations

- Rena Kornblum will be presenting on dance/movement therapy at the 2009 General Assembly World Dance Alliance-Americas, What Moves Us, May 28 – May 31, hosted by the University of Wisconsin-Madison Dance Program.

From their description, "One recent trend in the discipline of Dance is a shift from an exclusive focus on high art and theater dance to the investigation of contemporary movement practices and the cultivation of global accessibility. In response to this broadening of approach, the 2009 WDAA General Assembly will foreground the most basic, vital, and critical component of dance: movement. This theme is intended to encourage diverse approaches to viewing and performing dance and will develop a particular focus on community dance, non-conventional dancers, disability, and international collaboration & exchange.

- Kristina Fluty has been invited to speak on the topic of "Dance and Psychology" by the Chicago Dancemakers Forum on Monday, April 6.

- Susan Kleinman will be presenting at a symposium on eating disorders entitled "Reclaiming the Body: Attachment, Somatics, and Image" March 04 - March 08, 2009 at Long Beach, California. Susan's presentation will be on "The Use of Dance/Movement Experiential Strategies In the Treatment of Adolescents with Eating Disorders" as part of an all day pre conference presentation on The Use of Experiential Strategies in the Treatment of Adolescents with Eating Disorders.

- Susan Kleinman will be presenting "Addressing Hungers of the Soul by Reclaiming the Body" at the 2009 Annual Forum for Professionals, "Eating Disorders & Obesity: A National Crisis?" in Nashville. This one day conference will be April 4, 2009, 7:00 a.m.- 4 p.m., at The College of Pharmacy, Lipscomb University, Nashville, Tennessee.

- Susan Kleinman will be coleading a retreat for those who work with people with eating disorders, April 30 to May 4 in Costa Rica. Show me the Way to my Soul: A Synergistic Approach to Treating Eating Disorders

- Jennifer Schwartz Daniel will be presenting dance therapy at her hospital's psych grand rounds on March 6. She'll be speaking about our professional practice, showing the NYSADTA video and will then have patients give testimonials about their experiences in group and individual sessions.

- Donna Newman-Bluestein will be presenting an inservice on dance/movement therapy and creative movement to physical

therapists in the Boston Public Schools on March 9.

- Donna Newman-Bluestein will be presenting a workshop "Non-Verbal Communications with Elders with Dementia" at the Massachusetts Alzheimer's Association conference, A MAP THROUGH THE MAZE", on May 13 in Marlboro, Massachusetts.

- Michelle Gaudreau will be presenting "Relaxation Strategies for the Classroom" at the MAAPS conference (Massachusetts Associations for Approved Ch766 Private Schools ) on May 8, 2009. This workshop will be helping teachers to learn and use basic D/MT principles in the classroom to promote a calm and safe environment.

## DMT in Professional Publications

- A review of Whole person healthcare: Humanizing healthcare edited by Ilene Serlin and Marie DiCowden was published in the Humanistic Psychologist, Vol. 36 Issue 3/4, p357-373 which came out in early January 2009.

## CNN Heroes Award

Lora Wilson Mau suggested we think of one of our members or ourselves to nominate for a CNN Heroes Award. Anyone have any ideas of someone whose selflessness, dedication and achievement are inspiring?

## National Dance Week

April 24 - May 3, 2009. What can you do? Celebrate dance, network with other dancers, teachers, pass out brochures to local dance studios, offer a workshop. Send your or ADTA's marketing materials to local dance studios and university dance programs with a letter to the dance educator and ADTA information. And let me know at dbluebirds@rcn.com. As ADTA's official delegate, I can submit any and all events that are happening in relation to National Dance Week to be included on the National Dance Week's official website.

Thanks to all of you first for what you do, and second to those of you who have let me know what you are doing. Let us continue to inspire one another, energizing ourselves and expanding our circle of influence. Please let us hear from you ~ what you are doing, what you need from us, and how you want to help ●



## Treasurer's Report Christine Hopkins

dancingsmart@yahoo.com

### **ADTA DUES & DONATIONS ARE TAX-DEDUCTIBLE!!!**

#### **Your dues and donations to the ADTA are 98% tax-deductible!**

If you are an employed dance therapist, you can write-off 98% of your ADTA dues and donations to ADTA as "unreimbursed job expenses," (if you itemize deductions on Schedule A of your Federal tax return and your total unreimbursed job expenses are more than 2% of your Adjusted Gross Income). If you are self-employed and file a Schedule C, 98% of your dues and donations to ADTA are tax-deductible as business expenses. The ADTA is a 501(c)6 corporation, hence categorized as a professional society or chamber of commerce. (Consult your tax advisor for your situation.) And yes, your Treasurer volunteered some hours researching [www.irs.gov](http://www.irs.gov) and tax law websites to determine this happy information.

#### **Pay your ADTA dues by installment!**

If you do online banking, you can set up your own schedule to pay your ADTA dues in any timeline format you wish. Or you can phone the ADTA National Office at (410) 997-4040 to have an installment plan of your design set up on your credit card account. When you set it up by online banking, 100% goes to the ADTA. If the ADTA office sets it up on your credit card, the credit card company takes a percentage. We're happy to receive your membership dues in any form.

#### **The Federal stimulus package, health care reform, Veterans Administration jobs for Master's level counselors will increase our career opportunities!**

This is an exciting time for the creative arts therapies. The Obama stimulus package sends money to the States for providing education and health care services which, in my view, will support maintaining or expanding job opportunities for DMT. Now that Federal mental health parity legislation has passed, health care reform systems changes may also drive increased mental health services in the near and medium term future. And, due to long term advocacy and follow-up efforts by the American Counseling Association and the National Board of Certified Counselors (NBCC), the Veterans Administration has finally agreed to create jobs for Master's level counselors throughout VA mental health services. These jobs are expected to be set up in the VA system by spring 2010.

Consider keeping your NCC credential valid or applying for your NCC to support the NBCC's efforts. Improvements in career opportunities for counselors benefit dance movement therapists!

#### **Think positive in this challenging economic downturn!**

Despite gloom and doom financial news, it's still true that the arts are increasingly penetrating medical and mental health care systems. It's still true that 38% of American adults and 12% of American children utilize complementary health care modalities, including movement modalities. The ADTA has hired a part-time lobbyist to help DMT be included in legislative changes related to health care reform and Federal spending. How's that for being proactive (instead of reactive) and thinking positively!

## Standards & Ethics Susan Kierr

**Ethics Hotline: 504 432 4324**



The purpose of our ADTA Code of Ethics is to define responsible professional behavior for dance/movement therapists and to make this known to the community at large. Part of the charge of the S&E Committee is to conduct an annual review of the Code and suggest "any necessary revisions... as they reflect the changing needs or concerns of the organization." As a consequence of this charge, it was noted that the ADTA Code did not have a Diversity Clause.

At the last meeting of the Board the committee presented a proposed diversity clause. Below is the clause that was voted on and approved. Here is the addition to our Code of Ethics and Standards of Practice:

*A dance/movement therapist will value and respect the diversity of the expanded world community serviced, where differences in culture, gender, sexuality, country of origin, color, language, ethnicity, age, abilities, socio-economic status, and religion are present; will seek multicultural competence to insure their ability to recognize the dignity and worth of all people; will not engage in behavior that is harassing or demeaning to others.*



## Secretary's Report

*Stacey Hurst*

**H**ello everyone! I have a few announcements that I'm very excited to make. First one that many of you have already taken advantage of is the new payment plan option that we have for annual membership dues. We took note of the hardship it caused to request a hefty "chunk of change" once per year and figured out a viable way to make paying dues a bit easier on your pocket book. With the help of our Treasurer, Christine Hopkins and our Operations Manager, Gloria Farrow we have the plan in place and we're ready for your requests. Please give Gloria a call in the office to set up your personalized payment plan. A second exciting bit of news is something you've heard me talk about before- It's the two membership committees that I've been trying to breathe life into for the past year +. They are the Student and the International committees. The Student committee is in need of support. My hard working group of students are going to need replacements with some fresh blood-their one year term is coming to an end. So if you're interested in being on this committee talk to your chair person/director and put your name in the "hat".

I need to confess that the International Membership committee needs more of my attention than I've been able to give it these last 5 months. I will shortly review the data I collected from the meeting we held at the 2008 conference and be in touch with many of you. Dr. Mimi Berger has offered to support this committee. She has years of experience working with our International members and I'm thrilled to have her on board. Thanks Mimi!!! Last on the list of membership news is a task force that was developed to explore ways to expand our associate category. Julie Miller, Central Region MAL and four other board members (including myself) are working on appealing to a larger group of individuals (other than DMTs) that may be interested in a membership in our organization. Stay tuned for the latest on this topic after the Spring board meeting this April.



## Approval Committee

*Ellen Schelly-Hill*

**T**he purpose of the ADTA Committee on Approval is to uphold the association's standards for master's level education in dance/movement therapy.

I am pleased to announce that Jess Geller, PhD has accepted an appointment to the Public Member position on the committee. Dr. Geller has extensive teaching and clinical experience. He is a longtime friend to dance/movement therapy with an interest in the role of nonverbal communication, the body, and expressive movement in psychotherapy. His many publications include an early (1974) ADTA monograph article, "Dance Therapy as viewed by a Psychologist".

Dr. Geller will join the committee at its spring meeting March 28 at Pratt Institute. The agenda for the meeting includes a review of the Naropa University self-study in application for six year renewal of approved program status and a review of annual reports from the other Approved Graduate Dance/Movement Therapy Programs.

At this time ADTA Approved Graduate Dance/Movement Therapy Programs are as follows:

Antioch New England University Keene, NH.  
Columbia College Chicago, IL.  
Drexel University Philadelphia, PA.  
Lesley College Boston, MA.  
Naropa University Boulder, CO.  
Pratt Institute New York, NY.

The Committee on Approval encourages ADTR instructors of dance/movement therapy courses to apply for Alternate Route Course Approval. Guidelines and an application can be obtained from the chair of the Subcommittee for Approval of Alternate Route Courses, Joan Wittig [jwittig@pratt.edu](mailto:jwittig@pratt.edu). Alternate Route Course Approval is a voluntary process. Approved courses streamline the application and review process for candidates applying for the Alternate Route DTR credential.





## Government Affairs

Robyne Davis, Chair

**W**hat an exciting time to be GAC!! We began 2009 with an active listserv conversation from you, the ADTA members, seeking a way to celebrate the recent historical election with a movement choir. In response to that conversation, we filled out an application and valiantly tried to get accepted as a participant in the Inaugural parade. With great disappointment, we were not accepted. However, Karen Bradley and I did not give up hope. We coordinated another, more powerful and intimate event called "Dance Obama/ The Pulse of Peace." This event was held at an amazing venue in the Peace Gallery of Georgetown. Local DMTs and DMTs from Colorado, Pennsylvania, Delaware, and New York made the event memorable and exciting for us all!! I also want to thank our colleagues in California who shared moving images and emotions from their simultaneous Dance Obama experience. For those who were unable to attend, you were all with us in heart and spirit. Many of you saw the "youtube" video taken by Christina Devereaux which captures the spirit of hope felt throughout the inaugural festivities nationwide. Thank you Christina for sharing the event's contagious energy and promoting our field in such a favorable light. Finally, this event would not have been possible without the funding from the ADTA and the Democracy Cell Project.

On another exciting note, the ADTA has just hired our first public policy consultant. The ability to hire a policy consultant has come from much planning and foresight from our fiscally responsible Board of Directors. After much review, we have chosen to hire Myrna Mandlawitz. Ms. Mandlawitz has been a longtime supporter of the ADTA and of the creative arts profession. She has worked side by side with our representatives in monthly association meetings such as the National Alliance of Pupil Services Organization (NAPSO) and the Consortium for Citizens with Disabilities (CCD) for many years. Ms. Mandlawitz will help us strategize a proactive plan to address relevant legislation. She will help us mobilize our members to act on specific legislation. She will help to establish a presence and public recognition of the ADTA on Capitol Hill by building relationships and providing representations at key organizational events. She will also help us identify member volunteers to watch for issues in their respective states. **Please see her biography and photograph on page 8 of this issue of the newsletter.**

The Board of Directors has also established a GAC grant

application to be used by individual states or chapters when seeking financial aide to help with licensure issues. Most recently, ADTA chapters in California and New Jersey have received funds to further their licensure process. Thanks goes to Sheila Stone for her continued work as State Deputy. In addition to her committee efforts, she has agreed to be our listserv correspondent for the American Association of State Counseling Boards (AASCB).

Sherry Goodill wrote about our attendance at the AASCB conference in the Vice President's report. As she stated earlier, it was very successful. As Sherry mentioned, we had several opportunities to network informally in order to promote DMT. During one of the breaks, I began networking and was fortunate enough to make a connection with Rebecca Daniel -Burke who writes for *Counseling Today*. She asked if she could interview me about Dance/Movement Therapy the following month. Of course, I agreed. The article was printed in the March 2009 edition of *Counseling Today*, educating counselors nationwide about DMT services. Attendance at the AASCB conference is extremely beneficial to promote further understanding of DMT and to establish relationships with state licensing board members as well as other related organizations such as the American Counseling Association (ACA).

There are more exciting GAC events to come. The ADTA is once again a national co-sponsor of Arts Advocacy Day. Arts Advocacy Day brings together 90 national arts organizations, including the Art and Music Therapy Associations, to lobby in support of funds for arts programs and to offer support for arts legislation. The NCCATA meeting takes place the weekend before Arts Advocacy Day, giving the GAC representatives of each CAT organization a time to discuss policies and legislation that directly impact the CAT professions.

Whether we are working with NCCATA, NAPSO, AASCB or any other organization, the key to success in government affairs continues to be COLLABORATION. That also means COLLABORATION with you, our members. Yes you can:

G- get involved

A - advocate and

C - collaborate to work towards active participation in legislation affecting DMT on both local and national levels.

For more information, contact me at rdavis1830@aol.com.



## Meet our Policy Consultant

MYRNA R. MANDLAWITZ, M.Ed., J.D.  
President, MRM Associates, LLC  
Washington, DC

Ms. Mandlawitz, an acknowledged expert and author on special education law and policy, represents several national associations as a consultant and lobbyist on a broad range of general and special education issues. Previously, she held the position of Director of Government Relations for the National Association of State Directors of Special Education. Ms. Mandlawitz also currently serves as co-chairman of the National Alliance of Pupil Services Organizations, a Washington-based coalition of national pupil services organizations.

Ms. Mandlawitz's publications include, among others, *What Every Teacher Should Know about IDEA 2004 Law and Regulations* (Pearson, 2007), *Special Education Law* (Co-author, Pearson, 2008), *Reimbursement for Special Education Services in Residential Placements* (National Association of Psychiatric Health Systems, 2004), and *A Tale of 3 Cities: Urban Perspectives on Special Education* (Center on Education Policy, 2003). She is also a contributing author to the *Handbook of Autism and Pervasive Developmental Disorders-3rd Edition* (Wiley, 2005).

A native of Virginia, Ms. Mandlawitz spent fourteen years as a classroom teacher and assisted in the development of Virginia's program for infants and toddlers with disabilities. She holds a master's degree in Early Childhood Education from Boston University and a law degree from Temple University.

Below is a representative listing of past and current clients. Services rendered include government relations, training, technical assistance, research, and conference presentations.

Council of Administrators of Special Education, Inc.  
School Social Work Association of America  
Learning Disabilities Association of America  
American Music Therapy Association  
Council for Children with Behavioral Disorders  
National Association of Psychiatric Health Systems  
National Association of Elementary School Principals  
Boalt Law School, University of California-Berkeley  
Center on Education Policy  
American Counseling Association  
National Research Council, National Academies of Science  
National Education Association  
American Federation of Teachers  
American Psychological Association  
National Association of Social Workers  
National Association of Federally Impacted Schools  
Ohio Dept. of Education, Office of Career-Technical & Adult Education  
Association of Rhode Island Administrators of Special Education  
Massachusetts Administrators of Special Education

# In Memory of Carla Tandy

July 21, 1923-December 13, 2008



Carla Tandy dancing with Shoichi Machida at 2007 ADTA Conference in Brooklyn, NY.

Carla Tandy was an active member of the ADTA and a dear friend and colleague to many. Her son, Craig Tandy shares that after being inspired by Gertrude Knight, Carla realized that creative dance had more potential for her than other forms of dance. She developed a deeper love of dance through “Reality Through Rhythm” her creative dance program and in 1974 became a published author of “Rhythm: A Guide For Creative Movement”. In 1978, at the age of 55 she graduated from Mills College with an M.A. in dance therapy. Dance was her passion, and through the years she performed with many dance groups, including Christopher Beck Dance Theatre. Her most memorable event was that of a 20-year dream to arrange and perform in her own production, finally realized in 1998 with “A celebration of 75 years of dance” at Mills College. Over the years she taught and enriched many lives while working with California School for the Deaf & Blind in Berkeley, Center For Elders Independence and Peralta Community College.

Carla’s caring, wisdom, love and passion for life will continue to impact and live through all those she touched. Below are a few memories of Carla shared by some of our members:

I first knew Carla through our dance therapy connections in Northern California, both attending the ADTA meetings and workshops on dance with the elderly. Then we danced together in Christopher Beck’s company and from then on it was the devotion to each other of a deep friendship. When I knew her, Carla was working for many years leading classes and groups with older adults for agencies in the Bay area. I attended a couple of these: She was a delight and the participants in her groups were very fond of her; She brought many creative props and structures in the big bags of stuff she carried around.

Attending the ADTA Conferences we always roomed together; with her companionship, it was a warm and fuzzy experience for me unlike it could have been at such intense meetings...  
 -we laughed so much about spontaneous things that came up.  
 -we dressed in our (mostly outdated) fanciest dresses for the banquet.  
 -we danced until we dropped, Carla sometimes with her special partner, Shoi,. She said he could tune into her dancing spirit better than anyone. - **Grace Valentine, ADTR**

I was especially saddened by the news of Carla Tandy’s passing. Whenever I attended an annual conference of the ADTA, I looked for her. It wasn’t possible to miss her enthusiasm and her joyful dancing at the Saturday evening festivities. - **Lillian Weisberg**

I have had the yearly pleasure of dancing with Carla for many years since the early 1980’s when we met at an ADTA conference. Carla embodied the dancing spirit, joy, enthusiasm and all the dance therapy represents. I for one, will miss her. - **Heidi Ehrenreich ADTR**

I also feel so sad for the news of Carla’s passing. I will never forget her dance and smile.  
 -**Yukari Sakiyama, ADTR**

I was surprised to hear the Carla’s death. But, even now, I feel her waiting me to dance with shining costume. Almost every year, we danced at the ADTA Conference, after very long waiting time, because it is only one evening a year. She danced in laughing and playing fully, at last with bare feet....really she enjoyed with all her heart for her life. I had the honor of being the partner of her last dance. I feel she is now waiting for me impatiently at the gate of Paradise to become the partner of my first dance over there.  
 -**Shoichi Machida, Japan**

# In Memory of Pearl Lang

1921-2009



**P**earl Lang, renown member of the Martha Graham company and former Marian Chace honoree died at the age of 86. Although not an ADTA member, she was a seminal modern dance artist whose work exemplified, aesthetically and intellectually, this debt. Several dance therapists were impacted by important dance experiences with her. She was a dancer with the Martha Graham Company in the 1930s and 40s and then had her own company. She was invited to be the Marian Chace speaker, along with Jean Erdman, in 1995, at our annual ADTA conference in Rye, New York, in order to elucidate dance/movement therapy's debt to modern dance. We honored her consistency and contributions to our shared mission and life force: one that we commonly call Dance. At the conclusion of this 1995 MCF lecture, Susan Sandel highlighted: "People are searching for meaning. Thomas Moore in his book "Care of the Soul" says art is about the preservation and containment of the soul. As artists, dancers and therapists, we are caretakers of the soul. We must not forget that! We must be as persevering as Pearl Lang and Jean Erdman have been. They are examples of how to keep going no matter what and we are appreciative of that in both of them."

Several dance/movement therapists share their memories of Pearl below:

My memories of her as a teacher and a performer are strong images in my mind. She was a gift in the golden years of modern dance. She and Jean Erdman were indeed Marian Chace Lecturers at that conference....sharing their work through video and then discussion. "The Ritualization of Experience" can be found in the ADTA Journal 1996-18-1. - **Sharon Chaiklin**

I was deeply saddened by the news of Pearl Lang. Pearl was from Chicago and one of her first teachers was Frances Allis who was also my first teacher. I knew of Pearl through Frances and other affiliations that were close to our hearts and upbringing. -**Elissa White**

Saturday mornings the sun slanted through the dirty windows of the "old" Julliard School of Music, up near Harlem. Throughout my high school years to the strange amazement of my Long Island high school girlfriends, that's where I would spend Saturdays. A rite, a ritual - Pearl led me (not really knowing that she led me) thru many a passage in those years.. Later on after Univ. of Wisc. dancing in her company - again and again and again and again she would ask for perfection of the form. It was dancing in her piece Shirah, doing a grand plie in first position with my eyes on the ceiling that I had a feeling of unity with the universe that I have never quite attained....again. -**Marcia Plevin**

Thank you for sharing the news of Pearl Lang's passing. The 1995 conference was very memorable for me, largely in part because of Pearl Lang's inspiration to keep the dancer alive in all of us. As a new dance/movement therapist at that time, I was finding it a challenge to take modern dance classes regularly. After her moving speech and presence at that conference I made a commitment to keep dancing regularly, whether at a class or at home. She will be missed yet never forgotten. -**Deborah Quirk**

# Southern California Chapter

by **Pattee Russell-Curry**

**T**he Southern California Chapter ADTA has been busy recently! In October the chapter hosted a workshop in Long Beach with Danielle Frankel, PhD, ADTR, NCC, LCAT, LMHC. March 7, Susan Kleinman, MA, ADTR, NCC presented a workshop: "Becoming an Embodied Therapist: Accessing the Language of the Body in Treatment" from 1:30-4:30 at CSU Long Beach for 3 CE's. A SCCADTA update also occurred from 12:30-1:30.

The Northern California contingent of Board Members are busy preparing for a May 30th workshop in Palo Alto with Bonnie Bernstein, M.Ed., ADTR, MFT presenting on her work in India: "Dance Therapy: Empowering Trauma Survivors in Kolkata, India.

Two free CE's will be offered to kick off this Northern CA event, which will include a meet and greet, Board update and social gathering. Our event will begin at 12:30, the workshop will be from 1:30-3:30, with closure around 4:30.

June 6, Warren Lamb, CMA will headline for our chapter workshops in Southern CA, location to be announced. All workshops offer CE's. There will be a wonderful raffle with great prizes. We invite the entire ADTA to support our efforts, which will help to build our chapter and fund our lobbying efforts to seek licensure in California for ADTR clinicians. For more information on any of the workshops, or the raffle prizes, please contact Lora Wilson-Mau (writelora@hotmail.com), Danielle Fisco (daniellefisco@hotmail.com), Amanda Wilkinson (yogamanda@directcon.net), or Pattee Russell-Curry (russellcurry@sbcglobal.net).

## In Memoriam: Helen Lefco

On 2/17/09 "The death of Helen Lefco was announced in the Philadelphia Inquirer with Dance Therapist, 86 under her name in bold. The whole first paragraph addressed her work as a dance/movement therapist in Doylestown, PA. and her 1974 book of dance/movement therapy case studies. She worked as a dance/movement therapist in Doylestown, PA, just outside of Philadelphia, for many, many years and retired when 'the symptoms of Parkinson's, first diagnosed in 1992, became acute.' She sounded like a very vital woman with an earlier career as a freelance writer for national magazines and a love of adventurous travel." -*Ellen Schelly-Hill*

I was very saddened to learn of the death of Helene Lefco. I knew her well when I lived and worked in Philadelphia. In fact, we danced each week in a Master Class (of adult longtime dancers!) for many years. It was through my work as a dance therapist at Phila. State Hospital that Helene first learned of dance/movement therapy. She came there and apprenticed with me for quite a while before going out on her own. She wrote an early book on her work.

Lefco, H. (1974) *Dance Therapy*. Chicago: Nelson-Hall. -*Beth Kalish-Weiss*

Thank you for informing me of passing of Helene Lefco. More than 30 years ago, Dr. Hirai who is the president of Japan Dance Therapy Association introduced her book to her students in Nara Women's University. When translated this book and published the Japanese version, we inserted beautiful illustrations and added our own cases as appendix. At that time all the processes were through each publishing companies. So we had no chance to communicate with her face to face. We were lucky to meet her wonderful book and able to translate it. The narrative case histories gave us precious things to learn dance therapy. We pray that her soul may rest in peace.

-*Takane Hirai, Keiko Kawagishi, Etsuko Mii & Yukari Sakiyama*

### Editor's Note:

We regret that we do not have a photograph of Helene to share with our membership, however if you have one or any of your own memories to share, please contact the Newsletter Editor, Christina Devereaux at christina@cd-photo.com

# Marian Chace Foundation

The trustees' work during this period of winter is usually like the flower bulb underground... quietly gathering information and tapping into the environment to know when and how to blossom in the spring. Well, a bit corny of a metaphor but just to say we have been doing things that are still in process.

However, we can proudly announce the news that the Marian Chace Lecturer at the ADTA conference in



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

Portland will be Janet Adler. For those who have not yet heard her speak, it will be a wonderful experience and for those who have....it is nice to have her back again. Her classic film on autism, her further journeys into authentic movement, and her current interests in hospice should be a strong introduction. We look forward to seeing all of you there.

The Foundation has sent out the printed theses abstracts as a gift to all first year students in all the dance/movement therapy programs as we do each year. It is our hope that it will inspire students to think of all the possibilities of the field and even of doing research.

Through the involvement of Gloria Farrow, our wonderful Operations Director, the Foundation was the recipient of funds from Curtain Call Costumes which donates a percentage of costume sales to a non-profit organization each year. Additionally, the Gettysburg College Dance Ensemble (Gettysburg, Pa ),. for the fourth time in two years sent a check with funds that they raised at their student concert with the words "we are proud to say that we have raised \$970. toward your cause and we appreciate your continuing work in dance therapy". It is particularly moving to us and it is so important to be recognized by such outside groups.

## Thanks to...

Donations Received Dec. 1, 2008- Feb. 27, 2009

### FRIENDS (up to \$36)

John Henry Sheridan\*

### SUPPORTER (\$36.00 - \$99.00)

Elizabeth Sandler\*

### PARTNER (\$100.00 - \$499.00)

Curtain Call Costumes

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Carolyn Grant Fay

Gettysburg College Dance Ensemble

### CHACE CIRCLE (\$1,000 & up)

Hancock Center

Quaker Hill Foundation \*

\* designated for Global Site Performance projects

The trustees shall be meeting in April to review any grant proposals received, and discuss other business. We would love to hear if you have any ideas that you think might be of interest to the Foundation. You can e-mail any one of us. The financial economy has of course affected all of us but our money manager who is not Madoff, has kept us wisely conservative so that the Foundation is still quite solvent. It might be that our budget shall be smaller which primarily speaks to the amount of funds we have for grants. As always, member contributions are especially meaningful in such times.

We offer our thanks to the above individuals for their financial support during this time.

# ADTA at the AASCB

by Sherry Goodill, Vice President

ADTA Government Affairs Chairperson, Robyne Stone Davis, MA, ADTR, LPC, NCC and ADTA Vice President Sherry Goodill, Ph.D., ADTR, NCC, LPC, represented the ADTA at this year's meeting of the American Association of State Counseling Boards in Tucson, AZ (January 8-10, 2009). The mission of the American Association of State Counseling Boards (or AASCB) is articulated as follows:

*“Working for the advancement of services to the public through state laws regulating counselors, and through the coordination and improvement of services provided by its member credentialing boards, AASCB is dedicated to the concept that individuals who have demonstrated competence to render counseling services are entitled to be licensed, certified or registered as counselors by its Member Boards. Accepting competent counselors into the arena of professional practice rather than excluding individuals based on arbitrary or unreasonable criteria is a goal of the Association. While acknowledging that an appropriate educational and experiential foundation is necessary for professional counselors, diversity of training, focus of practice, and theoretical orientation are recognized as major strengths of the profession. The association is dedicated to continuing an open relationship with organizations and entities representing counselors who are regulated by its Member Boards. Viewpoints of those regulated shall be heard in an open forum and considered in relation to the purposes of the Association.”*

Note that AASCB is an organization of organizations (state boards and professional groups). The ADTA is one of those entities with which the AASCB is in relationship. By sending a small delegation to the annual AASCB conference, ADTA is able to have direct face-to-face discussions with members of state counseling licensure boards from around the country. In countless informal exchanges throughout the conference, we were able to answer their specific questions about dance/movement therapy education, credentialing, and scope of practice. It is helpful to a licensure candidate when members of that state board can reference a personal and positive communication regarding dance/movement therapy.

There were three formal ways that Robyne and I got the word out to AASCB conference attendees: we hosted an Exhibit table with dance/movement therapy and ADTA information, including the visually appealing and informative information flyers created by the ADTA PR committee. Second, because ADTA is an affiliate organization of the AASCB, we were able to give a brief verbal presentation in a plenary meeting of the conference. It was a chance to make sure every attendee understands that dance/movement therapy has been recognized by the National Board for Certified Counselors (NBCC) as a specialty of counseling. The NBCC is also an affiliate organization of the AASCB. Third, we gave a seminar, “Dance/Movement Therapy 101” to a small but avid audience of state board members. In this presentation we showed the new film produced by the NY Chapter of the ADTA, “Moving Stories: Portraits of Dance/Movement Therapy”, and were able to use the time for in depth discussion of how dance/movement therapy clinical methods address treatment goals for various mental health populations.

The American Art Therapy Association (AATA) is also an affiliate of the AASCB. Here we are in the photo with our art therapy colleagues in attendance this year. Networking together as creative arts therapists is another benefit of our participation in the AASCB conferences. You can learn more about the AASCB at [www.aascb.org](http://www.aascb.org), where the slides from our presentation, “Dance/Movement Therapy 101” (and other seminars as well!) remain available and free for viewing. Your ADTA membership supports this activity on the behalf our dance/movement therapy. Thank you for giving us the opportunity to represent you in this most important professional networking event.



Left to right: AATA Professional Relations Representative, Cathy A. Malchiodi, PhD [c], ATR-BC, LPCC, HLM; Robyn Stone Davis, MA, ADTR, LPC, Government Affairs Chair, ADTA; Sherry Goodill, Ph.D., ADTR, NCC, LPC, Vice President, ADTA; and Joan Phillips, PhD, LPC, LMFT, ATR-BC, President-Elect, AATA.

# In Their Own Words...

*Dance/Movement Therapy students share experiences*

**by Chu-Chun Chen**

**I** would do a free, sudden and strong movement like an earthquake to describe the economic impact on mental health at the end of 2008. One day in last October, I went to morning meeting at my internship as usual. My biggest anxiety was no more than doing a case presentation the same day. During the meeting, we got unexpected news about state budget cuts which would cause our program to close in six weeks. It was so hard to believe the news was true. I felt like I was watching a movie while witnessing the whole process. However, it was real life, and happening to me.

I was impressed by the container all the staff and clients created by sitting together to hold each other's feelings and support each other. I was also impressed by how difficult it was for all the staff members to contain clients' emotions and at the same time deal with our own feelings about losing our jobs in reality. Self care is so important for everyone, especially mental health professionals. Only when we can take care of ourselves, we can we also have additional energy to help our clients.

In dance therapy sessions with our clients, we expressed our feelings through movement. Anger and uncertainty were two main themes when we went through this difficulty. I saw group cohesion build quickly and clients became active, fighting to save our program to express their anger and their needs. I experienced the importance of being grounded when we felt loss, and I also realized why the group structure is for some clients a way to feel something is under control.

Fortunately, most of the funding for our program was saved and we stayed open. However, there are still programs being closed, clinicians losing jobs, and clients losing their mental health support. By recalling the whole situation again, I can still feel the tension hidden in my chest. I will do several deep breaths and freely move my body. You are welcome to do it with me.

*Chu-Chun Chen is a graduate student in the dance/movement therapy program at Lesley University and is currently completing her second year internship with adults in a day treatment program in Massachusetts.*



## Drexel DMT Student Receives Prestigious Award



**F**irst year Drexel Dance/Movement Therapy Program student, Jacelyn Biondo, has been named as a 2009-10 Dance Advance Award recipient by the Pew Center for Arts and Heritage Division of Pew Charitable Trusts. She has been awarded \$10,000 in grant funding for the presentation of a site-inspired dance piece. Over the course of the year Biondo and collaborator Kristen Shahverdian will gather stories from the residents in a selected South Philly neighborhood through community meetings and movement workshops. Biondo and Shahverdian, who both live in South Philly, will generate movement phrases and choreography to help tell these stories. A outdoor performance will premier in June 2010 in a block of the neighborhood. Biondo and Shalverdian have been collaborating for over two years under the name react/dance. [www.reactdance.org](http://www.reactdance.org)



# Certification News:

by Stacey Hurst

**W**e continue to plug along diligently with our plan to institute certification. We are at the point now where we need your help. Very shortly you will receive a letter in the mail from the ADTA. We ask that you open and read it. This letter will have proposed by-law changes the board is recommending along with a vote for service marks. I can assure you that the board has worked long and hard on these changes and what you're seeing is years of deliberation over what the board feels is the best for the members of the ADTA. We hope you not only agree with us but return your vote promptly for tallying.

We are asking you to vote on the service marks because your voice is important to us. The options you will be given are grouped in pairs. These service marks are intended to replace DTR and ADTR. The first set is DTR and ADTR-BC. At the last conference we discussed one problem with this option which is that DTR is also used to indicate Registered Dieticians in some areas. (This can be confusing when a DMT (DTR) is on a treatment team with a dietician (DTR) often with eating disordered clients and they both have the same service marks.) Additionally, these service marks don't include "movement" in their description. However, they

are only a very slight change, one that retains our original marks and adds BC which may be more comfortable for some of you. Lastly, this change is in line with what art therapists and music therapists have done in the past when they added certification to their marks.

The second set of marks is DMT-R and DMT-BC. These service marks indicate that we are "dance/movement therapists" and have a two tiered process. Initially one is registered and then one can become certified. This is very clear to the public when we call ourselves dance/movement therapists and our service marks reflect the same. These marks would seem to most accurately describe who we are. However, it does change our current letters completely.

Either way we will be capitalizing on the change with our PR committee ready at the helm to make the most of this. We will finally show others that we are at the same level as other CATs and our service marks will reflect what we've always been doing-maintaining the highest of standards in our field. So, please, please, please think about this long and hard and fill out your ballot. We want to hear from you!!! You are the ones that need to live with this change and your vote will lead us into the future.

**ADTA  
Board of  
Directors  
2008 - 2009**



*From Left to Right: Front Row: Gloria Farrow, Shannon Lengriech, Stacey Hurst, Ellen Schelly-Hill, Robyn Cruz, Christine Hopkins, Gabrielle Kaufman. Back Row: Donna Newman-Bluestein, Robyne Davis, Sherry Goodill, Susan Kierr, Laurel Thompson, Linda Aaron-Cort, Julie Miller*

## NEWS

## Dance Obama: Pulse for Peace

## WASHINGTON, D.C.

Jody Wager, ADTR

It was a magical afternoon ... the structure that Karen Bradley and Robyne Davis created helped to provide the optimal container within which our dance would unfold. The music started and filled the space, which was filled with powerful images of war and peace, and we began to move. Within moments we were face-to-face in our sacred circle ... just long enough to pick up the rhythm of the 'Peace Train', which had us snaking through the space, gathering and inviting others to join us. The "audience" jumped in without hesitation. I was so touched to look around and see my fellow dance therapists ... some of whom had come from far away.

The live drumming was fabulous ... and spoke so perfectly to the "heartbeat" of the piece ... the pulse of peace ... and the four drummers seemed to effortlessly pick up on our rhythms while providing us with rhythms of their own. We quickly formed a lovely working relationship of give and take. Dancing in the streets of Georgetown with live drumming was beyond wonderful ... the energy was palpable ... it was a true celebration!

When we returned to the gallery, we continued dancing to music that Karen selected ... all focusing on peace and change. Of course, the inevitable dance/movement therapy circle found its way into the center of the room, and we did what we do ... along with many others. There was a wonderful moment for me when at the end of one of the songs/dances, one of the MCs shouted out ... "dance therapy in the house". What I loved about that moment was that I knew he got what we do, and it felt good to be recognized. I can't think of a more perfect way of celebrating together and sharing what we do with others. -*Jody Wager, MS, ADTR*

**See photos of this nationwide event on page 17**

## CALIFORNIA

Lora Wilson Mau, MA, DTR

Santa Monica, CA:

It was a beautiful day and Lori Baudino realized we needed to draw passersby in with upbeat music. So, we essentially played a series of uplifting, joyful songs (e.g., Love Train, Everyday People, Signed Sealed Delivered, Ray of Light, etc) and started inviting people into the "nationwide" dance by exploring the beat with different parts of our body. Continuing this beat we gradually formed two lines and danced in pairs down the center. The two lines joined hands and serpentine around the space, eventually linking into one long line that wound about itself into a spiral where we joined in deep breaths together. Then solos, dyads, trios would burst away from the spiral in a celebratory dance and return to the group, eventually leading to a "burst" that became one big circle. While in the circle we would individually offer words that we wanted to evoke for the new era (like hope, joy, change) and would run into the middle and shout together.

Personally, I was most touched by two grandmothers who spoke little English (they both seemed Eastern European) who joined us the entire time with their toddler grandchildren! One grandmother had tears in her eyes at the end as we stood together, sharing in a word what we felt at that moment. She offered no word but her tears said it all!

Merced, CA:

Pattee Russell-Curry organized and led an event at an inauguration party hosted by "Change Merced," a grassroots movement in the Central San Joaquin Valley. The party was a non-partisan gathering of community members to watch the inauguration together, to celebrate and come together in a common spirit. The Pulse for Peace movement was a celebratory cap off to the evening's events. Pattee was joined by one other DMT, Gwen Angert, who recently moved to the general area. It brought tears to my eyes to watch because... it's Merced - it's not Berkeley! It's a different culture. But Pattee really created something special in a potentially resistant environment. (I love seeing the man dancing with the baby in his arms!) Really inspiring! You can see a video clip of the Merced event at: <http://www.youtube.com/watch?v=GTEPMlo3Wsg>

**Photos from Dance Obama: Pulse for Peace event participated by dance/movement therapists across the country. Below are photos from the Washington, D.C event and the Boston event.**



**Photography by  
Cory Devereaux & Michelle Gaudreau**

*Movement-Embodiment- Body Memory Seminar in Heidelberg***Report from Germany:***by Päivi Pylvänäinen, (Tampere, Finland)*

**D**ance/movement therapists from Europe, people from the fields of dance and theater, students of psychology and phenomenologically oriented researchers gathered in October 2008 at the University of Heidelberg to discuss movement, embodiment and body memory. The event was initiated by Dr. Sabine Koch and Dr. Thomas Fuchs. Dr. Fuchs is an associate professor of psychiatry and the director of the section of “Phenomenological Psychopathology and Psychotherapy”. In addition to the doctorate in psychiatry, he holds a doctorate in philosophy. He has a phenomenological and body-centered orientation. Dr. Koch is a doctor of psychology and a dance therapist. She has been active in dance/movement therapy research, creating experimental research designs with an aim towards quantitative as well as qualitative research results.

Dr. Maxine Sheets-Johnstone was the invited presenter at the seminar. Her phenomenology, dance and biology based approach was presented through articles, in her lecture and in the discussions shared during the three days. In addition to this, on the first day of the seminar, Sheets-Johnstone facilitated a movement experiential, which created a demonstration of group formation under the guidance of the leader. Not many words were needed in this, the interaction and participation was negotiated through movement. As I had participated in a similar workshop with Sheets-Johnstone in Tampere Finland just a few days earlier (at the First International Conference on Kinesthesia and Motion), I found it very interesting to observe the differences between the two groups. In Tampere the group was bigger and in a bigger space, and there the participants joined right away with a peppy attitude. In Heidelberg the group took a moment to hold the possibility to join, giving an impression of genuinely pondering whether to join or not.

In the movement workshop Sheets-Johnstone offered themes of movement exploration which related to the

phenomenological approach in a fundamental way: familiar was made unfamiliar and thus the familiar became perceived and understood in a new way. To create movement material for moving in a dyad, we first individually explored the first letter of one’s name and a shape of a number – is the shape straight or curved, how to create this shape in to the space by one’s body, how to vary the rhythmic phrasing, how to vary strength and timing. As we discussed these experiences, Sheets-Johnstone demonstrated her way of analyzing movement phenomena. Her way of perceiving movement and to describe it in words is independent of Laban Movement Analysis, yet there are many similarities between the two. Sheets-Johnstone emphasizes the importance of understanding the dynamics of movement. The dynamics of movement are created by the combinations of space, time and strength. She also acknowledged the fact that whenever we choose to observe our movement, there it is. In a living body there is always movement.

In the seminar the theme of body-memory was first explored in a movement work-shop facilitated by Koch and Pylvänäinen. The movement experiences in the workshop demonstrated the central role of interaction and inter-relatedness in the contents of body-memory. Movement experiences which took the person back to explore early movements in the developmental sequence (head lifting, rolling, crawling, standing up) brought along memories of the other and environment: how one is related to the other, how one longs the approach of the other, how persistent one is in his/her efforts to reach out for the other or something in the space. This was a lived body confirmation of the Sheets-Johnstone statement that the child’s primary interest is for the object-agent relationships and agency. In the child’s life agency means the ability to move one’s body. The child holds an active relationship to his/her moving body - but what are the narratives behind the estrangement from the body in adult life?

**Continued on page 19**

*Global Moves: Report from Germany Continued from page 18*

In the discussions and in her lecture Sheets-Johnstone approached embodiment on a more general level. She emphasized the central role, the necessity of movement and kinesthesia for cognition, learning, phylogenesis, and in survival. The basis for awareness is in being "awake", and by this Sheets-Johnstone refers to being alive in one's flesh; being attentive, sensing and animate. An animate creature is always animated within the limits set by its body and the relationship which it holds towards its environment.

Fuchs discussed body-memory from a phenomenological perspective. He depicted body-memory in a holistic way. The limits of body-memory – what functions are carried out by body-memory and what not – begun to appear difficult to clarify. For example, if body-memory implicitly stores the information of one's lived life, what is the role of body-memory in explicit, episodic, autobiographical memory? If body-memory is the storage of our movement repertoire and thus also serves as a baseline/background to which compare the present moment, what is its relationship to our functioning in the present moment? Do we function in the present through our body-memory, or does body-memory shape the responses created by the body-self in the present (see Pylvänäinen 2003)? Fuchs brought to attention the very important aspect that we learn morals, rules and ethics through body and embodiment. We embody empathy, taboos and boundaries through imitation, internalization and shared embodiment. These experiences then are stored in body-memory, making our bodies cultural bodies.

Koch presented a tight compilation on how the body-memory is conceived in the field of body-psychotherapies. She pulled together some of the definitions of body-memory that have been offered in the literature. Casey defines body-memory as memories stored in the body, thus becoming part of the body. Fuchs perceives body-memory as movement processes which go into our flesh. Sheets-Johnstone's definition of body-memory was that it is kinesthetic memory. Kinaesthesia contains kinesthetic melodies (a concept she takes from Luria) and the processes of protention and retention described by Husserl. Koch also clarified the differentiation between implicit and explicit memory systems with the notion that implicit memory functions through performance and experience. Body-memory creates the state of the body, and has an impact on how the present moment is experienced, how it is observed and what is learnt from the present moment. Van der Kolk (1996) has said the task of

the body is to maintain the baseline, to observe where we are going.

Koch also presented more purely movement and physiology based approaches to body-memory. Shahr-Levy (1998) has observed that movement creates links between present embodied experiences and body-memory. There are situations when repetitious movement patterns can be perceived as here-and-now reminiscence. The patterns the body holds in the tension cycles and body-attitudes in its relation to space are contents of the body-memory. Pringer has carried out interesting research on how the connective tissues in joints contain memory traces. Kandel has researched memory from a neurophysiological perspective, and studied how the synaptic connections between the neurons are the basis for memory in sensitization, adjustment and conditioning. This physiology is body-based, an embodied process. Kandel has also observed in simple living organisms that when information is stored, there are changes in the molecular biology of the organism, which can consequently make the organism/body to produce new proteins which can change the activation and expression of its genes.

Koch's own research has been on how the movement qualities influence memory and experienced mood. She discovered that movement with smooth rhythm activates more positive associations. The research subjects made most positive judgments of initially valence-free Chinese ideographs when there was a movement combination of approaching and smooth rhythms. Upright posture improved the recollection of life events. In psychiatric population jumping movement decreased depressive affect. Cacioppo, Priester & Berntson (1993) discovered that in an arm extension body posture (approach movement) the research subjects made more positive judgments, and in an arm flexion body posture (avoidance movement) more negative. Several research findings thus indicate that there is a bidirectional/reciprocal impact between body and mood/rudimentary attitude: the afferent feedback from the body has an impact on the individual's mood and attitude. Searching for an explanatory and integrating pattern from Koch's several research results, I find one possible perspective from interaction: those movement qualities that relate to positive, secure interaction where there is an experience of safe encounter, seem to produce more positive emotional responses and memory retrieval. These movement qualities are open posture, approaching movement, smooth rhythm and good grounding. In the seminar discussions there also was a comment, that it is the torso that expresses the desire to communicate while the non-verbal expressions of hands and face are culturally defined.

**Continued on page 20**

*Global Moves: Report from Germany Continued from page 19*

Time was arranged for small-group discussions, and I participated in a group which discussed the connections between body-memory and therapy practice. There were several dance therapists in the group: Penelope Best (UK), Rosemarie Samaritter (Netherlands), Birgitte Zuger (Switzerland). There was a notion that in psychiatric disorders it is typical that the patients are not very connected with their bodily experiences. One of the discussants referred to Jaspers' concept of border situation, by which Jaspers indicated the situations of death, suffering, struggle and guilt. One feature of a border situation is that the normal settling into habits and patterns of actions is shattered for some reason. Psychiatric disorders typically begin in such a situation. This is also related to the sense of self and its groundedness into the body; to a sensation that one is informed by one's body of one's existence, that one can feel one-self in one's flesh and bones with a perception that this is me. When in a border situation the contact to embodied experiences is shattered or weakened, also the sense of self is weakened. One aspect of the embodiment is the fragility and sensitivity of the body. How my situation brings up the fragility of my body, my body sensitivity, and how do I experience this; is it something that I can cope with?

In the discussion we sketched the practices of dance/movement therapy (DMT) stemming from body-memory. The body-memory is the container of the movement repertoire, which has an impact on how a person produces and masters movement, what movement options the person has in his/her use. Body-memory brings authenticity to movement, making it emotional and communicative. Body-memory shapes the person's perception of his/her bodily window of tolerance, what s/he feels s/he can hold in his/her body and not to break. Body-memory, storing the past, offers into the present moment the possibilities of positive distancing and separation in relation to one's own past experiences (e.g., traumatic experiences), but also some sort of time-traveling, as one can also return to the body-memories through movement and embodied reminiscence. Meeting the contents of body-memory with empathy, feeling empathy toward oneself, is one essential therapeutic possibility and experience in DMT.

And how do we approach these contents in therapy? Body-centered movement work is multi-layered. In

therapy there is the level of emotional and exploratory work. However, it is not the only relevant level of processing. Change can also be brought about through social, interactional and educative encounters. The position of the dance therapist can be meeting and sharing with the client/patient, it can be boundary setting and challenging, or it can be inviting, playful and curiosity evoking. With attuned movement qualities we can meet in the client's/patient's world. With matching body shaping and reciprocity we create trust and the experience of a shared space. DMT is often participatory sense-making in the process of understanding the embodied movement experiences encountered in therapy. Not everything needs to be named. Sometimes the expression and experience through movement in an interactional relationship is enough for therapeutic change.

Pulling together the small-group discussions we discovered some new descriptions of the body-memory. Body-memory is firstly a bodily resonance in relation to some experience, but it also is associated with images and words related to the situation. This is logical, as one of the central features of brain functioning is the networking in the information processing connections. Body-memory is a hybrid of time and space. Body-memory makes past present. Body-memory is not under voluntary control. Body-memory could be considered as a memory/ memory-trace generated by the body. If we perceive explicit memory to mean an active, chosen view on one's past, and implicit memory to mean that we are what we remember, then body-memory is constant negotiation between these two memory systems. The contents of body-memory ultimately arise from how we are in relation with the other, with the world and with ourselves. Movement is the medium to actualize and experience these relationships. Philosophically speaking: movement leads us out of our ontological, existential aloneness.

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## **A fun discovery as seen in Los Angeles, sent by Gabrielle Kaufman**



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*Registration after May 21, 2009 is available on a first come, first served basis.*

*Call 718-636-3428 or 505-833-3034 to check for availability or for more information.*

*You may also email Josie at [josieamover@yahoo.com](mailto:josieamover@yahoo.com)*



# Calling All Dance/Movement Therapists!

(ADTR, DTR, interns, students & inquirers):

The Southern California Chapter, American Dance Therapy Association (SCCADTA)  
Northern California Board Member contingent will be hosting a Northern California Gathering:

**Bonnie Bernstein's Home Studio:  
2114 Bellview Drive, Palo Alto, CA, 94303**

**May 30, 2009**

12:30: Meet and Greet, SCCADTA Board Update on Chapter Activities in the State.

1:30: Presentation on Bonnie Bernstein's experience teaching dance therapy for survivors of trauma in India.

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## Dance Therapy: Empowering Trauma Survivors in Kolkata India

Kolkata Sarved: Saving Lives Through Dance is an organization in India whose mission is to rescue and reintegrate young survivors of sex trafficking, slum living and other destitute circumstances using dance as an integral component of their healing process. A group of survivors who participated in this program for their personal reintegration have been trained and employed to lead groups in this grass-roots dance therapy approach to help other survivors overcome their life's challenges.



In this Northern California ADTA experiential workshop, Bonnie Bernstein will highlight aspects of her month-long project in Kolkata teaching western-based methods of dance therapy to this group of trauma survivors-turned dance trainers. The response of the students to this intensive academic/therapeutic immersion course was remarkable. Bonnie will share experiences she encountered including multicultural issues, trauma survivor issues and pedagogical issues. Workshop participants will experience dance therapy interventions and techniques drawn from the curriculum and examples of the growth process that evolved.

### **Bonnie Bernstein, M.Ed., ADTR, MFT**

Mentored by Blanche Evan from 1970-1982 Bonnie has been in private practice for 35 years, now in Palo Alto, CA. She is on the faculty and a supervisor at California Institute of Integral Studies in their Expressive Arts Therapy graduate program, San Francisco. She has published about the methods of Blanche Evan and Dance Therapy for sexual trauma survivors. Throughout her life she has researched the therapeutic use of indigenous dance in world cultures. Bonnie facilitates workshops throughout the U.S. and abroad.

RSVP appreciated by May 28th: Blair Cronin (831)224-1980 • email: blairwilliamsca@yahoo.com

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*The ADTA Newsletter is published quarterly, and posted online at [www.adta.org](http://www.adta.org) in a section designed just for ADTA Member's Only. Click on "Member's Login" and enter your username (first initial of your first name and your last name i.e. jsmith). If you have not already created a password, use the word "password" as your password. You can then change your password to something more personal. 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!*

*NEWSLETTER DEADLINES: FEB. 28; MAY 31; AUG. 31; NOV. 30.*

*PUBLICATION DATES: MAR. 28; JUN. 27; SEPT. 26; DEC. 26.*

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