

ADTA Newsletter

Official Publication of The American Dance Therapy Association

Volume 44 Issue 1

April 2010

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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 in Chief

Mat Winer, Copy Editor

Elissa White, Historical Consultant



Join us for the
2010 Conference
Brooklyn, New York

September 23-26, 2010



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DMT at the VA

Pioneering.....

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American Dance Therapy Association

Letter from the Editor

Christina Devereaux

I'm pleased to introduce to you Volume 44 issue 1 of the ADTA Newsletter. I'm most excited to introduce our newest member of the ADTA Editorial Team, Mat Winer. Mat will be assisting me in copy editing of the newsletter as well as improving the production and distribution of the newsletter. We are actively working on improving publication timeliness and enhancing our feature articles. We actively are seeking writers for our publication. Let us know what you are doing, how DMT is impacting you and your clients. We actively are seeking Global and student submissions. Happy Spring, everyone, enjoy this issue!

Internship Position

Hancock Center for Dance/Movement Therapy, Inc. in Madison, WI offers an internship experience for students needing to fulfill the 700 hour internship requirement of the American Dance Therapy Association. Internships are typically 20 hours per week from September to June. Past interns have participated in our In-School Therapy and Prevention program, led older adults groups in the community, provided therapy for developmentally delayed adults and led individual and group dance therapy sessions to varied populations on-site at Hancock Center. For supervision, there are seven BC-DMT's on staff whose expertise covers a wide range of client populations. Hancock Center will cooperate with each graduate program's requirements. For information, contact Rena Kornblum, Executive Director, at (608) 251-0908, or e-mail info@hancockcenter.net. Go to Hancock Center's website for more information on our work at <http://www.hancockcenter.net>.

Mat Winer joins the Newsletter Team!

Mat Winer, MA, MAOB, BC-DMT joins the newsletter team as Copy Editor. She currently resides in Atlanta, Georgia where she lives with her husband and daughter and works as a Training Coordinator for the Georgia Department of Behavioral Health and Developmental Disabilities. Mat most recently worked as a dance/movement therapist at Summit Ridge Hospital in Lawrenceville, Georgia leading weekend movement therapy groups for adolescents, adults and seniors. Prior to moving to Georgia, Mat held dance/movement therapy positions at Sheppard Pratt Health System and St. Joseph Medical Center in Towson, Maryland. She is a graduate of MCP Hahnemann University, now Drexel University, in Philadelphia. Mat has contributed to the ADTA outcomes research project on depression and assisted with several editing projects for the ADTA.

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.



PRESIDENT'S LETTER

by Robyn Flaum Cruz

Greetings! Just a few items of note for all ADTA members:

- The Board of Directors has been meeting regularly via internet conferencing to keep work flow progressing – the Board meets face-to-face April 17 & 18 in Columbia, MD. As always, members who happen to be in the area those days are invited to attend.
- Dues renewal time is approaching! Expect to receive email and hard copy reminders and note that renewing online will be much easier and efficient this year with our new website!
- Be on the lookout for the ADTA Ballot in May – your vote makes a difference! Have a say in the leadership of ADTA, VOTE!
- ADTA works for ADTA Members in Washington and across the country! Take the opportunity to meet ADTA Policy Consultant, Myrna Mandlawitz on the ADTA website. Myrna represents ADTA at many group meetings in DC and attends briefings on our behalf. She looks out for our interests across arts, education, and mental health areas of the Federal government.

ADTA is very busy with Government Affairs and Public Relations work – some highlights from this winter include:

- Sally Totenbier and B. Taylor Cook attended the National Council on Disability meeting in Houston, TX. They represented ADTA and gave written comments to raise visibility of dance/movement therapy in treating veterans.
- Leslie Armeniox, the 1st ADTA Professional Relations Liaison for Counseling – attended the Annual Conference of American Association of State Counseling Boards in January, and will attend the American Counseling Association Conference in March representing ADTA and DMT.
- Lora Wilson Mau represented ADTA at the American Group Psychotherapy Association Annual Conference

Coming up this spring:

- May 6 is National Children's Mental Health Awareness Day, sponsored by SAMHSA of the Dept. of Health and Human Services, in DC. ADTA will provide dance/movement for families from local DC schools.
- Ellen Yacoe will represent ADTA for Arts Advocacy Day in DC April 12 & 13 – if you want to participate, notify Gloria@adta.org
- Sherry Goodill, Ellen Schelly Hill, and Michael Gardos Reid will represent ADTA with the Society for Arts in Healthcare, & ADTA will host an information table at the SAH conference in April.
- The ADTA will once again have a table in the exhibition hall of the Psychotherapy Networker Symposium in Washington DC March 25-28. Jody Wager has once again been invited to lead the opening with a movement choir. Members of the MD/DC/VA chapter will be there to help.

Remember that ADTA has Regional Representatives for state licensing issues – if you have a question, check the Government Affairs section of the ADTA website!



A Few Tips From the Office

Gloria Farrow

Operations Director

- ADTA website – a wealth of information. Remember your member login username is your email; your password is known only by you. If you cannot remember your password, click on Forgot Password and follow the directions. We do not have password information in the ADTA National Office.

- Eblasts - tailored content on an important subject, filled with the latest information, news, features and products. ADTA is now using Eblasts to get the latest information to ADTA members in a quick and money saving way!

- 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 to the Forum, 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 in which you are interested in.

- 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 volume back to Volume One.

- If you are planning to give a presentation in your area, make sure you are offering our latest introductory brochure with the new certification marks. Call 410-997-4040 or email info@adta.org or gloria@adta.org to request brochures sent to you for distribution.

- 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.

- All R-DMTs and BC-DMTs – make sure you are using these marks on all your correspondence including bottom of emails that contain your signature block, business cards, posting to the FORUM, flyers, etc.

- 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!

- In the office we have merchandise available for purchase: Diversity Packets (\$10), 2009 Conference Proceedings (\$25), Adult T-shirts (grey, black, and white; \$10), travel mugs (\$5), tote bags with zipper (beige or black; \$10), Egg Lady Necklaces (\$5), Children’s Wear: Toddler T-shirts (grey, yellow, and lime green \$5), baby bibs (white \$5), and Baby Onesies (pink, white, and blue, \$5). On the front of each it says, “When I grow up I want to be a Dance/Movement Therapist”.



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

Telephone: (410) 997-4040

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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. ●



Public Relations

Donna Newman-Bluestein, Chair

PR is happening but it could be even bigger. HOW? By simply letting us know what you are doing - for work, presentations, your website or blog, Creative Arts Therapy week, or National Dance Week. Also, see Getting the Word Out below.

Dance Therapy in the News and around the World

Amber Elizabeth Gray's recent work in Haiti was highlighted in a February 18 article in the Santa Fe New Mexican, "Santa Feans answering Haiti's call for aid".

Rachel Federman Morales' DMT program and wheelchair dance class at HMS School for Children with Cerebral Palsy in Philadelphia is being highlighted in an ARTS and Culture spot which will air on WHYY in May, 2010. Her program was also selected to participate in "How Philly Moves", celebrating dance in Philadelphia as part of the Philadelphia Mural Project.

Dr. Ilene Serlin's live interview in advance of the USABP (United States Assoc. for Body Psychotherapy) conference by Somatic Perspectives on Psychotherapy can be heard at <http://www.somaticperspectives.com/conversations/2010-03-serlin.htm>.

We just discovered that Donna Newman-Bluestein was quoted as a representative of the ADTA about dmt with people with dementia in the Summer 2009 issue of preserving your Memory, The Magazine of Health and Hope.

ADTA Exhibiting at Conferences

ADTA will be exhibiting at the following upcoming conferences:

- SAH in St.Paul/Minneapolis in April
- Psychotherapy Networker conference, March 25-28 in Washington DC
- AMHCA conference this coming July in Boston

Web Presence

Facebook is now at 935 members. In the past month, 8 people have asked to learn more about our field, some from India, Mexico, Philippines. Thanks to this year's student representatives, Sara R. Van Koningsveld, Michelle Goldsmith and Audrey LaVallee and to Kimberly Schmidt, & Danielle Fraenkel for monitoring the site and triaging or responding to questions.

Ilene Serlin's blog Make Your Life a Blessing on Psychology Today at <http://www.psychologytoday.com/blog/make-your-life-blessing/>

Informational Materials

WE NEED updated photos of dmt which look like it is happening in inpatient psych. Christine Hopkins and Christina Devereaux have been collaborating on a new info sheet for inpatient psych which is almost ready.

Please remember to take advantage of our beautiful revised brochure and other info sheets which you can download and print at <http://www.adta.org/resources/upload/ADTA-brochure-updated-09-2-02b-3.pdf>.

Introductory Dance/Movement Therapy Workshops

Suzy Rossol Matheson and the Texas Chapter of the ADTA is offering a free 2 hour introductory workshop April 17 about dmt in Carrollton, TX.

Dance Therapists Presenting at associated conferences or on associated subjects:

Jody Wager has once again been invited to lead the opening of the Psychotherapy Networker conference with a movement choir in Washington DC, March 25-28.

Susan Kleinman & Jennifer Nardoizzi, PsyD, will be presenting a three hour workshop at the International Association for Eating Disorders Professionals Symposium March 11-14 in Orlando, FL.

Suzi Tortora is presenting at the upcoming First International Conference on Pediatrics Psychological in Infants & Young Children in LA.

Jody Wager was invited to teach a 1 credit class to art therapy graduate students in becoming more 'embodied therapists'.

Jody Wager and Orit Janco will be co-leading a 50 minute workshop at an upcoming conference in DC on Jewish learning, informing the community about dmt.

Donna Newman-Bluestein will be presenting "Being an Embodied Therapist" at the student luncheon at the American Mental Health Counselor's Association conference this coming July in Boston and "Nonverbal Communication with People with Dementia" at the Massachusetts/NH Alzheimer's Association May 5 in Marlboro, MA.

Kalila Homann is presenting a 3 day Embodied Neurobiology training in Austin in May.

Barbara Nordstrom-Loeb will be on a panel of Creative Arts Therapists this spring for a regional Arts in Health Care conference with the primary focus on the uses of the arts in a medical/surgical settings.

Dance Therapists Dance

Miriam Roskin Berger danced for dance therapy on Friday Feb.

26th for the Harkness Dance Festival.

Getting the Word Out? What can you do to help?

We need:

-writers to write for Conscious Dancer magazine and other media.

-interviewers to interview veteran dance therapists about their work to post on the web.

-photos of dmt in action with full releases, to be used to promote the field

-your stories. Are you presenting? Dancing? In the media? Let us all know. That is how we can make a bigger splash.

-Creative Arts Therapies Week March 21-28, 2010. Let us know what you are doing.

-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 ●



Treasurer's Report

Christine Hopkins

dancingsmart@yahoo.com

Have you been wondering how ADTA finances are going during this time of recession? I'm happy to report that ADTA is doing fine financially due to careful management and expanded membership. Yes, we have grown! Yes, we're continuing to find ways to cut costs! Yes, ADTA is doing well!

When you go online to renew your membership this spring, you'll see that the amounts charged for renewing your credential and renewing your membership are now reversed. Huh? This is because the ADTA now has a Certification Board which does what our Credentials Committee used to do. The total cost to you of membership and credential renewal is the same. The ADTA changed its infrastructure to serve you better and provide a more valuable--because more recognized--credential, the Board Certification. At no additional cost to you! How's that for excellent management services to benefit you!

Our Board of Directors also made management choices to spend money in order to save money. How does that work? Well, by building a new web site that has much more functionality, we now can do many things electronically instead of paying for paper, printing and postage. Renewing your membership and credential online saves you and the ADTA money and time.

And again, a reminder about deducting your membership dues and credential renewal on your tax return. The ADTA is a 501(c)6, not-for-profit, "chamber of commerce" type of organization, according to the IRS. Not only is your credential renewal deductible as a business expense, but your dues AND donations to ADTA are also deductible. If you're an employee, you could deduct these expenses under "miscellaneous unreimbursed job expenses" on your Form 1040. If you have your own business, you could deduct them on your Schedule C or your corporate tax return. Check with your tax adviser or www.irs.gov to explore your tax situation.

Lastly, how about a little extra gift to the ADTA this year for these important innovations! Add a donation of any amount to your membership renewal this year to let us know we're doing a great job. A big thank you to all our members for being part of our dynamic and growing professional community!



Secretary's Report

Stacey Hurst

The Board of Directors (BOD) is in the process of identifying nominees for the 2010 awards. These awards are distributed each year at the annual conference as a way of recognizing the amazing work that members have done in the field of DMT. In addition to the board's suggestions, we also look to you, the membership, to suggest nominees in two categories. We ask that you consider who you think is deserving of such awards based on various criterion. (see criterion included below)

For Chapter Leaders, please think about the award for Leader of Tomorrow:

Leader of Tomorrow Award

This award is given to a dance/movement therapist and Professional Member of the ADTA who demonstrates leadership early in their career. Criteria for the award are based on significant achievement, such as serving in Chapter leadership roles, creating a program for providing dance/movement therapy services, advocacy in regulatory or legislative affairs, completing or publishing a research project, public relations/marketing achievements, winning a grant or other successes.

Nominees for this award may be made in conjunction with the Members-at-Large, Chapter Leaders, and members of the Board voted upon by the BOD.

For everyone, we ask you to consider the award for Exceptional Service:

Exceptional Service Award

This award(s) is given annually to an ADTA member for exceptional service to their local regions and/or Chapter. Nominees for this award may be made by Board members, Chapter Members, Chapter Leaders, Committee Chairs, or any ADTA member and voted upon by the BOD.

Please use the form below to submit a nomination:

Nomination form

Award Category: _____

Name and Credentials of Nominee: _____

Criteria for nomination:

Nominated by: _____

Contact Information: _____email_____phone

Date: _____

All submission are due by April 14th in order to be considered by the board. Submission should be sent to smh_dmt@ameritech.net . Any questions you have can also be sent to this email address or feel free to call 312-543-2133. I thank you in advance for your assistance and making this award ceremony a powerful experience for everyone.



Approval Committee

Ellen Schelly-Hill

The purpose of the ADTA Committee on Approval is to uphold the association's standards for master's level education in dance/movement therapy. The committee will meet in NYC in March to review the applications for 6-year renewal of approval for the Dance/Movement Therapy Programs at Drexel University and Lesley University. Applying programs submit a comprehensive program review of 100+ pages that addresses how the program meets ADTA Standards for Dance/Movement Therapy Master's Programs and documents the program's engagement in a self study process to identify program strengths and areas for development. This process is designed to insure quality education for dance/movement therapy graduate students. In other business, the committee reviews Annual Reports from each Approved Master's Program and gives attention to identifying needs for revision of Standards or Procedural Guidelines.

The committee includes a Subcommittee for Approval of Alternate Route Courses. The committee encourages instructors of courses which enroll Alternate Route R-DMT students to submit courses for approval. The review process supports course development as well as evaluation. Approved courses are represented by the language, "This course has been approved by the American Dance Therapy Association as meeting the requirements for the Alternate Route DTR credential.". Course approval communicates to the student that a course meets specified standards and streamlines the application and review process for the Alternate Route R-DMT candidate. Guidelines and an application can be obtained from the Subcommittee chair, Joan Wittig jwittig@pratt.edu.

Carolinas Chapter

by **Susan Saenger**

The Carolinas Chapter will be hosting Maria Brignola in concert with the Greensboro Area Health Education Center (GAHEC) on July 9-10. We are excited to have Maria presenting for us on her work melding DMT and Dialectical Behavioral Therapy, particularly in the area of trauma treatment. We are also excited to be co-sponsoring this workshop with AHEC. The mission of the North Carolina AHEC Program is to meet the state's health and health workforce needs by providing educational programs in partnership with academic institutions, health care agencies, and other organizations committed to improving the health of the people of North Carolina. This larger organization will allow our small chapter to reach many more people, bringing an understanding of Dance/Movement Therapy to those who might not have otherwise been aware.

Please save the date – July 9-10, 2010, and consider joining us in Greensboro, NC. To register (this particular event is not on the site just yet, but should be soon), go to www.gahec.org. We'd love to see you!

DANCE THERAPY COURSES.

Annual JUNE two week Intensive

June 7th - June 18, 2010.

4 credit hours / 60 contact hours in Dance Therapy Theory and Skills, Group Process in Dance Therapy, Movement Analysis, Clinical Field Experience.

This is an ADTA approved alternate route course . Students will use themselves as the instrument of learning.

Tuition: \$975.

Housing is available in a Hamptons' Bed and Breakfast.

Location: East End of Long Island, on the ocean, two hours east of New York City

Contact: Linni Deihl, BC D/MT, MEd

PO Box 743

Quogue, NY 11959

631 653 8750

LinniADTR@aol.com

...IN RECOGNITION

DMTCB wishes to congratulate the following R-DMTs and BC-DMTs who were registered between December 1, 2009 through February 28, 2010.

R-DMTs

**Kristin Lora Balsamo
Emma J. Barton
Yasmin Dalton
Adrienne DeHaas
Ivy Hofstadter
Kimberly B. Kaplan
Courtney Kramer
Laurie B. Ludmer
Melissa Medeiros
Carly R. Prospero
Laura Raffa
Kimberly Swarth
Amber Lee Venti
Erika B. Wagenius**

FOR YOUR INFORMATION

- **Liability Insurance - Marsh Affinity
1-800-503-9230**
- **Amazon SHOP AMAZON.COM and
SUPPORT ADTA!!
Use this link <http://www.adta.org/Default.aspx?pagelid=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.**

ADTA wishes to thank the Voluntary Contributors through February 28, 2010

**Bonnie Bernstein
Cynthia Berrol
Jonathan Berryhill
Jean Caron
Jane Cathcart
Sharon Chaiklin
Anne Coltre
Donna Conwell
Robyn Flaum Cruz
Pamela Fairweather
Lucy Gonda
Terese Hall
Ellen Schelly Hill
Takane Hirai
James Ryan Kennedy
Bat-Sheva Koren
Lynn Koshland
Molly Krans
Fran Levy
Ann Lohn
Susan Lovell
Deborah May
Shira Musicant
Nicholette Odlivak
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**

Marian Chace Foundation

The past cold and snowy winter months have been a time of planning and anticipating both our spring meeting and the upcoming conference in Brooklyn. The trustees will have our annual meeting in April where a major task shall be to read and discuss the several grant proposals that have been received. Making decisions regarding funding is a most difficult process in our desire to enable what is feasible and useful to the profession within the limits of our modest funds.



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

We are very pleased to announce that the Foundation was recognized by the Nina Abrams Fund as worthy of a donation for the specific purpose of researching the use of dance/movement therapy

with those having Parkinson's or other neurological disorders. These funds shall be made available for future proposals.

The Foundation is serving as a fiscal agent for Shawn Convey in order that funds contributed might be used for editing and completing the film he has made of the dance/movement therapy work of Sohini Chakraborty with trafficked women and children in India. This means that funds donated to the Chace Foundation can be earmarked for the project and remain tax deductible. Should anyone have thoughts about another non-profit whose mission might fit this, we would be delighted to know in order that Shawn might apply for a grant.

As always, we welcome your thoughts and suggestions as to how we might best be effective in our work as a Foundation.

Thanks to...

Donations Received Dec. 1, 2009- Feb. 28, 2010

FRIENDS (up to \$36)

Patricia Capello *
Alexis Krapp "earmarked Shawn Convey film" Dennis & Susan Searle"*
Dennis Yelkin *

SUPPORTER (\$36.00 - \$99.00)

Ann Calvert *
Catherine Davidson
Douglas & Katharine Donaldson *
Margaret Gluek *
Natalia Hrebien "earmarked Shawn Convey film"
Christine Hopkins
Frederick & Pamela Lott *
Sally Rothschild "earmarked Shawn Convey film"
David & Marlys Simpson * "given in the name of Susan Simpson"

PARTNER (\$100.00 - \$499.00)

Julie Andrus *
Cathy Appel
Lorna Ferguson *
Quaker Hill Foundation *
Wendy Holmes *
Sarah Lebedoff *
Yvonne Logan *
Phebe Miner *
Robert & Lucy Mitchell *
Kathleen Murphy "earmarked Shawn Convey film"
Ames Sheldon *

PATRON (\$500.00 - \$999.00)

Carolyn Grant Fay "in honor of Joan Chodorow"
Louise Miner *

CHACE CIRCLE (\$1,000 & up)

Nina Abrams Fund
Hancock Center
Mary Lee Dayton *
Carroll & Donna Moore *
Donna Newman-Bluestein "earmarked for research in dementia"

*Earmarked for Global Site Performance projects.

P i o n e e r i n g . . .

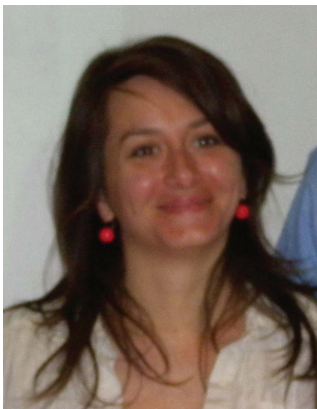
Dance/Movement Therapy in Poland

by Aleksandra Lukasiewicz

I remember that when I entered the Pratt Institute library for the first time and looked at the shelves full of books about dance/movement therapy (DMT), I started to cry. Coming from Poland where access to any DMT resources was so limited I couldn't believe that I would have a chance to study in a place where this method is so well established. During my two years of study at Pratt there were moments when at my internship I noticed that people thought that what I do is "a little bit strange." But this was nothing in comparison to Poland where there were no dance/movement therapists, no DMT supervisors and no places to have an internship. Coming back to Poland, I was nervous and curious about what I would find there.

The field is developing; I wish that I could say "rapidly." But even with all the best of intentions among those who are co-creating DMT in Poland, there is still a lot of work to be done. However, I can clearly see that there have been major changes. At the time that I moved to New York, we had just established the Polish Dance/Movement Therapy Association (www.stowarzyszeniedmt.pl), and now it is four years old. The Ethics and Certification Committee of the Association created professional standards for those who want to become dance/movement therapists and supervisors. It is a big step from having no regulation at all. We are now on our way to establishing codes of ethical practice. After having worked in New York's DMT community, I hope that I will be able to contribute some of my experience to this process.

As I write this text, one of the other big changes is now lying on my desk. The first publication for Poland of a new book entitled "Dance/movement psychotherapy, theory and practice in group work" was published in December 2009. It is a collaborative work of seven Polish authors, including myself, who are DMT practitioners. The book was edited by Zuzanna Pedzich and published by Arteer. The book consists of nine chapters; all of them are vignettes of clinical work with various populations: teenagers with learning disabilities, neglected children, schizophrenic patients, homeless people, women survivors of breast cancer, adults who experienced violence in their childhood, and women in bereavement. All of these stories, put together in this book, create an overview of how dance/movement therapists managed to find a place for themselves in Poland. Now that the book is published, it provides an opportunity for other professionals to get to know our work. It might also be a valuable resource for students and future researchers. Nevertheless, for me personally, the most important is that by publishing this book we were able to say, "We are here, and this is what we do." This is what I am most proud of.



Aleksandra Lukasiewicz
 psychoterapiatancem@gmail.com

Allison Winters Connects with Veterans with Dance/Movement Therapy and highlighted by the Media

Have you ever heard the phrase, “I know what he’s thinking; I can read him like a book?” Perhaps you’ve never given much thought to the truth in those words, but the same can’t be said for Allison Winters, Dance and Movement Therapist at the James J. Peters VA Medical Center. In fact, Allison wrote a Master’s Thesis which explored the subjects of emotion, expression and the powers of observation.

A trained psychotherapist, with a Masters degree in Psychology, Allison says she always had a passion for dance. While in college studying psychology, Allison participated in an internship in Dance Therapy and discovered the strong therapeutic connections that extended beyond the spoken word. She decided to explore the connection further and went on to receive an additional Master’s degree in Dance Therapy.

The American Dance Therapy Association (ADTA) describes Dance Therapy as “the psychotherapeutic use of movement to promote emotional, cognitive, physical, and social integration of individuals.” As a member of the Recreation Therapy Department, Allison uses dance, posture, expression and movement, as a means to connect with patients, who otherwise may not be able to communicate their feelings.

“Socialization and expression are important human functions,” explains Allison, “For whatever reason, some patients may not have the words, or feel comfortable expressing themselves. My training helps me connect in a non-verbal level and allows them to explore and express their feelings more fully.”

Allison participates as a member of the Community Living Center treatment team at the James Peters VA, and joins social workers, dieticians, doctors, nurses and others to create an environment where all of the patients needs are addressed. Weekly team meetings include input from all of these professionals, as well as, the patient themselves and their family members. In this way, the medical center employs a comprehensive approach to treatment of the veteran patient.

In October of 2009, Allison travelled to Portland, Oregon to attend the ADTA Annual Conference where she accepted their Annual Research Award and their Journalism Award for her published article: Emotion, Embodiment, and Mirror Neurons in Dance/Movement Therapy: A Connection Across Disciplines.

For more information related to this story or the James J. Peters VA Medical Center, please contact Jim Connell, Public Affairs Officer, at 718.584.9000, Ext. 6620.

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The Multicultural and Diversity Committee Report from the 2009 Conference... Or, What's the Name of That Committee, Anyway? *Terminology and It's Ramifications.*

From the Multicultural and Diversity Committee (Meg H. Chang, Chair. Members: Lysa-Monique Jenkins-Hayden (on Leave of Absence), Ty Tedmon-Jones, Elizabeth Hagerman, Kalila Homan, Christine Hopkins, Akiko Nishida, Emily Nussdorfer, Angela Tatum-Fairfax, Maria Rivera, Elizabeth Templeton, Warin Tepayayone

Greetings from the ADTA Multicultural and Diversity Committee (formerly the Diversity Committee).

In Spring 2008 the ADTA Board of Directors charged the Diversity Committee to gather information and propose strategies regarding the needs and experience of diverse minority populations within the ADTA. After 18 months of exciting, exhilarating and emotionally charged work, the Diversity Committee developed NEW KNOWLEDGE and UNDERSTANDING regarding terminology and we made a recommendation to the board of directors to officially change our name to the Multicultural and Diversity Committee (MCDC), which we feel is more reflective of both the board's intentions and the work underway by the committee.

Briefly stated, the name change reflects three major paradigm shifts that are found both in the literature as well as from the process of the committee's teleconference calls:

1)The term diversity does not describe, account for, or define the issues related to power inequalities that racial and ethnic minorities—especially those of visible ethnic minorities, such as African-American and Native American communities—encounter. These inequalities and power differentials are trans-generational and systemic, i.e. endemic social injustices such as lack of healthcare, and high incidences of crime and trauma perpetuate social differences.

2) Within the ADTA there are many cultures represented, including: religion, language, custom, and even (unacknowledged) class differences. The joke we all make about the differences between

East and West coast dance therapists is well known, but we less often discuss the many dance cultures that we represent.

3)Therefore, multiculturalism by definition is a more holistic term that not only focuses on differences between individuals (i.e. race, gender, class, etc.) but also accounts for cultural nuances and power differentials by acknowledging the systemic nature of discrimination.

4)Diversity is a term that refers colloquially, to the varied mixtures of our organization in age, range of dance backgrounds, or applications of our work, for example. It has been used as a synonym for difference in race, culture, and ethnicity, which can blur the underlying social issues. More importantly, gender diversity is a term that has bearing on a crucial aspect of how we see ourselves and others. In this instance, we refer to sexual and gender identity as having a range of diverse and multiple expressions. We are familiar with the LGBT acronym, but true recognition of the importance of whether we identify as lesbian, gay, bi-sexual, transsexual, or heterosexual goes beyond a label. We hope to explore this core issue more in the coming year of the committee's work—see scholarship announcement.

5) For all these reasons, by utilizing BOTH terms multicultural AND diversity, the committee aims to continue to include race, culture, ethnicity, class, and sexual and gender minorities in our work.

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As our current name states, we are recommitting to being BOTH multicultural AND diverse, with many cultures, races, and ethnicities represented AND openness for individuals to express a diversity of ways to relate to one's gender, and affectional relationships. This inclusive approach encompasses all minority groups, which is more appropriate for an organization such as the ADTA; we hope you celebrate these important changes as we do, as represented by our name change.

Following on the 2008 "Dance/Movement Therapy for a Diverse Society: Evidence and Ideas," this year's conference in Portland, Oregon, continued the ADTA's recognition of the importance of racial and cultural identity for our members and for the multiple cultures with whom we work. Because of concerns voiced by members and students who identify as being from a visible ethnic minority (paper now in development), diversity and multicultural issues have increasingly been part of the last two years' conferences. Workshops and seminars specifically addressing race, ethnicity, and visible, or perceived differences in skin color, hair, and culture have led to a recognition that when we speak of ethnicity, we mean race. When we speak of ethnicity we tend to conflate the cultural identifiers that accompany race, but ethnicity refers to the complexity within cultures—of major differences among language groups, or religious subdivisions, for example. In addition, various cultural groups have access to differing levels of privilege and socioeconomic power that tends to favor certain racial/ethnic/cultural configurations above others. Recognizing and acknowledging differences is one way to begin to make change in an organization, as is true for individuals. Hence, and after long conversation, the committee decided that multicultural is the most appropriate and accurate nomenclature.

In 2008, the Annual Conference Committee, developed a plenary event called the Diversity Round Tables, this event was devised for members to have an open forum to discuss feelings and concerns about how race, culture, and diversity play out in the ADTA, or to talk with other people who have shared backgrounds, interests, or concerns based on their race, culture, or gender. In 2009, the newly renamed Multicultural & Diversity Committee continued the round table format with the development of Professional Interest and Affinity Group (PIAG) meetings. We are pleased to report that the meeting (although not a plenary event) was attended by

approximately 30 individuals from diverse backgrounds whose affinities included: Asian/Asian American PIAG, Diversity PIAG, White-Allies PIAG, & Men's PIAG. There was also a table designated GLBT DMT's (see below). This PIAG meeting-event was intended to continue the important work of connecting diverse individuals, and to further develop a venue for all the diverse and multicultural voices to be heard within the ADTA. In the concluding dance/movement experience, all members of the meeting met in a movement circle which consisted of lively rhythmic actions, themes of separation and connections, and gathering and spreading.

After reflecting on our very positive experiences at the past two conferences, and the information generated by the PIAG meetings, our committee came away feeling that we had successfully begun the work of educating our members and conference attendees about issues and approaches to racial-ethnic-cultural identity. However, it became painfully clear to the committee that the work of exploring the diverse range of gender & sexual identity remains greatly uncharted as exhibited by the empty PIAG table labeled LGBT DMTs. The committee wonders: how many Lesbian, Gay, Bisexual and Transgender Dance Therapists are there; what are the ramifications of a non-statistical likelihood of a lack of Gay, Lesbian, Bi-Sexual, or Transsexual dance/movement therapists (GLBT) in the ADTA; is the ADTA's climate one of safety and acceptance so that a diverse range of sexual identities can be represented, supported and celebrated in order to clinically maximize our work with yet another frontier. The MCDC is excited to begin exploring these questions and hope that you are too!

If you are interested in joining us; if you attended any of these events and would like to comment; if you have questions of concerns, please contact any member of the committee, who are all listed in the ADTA members section of the website.

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

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

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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

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