

ADTA Newsletter

Official Publication of The American Dance Therapy Association
Volume 42 Issue 4

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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
Elissa White, Historical Consultant



Diversity discussions take Center Stage for the ADTA p. 11



Bravo!
ADTA
Recognition Awards
p. 15-16



Holiday Gift Ideas

ADTA
AMERICAN DANCE THERAPY ASSOCIATION

Letter from the Editor



Christina Devereaux

I'm pleased to introduce to you Volume 42 Issue 4 of the ADTA Newsletter. I hope you enjoy the newsletter's expanding visual face as we continue to work towards our Strategic Vision of 2011 of developing a strong public image. This issue recaps our fantastic conference in Austin, Texas designed to fill you in on what you missed for those who weren't able to attend, or teleport you back for those of you who were there. In addition, I'm 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). Enjoy this issue, and I welcome comments and letters to the Editor. ●

Editor's Note: Sincere apologies goes to Linni Deibl for an editor's error in omitting some Public Relations news in Issue 3. Linni was involved in some exciting projects and was interviewed and highlighted in several media publications including the following:

- *June 2008 facilitated dance therapy workshops at Sarah Lawrence College Reunion weekend*
- *July 2008, featured in Hamptons Heath and Fitness in a second article on Creative Arts Therapy and spoke on a panel at Bellege Gallery, Westhampton Beach for Survivors Art Foundation.*
- *Linni served as a dance/movement therapy consultant in an ARHC-NY grant project with Carolyn Adams (former principal dancer for Paul Taylor's company).*
- *Presented dance therapy workshops to facilitate community building at Chapman University, Orange California.*

Congratulations to Linni for all these exciting projects and thank you for advocating our profession in all of these wonderful venues. My apologies for the error.

Need gift ideas?

Great merchandise available for purchase:

- 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 STRATEGIC INITIATIVES UPDATE

Robyn Flaum Cruz, ADTA President

If you missed the 2008 Breakfast Business Meeting at the Conference, read on to be up-to-date on the "state" of ADTA!

Strategic Initiatives Update – a number of initiatives are in process to help ADTA serve members better. Below are some of the more important initiatives:

- Dashboard – monitoring key indicators of ADTA health
- Maximizing Finances - looking for cost shifts and savings
- Public Relations & GAC – new materials, web 2.0 applications, representation at key organizations
- Member Outreach – new Diversity Committee, new Student Membership Committee coming soon: new International Membership Committee
- Membership Expansion – adding new membership categories

Finance

- Long history of conservative financial management at ADTA – reserves are set aside
- ADTA is prepared to respond effectively & judiciously in uncertain economic conditions

Members' Donations

- Empower ADTA's work in advocacy, public relations, to BENEFIT our profession!
- Members can donate time (volunteer your services!), money, OR shop AMAZON.com by first going to www.ADTA.ORG/members - let your shopping support ADTA

Government Affairs Committee – join or just get in touch with the Committee to:

- G – Get involved !
- A – Advocate !
- C – Create change on local and national levels !

International Ethics Hotline – is available to serve members around the globe.

- Susan Kierr S&E Chairperson can be contacted: skdance@bellsouth.net
011 504 432 4324

Diversity in Code of Ethics – the clause below was officially voted into the ADTA Code when the Board of Directors met at the Conference.

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.

American Journal of Dance Therapy - Complete electronic access to the *American Journal of Dance Therapy* (Volume 1 to the present) is available at www.adta.org using your username and password!

ADTA-Approved Education - is thriving

- 49 ADTA-Approved Alternate Route Courses! (US, Canada, Australia, Argentina)
- 6 ADTA-Approved Master's Degree Programs!

Annual DMT Research Award

- Sponsors: ADTA Research Committee & Marian Chace Foundation
- \$100 cash award for article published between August 2008 – August 2009

ADTA VISION 2011 Strategic Initiatives - *guide the Board of Directors so that the work of governance and leadership continually balances strategic thinking with tactical action*

(1) Abundant Financial Resources; (2) Professional Opportunities Unlimited; (3) Global DMT Community; (4) Dynamic, Responsive, Effective Infrastructure; (5) Advance DMT Scholarship & Practice; (6) Strong Public Image; and (7) Expanded Membership - Vibrant, Diverse, & Actively Involved

The ADTA National Office is available to its members 24/7 by voice mail (410-997-4040), email (info@adta.org or gloria@adta.org), FAX (410-997-4048), and of course postal mail, (10632 Little Patuxent Parkway, Suite 108, Columbia, MD 21044). We strive to answer your questions directly or funnel your questions to the correct person to respond to your inquiries as quickly as possible. ●

Many thanks to the following through August 31, 2008 for their kind monetary contributions to fund ongoing improvement to the ADTA website

Kayoko Arakawa
 Beate Becker
 Miriam Roskin Berger
 Joan Berkowitz
 Bonnie Bernstein
 Susan Briskin
 Sivan Rose Burkstein
 Joetta Cherry Caldwell
 Sharon Chaiklin
 Jane Culligan
 Gina Demos
 Pamela Fairweather
 Toni Freni
 Erna Gronlund
 Takane Hirai
 Betty Hollingsworth
 Carol Kaminsky
 Judith E. Klein
 Virginia Klein
 Bat-Sheva Koren
 Lynn M. Koshland
 Fran J. Levy
 Ann Lohn
 Duan Maciel
 Lisa Manca
 Nicholette Odlivak
 Corinne Ott
 Dawn Penney
 Annie Ruth Rouse
 Gloria Simcha Ruben
 Josette Rutgers van der Laan
 Graceann Erica Santagelo
 Ellynne C. Skove
 Ellen Talles
 Grace Valentine
 Marybeth Weinstock
 Amanda Whitacre
 Christine Zimbelmann
 Anat Ziv

Don't Forget...

- 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.
- 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).
- Look for the 2009 Conference Call for Presentations within the next few weeks in your mail.
- January 15, 2009 is the deadline for ADTR applications and DTR applications (alternate route/non-approved). The applications, fee, and all supporting materials must be received by this time.
- 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 Listserv (a current events device that motivates dialogue) is available to anyone who wishes to subscribe. If you are not already a member and wish to subscribe, go to <http://lists.adta.org/mailman/listinfo/adta>
- In the office we have merchandise available for purchase: 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, and lime green \$10), baby bibs (white \$6), and Baby Onesies (pink, white, and blue, \$10). On the front of each it says, "When I grow up I want to be a Dance/Movement Therapist".
- If you are planning to give a presentation in your area, call 410-997-4040 or email info@adta.org or gloria@adta.org to see what ADTA information is available to distribute to your audience.
- 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.



Approval Committee

Ellen Schelly-Hill, Chairperson

The purpose of the ADTA Committee on Approval is to uphold the association's standards for master's level education in dance/movement therapy.

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

Antioch New England University Keene, New Hampshire
Columbia College Chicago, Illinois
Drexel University Philadelphia, PA.
Lesley College Boston, MA..
Naropa University Boulder, Colorado
Pratt Institute New York, New York

The Committee on Approval met at the ADTA Conference in Austin, Texas in November. The meeting involved transitions in committee membership. The current committee composition is:

Ellen Schelly Hill, Chair & Educational Program position
Kimberly Burden, Educational Program position
Jessica Young, Educational Committee position
Joan Wittig, Educational Program position
Valerie Hubbs, Internship Supervisor position
Nancy Beardall, Alternate Member position

I thank Laurel Thompson, for her years of dedicated service on the committee. The committee is in the process of recommending an appointment for the Public Member position. The committee has recommended a By-Laws revision to the ADTA Board of Directors for the appointment of a voting committee member from each of the Approved Masters Programs. In other business, the committee is in the process of reviewing several clauses in the Standards for Dance/Movement Therapy Master's Programs.

The Committee on Approval will pilot a "green" approval process Spring 2009 at the request of Zoe Avstrie, Director of the Dance/Movement Therapy Specialty at Naropa University. Naropa will submit its six year Self-Study document in an electronic format.

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. 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. The hard-working subcommittee members who serve as a course review panel include Nana Sue Koch, Debbie Thomas, and Barbara Nordstrom-Loeb.



Public Relations

Donna Newman-Bluestein, Chair

I am thrilled to represent the membership as the new Public Relations Committee Chairperson. Attending my first board meeting filled me with awe and tremendous esteem for the board members who are so committed, smart, savvy, and focused on growing our profession and supporting the work that we do.

I also want to thank Christina Devereaux for the huge effort she has made in creating public relations tools for all of us to use, including:

1. ADTA Brochures
2. Informational Sheets specific to DMT & particular populations including:

- DMT with Children
- DMT with the Elderly
- DMT with Alzheimer's Disease
- DMT with Parkinson's Disease
- DMT with Autism
- DMT with Trauma
- DMT with Eating Disorders

3. Informational Sheets: Is DMT the right Career for you?
4. Informational Sheet: How to write a Press Release
5. ADTA Film Resource List
6. National Dance Week Educator's Letter
7. ADTA Informational Slide Show

A huge thanks also goes to Sally Totenbier, our outgoing spokesperson. Christina now steps into the role of spokesperson.

Because we are a small profession (small but mighty, to quote a colleague), every one of us is doing PR all the time. Each of us is the face of DMT for those who know us and see our work. My first goal as PR chair is to get everyone to brag, to let each other know, to proclaim loudly, to dance what we are doing in the world as DMTs. Let me know, so that I can toot our horns. We are all doing amazing work, with our clients, in our workplaces, in our communities and in the world. Let us inspire one another to be further energized and to expand our circle of influence.

At the conference, I led my first PR meeting with Christina Devereaux, Sally Totenbier, Kimberly Schmidt, Laura Burricelli, B. Taylor Cook, Gail Wood, Ann, Suzy Matheson. Lora Wilson Mau, always active and committed to PR, was unable to attend due to conflicting chapter presidents' meeting, but was caught up on content afterwards. As a committee, we took a look at and applauded some of our professional dance therapy accomplishments of the past year. And there were many. With Kim Schmidt's help, we envisioned the future of our profession 5 years hence and what that would feel like. We then looked at

PR committee (continued)

some of the challenges to our visions, and to our field, and then at some of the skills and resources that we bring, as DMTs to the world, and to our vision. And finally, we looked at the next steps we each intend to take.

Among those steps are

- a PR montage for next year's conference, showing some of the wonderful DMT work which people have recently produced, including brief pieces of video, slide shows, posters, photographs of their work. We need someone to spearhead this project.
- a greater web presence, or "viral processes", in the form of Facebook, LinkedIn, etc. which Kim Schmidt will be leading.
- a teleconference meeting in January for those interested in being on the PR committee, identifying steps taken and next steps to take.
- encouraging all members to take advantage of the PR tools that we all have available on our website by bringing flyers and informational sheets to workshops and conferences, and sending outreach mailings.

Since the conference, more PR efforts are being identified.

- movement choirs for Inauguration Day in D.C., spearheaded by Robyne Davis and Karen Bradley, and Boston, spearheaded by Michelle M. Gaudreau. Dancers needed.
- request for articles to be written for Conscious Dancer. Writers are needed.

Please let us hear from you ~ what you are doing, what you need from us, and how you want to help. ●



Standards & Ethics Hotline

Susan Kierr, Chairperson

The Ethics Hotline is
International 001 504 432 4324



Eastern Region Member At Large

Julie Miller

The conference in Austin was simply awesome – exciting, inspiring, creative and full of opportunities for renewal. It felt like the perfect run up to Election Day – there was the same sense of promise and possibility for our organization and for our profession, as I felt for the country on November 5th.

Being a member of the board at this point in time has also been an awesome experience. There is a sense of "yes we can" operating in the current board that has given rise to a lot of new ideas and the energy to make them happen! I want to really encourage all of our members to think about getting involved. If you've ever thought you wanted to be a part of the leadership of the ADTA, this is a great time to do it, whether it's on the local level or as part of the national board. One of the highlights of the conference for me was the Wine and Cheese reception for all of the Chapter Board members who came to the conference that was organized by our VP Sherry Goodill, with some help from the MAL's. In addition to being a nice social opportunity for all of us to get together and 'schmooze', it also served as a sounding board for leaders from the local chapters around the country to compare notes and exchange ideas. It was such a success that the current MAL's are planning to continue this event on a regular basis.

In addition to acting as liaison to the chapters in my region, I have been involved in two, very exciting projects: First, as a member of the Task Force on Certification, I have been working on developing the documents and standards required for converting our registry process to certification and

applying for recognition from NOCA. The second project is a committee that is exploring ways of expanding our membership to make our organization larger, more comprehensive, and diverse.

Although it is sometimes a struggle for some of the chapters in the Eastern Region due to the size and geographical spread of their regional members, I am happy to report that there is a core of dedicated hard workers in each of the Eastern Chapters, who continue to work on developing educational and vocational opportunities for their members. One of the seven goals that emerged from the national board's Strategic Planning for Vision 2011 is "increasing membership that is Vibrant, Diverse and Actively Involved". I salute this core in their ongoing endeavors because it is truly at the grassroots level where the strength of our organization lies ●

CREDIT CARD INSTALLMENT

To make it easier to pay your ADTA dues, we now offer customizable credit card installment plans.

One call does it all! You choose your dues payment scenario, Gloria in our national office sets it up and you're all set for smooth cash flow and keeping current on your ADTA membership.



Treasurer's Report ***Christine Hopkins***

Our annual conference, this year in Austin, Texas is always a win-win-win!

Win #1: It's a major professional continuing education, networking, nurturing and social fun occasion! ADTA membership benefit: You get a significant discount on conference tuition!

Win #2: Our conference generates income that pays for the ADTA's activities to advance dance therapy. You benefit from the ADTA's leadership activities in public relations, governmental advocacy, pupil services, creative arts therapies inter-disciplinary collaborations and more.

Win #3: You get to write-off all your costs and expenses of attending the conference against income earned as a dance therapist, either on your Form 1040 under Unreimbursed Job Expenses or on your Schedule C if you're in private practice or an entrepreneur. This is a triple-play that supports your career, your professional development--and your professional association.

Hey! How about that online directory? Pretty handy, huh? Huh? Have you moved? New email address? Can your dance therapy colleagues get ahold of you? Keep your ADTA online directory info current! Just log on to the membership area and choose item #6 Update/change your membership information. Two seconds later your info is current online. Do it now!

Coming in the near future: Do you ever get the urge to contribute to the ADTA, but the only time you think about it is when you're paying those annual dues? Kinda tough to add on to those, right? Well, here's a way to make it easier. We're in the process of setting up automatic monthly credit card donations. Even though we're a small nonprofit organization, we can offer the convenience of automatic donations just like the big-name advocacy organizations.

In these challenging economic times, more people will need our dance therapy services. Through dance therapy we offer mental health therapy, the dance of uplift, feelings of belonging, finding deeper meaning than the materialistic, strengthening community bonds, succor for suffering and healing through dance. Support your ADTA to keep our profession strong and vital in the months ahead!



Credentials Committee ***Gabrielle Kaufman, Chairperson***

This is a friendly reminder that applications are due January 15, 2009 for your DTR and ADTR levels of registry. Please make sure you complete the applications thoroughly and carefully and follow up with anyone who needs to complete reviews or other materials for you.

We, the Credentials Committee, look forward to reviewing your applications and having an opportunity to meet the new registrants in our inspirational field of dance/movement therapy.

The Credentials Committee considers it an honor to serve the ADTA and looks at each applicant closely. We have recently updated our on-line applications and guidelines and hope these will more clearly answer your many questions about the process.

Southern California

by **Lora Wilson Mau**

Growing...strengthening... succeeding. This is the current state of the DMT community in California. The New Year brings great promise – a promise supported by the successes that have already been achieved in the first part of our fiscal year.

The Chapter held its Fall Business Meeting and Continuing Education Workshop at California State University, Long Beach on October 25th. It was a great success. Approximately twenty individuals attended the LivingDance-LivingMusic™ workshop taught by Danielle L Fraenkel, Ph.D, ADTR, NCC, LCAT, LMHC and Jeffrey Mehr, MA. The workshop served also as an important Public Relations event as local expressive art therapists, social workers and undergraduate students attended to learn more about our field.

Three additional programming events are planned for the remainder of the year:

1) Our next open chapter business meeting and CE workshop will be on March 7, 2009, location to be determined. Registration forms will be distributed early in January.

2) In late March/early April the chapter will be organizing an event in Northern California, allowing Northern California folks to connect, move and discover possibilities for the life of the chapter in their neck of the woods. Date and location will be announced very soon. (Of course, all Californians are welcome at Northern and Southern events alike.)

3) To punctuate the end of what will certainly be a great year, we are ending our programming calendar with a bang! On June 6, the chapter will be offering a One Day Mini Conference with multiple workshop opportunities. Mark your calendars now! Details will be forthcoming.

Congratulations to Lora Wilson Mau

At the ADTA Conference in Austin, Texas. Lora Wilson was the recipient of the 2008 "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. As the current President for the Southern California Chapter of the ADTA, Lora has breathed new life into the chapter. She is an active member of the Public Relations Committee and a driving force on the listserv helping members connect about ideas, directions, and opportunities. Bravo Lora!

How else is our chapter growing, strengthening, succeeding?

We have two ongoing supervision opportunities occurring on a monthly basis via telephone for the geographically challenged and in-person for those willing to drive. Both are succeeding, but of particular note is the in-person supervision. The second face to face event nearly tripled in attendance from the first gathering and the positive atmosphere was palpable. Peer supervision will continue in the new year as it is a priceless opportunity to connect with colleagues and experience mutual support. If you'd like to attend or learn more information about either supervision opportunity, please contact Danielle Fisco, Programming Chair at daniellefisco@hotmail.com.

Blair Williams, the Chapter's first Student Representative, is in the process of creating an online blog dedicated to the alternate route experience. Look for link information on the local and national listserv in the near future.

On another bright note, the greater California community is asking about DMT! The work that California DMTs are doing is being noticed and the public is curious and moved. Inquiries from youths doing school reports and individuals considering DMT training come WEEKLY to the SC-CADTA Yahoo listserv. Referral requests from allied mental health professionals and organizations seeking the addition of DMT to their treatment programs arrive monthly.

This increased awareness of our field can only serve to strengthen our cause as we push forward in 2009 to achieve profes-

sional licensure. Lori Baudino, Government Affairs Chair, is working diligently with the CCCL and together we will build on the achievements that brought us so very close to a signed bill last year. WE WILL MAKE IT HAPPEN IN 2009. The CCCL is working on the language of the bill and the training requirements to make it impossible to dismiss by naysayers. SCCADTA's first priority is raising funds to help the CCCL hit the ground running in January and details about our fundraising campaign will be out very shortly.

Lastly, the chapter is excited to announce that Lori Baudino, PsyD., ADTR was involved in the fabulous "kick-off" session of a ground-breaking pediatric dance therapy program at Mattel Children's Hospital UCLA in Los Angeles, as a part of Dréa's Dream, a pediatric dance/movement therapy program funded by The Andréa Rizzo Foundation. The Andréa Rizzo Foundation is the only non profit organization in the country whose sole mission is to provide dance/movement therapy to children with cancer and special needs. Carrie Ann Inaba, judge of Dancing With the Stars, participated in the kick off session. Congratulations, Lori, on your hard work at Mattel!

Board members Amanda Wilkinson, Pattee Russell-Curry, Claudine Magsam, Danielle Fisco, Lori Baudino and Blair Williams continue to work diligently on behalf of the dance/movement therapy community throughout California. Please reach out to any of us with questions, concerns, or ideas as we move forward into 2009. Happy Holidays!

New York Chapter

by Valerie Savidis

Corresponding Secretary

The NYS Chapter of the ADTA is thrilled to announce the election of the 2008-2011 Board:

Corinna Brown-President
Tamar Kipnis-Vice President
Meghan Dempsey-Fundraising Chair
Maria Rivera-Public Relations Chair
Jennifer Frank Tantia-Program Director
Elisabeth Grasberger -Treasurer
Valerie Savidis-Corresponding Secretary
Jennifer Daniel-Recording Secretary
Tomoyo Kawano-Newsletter Editor
Deborah Stone-IT Coordinator

We are thankful for all the hard work and dedication of the outgoing board members, Christine Zimbleman, Maria Clausen, Alyson Nehren, and Joan Ingalls. The new board and film committee were excited about the most recent film premiere of the final cut of *Moving Stories-Portraits of Dance/Movement Therapy* which occurred on December 5th in NYC at Pratt Institute in Manhattan. The Chapter also hosted our holiday party that evening. In addition, the chapter hosted two exciting workshops on DMT Across Cultures with Meg Chang from NYC and Nitsan Gordon-Giles from Israel on December 6th at the Pratt campus in Brooklyn.

The NYS Chapter Board is excited to hear from its membership and would like to wish everyone a happy, healthy holiday season and a wonderful New Year! Please visit our website for contact information and more details on upcoming events www.nysadta.org

Moving Stories NYC Film Premiere

MARIA CLAUSEN, MOVING STORIES PRODUCER

New York – The New York Chapter kicked off the holiday season with the premiere of the final edition of *Moving Stories – Portraits of Dance/Movement Therapy* at Pratt Institute on Friday, December 5th, 2008. Food, wine and appreciation flowed throughout the evening as Maria Clausen, producer and former public relations chair, and Deniz Oktay, creative director and film committee member, introduced the film and thanked their team and supporters who helped them throughout the three and a half-year process.

Deniz recounted the birth of the film when she first presented her idea during a PR Committee meeting “at a diner in Hell’s kitchen”. Encouraged by the Board, a film committee gathered that included Cara Gallo, Alyson Nehren, Debbie Stone and Meghan Dempsey, all present at the premiere. Corinna Brown, Chapter president, honored them with certificates of appreciation and gift certificates to Chapter workshops.

Film editor extraordinaire, Steve Hamilton, was introduced by Deniz, who called him “a dream team wrapped up in one man.” Mr. Hamilton graciously took on the project in September 2007, donating his professional editing expertise and resources from his editing house, Whitehouse Post Production, thus ensuring that the final product would be of the highest quality possible.

The roomful of supporters included Shereen Margolis, Associate Executive Director of Medicine at Woodhull Hospital, one of the locations used during shooting. Ms. Margolis was impressed by the work of dance/movement therapists and encouraged promoting the film to Schools of Public Health and other related educational programs.

The New York Chapter works closely with Pratt Institute’s Creative Arts Therapy Department and is grateful to Pratt for the donation of their space and projection equipment for this momentous event.

To purchase a copy of *Moving Stories – Portraits of Dance/Movement Therapy*, download the order form at www.nysadta.org

NYSADTA Film Team
(from L to R): Alyson Nehren, Debbie Stone, Meghan Dempsey, Cara Gallo, Deniz Oktay, Maria Clausen, Steve Hamilton



Workshops

DANCE THERAPY AND FOCUSING

Joan Lavender, PsyD; Miriam Roskin Berger, D.Arts, ADTR; Suzi Tortora, Ed.D., ADTR, CMA, LCAT, LMHC

Gendlin's Experiential Focusing is a bodily-centered therapy process which gives you access to a deep level of knowing, leading to inner transformation you can feel immediately and apply to your life. While most approaches to therapy are based on the assumption that it is good to be more "in touch" with yourself, Focusing teaches you how to do this. Focusing is a highly-regarded and well-researched process that has been shown to correlate with positive life change, enhanced self-esteem, and the experience of integration and wholeness. This workshop will explore the relationship from the dimension of Focusing to the world of movement and dance improvisation. Identify felt senses (as distinct from emotions) in your body. Enable the felt sense to communicate its message to you, from the edge of your awareness. Use dance movement improvisation and felt sensing together for healing. \$250.

Jan 31 – Feb 1, & Feb 7, 2009

1:30-6:30pm, 3 sessions

92nd Street Y Harkness Dance Center

1395 Lexington Ave, NYC

Call 212.415.5500 to Register

TWO-WEEK WINTER INTENSIVE DANCE THERAPY COURSE.

DEC 27 - 31 2008 & JAN 2 - 6, 2009.

60 contact hours, 4 credit hours in Dance Therapy Theory and Skills, Group Process, Movement Observation, Case studies, Private practice, and Research methodology. Course will include New Year's Eve at the ballet in NYC.

Contact: Dance Therapy Courses,

Linni Deihl, Director, Box 743, Quogue,

NY.11959. Telephone: 631-653-8750

E-mail: LinniADTR@aol.com.

Director: Linni Deihl, ADTR, MEd, LCAT

Wisconsin Chapter

JEANINE R. KISS, CHAPTER PRESIDENT

The majority of dance/movement therapists in our state work for Hancock Center for Dance/Movement Therapy. The Center turned 25 years old this fall and we had a lovely celebration party! Deb Thomas who founded Hancock Center is no longer the director but is still very active seeing clients and is the vice president of the Board of Directors. Sharon Chaiklin, representing the Marion Chace Foundation and a friend to all here, visited and was busy teaching one of Rena Kornblum's dance/movement therapy classes at the University of Wisconsin-Madison, giving supervision, presenting an annual report at our Board of Directors meeting, and of course attending the party! A good time was had by all and here is to another 25 years!!

Robyn Lending Halsten with Susan Cahill, Rena Kornblum, Grace Valentine, Ann Wingate and Jeanine Kiss all presented at the annual Midwest Conference on Child Sexual Abuse in October here in Madison. Rena also presented at the ADTA conference in Texas.

In early December the Chapter, collaborating with Hancock Center, is happy to host dance/movement therapist Susan Cahill MA, LCPC from Chicago to present an 8 hour intensive in Authentic Movement.

Member Mariah Meyer Lefebber's chapter proposal about a CMA project she and Andrea Rose, CLMA collaborated on was accepted by Stephanie Brooks! Stephanie's new book is on creative arts therapies and autism.

Mariah's project uses movement analysis to create treatment goals for children with autism.



Deborah Thomas at the Hancock Center's 25th anniversary celebration.

Marian Chace Foundation

We missed the many of you who could not attend the conference in Austin. The presentations were excellent and it was enjoyable to have time to visit friends. The professionalism and knowledge of our membership is something that we all can be proud of.

Sadly, Carolyn Grant Fay had become too ill to travel and therefore was not present for the Marian Chace Lecture. However, her film, *At the Threshold*, touched all present on many levels. Fortunately Joan Chodorow and Michele Lees (who helped in its creation)



Trustees: Sharon Chaiklin, Jane Wilson with a few others
Cathcart, Susan Kleinman, Ann Lohn who had birthdays
that day/weekend.

The trustees are pleased to announce that filmmaker Shawn Convey was granted funds to produce a documentary on the work of Kolkata Sanved in India, which uses DMT as a tool to rehabilitate survivors of trafficking and prostitution. Sohini Chakraborty, who many have met at ADTA conferences, is the founder and director of Sanved. The many hours of film taken in India and Nepal are currently ready for editing. Mr. Convey is seeking further funds for the final editing and post-production.

Hancock Center for Dance/Movement Therapy in Madison, Wisconsin is a supporting member of the Foundation. In honor of the 25th year of offering services to the community, there was a grand celebration this past November and also a recognition of Deborah Thomas as the founder. As a trustee, Sharon Chaiklin attended and spoke to the uniqueness of the Center and the excellent work offered by the staff. Rena Kornblum is currently the executive director.

The trustees will be meeting in April and welcome ideas and suggestions to enable us to continue to develop our work for the benefit of dance therapists and the profession. The generosity of those present at the conference is deeply appreciated. If you were not able to donate, we always are pleased to accept funds sent to the ADTA office made out to Marian Chace Foundation. They can be marked in honor or remembrance of someone or some event and are tax deductible.

Thanks to...

Donations Received Sept. 1, 2008- Nov. 30, 2008

FRIENDS (up to \$36)

Peri Abel
 Sarah Arnett *"In memory of Luci Marlatt"*
 Emily Day *"In memory of Grazia Day Fulton"*
 Stacey Hurst
 Susan Kierr *"To Susan Hess in honor of facilitating a creative arts studio in New Orleans"*
 Berti Klein *"In honor of Marcia Leventhal, Martha Hines and Eleanor DiPalma and their courageous & inspiring Conference presentation: Role of Dance Therapy in Coping with Life Threatening Illness"*
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**Earmarked for Global Site Performance projects.*

Board Certification

Questions & Answers

Prepared by: Stacey Hurst, Chair of the Certification Task Force

What is board certification?

Answer: Board Certification is a form of credentialing that is obtained at the National level from an organization that has developed specific criteria to test and assess the qualifications of candidates. The ADTA is applying to the National Organization of Competency Assurance (NOCA) to receive external accreditation that our board certification process is top notch. If approved, NOCA accreditation indicates to the public that they can be confident about the stringency of our credential process.

How do I become board certified as a DMT?

Answer: The same way you would currently go about becoming an ADTR. The process and procedures will not change for the candidate. If you meet criteria to become an ADTR you will be certified by the Dance/Movement Therapy Certification Board (DMTCB).

What's the difference between registry, certification and licensure?

Answer: Registry is considered a basic level of credential. It attests that registered individuals meet a standard of educational training held by an organization. A Certification holds more importance in the eyes of the law, professionals and the public. Individuals who are certified go through not only a process of education, but testing in order to obtain certification. A License can only be administered on the state level. States differ in the ways they establish qualifications.

Will it cost more money to become board certified by the DMTCB?

Answer: The total cost for certification by the DMTCB and membership in ADTA will remain the same.

Why does the ADTA want to shift to board certification?

Answer: Certification more accurately represents the rigor of our current requirements for the ADTR credential. Certification will bring us onto an even playing field with other creative arts therapies organizations, and sends an important message to the public that we have stringently monitored qualifications. Increasingly employers seek job candidates who carry a certification.

Do I still need my National Counselors Certification (NCC) from the NBCC?

Answer: We continue to encourage you to obtain your National Counselor Certification (NCC) which is a general mental health credential. It is recognized and required by many states for licensure eligibility. For this reason many dance/movement therapists will want to obtain and maintain the NCC.

When will this change occur in the organization?

Answer: October, 2009

Will it be harder for me to become board certified?

Answer: It will be no different than the process you already complete to become an ADTR. The 2-level credential system will continue with registry as the entry level. If you meet the criteria for DTR, the DMTCB will grant you registry as the initial step toward board certification.

If I'm already a DTR or ADTR what do I do?

Answer: You will be grand-parented in and receive the new service marks automatically with the next renewal application after the DMTCB is established. At that point, we will begin using the new service marks.

What will we call ourselves once we're certified?

Answer: The ADTA membership will vote on either of these two sets of service marks: DMT-R (Dance Movement Therapist Registered) and DMT-BC (Dance Movement Therapist Board Certified) or DTR (Dance Therapist Registered) and ADTR-BC (Academy of Dance Therapists Registered Board Certified).

Sitting Around The Table Dancing with Diversity

by Sherry Goodill, Vice President & Annual Conference Committee Chair

At this year's ADTA conference, we experienced two new "firsts". For the first time, we explored issues of diversity. Topics and experiential learning in workshops, seminars, panels and posters covered DMT in relation to cultural competence, explorations of differences, cross cultural issues in clinical work and research, sex, religion, race, spirituality and peace-building.

We used the format of roundtable discussions, and this was also a first for the ADTA conference. The roundtable format provides an opportunity for thoughts to surface in a smaller, interactive context, where no one is the expert, but each participant offers his or her wisdom and opinions for the whole to consider. The ADTA conference roundtable plenary covered the following topics, which participants had pre-selected at the conference registration table: Class, Age, Race, Gender, Sexual Orientation, Religion, Culture and Physical Ability/Differences. Members of the Board of Directors and the Conference Diversity Consultation Group led the discussions as people explored the questions, "How do our personal experiences of diversity inform our work as dance/movement therapists?", "What is the experience of diversity (as related to the selected topic) in work settings and clinical work?", "What is my experience of diversity (as related to the selected topic) in the ADTA?" and "What are ideas for DMT education on diversity, including continuing education?"

And what a scene it was. There were over a hundred of us: including international members, students in graduate programs, undergraduate and high schools. It was a big and noisy room full of focused energy and lively expression. We spoke, we listened, we were brought into new perspectives and we generated new ideas for the field. Recommendations coming out of the discussions will be compiled into a complete report to the ADTA Board. Ideas and thoughts that emerged included topics for continuing education, masters' program curricula, changes in how we deliver services to patients and clients, and fruitful challenges to assumptions about who we are as a field. The roundtable discussions, along with the seminars and workshops in the conference, and the work of the ad-hoc Diversity Committee of the ADTA, have brought to the surface a wealth of knowledge, many important questions, and the passion of the field for addressing these issues. You can be sure that more will be forthcoming as the Board and the Diversity Committee collaborate on diversity related projects and initiatives. In addition, many of you commented on how much you liked the roundtable format, and so we may include more roundtable discussion events in future conferences.

I close this report with heartfelt gratitude to the members of the ADTA Board and to the Conference Diversity Consultation Group (ADTA professional members Meg Chang, Tracie Robinson, Ty Tedmon Jones) for their time and expertise in planning and leadership of the roundtable plenary on diversity.

How do our personal experiences of diversity inform our work as dance/movement therapists?



DMT is Ripe for Moving Through Oppression

by Tara Topper

Dear ADTA:

I am writing to the ADTA membership because, according to the criteria set forth by the Research Subcommittee for the poster sessions at the annual conference, my thesis work on diversity was excluded for not having an original experiment component. Because of this, I am hoping that with the interest generated at the conference there is a space for the ideas from my thesis to be heard in the newsletter.

In a time when global technology and commerce forges closer relationships with increasingly diverse populations, diversity is becoming the buzz topic in many social and professional arenas. There are particular ways in which dance/movement therapy (DMT) is ripe for moving this conversation, and corresponding action, forward in ways other fields cannot.

First, conversations discussing diversity tend to circle around celebrating differences without talking about what those differences mean. In Laban terms, we tend to talk about diversity in the horizontal plane of intimacy, but neglect discussions involving the vertical plane of hierarchy and power. Before we can have a meaningful discussion about real difference, we have to establish a conversation about power, privilege, and oppression. Diversity is about difference (horizontal); oppression is about one person or group having a disproportionate amount of power over another person or group based on those differences (vertical). Put differently, oppression is about the rank and meaning that oppressive ideologies apply to our differences. We can only move forward (sagittal plane) together if we can acknowledge these differences AND the abuse of power that has come, and continues to come, with them.

Second, these differences are all based on the body and the body is involved in any identity that can be oppressed. For example, oppression is based on what sexual anatomy one is born with (sexism, transphobia, and homophobia), what color one's skin is (racism), how able one's body is (ablism), and how long one's body has been on this earth (agism—both oppression of children and elders). Even classism is based on valuing reason-based labor over manual labor. And religious oppression is based on taking God/Higher Power/Buddha/Allah/Yahweh out of one's own body and having someone else mediate that relationship. As Christine Caldwell, ADTR says, "The quickest way to oppress a people is to disembody them." With these body-based markers, and an often-covert systemic institutionalization of discriminatory behaviors, there's no escape from perpetuating or receiving discrimination without examining how these ideologies and subsequent behaviors shape and affect us. DMT, with its focus on the body, should be a leader in the conversation about diversity and oppression because oppression is based on the body.

Third, multicultural discussions tend to focus on educating an assumed privileged audience about those other folks who are marginalized. Yet, people are not defined by simply one marginalized or privileged identity; people are complex beings who have multiple identities. For example, one may be born female and also white, carrying with her both privileged and oppressed identities. DMT can help one to explore the multiple and interlocking identities one carries and the relationships one has to them through the body—the site of oppression itself. Further, oppression is not a problem for the oppressed to solve (although it is personally beneficial to have a relationship to this material) because oppressed people do not have the power in society to do so; it is a problem for the privileged to acknowledge and rectify. Developing relationships with our privileged and oppressed identities can help us to translate that skill to others. It is only when we realize the cost our own unexamined privilege has that we can begin to own the extra power we have and take action for social justice.

(Continued on page 13)

(Continued from page 12)

DMT is Ripe for Moving through Oppression

Fourth, because the privilege that comes with this extra power is frequently invisible to those who have it (see Peggy McIntosh's work), many interactions involving oppression are covert to the privileged. Arnold Mindell, body psychotherapist, calls these covert messages double signals—underground messages revealed through the body—because the body will reveal what the mind represses. DMT is a perfect tool for utilizing the body to bring the unconscious (or covert), into consciousness. For our unexamined privileges, DMT can help reveal the often covert messages we hold in our bodies based on stereotypes, prejudices, and internalized dominance. For example, someone's internalized dominance may be revealed in a gesture such as a rising chest and a point of the nose when talking to a person with a marginalized identity. In the same way, internalized oppression may be revealed in a slight concaving of the chest when talking to a person who has a privileged identity. Thus, DMT can also help people to see the ways in which they embody internalized oppression. In this way, DMT is ripe for addressing oppression and shifting the way people talk about and relate to diversity.

Lastly, because oppression is based on the body, and because the quickest way to oppress a people is to disembodiment them, DMT can also help shift the dynamics of oppression by helping people to reclaim their bodies as a source of agency, rather than being a target or reproducer of oppression. In this way, DMT combined with the understanding of oppressive dynamics, is anti-oppression. This does not mean that oppression will be immediately eradicated, but for identities we hold that are marginalized, we can begin to take our own personal power back. For the identities we have that hold privilege, we can begin to take responsibility for our extra power and become allies to our friends and peers who do not share our privileges.

My hope is that, in reading this, dance/movement therapists will first begin to look at their own relationships to privilege and oppression through their bodies before going out into their communities and implementing DMT tools for change because it can do more harm than good if people apply this knowledge without having the wisdom of seeing their own blind spots through relationships with colleagues and peers. As dance/movement therapists begin to experientially understand how to relate to this material they will have the unique advantage to interact with people at the source of oppression itself—the body. DMT, as a body-based modality, not only has the capacity to address this subject—it has a moral responsibility to do so. Dance/movement therapists also have the ethical obligation to understand the marginalized and privileged identities they each carry because they hold the extra power that being a therapist (an earned privilege) brings.

One last thought: there is also a parallel in the way DMT is marginalized within the larger field of psychotherapy—a place for us as dance/movement therapists to reclaim our bodies and our worth as professionals without apology. It is also my hope that we as dance/movement therapists can move this field forward by examining our relationships to sexism (no matter what our individual gender identities) and how that affects the way we stand in our intuitive, sensing, feeling bodies as therapists. Deeper still, is the internalized somatophobia (or fear of the body) everyone inherits in Western society and how it shows up in our bodies as dance/movement therapists.

Adapted from an original thesis by Tara Topper, MA, DTR. For more information contact the author at taratopper@aol.com and use the subject line DMT and Diversity.

Topper, T. (2008). *Moving through oppression: How dance/movement therapy can help to illuminate and transform issues of power, privilege, and oppression through embodied group process*. Original Thesis, Boulder, CO: Naropa University.

News about Dance/Movement Therapy Across the Globe

A report from Israel:



by Yael Barkai

Dear Friends ,

I am happy to tell you that Dr. Nava Lotan, Coordinator for final projects at Seminar Hakibutzim Dance/Movement Therapy Training program, made a dream of mine and other faculty members come true. She organized a special evening where 70 people arrived in Tel Aviv to explore our graduates' work. The evening started when Liat Sandomier, one of our graduates, leading a tango warm-up following her final project that explored couple's therapy and movement patterns through the dance of Tango. This project was supervised by Dr. Nava Lotan

Following the dance we had 4 presentations: Galia Tevel presented her work on *Dancing between two landscapes: The body-mind developmental processes of people who immigrate to Israel*. Supervision by Yaala Shaked

Yana Elior presented her work titled *Movement patterns following Holocaust trauma - movement processes with a Holocaust survivors group*. Supervision was provided by Claire Yitzchaki



Adva Asaf and her supervisor, Dr. Meirav Tal Margalit, presented a joint project: *Addressing Trauma-Dance Therapy group using the STREAM model and its five stages of recovery with physically abused Women in an Emergency Shelter*.

Ana Gutkowski presented her work, *Dancing mothers - Description of a Movement Group for Women during the first year of Motherhood*. supervision by Yael Barkai and Marina Aviram Maymon.

This event was an opportunity to become acquainted with students' final projects. The projects advanced our body of knowledge, developed research methods, and presented new work opportunities with different populations. The evening allowed our graduates to meet and mutually discuss different professional issues in the training program that sent them on their own professional pathway.

Yael Barkai and Yaala Shaked serve as Co-Directors of The Dance/Movement Therapy training program in Seminar Hakibuzim, Tel Aviv, Israel.

Congratulations

ADTA 2008 Recognition Awards Recipients

2008 ADTA Lifetime Achievement Award- Dianne Dulicai

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

Dianne Dulicai, Ph.D., ADTR, is a Past President of ADTA, former Director of the Dance/Movement Therapy Program at Hahnemann University (now Drexel University), and developer of the Dance/Movement Therapy Program at the Laban Centre, University of London. Among her numerous achievements, she served as President of the National Coalition of Creative Arts Therapies Associations, as Federal Deputy of the ADTA, and was the Marian Chace Foundation Lecturer “Honoring the Spirit of Continuity” in 2004. She first served the ADTA Board of Directors as Recording Secretary in 1972, and served on the Editorial Board of the American Journal of Dance Therapy from 1989 to 2003; she continues to serve as Editorial Board Member for The Arts in Psychotherapy. She has advanced dance/movement therapy through dedicating her time, energy, leadership, and skills to serve the profession over her long career. Her past expertise in clinical research and government affairs work establish her as a unique and valuable asset to the profession. Dr. Dulicai’s skills in presentation and diplomacy have helped established on behalf of ADTA, a strong networking foundation with national and international academic institutions, and non-profit organizations that work to improve access to healthcare services for a broad range of individuals. She has actively mentored dance/movement therapy students, professionals, and Board Members over the years, drawing from her wealth of experience. ADTA Board of Directors is pleased to honor Dr. Dulicai with the 2008 Lifetime Achievement Award.

2008 ADTA President’s Award- Christina Devereaux

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

Christina Devereaux, MA, LCAT, LMHC, ADTR, NCC has served ADTA as the Public Relations Committee Chairperson since 2004. Prior to serving as Chairperson, she served on the Public Relations Committee as ADTA Website Monitor for several years, the Board of Directors for the Southern California Chapter of ADTA, and in 2006 she became ADTA Newsletter Editor. She has worked tirelessly to promote ADTA and dance/movement therapy interests to the public and to the ADTA membership. She literally breathed new life into Public Relations by recruiting new Committee members, and learning to use more than 10 new software packages to create visually stunning Public Relations materials that range from brochures, slide shows, and YouTube videos to the beautiful new version of the ADTA Newsletter. In addition to her ADTA work, she has maintained providing clinical services for child witnesses or victims of domestic violence and children with autism, serves on the graduate faculty for the Pratt Institute, and is pursuing doctoral study. Her enthusiasm, energy, and responsiveness have never flagged, and have served as an inspiration to Board Members, Committee members, and the membership at large. She is a model of dedication and service for all dance/movement therapists, and it is an honor to offer to Christina Devereaux the 2008 President’s Award.

Congratulations

ADTA 2008 Recognition Awards Recipients

Outstanding Achievement Award- Ellen Schelly-Hill

Outstanding Achievement award recognizes a member or members of the ADTA who have made an impact with specific, significant contributions to the field of dance/movement therapy. The award this year to Ellen Schelly-Hill recognizes her efforts as Chair of the Committee on Approval. Under her leadership, the number of programs involved in the committee's work has increased, and she enabled and supported the regulatory role of the committee with a diligent revision of the policy and procedures for the committee.

Leader of Tomorrow Award- Lora Wilson Mau

The Leader of Tomorrow Award is given to a dance/movement therapist and professional member of the ADTA who demonstrates leadership early in their career. Lora Wilson Mau, as Board Member for the Southern California Chapter of the ADTA, has breathed new life into the chapter. She is an active member of the Public Relations Committee and a driving force on the listserv helping members connect about ideas, directions, and opportunities.

Exceptional Service Award- Sheila Gilstein

The Exceptional Service Award recognizes those who have given their time and effort to their local region of the ADTA and/or their Chapter. Sheila Gilstein has given a voice to DMTs in important legislative matters that affect practice in NJ for many years. She is generous in her approach, willing to write letters and speak to elected officials of the state, representing the spirit and vision of advocacy.

Excellence in Education Award- Naropa Dance/Movement Therapy Program Faculty

Excellence in Education is awarded in recognition of outstanding education in dance/movement therapy. The Naropa faculty has demonstrated concerted and creative exploration of DMT in the community. They created and instituted a novel, pedagogical model for developing a therapist/activist who has a balance of reflective and community mobilizing capacities.

The Annual Research Award- Corinna Brown

The Annual Research Award sponsored by ADTA Research Committee & Marian Chace Foundation for an article published between August 2007 – August 2008 was presented at the conference to Corinna Brown for her article "The Importance of Making Art for Creative Arts Therapists" published in *The Arts in Psychotherapy*.

CONGRATULATIONS NEW DTRs

ADTA wishes to congratulate the DTRs who were registered between
September 1 through November 30, 2008

Kerry Avery Bahadur
Sheau-Ling Duh
Allegra D. Estreet
Breanne E. Hiller
Abijan Johnson
Diana Pilarski
Megan A. Powell
Connie Smilowitz
Tara Stamm
Tamara Swayne

Chapter Board Reception in Austin

by Julie Miller, Eastern Region MAL

This year, with the help of the MALs, Vice President Sherry Goodill arranged a Wine and Cheese Reception for all of the Chapter Board members who were attending the conference in Austin. In addition to honoring the work of the local chapter officers, the reception was conceived as an opportunity for chapter board members to get together and share ideas about ways to increase involvement, raise money and brainstorm ideas.

Approximately sixteen members from five chapters represented at the reception. Everyone got a chance to speak about both the difficulties they face and the projects that they have created in their local area. Sherry presented the chapters with the updated Chapter Guidelines which were done as part of an overall update of all Policies and Procedures on the National Board. This included information regarding all local reports being forwarded to the National Office on an annual basis. She also reminded board members that they can offer CE's for all educational presentations by the local chapter. Several people shared some of the creative ways in which they solved the problem of serving a large geographical area such as the Carolina's chapter which organized a Book Club in which members around the region read a DMT book and then had a tele-discussion about it. (Another way for members to accrue CE's). Members of the New York Chapter shared information about their "Dancing in the Streets" public relations effort in which NYC DMT's gather together in the Spring in various parks around the city to dance and hand out literature about dance/movement therapy. Sherry also reminded the officers to inform all of their members that they should go to the Members Only section of the website and make sure that their contact information is correct and up to date. Members can make the changes needed themselves. Susan Saenger volunteered to re-vitalize the Yahoo group which had been languishing for some years by updating the membership to include everyone present at the reception. For those of you who weren't able to make it, the name of the group is: ADTA Chapter Officers and it's now listed, so if you search for it, it should come up. – thank you Susan!

In closing, everyone felt that it had been a great success and very helpful to all who were present. And so, the MALs are planning to make this a tradition for all future conferences as our budget allows.





Photos from Top to Bottom and Left to Right: ADTA Lifetime Achievement Award Recipient Dianne Dulicai; Moving in a workshop; Pioneer's Panel Presentation: International Panel; participants moving in workshops; MCF Lecture honoring Carolyn Grant Fay; Dancing at the banquet; Closing Ceremonies & movement choir honoring new DTRs/ADTRs



Conference Photography by Cory Devereaux

ADTA Members are active at 5th National USABP Conference

by Patrizia Pallaro

The 5th National Conference of the United States Association for Body Psychotherapy, entitled *Getting to the Heart of the Matter: In Depth Explorations of Body Psychotherapy* was held July 23-26, in Philadelphia, PA. Dance/movement therapists were not only presenters at this fabulous event, but actually OPENED and CLOSED the conference!

The opening ceremony was conducted by the Group Motion Company, which sees as one of its directors a registered dance/movement therapist, Brigitta Herrmann. Brigitta induced us all to move with her haunting vocals and vivid imagery suggestions while her fellow musicians kept the beat and built the harmony. An improvisational dance marked the path to the heart of the matter . . .

In her workshop *Dance/movement therapy: The healing journey of the body in motion*, Beate Becker explored the expressive meanings inherent in spatial forms of relationships; the physical and emotional content of polarities and how we move between them; phrasing as a reflection of how we organize and express ourselves; and the role of creativity as we move to create a story we wish to embrace.

In her *Somatic Countertransference* workshop, Patrizia Pallaro presented a review of countertransference literature (including current neuroscientific findings) and conducted a movement experience aimed at deepening awareness of participants' bodily-felt sensations and body-felt representations. Special attention was devoted to projective identification, kinesthetic empathy, somatic transference and countertransference, with the therapist's body serving as a container.

Laurel Thompson and Jenn Frank Tantia discussed how the body and dance/movement are used as an active way for the therapist to receive implicit communication. Using the body in countertransference showcased bodily-felt experience, attained through the practice of Focusing, and dance/movement techniques. Both bodily and artistic processes foster the understanding of patients' dynamics as well as the relationship patterns between patients and therapists.

Christine Caldwell coined a new term Bodyfulness and explained to a captive audience the theory and practice of contemplative embodiment. Bodyfulness reclaims the

body as a contemplative lightning rod, while cultivating somatic and spiritual intelligence. She introduced theories emerging from mindfulness-based therapies and practices which extend contemplative life into a deeply somatic realm.

A movement choir conducted by Cathy McCoubrey and Ellen Schelly-Hill brought the conference to a close by expressing and recognizing the "community body" of the gathered participants. Conference themes were explored in individual movements and as a collective body while movements into space prepared the attendees to carry their work outside the conference walls.

Furthermore, the ADTA was present with a table in the exhibit Hall as well as Drexel University with its Creative Arts in Therapy Program. Incredible but true, the Bookstore was also staffed by a dance/movement therapist!

Meet Your 2008-2009 ADTA Board of Directors



From L to R: 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

Don't be missing out on important information.

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

Newsletter Publication Policies

All material is to be electronically submitted in a WORD document as an attachment in an email sent to the Newsletter Editor at christina@cd-photo.com . Please do NOT send material in the body of the email. Facsimiles and paper copies will not be accepted. Submissions will ONLY be accepted through email attachments. In the subject heading of the email please put "ADTA Newsletter Submission." Prior to submission, PLEASE check and recheck material for spelling and grammatical errors, construction of sentences and paragraphs, content comprehension and overall flow, clarity and conciseness. Please use 12 point size text. Use upper and lower case text as needed. Include any bold, underline, italic, picture, image, logo, color and hyperlink. Include a contact name, email and phone number with each submission to be used for editing questions. A confirmation email will be sent after the material and payment (if applicable) are received.

ADTA 44th Annual Conference:
The Dance of Discovery:
Research and Innovation in
Dance/Movement Therapy.



Portland, Oregon

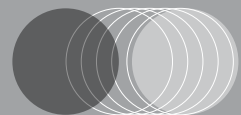
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