



**ADTA Board of Directors Meeting  
April 9-10, 2011**

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*The quarterly 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.*

## Letter from the Editor

We hope you are enjoying your summer so far. Welcome to the second edition of the 2011 ADTA Newsletter: Volume 45, Issue 2.

We are looking forward to and gearing up for the **46<sup>th</sup> Annual Conference**. Registration is officially open. The Early Bird rate is available until July 15. Take advantage of these great rates. You can register four ways: online, snail mail, fax, and phone. You should have received the conference brochure in the mail with information on the intensives, seminars, etc., as well as a registration form. Keep checking the ADTA website for conference information, as it will be updated periodically.

Please remember: If you have not sent in your ADTA Membership Renewal or the DMTCB Maintenance Fee Renewal yet, please do so. These fees are due June 30, 2011 for the 2011/2012 fiscal year. Don't forget...payment plans are available. Call the ADTA Office at 410-997-4040 for more information or to set one up.

All sections of the Forum are now trimmed monthly, a process which began April 1<sup>st</sup>. Every posting will be kept up for one year; Announcements will be removed after the event date or once the posting is a year old.

Feel free to e-mail us at [info@adta.org](mailto:info@adta.org) with any comments/feedback regarding the ADTA Newsletter. We appreciate hearing from our members.

Don't forget: you can print this edition of the newsletter for easy reading. Take the time to soak up all the wonderful articles inside.

Happy reading!

**Dance/Movement Therapy and Counseling Program**

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### NEWSLETTER TEAM

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The ADTA welcomes contributions of news, pictures, etc. to the quarterly newsletter. All articles submitted are done so with the understanding that edits may be required for clarity and format purposes.

Please review the ADTA Newsletter Submission Guidelines on page 19.

### **Reach out to the Dance/Movement Therapy Community – Advertise in the ADTA Newsletter**

View our sizes and rates on page 19. Members receive reduced rates. Advertise in 4 issues, save 20%! If you have any questions, please e-mail [info@adta.org](mailto:info@adta.org).

### ***Please forgive us!***

We were experiencing technological difficulties!

If you experienced multiple ADTA Forum email updates the week of May 22nd, you were not alone. Technology is great when it works but not when a bug creates havoc in the system! Fortunately, all is well now and we do apologize for any inconvenience.

**ADTA's 46<sup>th</sup> Annual Conference**  
**October 20-23, 2011**  
**Radisson Plaza Hotel**  
**Minneapolis, Minnesota**

**Don't miss out on this wonderful experience!**

**Registration is now open! Sign up with our Early Bird rates until July 15<sup>th</sup>!**

Come and connect with the DMT community, attend wonderful seminars, events, and performances, all while meeting other professionals from the NDEO and IGMID!



## From the President

Sherry Goodill PhD, BC-DMT, NCC, LPC, ADTA President



Hello ADTA!

I have so much to tell you about in this letter and will jump right in with news about our interface with other national organizations, and then about the Spring meeting of the ADTA Board and an exciting development resulting from that meeting.

March and April were busy months for collaboration and connection with other organizations. At the end of March, the ADTA Professional Relations Liaison for Counseling, Leslie Armenoix, Ph.D., BC-DMT, and I attended the annual conference of the American Counseling Association where we had well over 1,000 brief conversations with counselors and counselor educators about education and training in DMT. Our new educational brochure describes the alternate route process for achieving the R-DMT credential, as well as the university based degree programs in DMT, and it was a popular take-away at the ACA conference! Leslie and I also had a productive meeting with the leadership of the ACA's Division on Creativity in Counseling.



The cherry blossoms in our nation's capital were blooming beautifully for Arts Advocacy Day, April 4-5. ADTA Policy consultant Myrna Mandlawitz, M.Ed, J.D., and GAC Committee Member Robyne Davis, BC-DMT, attended legislative visits, advocacy trainings, and the 24th Annual Nancy Hanks Lecture on Arts and Public Policy by actor Kevin Spacey. Mr. Spacey's moving lecture is available at <http://www.artsusa.org/events/2011/aad/default.asp>. The ADTA collaborates with the other creative arts therapy organizations and the Society for the Arts in Healthcare for this important advocacy event. GAC Chair Corinna Brown, BC-DMT, worked on the planning with the SAH and NCCATA representatives, including a joint "Field at a Glance" document that referenced several

DMT research studies. Those studies are currently available on the ADTA website at <http://www.adta.org/Default.aspx?pageId=403554>. Robyne and I were able to attend a White House briefing on the arts, during which several members of the Executive Branch spoke about funding and other priorities related to the arts in the US. We learned there that the US Department of State is interested to hear from national organizations about overseas projects and outreach. If you have recently traveled outside the US for DMT service or teaching projects, please write to me directly ([sgoodill@dca.net](mailto:sgoodill@dca.net)) so that I can include you and your work into a report that the ADTA will be preparing over the summer.

Only a month later, the ADTA was part of National Children's Mental Health Awareness Day, an annual project of the Substance Abuse and Mental Health Services Administration, as a collaborating organization. The theme for 2011 was Resilience in Children and Teens who have experienced trauma. The SAMHSA website posted tipsheets about dance and dance/movement therapy, including ideas for non-dance/movement therapists who want to lead dance events in their communities. ADTA Policy Consultant Myrna Mandlawitz, Vice President Jody Wager, BC-DMT, and Operations Director Gloria Farrow were able to attend the national event on May 3<sup>rd</sup>; an evening focused on artistic expressions by children and teens. In conjunction with National Children's Mental Health Awareness Day, I was privileged and fortunate to be invited to write a guest blog for the National Endowment for the Arts, and you can click to that blogsite from the ADTA's GAC website pages.

Later in April, the ADTA was ably represented at the annual meeting of the Society for Arts in Healthcare by members of the California Chapter, who volunteered their time to cover the ADTA exhibit table. Linda Aaron-Cort, BC-DMT, and Pattee Russell Curry, BC-DMT, connected with hundreds of



*The ADTA promoted dance/movement therapy at the SAH Conference in California. Here, Linda Aaron-Cort, BC-DMT, helps make ADTA's presence felt.*

conference attendees from various arts specialties and disciplines. Dance/Movement Therapy was again a strong presence at this increasingly influential conference with several attendees. We enjoyed a very well received keynote presentation by dance pioneer Anna Halprin, who spoke (and moved!) eloquently on the power of movement and imagery to heal.

### **NEWS FROM THE BOARD: the new Multicultural & Diversity Committee!**

During the April meeting of the ADTA Board of Directors, a revision to the bylaws was approved which establishes the Multicultural and Diversity Committee (or MDC) as a new standing committee of the Board. Later, the membership ratified that bylaws change with a full vote (see Election 2011 elsewhere in this issue.) The MDC has been functioning as an ad-hoc committee since the Spring of 2008, and the transition to establishing a standing committee devoted to "developing, communicating, and maintaining an inclusive perspective for the organization, its members, and constituents that respects and recognizes all individuals and groups" (ADTA Bylaws, Article XI, Section V) is a milestone in the life of the profession. This action marks the organization's affirmation that the values of multiculturalism are vital to the mission of the ADTA, an understanding that the work of true inclusiveness is ongoing, and that this critical work requires leadership and committed resources. Following the bylaws vote by the membership, the ad-hoc Multicultural and Diversity Committee nominated one of its co-chairs, Angela Tatum Fairfax, Ph.D., BC-DMT, NCC, LPC, LPCMH, to the Board for appointment as the new chair, and last week the ADTA Board voted to appoint Dr. Tatum Fairfax to this post. Congratulations, Angela!

I want to extend my personal thanks to all those who have served on the ad-hoc Multicultural and Diversity Committee from its inception until now. With courage, passion and vision, you have created an essential dialogue in our field, a dialogue that will now continue into the lifespan of the association. Chairs and co-chairs of the MDC, in its ad-hoc form, have included Meg Chang, Ed.D., BC-DMT, NCC, LCAT, Robyn Flaum Cruz, Ph.D., BC-DMT, NCC, Christine Hopkins MA, BC-DMT, NCC, and Dr. Tatum Fairfax. Their leadership has been crucial to the momentum and life of the committee and to the birth of this new standing committee.

## Report from the Vice President

Jody Wager MS, BC-DMT, ADTA Vice President



Happy Summer everyone.

Creating, organizing, and facilitating a conference is both exhilarating and challenging. Gloria and I, along with the conference committee members, have been working diligently to provide you with a conference experience that will both excite you as well as nourish you. There are many details to attend to as we work to create an environment that is conducive to learning, collaborating, and networking. Please take some time to review the rich conference material within this newsletter, as well as in the conference section of our website. Thanks to your thoughtful feedback last year, we adjusted the schedule to allow for more breath between sessions, including longer lunches. We selected workshops that speak to the issues and themes that you, our membership, wanted to learn more about and included workshops that are designed to support your level of experience and expertise.

I also wanted to take this time to share with you a little bit about a few recent opportunities I had to collaborate with others in my community. Since my last report, I am thrilled to let you know that the Psychotherapy Networker movement opening that I conducted, along with seven of my DMT colleagues here in DC, was once again a huge hit! I hope to post some pictures from the event shortly. On April 14, I had the wonderful pleasure of meeting with a group of graduate students at Howard University. I was invited to speak about dance/movement therapy in their class on "Complimentary Approaches to Therapy". Thanks to Sherry, who was approached by one of these students at the recent ACA conference where she represented our association, I was put in touch with the Professor of this class. There was much enthusiasm for and appreciation of our work. So much so, that one month later, I was contacted by another student from the class who asked to interview me for a local television show (NBC Washington Non-Stop) that focuses on lifestyle issues in the DC

Metropolitan area. We met on May 27 and the show is due to air within the month. I will post something on the Forum when the details are available. Lastly, I wanted to report that on May 3, Gloria, Myrna, and I attended the SAMSHA event in Washington, DC. This year the focus was on children and trauma. We had the opportunity to meet with other clinicians and representatives from a variety of organizations. It was both a moving and productive experience.

In closing, I want to encourage each of you to reach out to the various individuals and groups in your communities and look for ways in which to share the work you do. I believe that there are opportunities all around us ... some are more obvious than others ... and some may require a little networking and perseverance. But in the end, it is well worth the effort.

So keep dancing ... and keep sharing the dance with others.

## From the Office

Gloria Farrow, ADTA Operations Director



A few reminders:

**The 2011 Annual ADTA Conference is from October 20<sup>th</sup> – 23<sup>rd</sup> in Minneapolis!**

The conference brochure is in the mail. Extensive detailed information is on the ADTA website. Register online! Remember, you must log in as a member to receive membership conference rates. The early bird rate is available until July 15. If you have colleagues interested in attending the ADTA conference, send an email to the office [info@adta.org](mailto:info@adta.org) and we would be happy to send them a brochure.

### To renew your membership, credentials and chapter online:

1. Go to [www.adta.org](http://www.adta.org)
  2. Login with email address and password (lower left of screen)
  3. Then click "View Profile" at bottom left of screen (below your name)
  4. Under "Member Details" click button "renew until 30 June 2012"
  5. Follow the instructions\*
- \*note you will also be asked if you want to renew your R-DMT or BC-DMT and Chapter -- so read to the bottom of each screen.

**ADTA website** – includes 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. The ADTA National Office does not have password information.

**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!

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.

**U.S. Tax Deduction** - did you know that your ADTA dues are deductible as a business expense for United States federal income tax purposes? For 2011-2012, 96% of ADTA dues and donations are deductible, either as unreimbursed employee expenses or as Schedule C business expenses. Consult your tax advisor for your situation.

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](mailto:info@adta.org) or [gloria@adta.org](mailto:gloria@adta.org) to request brochures sent to you for distribution.

**Liability Insurance** – Marsh Affinity 1-800-503-9230

Have you visited the **ADTA Online Store?**

Amazon **SHOP AMAZON.COM and SUPPORT ADTA!!**

Use the link below 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. <http://www.adta.org/Default.aspx?pageId=377986>

The ADTA National Office is available to its members 24/7 through:  
Voicemail – 410-997-4040  
Email – [info@adta.org](mailto:info@adta.org) or [Gloria@adta.org](mailto:Gloria@adta.org)  
Fax – 410-997-4048  
Postal Mail –  
10632 Little Patuxent Parkway, Suite 108  
Columbia, MD 21044

## 2011 Election Results!

Congratulations to the ADTA's newly elected and appointed members of the Board of Directors and national committees!

**Treasurer:** Meghan Dempsey

**Secretary:** Ty Tedmon-Jones

**Multicultural and Diversity Committee:** Angela Tatum Fairfax

**Standards and Ethics:** Ellen Schelly Hill

**Government Affairs Committee:** Corrina Brown (2<sup>nd</sup> term)

**Member-at-Large Central Region:** Jenna Heise (2<sup>nd</sup> term)

**Member-at-Large Western Region:** Margaret Migliorati

**Nominating Committee-Eastern Region:** TBD\*

**Nominating Committee-Western Region:** Allison Bulliman

In addition, the voting membership ratified the proposed ADTA Bylaws revision establishing the Multicultural and Diversity Committee of the Board.

\*Angela Tatum Fairfax was elected to a Nominating Committee position but because of her appointment to chair the MCDC cannot serve on the Nominating Committee according to ADTA bylaws. The Eastern Region Nominating Committee member for the 2012 election will be announced in the next edition of the newsletter.

*Many, many thanks to all who ran for office in the 2011 ADTA election cycle and to all those willing to serve the association in appointed roles. Twenty-five percent of ADTA members eligible to vote participated in the election process by returning a ballot. Thanks to all who voted!*



## Earn an advanced degree focused on the healing power of movement

Lesley University's Master of Arts in Expressive Therapies: Dance Therapy with a specialization in Mental Health Counseling trains students in the psychotherapeutic use of dance and movement.

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## ADTA Annual Conference Insight

The American Dance Therapy Association invites you to the 46<sup>th</sup> Annual Conference, *Collaborations: Different Identities, Mutual Paths*, to be held October 20-23, 2011 at the Radisson Plaza Hotel in Minneapolis, Minnesota. Our theme evolved through the opportunity of having a joint conference with the National Dance Education Organization (NDEO) and the International Guild of Musicians in Dance (IGMID).

*"Individually, we are one drop. Together, we are an ocean." – Ryunosuke Satoro*



Attending an ADTA National Conference is an opportunity to take advantage of one of the most important benefits ADTA offers their members. ADTA is offering more than 50 seminars and intensives during the conference for those wishing to enhance their knowledge of dance/movement therapy or those seasoned in the field earning their continuing education credits. Since this is a joint conference, and in keeping with the theme, conference participants are invited to attend any combination of seminars offered. Participants are encouraged to cross personal and professional borders by attending both ADTA seminars and NDEO classes and workshops.

This conference is structured to meet the diverse needs of conference attendees. ADTA conferences are full of opportunities to network via social events like the Joint Opening Reception, the Business Breakfast, Banquet, and Special Interest Groups (SIGs).

Some highlights of the conference:

- Meet colleagues from NDEO, ADTA and the GUILD – Conference Opening Movement Choir, Awards, and A Taste of Minnesota
- Marian Chace Foundation of the ADTA Lecturer is Dr. Miriam Roskin Berger, presenting *The Improvisation of Order*
- 17<sup>th</sup> ADTA International Panel – *Cultural Identity and Collaboration in Dance Therapy*
- Performance - *Varnam: Myriad of Hues of South Indian Classical Dance* by Nalini Prakash & Vijay Palaparty
- Performance - *Developing Cultural Competence in Dance/Movement Therapy Using Rhythm, Song, and Dance from the African Diaspora* by Maria "Mara" Rivera & Erin Bryce Holmes
- Site-Specific Event Performance by Marylee Hardenbergh
- The ADTA Research Sub-Committee sponsors the annual Research and Thesis Project Poster Session. Innovative research and thesis projects will be presented to the DMT community, along with NDEO and IGMID attendees from around the world.
- Awards - outstanding members of the ADTA community are recognized during the National Conference
- 46<sup>th</sup> ADTA Conference will close with a Movement Choir that will magically interlace together events of the conference with the honoring of ADTA members who have been newly credentialed as R-DMTs and BC-DMTs since our last conference

We encourage you to attend this year's conference in beautiful Minneapolis, a leading destination that often tops the charts when it comes to ranking the best places to live, work, and enjoy life. For more information about the conference, see the ADTA website with the latest conference information or email [info@adta.org](mailto:info@adta.org) with any questions.

See you in Minneapolis!

Sincerely,

Jody Wager, MS, BC-DMT  
ADTA Vice President  
Chair, Annual Conference Committee

Gloria J. Farrow  
ADTA Operations Director  
ADTA Conference Manager

## Public Relations Committee

Donna Newman-Bluestein MEd, BC-DMT, LMHC, Public Relations Chair



There has been a lot of buzz about dance/movement therapy lately. More and more people are asking us about the health benefits of dance.

Read on to find out about our presence in the media and on the web, new projects we're working on, and opportunities for publication.

### Dance Therapy in the News and Around the World

Dance/movement therapists and the ADTA had a strong presence for SAMHSA Awareness Day. You can find a wonderful tip sheet, created by a team of DMTs, on Promoting Resilience through Dance at [http://www.adta.org/Resources/Documents/SAMHSA%202011%20ADTA%20Sheets%20\(2\).pdf](http://www.adta.org/Resources/Documents/SAMHSA%202011%20ADTA%20Sheets%20(2).pdf)

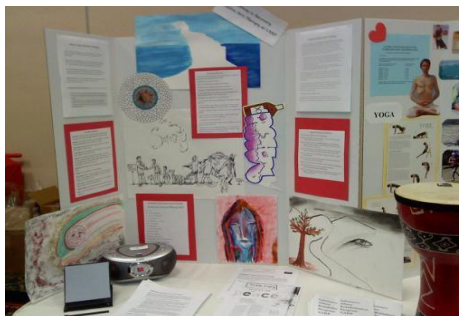
Jody Wager was interviewed and will be featured in an upcoming broadcast for a local TV show, NBC Washington Non-Stop. I. The focus was on how people might use movement in their daily lives to help de-stress and remain healthy. Jody got to briefly share about DMT and who we work with, as well as demonstrate some simple movements that can be done at home. It should air in mid to late June.

Susan Kleinman's DMT work has been videotaped for a documentary about Eating Disorders. Susan will let us know when the documentary is complete. An article written by Susan, "Why Dance/Movement Therapy?" along with testimonials by former patients with Eating Disorders is in the Spring 2011 Renfrew Connections, the alumni publication sent to former patients.

Dance/Movement Therapy and the ADTA were mentioned several times in the featured article on Wheelchair Dance in the April online issue of the [THE NATIONAL COUNCIL OF CERTIFIED DEMENTIA PRACTITIONERS® newsletter](#). As a result of this article, Sandra Cicotta, Treatment Coordinator for Continuing Developmental Services, has expressed interest in bringing

wheelchair dance/movement therapy into their program for developmentally disabled adults in Webster, NY. IF YOU ARE INTERESTED, PLEASE CONTACT ME @ [dbluebirds@rcn.com](mailto:dbluebirds@rcn.com).

From April 26-29, 2011, Allison F. Winters, MA, MS, BC-DMT, LCAT, presented an exhibit at the Navy & Marine Corps Combat and Operations Stress Control Conference: The Critical Role of Junior Leaders in San Diego, CA. The exhibit was titled Healing, Education, and Support: Expressive Therapies at SARP (Substance Abuse Rehabilitation Program). Ms. Winters and her co-worker, Fay Meitz, CTRS, created a display that gave people a glimpse into the kinds of therapies and activities that are offered to patients in their program, a residential substance abuse rehabilitation treatment facility for active duty military. Ms. Winter's portion of the display focused on the creative arts therapies, displaying patient artwork and patient testimonials.



Here is a sample of some of the testimonials:

*"At first I was embarrassed dancing with a group of men. I wanted to laugh. We're not used to this kind of thing."*

*"It is a nice stretch; makes me feel one with myself; it frees my mind and lets my spirit dig deep into my issues and get a new perspective".*

*"Incorporating yoga and creative arts therapy into my life has been a stress relief and brought back awesome childhood memories. I look forward to incorporating it into my family's life."*

### Web Presence

#### **Profiles of DMTs**

Want to be inspired? Read about Ellen Searle LeBel by clicking on Become a Dance Therapist on the Menu Bar, and then Profiles of Dance/Movement Therapists. When someone asks you what a DMT does, you can send them to the Profiles page at <http://www.adta.org/Default.aspx?pageId=929435>. Thanks to Ande Welling for interviewing and writing up these profiles.

#### **DMT Video Loop**

Lora Wilson Mau, Shawna Solvig, and I are continuing to work on creating a video loop which will be a brief introduction to DMT for PR purposes.

### Informational Materials

Doing a workshop or presentation? Don't forget to print out our beautiful revised brochures and other information sheets which can be downloaded and printed at <http://www.adta.org/Resources/Documents/ADTA%20brochure%20final%20updated%2009%2010%2015.pdf>. There are more in the works.

### In-the-Works

**LinkedIn:** Thanks to Brigitta White for her help in getting us LinkedIn!

**ADTA Blog** is also on the way!

### Opportunities

Conscious Dancer has invited us to submit a personal results article for their Fall edition. The results section profiles a modality and a person that has had transformational results with that modality. The rough draft due date for the Fall issue is June 20th. Word count for the article is about 500. If you are interested in writing such an article, please contact Donna.

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**Want to help with PR? The more person-power we have, the more we can accomplish!**

## Do you have a website or blog dedicated to dance/movement therapy?

If so, the ADTA is happy to consider including your link on our website! Links will be posted in the Resources section, under Related Links. If you wish to be referenced on the ADTA website, please send an e-mail to [info@adta.org](mailto:info@adta.org) with your information and web address. This is a *Member Service* and available only to active ADTA members.

## Treasurer's Report: The Dance of Mutuality

Christine Hopkins MA, BC-DMT, NCC

A cha-cha here, a waltz there, a jig, a samba, a pirouette, a ball-and-chain, a pleading, an overcurve or undercurve, a mambo, a mudra, and all the hundreds - even thousands - of dance forms from all over the world, past and present, express relationships. The dancer with the inner experience and physicality of the dance, the dancer and spirituality, the dancer and the community, dancers with each other, and the dance and its healing processes. What do all these dances of mutuality and relationships have to do with this Treasurer's Report?

Plenty, as in abundance, as in give and take, sharing, exchanging, the flow of relationships between ADTA, its leadership

on the Board of Directors, the National Office, the Chapters and their leaders and members, and the membership community as a whole. Our dances of mutuality include support, information, networking, finances, opportunities, teaching and learning, publicity, diversity, power and empowerment, hierarchy and grass roots, seniority and fresh talent.

Now is membership renewal time. It's time to energize the ADTA with your participation by re-joining, paying your dues, keeping your credential current, thinking ahead about attending the conference, adding a donation to keep the ADTA on a solid financial footing. In turn, throughout the year ahead, the ADTA will be there for you, locally in the

Chapters, regionally through your Member-At-Large representative and nationally through the ADTA's promotion, support, and sustainment of the dance/movement therapy profession.



This year add a little sizz-boom-bah to your dues by making a donation--small or large or whatever. Give yourself the gift of energizing the ADTA with a little extra this year.

Wishing all of you career success and much abundance in the new membership year ahead!

## Committee on Approval

Nancy Beardall PhD, BC-DMT, CMA, LMHC, Approval Chair



The Committee on Approval met at Pratt in NYC on March 5th. All members were in attendance and we spent a busy and productive day on the Annual Reports and Self Study Report. Every

six years, based on a rotating basis, the approved programs must submit a Self Study to the Approval Committee for review. This is a labor-intensive task where each school reviews the ADTA Standards and reports on how each program meets the criteria. I share this because I want ADTA members to be informed about this process. In addition, each school submits an Annual Report to the Committee. Ellen Shelly Hill, Eri Millrod,

Wendy Allen, Joan Wittig, Jessica Young, Claire LeMessurier, Jesse Geller and I make up the Committee. Our next meeting will take place in Minneapolis at the ADTA National Conference on October 21 from 5:15-6:45 pm. We will be welcoming Anne Margrethe Melsom, who will be taking Ellen's place and representing Drexel.

The Subcommittee for Approval of Alternate Route Courses is a subcommittee of the ADTA Committee on Approval. The subcommittee approves courses offered for the R-DMT Alternate Route credential according to published guidelines. In the past course approval was voluntary. Instructors and students are advised that any course enrolled in as of March 15, 2013,

must be ADTA approved. Courses enrolled in prior to 2013 will be accepted by the DMTCB under the current application guidelines for Alternate Route R-DMT.

The Application for Course Approval, Guidelines for BC-DMTs Teaching Courses to Alternate Route Students, and Standards for Review and Approval of Alternate Route Courses can be found on the ADTA website.

A heartfelt thank you to Ellen Schelly-Hill for assuming the interim chair role of the Subcommittee for Approval of Alternate Route Courses. She will be stepping down in October.

## From the Secretary

Stacey Hurst MA, BC-DMT



**Webinars for Students**  
Attention all student members!!!

Do you want to learn how to land a job after graduation???? Check this out...

You are invited to join the Student Membership Committee (SMC) for a special event...

The SMC has already hosted two **FREE webinars** for students to learn how to transition into the workforce.

Special guest speakers included:

*Stacey Hardesty*, MA, LPC, BC-DMT, ACS, is a graduate of the DMT program at Naropa. Stacey provides supervision to internship

students and graduates, with a focus on working with children.

*Avani Dilger*, MEd, MA, LPC, BC-DMT, CACIII is a graduate of and teacher in the DMT track at Naropa. Avani provides supervision for R-DMTs and graduates working towards their LPC and CAC and with Motivational Interviewing. Avani works in the fields of substance abuse and addiction counseling for teens, adults, and families as well as somatic psychotherapy for trauma, depression, grief and loss.

Don't miss the third and final **FREE webinar** to be held on:

**Sunday, June 26<sup>th</sup>**  
**5:00 – 6:00 pm PST**  
**7:00 – 8:00 pm CST**  
**8:00 – 9:00 pm EST**

**Register by:** Wednesday, June 22<sup>nd</sup>

Special guest speaker:

**Emma Barton**, MA, R-DMT, E-RYT500 is a former student representative of Columbia College. Emma currently provides psychotherapy, dance/movement and yoga therapy for a methadone treatment program in Boston. Additional experiences include work with individuals experiencing severe mental illness (SMI), adults with brain injury, and therapeutic treatment for the elderly.

To reserve your spot and receive more information, please register at [info@adta.org](mailto:info@adta.org) by Wednesday, June 22<sup>nd</sup>.

Space is limited, so use your quick time and direct space to ground yourself and join this amazing offering!!!



## Multicultural and Diversity Committee News

Angela Tatum Fairfax & Meg Chang

This is a momentous report from the newest committee of the ADTA Board of Directors, the Multicultural and Diversity Committee (MDC). Thanks to all members who voted in favor of making this ad hoc committee an official and full voting committee of the directing and governing Board of our organization. Considering that the ad hoc committee was founded only three years ago, we can take pride in our contributions and recognize that the vote was favored by an overwhelming majority of the membership. The members of the ADTA have once again stepped-up and moved skillfully to promote multicultural sensitivity and competence in many aspects of our work.

Although the MDC has been a working group for three years, the topic of multiculturalism and diversity has been buzzing in the ADTA since 2000. During the 2000 Annual Conference in Seattle, the first pre-conference intensive referencing multicultural issues were provided by Meg

Chang entitled, "Multicultural Difference in Dance/Movement Therapy." Then there was the Austin Conference in 2008 "Dance/Movement Therapy for a Diverse Society: Evidence and Ideas" that was the first to focus on diversity and multicultural issues as a conference theme. In the three short years of our existence we have managed to bring diversity and multicultural issues to the forefront by 1) providing an informational/educational packet of relevant articles, books, and movie resources; 2) gathering and summarizing interview data of diverse student and professional ADTA members; 3) creating and providing an annual conference scholarship; 4) increasing committee membership; and 5) developing multicultural affinity groups, just to name a few accomplishments.

We are excited that the Board of Directors and ADTA members recognize the value and importance of embracing our multi-faceted selves and sharing on a cultural, ethnic, sexual affectual, spiritual, racial,

socioeconomic, and generational level. The MDC will continue to be an active presence at the ADTA Annual Conference and to advocate for recruiting diverse new dance/movement therapists to the profession, improving multicultural competencies in clinical practice, lowering financial barriers to DMT graduate training for diverse students, and increasing multicultural representation in ADTA and Chapter leadership.

Standing committee status has its privileges, one of which is a voting chairperson on the Board of Directors. As such, Angela Tatum Fairfax has been nominated by the committee to represent the MDC on the Board. Congratulations Angela!!!

Remember to pose questions or post comments on the ADTA Website Multicultural and Diversity Forum or read updates from the committee. Thanks again for your support!

### Dance Therapy Courses 10 Day Experiential Intensive Courses

Approved by the ADTA as an Alternate Route to R-DMT Certification.  
4 Credits or 60 Contact Hours.

Located in the Hampton's Beach Resort Area - 2 hours east of NYC

Attend one or both:

June 6 - 17, 2011

December 27, 2011 - January 6, 2012

- Established experiential training in dance/movement therapy since 1972.
- Open to practicing and student dance therapists, mental health providers, graduate and undergraduate students in related fields, and others interested in non-verbal communications.
- Known for small classes which allows for both group and individualized instruction.
- Learn dance therapy theory and skills, group process in dance therapy, and movement analysis.
- Participate in clinical field work.
- Authorized certificate will be issued on completion of the course.

Tuition: \$975 per two week program.

Housing: Hampton's Bed and Breakfast available at additional cost.

Contact:

Linni Deihl, BC DMT

P.O. Box 743

Quogue, New York 11959

(631) 653-8750

[LinniADTR@aol.com](mailto:LinniADTR@aol.com)

## Members-At-Large Report

Western: Margaret Migliorati MA, R-DMT, LPC, NCC; Eastern: Adina Rosenberg MCAT, BC-DMT, LPC, NCC; Central: Jenna Heise MA, BC-DMT, NCC



When you think Spring, do you think "Spring Cleaning Time?" Well, the MALs did some "Spring Cleaning" and worked on easing some chapter clutter. First, each



chapter now receives a group email list of their chapter members from the national office. No more formal paper mailing, which resulted in a lot of work to recreate on-line. This email format should be more useful since email communication is the primary form of communication for mostly all of the chapters.



To keep things neat and tidy, the MALs identified those chapters that are incorporated or have tax-exempt status. Chapter boards will soon be able to access a new financial document on-line that will help them with incorporation or obtaining tax-exempt status.

The connection with Canada continues, as the MALs will hopefully host a conference phone call sometime this summer. The Canadian communication through email excites us, but the MALs believe that supporting the Canadian members through a phone chat will enhance the development of planning initiatives and is a more efficient means of decision-making. This next small step to help Canadian members share in a "real-time" dialogue through technology is a

MAL initiative that we hope can become a model for others.

The MALs would like to facilitate conference calling with chapter leaders this summer or early fall and a list of topics to help structure the call are requested from the chapter boards. We also feel that statewide conference calls for members may be useful. If this is interesting to you, send an email to your MAL.

Lastly, Spring Cleaning is a time for organizing – if you have any goals for your chapter for the upcoming year, your MAL would like to hear about it. If we know what your top three challenges are and the goals identified for your chapter, we may be able to assist you in meeting those goals.

## Chapter Reports

### Illinois Chapter

Laura Allen BC-DMT, President of Illinois Chapter



The Illinois chapter would like to introduce its new board for the 2011-2012 term. Elections were held in December 2010.

President: Laura Allen  
Vice President: Charla Weatherby Trinidad  
Secretary: Shawna Solsvig  
Treasurer: Kim Rothwell

We would also like to introduce a new position and the woman asked to fill it. We now have a Communications/Technology Chairperson and Megan Ross is offering her wisdom in this area to help propel our chapter forward! The mission of this board position includes finding ways to better utilize technology in order to enhance our ability to connect and reconnect our members.

### New Jersey Chapter

Tina Erfer BC-DMT, LCAT, President of NJADTA

The New Jersey Chapter is growing and moving forward in new directions. Since the fall, we have felt a new excitement, as we have offered interesting and enjoyable workshops that have been well attended. In an effort to reach as many members and "friends" of the chapter as possible, we will continue to alternate the locations of our workshops between the northern and southern areas of the state. We have affiliated with Dance New Jersey, an organization that connects dance studios, dance educators, and dance students in New Jersey. Dance/Movement Therapy is becoming part of this "family"! We will have a DMT Resource Table at their one-day conference on August 1<sup>st</sup>, and I will be giving a two-hour workshop on dance/movement therapy there, as well. A link with Montclair State University has also been established. We held a chapter workshop there, and I have given an introductory workshop to their undergraduate dance students on DMT. We look forward to continuing this collaboration.

The Mission of the NJ Chapter is inclusive, expansive, and forward-reaching. We strive to reach out to all dance/movement therapists here, and in our neighboring states. We are also reaching out to our friends – in the worlds of Nia, the other Creative Arts Therapies, and other related professions. We have much to share, and much to learn from each other.

In addition to supporting our members, the chapter strives to educate the public about the benefits of dance/movement therapy. Our goals include increasing public relations opportunities and efforts.

We have a Facebook Group - NJ ADTA. Check it out!

The chapter has created a second issue of the NJADTA Newsletter and it is getting better and better. Thank you to the co-editors, Anat Ziv and Laurie Ludmer. A website is in the beginning stages. We are on the move!

On May 15, the NJ chapter hosted a Spring Celebration Event at the Princeton Dance and Theater Studio. There was a workshop on Cooperative Games, given by Adina Rosenberg (who is on the National ADTA Board of Directors as the Eastern Region Member-at-Large) and a Dancing & Drumming from the Heart workshop, given by the group Marafanyi. A delicious lunch was included as part of the day.



As a chapter, we are looking forward. We are seeking the best ways to meet the needs of our members and to have their voices heard. The Chapter Board is asking the members, "What would keep the long-time members and 'senior' DMTs interested and active in the chapter? What do the newer DMTs want? What would support you? We seek to know what interests you, what excites you. What are your questions, comments, celebrations, and challenges?" Everyone is invited to contribute to our

## Chapter Reports Continued...

### New Jersey Chapter

newsletter, post something on our Facebook Group, and send us an email ([njadta@live.com](mailto:njadta@live.com)). Our workshops and meetings are educational, rejuvenating, inspiring, and excellent opportunities for networking.

As we come to the end of the first year for the current Chapter Board, we are examining our successes and evaluating what we need to improve or change. Thank you to all the Board members who have worked so hard this year (Helena Berardinelli, Joan

Berkowitz, Margaret Clarke, Naomi Arad Broome, and Anat Ziv). Our goal is to create an organization that is strong, nurturing, vibrant, and meaningful for all.

### California Chapter

Lora Wilson Mau BC-DMT, Communications Chair



Continuing the mission of growing our statewide community, the chapter hosted a one day continuing education mini conference on May 1<sup>st</sup> in Northern California at Anna Halprin's historic mountain studio. Coinciding with National Dance Week and May Day, the workshop was very well attended. In addition to drawing both current and past chapter members, the conference also drew a great many graduate students from Expressive Arts and Somatics programs and even a number of women from allied professions who simply wanted to learn more about the field of dance/movement therapy.

Ilene Serlin, PhD, BC-DMT, presented in the morning on *Post Traumatic Growth and Dance Therapy*, interweaving experiential work with a wonderful PowerPoint presentation that shared the history and progression of our field and also highlighted her powerful work in Israel.

After a catered lunch, the afternoon session was co-lead by Chapter President, Marybeth Weinstock, PhD, BC-DMT and Taira Restar, MA. Their workshop, *Creative Transition*, interwove findings from Marybeth's dissertation, "Women Dancers in Midlife: Coping with the Transition" with Taira's work

as an arts educator and Tamalpa Institute instructor. It incorporated wonderful experiential work including breath, somatic movement, improvisational dance, drawing, writing, ritual, and play as a means to explore, converse, and celebrate the passage of a women's body into and through midlife.

Those in attendance raved about the quality of both workshops and an ongoing consultation group is being designed for those interested in focusing on the use of arts to work with trauma. If you are interested in joining this consultation group, contact Dr. Ilene Serlin directly at [serlin@ileneserlin.com](mailto:serlin@ileneserlin.com).

The Chapter is evolving its web presence; the chapter website [www.californiadmt.org](http://www.californiadmt.org) will be up and running in early summer and there is a new and improved Facebook presence for the Chapter. All chapter members are encouraged to "like" the "California Chapter of the American Dance Therapy Association" to get updates from the Chapter in their personal newsfeeds. The Yahoo group ([sccadta@yahoogroups.com](mailto:sccadta@yahoogroups.com)) is still the email service that the membership uses to send messages back and forth but all are encouraged to also affiliate with the Facebook page as that is the most efficient way to pass along info.

The Chapter is planning on becoming a BBS approved provider of continuing education and is in the process of applying for this status with the Board of Behavioral Sciences. Once approved, attendance at Chapter workshops will provide CEs for DMTs, NCCs, LCSWs, and LMFTs. Such provision will better serve members who hold dual degrees or licenses and our colleagues from allied fields who wish to learn from our body of knowledge.

In the realm of licensure, the best up-to-date information can be obtained from the CALPCC website. All BC-DMTs interested in grandfathering for the LPCC or applying in the near future should consult the [www.calpcc.org](http://www.calpcc.org) website frequently. Also note that message updates from the CALPCC soon will ONLY be going to CALPCC members. DMTs are encouraged to join this organization to make sure that the interests of our profession remain visible, audible, and protected.

It has been a wonderful year in the dance/movement therapy community in California and we look forward to the next year under the continued leadership of many of the same board members, including our lovely President, Marybeth Weinstock. We hope to see you at the next Chapter event some time in the fall!

### Marian Chace Foundation

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

The trustees were pleased to have received several grant proposals and all were from dance/movement therapists. While we could not fund all of them at this time, please remember that it is possible to re-apply in the future. Funds are limited by our budget, and at times, a proposal might need to be re-thought for clarity and the ability to complete. We thank all who did apply and know it is our desire to support your ideas and passion.

At this time, we are thinking ahead to the conference in October. We look forward to seeing all of you at the 22<sup>nd</sup> Marian Chace Lecture which will be given by Miriam Roskin Berger. Stop and chat at our table in the



vendors' hall as we always appreciate hearing your ideas.

This is the fifth year in the cycle for

collecting the thesis and dissertation abstracts. The new collection will cover the years 2007-2011. The purpose of such collections is to have information about what has been researched in order to build upon that knowledge and add to the depth of our profession. If you have written a thesis or dissertation that is dance/movement therapy related but not part of a recognized dance/movement therapy program, be sure to send the information to [SharonChaiklin@comcast.net](mailto:SharonChaiklin@comcast.net) so that it might be included in the collection. Recognized programs will send information in the fall for their graduates.

While we are always deeply appreciative of



## Marian Chace Foundation Continued...

those who have donated funds to make possible the work of the Foundation, we want to highlight the Gettysburg College Dance Ensemble in Gettysburg, Pennsylvania, who for the last two years raised almost \$6,000 at four separate

performances. The Dance Ensemble is purely student led as there is no dance program at the school. The Foundation was chosen by them and continues to receive their attention. We thank them from our hearts. We are equally grateful to the

following who support the mission of dance/movement therapy research, education and scholarship through their donations.

## Marian Chace Foundation Donations

Received March 1, 2011 – May, 31 2011

### **Friends** (up to \$36)

Robyn Cruz  
Stacey Hurst  
Margaret Miglionali  
Adina Rosenberg  
Laurel Thompson

### **Partner** (\$100 – \$499)

Nancy Beardall  
Tamara Bredemus  
*"For Global Site Performance projects"*  
Penny Lewis Estate  
Sabine Koch  
*"For Shawn Convey's film"*

### **Patron** (\$500 - \$999)

Lenore Hervey  
*"In memory of my mother, Maryon Hill.  
Thank you for giving me permission to follow  
my passion."*

### **Chace Circle** (\$1,000 & up)

Onan Family Foundation  
*"For Global Site Performance projects"*  
Gettysburg College Dance Ensemble  
JoAnne VonBlon  
*"For Global Site Performance projects"*

## American Journal of Dance Therapy

### A Call for Eye Openers from Deep Body Thinkers!

Co-Editors: Beate Becker LCAT, LP, LMHC, BC-DMT, CMA & Patrizia Pallaro LCMFT, BC-DMT

**The American Journal of Dance Therapy**, *your journal*, is looking for cutting edge material that is **burning** a hole in your pocket but could be **cool** shared with your colleagues.

Here are just a few ideas for journal articles:



1. Do you have **new research** that advances and validates our work?
2. Are you a **dually trained** DMT (such as another creative arts therapy, a body psychotherapy, social work, etc.)? If so, how do these disciplines **interface** in your clinical practice?
3. In your work, how do you use **metaphor** (especially movement metaphor) as the **agent of change**?
4. What forms of **movement assessment** do you use and how do they influence your work and/or the work of allied professionals?
5. Present us with new approaches, methods, and goals that demonstrate the role of **dance in DMT** as the **creative container**, the provider of **vitality, agency, and integration**.
6. Speak to us now about **neuroscience and the body** in the relational dance of therapy.

If you would like to submit your articles for further review or if you have questions, please contact Beate or Patrizia.  
E-mail Beate at [beatebecker@optonline.net](mailto:beatebecker@optonline.net) or Patrizia at [movingtheself@verizon.net](mailto:movingtheself@verizon.net).



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**Sherry Goodill**, Ph.D, BC-DMT, NCC, LPC, Chair, Department of Creative Arts Therapies

For more information, please contact:

Mr. **George Urgo** at 215-762 6921 or [gdu23@drexel.edu](mailto:gdu23@drexel.edu)

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**facebook**

# DMTCB

Dance/Movement Therapy Certification Board

The DMTCB met in Chicago at the end of April to review BC-DMT and R-DMT Alternate Route applicants. Here, some of the board members take a break from their vigorous work! From left: Lenya Treewater, Susan Kierr, Laura Allen, Julie Miller and Linda Aaron-Cort. Board members not pictured: Susan Saenger and Linni Deihl.



## Congratulations to Those Attaining Their DMT Credentials!

### R-DMTs

From March 1, 2011 – May 31, 2011

Jessica Abouganem  
Brie Anderson-Feldman  
Laurel Crawford  
Kimberly DeAngelis  
Jennifer Edwards  
Virginia D. Hill  
Akiko Kaji  
Britta Koetting  
Frederico Lapa  
Isabel Martinez Mulcahy  
Cara Megan Sharples  
Sandra Sneiderman

### BC-DMTs

Erin Anderson  
Amy Nicole Borskey  
Elizabeth Ann Cause  
Laura Michelle Downey  
Courtney R. Follweiler  
Shannon Gauthier  
Autumn Gillmore  
Kyla Gilmore  
Vera H. Ginsburg  
Erica Hornthal  
Camilla Dawn Kottman  
Ingrid Jennifer Lacey  
Sofi H. Matz

Lora Wilson Mau  
Amanda Mihalko  
Akiko Nishida  
Megan Powell  
Laura Raffa  
C. Vonie Stillson  
Tammy S. Sullivan  
Jana Spinarova Dusbabkova

## FY 2011 Appropriations Set...FY 2012 Looks Worse!

Submitted by Myrna Mandlawitz, ADTA Legislative Consultant

Congress finally concluded work on the appropriations (spending) bill for federal Fiscal Year 2011 (FY 2011) seven months after the year began. The mood in Washington, as we hear on the nightly news, is deficit reduction and eliminating waste in the federal budget. To that end, Congress looked closely at trimming as much spending as possible, with funding for many programs frozen or reduced and an additional across-the-board cut to all federal programs of 0.2 percent. The House of Representatives previously passed a bill (H.R. 1) that would have imposed draconian cuts on all areas of the federal budget, including the elimination of many programs. Fortunately Congress tempered the final package. That said, the final FY 2011 appropriations bill (Public Law 112-10) still reduces federal spending by **\$38.5 billion** below the previous year.

### *Fiscal Year 2012*

The process has begun to set funding levels for FY 2012, which begins on October 1, 2011. The first step is the development of a Budget Resolution in the House and Senate. A budget resolution is a non-binding bill that states congressional spending priorities for

the next fiscal year. The one binding provision is the bottom-line amount (known as the "302(a)" allocation) that is given to the Appropriations Committees and then divided among the 12 appropriations subcommittees to establish funding for all federal agencies. The House and Senate can set different 302(a) amounts, which further complicates matters.

The House has already passed its budget resolution, which cuts federal spending by \$4.5 trillion over 10 years from federal programs. Almost two-thirds of those cuts, about \$2.9 trillion, would be made in low-income programs. For example, Medicaid, which currently serves 58 million low-income individuals – including the elderly, persons with disabilities, children, and pregnant women – would become a block grant and be cut by more than 20 percent. The legislation would also turn the food stamp program into a block grant with limited funding.

The Senate just voted to reject the House Budget Resolution. All Democrats and five Republicans [Brown (MA), Collins (ME), Murkowski (AK), Paul (KY) and Snowe (ME)]

voted "no". Senate Budget Committee Chairman Conrad (D-ND) has announced his committee will not take up a budget resolution now, since there are backroom negotiations underway to reach a bipartisan agreement. If an agreement is achieved, it would become the basis for the Senate budget resolution. However, until there is a deal, there is no Senate 302(a) allocation and thus Senate Appropriations subcommittees are unlikely to move forward to set spending for the federal programs under their jurisdictions.

### *Prognostications*

Once again this budget and appropriations process is fraught with bipartisan and intra-party wranglings. This doesn't bode well for Congress to finish its work on appropriations by the beginning of FY 2012. Once again, partisan politics overtakes sensible governing.

ADTA will keep you updated on funding for specific programs, as any information becomes available.



## From the Professional DMT Community Calling All Dance/Movement Therapists: Uncle Sam Needs YOU!

Submitted by Allison F. Winters MA, MS, BC-DMT, LCAT

It is a difficult job market out there right now. One place that dance/movement therapists might want to think about looking for work is the federal government. The Department of Defense (DOD), and especially Veterans Affairs (VA), posts job openings for creative arts therapists on a regular basis. The government may not have been on your radar as a place to search for employment but think again. There is great opportunity and potential in working as a creative arts therapist for the government. The recent rise in mental health needs for veterans and active duty military has opened many doors.

Recently, a federal appeals court in San Francisco ordered the Department of Veterans Affairs to "dramatically overhaul its mental health care system" (Associated Press, May 10, 2011). An average of 18 veterans a day commits suicide. The 9th U.S. Circuit Court of Appeals said it takes the Department of Veterans Affairs an average of four years to fully provide the mental health benefits owed veterans. The court also said it often takes weeks for a suicidal vet to get a first appointment.

The VA and the DOD are flooded with cases of post-traumatic stress disorder (PTSD),

adjustment disorder, substance use disorders, and traumatic brain injury, treatment of which are going to require the hiring of more mental health professionals.



Both the VA and the DOD are currently making shifts to better meet the mental health needs of veterans and active duty military.

The VA is promoting the use of evidence-based psychotherapies and is training and re-training providers across the entire VA system to secure more consistent care for

veterans. The DOD, particularly the Navy and the Marine Corps, is focusing on the use of somatic techniques such as meditation, yoga, and recreation therapy to help military personnel cope with combat and operational stress. The creative arts therapies are still very new to the DOD but are beginning to gain some attention as well.

In short, now is a very exciting time for dance/movement therapists to be working for the federal government. The need is there. I highly encourage dance/movement therapists to apply for VA and DOD jobs.

The best way to search for job openings is through [www.usajobs.gov](http://www.usajobs.gov) and [www.federalgovernmentjobs.us](http://www.federalgovernmentjobs.us). Search for job titles "recreation therapist," "creative arts therapist," or "readjustment counseling therapist". There are many job openings across the country and around the world.

If you have any questions, feel free to contact me at [afwinters@msn.com](mailto:afwinters@msn.com). I am happy to offer guidance and assistance. I hope to see YOU soon!

## More than Aesthetics: Transformational Aspects of Dance

Submitted by Angela Tatum Fairfax PhD, LPC, BC-DMT, NCC

Every May I co-host a three day conference with my liturgical dance ministry team. This year our theme was "Transformed", and we presented a choreodrama (dramatic production through dance) referencing how one can become enlightened and transformed by the power of God amidst various life circumstances. Being a licensed Minister of Dance, I am well aware of the power of spiritual/sacred dance to heal, release, restore, and transform one's spiritual state of brokenness into a state of euphoric and divine connectivity with God.

After the conference I began to think about how this relates to dance/movement therapy. Although spirituality is not mentioned in the ADTA definition of dance/movement therapy, there is a clear connection. As the definition states, as dance/movement therapists, we use movement as the psychotherapeutic basis to promote emotional, cognitive, physical, and social integration of individuals. However, in my experience of working with patients in a

behavioral health setting, the most common reflective description of my group work has been, "it was spiritual."

I often describe myself as a spiritual healer and transformational motivator and I bring these qualities into every encounter that I have with other individuals. Dance/movement therapy work included! Isn't it our charge and desire to see our clients transformed from their current state of distress into a more optimal level of health? Shouldn't we promote and expect lasting change (transformation) when providing dance/movement therapy techniques and interventions?

Let us consider a foundational technique in dance/movement therapy practice known as "mirroring". The empathic reflection of "mirroring" communicates, "I acknowledge you, I am here with you, and I want to understand (embody) your experience." While mirroring is a shared experience, I often use it as an opportunity to increase awareness mentally, emotionally, physically,

and of course spiritually, transforming the person's frame of reference to expand his/her repertoire of coping skills. As therapists/clinicians, we may not always see the transformation in its totality but delight in the fact that the seeds were planted and the germination (transformation) process begun!



I believe that we as dance/movement therapists use dance to truly transform the lives of those we are entrusted to serve. Be transformational in your approach to the work and enjoy the fruits of your labor!

## From the Professional DMT Community Continued...

### "If you would only listen, you might hear what I'm saying"

Submitted by Joetta Cherry Caldwell MS, LCAT, LMHCR

Recently retired from Bronx Psychiatric Center 1987-2010; Assistant Coordinator, Ginsburg Outpatient Clinic 2004-2009

Having recently retired, I began to contemplate what I believe to be the most salient and rewarding moments of my almost 24 years of service. I can say without hesitation that the last five years were the most memorable and enriching. Why do I say this? Mainly because it was during this period that I began to understand more fully and thus put into practice the essence of what Dr. Carl Rogers postulated in his "Client-Centered Theory" about having "unconditional positive regard" and why this is necessary in order for the client to obtain "self-actualization." Dr. Rogers stated that "human growth requires the experience of being valued for oneself regardless of the degree to which specific behaviors are approved or disapproved." He emphasized having genuineness (e.g., "the therapist needs to be aware of and willing to express various feelings and attitudes which exist in one's self, "to be REAL.") He spoke of Acceptance, Empathy, and Unconditional positive regard, which are essential on the part of the therapist if the client is to become "self-actualized." I am totally aware that we as dance/movement therapists are trained in this light. Most certainly, we are expected to be non-judgmental at all cost. Like all of you, I've read and studied Carl Rogers's philosophy but up until a few years ago, for me, it was more theoretical.

I believe that I can safely say that clinical staff often tell the client what he or she

needs instead of listening and seriously considering what s/he says s/he needs --- albeit at times, seemingly unrealistic. I recall, and this was later told to me by the Social Worker, when asked, "Which of your groups do you most enjoy?" that one client answered "Dance Therapy, they don't criticize me and I feel like I can express myself without feeling ashamed." I take this pronouncement a step further by saying that we as dance/ movement therapists value and validate the people we work with by establishing an affinity that brings us closer and belies the notion that their feelings are unimportant. We acknowledge that they too have dreams and aspirations, not unlike our own.

I've often heard clients say, "I can't talk to my doctor and say what I truly feel because I am afraid that he will increase my medication. She never takes the time to listen to me. So I just keep it inside." As a Dance/Movement Therapist and Rehabilitation Counselor, I had the unique advantage of working with clients on multiple levels --- in groups and individually -- verbally and non-verbally --- allowing and encouraging them to express themselves in word as well as dance --- convincing them that I truly cared and was listening. This was no small feat, but as my Dance/Movement Therapy Interns will attest, the groups were often left with "standing room only".

Every three months I compiled a questionnaire asking clients "what do you really want in life, what is needed to fulfill 'you' at this given moment?" Invariably the answers came back the same. Heading the list was "I want my doctor to let me talk, to listen, and hear what I have to say."

The clients speak more clearly about their lives than any one of us can. And even though we can't always heal them, at least we can hear them by empowering them to express themselves, verbally and non-verbally. As was once stated, "How do I know what I mean, until I hear what I say?" Our clients are screaming merely to be heard and are crying to have us listen.

On the last day before my retirement, after the session was over, one of the women handed me a piece of paper on which she had written a piece of prose about her troubled past. "I've been holding this in for a very long time. I want you to have this," she said, "because you gave me the strength and confidence to express myself." Seeing that I was about to protest, she drew closer saying, "No! Please take it. You encouraged me to talk when I needed to talk. And when I did, I felt that you were really listening and now I feel I can speak-up for myself and maybe, just maybe, someone else will be listening too."

## Other Happenings and Events

### Submitted by Linni Deihl BC-DMT, MEd

Linni Deihl's "DanceAbility" program is being filmed for a Survivors Art Foundation documentary. Linni facilitates ballet classes for special needs children in East Patchogue, Long Island. Each child has a high school dancer from the studio shadowing. These Saturday classes have been so meaningful for the parents of these children, the high school teenagers, and of course Linni. The classes will be part of the dance recital in June. The 5 - 12 class includes a 10 year old autistic boy, an 8 year old girl with Down's Syndrome, a 7 year old girl with epilepsy and ADHD, and a 12 year old girl with encephalitis - who needs to be flushed every 10 minutes, but is beginning to last longer. The children all love to dance and are passionate about these classes. Imagine Pre-K and K children in braces and in

wheelchairs wearing leotards, pink tights and ballet shoes, feeling so beautiful about themselves and their dancing! Imagine their parents taking them to dance class like all the other kids at the studio, Stage Door.

### Submitted by Kirsten Peterson BC-DMT

Kirsten Peterson, BC-DMT of Portland, Oregon, is co-choreographing the Portland contribution to *Global Water Dances*, a world-wide site specific performance occurring on June 25th at 5:00 pm. Section III is based on a universal story-line about water in its many forms and qualities. There are 10 "dancers" participating in this section of the project. Sections I, II and IV include audience participation and are more specific to the water issues of the Portland area (we have a lot of water!). Kirsten is working with two others, Tamara Gilbert and Bev Burke, in

conjunction with the 16th Annual Creative Dance Congress of the International Association for Creative Dance (IACD) being held in Portland the week preceding the performance. The IACD is based on the principles of individual and group dance improvisation as pioneered by Barbara Mettler.

We are excited to make this project happen and have been able to get the City of Portland on board, proclaiming the week **Creative Dance Week**. The Oregonian newspaper plans to run a piece about the Global Water Dances this week. For more information about both events, please refer to the websites:

[www.GlobalWaterDances.org](http://www.GlobalWaterDances.org)  
[www.dancecreative.org](http://www.dancecreative.org)

## Student Reflections

Submitted by Amy Capomacchio, ADTA Student Representative, Drexel University

I reflect with gratitude as I look back at the last two years of training and look toward becoming a professional in the field of dance/movement therapy. It is a common refrain that none of us really knew what we were getting ourselves into when we registered for that first semester of classes. The transformations, both personal and professional, that have occurred in the past two years are incredible. I know that I am still discovering new depths of what it means to be a dance/movement therapist. I am still evolving in my understanding of how and why the mechanisms of creativity and movement are healing and illuminating for our clients. However, I am ready for the challenge of becoming a professional and excited to be entering a field where continued exploration and growth are not only encouraged but are intrinsic in the work.

For me, the most surprising part of the training to be a dance/movement therapist is the inevitability of personal growth. It is impossible to do this work, even as a student, with 'one foot in and one foot out' with a healthy observing ego and not be personally changed by it. At times it has been disorienting and uncomfortable, at others, liberating and joyful. Having gone through this process, I now more fully understand what we ask our clients to do and I understand how much courage it takes to offer a movement to the group and see it reflected back to you.

Equally, the professional cannot be entirely separated from the personal. There has also been a tremendous amount of growth and change in my views on dance, movement, and therapy. Through explorations in movement, academic reading and writing, and field placements, the rigor of the

training has transformed me. I was a 'dancer, who thought too much,' I am becoming a dance/movement therapist who has just the right balance of embodied empathy and clinical understanding.

Maybe the biggest clue at just how changed I am is that I can no longer escape with a simple goodbye but am invested in a 'process of closure.' I am so grateful for all that my professors and fellow classmates have shared of themselves and their experience in the past two years. I acknowledge the sadness of leaving, the anxiety of loss of support and all the unknowns. Simultaneously, I feel the sense of accomplishment for having completed courses and the excitement of pursuing new opportunities. I look forward, with all these feelings, to continuing to explore and share and learn with both body and mind.

### 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.

Please send submissions to Amber at [info@adta.org](mailto:info@adta.org).

## A Special Thank You

ADTA wishes to thank the contributors who donated for the period March 1, 2011 through May 31, 2011.



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## From Around the Globe: International News

### From the Korean Society of Dance/Movement Psychotherapy

Submitted by Kyung Soon Ko BC-DMT, GLCMA



The Korean Society of Dance/Movement Psychotherapy (KSDMP) was established in January 2011 to provide education and

supervision to the practitioners of dance/movement therapy in Korea.

The current Chair of KSDMP is Nayung Kim. The Board of Directors includes Heeah Choi, Kyungsoon Ko, Sangmeong Lee, and Heekyung Nam who trained in the United States and achieved their BC-DMT, R-DMT, CMA, or GLCAMT. KSDMP currently has 60 members, consisting of dance/movement therapists, counselors, educators, and students.

KSDMP offers a wide variety of courses and monthly workshops including movement observation and analysis, current research

studies, and an introductory course on dance/movement psychotherapy. KSDMP is also proud to offer a 2-year authentic movement certification course taught by Joan Wittig from Pratt Institute.

KSDMP welcomes contributions from American Dance Therapy Association members to help promote the growth of dance/movement psychotherapy in Korea. Additional information on KSDMP can be found by visiting [www.ksdmp.org](http://www.ksdmp.org) or by contacting either Sangmeong Lee at [sangmeonglee@gmail.com](mailto:sangmeonglee@gmail.com) or Kyungsoon Ko at [kks\\_314@hotmail.com](mailto:kks_314@hotmail.com).

### Foundation Course on Dance/Movement Therapy in West Bengal, India

Submitted by Dr. Mitul Sengupta

Course Coordinator, Dance/Movement Therapy - Pradip Centre for Autism Management; Director, Rhythmosaic Dance Company

Having worked with a dreadful menace like Autism for the past 11 years, the members of **Pradip Center For Autism Management**, in association with the **Rhythmosaic Dance Company**, felt the need to implement alternative therapies, such as dance/movement therapy (DMT), in addition to therapies like Cognitive Therapy, Applied Behavior Analysis, TEACHH, PECs, etc.

DMT is a therapy that helps individuals to express themselves non-verbally, even with minimal changes in body shape, posture and gesture. So it would be beneficial to train a group of psychologists and professionals as dance/movement therapists to serve the community suffering from various physical and psychological ailments.

In India, options for learning a proper process of DMT are few. While there are some institutes and individuals trying to bring a change in the society by using DMT

as a tool to heal various problems like trafficking, AIDS, and abuse, there are very few or almost no institutions (per knowledge of the writer) trying to develop dance/movement therapists, which would be a great help for the populated society of India.

On this backdrop, the **Pradip Center For Autism Management**, in association with the **Rhythmosaic Dance Company**, established a "Fundamental Course In Dance/Movement Therapy," where the people in Kolkata and surrounding suburbs can get an idea about what DMT is, its processes, and how to become a dance/movement therapist in the future. So, the first venture is "A Certificate Course on the Foundation of Dance/Movement Therapy," which is six months long and started in September 2010. It has since ended with completion of the Theoretical Examination; the Practical Examination has yet to be completed.

After successful completion of the Certificate Course, each candidate has to go through an internship in different institutions and has to present his/her work using DMT on various psychological and physical problems and various populations (e.g., depression, autism, corrections, obesity, corporate sectors, stress management etc).

The Course is conducted by Dr. Mitul Sengupta, (Ph.D), a psychologist and a dance therapist along with Ronnie Shambik Ghose, a movement analyst, specializing in Laban Movement Analysis, Bartenieff Principles, Limon, Graham, Leigh Warren Method of Progression, Labanotation. The Certificate Course encompasses various topics such as DMT in Corporate Applications, Dealing with Psychological Problems and Dealing with Physical Problems.

### From Mexico

Submitted by Gloria Simcha Ruben BC-DMT

After thirty-one years of developing dance/movement therapy in Mexico, I announce with great pleasure the legal formation of the professional "Assn. Mexicana de Terapeutas de Danza y Movimiento de Gloria Simcha Ruben, AC." We are now a legal professional society in the Alternative Therapies in Mexico. We offer a Diplomato in DMT and a post-graduate program, "Specialty in DMT," at Instituto Integro, Guadalajara. Our 10th generation will soon graduate in March of 2012.



We just had our 7th Congress of DMT in Puerto Vallarta and had over one hundred people attend. The attendees were a mixture of graduates and students of DMT, alternative therapists, and interested individuals.

I will be returning to live in Medford, Oregon in March of 2012 and look forward to being in touch with dance/movement therapists in Oregon and Washington. I can be contacted through my email [gloriasimcha@gmail.com](mailto:gloriasimcha@gmail.com).

# Newsletter Submission Guidelines

**Don't forget the deadline for the September issue is August 31, 2011!**

In order to guarantee that each issue of the ADTA newsletter is published and posted for the membership in a timely matter, deadlines for all submissions will be strictly observed. There will be no exceptions! If late documents are received, they will be held for publication in the following issue. Please send submissions for the newsletter via e-mail to [info@adta.org](mailto:info@adta.org).

## Remember...

- Send submissions in a **Word document as an attachment**
- Do **NOT** send material in the body of the email
- The subject heading of the submission email should read **"ADTA Newsletter Submission"**
- Prior to submission, **check and recheck** material for spelling and grammatical errors, construction of sentences and paragraphs, content comprehension and overall flow, clarity and conciseness
- Include a **contact name and email** with each submission

### Newsletter **Deadlines:**

#### Submission Deadlines:

February 28, May 31, August 31, November 30

#### Publication Deadlines (on/before):

March 28, June 28, September 28, December 28

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| Quarter Page              | \$100                   | \$160                   | \$175                       | \$280                       |
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Advertising space is now available in our quarterly newsletter! Reach dance/movement therapists, other professionals, students, the international community, and more. Rates are provided above. **Save 20% when you advertise in 4 issues!** Single issue rates are available. Please contact us by e-mail at [info@adta.org](mailto:info@adta.org) or call 410-997-4040 with any questions.

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**Please send your comments and suggestions to [info@adta.org](mailto:info@adta.org)**