



Harkness Dance Center Alternate Route Class, Began Summer 2011



Susan Kleinman recognized by Sierra Tucson
Read more on page 15



Wellness Day at Glide Memorial Church
San Francisco, 4/11
Read about it on page 20

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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

Summer is officially over and now it is time for the ADTA's Annual Conference. We have a great variety of events planned with exceptional intensives, seminars, performances, lectures and more.

Reach out to the dance/movement therapy community and advertise in the ADTA Newsletter. View our sizes and rates on page 25. Members receive reduced rates.

We appreciate hearing from our members. Let us know how you like the ADTA Newsletter.

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 with your information and web address. *This is a *Member Service* and is available only to **active** ADTA members.

Enjoy all of the wonderful articles in this edition. We look forward to seeing you all the conference!

NEWSLETTER TEAM

Format & Design: Amber Grimm

Copy Editor: Mat Ottenberg Winer

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

Send in a submission for our next issue. Please review the ADTA Newsletter Submission Guidelines on page 25.

Congratulations to Lesley University!

Lesley University is the winner of our annual competition for the ADTA Approved Graduate Program with the highest percentage of student members.

Whitney Hoke, who will be representing Lesley at the 46th Annual Conference, received a complimentary conference attendance.



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President's Letter

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

Dear Colleagues,

It is exciting to think that we will soon be together in Minneapolis for the 46th Annual Conference of the ADTA. That this will be the 46th conference is awe-inspiring and gives occasion to contemplate how our profession has grown and matured. From the strong roots of our early years to the many new branches and budding leaves of the present day, the ADTA is an organic, reaching, living entity with each person integral to its shape and growth. I look forward to seeing you all in October when we celebrate -- with the sharing of ideas, dancing, and connecting -- the vitality of our shared work.

I am pleased to let you know that the Board of Directors of the ADTA has made two important appointments recently. The Eastern Region member of the 2012 Nominating Committee will be Michelle Gaudreau, R-DMT, who hails from Massachusetts and has held leadership roles in the New England Chapter. Also, there will be a transition in the editorship of the *American Journal of Dance Therapy*. Patrizia Pallaro, BC-DMT and Beate Becker, BC-DMT have been absolutely brilliant as the co-editors of the journal since 2008, and we are so grateful for their significant contribution to the field through their work. As of October, a new editorial team will begin: Susan Loman, BC-DMT and Christina Devereaux, BC-DMT. Congratulations and thank you to Susan and Christina!

Recently the ADTA has reached out and into a new inter-professional relationship. Along with other national Creative Art Therapy organizations, the ADTA is building collaboration with the Academic Consortium for

Complementary and Alternative Health Care (ACCAHC), a working group of national organizations and educational institutions that supports research in holistic complementary disciplines and advocates for member disciplines in legislative and public spheres. Dr. Marybeth Weinstock, BC-DMT, President of the California Chapter of the ADTA, generously and ably represented the ADTA at the June 2011 meeting of ACCAHC and began the dialogue and the connection between ADTA and the other disciplines involved in the consortium. We are excited about the opportunities this relationship will bring to ADTA members and will keep you informed as they manifest. The ADTA will be joining ACCAHC as an affiliate organization and there are plans for our participation in the 2012 International Research Conference sponsored by ACCAHC.



In closing, I invite you as always to consider if you would like to take part in any of a number of ongoing and planned projects happening in the ADTA. Dance/movement therapy is on the MOVE! So contact me, a member of the Board, or the National Office if you'd like to get involved. We especially need to hear from you if you are able and willing to represent ADTA at events in your geographical location. From time to time, there are opportunities to exhibit at various conferences and we frequently seek local DMTs who could help out at these events.

Wishing you well,
Sherry



It's almost here!

ADTA's 46th Annual Conference
October 20-23, 2011
Radisson Plaza Hotel
Minneapolis, Minnesota

It's not too late to register for the
ADTA's 46th Annual Conference.
Register online today!



From the Office

Gloria Farrow, BS, ADTA Operations Director

- **2011 ADTA Conference October 20-23, Minneapolis** – Stop by the ADTA registration table in Minneapolis!
- **ADTA website** – we are in the middle of reconstructing the website for better navigation and easier accessibility. Remember your **member login username** is your **email**; your password is known only by you. If you cannot remember your password, click on Forgot Password and follow the directions. We do not have password information in the ADTA National Office.
- **To renew your membership, credentials, and chapter membership online:**
 1. Go to 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 membership – so read to the bottom of each screen
- **Eblasts** - tailored content on important subjects, 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!
- Questions about **Continuing Education (CEs)** can be answered on the ADTA website at <http://www.adta.org/Default.aspx?pageId=416367>. CE hours are defined as actual clock hours of participation in an activity; one hour is equal to 1 CE.
- 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.
- Read the discussions/listings in the **FORUM** and find out the latest information on workshops, job openings, professional practices, advocacy, announcements, student information, and multicultural-diversity-international topics.
- Have you visited the **ADTA Online Store** to see the new merchandise?
- **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 advice about your situation.
- If you are planning to give a presentation in your area, make sure you are offering the latest **introductory brochure** and the **educational brochure**. Contact the ADTA Office to request brochures sent to you for distribution.
- **Liability Insurance** – Marsh Affinity 1-800-503-9230
- Amazon **SHOP AMAZON.COM and SUPPORT ADTA!!**
Go to www.adta.org and click on [Shop Amazon & Support ADTA](#). ADTA automatically receives a percentage of what you spend! Start shopping and share this information with all your friends and relatives.

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

All about Conference

2011 ADTA 46th Annual Conference in Minneapolis, Minnesota
October 20-23, 2011 at the Radisson Plaza Hotel
Collaborations: Different Identities, Mutual Paths



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).

Make an effort to attend this yearly gathering of your ADTA colleagues. 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. So many events are planned during the conference, and do take some extra time to explore Minneapolis!

Some highlights of the conference:

- Meet colleagues from NDEO, ADTA and the GUILD – Opening Movement Choir, Awards, and A Taste of Minnesota
- Regional Caucuses
- ADTA Business Breakfast with Recognition and Awards; Inauguration of newly elected Board of Director members
- 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
- New this year* – Authentic Movement all day drop in coordinated by Michael Gardos Reid and Paul Sevett
- Site-Specific Event Performance choreographed and led by Marylee Hardenbergh with a core group of performers from Minnesota and 40 ADTA & NDEO dancers.
- 2011 Marian Chace Foundation of the ADTA Lecturer Dr. Miriam Roskin Berger, presenting *The Improvisation of Order*
- Performance - Developing Cultural Competence in Dance/Movement Therapy Using Rhythm, Song, and Dance from the African Diaspora by Maria “Mara” Rivera & Erin Bryce Holmes, accompanied by drummer, Nicholas Laboy
- Special Interest Groups (SIGs)
- 17th ADTA International Panel – *Cultural Identity and Collaboration in Dance Therapy*
- Banquet and Dance; Presentation of Lifetime Achievement Award to Judith Bunney
- Performance - Varnam: Myriad of Hues of South Indian Classical Dance by Nalini Prakash & Vijay Palaparty
- 46th ADTA Conference will close with a Movement Choir, led by Tricia Capello and Tina Erfer, which will magically connect 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!

Gloria J. Farrow, BS
ADTA Operations Director
ADTA Conference Manager

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



Public Relations Committee

Dance Therapy in the News and Around the World

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

We may be few in number but our presence is far reaching. Read on and be inspired to tell your story. We are eager to hear about conferences where you've shared your expertise, the topics on which you've presented, and your presence as a DMT in the media.

Web Presence

Website

Jody Wager's interview for local TV show NBC Washington Non-Stop has aired and can be seen in the Video section of our Website. We now have 10 videos up. Have any you'd like to share?

Linked in

The American Dance Therapy Association's LinkedIn page is up and running. We have 100 members and quite a few posts. If you miss the in-depth conversations on our old ListServe, LinkedIn offers us the opportunity to start these anew. I would love to have an online Book Discussion group. I've begun with Daniel Stern's *Forms of Vitality*. I believe DMTs would have important perspectives on this book so if you've read it, please join the conversation.

Profiles of DMTs

Read Ande Welling's latest Profile, Suzy Rossol Matheson, 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>.

Blog Posts

Dance/Movement Therapy and Susan Kleinman are featured in *Dance -- Hidden Language of the Soul*, a blog article posted on the site <http://blog.normallearning.org>.

In the News

Marybeth Svadhaa Weinstock just published an article in In Dance, a bi-monthly publication of Dancers Group. The article is based on Marybeth's dissertation research on *Women Dancers in Midlife Coping with the Transition* and the workshops she co-leads with Taira Restar. The article will be available online in a couple of weeks. Look for a link to it on our homepage.

Have you seen the video clip of Christina Devereaux talking about and demonstrating dance/movement therapy? She was featured on CCTV, China's biggest TV station AND on radio. You can find the link under In the News. This is where we put news items after two or three weeks.

Angela Tatum Fairfax was quoted in Diverse Issues in Higher Education. The article, *Dance Opens the Door to History*, delves into dance history as it relates to racial, economic, and class issues.

An interview with Thania Acaron was published in a full page article on DMT in El Nuevo Dia, the national newspaper in Puerto Rico. The article, *Sanacion de adentro hacia afuera (Healing from the inside out)*, is in Spanish.

Awards

Kudos goes to Susan Kleinman who was nominated and received the 2011 Sierra Tucson Award for Humility Recognition. This award honors a medical or clinical professional who has served as an advocate for others. Susan will receive the award at a special breakfast on October 7 in Ft Lauderdale.

Around the World

I'm sure there are many more people teaching around the globe than I know. I just want to make brief mention, as these are some of the ways that you, our ambassadors, promote our profession and the ADTA. Christina Devereaux has just returned from China, Nancy Beardall from the Ukraine, and Sherry Goodill from Budapest, Hungary.

Public Relations Committee Continued...

Informational Materials

If you are doing a workshop or presentation, print out our beautiful revised brochures and other info sheets. Download and print at:

<http://www.adta.org/Resources/Documents/ADTA%20brochure%20final%20updated%2009%2011%2019.pdf>

The excellent tip sheet 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) may be found on the ADTA website under Resources/Government Affairs and Advocacy/Advocacy News.

The Dance

With DMT and CMA Marylee Hardenbergh as Artistic Director, 55 communities throughout the world participated in Global Water Dances to raise awareness of the need to protect the most precious of natural resources, our water. There were many DMTs throughout the world who coordinated, choreographed, and danced. Kirsten Peterson was one such DMT in Portland, Oregon who managed to get some publicity in the May 31 issue of OregonLive.com. We could make A REALLY BIG SPLASH (pun intended) if we coordinated our PR efforts the next time around.



Secretary

Stacey Hurst, MA, BC-DMT, ADTA Secretary



Approval Committee

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

The following ADTA members will receive awards at the National ADTA Conference this October in Minnesota. Please join me in congratulating them on their amazing achievements.

Lifetime Achievement Award

Judith Richardson Bunney, MA, BC-DMT

Excellence in Education Award

Lenore Wadsworth Hervey, PhD, BC-DMT, NCC

Leader of Tomorrow Awards

Laura Allen BC-DMT, LCPC, GLCMA

Michelle Gaudreau, R-DMT

Outstanding Achievement Award

Zvika Frank, BC-DMT

Exceptional Service Award: Eastern

Meghan Dempsey BC-DMT

Exceptional Service Award: Central

Kalila Homann BC-DMT

Exceptional Service Award: Western

Amanda Wilkinson BC-DMT

The Approval Committee will meet at the ADTA conference in Minneapolis on October 21 from 5:15-7:15. Current representatives on this committee are Wendy Allen from Naropa, Jessica Young from Columbia, Joan Wittig from Pratt, Claire LeMessurier from Antioch, and Ellen Shelly-Hill from Drexel. Eri Millrod serves as our supervision representative and Jesse Geller as our public member.

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. Course enrollment 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 may be found on the ADTA website.



Treasurer's Report

Christine Hopkins, MA, BC-DMT, NCC, ADTA Treasurer

At a time when the U.S. economy is struggling, there are jobs for creative arts therapists. By subscribing to the ADTA website Forum on job postings and setting up weekly job postings from indeed.com and juju.com, I follow what jobs are posted for CATs. The Veteran's Administration frequently has job openings in many different locations. Hospitals and geriatric settings often post openings. In some states Medicaid reimburses Master's level Professional Counselors, expanding private practice markets for dance/movement therapists who are LPCs. Reading any of these job posts, I notice that our special credentials through the Dance/Movement Therapy Certification Board (DMTCB) are honored and solicited. I see many opportunities for dance/movement therapists.

As you practice gratitude and count your blessings, I trust your membership benefits from the ADTA and the DMTCB come to mind. A new way the ADTA provides resources to you will soon be announced. The conference discount rate for a clinical consultation with a participating BC-DMT will be available any time year-round!

A descriptive list of participating BC-DMTs will be on the ADTA website. You'll be able to choose a session with a consultant specializing in a particular area of interest and apply the discount rate to initial consultations with multiple BC-DMTs to find the right fit for your needs. Initial consultation fees are donated to the ADTA to strengthen our organizational efforts, thanks to the generosity of participating consultants! The discount rate applies only to the initial meeting. Any follow-up or ongoing consultations are arranged solely between you and your consultant. We hope that this will help consultants expand their practices and make consultation more affordable and available.

This is my last ADTA Newsletter Treasurer's Report, as my second term completes at the conference in October. Serving on the board has been an amazing learning and skill-building experience in many ways. Marketing, finance, non-profit management, strategic planning and implementation, creative thinking, the history of ADTA, carrying forward organizational culture change processes, leadership and action, reflection and restraint, multicultural structural innovations--it has been a totally fascinating journey. I will also miss the recreational and camaraderie part of board meetings with my wonderful colleagues--going out to dinner, dancing during breaks, staying up late

talking, the laughs and shorthand that dance/movement therapists can share only with each other.

I am so pleased to shout out a big welcome to incoming Treasurer, Meghan Dempsey, as she begins her journey on the board and shapes the role in her own unique ways. Brava to Meghan for stepping into this adventure!

And lastly, but so not least, a big thank you to all ADTA members for being part of our ADTA community. We on the board are here because of you and for you. Your support is appreciated and valued. As outgoing Treasurer, I wish you all an abundance of positive thinking, career success, fulfillment in your dance/movement therapy experiences and "good-enough" (as defined by you) finances for your own lives. Please know that every donation ADTA receives, no matter how small or large, is used to empower us all to succeed professionally and to increase the healing processes in the world through the special, unique, and potent expertise of dance/movement therapists.

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Standards & Ethics Committee

Lenore Hervey, PhD, BC-DMT, NCC, LCPC, Standards & Ethics Committee Chair

This will be my last newsletter report as Chair of Standards and Ethics. Ellen Schelly Hill will step into this position at the October 2011 ADTA conference. I had a conversation with Ellen recently about this Board position and what it entailed, which gave me the opportunity to reflect on the nature of the work it requires. I concluded that this position is not so much about doing as it is about being. It's about *being* alert, *being* sensitive, and *being* available. It is often about holding back from *doing* anything, to take the time to investigate and evaluate (in movement terms this means hanging out in the horizontal and vertical planes, rather than the sagittal - not my preferred profile by the way). I learned this from observing Susan Kierr, who served before me.

In this position, I have tried to be a witness to the functions of the ADTA, holding an alertness to their ethical implications. I may not take an active part in all these functions, but I am observing and considering those I see. Thankfully, this is not my job alone, as the Board members with whom I serve and our membership as a whole are remarkably sensitive to ethical issues inherent in their work.

Over the past three years, the ethical concerns that have come to my attention most often are about our professional identity and the claims others have made to be "dance therapists" who do not have our training or credentials. The ADTA does not "own" the title of dance/movement therapist or dance therapist and has no legal recourse if

someone calls him or herself either of these. We do however own the credentialing marks of R-DMT and BC-DMT. No one who has not earned and maintained these credentials may call him or herself a registered or board certified dance/movement therapist.

In cases where people have called themselves dance or dance/movement therapists, the ADTA's efforts have most often been (on a case by case basis) to educate and invite these people into the ADTA in some way, either as associate members or as attendees at conferences or local chapter meetings. The rationale behind this has been that these folks often do not even know that there is a profession called dance/movement therapy – they think they have invented a new approach and have named it themselves. Hopefully, with education, they will become dance/movement therapists eventually, and in the meantime, they will call themselves something else.

In closing, I would like to thank members of my committee (Meg Chang, Linni Deihl, Kiki Nishida, Christina Devereaux, Annabelle Coote, Anne Olin, Paul Sevett, Marcia Plevin, Angela Fairfax, and Leif Tellman) for their work or their willingness to serve, and especially Sarah Arnett who stepped in quickly to serve as temporary chair for a brief time. I welcome Ellen Schelly Hill back to the Board and know that she will serve in the position of Chair of Standards and Ethics with wisdom and an alert, sensitive, and available way of *being*.



Multicultural & Diversity Committee

Around and around and around we go: the circle as a symbol of unity

Angela Tatum Fairfax, PhD, BC-DMT, LPC, NCC, Multicultural & Diversity Committee Chair

Have you ever wondered why the earth, sun, moon, and all other interplanetary systems are round? Why are our limbs, trunks (core), eyeballs, and various other body matter circumferential? Some of our most important everyday objects are circular such as coins, clocks, wheels, seeds, fruit, etc. Even our symbol of love, whether it's a friendship, engagement, or wedding ring, is circular. Could it be because the circle allows for the continuous flow of energy modulating in intensity according to a given purpose?

Circles are all around us in symbolic imagery and metaphoric representations adding significance and

meaning to our lives in ways known and unknown. As dance/movement therapists, we are well aware of the power of the circle with many thanks to our pioneering founder Marian Chace and what is affectionately known as the 'Chacian Circle'. A circle is continuous, smooth, round, soft on the eye, non-threatening, inclusive, nurturing, encompassing, powerful, influential, protective, adaptable, and not easily broken. The circle formation is used to create a safe, inviting, and open space for patients/clients to feel comfortable expressing themselves be that expression joyful or painstaking.

In choreography, small circles, large circles, inner and

Multicultural & Diversity Committee Continued...

outer circles, intertwined circles and variations of labyrinth style circles are created. Within the circle there is no separation and all members are equal. The wholeness of the circle depends on the contribution of each of its members, and as they are united in the dance they retain their uniqueness. In that moment, they are each a part of the integrated whole while maintaining their individual integrity. A circle that is broken disrupts the flow of energy and changes the dynamic and relationship of the dance and dancers. This concept is highly dramatized when experiencing circles in sacred or spiritual dance.



Many other cultures such as West African, Irish, Israeli, Jewish, Hindi, Asian, and Native American have recognized the power of the circle and used it for healing, celebration, and spiritual expression. If a study of spiritual and religious dance was conducted, it would be discovered that the Messianic, Native American, Christian, New Ager, Wiccan, Kabbalist, and Muslim all perform a type of round or circle dance. For instance, the Native American Indians fully understand the importance and significance of circles

and they viewed their whole world in terms of circles. Their houses were circular and were grouped in circles. They danced in circles and maintained a transcendental view of the cyclical nature of all things.

The circle is a very ancient universal symbol of wholeness, unity, inclusivity, and community inviting the observer to step inside its sacredness. Moving together in unity, beyond words to that still, silent point within us creates a sense of well-being and communion with others, inviting a sense of wholeness and sacredness into our lives. There is tremendous energy created at the center of a circle, and as we continue to explore our individual and organizational multiculturalism and diversity let us remember to maintain a mindset of inclusivity and unity.

I invite you to launch your own personal study and contemplation about the circle. Take time to just sit within the circles of time and space to explore its meaning and come full circle in your own awareness of its symbolic importance.



Members at Large Report

Margaret Migliorati, MA, R-DMT, LPC, NCC, Western Region MAL

Jenna Heise, MA, BC-DMT, NCC, Central Region MAL

Adina Rosenberg, MCAT, BC-DMT, LPC, NCC, Eastern Region MAL

The Members At Large (MALs) continue to work hard to find new ways of supporting local chapters, study groups, and individual members to help them feel a strong connection to the national ADTA and the profession as a whole.

One recent initiative the MALs are undertaking is creating a forum for local chapter board members to "meet" and share ideas, best practices, professional resources, etc. Many chapters struggle with challenges such as board succession planning, member engagement, communicating across sometimes large geographic areas, and meeting the needs of diverse chapter membership. The MALs believe that the chapters have vast experiences and wisdom to share and look forward to helping link local chapters to each other so that they can better take

advantage of this collective wisdom. If you are a chapter board member, be on the lookout for an email from the MALs in the next month to organize a conference call. We hope all chapter leadership will attend this call and support each other.

The MALs are your link to the national ADTA. Please don't hesitate to contact any of us with your questions, concerns, ideas, etc.

Don't Forget: If you are attending the national conference in Minneapolis this year, don't forget to attend your regional caucus on Thursday night. Your Member-at-Large and chapter representation will be in attendance to share information and discuss relevant regional issues. All members are welcome and encouraged to attend!

Chapter Reports

New Jersey Chapter

Tina Erfer BC-DMT, LCAT, President of New Jersey Chapter & Joan Berkowitz MSW, BC-DMT, Treasurer of New Jersey Chapter



At the time of this writing many people in New Jersey are trying to recover from the disaster brought on by Hurricane Irene. Our hearts go out to those people who have been affected and so devastated by this storm. As fall arrives we look forward to better days ahead.

This summer the board members of the chapter participated in a conference call to brainstorm and plan for the upcoming year. A membership survey was developed and emailed to chapter members in order to learn how the chapter can best meet the needs and interests of its members. The data compiled will be useful in helping to determine future directions for the chapter.

We were invited to participate in a local health fair on September 10th. At the health fair we had information about dance/movement therapy on display and joined others in dancing outdoors. Later in the month, on

September 18th, the chapter is hosting a "Meet and Greet" event, both for DMTs and interested members of the community. It will be an opportunity for chapter members to network and get to know each other in a relaxed atmosphere with music, dancing, and food. In addition, people new to the field will have a chance to ask questions and learn about dance/movement therapy.

In February, we are planning a workshop in collaboration with the Nia community of New Jersey. We expect this to be a fun way to compare and contrast the healing art of Nia and DMT.

In the spring, we look forward to participating in a joint creative arts therapy conference on March 24, 2012 in Morristown, NJ. This event is sponsored by the NJ Coalition of Arts Therapies Associations (NJCATA).

For more information on any of the above, please email us at njadta@live.com.

Illinois Chapter

Laura Allen BC-DMT, President of Illinois Chapter



The Illinois Chapter of the ADTA seeks to nourish the community of Illinois dance/movement therapists, students, and other professionals. In March, Sara Van Koningsveld, an Illinois ADTA Chapter 2010 scholarship recipient, shared about a workshop she developed and implemented with colleague Emma Barton at the 2010 Schweitzer Fellows for Life Conference, titled "Awareness in Service: The Importance of Self-Care, Embodied Self-Knowledge, and Mindfulness." In June, the chapter welcomed music therapist, Estelle Killingsworth, M.M., MT-BC, who presented, "Moved with Music: An Exploration on the Marriage of Movement and Music," an educational and experiential presentation exploring music therapy. In addition, the chapter highlighted the work of

Columbia College's Master's Organization Volunteering and Educating in Dance/Movement Therapy (MOVED), which led a flash mob dance in downtown Chicago in celebration of International Dance Day on April 29th.

Finally, the Chapter proudly recognizes a number of members who plan to present at the October ADTA conference in Minneapolis including: Andrea Brown, Yasmin Dalton, Laura Downey, Lisa Goldman, Stacey Hurst, Susan Imus, Kris Larsen, Shannon Lengerich, Megan Ross, Shawna Solsvig, Ande Welling, and Jessica Young. Topics being presented by our community include research, dance/movement therapy in the Middle East, performance as therapy, dance therapy and dance science in the classroom, rituals of change, and more!

Join your local chapter today!

Even if you already renewed your ADTA membership, it's not too late to join your local chapter.
Call the ADTA Office at 410-997-4040.

Chapter Reports Continued...

New York Chapter

Corinna Brown MA, BC-DMT, LCAT, President of New York Chapter



Hello Fellow ADTA members!

Finally I am happy to be able to write to you. You have not heard from the NYS chapter in a while as we have gone through some attrition. We lost a couple of other members in the past year, Valerie Savidis (Corresponding Secretary) and Jennifer Tantia (Program Director). We are grateful for all their time and hard work. Another goodbye awaits us as our Treasurer, Elizabeth Grasberger, will resign as she is due to give birth to her second child soon.

Remaining board members have been doing double duty so to speak and carrying extra responsibilities from these two positions. Unfortunately, we still have been unable to replace our last Newsletter Editor and have been without a newsletter for over a year. Nevertheless we continue to meet every 6 weeks. Our last board meeting was held on August 22, 2011 @ 7pm, in NYC. We have been focusing on the following projects and tasks.

Elections

We have been experiencing problems obtaining nominations for our upcoming chapter election and have discussed possible changes to the board member positions and/or terms of service in order to facilitate easier transitions between boards and gathering of potential nominees. Staggering elected positions to prevent a totally inexperienced board and allow for continuity was considered a possibility. Look for voting ballots and changes to our bylaws in the mail soon.

Public Relations Outreach for the fall

Maria Rivera has been actively planning two events, first, a chapter introduction for the first year Pratt DMT students. Second, she's organized a "Meet and Greet/Thesis Presentation" which will be held Friday night September 23, 2011, from 7pm -10pm on the Pratt Manhattan Campus

California Chapter

Sarah Snow, Student Representative of California Chapter



The California Chapter Board has been moving forward in full momentum over the past months and it is hard to believe that we have come to the end of this year's term. As the time approaches for transitioning to a new crew, the current chapter board has been reflecting on the accomplishments of the past year. It is undeniable that the year has been one of growth and expansion for the chapter, which paves the way for a bright future for our professional community.

on 14th Street. Maria is also writing an "About Us/History" section for our new website. If you were part of our chapter board in the past and have history you would like to share, please contact Maria at:

maracadance@yahoo.com

IT/Website

Debbie Stone is working with a professional web designer to get our new website up and running. We need more pictures! If you have any DMT photos with appropriate consents that you would like to share, please send them to us. We are excited that a promo of our video will be featured on the website.

Fundraising Dance Concert by Dance/Movement Therapists

After our highly successful dance concert last year, we decided to make it a yearly ritual. Our second annual dance concert to celebrate the roots of DMT will take place the evening of November 5, 2011 at TADA! Theater in Manhattan. We are working on setting up a PayPal account for our website so you can purchase tickets online.

We need volunteers to help the board "run" the show smoothly. We won't be able to do it without you. Look out for a list of committees to join on our yahoo group email list soon and sign up!

Our next three board meetings are scheduled for the following Mondays:

October 3, 2011

November 14, 2011

December 12, 2011

They run from 7pm - 8:30pm. Please let us know if you would like to attend.

Hope to see you at one of our events soon or hear from you online.

Chapter Reports Continued...

California Chapter

In the fall, we held a successful workshop in Southern California to promote awareness and provide information regarding the grandfathering process and procedures for obtaining the LPCC license. At the end of this term, the board is feeling enthusiastic and optimistic about the application process and preparations for the requirements that are to come. The LPCC license provides additional support and validation for the work of dance/movement therapists, and we are pleased to be involved in the development and evolution of this new licensing opportunity.

The dance/movement therapy mini-conference that we hosted in Northern California at Anna Halprin's historic Mountain Home Studio was a full day of education, movement experientials, and expression of our passion for the field. A morning workshop was led by Ilene Serlin, PhD, BC-DMT, who addressed post-traumatic stress and the benefits of dance/movement therapy interventions and techniques to encourage post-traumatic growth. The afternoon workshop was led by our chapter president Marybeth Weinstock, PhD, BC-DMT, and her colleague, Taira Restar, MA, RSME, on their workshops called Creative Transition: Women in Midlife Converse through Dance, based on Marybeth's dissertation research. We are pleased to have had nearly 35 participants from all over the state, who gathered to move and learn together. The workshop was presented in partnership with the Center for Movement Education and Research and we were very grateful to Judy Gantz for her support. Meg Chang, BC-DMT, who became head of the Somatics Department at California Institute of Integral Studies, was also very supportive and brought in many young students from her program.

This past term has inspired hope and inspiration for future expansion of workshops, networking, and communication. Lora Wilson Mau leaves her position on our board with the completion of our California Chapter website; please check it out at: <http://www.californiadmt.org>. We also have a California Chapter of the American Dance Therapy Association page on Facebook for professionals, students, and others who are interested in the field to connect and spread the love of DMT.

Please welcome the officers for the next fiscal year:

President: Marybeth Weinstock, PhD, BC-DMT

Vice President: Stephanie Endler, MS, BC-DMT

Secretary: Lisa Goldfein MA, R-DMT

Treasurer: Claudine Magsam-Turner, MA, BC-DMT, CLMA

Government Affairs Chair: Debra Froling, MA, BC-DMT

Government Affairs Chair: Alison Salter, MA, BC-DMT, NCC

Communications Chair: Allison Winters MS, MA, BC-DMT, LCAT

Northern CA Program Director: Britta Koetting MA, R-DMT

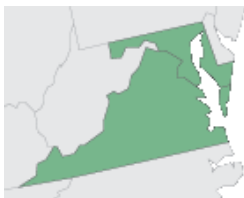
Student Representative: Sarah Snow

We are currently looking for a Southern CA Program Director.

As we move ahead into the next term, we are beginning to plan a Pioneers Workshop. This will be an opportunity to learn from and move with a panel of dance/movement therapists who have influenced the evolution of the field from its inception to the success it is today. Keep your eyes, ears, and hearts open for more to come!

MD/DC/VA Chapter

Orit Janco-Golan MA, R-DMT, Secretary of MD/DC/VA Chapter



Dear ADTA Colleagues,

Our chapter has been busy and enjoying many different events all across the Maryland, District of Columbia, and Virginia areas. If you would like to see any VISUALS, please visit us on the web at www.md-dc-va-adta.org for our recent Newsletter with beautiful pictures from different events.

And so, going backwards in time....

Our summer retreat had to be postponed until September, due to Hurricane Irene's storm! We will be saying good-bye and thank you to some Board Members and welcoming others.

Chapter Reports Continued...

MD/DC/VA Chapter

The highlight for our chapter during the last few months was our Spring Conference (May 2011). Suzi Tortora presented on "Families in Motion: Early Childhood Attachment and the Multisensory Movement Relationship". We had an amazing turnout! The event was attended not only by DMTs but by several other inter-disciplinary professionals.

In the spring, Brigitta White, our Program Director, was invited to speak on Dance/Movement Therapy for graduating seniors at the George Mason University Department of Dance in Fairfax, VA. The students were so excited and receptive. One student will even be pursuing a degree in Dance/Movement Therapy because of her interest in Psychology.

In March, Jody Wager, once again created a wonderful movement event for the Opening of the Psychotherapy Networker Conference in DC. She was recognized and appreciated not only by her DMT 'crew' who moved along with the conference participants, under her skilled direction, but also by the conference organizers.

Also in March, Judith Fischer led a group of DMTs in the beautiful Studio of Ballet Arts in Olney, Maryland, while everyone took turns leading each other in movement themed experiences.

Since the winter and through the summer, many dance/movement therapists have gathered at different venues to practice authentic movement, go contra-dancing, improvisational dancing, club dancing, join flash mobs (National Dance Week), and attend drumming circles.

Eve Hanan opened up her studio in Baltimore for a night of free dance/improvisational and choreographic exploration.

In early spring, a group of us gathered at a synagogue in Fairfax, Virginia. We participated, along with the congregants, in Friday evening services led by the Cantor and two dancers from the Liz Lerman Dance Exchange Company. This was a community outreach effort by the synagogue to weave movement and creative self-expression into the liturgical material of the evening.

Some chapter members also participated in local health fairs to promote our work and in monthly group supervision (with Victoria Eisner and others).

Finally, back in December, about five DMTs joined other local dancers at the "Dance in Healthcare Symposium" at Georgetown University Hospital, in DC. We stretched together in the Lombardi Cancer Center lobby (!), and then met in a conference room to introduce ourselves and to discuss various dance events at the hospital and in the greater community. This was an effort not only to advance and strengthen the DC dance in healthcare community, but also to educate the dancers about dance/movement therapy.

Shop the ADTA's Online Store for adult and toddler t-shirts, tote bags, mugs, and more.

We have a new item!
The ADTA Logo Hat will be in our Online Store shortly & available at the conference for only \$12.





Marian Chace Foundation

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

Breaking News: Trustee Susan Kleinman is being recognized by Sierra Tucson a group known for their work in treating individuals with eating disorders and substance abuse. Each year they honor professionals who have been nominated by their peers in various parts of the country for their contributions. Susan will be receiving the 2011 Sierra Tucson award for Humility Recognition at a special breakfast in Ft. Lauderdale, Florida, on October 7th. The award honors a medical or clinical professional who has served as an advocate for others. Susan's efforts in promoting and supporting students and others with an interest in dance/movement therapy in multiple ways as well as the depth and breadth of her work with eating disorders is the basis of the award. She states that her skills were learned in the ADTA leadership positions she held. We offer our congratulations to Susan who certainly is deserving of such recognition.

As this is the last newsletter before the conference in Minneapolis, we want to remind you to make sure you don't miss the Marian Chace Lecture on Friday, Oct. 21st at 4:00 pm. Miriam Roskin Berger will be speaking on the *Improvisation of Order*, which is her intriguing title.

We will continue our successful project of giving a bookmark to each attendee. Each bookmark will feature dance/movement therapy as well as related quotes from the arts and sciences, chosen by last year's writers. Be sure to get one for your collection.

Stop by the Foundation table at the conference to introduce yourself and offer your thoughts and suggestions. The Foundation's mission is to support the growth of

dance/movement therapy as a profession, and new ideas to achieve this are always welcomed.

We are pleased to let you know that the book *Foundations of Dance/Movement Therapy: The Life and Work of Marian Chace* can now be ordered on Amazon. Thank you to those who have reviewed it so positively for them.

A grant was awarded to the ADTA to support a planning and development session for the Board to enable their vision of future growth of the organization. Also a partial funding was given to Anna Kemble, BC-DMT, for her creation of a film on dance/movement therapy and child development.

It is not too soon to think about applying for a grant. Grant applications must be received each year by February 15th. Remember, at times a proposal may not be accepted as is, but it is possible to re-apply with clarifications.

This is to remind all graduates not within a recognized program who have written a thesis or dissertation over the years 2007-2011 to send your name, institution, year of completion, title, and abstract to Sharon Chaiklin at SharonChaiklin@comcast.net so that it may be included within the next collection of abstracts. This will be collated within the next few months.

Even through these difficult economic times, demands for our attention due to difficulties in the world, and the lazy summer months, there are those who still have been able to be generous and kind in contributing to the Foundation. We sincerely thank each of them.

Marian Chace Foundation Donations

Received June 1, 2011 – August, 31 2011

Partner (\$100 - \$499)

- Kathleen Fluegel – “*For Global Site Performance projects*”
- Christine Hopkins

Chace Circle (\$1,000 & up)

- Quaker Hill Foundation – “*For Global Site Performance projects*”



Money Dominates Debate

Myrna Mandlawitz, ADTA Legislative Consultant

While many of us continue to be concerned about mental health and health issues, the Elementary and Secondary Education Act (ESEA), long-term care and other important human service issues, Congress has been otherwise engaged. They have been laser-focused on dealing with the debt and deficit situations, decisions about which will dictate how they proceed with legislating on education, health and all functions of the government.

The Budget Control Act, AKA Deficit Reduction

On August 2, President Obama signed the Budget Control Act of 2011 (BCA). The aim of the Act is to reduce the federal deficit by \$2.3 trillion over ten years. This can be done under the Act in two ways. The first way is through caps on discretionary spending. Discretionary spending covers education, health, social services, transportation, environment, medical research, security, including defense and pretty much everything not classified as an "entitlement" program. For Fiscal Years (FY) 2012 and 2013, BCA establishes a "firewall" between spending on security and the rest of the discretionary pot. Also, under the spending caps certain mandatory programs are exempted, such as Social Security, food stamps, parts of the child nutrition program, Pell Grants and the Children's Health Insurance Fund.

At least \$840 billion of the \$2.3 trillion will come from cuts in discretionary spending. More immediately that translates to a cut of \$44 billion or 4 percent in these programs for Fiscal Year 2012 (FY 2012; school year 2012-13). Revenues may not be raised to meet the discretionary caps.

The second vehicle is a new Joint Select Committee on Deficit Reduction ("Super Committee") charged with identifying an additional \$1.5 trillion in deficit reduction through spending cuts, revenue increases, or a combination. The members of the Super committee include: Co-chairs Senator Patty Murray (D-WA) and Representative Jeb Hensarling (R-TX); Representatives Dave Camp (R-MI), Fred Upton (R-MI), James Clyburn (D-SC), Xavier Becerra (D-CA), and Chris Van Hollen (D-MD); and Senators John Kyl (R-AZ), Pat Toomey (R-PA), Rob Portman (R-OH), Max Baucus (D-MT), and John Kerry (D-MA).

The Super Committee must vote no later than November 23, 2011 on a report with recommendations including an

estimate from the Congressional Budget Office and legislative language to achieve at least \$1.5 trillion in deficit reduction over the period of FY 2012 – FY 2021. If the report is approved, the Committee must submit its report to Congress and the president no later than December 2, 2011 and Congress must vote on the report, with no amendments, by December 23.

Under both vehicles, a process known as sequestration may be triggered if Congress approves budgets exceeding the discretionary caps or if the Super Committee fails to come up with or Congress fails to approve a plan to reach the deficit reduction goal. Sequestration is a mechanism implementing automatic across-the-board spending cuts. The cuts would be divided equally for each of nine years (FY 2013 – FY 2021), with a yearly reduction of \$109.3 billion, 50 percent of which would come from defense accounts and the other 50 percent from non-exempt discretionary and mandatory programs.

The Likely Result of the BCA

There are sure to be serious appropriations cuts for FY 2012 and FY 2013, although in reality they may not be as deep as may have occurred if the proposed House Republican budget (H.R. 1) had passed. Of course, it remains to be seen what level of cuts will come in programs under the Labor-Health and Human Services-Education Appropriations subcommittee.

However, the real question lies in whether the Super Committee can develop legislation that Congress will pass and the president will sign. The signs aren't good. Republican leaders already have declared none of their appointees will vote to increase revenues. The Democrats will be looking for revenue increases and will balk at any attempts to seriously cut entitlements. Added to all of this, the Bush-era tax cuts are set to expire at just about the time sequestration would be triggered if the Committee can't meet its deficit reduction goal.

So the bottom line is that possibly from now until the presidential election, Washington will continue to be focused on how to handle the current fiscal mess. Ultimately this may leave little congressional time or energy for a substantive examination of programs like ESEA, veterans' health and others that are waiting in the queue.



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Joke Bradt, Ph.D, MT-BC, Associate Professor

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

www.drexel.edu/artsTherapies/

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DMTCB

Dance/Movement Therapy Certification Board

The Dance/Movement Therapy Certification Board would like to congratulate all the newly Registered-Dance/Movement Therapists and Board Certified-Dance/Movement Therapists, who were registered between June 1 and August, 31, 2011. We look forward to dancing with them all at the conference.

R-DMTs

Kimberlee Bow
Rebecca Coffey
Alexandria D'Aurio
Nicole Grace DiBacco
Amanda Doyle
Holly Marta Drachenberg
Amber N. Evans
Danielle Fitzpatrick
Zita Gil Flores
Amanda Gill
Jennifer Giuglianotti
Rachel Elizabeth Haines
Rosana Hernandez
Becky Engler Hicks
Catherine Hidalgo
Kerry Nicole MacDonald
Aqueena Smith
Heather C. Smith
Megan Tornai
Himmat Kaur Victoria
Kirsten Young
Orith Zabari

BC-DMTs

Margaret Clarke
Jennifer Alynn Epstein Kessem
Kristin Lamphear
Lisa Manca
Kim Robles-Santiago
Monique Sobolewski

Newly credentialed R-DMTs:

We know you have a lot to say! Write to us and be featured in the next newsletter.

Some example topics include: what made you want to become a dance/movement therapist, your educational experiences and internship, or your transition into the professional workforce.

From the Professional DMT Community

Travels

Beth I. Kalish, BC-DMT

Beth I. Kalish, BC-DMT, traveled to Sydney, Australia this summer to present her paper, "Dreaming & Reality: A Comparison of Interpretive Work in Two Cultures--North American Psychoanalysis and an Indigenous Culture in the Ecuadorian Rainforest." The presentation was part of the World Congress on Dreaming in Psychotherapy, August 24-28, 2011. Dr. Kalish and her colleague, Dr. Charles Fisher of San Francisco, have visited with the Achuar on three separate trips, studied dreams with them and discussed their interpreting practices. This research has been sponsored, in part, by grants from the Research Advisory Board of the International Psychoanalytic Association and the Emanuel Windholz Memorial Fund.

Published

James M. Murphy, MDiv, MD, BC-DMT

James M. Murphy, MDiv, MD, BC-DMT, just published a book, "How You and Your Mate Can Become a Super Couple--With Exercises to Get You There." It's based on his experience providing couple/marriage therapy for 50 years. This book is available in paperback or hardcover through Amazon.com.



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Contact:

Linni Deihl, BC DMT

P.O. Box 743

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LinniADTR@aol.com

From the Professional DMT Community Continued...

Wellness Fair: A Kick-Off Partnership

Ilene Serlin, PhD, BC-DMT & Cynthia Kessler

When I began my presidency of the San Francisco Psychological Association (SFPA) in 2009, the recession had just hit. Our offices were filled with people in despair, uncertain about their homes and families, their futures, a whole new reality. Where was the voice of psychology; how could we help?

With the support of our Board at our fall retreat, I envisioned two new priorities that would help the SFPA be more visible to the community: 1) volunteering with San Francisco mental health organizations which would give our members an added benefit of caregiver satisfaction and regeneration, and 2) joining with Colleague Assistance and Support Program (CLASP), other San Francisco community health associations, Alliant University, California Institute of Integral Studies (CIIS), and other graduate schools to organize a Wellness Fair at GLIDE Memorial Church.

Located at Ellis and Taylor in the Tenderloin, one of San Francisco's harshest urban environments, GLIDE is an oasis that has served the poor and disenfranchised for over 40 years. From serving nearly one million meals a year, to holiday programs helping over 80,000, to operating a professional medical clinic, to youth job training, to offering weekly spiritual celebrations at GLIDE Memorial Church, and much more – GLIDE touches the lives of many people. GLIDE has helped thousands of disenfranchised and poor people get back on their feet and find their way to jobs, housing and spiritual fulfillment. GLIDE Health Services (GHS) focuses on the homeless and poor, providing affordable, accessible and quality healthcare. It offers a full range of traditional health care services as well as mental health, substance abuse, non-Western medicine, and specific programs focusing on testing and prevention of HIV/AIDS and the treatment of diabetes.

In August 2011, GHS will open a new door to health promotion, disease prevention and client empowerment with the launch of the Wellness Center. The Wellness Center, made possible through a grant from the Federal Bureau of Health Professions, will build on the GHS nurse-managed model of holistic primary care to offer “hands on” classes in better eating (and cooking!), physical movement, stress reduction and improving relationships at work and with intimate partners. Clients will learn to “live well” with chronic diseases--such as diabetes, depression and chronic pain--through group and peer activities that

will both educate and support them to sustain positive choices in diet and lifestyle. GLIDE's popular recovery groups for clients with substance abuse issues will be expanded to include acupuncture, as well as smoking cessation and gender-specific groups on violence. The Wellness Center will also have expanded TB surveillance and immunization services.

The Wellness Fair, as envisioned, would celebrate a new partnership between mental health and other health organizations through whole person health and wellness toolkits. The intention of the Wellness Fair was to bring together a roster of community resources with mental health services like depression screening, and health services like blood pressure measures, and wellness tools like acupuncture, yoga and meditation, and nutrition. In addition, it would provide a “taste” of what the GHS Wellness Center will offer.

After two years of meetings about how to best meet the community's mental and physical health needs, the Wellness Fair day dawned on April 8, 2011 with sunshine and much excitement in GLIDE Memorial's Freedom Hall. The result was an array of highly relevant community health and wellness services and resources assembled under one roof.

Volunteers from Alliant International University, San Francisco State's Dept. of Holistic Health, CIIS, UCSF and the SFPA greeted participants at the door, escorted them to registration and information tables, stamped their passports, staffed the tables, and handed out healthy snacks and incentives. Participants sampled tables offering blood pressure and diabetes checks, depression screening, walk-in recovery, HIV/sexual health, an information table which offered such critical services as an LGBTQI Survivors of Suicide Grief Support Group and Support for Families of Children with Disabilities, acupuncture and massage, the Shih Yu-Lang Central YMCA and Addus Healthcare, Richmond Area Multi-Service and Central City Hospitality House, yoga and meditation, biofeedback, dance/movement therapy, biofeedback, CLASP, the San Francisco Psychological Association, APA's Mind/Body Campaign, CIIS expressive therapies, SF Suicide Prevention, the Mental Health Association of San Francisco, Alliant University, and the Feeling Good Project.

From the Professional DMT Community Continued...

Wellness Fair: A Kick-Off Partnership

SFPA's Ilene Serlin invited attendees to participate in what became a very popular dance therapy demonstration while Richard Harvey offered an equally popular biofeedback demonstration. Cynthia Kessler, Joy Sassoon, and Dan Gaylinn provided information and APA brochures on topics such as stress, depression and



Psychological assistant, Dr. Dan Gaylinn, and Dr. Joy Sassoon with Dr. Cynthia Kessler, CLASP committee member

anxiety, PTSD, and resiliency. CIIS's Expressive Arts Program, with its large rolls of poster paper and colored markers, invited participants to express themselves. Other popular offerings

were chair massages, mini meditations for stress management, blood pressure screenings, HIV testing, and nutritional education and support.

While the GLIDE Health and Wellness Fair was mostly focused on a very underserved community, it also served as a very humbling reminder that no matter

what our life circumstances, we humans still all have the same basic needs and can work together for the betterment of the community.

Skills-Building Session: Compassion Satisfaction and Regeneration

Ilene Serlin

Co-Chair:

Ilene A. Serlin, PhD, BC-DMT, Lesley University
Kathryn L. Norsworthy, PhD, Rollins College

Participant:

Eleanor Pardess, PhD, Tel Aviv University

Discussant:

Charles R. Figley, PhD, Tulane University

Caregiver burnout and compassion fatigue are receiving significant attention from health professionals. The current literature has focused almost exclusively on the negative consequences of caregiving at the expense of exploring the whole spectrum of the caregiving experience. This workshop focused both on pathways of preventing burnout and compassion fatigue, as well as promoting caregiver satisfaction and regeneration.

The multifaceted nature of the caregiver experience calls for an integrative perspective. The Whole Person approach (Serlin, 2007a) is a particularly relevant framework due to its integration of cutting-edge practices in a bio/psycho/spiritual model that supports prevention, resilience and growth. It represents a paradigm shift from an illness to a growth-oriented model. The struggle with adversity may lead to the discovery of strengths and enhancement of life's meaning. Witnessing human suffering can take a toll on one's resources, but can also lead to a renewed sense of purpose.

To illustrate such a multimodal approach, a model for promoting caregiver satisfaction and regeneration was presented drawing upon attachment theory (Mikulincer & Shaver, 2007) as well as on research on growth through adversity (Joseph & Linley, 2006) and compassion fatigue and satisfaction (Figley, 2007). Initially developed in SELAH, the Israel Crisis Management Center, for supporting a network of 600 volunteers providing emergency support in the aftermath of terrorist attacks and other crisis situations (Pardess, 2005), this model has been applied in different organizations in Israel. It offers a range of practices to enhance a sense of hopefulness, connectedness and meaning, through tapping into caregiver' strengths, cultivating compassion and self compassion and nurturing a growth mindset. The programs include outdoor and nature-based experiential activities with mindfulness training, narrative practices and verbal and non-verbal creative modalities, creating a wide spectrum of opportunities for self expression, cultivating compassion for self (Gilbert, 2005) and sharing. Specific skills were learned and practiced during the session and implementations were illustrated.

From the Professional DMT Community Continued...

April 2012 Trip to Israel Trauma Centers

Ilene Serlin, PhD, BC-DMT, Lesley University
Eleanor Pardess, PhD, Tel-Aviv University

All psychologists interested in promoting a constructive exchange between Israeli and American psychologists and learning about innovative methods for working with trauma and resilience in Israel were invited to the Div. 56 Hospitality Suite to learn about the upcoming April 2012 trip to Israel. Dr. Ilene Serlin, Past-President of the San Francisco Psychological Association, in partnership with the Israeli Psychological Association President Dr. Yochi Ben-Nun and Israeli psychologist Dr. Eleanor Pardess of Tel-Aviv University, will lead the 10-day trip to Israel. Participants will have an opportunity to visit key trauma centers, witness a rich diversity of ways of working with trauma, participate in lecture/discussion groups led by prominent Israel academics and trauma specialists, and enjoy cultural and sightseeing events around Israel.

Please contact iserlin@union-street-health-associates.com for further information.

An Israeli Woman's Journey toward Resiliency

Ilene Serlin, PhD, BC-DMT, Lesley University

Unfortunately, many Israelis are all too familiar with trauma and they have built a compassionate network and services so people can live normal lives after having experienced extraordinary trauma and stress.

One example is a videotape interview which shows a very personal conversation with a woman whose first husband and son were violently killed, and who speaks movingly about her pain and loss, yet retains her will to live, love and help others. That woman was a student who was in my class during the 2006 War in Lebanon. In that class she learned embodied resilience, ways to help her cope with the trauma of the earlier loss of a husband, a subsequent loss of a son and the repeated trauma of the war. Through hearing her story we witness inspiring resiliency and the power of the human spirit to prevail.

A Special Thank You

ADTA wishes to thank the voluntary contributors who donated for the period June 1, 2011 through August 31, 2011.

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Around the Globe: International News

Successful Completion of the First Group of Students: Foundation Course in Dance/Movement Therapy

Dr. Mitul Sengupta, Course Coordinator

Dr. Manisha Dasgupta, Assistant Professor

Pradip Centre for Autism's first group of dance/movement therapy students finished the Foundation Course in Dance/Movement Therapy (DMT), the tenure of which was from September 2010 to February 2011. The candidates had to appear for theoretical examinations (300 marks) along with completing two practical papers (200 marks). Paper V required them to submit a dissertation demonstrating the use of dance/movement therapy on different cases, which needed to be defended in a Viva-Voce examination later. The candidates submitted dissertations for the partial fulfillment of the Foundation Course on Dance/Movement Therapy on the following topics:

- a) Effect of DMT on occupational stress, trait anxiety and depression: A single case study
- b) Dance/movement therapy and its effect on mental trait in autism
- c) Role of DMT on stress management in middle adulthood
- d) Effect of DMT on some cognitive and social aspect of human being - a single subject study
- e) Can DMT reduce depression? A pilot study
- f) An Idiographic approach to prove the efficacy of DMT
- g) Dance/movement therapy as a healing mode on autism: A psychological approach
- h) Application of therapeutic DMT on anti-social personality
- i) Can DMT make the grieving process smoother?

All the candidates successfully completed the above mentioned course and obtained 1st class except for two.

The second group of students for the same course on DMT started August 1st, 2011. This time, the course incorporates coursework in psychology via another theoretical paper. The course developers felt the need to orient the candidates to the basic principles of psychology to help them understand the application of dance/movement therapy and to relate body movements with the corresponding psychic changes in patients with different clinical disorders. The coursework in psychology includes topics ranging from the definition of mental disorders; understanding developmental, attention deficit and conduct, mood, psychotic, anxiety, and personality disorders; understanding medication induced movement disorders; and comprehending trauma, its origins and resultant symptoms.

The course is conducted by Dr. Mitul Sengupta, PhD, psychologist, along with Ronnie Shambik Ghose, a movement analyst specializing in Laban Movement Analysis, Bartenieff Principles, Limon, Graham, Leigh Warren Method of Progression, and Labnotation. In addition, two other faculty members, namely, Dr. Manisha Dasgupta, Assistant Professor, Department of Psychology, University of Calcutta, and Ms. Anwasha Chakraborti, Project Fellow, Department of Psychology, University of Calcutta, have been included in the course as resource persons (who had successfully completed the Foundational Course with the first group of students) to enrich the quality and quantity of resources that will be offered to the candidates in the future.



Calling all International DMTs

The ADTA wants to hear from you about DMT around the world.

Submit your stories, experiences, pictures, etc. to info@adta.org for the next newsletter.

Around the Globe: International News Continued...

Report from the European Association Dance Movement Therapy (EADMT)

Susan Scarth MA, President of EADMT

The new EADMT Board is delighted to announce the founding of the DMT profession's European Association. The Inaugural General Meeting took place on the 25th of October, 2010 in Munich, Germany. The BTD and Susanne Bender, President of BTD (the German Dance Therapy Association), hosted the event at Tanztherapie Zentrum, the registered domicile address of our new Association. The founding of the Association has been in accordance with the German legal process and has since been approved by the Notary in Munich following the Inaugural Meeting.

Eleven European Associations participated in this significant event: 24 people attended with 4 additional observers. The primary tasks of the Inaugural Meeting were to adopt the EADMT Statutes, Ethical Code and Rules of Procedures and to elect the first EADMT Board. Proposals were made, discussed, agreed and carried forward. The Board elect is Susan Scarth as President, Antonella Monteleone as Secretary General and Nina Alcalay as Treasurer, with Kristine Vende taking on the remit of Communications.



General Assembly of EADMT Members with new Board sitting centre from 3rd L
Secretary - Antonella Monteleone, Communications - Kristine Vende,
President - Susan Scarth, Treasurer - Nina Alcalay



Outgoing President: Penelope Best

A report has been sent to all Member Associations with copies of the legal documents attached. Some of this information will be made available on the European Dance Movement Therapy website. For more information please visit:
<http://www.european-dance-movementtherapy.eu/>

The first General Assembly will be held in Prague, Czech Republic on October 15th & 16th, 2011. All Member Delegates are invited to attend and cast their votes on matters arising at the Assembly. Associate Members and other interested parties are welcome to attend with observer status.

Heartfelt Appreciation to the ADTA People

Takane Hirai BC-DMT, President of Japan Dance Therapy Association



For us Japanese, many things have changed due to the earthquake on March 11th. In the Higashinihonn (Northeast) area, about 15,000 people died and more than 5,000 are missing even now. Furthermore, we are now highly anxious of radioactive poisoning every day. The Japanese people's doubt as to the merit of nuclear power generation has seriously increased.

JADTA decided to encourage our members to support the people suffering from the earthquake and nuclear disaster. This coming September 9th – 10th, JADTA will hold the 20th conference in Nara. We will share the members' experiences together at the conference. Then, we will discuss what the role of dance/movement therapist is and try to find the aim for the future.

I, as the JADTA president and all our members, appreciate the ADTA people's encouragement and support for those impacted by the disaster, sincerely.

Newsletter Submission Guidelines

The deadline for the December issue is November 30, 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.

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


Newsletter Advertising Information

Ad Size	Member Rate 2 Issues	Member Rate 4 Issues	Non-Member Rate 2 Issues	Non-Member Rate 4 Issues
Full Page	\$275	\$440	\$350	\$560
Half Page	\$175	\$280	\$250	\$400
Quarter Page	\$100	\$160	\$175	\$280
Eighth Page/Business Card	\$25	\$40	\$100	\$160

Interested in advertising with ADTA?

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. Submit ads to info@adta.org.

WE WANT TO HEAR FROM YOU!



We are always striving to improve our publications format and content. In order to do this, we need to hear our member's thoughts and ideas.

Please send your comments and suggestions to info@adta.org