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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.*

Newsletter Team:  
Mat Winer, Copy & Content Editor  
Gloria Farrow, Co-Editor  
Amber Grimm, Format & Design

## Conference, Conference, Conference!

Thank you for making ADTA's 46<sup>th</sup> Annual Conference an amazing success! We are thrilled that so many of us could gather in Minneapolis for this event and participate in wonderful seminars and experiences. The ADTA had an abundance of positive and enthusiastic responses regarding this year's conference. We are excited to start gearing up for 2012's conference in Albuquerque!



2011 International Panel: Roland Schankula, Zvika Frank, Miriam Roskin Berger, Lee Tsung-chin, Tricia Capello, Yukari Sakiyama, Nayung Kim

## A Few Words from the Newsletter Team

We are pleased to introduce to you Volume 45, Issue 4 of the ADTA Newsletter. We hope you enjoy this issue and have a wonderful holiday season!

Share news, pictures, experiences, articles, etc. with the dance/movement therapy community by submitting to the ADTA Newsletter. We welcome and invite all members to do so. Send in your submission for our next issue by February 28, 2012. Please keep in mind that *all articles submitted are done so with the understanding that edits may be required for clarity and format purposes*. Please review the Newsletter Submission Guidelines at the end of this newsletter before you submit.

The ADTA is selling a new item! The ADTA Logo Hat is only \$12 (plus shipping & handling). You can order it through the Online Store at [www.adta.org](http://www.adta.org).



## President's Letter

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

*“When you put your hand in a flowing stream, you touch the last that has gone before and the first of what is still to come.”*

This Zen-like observation, attributed to Leonardo DaVinci, captures the present moment so beautifully: the letting go of what has been, the anticipation of the future, and the fleeting, sensual immediacy of the present. As dance/movement therapists, we help our patients and clients become more comfortable in the here and now and learn to live into their futures with an appreciation, or at least an acceptance, of what has gone before.

In October, at the 46<sup>th</sup> Annual Conference in Minneapolis and at the fall meeting of the Board of Directors, the ADTA had its hand in that flowing stream. Several people were recognized for long and significant service on the Board of Directors, among them Stacey Hurst, who served 8 consecutive years as Central Region Member at Large and then Secretary; Christine Hopkins, who served 8 consecutive years as Western Region Member at Large and then Treasurer; Lenore Hervey who served as Chair of Standards and Ethics and previously as Chair of the Education, Research and Practice Committee; and Robyn Cruz, who served 9 consecutive and exceptional years of Board Service in the roles of Vice President, President and Past President. The co-editors of the *American Journal of Dance Therapy* (AJDT), Beate Becker and Patrizia Pallaro, completed their term of service as well. Without a doubt, the ADTA is stronger and shines brighter for the work and contributions of these generous individuals.

And then, in the next moment, we installed new Directors to the Board. They are Ty Tedmon-Jones (Secretary), Meghan Dempsey (Treasurer), Ellen Schelly Hill (Chair, Standards and Ethics) and Angela Tatum Fairfax (Chair, Multicultural and Diversity Committee). Each brings unique gifts, skills, and experiences to the work of the association and each has already leapt into action as part of the Board. In addition, we welcomed the two new editors of the *American Journal of Dance Therapy* (AJDT), Susan Loman and Christina Devereaux, with much excitement and gratitude.

The Board focused on what is still to come in its Future and Strategic Planning session, facilitated with wisdom and grace by organizational development consultants Peter Norlin and Judith Fischer. Judith is also a DMT and Peter an avid mover, and this is the second time they have

teamed to support and lead the Board in strategic planning. We are grateful to the Marian Chace Foundation for providing funds to support the consultation. In 2006, similar work resulted in Vision 2011 and heralded a historically productive phase for the ADTA. You, the membership, should know what has emerged as the focus of the Board's work for the next five years.

Guided by the focus question “How can the ADTA optimize the vitality of its members' DMT careers?” we derived the following seven themes, as components of a “best possible future” for the ADTA:

- Expanded Career Breadth
- Innovative Perspectives and Practice
- Diverse, Accessible Training Opportunities
- Strategic, Productive Research
- Positive Brand Recognition
- Local and Global Consumer Access
- Lucrative Professional Opportunities

To progress towards this future, the Board then identified the following five strategic initiatives:

- ➔ Target resources to our members' needs
- ➔ Create a clear strategic marketing plan for jobs creation
- ➔ Create tools to support new career opportunities
- ➔ Diverse and multicultural education and outreach
- ➔ Intensify and target advocacy in public systems

The process that brought us to these initiatives was grounded and infused with integrity through the use of well-conceived movement explorations and bold examination of the challenges we face. We recognize that this is an ambitious plan for an organization of just over 1,300 people. And yet we are dance/movement therapists and this is the ADTA: using the potency of our own medium- movement –we know how to channel and shape energy, how to embody an intention and make it real, how to mobilize fully, and how to move forward together. Look for more communication from the Board as we gather information from you and share news about our progress.



## From the Office

Gloria Farrow, BS, ADTA Operations Director

- **2011 ADTA Conference October 20-23** – If you were not able to attend this exceptionally stimulating conference, the office has some 2011 Conference Proceedings left. They are \$25 including postage; just send a check to the office, or call (410-997-4040) with your credit card, or of course purchase online.
- **New Member Benefit – Clinical Consultation**  
- This new arrangement benefits both consultants and consultees. BC-DMT Consultants are able to expand their clinical consultation practices. ADTA members have expanded access to affordable initial consultation sessions to explore specialty areas of expertise or select among consultants to best fit their needs. See Clinical Consultation under the Members Only Section of the website.
- **ADTA website** - Remember your **member login username** is your **email**; your password is known only by you. If you cannot remember your password, click on Forgot Password and follow the directions. We do not have password information in the ADTA National Office.
- **Eblasts** - tailored content to 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! **If you are not receiving eblasts from ADTA, contact us and we will find out why.**
- As a member you have full online access to the **American Journal of Dance Therapy (AJDT)**; login with your username and password to the ADTA website. You are able to access the latest journal and every volume back to Volume One.
- If you are planning to give a presentation in your area, make sure you are offering our latest introductory brochure with the new certification marks. Call 410-997-4040 or email [info@adta.org](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
- **Upcoming date to remember** – February 15, 2012 - Proposals for Conference Presentations due.
- **Upcoming date to remember** – February 15, 2012 – Nominations for Open Positions to the Board of Directors
- Questions about **Continuing Education (CEs)** can be answered on the ADTA website <http://www.adta.org/Admin/default.aspx> . Continuing education (CE) hours are defined as actual clock hours of participation in an activity; one hour is equal to 1 CE.
- Have you visited the **ADTA Online Store?**
- **LOST AND FOUND** – A bright pink and black velveteen scarf with some designs was found at the ADTA Conference in Minneapolis. Please contact the office if this is yours and we will return it to you. Call 410-997-4040 or email [info@adta.org](mailto:info@adta.org).
- Amazon **SHOP AMAZON.COM and SUPPORT ADTA!!**  
Use the following link <http://www.adta.org/Default.aspx?pageId=377986> to shop Amazon and ADTA automatically receives a percentage of what you spend! Start shopping and share this link with all your friends and relatives.

The ADTA National Office is available to its members 24/7 through:

Voice mail: 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

## Board Reports



### Vice President

Jody Wager, MS, BC-DMT,  
ADTA Vice President

Just one month ago we were gathered together in beautiful downtown Minneapolis...celebrating our work, our friendships, and our collaborations. As the feedback is indicating, the conference was a huge success. Thank you for taking the time to let us know your feelings and impressions. This information will inform the decisions that are made when planning our upcoming event in Albuquerque. I would like to take this opportunity to once again publicly thank everyone that was involved in making our 46<sup>th</sup> conference the success that it was...the presenters, performers, volunteers...and the participants. It was a true collaboration!

And speaking of collaborations, on Thursday, November 3<sup>rd</sup>, I had the great pleasure of accompanying my colleague, Robyn Stone Davis, to the Society for the Arts in Healthcare's second annual Ambassadors' Reception held in the Cannon Caucus Room on Capital Hill in Washington, DC. Together, Robyn and I made the rounds and spoke with many like-minded people about the field of dance/movement therapy and the role that all the arts play in healing and healthcare. I spoke with art therapists, a nationally renowned poet, an independent documentary filmmaker and many more. I also managed to connect with the current President of their Board of Directors, Gary Christenson, who attended one day of our conference and had only wonderful things to say about his experience and time with "us". I look forward to future opportunities to interact with this organization.

In just a few weeks I, along with a few other Washington, DC dance/movement therapists, will attend the fourth annual roundtable discussion on Dance in Healthcare at Georgetown University Hospital's Lombardi Center. The emphasis this year is on engaging caregivers and staff. I will share more with you about this wonderful gathering in my next report.

I would like to take this opportunity to wish you all a very happy and healthy holiday season. As I sit here at the computer today, having just returned from my Thanksgiving visit with family, I reflect on how thankful I am for being a part of such a wonderful field and an organization filled with so many inspiring people.



### Approval Committee

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

The Approval Committee will meet at Lesley University in Cambridge on March 17, 2012 to review the Annual Reports of all six approved dance/movement therapy programs, as well as Columbia's Self Study. Representatives on this committee are Wendy Allen from Naropa University, Jessica Young from Columbia College, Julie Miller from Pratt Institute, Claire LeMessurier from Antioch University, and Anne Margrethe Melsom from Drexel University. Eri Millrod serves as the supervision representative and Jesse Geller as the public member.

We welcome our new members Julie Miller and Anne-Margrethe Melsom and extend a warm "thank you" to Ellen Schelly Hill and Joan Wittig for their dedication and commitment to both the Approval Committee and the Subcommittee for Approval of Alternate Route Courses.

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 Dance/Movement Therapy Certification Board 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. The Subcommittee is composed of Nana Sue Koch, Chair ([nana59@aol.com](mailto:nana59@aol.com)); Barbara Nordstrom-Loeb, Review Team Leader; Shira Karman; and Janet Lester. We welcome Shira Karman and Janet Lester as new Subcommittee members.



## Treasurer

Meghan Dempsey, MS, BC-DMT,  
LCAT, ADTA Treasurer

Happy New Year fellow DMTs!!

I hope everyone had happy and healthy holidays. I am excited to be writing my first newsletter as the newly elected Treasurer. It feels amazing to be an active part of this strong and dedicated community. Continuing with the season of giving thanks, I would like to express my gratitude for past treasurer, Christine Hopkins, for all she has done to begin the dance down this path of abundance. I know I have some big shoes to fill and hope to keep paving the path to best serve our community. Please feel free to contact me if you have any questions or want to know how you can get involved on the Budget and Finance Committee.

Thank you to all those DMTs who donated to our organization last year and to all of our members for being a part of our growing profession! We are grateful for all you give to the ADTA, both in service and in donations. As we enter a new year, think of how your support can help the ADTA expand and meet your expectations. We are continually working to improve our services to our members. Your donations help us to better serve you. Visit [www.adta.org](http://www.adta.org) to sign up for an automatic monthly donation or give a one-time donation.

### **New Member Benefit!!!**

**Year Round Consultations:** Do you need help with a presentation or workshop? Are you working with a new population? Have you been practicing for a while and need to breathe new life into your work? Check out our website to find low cost consultations/supervision. Fabulous, well-seasoned DMTs have volunteered their time to give back to both the organization and the community. You can view a brief description about each practitioner to find the right match for you. The initial consultation will be offered at a discounted rate with the proceeds going directly to the ADTA. The rate of the following sessions will be discussed directly between you and your consultant. This is a win-win situation for everyone involved!! You get to choose from a list of consultants and pay a discounted and affordable rate. The consultants get to broaden their practice. The organization will strengthen its ability to meet the needs of the community.

Just go to [www.adta.org](http://www.adta.org). Click on the Members Only Section; Click on Clinical Consultation; Scroll through the BC-DMT Consultant List. Select your consultant. Pay through PayPal. Email your consultant and set up the time.

### **Now Available!!!**

**Automatic Monthly Donations:** You can now sign up for automatic monthly donations on our website. This will be something you can start at anytime throughout the year. You choose how much you wish to donate monthly. No matter the size of the donation, you are helping this organization do its best to continue to serve you. All you have to do is sign up and we do the rest! What a great way to start the year, by giving back to the organization!

Just go to [www.adta.org](http://www.adta.org). Click on About the ADTA, then Support the ADTA. Click on Make a Recurring Monthly Donation. Select the amount you would like to automatically contribute monthly.

### **Reminder:**

Don't forget to deduct your membership dues and credential renewal on your tax return as a business expense. Donations to the ADTA are also deductible! The ADTA is a 501(c) 6. Check with your accountant, tax adviser, or [www.irs.gov](http://www.irs.gov) to explore your individual situation.

Support dance/movement therapy  
and the ADTA...Shop Amazon!



Simply [click on the Amazon cart now at the bottom of our Home page](#) and shop from the new window.

Amazon will donate a percentage of your purchase price to the ADTA at no extra charge to you.



## Standards & Ethics Committee

Ellen Schelly Hill, MA, BC-DMT, LPC,  
ADTA Standards & Ethics Committee Chair

Hello. I'm looking forward to serving as chair of the Standards and Ethics Committee, working with committee members, the Board, and the ADTA membership. I've taken to heart Lenore Hervey's guiding orientation -- which the position is more about "being" than "doing". However, I also note that both Lenore and Susan Kierr before her accomplished quite a bit in the midst of their "being". As chair, Lenore clarified the language of the Code of Ethics and Ethical Standards of Practice, tended to competency clauses, and placed on the table the 21<sup>st</sup> century task of crafting ethical guidelines for electronically provided clinical, supervision, and educational services. Susan Kierr shed light on the value of lifelong supervision and recommended the addition of multicultural and nondiscrimination clauses to the Code and Standards. This is a living code responsive to the times. Lenore and Susan also both modeled the embodied reflection so important in ethical problem solving and decision making. I hope to continue in their paths. I also invite you to engage in ethics reflection and dialogue in an everyday way, the best preparation for meeting the bigger gnarly ethical dilemmas that may come your way.

I am available for engaging in ethics dialogue with you and will maintain the Ethics Hotline; however, at the speed of email communication rather than of cell phone. You can contact me at [eschellyhill@gmail.com](mailto:eschellyhill@gmail.com). I will return contact promptly by phone or email, according to the preference you indicate.



## 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

Your Members at Large (MAL) converged on this year's annual ADTA Conference meeting face to face for the first time. It was a wonderful conference in Minnesota this year, and we were able to take advantage of the time together to really work on some projects that will hopefully benefit each region and chapter. We hosted the annual Regional Caucus for each region after a stimulating dance performance and "tap jam". The Central Region caucus was filled with lively discussions ranging from how members are coping with layoffs due to budget cuts and the economy to a discussion about the use of movement in the science, and study of suicide prevention. Reports from the Eastern and Western Region caucuses seemed to yield more interesting dialogue. The MALs also hosted an informal gathering for our Canadian members to talk and share over drinks about DMT in Canada. Actually, we decided to head down the street and crash the student get together. What a fun and productive night of networking and supporting one another.

The first ever National Conference call is planned for December 13th. More about that in the next newsletter.

### **LOST AND FOUND**

A bright pink and black velveteen scarf with some designs was found at the ADTA Conference in Minneapolis. Please contact the office if this is yours and we will return it to you. Call 410-997-4040 or email [info@adta.org](mailto:info@adta.org).



# Public Relations Committee

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

The Public Relations (PR) Committee continues to focus on increasing our web presence. Much of our current work is in progress, setting up infrastructures for increased communication and connection. We are excited to meet shortly to strategize our plan in support of enacting the Board's overall vision.

PR is working effectively when two dance/movement therapists respond to a request from a gerontologist in southeast Michigan for a DMT to present to caregivers. Thank you Cindy Babcock and Gabrielle Deschaine!

By joining the conversations in the Forum and on LinkedIn, you help increase the visibility of our website and of our field. The same is true when you send us your news and photos and let us know about workshops that you are presenting at allied professional conferences.

## Web Presence

### Website:

Check out the article about DMT in the International Business Times from our link on the homepage. And please, don't be shy. Let us know when you are in the media.

### Linked In:

The American Dance Therapy Association LinkedIn page now has 190 members. The more in-depth conversations occur there, the more others will want to learn from us.

### Profiles of DMTs:

Ande Welling's latest Profile is of 2010 graduate Aditi Subramaniam. Read her inspiring story 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.

## In the News

Donna Newman-Bluestein will be interviewed live on Alzheimer's Speaks Radio Show on December 27 at 12 EST about "Dance Movement for People with Dementia". You will be able to call in and ask questions or comment. If you work with people with dementia and have something to add (i.e. about services in your area and/or benefits you've observed) that could be a nice way of increasing the impact. The podcast will be available after the show airs.

## The Dance

The New York Chapter of the ADTA recently had their second annual dance concert, "Journeys: The Creativity of Dance/Movement Therapists".



"We Didn't Win the Lotto...but We Still Enjoyed the View" by Djuna Passman, Dancers from left to right: Corinna Brown, Kendra Kambestad, Djuna Passman, Allegra Estreet, Cara Aubrey Gallo

## Thank You

I would like to acknowledge the wonderful work and tremendous contribution of Christina Devereaux, who is stepping down from her position as ADTA Spokesperson. She has spoken for all of us with grace and enthusiasm for the past three years. Christina is taking on a new role as co-editor for the American Journal of Dance Therapy (AJDT).

*Want to help with PR?*

*The more person-power we have, the more we can accomplish!*



## Multicultural & Diversity Committee

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

### *CONFERENCE HIGHLIGHTS – COLLABORATIONS: DIFFERENT IDENTITIES, MUTUAL PATHS*

The 2011 National ADTA Conference was truly the kick-off of the newly christened Multicultural and Diversity Committee (MDC) since its recognition as a standing committee. In my role as Chairperson, I attended my first official Board of Directors meeting and training session and took an oath of office.

The Conference was a phenomenal and integrative experience that assured me that we, as an organization, are willing to cast a broader net to expand our horizons. From the pre-conference intensives to the opening ceremony, ensuing workshops, seminars, panel discussions, poster sessions, award presentations, and the banquet dinner and dance; the energy of the conference participants and staff was exhilarating.

Diversity and multiculturalism seemed to be a big draw as people perused the MDC display table gathering handouts, speaking with members of the committee, and inquiring about how to become a part of this important and necessary workforce. Each of the four MDC workshop offerings exceeded attendance expectations and there was a resounding echo from attendees insisting “we need more!” Whether the seminar was three hours or two hours, the richness of the discussion as well as the experiential interactions appeared to be only an appetizer for many participants who recognized the growth potential not only for themselves but also for the clients they serve.



As in prior years, the MDC awarded a scholarship to uphold and support the work of multiculturalism and diversity within the ADTA. This year’s scholarship funds (a direct result of the raffle ticket sales) were designated for a special group performance “Catching Subira” which followed the Marian Chace Foundation lecture. The performance was a result of the collaborative efforts of ADTA members Maria “Mara” Rivera and Erin Bryce Holmes as well as drummer Niko Laboy. While intertwining various cultural dance styles, rhythms, and storytelling, the group guided the audience on a spirited, heartfelt journey of what it’s like to be part of the cultural and ethnic minority of “acceptable” ways of being and moving. Afterwards the performers were gracious enough to engage in an open discussion of their process and elicited audience questions and feedback.





In keeping with the spirit of the conference theme, MDC members gathered together for an informal pre-conference meeting to strategize and create a collage of their multi-cultured selves. Not only were MDC members promoting the importance of the committee as a whole but also that of the affinity groups which now include the Asian and Asian American Affinity Group (AAAAG); Allies of Social Justice (ASJ) Affinity Group; Black Americans and African Descendants (BAAD) Affinity Group; Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ) Affinity Group; and Spirituality Affinity Group. The creation of a collage extended into the MDC special interest group meeting with potential new members and inquirers who contributed to a second collage and discussion about individual and collective diversity. All in all the collaborative efforts of the committee and affinity groups contributed to an enriched conference experience, new interpersonal connections, and enthusiasm to continue on the journey.



## ADTA Past President Takes on Exciting New Role

Congratulations to ADTA Past President Robyn Flaum Cruz for her exciting new position as Chairperson-Elect of NCCATA, the National Coalition of Creative Arts Therapies Associations. Robyn takes office June 2013.

## ADTA Conference News

Submitted by Gloria Farrow, BS, ADTA Operations Director, ADTA Conference Manager

Conference 2011 was a huge success! Thanks to everyone who came to the 46<sup>th</sup> Annual American Dance Therapy Association Conference in Minneapolis, Minnesota, October 20 – 23, 2011. It was a fantastic opportunity to have a joint conference with the National Dance Education Organization (NDEO) and the International Guild of Musicians in Dance (IGMID). Many attendees seized the chance to cross personal and professional borders by attending both ADTA seminars and NDEO classes and workshops. The ADTA had 325 individuals register for the joint conference that attracted almost 1000 participants! Our sincere gratitude goes out to all presenters, performers, monitors, advertisers, vendors, and those who volunteered their time to make this year's ADTA Conference an ideal experience for all.

Thanks to all of you who took a few minutes to fill out the participant's conference evaluation survey form. Our survey participation rate was an incredible 65%. This input assists us in planning future conferences.

Join us next year in **Albuquerque, New Mexico**  
*Exploring Vistas and Soaring to New Heights: DMT 2012 and Beyond*  
October 11-14, 2012  
Hotel Albuquerque at Old Town

Click on the link below to make your room reservation now!

[https://secure.netbookerng.com/hotel/hotelalbuquerque/albuquerque/nm/hseoptx\\_herit/hseoid\\_10399512.html?&groupcode=GRPP94](https://secure.netbookerng.com/hotel/hotelalbuquerque/albuquerque/nm/hseoptx_herit/hseoid_10399512.html?&groupcode=GRPP94)

# Photo Reflections: 46<sup>th</sup> Annual Conference, Minneapolis

Photos from Top to Bottom and Left to Right:  
ADTA Lifetime Achievement Award Recipient Judith Richardson Bunney; Nancy Koprak & Mimi Moyer at the Saturday banquet; Moving in a workshop; Elissa White, Tricia Capello & Mimi Berger; Site specific performance; Tina Erfer, Gloria Farrow & Tricia Capello; ADTA Vice President Jody Wager & ADTA President Sherry Goodill; Dancing at the banquet; Site specific performance; Dancing at the banquet



## Chapter Reports



### New Jersey

Submitted by Susan O. Cohen, MA, BC-DMT,  
NJ Chapter Vice President

The New Jersey Chapter is vibrant and building momentum. We had a wonderful open house in Montclair, New Jersey where new people in our field intermingled with ol' seniors like myself in a celebration of dance and professional enthusiasm. It was warm in the studio so we opened the front door, resulting in those passing by to pause, peek in, and ask what was going on. We responded with joyful remarks about the magic of dance/movement therapy and invited them to join us. Though they didn't accept our invitation, the intrigued look on their faces told the whole story.

Our very own president, Tina Erfer, co-presented a workshop on dance/movement therapy at the 92nd Street Y in New York City. We are so proud. New Jersey dance/movement therapists have submitted proposals for a Creative Arts Therapy Conference in Morristown, New Jersey in March, 2012. On February 12, 2012, we are collaborating with NIA dancers to experience and discuss the similarities and differences of NIA and dance therapy. As you can see, we are a-buzz with excitement.

I am also happy to announce that I have accepted the role of interim Vice-President of our chapter. How grateful I am to not only come back into the fold of dance/movement therapy in New Jersey, but to also help lead our chapter and support the rest of our board. It is only because of my membership with the ADTA that I was even considered for such a position. I am honored.



### Illinois

Submitted by Charla Weatherby Trinidad,  
IL ADTA Vice-President

The Illinois Chapter would like to congratulate Lenore Hervey on the Excellence in Education Award that was presented to her at the National ADTA conference in October. Her accomplishments in the field are remarkable and the award is well deserved! We would also like to congratulate Laura Allen on her Leader of Tomorrow Award. Both women make our chapter proud!

Some exciting news on the technology front: the new website for our chapter is in the design stage, and members will have a chance to hear more about these ideas at our December meeting. We are only a few months away from finally reaching our goal of creating an independent website to represent our Illinois members. A HUGE thank you goes out to the agencies that are providing pro bono design and programming for us. This goal could not be reached without you.

Happy Holiday Season to all dance/movement therapists out there! May the New Year bring you rhythm, relaxation and healing.



### California

Submitted by Elizabeth Storm, Southern California Student Representative

The California Chapter was inspired and energized by the Annual Conference. Our very own Allison Winters, BC-DMT, gave an excellent presentation on treating veterans from various eras. Former chapter president Lora Wilson Mau presented some exciting research on the benefits of Zumba® as well. We would also like to congratulate chapter member Amanda Wilkinson, who received an award for her service to the ADTA and our profession.

The chapter board is pleased to welcome the following members:  
Holly Burn-Crain - Northern California Programming Chair  
Elizabeth Storm - Southern California Student Representative  
We are still looking for a Southern California Programming Chair.

We are excited to move forward with plans for our pioneer workshop, which will be held February 11, 2012. Although details are still being worked out, it promises to be an inspiring once-in-a-lifetime experience. Our chapter is also in the planning stages for some other exciting workshops for the next year—more news to follow!



# Wisconsin

Submitted by Ann Wingate, BC-DMT, DTRL, Wisconsin Chapter Treasurer

The Wisconsin Chapter has had a full and rewarding 2011 with many wonderful training opportunities. They began in the spring when David Harris, BC-DMT, was in Madison, Wisconsin and presented his work: "Traumatized Boy Soldiers in Sierra Leone" (sponsored jointly by the chapter and Hancock Center for Dance/Movement Therapy). This is incredible work. David's film of a boy soldiers' dance/movement therapy group is truly moving and an awesome testament to the power of DMT. Many chapter members attended the workshop and portions of it were presented to University of Wisconsin undergraduate students in the dance/movement therapy certification program along with members of the dance community.

In May, Marcia Parsons, director of the University of Wisconsin at Milwaukee Dance Program, led a workshop for the chapter on "Neurological Based Movement with Children." This was a great learning experience; Marcia shared many movement approaches that were easy to incorporate into our work.

At the end of the summer, California dance/movement therapist Ilene Serlin, BC-DMT, generously offered her presentation, "Dance/Movement Therapy for Women Living with Breast Cancer" as a fundraiser for Hancock Center. This was another outstanding and highly informative workshop that brought together many Chapter members and people from the University and the community.

In the fall, several of us were able to attend the ADTA conference held in our neighboring state of Minnesota (thank you Minnesota Chapter!). This was a superb conference. We enjoyed gathering with others from the Central Region Thursday evening to network and share our work. Chapter secretary, Rena Kornblum, BC-DMT, DTRL, presented "Dance/Movement Therapists and Schools in Collaboration: A Multi-Cultural, Embodied Approach to Violence Prevention."

Immediately after the ADTA conference a number of us were able to attend the 27<sup>th</sup> Annual Midwest Conference on Child Sexual Abuse held here in Madison. The keynote speakers included Bessel van der Kolk, a premier brain researcher whose work in many ways validates the body-based approach of dance/movement therapy, and Eliana Gil an art therapist who works in the trauma field. Chapter members Jeanine Kiss, BC-DMT, DTRL and Ann Wingate, BC-DMT, DTRL, presented "Psychosomatic Effects of Trauma on Clients and the Professionals Who Treat Them: An Experiential Approach to Becoming Aware and Moving Beyond". Nearly 100 people attended this workshop and experienced the power of movement.

Our Chapter is looking forward to meeting in January 2012 to plan for special events in the New Year. We are pleased to be expanding both in numbers and in the high quality of training we are able to offer to our members.



The Dance/Movement Therapy Certification Board would like to congratulate all the newly Registered-Dance/Movement Therapists (R-DMTs), who were registered between September 1 and November 30, 2011.

- |                         |                        |
|-------------------------|------------------------|
| Miryan Cho              | Kara A. Mycek          |
| Melissa Ann Nedza       | Patricia Ann Lucas     |
| Kendra P. Kambestad     | Margaret Ludwig-Albert |
| Nina Cohen-Reisman      | Paige Draper           |
| Leslie Grace Stevenson  | Deva Mae Connett       |
| Sara R. Van Koningsveld | Ashley Duquette        |



# Marian Chace Foundation

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

There are many congratulations due for those responsible for the ADTA Conference in Minneapolis. Well-organized, interesting presentations and Midwest hospitality made for an enjoyable several days. Thank you to the many that made this possible.

As the Marian Chace Lecturer, Miriam Roskin Berger provided the audience with a fascinating and multi-informational presentation that happily will be published in the next Journal. It was so packed with ideas that it needs careful perusal. Congratulations to her for a job well done.

We were pleased to award Lori Baudino the Marian Chace Foundation Award for Journalism for her article published in the Journal based upon her dissertation entitled *Autism Spectrum Disorder: A Case of Misdiagnosis*.

Also to be congratulated are those whose quotes were part of the latest bookmarks created by the Foundation: Judith Bunney, Linni Diehl, Dianne Dulicai, Danielle Frankel, Nana Koch, Marcia Leventhal, and Tina Stromsted. They will each pass along a quote to another dance/movement therapist they will choose for next year's bookmark. Some individuals have shown an interest in receiving the entire collection of seven next year, and we hope to make this possible through pre-orders.

We are in the process of collating the abstracts of the theses and dissertations from the years 2007-2011 and will have these available on CD-Rom by early spring.

The trustees will hold their semi-annual meeting in April to review grant applications and conduct other business at hand. We are always happy to hear your ideas.

The following individuals have generously donated to the Foundation enabling our work to continue:

## Thanks to...

Donations received September 1 –November 30, 2011

### FRIENDS (up to \$36.00)

Sarah Arnett

*In memory of Luci Beinhorn Marlatt*

Stacey Hurst

Nitza Broide Miller

Roxanne Preble

Adina Rosenberg

Susan Sandel

*In memory of my Mother, Dr. Lenore Sandel, who dedicated her life to the education of children and teachers, and was a great supporter of my work as a DMT all her life*

Elissa White

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

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Miriam Roskin Berger

*In memory of Stephanie Katz*

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Lenore Hervey

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Rena Kornblum

Lynn Koshland

*In gratitude to every dance/movement therapist sharing their piece for healing*

Nicholette Oddivak

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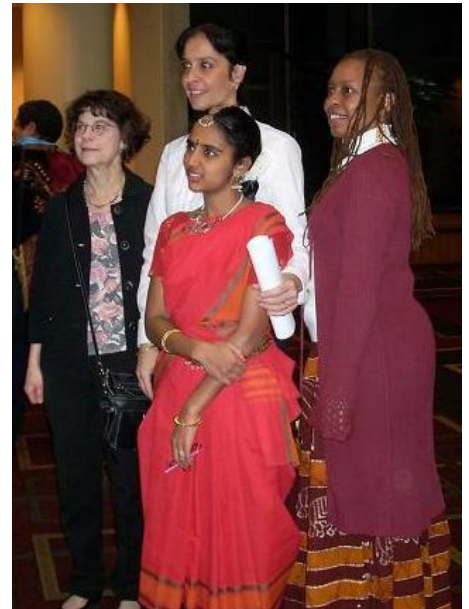
Conley & Marney Brooks

*For Global Site Performance projects*

# ADTA at SAMHSA Conference

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

On November 15<sup>th</sup>, ADTA was center stage at the National Summit on Trauma-Informed Care of the US Substance Abuse and Mental Health Services Administration (SAMHSA). An invitation to provide a dance performance evolved into the chance to present on DMT and Trauma. Nalini Prakash, R-DMT, a staff dance/movement therapist at St. Elizabeths Hospital, gave a 30-minute plenary presentation on DMT and on how DMT addresses the needs of patients at St. Elizabeths who have trauma histories. Nalini was supported by her supervisor, Tracie Robinson, BC-DMT, also of St. Elizabeths, and Myrna Mandlawitz, ADTA Public Policy Consultant, was in attendance as well. Over 300 participants in the SAMHSA event were given ADTA materials on DMT. The dance performance was given by Aarthi Muthukumaran, a student of classical Indian dance, who studies with Nalini. Aarthi, who has used dance in long term recovery from a stroke, is inspirational to all who witness her dancing. Congratulations and thank you to Nalini and to all involved!



SAMHSA Conference attendees left to right:  
Myrna Mandlawitz, Nalini Prakash, Aarthi Muthukumaran, Tracie Robinson

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# Super Committee Dies: What's Next?

EDITORIAL

Submitted by Myrna Mandlawitz, ADTA Legislative Consultant

After months of speculation, the Joint Committee on Deficit Reduction – the Super Committee – failed to meet its congressional charge. The Committee's mandate was to report a plan by November 23rd that would produce \$1.2 trillion in cuts over ten years, aimed ultimately at putting the country on the road to eliminating the deficit. The "stick" hanging over the Committee, which is still in play, was the threat of sequestration, a process of automatic across-the-board cuts in all discretionary spending – education, health, social services, environmental protection, and all other agencies, including defense and homeland security.

From all reports the twelve-member panel never even came close to agreeing on a plan. This despite the Democrats' willingness to entertain some entitlement reforms and the Republicans' concession that some increased tax revenues might be required. Interestingly, there have been several bipartisan commissions in the recent past (Simpson-Bowles and Rivlin-Domenici to name two) that have offered some concrete recommendations on ways to tackle the deficit. However, none of these proved influential enough to get a deal from the Super Committee.

With the demise of the Committee, sequestration is, in fact, supposed to take effect with automatic cuts beginning in January 2013. This prospect has both parties scrambling, and President Obama has issued a veto threat for any attempts to prevent the process from going forward. That said, the likelihood of a sequester that doesn't kick in until after the 2012 elections is in serious question.

*So What's Next?*

As with everything in Washington, it all comes down to politics. With the approach of 2012 – a presidential election year where all House and 33 Senate seats also are in play – the failure of the Super Committee provides great fodder for both parties. The discussion will focus on which party would be the better steward of the nation's fiscal health and how each party proposes to cure the "patient." While the solution to the country's economic woes is far from black and white, the parties are already painting it that way: Republicans say Democrats want huge tax increases, especially on the wealthy and Democrats say Republicans want to slash entitlements.

In fact, both parties want to avoid this whole conversation. The party that prevails will claim a mandate to "do it our way." If the public can bear it, we're in for a *very* long campaign season!

## ...In Recognition

ADTA wishes to thank the voluntary contributors who donated for the period September 1 through November 30, 2011. Thank you for your support.

- ✚ Lucy Gonda
- ✚ Sabine Koch
- ✚ Fran Levy
- ✚ Birgit Suberg
- ✚ Elizabeth Templeton
- ✚ Amarillis Vazquez





## From the Professional DMT Community

### My Place as a DMT in the 99%

Submitted by Budding Urban Play Activist, Cara Gallo, MS, BC-DMT, LCAT

As I begin this article for the ADTA Newsletter, I have images, thoughts, and feelings that swirl in my heart, belly, and mind. I am a dance/movement therapist, a Licensed Creative Arts Therapist, and until very recently a New York City Public Employee at arguably one of the most notorious public hospitals in the whole of this city and dare I say land, Bellevue Hospital Center.

I spent nearly the whole of my twenties and part of my thirties working within public institutions; first, as a dance/movement therapy intern at Queen's Children's Hospital and Woodhull Hospital; then, at my first job as a dance/movement therapist at a homeless shelter for women with mental illness in Brooklyn. Finally, I settled in at Bellevue for just over 6 years, beginning in 2005. The course of my time there afforded me a somewhat long-view of the inner workings of a public institution.

At the beginning of my time there I was *grateful!* I joined a hard working and dedicated team of clinicians working with teenagers in addition to being surrounded by a creative arts therapy community of art, dance/movement, drama, expressive, and music therapists. It felt as though I had truly found a place, a niche, a nest to begin to find myself, my style, and my voice as it were as a dance/movement therapist. For the most part all of this was true. I worked with a team of creative arts therapists, doctors, nurses, psychiatric health technicians (nursing aides), and social workers for whom I truly had warm feelings and respect. Moreover, that feeling was generally mutual and shared.

Then 2008 happened. I remember a series of experiences from that time: the financial crisis, a change in the hospital administration, and an increase in the overall sensation and feeling of doom, aggression, and fear that seeped into the workplace. I very clearly remember a shift in my ability to work with the patients at that time. There was pressure from the top to conform to structures, theories, and behaviors, which were to be implemented for the "greater good" of the teens with whom I was working. To say the very least, I was being asked to do things that I felt were counterintuitive to the very core of dance/movement therapy as I saw and interpreted it.

I struggled for a long time and began to realize that it was the overall financial pressure from the larger economy that was making the work place unsafe, via decreased staff, attrition and non-replacement of staff, and staff lines open for endless stretches of time. While in an even more debilitating and demoralizing action contracting positions

were given out to private agency staff who were never offered those permanent positions, which would have afforded entry into the union, health insurance benefits, and minor pay increases. Meanwhile, permanent staff members were asked to do more work. I remember the feeling of fear, or lack of safety, seeing patients harmed, staff harmed and *nothing* was being changed. The party line was: "This is psychiatry and these are the risks we take upon entering into these positions." Yet I wholeheartedly disagreed. Many of the incidents I had heard of and/or witnessed firsthand might have been preventable if given adequate resources, people, supervision, and support. Very recently, with great sadness, I left Bellevue. I felt I could no longer remain at the hospital and feel safe enough to do my work. It was an incredibly difficult decision for me to make.

Then on September 17<sup>th</sup> something very exciting happened in New York. A few hundred people began to demonstrate near Wall Street on behalf of the 99%. I remember hearing about it on the radio and thinking YES, this is IT! The people are finally rising up. My next thought was to ask myself how I would get involved, not just as a person, but also as a dance/movement and creative arts therapist who had directly experienced the ramifications wrought on the public health care system in New York City by the financial crisis. More specifically, I saw how the financial crisis directly affected the withering services available for those who suffer from mental illness, most of whom are in the 99%.

Soon after the first rally, my mentor, dance/movement therapist Joan Wittig, invited members of my supervision group to participate in some Urban Play at Occupy Wall Street. In Urban Play, a group of friends improvise with



movements, sounds, pretend objects, and roles in scenes in a public place and invite the people they encounter to join them in play. Created by drama therapist Fred Landers, who borrowed many techniques from Developmental Transformations, Urban Play has been practiced for over three years in the parks and on the streets of New York City. Urban players have come to understand this practice as a form of social activism, since the enjoyment in playing and watching others play offers people a new sense of possibility. The moment Joan mentioned Urban Play, I said YES! Let's protest CAT-style!

My first exploration of Urban Play was also the first time it was tried at Occupy Wall Street. Playing with Fred Landers, Joan Wittig, and Debbie Stone (DMT) one evening in the thick of the Occupation crowd as well as at its outskirts was an incredibly freeing and empowering experience. This was our way of saying "NO more!" to the direction our country had taken before, during, and after the economic tragedy of 2008. It was our way of conveying to the world that something has to change, while also demonstrating some of what is possible with our bodies and with the power of our interaction as a group. Now that's revolutionary!

Since our first Urban Play experience at Occupy Wall Street, a small group of creative arts therapists have gone to Wall Street once or twice a week. It has been amazing to experience the responses of witnesses, fleeting participants, and those courageous enough to fully join our play. Despite the struggle the Occupy Wall Street Movement has experienced with the city evicting protesters from the encampment at Zucotti Park; when I emerged from the train station at City Hall on Thursday 11/17/2011, I heard the chanting, drums, trumpets, tubas, singers, rappers, languages, accents, speakers, and flood of people, and people and people...My heart lifted and sang!

Three of us, Fred Landers, Monique Wu (drama therapist), and I danced or moved mostly at the fringes of the enormous crowd. We were there to play and play we did among the thousands of people of all ages, races, ethnicities, genders, and sexual orientations. We danced the dance of joy, happiness, struggle, fear, silliness, aggression, desperation, searching, lifting, jumping, twisting, strength, sadness, compression, freedom, glory, stillness, and togetherness for we were of, with, and a part of the 99%.

*\*This article is entirely an opinion piece by Cara A. Gallo, M.S. BC-DMT/LCAT and does not represent the political opinions of the American Dance Therapy Association. Additionally if you wish to learn more about Urban Play please contact Cara Gallo who can put you in contact with Fred Landers.*

## Continuing the Gift of Dance/Movement Therapy

Submitted by Mary Gordon, MA, LAADAC, CADCII

It has been a privilege and pleasure for the past twenty-seven years to be a part of a profession that encourages, supports, and heals people whose primary disorder is addiction. In the course of these past twenty-seven years I have also kept my vision on supporting patients, clients, and friends with dance/movement as a therapeutic modality. What a joy to witness and guide clients through their individual processes using movement and dance. Although dance/movement therapy as a profession is not always thought of by administrators and other professionals in the health care field as a healing tool for their patients or clients, it behooves us as practitioners or



licensed professionals in the dance/movement field to continue to present the gifts we have to offer. My experience with those unfamiliar with this modality is that offering movement in small segments to a willing audience helps alleviate any apprehension they may have regarding being a "mover" or "dancer." I am offering this brief essay and a picture to those working in traditional settings but offering dance/movement as encouragement to do this work no matter where you are planted. The following are some of the venues where I had the privilege of offering creative movement to a general audience: Women's Conference sponsored by Betty Ford Center and Caron Treatment Center, Lawyers Assistance National Conference in British Columbia, classroom settings in New England, 11th Step Retreats in New England, ACOA healing weekend retreats in Maine, the Creative Change Conference in California, and smaller venues in my work and home settings. This work will continue with all of us dedicated to this therapeutic modality. It can be done simply or grandly wherever each of us lives and works!

# A Vibrant Dance Therapy Community in Seoul, South Korea

Submitted by Bonnie Bernstein

This fall I traveled to Seoul, South Korea to lead two weeks of dance/movement therapy workshops for Sunyoung Park at his Korean Dance Therapy Institute. I first facilitated a 60-person open workshop and then led a weeklong intensive course for a group of twenty-four therapists, educators, and students. The dual focus of the intensive course was to introduce the Blanche Evan methods of dance/movement therapy for the higher functioning client and to introduce my dance/movement therapy approach to working with psychosocial trauma in the global community. I also met with individuals for therapy and supervision.

It was an exciting experience to get to know the dance/movement therapy community in South Korea. I was impressed by the richness of Sunyoung's Korean Dance Therapy Institute and the enthusiasm of the dancers I worked with. The group included two talented faculty members from another dance therapy program newly formed at Myongji Graduate School. The participants were bright, eager to try new experiences, and danced fully and expressively. They met the challenges of the creative dance techniques and the insight oriented improvisation focus of Blanche

Evan's methods with openness and authenticity. In response to my work with psychosocial trauma, we explored inventive ways of applying my methods to the issues of Korean society. I was most impressed with the participants' engagement in dance. It was clear that Sunyoung has put the fullest use of dance and expressive movement at the center of his training program. The Korean Dance Therapy Institute is a wonderful center for dance/movement therapy and the training of dance/movement therapists. I look forward to an ongoing relationship with my new colleagues in South Korea.



## Moving Toward Health

Submitted by Dr. Ilene Serlin

Nationally acclaimed dance therapist Dr. Ilene Serlin and Joy Gottlieb, Somatic Movement Therapist, have partnered to present ***Moving Toward Health, A Dance & Movement Class for People Living With Serious and Chronic Illness.*** This weekly class is sponsored by Five Points Fitness Gym and MedaFit Exercise and is a gentle movement class for people with serious and chronic illness. This class is specifically designed to ease participants into exercise, awaken the body, stimulate the immune system, and energize life force. Since exercise is a frequently recommended key component in many treatment plans, this class is ideal for people challenged with serious and chronic illness. This class is also ideal for people challenged to introduce exercise into their lives, as well as those who enjoy a fun dance class.

## News from Northern California

Submitted by Bonnie Bernstein and Judy Gantz

The Center Movement Education & Research (CMER) is starting a new Alternate Route Dance/Movement Therapy training in conjunction with John F. Kennedy University Master of Arts degree in Counseling Psychology – Specialization in Expressive Arts. For the first time a CMER DMT Level I class will be woven into the JFK MA degree in Counseling Psychology, Expressive Arts Specialization. The CMER courses are also available for those who are not registered in the JFK graduate programs as continuing education (CE) credit. The first course begins February 3, 2012 taught by CMER DMT Educational Director Bonnie Bernstein: **INTRODUCTION TO DANCE/MOVEMENT THERAPY THEORY AND PRACTICE LEVEL 1: THEORETICAL ORIGINS, FOUNDATIONS AND PRINCIPLES.**



For more information on this program go to: [http://www.movement-education.org/therapy/courses\\_alternateroute\\_nocal\\_2012.html](http://www.movement-education.org/therapy/courses_alternateroute_nocal_2012.html)

## Recent Conference Presentations

Submitted by Dr. Ilene Serlin

- ✚ Ilene Serlin was a keynote speaker at the Poetics of Aging Conference in San Francisco on November 17, 2011. She spoke about her work with seniors using movement and imagination and the importance of seeing the art/symbolic in everyday life.
- ✚ On August 4, 2011, Ilene Serlin presented a workshop at the American Psychological Association on Caregiver Burnout: Compassion Fatigue and Regeneration, based on her work in Israel with movement and trauma. Also in the workshop were Charles Figley and Eleanor Pardess from Tel-Aviv University.

Submitted by Jill Comins, MA, BC-DMT, LPC, PAADTA  
Program Coordinator

- ✚ The Pennsylvania Counseling Association held its 43rd Annual Conference entitled, "Creativity in Counseling" in State College, Pennsylvania, October 20<sup>th</sup> through the 23<sup>rd</sup>. Sponsored by the PAADTA, Jill Comins, MA, BC-DMT, LPC presented on "Dance/Movement Therapy and the Recovery Model: A Duet". In this workshop, participants explored the ten components of Recovery identified by the Substance Abuse and Mental Health Services Administration (SAMHSA) through direct experience and participation in creative and expressive movement. Inspired by her work as a recovery-oriented therapist, Jill appreciated the opportunity to reach out to the counseling community and share how these principles are supported by DMT and in what ways DMT contributes overall to recovery and wellness.

## A Performance Event at the Pitot House

by David Stefferud

Submitted by Susan Kierr

On an anomalous, clear, bright, temperate Sunday afternoon (of a faun?) in November, the House was populated by fairies, nymphs, sprites, and Nereids and guided by white clouds of gentle docents and choreographers (Monique Moss, Barbara Haley and Susan Bensinger). In the background were subtle African drum and poignant viola ("Fanfan" Louis and Marjorie Garnier). This captivating assemblage of young women from Lusher Charter School and the Tulane/Newcomb Dance Company told the audience by motion, rhythm, dance, narration, and demonstration of the historical sense and feeling of the grand, Creole, suburban plantation house and surroundings.

The Pitot House's gardens and grounds, still alive with a colorful vigor that belied the colder season soon to come, embraced dancers and participants inviting connections between the mind/body continuum and nature's gift of cypress, oak, mint, verbena, garden pansies, and herbs.

From Nature's bowers, participants and rapt attendees passed into the built environment, places made by man and woman, respectfully, for living and commerce. The rooms became vibrantly alive, each an assignment for participant dancers who posed and chattered, continuing a chain of life, unbroken but stressed, by slave and master, wealth and poverty, France and Spain, England, Native America and Africa, continuing a lifelong presence within these sturdy walls.

The final triumphant connection was made among plantation, bayou, and the recent present when the dance troupes led

## Published!

Submitted by respected authors

- ✚ Ilene Serlin's book: *Whole Person Healthcare: Art and Healing, Vol. III* is now available in paperback. For information, please contact [iserlin@union-street-health-associates.com](mailto:iserlin@union-street-health-associates.com).
- ✚ James M. Murphy, M.Div., M.D., BC-DMT recently published "How You and Your Mate Can Become a Super Couple: With Exercises to Get You There." Available on Amazon and at Barnes and Noble.
- ✚ Beth I. Kalish has a chapter in a new book, Diamond, M.J. & Christian, C. (2011) *The Second Century of Psychoanalysis*. New York, Karnac. Her chapter, Chapter 12, is relevant for dance/movement therapists. It is titled "Movement Thinking and Therapeutic Action in Psychoanalysis".



the attendees to the Bayou St. John, the “raison d’etre” of the ensemble of house, water and commerce, represented by an artful bridge, which deserves to be kept but now in some disrepair, where all recognized the circle of life lived here by tossing flower petals into the still waters as the beneficent sun completed with distinction it’s daily labors.



This happening of the humanities was presented and commissioned by the Louisiana Landmarks Society; Ms Susan Kierr, President and prime motivator, and Ms Tarah Arcuri, indefatigable Pitot House Director, in partnership with Lusher Charter School, Tulane University Department of Theater and Dance/Newcomb Dance Company, Third Eye Theater, ArtSpot Productions, Re-Bridge and the New Orleans African-American Museum. The Louisiana State Arts Council through the Arts Council of New Orleans provided and administered a generous grant to support this project.

This serendipitous moment on Bayou St. John, at the only house that preserves and explains this time and is open to the public, suggests a continuing dialogue between the arts, history, and the humanities. It is an addition to programs of recent years and hopefully the trend continues.

## In Memory of Alice Bovard-Taylor



Ms. Bovard-Taylor died unexpectedly of a stroke on November 9, 2011. She was seventy-five. Born in Cincinnati, Ohio, she earned a BS degree in education with majors in psychology and dance at Miami of Ohio University. She studied classical dance

in New York with Martha Graham and later became a charter member and pioneer of the fledgling American Dance Therapy Association. She developed psychology based dance therapy programs at several Minneapolis hospitals, taught at the University of Minnesota, and had a private psychotherapy practice. She earned a doctorate in clinical psychology from Western Colorado University. Her creation of the Video-Analysis program at the Telluride Ski School was the first of its kind. After moving to Denver, she spent 14 years as the Deputy Executive Director at the Women's Bean Project. Alice is survived by her husband Dr. Joseph E. Draganosky; daughters Karen Brandvold and Lori Lawrence; and grandchildren Davis, Elise, Dustin, and Madeline Brandvold, and David Lawrence. She was preceded in death by her son David Taylor. A celebration of her life was held on Wednesday, November 16th at Willow Ridge Manor, 4903 Willow Springs Road, Morrison, Colorado from 5 – 8 pm.

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# My Memories of Alice Bovard Taylor

Submitted by Marylee Hardenbergh

My first sighting of a dance/movement therapist was in New York City, taking an Effort-Shape class with Connie Cook and Irmgard Bartenieff. I was intrigued. When I got back to Minnesota, I was thrilled to learn that such a creature existed in my own city. I took a class in dance/movement therapy from Alice Taylor at the University of Minnesota.

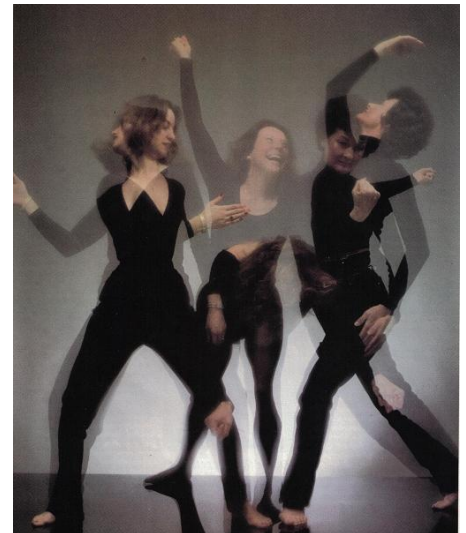
She was vivacious, beautiful, full of life, and a graceful and strong mover.

When I spent more time with her, I learned that she loved to laugh and converse over a nice glass of wine and some lovely cheeses. Alice nurtured my career and voiced her pleasure that finally someone, after taking classes from her, had gone on to get her Master's degree in the field. I went off to study with Penny Lewis Bernstein and Irmgard Bartenieff. When I returned to Minnesota a few years later and told Alice how much I loved working with Irmgard, she was unequivocal: "If you want to spend any more time studying with Irmgard, you should go to New York *now*. She may not have a lot more years to teach." And so I moved to New York and took post-certification courses with Irmgard, who died three years later.

When I moved back to Minnesota, Alice provided personal supervision until I got my registry from the ADTA. "Be curious!" was one of her bits of advice that has stayed with me after all these years. The power of curiosity is as sunlight to the client's healthy growth.

When I took over her dance/movement therapy job at a local hospital, I told her that I was cowed to try to follow in her footsteps -- that she was so highly regarded. Alice replied, "Well, after seven years go by, you will probably be highly regarded yourself."

Alice's encouragement to study further with Irmgard and her kind words about high regard show her generosity of spirit and ability to see the big picture. I value her as one of my main teachers. This is a photo from a Twin Cities magazine article about dance/movement therapy that quoted Alice Taylor, Billie Logan, Nanine Ewing, Millie Baker, and me.



**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](mailto:info@adta.org)

## DMT in Korea

Submitted by Kyung Soon Ko, BC-DMT, GL-CMA

The Korean Society of Dance Movement Psychotherapy (KSDMP) was established one year ago. KSDMP has an ongoing training program affiliated with New York authentic movement study. Joan Wittig recently visited for the second round of authentic movement training. The participants' experiences are getting deeper and more expansive, especially as this session, participants started to learn the role of the witness. Seventeen people participated in the second round, ongoing training group from November 5 to November 9, 2011. The third round of training will be held in April of 2012. The entire training will consist of 150 hours of instruction.

Additionally, KSDMP held a full day intensive workshop titled "Performance as Therapy," led by Joan Wittig on November 4, 2011. Thirty people participated from various fields such as art, education, dance, and social work. A dance/movement therapist from The Netherlands, Astrid Struijk, also joined the workshop, creating a DMT global mood in Korea.



## Zen Dance

*MODERN HOLISTIC WELLNESS AND HEALING WITH AN AGE OLD TWIST*

Submitted by Dr. Sun Ock Lee



Zen Dance was created by Dr. Sun Ock Lee as a natural therapy for overall mental and physical wellness for the modern individual. She developed the dance for performance, daily practice, and clinical therapy and her holistic healing techniques have been successful in alleviating the stress, anxiety, and tension brought on by today's fast paced society.

Dr. Sun draws upon a persons' desire to recharge and rebalance by providing an inner platform of peace and positive mind-body connection.

The various methods she teaches help with the management of emotions, anger, and negativity through improvisational dance, expression, and movement and

has been taken up by people of various ages, occupations, and walks of life. Those who have aches and pains in their shoulders, back, and neck due to overuse of the computer feel the physical benefits as Zen Dance corrects posture and maintains a balance in the body.

Various programs have also successfully implemented Zen Dance as an alternative rehabilitation treatment for breast and womb cancer patients, spinal disc management, and pre and post-natal women's care as the movements are simple to remember and can be customized to fit each patient's needs. Zen Dance is not only for patients. It is for anyone who wishes to express his or her inner feelings of confidence, joy, and freedom through movement.

## About Dr. Sun Ock Lee, Choreographer, Artistic Director

Dr. Sun Ock Lee is one of Korea's foremost traditional modern dancers and choreographers, and her works span east/west cultures and dance styles. Her extraordinary dances based on mastery of Zen philosophy and Zen Dance techniques have been recognized and awarded internationally for their beauty, power to evoke deep inner feelings, and innovative approach to cross-cultural arts.

Dr. Sun has given numerous lectures, workshops, and performances at colleges and schools in Asia, Europe, and the United States as well as many television concerts. She received her D.A. from NYU and is the author of "Zen Dance: Meditation in Movement I & II" and "Zen Dance Technique and Therapy".

Her professional credits include:

Resident artist for The Artist Society Performing Arts (1973-1995)

Choreographer's Award by the National Endowment for the Arts (1980)

Founder of the Asian Contemporary Dance Festival (1993 – present)

Dr. Sun Ock Lee's Zen Dance Company repertoires are preserved at the Lincoln Centre Performing/ Arts Library - Dance collection SonMuGa: Paramita Series and Lotus Series (1995). She taught Zen Dance Therapy at Pochun CHA University, was Director of Zen Dance Therapy Center and Secretary-General of APPAN in Seoul, Korea.

Dr. Sun Ock Lee conducted the Zen Dance: Dance Meditation Performance and Workshop as part of the Zen Conference and Workshop 2011 held on November 5<sup>th</sup> and 6<sup>th</sup>.

**Zen Conference and Workshop 2011**  
Date: Nov 5 & 6 (Sat & Sun)  
Time: 8 a.m. to 5 p.m. daily  
Venue: Suntec City, Room 325 level 5  
Registration fee is \$160/pax for 2 days. Space is limited to 120 participants only!  
Light refreshment is provided.

**Ticketing Offices:**  
Kwan Yin Chan Lin  
Zen Meditation Centre (KYCL)  
8007 Landed House, Singapore 110702  
Tel: 63928811 (Tue-Thu:10:00-17:00) / kyle@kylzen.org.sg  
www.kylzen.org

**Zen Shop**  
808 124 Orchard Gate Ave 1, #01-207, Singapore 110725

**Zen Dance Therapy Workshop**  
by Dr. Sun Ock Lee (D.A.)  
Date: Nov 5 & 6 (Sat & Sun)  
Time: 7:30 p.m. to 9:30 p.m. daily  
Venue: Suntec City, Room 325 level 5  
Ticket price: \$60/evening, \$100/2 evenings

**KYCL November 2011**  
Limited Seats Available! All proceeds will be for the building of KYCL's New Zen Centre.  
Please register early to avoid disappointment. Organized by Kwan Yin Chan Lin Zen Meditation Centre, Singapore.

**Jazz/Blues**  
by B3 Conspiracy,  
Las Vegas  
"Out of calm stillness..."

For more information and pictures, please contact:

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## Newsletter Submission Guidelines

*All articles submitted are done so with the understanding that edits may be required for clarity and format purposes.*

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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October 11 – 14, 2012

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