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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.

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A Few Words from the Newsletter Team

Happy holidays everyone! The last issue of 2012 is upon us and boy is it packed. You have a lot of reading ahead of you, including Board Reports and conference happenings. We hope you can take some time to relax from this hectic time of year and catch up with us at the ADTA.

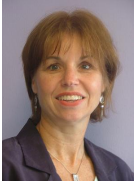


Pictures (top and right): Conference attendees participate in various workshops.

Picture (below): ADTA Board of Directors



Board Reports



President's Letter

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

Dear Colleagues,

We devote much of this edition of the newsletter to reporting from the Fall meeting of the ADTA Board of Directors meeting and the 47th Annual Conference in Albuquerque, New Mexico.

Adhering to ADTA bylaws, the annual business meeting is held each year at the conference. Because many of you were not able to be present, I will summarize that meeting here for you.

We thanked members of the board and others who had completed terms of service to the organization. Laurel Thompson completed two terms as Chairperson of the Education, Research and Practice Committee; Nancy Beardall completed her service as Chairperson of the Committee on Approval; and Donna Newman-Bluestein completed two terms of service as Public Relations Committee Chair. Each brought to her ADTA work a deep passion for dance/movement therapy, generosity, and valuable expertise. I am personally so grateful to Nancy, Laurel, and Donna for these years of enjoyable and spirited collaboration and their contributions to our shared vision for ADTA.

We formally installed new board members to their roles: Susan Imus as the new Chair of the Education, Research and Practice Committee, and Lora Wilson Mau as the new Public Relations Committee Chair. Jessica Young is the new Chair of the Committee on Approval. Susie, Lora and Jessica have hit the ground running in their new positions and we are so delighted to have them “on board”! Adina Rosenberg (Eastern Region Member at Large), Jody Wager (Vice President) and I all entered our second two-year terms at this annual meeting as well. Thank you for your ongoing support as we try to do our best for the ADTA every day.

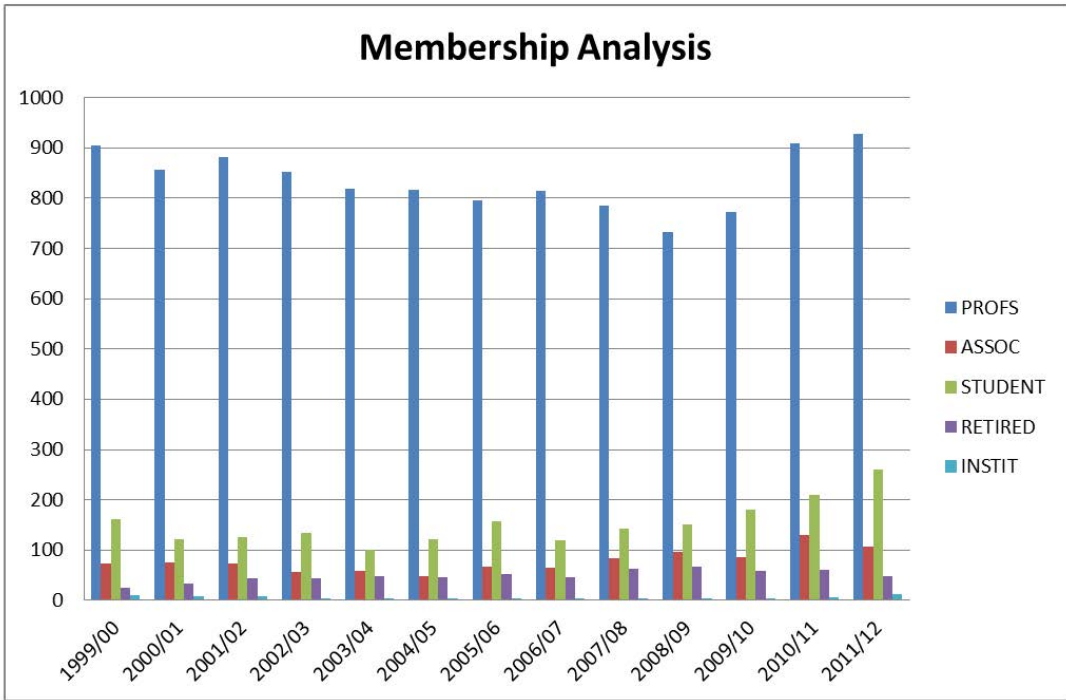
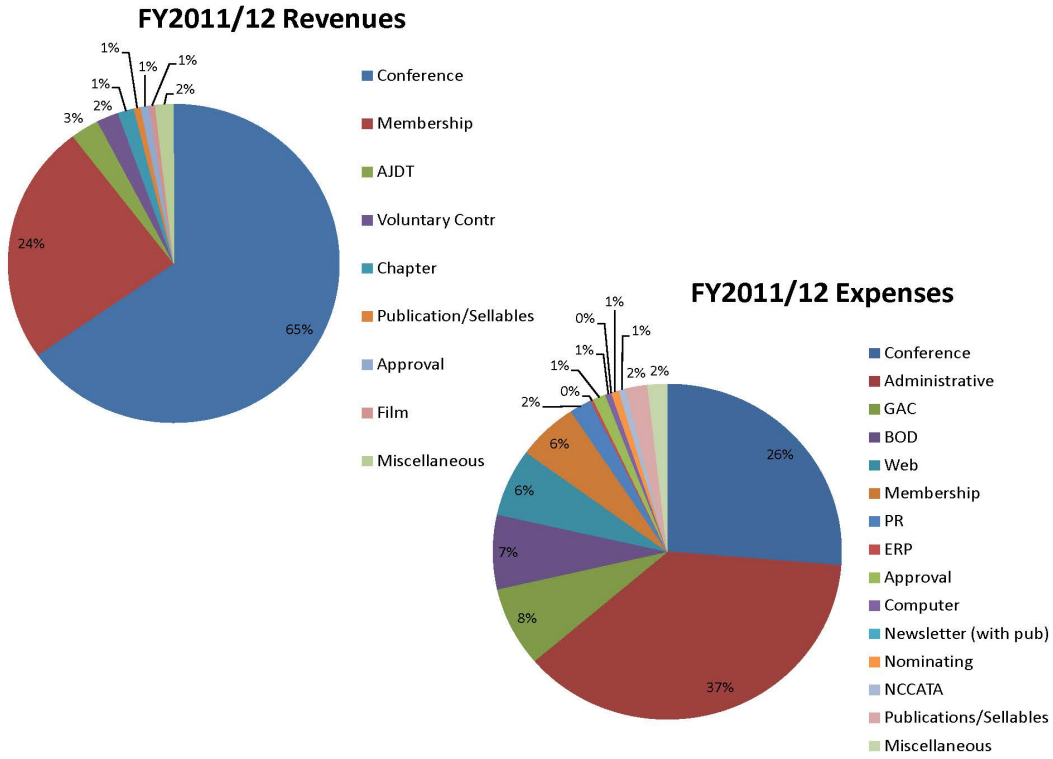
We also were happy to confer several ADTA service and achievement awards at the business meeting as well. Please see more about the remarkable members of our community recognized at the conference on other pages of this newsletter.

The business meeting also functions as a report on the health of the organization and major initiatives. Here I review some of that presentation, so that our entire membership has access to pertinent information. To assess the health of the organization, we look at patterns and trends in revenues and expenses, as would any non-profit organization. And because ADTA is a relatively small membership organization that relies heavily on the contribution of volunteer time from members, we also look at trends in membership. The strength of the ADTA is in the combination of financial, personal and creative resources. I am grateful to my predecessor as President, Robyn Cruz, for initiating the use of this “dashboard” structure for data collection and analysis and to Operations Director, Gloria Farrow, for generating regular reports on these and other indicators of organizational health. The board uses these reports, and others, to inform financial and strategic decisions.

Please let me know if you enjoy having this kind of data about the association. If you find this useful, we can certainly share more in future newsletters or through the ADTA website.

Board Reports

President's Letter Continued...



As of the time of the membership report above, the ADTA membership is at an ALL TIME HIGH of 1,355 members!

Board Reports

President's Letter Continued...

The goals and strategic initiatives of ADTA's Vision 2016 are moving forward in the form of five special board projects. As of this writing, they are in various stages of progress: Western Region MAL Margaret Migliorati is leading the project to establish a webinar program for the association. Barbara Nordstrom-Loeb has been appointed project leader for "Alternate Route Education Support and Enhancement". This is a multipronged effort to improve the experience of getting and providing alternate route (AR) education by developing services and tools to support both AR teachers and AR students---More later from Barbara and her team (Ellen Schelly Hill and Nancy Beardall). I am leading the Research Outcomes Bibliography project for the moment and appreciate that Harris Chaiklin and Kristine Winner have volunteered to join that project. Two additional planned projects (a Practice Analysis and an application to the SAMHSA Registry of Evidence Based Practices) are more involved and not yet underway.

Finally, I want to focus briefly on the 2013 ADTA election cycle. Leslie Best served ably for two years on the Nominating Committee, chairing that committee for the 2012 election cycle. Many thanks to Leslie for this important work! For 2013, Allie Bulliman is the Western region member and Nominating Committee chair, Charnè Furcron is the Eastern region member, and Shannon Lengerich is the Central region member of the committee. Please see Allie's call for nominations elsewhere in this newsletter, and please be in touch with the committee to send in your nominations for the open board positions!

Thank you, and may you and those you love enjoy the upcoming winter holidays in safety and health.

Yours,
Sherry



Treasurer's Report

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

As we end another year, I would like to give a big THANK YOU to all the dance/movement therapists for all you do for our community and the community at large. I am grateful to be a part of an organization that continues to give on so many levels. Speaking of giving, CONGRATULATIONS to all those DMTs who bought raffle tickets at this year's conference. With your help, the Multicultural and Diversity Committee raised almost \$900!!! Way to go!

Remember that Clinical Consultations and shopping Amazon through our website are available year-round. Both are ways for you to donate to the organization with little effort or cost to you.

And don't forget ... deduct your membership dues and credential renewal on your tax return as a business expense. The ADTA is a 501(c)6. Check with your accountant, tax adviser, or www.irs.gov to explore your individual situation.

Board Reports



Approval Committee

Submitted by Jessica Young, MA, BC-DMT, LCPC, GLCMA,
ADTA Approval Committee Chair

The Approval Committee met at the ADTA conference in Albuquerque. We want to extend our sincere gratitude to our outgoing chair, Nancy Beardall, for her compassionate leadership on this committee. Our next meeting is scheduled for March 2, 2013 in Chicago where we will review the annual reports of all approved programs as well as Antioch's 6 year self-study.

Current representatives on this committee are Wendy Allen (Naropa), Nancy Beardall (Lesley), Claire LeMessurier (Antioch), Anne Margrethe Melsom (Drexel), and Julie Miller (Pratt). Eri Millrod serves as our supervision representative and Jesse Geller is our public member.

We are currently examining standards as related to qualifications for teaching observation and assessment of movement in collaboration with the Education Subcommittee. In addition, we continue to interface with the Subcommittee for Approval of Alternate Route Courses. Serving on this subcommittee are Nana Sue Koch (Chair), Shira Karman, Janet Lester, and Barbara Nordstrom Loeb.

I look forward to learning from my esteemed colleagues in my role as chair and working with the Board of Directors.



Multicultural & Diversity Committee

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

From my balcony view of this beautiful Albuquerque skyline you can see the silhouette of a character balloon from the infamous Balloon Festival in the distance. Everything was simply beautiful from the hotel to the people to the culture of this enchanting city, which definitely set the backdrop of yet another diverse and culturally rich ADTA conference experience.

This year the Multicultural and Diversity Committee added a twist to the guidelines for the Annual Conference Scholarship. We wanted to hear about the multicultural and diverse experiences of the conference participants, so we invited folks to write essays or submit a video describing just that! We are pleased to announce this year's conference scholarship awardees and share their submissions here in the newsletter. Congratulations to Jenny Cobuzzi and Lenore Hervey!!!



Board Reports

Multicultural & Diversity Committee Continued...

We received a creative and dynamic video from Jenny Cobuzzi expressing and dancing her multicultural conference experience. We invite you to view Jenny's video on YouTube at this address:

<http://youtu.be/Bk7014fo-q4>

We received an eloquent and profound essay from Dr. Lenore Hervey so please read on...

My Multicultural & Diversity Experience at the 2012 Conference

Lenore Hervey, PhD, BC-DMT, NCC-retired, REAT

At this year's ADTA conference I was honored and fortunate to conduct a satisfying workshop about cultural competencies in dance/movement therapy. My hope was to share some of the results from recent research (Hervey & Stuart, 2012) with colleagues who would chew on a research question and contribute their answers to it. I say the workshop was satisfying because this brave group of about 30 people *did* personally and professionally explore the question and came up with a valuable set of cultural competencies to add to those we proposed.

I defined cultural competency as the ability to effectively address issues of culture with clients, colleagues or superiors (especially those who don't share the same cultural backgrounds as yours) in relation to the task at hand, which might include movement assessment, establishing treatment goals, movement interventions, research, supervision, collegial interactions, education, etc. I asked my participants what cultural competencies dance/movement therapists needed in order to do this. I emphasized that we were not looking for ways in which dance/movement therapists are already uniquely competent, for that would be simply patting ourselves on the back. To bring the question into the realm of reality (rather than ideology) I asked each participant to identify one competency in which they felt relatively confident and one in which they did not, to privately rate themselves on a scale of 1-10 in each competency, and then to share the two competencies with a partner who was as different from themselves as possible.

These friends and colleagues went at these conversations with tremendous energy and integrity, seriously grappling with the feelings and questions that the task provoked. As I observed and listened, I felt the honor and good fortune to belong to a profession whose members are willing to co-create safe spaces and share openly and humbly the challenging aspects of their professional competence with one another.

Here are the cultural competencies proposed in the article recently published in the American Journal of Dance Therapy (Hervey & Stuart, 2012, 10.1007/s10465-012-9135-9):

Culturally competent dance/movement therapists will be *aware* of:

1. their own culturally determined movement repertoire, including body knowledge/body prejudices.
2. the *non-universality* of movement.
3. non-verbal communication around culture, power and difference.
4. the culturally informed nature of movement preference, aesthetics and assessment.
5. culturally influenced somatic or kinesthetic transference and countertransference.

Culturally competent dance/movement therapists will have *knowledge* of:

1. cultural norms around body, touch, body parts, gestures, boundaries, and eye contact.
2. how a healthy or desirable body is defined in different cultures.

Board Reports

Multicultural & Diversity Committee Continued...

3. how movement differs between cultures.

Culturally competent dance/movement therapists will have *skills* in:

1. a wide range of dance forms.
2. culturally competent movement observation and assessment skills.
3. accurate and culturally sensitive attunement and empathic reflection.

Now, here are the competencies that the participants in this workshop contributed to the list:

Culturally competent dance/movement therapists will be *aware* of:

1. the fact that their awareness is limited.
2. their rationale (how, why, what and when) for embodying difference.
3. the differences between generic “culture” and the specifics of culture, gender, ethnicity, race, etc..

Culturally competent dance/movement therapists will have *knowledge* of:

1. how behavior (including movement) changes dependent on context.
2. how individuals make meaning of movement within the context of culture.
3. the multiplicity and fluidity of cultural identity and cultural movement.
4. the impact of cultural stereotyping and how to avoid it.
5. how power impacts relationships.

Culturally competent dance/movement therapists will have *skills* in:

1. interventions relating to cultural norms around interpersonal space.
2. respecting *and* challenging cultural norms.
3. discerning when and how to address issues of social justice.
4. inviting movement dialogue around cultural issues.
5. separating movement observation and assessment.
6. researching and educating themselves around cultural difference.
7. self-management or regulation when aroused by uncomfortable or stimulating cultural situations.

I don't believe the competencies Stuart and I have proposed (2012) or those that emerged from this workshop are the best or the only ones that dance/movement therapists need. They are just a place to start what I hope will be an ongoing conversation.

I also hope that ADTA members will recognize, expand, embrace and/or challenge these competencies and carry them into their multicultural and diverse clinical and educational workplaces for further development and articulation.

I want to heartfully thank all the participants in this workshop for their time, attention, and wisdom and encourage them to carry on the good work of self-examination to which they so willingly gave themselves at the conference.

Reference:

Hervey, L. & Stuart, L. (2012). Cultural competency education in approved graduate dance/movement therapy programs. *American Journal of Dance Therapy*. DOI 10.1007/s10465-012-9135-9

Board Reports



Government Affairs Committee

Submitted by Corinna Brown, ADTA Government Affairs Committee Chair

I heard David Letterman say during the election campaign, “The only people who *really* care about the election are those within the Beltway.” I wondered how true this was of our membership. While most agree advocacy is important for the ADTA, many do not understand how they can be part of our advocacy efforts. I believe we can all partake in the ADTA’s advocacy first and foremost by increasing our awareness.

By paying attention to what is going on in government, federally and locally, we can see the current trends and identify where we can join. Often we only react when some limit is set or a threat is perceived, e.g. changes in licensure laws. Wouldn’t it feel better if we all could be more proactive and develop relationships with government officials and policy makers so we could build coalitions and steer policy as opposed to feeling like all we can do is react?

An example of the type of attuning to current trends and taking advocacy action that I am suggesting is a letter that Allison Winters, Western Region GAC Representative, has just drafted. Allison wrote it in response to a November 16th press release announcing the newly implemented music therapy program at Walter Reed Army Medical Center and at the National Intrepid Center of Excellence. She composed a letter on behalf of the ADTA to Kathleen Sebelius, the Secretary of The U.S. Department of Health and Human Services; Rear Admiral Alton L. Stocks, Commander of Walter Reed National Military Medical Center; and Rocco Landesman, Chairman of The National Endowment for the Arts. This letter speaks to the wonderful work dance/movement therapists already do with military members and their families and asks for a dialogue with these government leaders about how we can further implement DMT in veterans and military treatment programs.

You may be wondering about the current political climate and what the 2012 election results mean for us as an organization. President Obama was re-elected and the same balance of power remains in Congress. The Republicans still rule the House of Representatives and the Democrats still rule the Senate. However it is expected that the gridlock of the past 4 years will shift as there will be a large freshman class in the 113th Congress and many committees will be shuffled around. Arts advocates, such as us, can help develop this freshman class. We can provide education and impact the philosophical stance of these new members of Congress.

You may also be wondering how approaching the “fiscal cliff” impacts us as an organization as well. It means that taxation is on the mind of all our members of Congress and likely to bog down its focus for some time. Political experts agree cuts to appropriations will continue. “Appropriations” is government jargon for *money* that Congress approves to give government-sponsored programs. The arts, health, elder care, substance abuse, and education, the areas in which dance/movement therapists work, only get a small sliver of the over appropriations. We need to watch closely and see what transpires. With this “fiscal cliff” approaching, it is hard to really know what direction Congress will take this year. So stay tuned and let’s follow the trends.

Meanwhile the ADTA has joined as a national Co-Sponsor of Arts Advocacy Day (AAD), set for April 8 and 9, 2013, as it has in the past several years, by participating in the initial legislative planning meeting for AAD. In

Board Reports

Government Affairs Committee Continued...

the initial legislative planning meeting for AAD arts advocates across the country have already begun to ask, "How can we conceptualize and operationalize our concerns so they are heard and coalesce with current trends in Congress?" Your GAC was and will continue to be part of this important discussion. Go to <http://www.artsusa.org/events/2013/aad/default.asp> if you would like to learn more about this important advocacy event or to register to attend. Please contact me at Corinna.brown@gmail.com if you would like to be part of AAD, have an idea or a physical impulse for some advocacy opportunity, or to be part of any of the ADTA's GAC efforts.

Changes Made to GAC P&P

Your Government Affairs Committee (GAC) has undergone a few changes in the past several years. Hopefully you have heard by now about our fabulous policy consultant, Myrna Mandlawitz, and all the hard work she has done advocating for ADTA in Washington, e.g. speaking about DMT this year at a meeting for all chairmen of the task forces for the Citizens with Disabilities consortium. The ADTA President, Sherry Goodill, still remains an important member of GAC. Sherry spoke eloquently about DMT to members of congress and their staffers during an Arts Advocacy Day congressional briefing on April 17, 2012:

<http://www.adta.org/Default.aspx?pageId=1124398>

Although Myrna has been working with us for several years, her position was not part of the ADTA Policy and Procedural Guidelines for the GAC. Her position was added along with three Regional Representatives in the ADTA Spring 2012 Board of Directors meeting, as part of revisions to the ADTA Policy and Procedures. Former Federal and State Deputy positions for the GAC were deleted from the ADTA Policy and Procedural Guidelines in the same meeting. All were voted on by the board and approved as revisions to the ADTA Policy and Procedural Guidelines for the GAC. In the revisions, the duties from the Federal and State Deputy job description were added to the Regional Representatives description.

These changes were first envisioned and introduced by my predecessor, Robyne Davis, in 2009. Now the GAC committee includes representatives assigned for special projects in addition to the 3 Regional Representatives, one each from the Eastern, Central, and Western regions of the association. Presently, Allison Winters is the Western Region Representative and Ellen Yacoe is the Eastern Region Representative. Robyne Davis continues to help with special projects, for Arts Advocacy Day, and National Children's Mental Health Awareness Day.

Currently we are looking for a Central Region Representative. You may be interested to know that the members of the GAC are of the general membership of the ADTA. They join by volunteering or by direct request of the Chairperson and are not limited to a particular geographical region. If you are interested in serving on the GAC in any way or are interested in being the Central Region Representative please email me at Corinna.Brown@gmail.com. The GAC is of growing importance to the members of the ADTA and to the ADTA's Vision 2016, "Optimizing the Vitality of dance/movement therapy careers!" Won't you join us?

Board Reports



Standards & Ethics Committee

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

In the prior issue of the ADTA Newsletter, President Sherry Goodill referenced the many ways in which technology currently facilitates the work of the ADTA. The Standards and Ethics (S & E) Committee recently met on a Skype conference call that crossed the United States and included Kiki Nashida now participating from Japan! How amazing. Yet to make this happen, we had to tolerate and navigate the disruption of some operational technology problems. As technology provides opportunities, it also raises challenges for consideration and problem solving. In therapy practice, these often become ethical challenges. Paul Sevett and I facilitated a pre-conference intensive, *The Ethical Use of Technology in Dance/Movement Therapy*, at the recent ADTA conference in Albuquerque.

One of the more controversial arenas of technology application is the provision of technology assisted distance therapy. How do we practice an embodied therapy such as DMT in a distance format? The ethical principle of justice challenges us to make our services available to those geographically distant or limited by their isolation or disability. The ethical principles of nonmaleficence, beneficence, and fidelity require us to consider how to do this in a way that maintains client safety, the quality of the therapy relationship, confidentiality, and professional boundaries. In the pre-conference intensive, Paul set up a Skype DMT session role-play that engendered lively interaction among participants on the topic of distance therapy. It became clear how valuable discussion with colleagues is as well as consultation of best practices literature and consideration of ethical principles and relevant existing code clauses in supporting ventures into this work. Below, S & E committee member Annabelle Coote initiates dialogue with thoughtful reflections on her own experiences with phone facilitated distance DMT. The S & E committee is interested in hearing from other dance/movement therapists with distance practice experience. As noted previously, we will be developing a DMT ethics and technology tipsheet. There are many good literature resources available if you search, including the NBCC Practice of Internet Counseling document (n.d.) and Suggested Guidelines from the International Society for the Provision of Online Mental Health Services (ISMHO, 2000). I also highly recommend a review of the Social Media Policy of Dr. Keely Kolmes. <http://drkkolmes.com/for-clinicians/social-media-policy/>, a model in developing an informed consent document addressing this area.

In other business, the S & E committee is preparing for review and revision of the Code of Ethics and Standards of Ethical Practice. We are drafting a procedure for this process, the first step of which will be structural review and revision recommendations.

Attunement Across the Miles

Annabelle Coote

As a member of the ADTA Standards and Ethics Committee I have been part of an emerging conversation about technology and distance work in DMT. Here, I offer my own experience as a contribution to the conversation.

Board Reports

Standards & Ethics Committee Continued...

Nearly two years ago, a former client wanted to return to therapy with me, despite not living in the same area. It was important for me to carefully weigh the implications of being at a distance and meeting primarily by phone. I took into consideration her desire to work specifically with me as well as her limitations in accessing therapy in general and creative, body-based therapy in particular.

In this case, we had a well-established prior relationship and I was able to rely on our history to make a more informed assessment of her current situation, needs, and resources and her potential ability to benefit from this arrangement. Had this been a different client or someone entirely new, it would have been important for me to exercise caution and ethical reflection in deciding whether a distance situation would be viable and appropriate.

In setting parameters for therapy with this client, I had to be more explicit about a number of factors, ranging from identifying local resources to exploration of how the unique characteristics of working on the phone would be addressed. It has been vital to carefully attend to and modify practices that might otherwise have been more standard.

This therapeutic process has offered many challenges but has been extremely rewarding. The success in working with this client has been based on the underlying core connection between us and careful attention to the needs of the situation. I have had to draw on my creativity in new and different ways. I think it would have been easy to fall into overreliance on verbally-based skills but that would have been less beneficial to my client. She has been able to experiment along with me and contribute to our developing repertoire of embodied phone-based methods.

A key challenge of working on the phone is not having the availability of visual cues and body/movement observation. I have needed to tune into my own body's feedback more deeply. I pay more attention to my own sensations and movement instincts. It is crucial to ask more questions and invite more explicit checking in with my client. I have been reminded of the importance of respecting my client's autonomy as we must draw on her wisdom and instincts to play an active role in creating our work. We may have her put the phone down to carry out a movement exploration that I cannot witness visually, and when we process it, we must trust that we can collectively hold what is important even though I have not seen the movement.

One of the surprise benefits of this experience is how it has improved the rest of my work. The quality of attunement required in providing distance therapy has led to me paying attention with a subtler, more curious, and more open manner. I am less likely to make assumptions and I am more receptive to what might be unexpected in my clients' work.

I would like to offer a cautious thought about technology. In the case shared here, a video connection such as Skype was not an option, but I'm not sure I would choose it if it were for a number of reasons. A video component is likely to offer a great deal of opportunity for distance DMT work but it will never replace what is at the heart of our work – us. DMTs rely on attunement, empathy, creativity, embodiment, and being present in the moment. I think we can do this in many different ways, including across miles in some cases. If we attend to our experiences and our decisions carefully and respect the needs of the work, imagine what we can do. Skype Chace groups anyone?

Board Reports



Education, Research and Practice Committee (ERP)

Submitted by Susan Imus, MA, BC-DMT, GLCMA, ERP Committee Chair

I'm proud to submit my first report on the activity taking place in the Education, Research, and Practice Committee having been newly elected to the Board of Directors this fall in Albuquerque. This enormous committee is actually comprised of 3 sub-committees as indicated by their names. Laura Downey is the sub-committee chair for Research while I preside as sub-committee chair for Education. The Practice sub-committee was newly convened by outgoing ERP chair, Laurel Thompson, and will be selecting its sub-committee chair during our first meeting mid-December.

EDUCATION Sub-committee (ESC):

There were two meetings held by educators at the 47th Annual Conference in Albuquerque:

- 1) ADTA Approved Program Educators and
- 2) the Alternate Route Educators

The meeting for ADTA Approved Programs had 18 educators in attendance from the following approved programs; Antioch NE University, Columbia College Chicago, Drexel University, Naropa University, Lesley University, and the Pratt Institute. Educators from Sarah Lawrence, Concordia University, and the Center for Movement Education and Research were also in attendance. The agenda of the meeting consisted of: reviewing degree titles, state licensure, student diversity, and credentials for movement observation and analysis instructors. No current action items were identified.

The Alternate Route Educators (ARE) met this year, although this hasn't always been an annual meeting. There were 18 alternate route educators at the meeting spanning from the east to the west coast. Also in attendance were Susan Saenger, Chair of the DMTCB, and Barbara Nordstrom-Loeb, who is chairing a Working Group for the Board's Vision 2016 Strategic Plan. Nordstrom-Loeb spoke to the ARE about her charge which is to support and enhance alternate route education and training. Barbara will be contacting ARE and AR students over the next few months to collect their thoughts, ideas, and suggestions about strengthening the AR process.

A brief survey will be sent to current and past AR students and ARE for their feedback. Barbara is asking for all members with experience in AR education who want to strengthen the process to contact her directly at: loebx001@umn.edu.

Action plans from this meeting resulted in the following:

1. Alternate Route Educators WILL be meeting every year at the conference.
2. A calendar of AR courses is being created and will be made available to all ARE.
This calendar will live in the ADTA Office and with the ERP Chair.
3. Barbara Nordstrom-Loeb will be following up with her Vision 2016 charge as identified above.

Board Reports

Education, Research and Practice Committee Continued...

RESEARCH Sub-committee (RSC):

Seven members of the Research Sub-committee were in attendance at the annual research meeting held in Albuquerque. Discussion included the progress on the research bibliography currently underway in addition to the role of thesis in educating DMT students. The Marian Chace Foundation (MCF) joined the meeting to discuss the joint research award. No award was given this year because no one met the criteria. No action plan was created during the meeting, but both groups will dialogue in the coming months to create a plan to rectify this situation. Meeting with the MCF felt significant and will be considered on an annual basis.

The research and thesis poster session sponsored by the RSC had 12 presenters and 14 posters this year at the conference. One presenter collected data during the poster session. The committee will follow up to determine the presenter's success of data collection during the conference and discuss viable options for future conference data collection.

PRACTICE Sub-committee (PSC):

This sub-committee had its first meeting via conference call on Dec. 20. A sub-committee chair will be identified along with the sub-committee's mission, definition of DMT practice, and future action plans.

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Board Reports



Public Relations Committee

Submitted by Lora Wilson Mau, MA, BC-DMT, ADTA Public Relations Committee Chair

What an honor and a privilege to serve as your Public Relations Chairperson! For the past six years I have served on the PR Committee - contributing, observing, and learning. It is a true delight to step into this role following Donna Newman-Bluestein's tireless four years as PR Chair.

Donna often quoted the phrase "inner connectivity/outer expressivity" when describing her perspective on PR. That principle is clearly seen in the fruits of her labor, four years in the making. The seeds of Donna's hard work and passion have firmly taken root and, as a result, the ADTA has an established presence across three of the four most powerful and popular social media platforms: Facebook, LinkedIn and Twitter. In a professional community where the majority of us work apart from our DMT peers, these social network connections are vital, not only to broadcasting news to the outside world but also to nurturing connection and community amongst ourselves across the miles.

Donna's commitment to "inner connectivity/outer expressivity" has produced the following impressive results (stats as of 11/30/12):

- The ADTA Facebook group page has 2,203 members (and gets requests to join *daily*).
- The ADTA Annual Conference page has 233 "likes" or "subscribers."
- The ADTA group on LinkedIn has 817 members and dozens of ongoing online discussions.
- The ADTA Twitter account @ADTAorg has 252 followers and, since its creation seven months ago, has shared over 1000 Tweets.

The ADTA website has grown in myriad ways, offering numerous resources for members. Have you really explored it lately? The content is significant including wonderful PR sheets on DMT with various populations (you can download & print!) and extensive research bibliographies. The "Profiles of DMTs" page <http://www.adta.org/Default.aspx?pageId=929435> now has eight artfully crafted pieces, written by PR Committee member, Ande Welling.

The social media and web developments are but a scratch on the surface of the work Donna has accomplished during her tenure. Her research, her daily outreach and communications, her cheerleading, her support, her networking – cannot be summed up in a bullet list.

I am pleased to announce that the ADTA will continue to benefit from Donna's expertise and public relations savvy as she has graciously accepted the position of ADTA Spokesperson. In this capacity, Donna will serve as the ADTA's primary interface with the media, officially speaking on behalf of the ADTA during interviews with journalists and the press. We are in excellent hands. 😊

For Donna's indefatigable commitment and significant contributions I am grateful. I accept my responsibilities as PR Chair, profoundly inspired by her example.

And so, a new chapter begins.

Board Reports

Public Relations Committee Continued...

The previous committee's vision and hard work have created a strong foundation upon which the current committee can truly build.

Build we shall. Boldly.

Allow me to introduce the current PR Committee – all of whom are already diligently working on PR project tasks: Alice Sofia Garfias, Brigitta White, Ande Welling, Melinda Malher-Moran, Darci Nelsen, Jennifer Giuglianotti, Patricia Campana, Angie Giordano-Adams, Erica Hornthal, Pattee Russell-Curry, and Ed Samansky.

Our immediate priority is to build on the social media foundation we have joyfully inherited and maximize its potential. We are honing our social media strategy to maximize reach and minimize effort. We are interlinking platforms and expanding our networks to directly connect with consumers as well as allied professionals.

What does all that marketing speak mean? It means we are creating a virtual “loudspeaker system” that will broadcast each and every news item related to DMT to the farthest corners of the globe with a single click of a mouse. But social media is more than a loudspeaker – it is a relationship builder. As we share, we are also creating an invaluable network that interweaves dance/movement therapists with our consumer base, allied professionals, and advocacy groups.

Whether you realize it or not, you are a key player in this network. You are a key player if you are on Facebook, on LinkedIn, on Twitter. You are part of our “loudspeaker.” YOU can help us turn up the volume. You can help us build connections impossible to foresee.

If you are not currently using these platforms but are interested in learning, there will be easy to follow “How To...” guidelines posted in the members only section of the www.adta.org in 2013. The power of social media is exponential – a very little goes a long, long way – and the benefits are both individual and collective.

Our Committee is also currently strategizing the most effective courses of action through which we can support ADTA's *Vision 2016*. We are identifying priorities and creating action plans. I welcome your input and ideas. In fact, I welcome your committee membership.

Yes, the ADTA Public Relations Committee wants YOU. 😊

Our goals for 2013 and beyond are lofty but absolutely attainable and achievable through well-organized, small steps. The more hands involved, the quicker our entire professional community will feel the tangible results. YOU can truly make a difference.

Whatever your availability is in terms of time, be it weeks, days or minutes, there is a place for you on this team. Specifically, we need the following:

- 1) Strategizers. Visionaries. Brainstormers. Action Planners. Big Picture Thinkers.
- 2) Social Media Sub-Committee Members. Each social media platform needs a "manager," someone who can keep an eye on it, suggest improvements, grow its membership, and expand its reach. The SM Sub-

Board Reports

Public Relations Committee Continued...

Committee leaders will work closely with each other (If you don't feel you are an "expert" in this area, don't worry. You can learn. Promise).

- 3) Writers. There are countless opportunities to write: official content for the ADTA website, handouts/pdfs, short responses to news/blogs that mis-identify dance classes as dance/movement therapy, and fill in the blank with YOUR writing idea.
- 4) Task-Oriented Contributors. There will be many projects launched throughout the year; some may involve a few hours work, others more. Task-oriented contributors are the invaluable worker bees, those individuals who work best with a deadline and structure and are willing to complete a finite task that serves a larger project. Maybe you know you only have time to help mid February or end of June. That's okay. Let us know. We can use you.
- 5) Social Media Bees. Individuals whose time may be very limited but can assist whenever they have a spare moment to share links, retweet, repost, and re-pin on a variety of sites - all to create a "buzz."

I look forward to hearing from you! You may email me at lorawilsonmau@mac.com. Contact me with your questions, with your interest in the Committee, and with your ideas.

Also, let me know when you are in the news – any news – on any website. Let me know when you are presenting at a conference, when you have published, and when you have been quoted in your employer's newsletter! If you are on Facebook, post your DMT links and news on the ADTA group page <https://www.facebook.com/groups/2209175161/>, I will see it and move on it immediately. If you're not on Facebook, email me your news and we'll get it out there.

Speaking of news – dance/movement therapy is in the news every week – sometimes daily! Visit the ADTA home page for featured dance/movement therapy stories and late breaking ADTA tweets! See a running history of all DMTs in the press on our webpage, aptly titled "DMT in the News" <http://www.adta.org/Default.aspx?pageId=467593>. Be inspired by the attention your peers are getting in the media and then go out there and make your own press!

Please know that even the "smallest" effort is still of value to the PR mission and greatly needed. Do not underestimate the significance of your contribution, whatever the scope. Whether it is ongoing committee brainstorming and action planning or the intermittent "share" on Facebook, your actions matter.

To quote David Mitchell, author of *Cloud Atlas*, "What is any ocean but a multitude of drops?"

To our Ocean...



Board Reports



Members-at-Large Report

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

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

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

Coping With Professional Isolation

At the annual ADTA conference in Albuquerque this past October, the MALs facilitated a meeting with Chapter/Study Group leaders from across the country. Throughout the rich discussion, a powerful theme emerged having to do with the strain of professional isolation most of the DMTs in the group feel. Even members in relatively “DMT-rich” states such as NY and CA can feel the burden of often being the only DMT working at a particular job and/or the perennial effort of trying to explain our work and translate it to more traditional counseling practices. The stress is even greater for the many; many DMTs working in more geographically isolated areas.

It became clear during the discussion that those of us who choose to become DMTs do so because of a love of dance and a deep passion for the work. However, choosing the path of a DMT almost always means being thrust into the role of a trailblazer, whether we want to or not. And, for many of us, being a trailblazer can sometimes take its toll and wear us down. In our group at the conference, tears were shed as many participants verbalized pent-up feelings of frustration over professional isolation. Nevertheless, as is typically the case, the simple act of honestly acknowledging these painful feelings helped reinforce a sense of community and thus mitigate the feelings of isolation.

Since then, the MALs have been dialoguing about the importance of strengthening the threads of our DMT community to decrease this sense of professional isolation. We have discussed the myriad different, and often creative, ways DMTs individually and the ADTA as an organization try to bring us together. One obvious example is the annual conference. Many DMTs identify the conference as a highlight of their year as it is one of the few places we can go and know everyone “speaks our language.” One look at the dance floor at the Saturday night banquet is proof of this!

But not everyone can come to the conference, and once a year is not always enough connection to shore up our resources. What are other ways DMTs can connect more with our profession? Here are a few ideas:

- Chapters and Study Groups are an excellent way to get involved and connect with others. Did you know that as an ADTA member you can join any Chapter in the country regardless of where you are located?
- The ADTA has also worked hard to provide numerous formats for member communication through the website and forum, the ADTA Facebook and LinkedIn pages and the ADTA Twitter account. If you have not used these methods of staying in touch, please consider doing so. You will often find rich conversations and a sense of professional and personal support.
- Another way to meaningfully connect with the DMT community is through service work. Local Chapters and the National ADTA Board of Directors are always in need of service. There are usually multiple committees, projects and officer positions available and it is an amazing way to simultaneously give back to the profession and receive a greater sense of affiliation with other DMTs.

Board Reports

Members-at-Large Report Continued...

How about you? How do you stay connected to other DMTs as you forge your professional path in the world? In what ways do you reach out, and respond to others reaching for you? We are all privileged to be involved in a field we truly love and have the opportunity to live out our passions. How much richer the journey is when we can walk it together!

Updates: Staying in Touch for Chapter/Study Group Leadership

- **Chapter Leadership Conference Calls** for 2013 are on the following dates: January 8, April 9, July 9, and October 8th. Time: 5:30 Pacific/8:30 Eastern for 1 hour. These calls give Chapter/Study Group leaders a chance to connect with each other, share ideas and problem-solve issues. All members in a Chapter or Study Group leadership role are welcome to attend.
- **Chapter Forum:** A forum has been set-up on the ADTA website specifically for Chapter/Study Group leaders in an effort to facilitate ongoing connection and discussion. You can access the Forum on the ADTA website by clicking on "Chapter Forum" after you have logged in. Your Chapter President will need to provide Gloria Farrow in the ADTA office with your email address in order for you to access the Forum. Please check with your President to see if that has been done and start using the Forum.



From the Office

Gloria Farrow, BS, ADTA Operations Director

- **2012 ADTA Conference** – If you were not able to attend this revitalizing conference, the office has some 2012 Conference Proceedings left. They are \$30 including postage; just send a check to the office or call (410-997-4040) with your credit card.
- **Member Benefit – Do you have your own website?** On your website, set up an area that states: *For more information about ADTA/DMT* and link to the ADTA website. ADTA can also link your website to ours under Resources/Related Links: <http://www.adta.org/Default.aspx?pageId=378240>
- **Update/change your membership information:** Click on "View Profile" below your name in the lower left hand corner of your screen.
- Upcoming date to remember – February 15, 2013 – **Nominations for Open Positions** to the Board of Directors are due.
- Upcoming date to remember – February 15, 2013 – **Proposals for Conference Presentations** are due.
- Questions about **Continuing Education (CEs)** can be answered at our ADTA website: <http://www.adta.org/Default.aspx?pageId=416367>

Board Reports

From the Office Continued...

- Continuing education (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 offerings of workshops, job openings, professional practices, advocacy, announcements, student information, and multicultural-diversity-international topics.
- Have you visited the **ADTA Online Store**? New items are available.
- **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 2012, 96% of ADTA dues and donations are deductible, either as unreimbursed employee expenses or as Schedule C business expenses. Consult your tax advisor for your situation.
- If you are planning to give a presentation in your area, make sure you are offering our latest **introductory brochure** and the **educational brochure**. Call 410-997-4040 or email info@adta.org or gloria@adta.org to request brochures sent to you for distribution.
- **Liability Insurance** – Marsh Affinity 1-800-503-9230
- **SHOP AMAZON.COM and SUPPORT ADTA!!** Use the Amazon icon on the ADTA home page 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.
- October 24-27, 2013 is the **ADTA's 48th Annual Conference** at the New York Marriott at the Brooklyn Bridge.
- When writing dance/movement therapy always put the slash (/) between dance and movement; however, when writing **DMT** or **dmt** no slash (/) is written.
- Is ADTA one of your friends on Facebook? <http://www.facebook.com/groups/2209175161/?fref=ts>

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

Phone/Voicemail: 410-997-4040

Fax: 410-997-4048

Email: info@adta.org or gloria@adta.org

Postal Mail: 10632 Little Patuxent Parkway, Suite 108, Columbia, MD 21044



New! Master's in Expressive Therapies Low-Residency Option

Learn how to transform lives—without having to transplant your own.

Lesley University's groundbreaking Expressive Therapies Program is now available in a low-residency model. Students who can't attend weekly classes on Lesley's Cambridge campus now have the option to attend a three-week residency on campus each year, continue their studies online, and complete clinical field placements near their homes to complete license requirements.

This model builds on the success of Lesley's low-residency Ph.D. Program in Expressive Therapies. Participants gain experience working with multiple art modalities and also have the option to choose one of four specialization areas:

- Art Therapy
- Dance Therapy
- Expressive Arts Therapy (Integrated Arts)
- Music Therapy

Applications for the Fall 2013 semester must be completed by February 1, 2013.



For more information contact the Office of Graduate Admissions
617.349.8300 | info@lesley.edu | www.lesley.edu

Paid Advertisement

Get involved!

The ADTA has multiple options for its members to get involved including chapters, committees, and sub-committees. Check them out here and find one that matches your interests:

<http://adta.org/Default.aspx?pagelid=1118872>

Board Reports

Nominating Committee

Submitted by Allie Bullman

This association is made up of dance/movement therapists that are all working toward a common goal. By supporting each other, we support ourselves and we can only "get better" and grow when everyone helps! 2013 is going to be a year of change with a few positions on our own board! Being supportive and listening to our members is definitely a big part of each position that is open this year.

Think about who you would love to see have this opportunity and nominate them. Take a look at the open positions for next year and think about a dance/movement therapist who you think would be a great asset to our association in a more public role.

Chapter Reports



California Chapter

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

The California Chapter was elated to accept the Outstanding Achievement Award at the business meeting this October at the ADTA conference in Albuquerque, NM. Chapter President Marybeth Weinstock was joined by board and chapter members to accept the prestigious award. It was a great honor to receive this award which we accepted with deep gratitude. Big congratulations to all chapter members!

The video of our Moment in History panel discussion event that took place last February is complete! A screening is scheduled for Saturday, January 12th at CSU Long Beach from 11:30 to 5 PM. This is a wonderful opportunity for those who were unable to attend the original event to join in the experience of what was a moving and memorable day in dance/movement therapy history. Keep an eye on our website and Facebook page for details and updates.

We are pleased to share with the DMT community that Alison Salter, MA, BC-DMT, NCC and now LPCC is our very first licensed professional clinical counselor in California! Congratulations to Alison and we look forward to many more DMT's joining the ranks of licensed professionals in California.

We would also like to welcome Norlyn Asprez as our new NO CA Programming Chair. Debra Froling now joins Akiko Kaji as co-treasurer.

New and exciting workshops and events are in the works, so please look out for updates on our website, www.californiadmt.org, as well as our Facebook page, California Chapter of the American Dance Therapy Association. You are also invited to join our listserve through the following link: <http://health.groups.yahoo.com/group/ccadta>

Happy and safe holidays to all!

Chapter Reports



MD/DC/VA Chapter

Submitted by Naomi Nim, MD/DC/VA Chapter President

This fall we welcomed an energetic and enlarged Board and endorsed a yearly goal to develop our profession and our profile in the region. To promote this goal we voted to start a Facebook page and will soon decide whether to lobby the State of Maryland for increased access to the MD LCPC (professional counselor license) or seek a separate dance therapy license. With a new LCAT (licensed clinical art therapist license) for Maryland art therapists, we believe we will not be as competitive in the job market unless we can secure a comparable license.

Our outstanding and accomplished Board members, Nalini Prakash and Eve Hanan, each performed to enthusiastic reviews this fall. Nalini gave a tour de force solo evening of Bhuratanatyam dance. Eve shared a playful afternoon of belly dance and storytelling at a Baltimore coffee house as part of a citywide dance festival.

Three chapter members, Jody Wager, Naomi Nim, and Brigitta White presented at the Expressive Therapies Summit in NYC. Naomi and Jody will present their Text and Movement work for the chapter as part of our new chapter member Spotlight Series in January 2013.



Wisconsin Chapter

Submitted by Allison Steele, Hancock Center Intern

Greetings from the Wisconsin Chapter of the ADTA!

Allow me to introduce myself - my name is Allison Steele and I am the current dance/movement therapy intern at Hancock Center for Dance/Movement Therapy in Madison, Wisconsin. I am a graduate student from Antioch University New England and am completing my final 750 hour dance therapy internship with the staff at Hancock Center. I am working with a variety of populations and settings and feel very lucky to be learning from such seasoned, passionate, and dynamic therapists!

But enough about me, let's talk about the Chapter! The Wisconsin Chapter provides a venue for local dance/movement therapists and experts of related fields to present on their work. Our most recent presentation was from Suellen Thompson, who works at a residential treatment center for emotionally disturbed boys. She explained how she uses dance/movement therapy techniques to reduce the number of physical restraints at her workplace. In January, we will be learning from Hagit Vardi, who is an expert in the Feldenkrais Method.

Chapter Reports

Wisconsin Chapter Continued...

This summer, Hancock Center received a facelift. New exterior paint and a beautiful new sign are helping to revitalize the facility, which will be celebrating its 30th anniversary in 2013. In addition to the cosmetic improvements, Hancock Center is feeling energized because of the renewal of their United Way funding!

Hancock Center is making new connections in the community, as well. Next year, Deborah Thomas, founder of Hancock Center, will be presenting a two-part workshop to the community about the history of dance/movement therapy and I will be forming a dance/movement therapy group for members of the LGBT community.

Thank you for your continued interest and we look forward to a successful new year!



New Jersey Chapter

Submitted by Joan Berkowitz, LCSW, NCPsyA, BC-DMT, Chapter Treasurer & Anat Ziv, MSc, BC-DMT, LCAT, LPC, NCC, Advocacy & Awareness Chair, Chapter Newsletter Co-Editor

As the New Jersey Chapter had elections this past summer, we would like to congratulate our new and continuing board members. Continuing will be Tina Erfer, President; Sue Cohen, Vice President; Joan Berkowitz, Treasurer; and Anat Ziv, Advocacy and Awareness Chair. Naomi Arad Broome moved to the position of Secretary. We are pleased to welcome Janette Dishuk as our Public Relations chair.

On Saturday, September 15th, the chapter sponsored a networking event and West African Dance workshop by Marafanyi, a group of international musicians and teaching artists. Since there were several participants new to dance/movement therapy present, we began with a short introduction to the Chace method of dance/movement therapy led by Tina Erfer, our chapter president. This introduction served as both a physical and emotional warm-up for the workshop that followed. In the workshop, artistic directors

Lara Gonzalez and Yael Shacham shared the beautiful West African archetypal dance movement and drumming that connects mind, body and spirit.

The New Jersey Chapter is planning several exciting programs for the upcoming year. On January 13, 2013, the chapter will meet for a Post-Holiday Restore and Renew get-together at the home of Sue Cohen. We will honor our past officers at this occasion. This will be the time for our members to “nosh, mingle, and dance”.

Coming up on May 5, 2013 is a full-day workshop by Joan Wittig entitled, “Authentic Movement and Dance/Movement Therapy in the Treatment of Eating Disorders”. We are very pleased and excited to host this workshop by her. For information about this and any of our other programs please email us at njadta@live.com.

Conference, Conference, Conference!

Thanks to everyone who came to the 47th Annual American Dance Therapy Association Conference and making it an amazing success! We are thrilled that so many of us (over 300) could gather in Albuquerque 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. 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.

Our conference photographer, Sergio Salvador, captured many photos at the conference and you can personally purchase photos by clicking on the following link:

http://www.salvadorphoto.com/Assignment/ADTA-CONFERENCE-2012/26026356_VHh3RP#!i=2160681304&k=KTpn8Th

Kicking off the 47th Annual ADTA Conference



Margaret Migliorati and Amber Gray read welcome messages from Albuquerque Mayor Richard J. Berry and New Mexico Governor, Susana Martinez

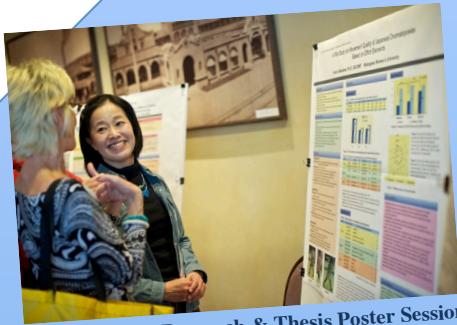


Blessing



National Dance Institute New Mexico

A Weekend Dedicated to Dance/Movement Therapy!



Above & Below: Research & Thesis Poster Session

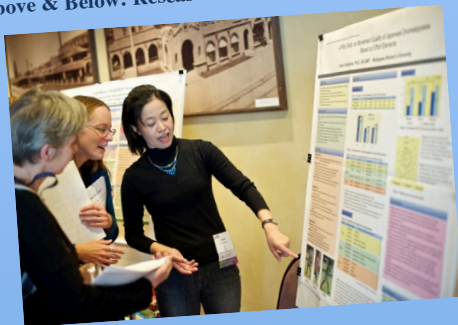


Left: Gloria Farrow & Renee Wolfe

Below: Rossana Zazil Fagone celebrates with Angela Tatum Fairfax after winning the ADTA 2013 Conference Registration



Above: Tracey Moroney



Below: Ty Tedmon-Jones & Robyn Cruz



Below: Ping Ho



Left: Sharon Chaiklin, Judith Bunney & Jane Cathcart



Above: Tina Erfer & Tricia Capello lead the Closing Movement

Right: Dancing at the Banquet



Above: International Panel

Congratulations to the following recipients of the ADTA 2012 Awards

Lifetime Achievement Award: Sharon Chaiklin



Lifetime Achievement Award recognizes a specific individual for her or his lifelong and significant contribution to the American Dance Therapy Association and to the growth and development of the profession of dance/movement therapy.

Leader of Tomorrow Award: Akiko “Kiki Nishida



Leader of Tomorrow Award is given to a dance/movement therapist and Professional Member of the ADTA who demonstrates leadership within the first five years after becoming a Professional member of the ADTA. Criteria for the award are based on significant achievement, such as serving in Chapter leadership roles, creating a program for providing dance/movement therapy services, advocacy in regulatory or legislative affairs, completing or publishing a research project, public relations/marketing achievements, winning a grant or other successes. More than one award can be given each year.

Excellence in Education Award: Nana Koch



Excellence in Education Award is awarded on an as-needed basis in recognition of outstanding education in dance/movement therapy. Recipients could be educators of ADTA approved, non-approved, international, or alternate route training courses. This is awarded to an ADTA member who had made a specific, significant contribution and demonstrated excellence in the education of dance/movement therapists.

Exceptional Service Award: Patricia Capello



Exceptional Service Award is given annually and can be nominated by or given to board members, chapter members, chapter leaders, committee members for exceptional service *in their local regions* to the ADTA and/or chapter. Several Exceptional Service Awards could be awarded each year as determined by the selection process.

Congratulations to the following recipients of the ADTA 2012 Awards

Continued...

Abundance Award: Christine Hopkins



The newly designated **Abundance Award** is given annually in recognition of an ADTA member or members who have made significant contributions to the field of dance/movement therapy at the national and/or international level in the areas of fiscal leadership

Outstanding Achievement Award: California Chapter of the ADTA

The **Outstanding Achievement Award** is awarded annually in recognition of an ADTA member who has made a specific, significant contribution to their local town, city, county and/or chapter for the advancement of the field of dance/movement therapy.



President's Award: Dr. Harris (Harry) Chaiklin



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

Conference Reflections

Conference Reflection

Submitted by Sharon Chaiklin

It was a very special moment in time when I received the award for Lifetime Achievement. I deeply appreciate the honor and recognition and wish to thank all my friends and colleagues. There were times when decisions were difficult, but the many years have only made my life so much richer. The people I have met all over the world have been incredibly wonderful to me and many remain as true

friends. I have learned much in the process of attempting new things and I still believe most profoundly in the work we all do. It is beyond my limited vocabulary to describe how proud and amazed I am at all the work being done today by such skilled practitioners of dance/movement therapy. I thank you all from the bottom of my heart.

Conference Reflections

Reflections from a Young DMT: Finding Inspiration in Albuquerque 2012

Submitted by Sara Rubinstein

The ADTA conference already has become a significant marker in my year in my young career as a dance/movement therapist. My first conference, 2010 in Brooklyn, was a joyful and exciting celebration of my entering into the field and all of the possibilities of what lay before me as I left my education behind and began my first job. 2011 in Minneapolis began with me as an anxious bundle of energy as I prepared to present my work for the first time. It was an extremely intimidating prospect for me to be presenting to people who seemed to have lifetimes of experience ahead of me but the immense support I received from DMTs, some I knew and some I barely knew, filled me with an amazing energy that contributed to a wonderful presentation with my colleagues of the time. As I approached 2012 in Albuquerque, I was in a much different place. Looking for new work, exhausted by so much that had happened in the past few months, and honestly without a good night's sleep since August, I was seeking desperately for the conference to renew my fading sense of enthusiasm (which I have to admit I am known for), to revitalize my dedication to dance/movement therapy when I can't seem to find a job, and to give me back some of my self-confidence which has diminished in the process. It would be a tall order I think if I was attending any other profession's conference but there was no doubt in my mind that the conference was what I needed.

I arrived in beautiful Albuquerque, which was truly the Land of Enchantment, ready to "explore vistas and soar to new heights." Our surroundings were so refreshing and majestic; I think I took my first full inhale in several months. My roommates, my two best friends from Drexel, and I enjoyed the shops and food at Old Town and greeted old and new faces of DMTs who were arriving. The opening program of the conference was filled with amazing Native American rituals and dance performances from a variety of groups. I was completely blown away by a performance by the National Dance Institute New

Mexico, a state-wide program that brings dance and healthy-lifestyle education to underserved children in New Mexico schools. The incredible energy and enthusiasm of the children and the instructor moved me to tears and I wanted to jump up on the floor and dance with them. The conference had been going for only thirty minutes and I was already overflowing with the enthusiasm I had been missing.

The seminars were nothing short of inspiring and illuminating. Susan Imus's seminar on dance/movement therapy in healthcare was exceedingly relevant to my interests and experience working in a hospital environment and underlined the identity and expectation discrepancies DMTs often face from administration and medical personnel in our work. Melissa Walker's integration of sex therapy with DMT was something so new and intriguing that I and so many others just had to attend to see what it was all about. I was surprised to find that her applications for working with sensuality and sexuality can be applied to so many diverse populations, and her movement experientials were empowering and thought provoking into our own experiences of how we relate to our bodies on a sensual level. The most profound experience I had as part of a conference seminar was at Cheryl Bartky's Life after Loss experiential workshop on working with grieving clients in DMT. Although the experiential was based on a model of helping clients to work through their grief, the workshop proved to be an intense experience of the participants all using our own recent (or not so recent) losses to inspire healing through movement. The experience of moving through my own unresolved issues surrounding the passing of a mentor with my fellow DMTs and former teachers was humbling and healing, and was the last thing I expected to happen at the conference.

The most special aspect of conferences is getting to be a part of honoring the amazing DMTs that helped

Conference Reflections

Reflections from a Young DMT: Finding Inspiration in Albuquerque 2012 Continued...

to found and create this amazing profession. It was wonderful to witness Sharon Chaiklin receive the ADTA's Lifetime Achievement Award. I have come to know Sharon in the last two years as a fellow member of the MD/DC/VA Chapter of the ADTA. At the start of the banquet, I went over to her and asked her to take a picture with me. Her response was a hilarious, "What, we have to come all the way to Albuquerque to take a picture?" During the movement closing of the conference, which again was amazingly orchestrated by Tina Erfer and Patricia Capello, once again the "Newbie" DMTs got to walk through the two lines of DMTs together with a "Wise One". I excitedly hopped over to Sharon and asked if she would be my partner. Sharon, I don't know if you're "Rockstar" status will ever go away

for me, and it was amazing to be able to share that moment with you! The movement closing experience filled me with hope and validation that I am on the right track and in the right place and that dance/movement therapy is where I truly need to be.

Did the conference accomplish all that I had hoped it to? All of it and more. I can't begin to say how important these conferences have been to my development as a dance/movement therapist since I entered into the field. I congratulate everyone who worked so hard to put together an amazing conference and thank you so much for your efforts. Of course, I am already looking forward to 2013 in Brooklyn and will be trying my hardest not to be counting the days until then.

We want mail! From you!



Whether it's questions, comments, thoughts, pictures, etc., we want to hear from you. Don't be shy...send in what you have and we would love to publish it in the next issue. Be sure to read the newsletter guidelines before submitting.

Marian Chace Foundation



Trustees:

Sharon Chaiklin, President

Ann Lohn, Treasurer

Jane Wilson Cathcart, Secretary

Susan Kleinman, Outreach & Development

Brava to Judith Bunney! The talk she presented at the Marian Chace Lecture was a complex interweaving description of dance therapy over time. It was very well received by those attending the conference in Albuquerque. For those who could not be there, anticipate reading what she had to say when it appears in the American Journal of Dance Therapy (AJDT).

The trustees were pleased to present Emma Barton with the Marian Chace Award for Journalism in recognition of her excellent article written for the AJDT based upon her master's thesis. We encourage others to consider writing as our knowledge base can only be expanded in this way.

In what is becoming a ritual at the lecture, there was the presentation of bookmarks from last year's contributors to the seven newly selected contributors of important and relevant quotations. These seven are already choosing the people who will be involved at next year's conference. Those who attended received one of the new bookmarks as they entered the room.

It may not be known to many of you but the Foundation contracts to be a fiscal sponsor for a few individuals who are in the midst of projects and need to raise funds. When these individuals establish a contract with the Foundation, donors who contribute to their projects are able to make use of the Foundation's tax deductible status. These projects must meet the mission of the Foundation. For a small fee, we handle the funds for such projects.

There are several projects in process that received grants this past year. We wish to remind everyone that we hope to receive new grant applications by the February 15th deadline.

Those at the conference were most generous in their donations to the Foundation as we received over \$2,000. These funds primarily support grants and also awards. We are happy to receive your donations anytime and they may be sent to honor or memorialize someone important to you. Thank you to the individuals who have been supportive to the Foundation and we thank them for their generosity.



Marian Chace Foundation Lecture at the ADTA Conference

Marian Chace Foundation Donations

Received September 1, 2012 – November 30, 2012

FRIEND (up to \$36.00)

- Leslie Armeniox – *In honor of Dianne Dulica – a Master Teacher, Inspiring Mentor and Beautiful Soul*
- Patricia Capello – *In honor of Henry Goldschlag, colleague at Maimonides*
- Alixe Dancer
- Judith Klein – *In memory of Elizabeth Polk and Liljan Espenak*
- Pamela Lerman – *In memory of my dear friend, Jaye Alper, who will forever be dancing and singing in my memory*
- Roxanne Preble
- Elissa Q. White – *In memory of Robert W. White*

SUPPORTER (\$36.00 - \$99.00)

- Sarah Arnett – *In memory of Luci Beinhorn*
- Cynthia Berrol – *In loving memory of my dear, dear sister, Gloria*
- Nitza Broide-Miller – *In memory of Nava Maslovaty*
- Paula Brown – *In memory of my friend, Kate*
- Sharon Chaiklin – *In memory of Ruth Foster, mother of Ann Lohn, and Laura Peralta, a talented friend*
- Johanna Climenko – *In loving memory of Bobbi Shlasko*
- Catherine Davidson – *In memory of Hunter College DMT Program and in honor of Claire Schmais, Nana Koch and Elissa White*
- Nancy Goldov – *In honor of Ilene Serlin – thank you for your support and encouragement*
- Lenore Hervey
- Julie Miller – *In memory of Susan Lev*
- Pattee Russell-Curry
- Sally Totenbier – *In memory of James Nicolaou*

PARTNER (\$100 - \$499)

- Joan Berkowitz
- Barbara Busse – *In memory of all the dance/movement therapists who have gone before us*
- Nana Koch – *In honor of Claire Schmais, Elissa White, Abby Cassell, Marsha P. Kalina, Danielle Fraenkel, Elizabeth Polk and Liljan Espenak*
- Ann Lohn – *In memory of my dear mother, Ruth Foster*
- Rena Kornblum
- Shira Musicant – *In memory of Sylvia Holtz*
- Nikki Odlivak – *In honor of Elissa – thank you for your support and friendship*
- Adina Rosenberg – *In memory of my mother who always supported me*
- Vicky Wilder

DMTCB

Dance/Movement Therapy Certification Board

Submitted by Susan Saenger, BC-DMT, DMTCB Chair

The Dance/Movement Therapy Certification Board would like to congratulate all the newly Registered-Dance/Movement Therapists (R-DMTs) registered between September 1 and November 30, 2012.

Alexandra Chatara-Middleton
Amanda Gordon
Merette Gurin
Sarai Louise Hinkley
Tamara Vonetta Holt
Sarah C. Kocz
Kelly Long
Lindsay Meeks
Lenne' Holden Musarra
Deanna Roberts
Ritu Shree
Jill Marie Turanski
Hannah Whitley



ADTA Voluntary Contributions

ADTA wishes to thank the voluntary contributors who donated for the period September 1, 2012 – November 30, 2012. Thank you for your support.

Dina Acreman
Katie Dominguez
Charlotte Green
Mi Young Kim
Chanda Magallanes
Madison Radlowsk
Julia Blair Rice



From the Professional DMT Community

New International Institute of Advanced Training in Dance/Movement Therapy

Submitted by Ilene Serlin

Dance/movement therapists have traditionally functioned at the Master's level, and have sought certification in counseling at the Master's level. While this has successfully established dance/movement therapy as a profession, many dance/movement therapists have felt the need to go on to the doctoral level. In order to do this, many have gone to the fields of psychology or related fields, often leaving behind their movement experiences. At this point, some of these individuals are on their own to create their own synthesis of advanced trainings with no cohort groups for support, feedback, and continued growth as advanced practitioners.

The International Institute of Advanced Training in Dance/Movement Therapy was founded to begin to meet the needs of advanced practitioners - to help advanced practitioners find their own voices, articulate their theoretical perspectives, learn how to make professional presentations and publications, and consult on cases.

The first meeting was on November 18 in San Francisco at AgeSong, followed by trainings in China and abroad.

For further information about this training, please contact Ilene Serlin, PhD, BC-DMT at (415) 931-3819 (iserlin@ileneserlin.com) or Marcia Leventhal, PhD, BC-DMT, CMA, NCC at (818) 783-3630, (drumbleventhal@gmail.com).

Making Connections: Networking Through Creative Arts Therapies

Submitted by Erica Hornthal

In hopes to connect the dance/movement therapy community with other creative arts therapies, Erica Hornthal, a Chicago based DMT, has launched the Chicagoland Creative Arts Therapy Network. This group provides opportunities for creative arts therapy professionals, students, and retirees to meet monthly. The intent of the group is not only to share professional concerns, obtain supervision hours for licensure, and get community support but mainly to encourage collaboration and communication among the different modalities.

This group meets monthly and represents all four creative arts therapy modalities. If you are interested in joining, please contact Erica at Erica@northshoredancetherapy.com or call (847) 848-0697. If you are not located in the Chicagoland area but still would like to participate in a community forum, please find us on Facebook. With over 60 members, we are always posting jobs, conferences, and national news.

About Erica: Erica received her MA in Dance/Movement Therapy & Counseling from Columbia College Chicago. Erica has worked in adult day centers, nursing homes, assisted living facilities, and senior centers throughout Chicagoland. Erica founded North Shore Dance Therapy (NSDT) in March 2011. NSDT provides concierge dance/movement therapy, psychotherapy, and counseling services to adults, older adults and families around the Chicagoland area.

From the Professional DMT Community

The Body Speaks

Submitted by Robin Memel Fox, MA, BC-DMT, LPC, NCC

Robin Memel Fox, MA, BC-DMT, LPC, NCC presented her didactic workshop, *The Body Speaks: Redefining Self through Dance/movement Therapy with Survivors of Domestic Abuse* at the 2nd World Conference of Women's Shelters in Washington, D.C. on February 29, 2012. There were over 1400 participants/delegates representing 100 countries at the entire 4-day conference. It was an exciting international experience, and the workshop was a success and received great response! She also presented a shorter version of the same workshop at the 2012 National Conference on Health and Domestic Violence in San Francisco, CA on March 31, 2012.

DanceAbility

Submitted by Linni Diehl, M.E.d, BC-DMT

At Stage Door School of Dance, Linni brings her expertise to the DanceAbility program, a dance education program for children and adults with special needs including physical, cognitive and emotional.



A Program to Help Mothers Bond with their Infants

Submitted by Nettie Becker

One of the first things we learn in the field of infant and childcare is the importance of making eye contact during dyadic interactions between mother and child, the first building block toward the child's relationship with the mother. But what if this doesn't happen easily? What if the mother has trouble making this eye contact and interacting with her child?

This problem was driven home to me recently during one of the infant/parent sessions that I conduct in libraries on Long Island, New York. I have been engaged in the program conducted by these libraries, which features separate sessions for infants and toddlers, as a dance/movement therapist specializing in early child development. In one library, the infant program consists of a series of three weekly sessions.

From the Professional DMT Community

A Program to Help Mothers Bond with their Infants Continued...

During one of these infant sessions, I saw that a first-time mother could not make eye contact with her three-month-old baby. Each time he looked at her she looked in a different direction, and the baby looked away each time she tried to make eye contact. She didn't seem comfortable holding him or positioning him when he leaned against her in an upright position. Perhaps it was her anxiety as a new mother or perhaps it was other problems she had. At any rate, it was important that I make her feel comfortable in the room with the other parents and with me.

She gradually began to feel better about herself and her mothering skills. My role was to encourage her to respond sensitively to her baby's behavior and to keep looking at him until she succeeded in establishing eye contact and interacting with him rather than looking away. Over the course of the three sessions, she began to feel more and more at ease with her baby. During the last session, she spoke to her baby, began to hold him closer to her, and was able to enjoy him. She relaxed, held her baby behind his head, and lifted him up slightly as she held his hand and curved her body toward him while keeping her smiling face on him. I knelt behind her and encouraged her to continue talking to him as she looked into his eyes. After about five minutes they were both looking and smiling at each other. The mother began to talk to her baby, he made different sounds, which she imitated, and together they carried on a conversation. It was exciting to see how much

confidence she gained when she was able to gaze into her baby's eyes as he gazed back showing such happiness. The contrast between their affect before and after making eye contact was striking.

In addition to working with parents like the mother described above, the three-part infant/parent sessions encourage parents to sit on the floor with their babies



During the last session of the infant/parent session, a mother is finally able to make eye contact with her child.

and engage with them and to socialize with each other. There are usually eight parents with their babies between the ages of three and twelve months. I observe the parents as they play with their babies. They are always amazed how the babies themselves relate to each other when they touch each other and laugh. I also provide handouts from various sources about handling everyday problems they may face with their children and answer questions they may have. In addition, I discuss topics that they choose and cover topics

that pertain to adult and child mental health. I usually find that the parents have similar

interests in topics that are discussed and enjoy talking about them with me and with each other.

The program is a wonderful vehicle for reaching ordinarily busy parents with practical ideas. It often has the effect of relieving much anxiety on their part about their relationships with their infants. Many have expressed gratitude to me and to the libraries that have implemented this program.

Student Submissions

Expressive Arts Therapies, A Poem

Submitted by Joy Faith Ruben, Lesley University: MA Dance/Movement Therapy Candidate 2014

Image you never cease to amaze me:
you are bold life unearthed from nothing but void
there for me to contemplate
as if you were proof that I exist,
as if I wasn't sure before you came along.

Sound you baffle me with your complex persona,
vibrating through my body, diverse.
Diverse as an endless horizon crawling all corners of the Earth.
Some say we are pure vibration,
and that God spoke us all into being.

Character, you are my best friend.
You know everything about me.
You know what I am thinking before I say it.
And you always have good ideas.

Movement, you are one of the most satisfying lovers I have ever enjoyed.
You know just how to move with me,
when I need to be cradled in the warm rhythm of rocking waves
when I thrill for the pulsing thumping stomp of ecstasy
and when I need to just dance the ballad of stillness.

Expression you are the mother and the father of all that is;
Thank you for your power,
and for your generosity.
You not only created Image and Sound and Character and Movement but also
Moon and Sun and Ocean and Earth and Birds and Tears and
all the other things I love, too.
And you created me.
I know nothing and no one greater or more beautiful than you.



Student Submissions

Observations of a New DMT Student

Submitted by Joy Faith Ruben, Lesley University: MA Dance/Movement Therapy Candidate 2014

In the two months since I entered into Lesley University's DMT program I have encountered an unusual mix of feelings. Sensations of uncertainty, skepticism, and obliviousness found themselves in an unlikely relationship with a sense of rightness, trust, and intuitive knowing.

It all seemed a little too easy to me, while I was groping for formula and method to follow. I finished reading a case study, by Suzi Tortora, explaining the story of a child who began a session shy and isolated and ended a session curled up like a purring kitten in the therapist's lap. I thought then, "*Where are the stories of failure, the ones where the client ends up rebelling against the therapist, and the ones where the therapist exhausts all options and still finds no reconciliation with the client?*" I soon realized that the success of a session does not lie in reconciliation with the client but in acceptance of the client.

I observed two successful and influential therapists in Cambridge, MA: Tammy Smith and Dicki Johnson-Macy. They work with different populations, Tammy with the elderly and Dicki with young

children. Despite working with different populations, the two therapists shared the similar attitude of acceptance. When working with the elderly, Tammy did not express defeat if someone was tired and sat out for the day. When working with children, Dicki did not get distracted when certain children left the circle group to explore far corners of the room. Magic seemed to happen in both of the sessions I observed. When I search to understand where the magic came from, I find it came from the therapists being more allowing and less controlling, more perceptive and less reactive.

I understand now that the reason the sessions I have been reading about are so successful is not related to what happens in the session but to how the therapist relates to what happens in the session. I understand that those initial feelings of uncertainty mixed with intuitive knowing were normal. As a new student I wanted an obvious answer, yet it seems the obvious answer is that there are no obvious answers. It is the intuitive knowing which guides the process: the next step for me is to put that into practice.

Tributes to Laura Peralta



In November, we learned of the death of dance/movement therapist and ADTA member Laura Peralta. Thank you to Sharon Chaiklin, Wendy (Waxman) Lindahl, Diana Fischman, and Robin Memel Fox for contributing these memorial tributes to Laura, her life, and her work.

From Sharon Chaiklin

I first met Laura deGallo Peralta in Buenos Aires when she participated in a workshop I was leading. As she was a teacher in Brecha's program, we also had informal contact, which included a tango class held in her home for a few of us. I then had the good fortune to be able to visit her in Scottsdale a few years ago where I met her handsome sons. Laura was beautiful to one's eyes but she also had many talents. Of course she could dance and evolved Pilates classes on tape, but she also created incredible paintings and wrote poetry. We truly admired and enjoyed each other's company, which was limited because of geography. Her loss is felt most deeply. It should not have happened to one with so much left to share in the world.

Tributes to Laura Peralta

From Wendy Lindahl

*“We choreograph our lives every day!
The dance is the most important piece of art you will ever make.”*
Laura Peralta – From “Souls in Packages”

Laura Peralta, MA, BC-DMT was a true friend and Dance/Movement Therapy sister to me, since coming to the US and Arizona in 1998. We collaborated for 5 years teaching and offering monthly workshops for those interested in exploring the field of Dance/Movement Therapy at ASU and in the community. Together we worked with special populations of abused women and disabled children. We attended many of the conferences together over the past 14 years. I have witnessed her dance with life and see the true beauty of her journey from her beginnings as a professional modern dancer, clinical psychologist, and psychodramatist to becoming one of the first Dance/ Movement Therapists in Buenos Aires. She was a truly stunning presence and inspiration as a dancer and performer and continued with Modern, Tango, Flamenco, and Contact Improvisation! Like poetry in motion, she brought that grace to her living creativity with her amazing paintings, a rich book of poetry “Souls in Packages – A Journey Through the Unmasking Process”, a 21st Century Pilates DVD series, and as the owner of Fusion Movement Studio since 1999. An adventurous and devoted mother and friend to her two sons Santiago 25 and Pablo 23, she welcomed all to her home and heart. Now missed by her parents, her dear sister Sylvia, and loving brother Victor. Her legacy will live on in our community as she said that she practiced “Dance/Movement Therapy to further the authentic encounter with the soul.”

I will dance on her behalf at the One Billion Rising Event on February 14, 2013 to honor the memory of my dear friend Laura.

From Diana Fischman

I'd like to contribute to remembering Laura by sharing some information that she shared with us about how Laura became a dance/movement therapist. Laura discovered DMT by attending a DMT workshop Marcia Leventhal gave in Buenos Aires in 1995. There we met. We both shared a great interest for DMT field which moved us deeply at that time. The following year, I invited Laura to be a dance teacher at Brecha Center where I was developing a DMT training program. She created a wonderful dance class for the trainees at the same time she took seminars with BC-DMTs coming down to teach. Laura was part of the first group trained at Brecha, being with us from 1996 to 1998 when she moved to Scottsdale with her family. She was loved by her students and colleagues for her dedication and her interest in each of them. Laura was passionate, dedicated, and a hard worker as a dance teacher and as a psychotherapist. We, the colleagues and students from Buenos Aires, will miss her and have her in our memories and hearts.

From Robin Memel Fox

I had the pleasure and opportunity to attend a few workshops and dance with Laura many years ago after moving to Arizona, and have seen her over the years at conferences and kept in touch via Facebook and otherwise. Laura was a wonderful, inspirational woman. Her passion for life and incredible beauty, inside and out, were evident both in person and in the beautiful photographs taken of her. Her expressive poetry also spoke of her pain. Learning of her tragic death was a shock to all who were touched by her presence and love. She will be missed immensely by her loved ones and by all who knew her. May her precious life be a reminder to us all how important it is to live everyday with grace and gratitude.

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Advertising space is now available in our quarterly newsletter! Reach dance/movement therapists, other professionals, students, the international community, and more. Rates are provided above. **Save 20% when you advertise in 4 issues!** Single issue rates are available. Submit ads to info@adta.org.

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.

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