

In this Issue

Board Reports	2
Chapter Reports	15
Marian Chace Foundation	18
DMTCB	20
ADTA Voluntary Contributions	20
2013 ADTA Conference	21
From the Professional DMT Community	22
One Billion Rising	31
Newsletter Advertising	37
Newsletter Submission Guidelines	37

The quarterly ADTA Newsletter is the official news publication of the American Dance Therapy Association (ADTA). The ADTA invites all members to contribute and reserves the right to edit all materials. Newsletter items do not necessarily reflect the attitudes held by all individual members of the ADTA, the Board of Directors, or the ADTA as a whole.

Newsletter Team:

Mat Winer, Copy & Content Editor
Gloria Farrow, Co-Editor
Amber Falls, Format & Design

A Few Words from the Newsletter Team

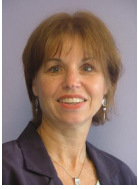
We would like to welcome you to the first ADTA newsletter of the New Year, where we are bringing you the latest DMT news. Catch up with the Board of Directors, Chapters, and Professional DMT Community. Indulge in the special articles about the One Billion Rising event, including perspectives from multiple DMTs.



Above: One Billion Rising in Albuquerque with Robyn Cruz and Margaret Migliorati
Below: New York DMTs Jennifer Giuglianotti and Orit Zabari during One Billion Rising



Board Reports



From the President

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

Dear colleagues,

My opening letter to you is brief, as there is a much longer article on counseling in this edition of the ADTA newsletter, and I urge you to read it in full.

It is with pride and excitement that we announce the receipt of an important grant to the ADTA. The Freeman Charitable Trust has awarded funds to the ADTA for preparation and submission of our application for accreditation of the BC-DMT credential to the Institute for Credentialing Excellence (ICE). Accreditation of the DMT board certification will identify the BC-DMT credential as a rigorous and meaningful service mark.

The National Commission for Certifying Agencies (or NCCA) is the accrediting body of the ICE and is recognized as the leading accreditor of professional credentialing in the United States. Accreditation provides a mechanism for an organization to demonstrate that its credentialing program has been reviewed by a panel of impartial experts that has determined its program meets the strict standards set by the credentialing community.

The ICE confers external accreditation of professional certification exams and processes in several other human service disciplines (<http://www.credentialingexcellence.org/p/cm/ld/fid=32>). Organizations with ICE accreditation report that their credentialed providers are more often reimbursed by insurance providers.

Additionally, funders of research and clinical projects are looking for this recognition of the quality of the professional credential. By elevating the value of the DMTCB's board certification, we can make our services more accessible to the people who can and will benefit from DMT.

NCCA-ICE application fees are hefty and the application process labor intensive, requiring specific skills in psychometric evaluation of the BC-DMT evaluation process. The Freeman grant puts this goal within the reach of the ADTA and DMTCB by covering those fees as well as the time and expertise of two individuals who will prepare the application: Robyn Cruz, PhD, BC-DMT (dance/movement therapist, psychologist and most recent Past-President of the ADTA), and Jennie Peters, Ph.D. (psychologist, psychometric specialist, and public member of the DMTCB). Many thanks and congratulations to Gloria Farrow, ADTA Operations Director, for her vision and initiative in finding this grant opportunity for us and leading the grant application process!

Of course we are also celebrating the ADTA's robust participation in **One Billion Rising**, the international V-Day event to protest violence against women. Enjoy the coverage of this vibrant, powerful statement of solidarity and healing, in which so many ADTA members danced, spoke, wrote, and stood up together. Many thanks to Lora Wilson Mau, BC-DMT and her fabulous PR committee for bringing the ADTA to this event with such agency and expertise. And thanks to Lora and Lunden Abelson, BC-DMT for authoring the brand new clinical information sheet on DMT for women subjected to violence.

Thanks to all of you who sent in nominations for the 2013 ADTA election cycle. The Nominating Committee is hard at work preparing the ballot for your vote in the spring. When the ballot reaches you, be sure to vote for your association's leadership!

Yours,
Sherry

Board Reports



Vice President

Submitted by Jody Wager, MS, BC-DMT

Hello dear colleagues,

I hope this winter season is providing you with some well-deserved time to reflect and be with your thoughts and feelings ... and perhaps to slow down a bit and restore yourselves. Eastern philosophy emphasizes living in harmony with Nature. Applying this to the season of winter, when days are colder and darker, our intuition tells us to put our attention on retiring earlier in the day, taking longer periods of rest, and spending less time in more strenuous outward focused activity. This is the time of year to restore and rejuvenate our natural energies as well as engage in self-reflection.

You may have started noticing small bursts of energy, thinking about the coming change of seasons, or even planning for new endeavors. As *in nature, as in our bodies*. The Five Elements are rooted in this concept, that whatever is occurring externally is mirrored in us and our natural instincts. During the winter months it feels right to hibernate, rest, and repair. As we prepare for spring, we enter into a slow waking up phase ... starting small, barely perceptible, yet coming alive. It's a bit like the first crocus blooms that push up through the snow.

As chairperson of the conference committee, I have entered this period with great excitement and anticipation. Much of my energy has been focused on our upcoming conference in Brooklyn. Thank you to all who have taken the time to submit their proposals. We appreciate your willingness to share your work with us. We have also been busy designing our pre-conference intensive day and are thrilled by the richness and diversity of the workshops. I think you will be too! There is of course, one new component to this year's conference, which I hope will become a new ADTA conference tradition ... A Day of Service. It is my

vision to share our work with those in need and those who have never had the pleasure or benefit of experiencing dance/movement therapy. I am so excited about this project and have begun exploring possible sites for this collaboration. Stay tuned for more details. As in conferences past, we aim to find balance between time to study and time to play ... time to sit and time to move, and to this end, we are working diligently to create a schedule that has room enough for all. However, be forewarned, there will be some difficult decisions to make ... choices regarding which stimulating workshop to take, going for a walk through Brooklyn or watching a DMT film, taking a nap or attending a plenary session. So much to do ... so little time! Please refer to the conference section of this newsletter for even more details.

And on another note altogether ... I don't know about you, but I am so filled with pride and energy about our recent collaboration with and involvement in the One Billion Rising movement. Each video that I have viewed has moved me deeply. My own personal involvement, creating small risings throughout my day, both at work with patients and staff and later with my synagogue community, brought me great satisfaction. I was impressed with how we all joined together so quickly and so passionately. I have recently been invited to conduct a workshop based on the One Billion Rising movement at an upcoming women's retreat. This is just one example of how we can continue to keep this focus and important work alive. This experience for me captured the essence of our work ... rising up in dance to create the change we want and need. Thank you to each of you who joined in this movement and for sharing this work with all of us and the world.

With appreciation and gratitude,
Jody

Board Reports



Treasurer's Report

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

Thank you to all those DMTs who continue to generously provide financial support to our organization. Our financial health is grounded; however, our roots are always looking for nutrition to continue to grow, spread, and bloom. We have many exciting projects in our future and need your support to help carry them through. Don't forget there are many ways to support the ADTA throughout the year. Donations are always needed and much appreciated. No donation is too small! At any time you can:

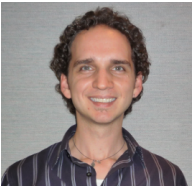
- Call the main office to make recurring monthly donations.
- Make a one time donation using any of the "DONATE NOW" buttons on our website.
- Shop Amazon through our website by clicking on the AMAZON shopping cart button. A

percentage of your purchase automatically gets donated to the ADTA.

- Sign up for a CLINICAL CONSULTATION under the Members Only Section of our website. Not only will you receive your first session at a discounted rate, but you will also be supporting the ADTA.

You don't have to be a member of the ADTA to donate. Your colleagues can shop Amazon through our site as well! Let your friends and family know they can easily help support the ADTA with a simple click.

Have you completed your taxes? If not, make sure you check with your accountant, tax adviser, or www.irs.gov to deduct the business expenses for which you are eligible!



Secretary's Report

Ty Tedmon-Jones, LCAT, LMHC, BC-DMT

Greetings ADTA Members! In this brief report, I am very happy to introduce you to the 2012-2013 ADTA Student Membership Subcommittee. Of all of my duties and activities as your Secretary, chairing the Student Membership Subcommittee is one of my favorites and comes with great rewards. These vibrant Dance/Movement Therapists in-training give me a glimpse into our field's future, and I see a bright and wonderful path! As our DMT educators could attest, our field continues to draw a more and more diverse group of women and men with enormous insight, creativity, and soul. In my many interactions with our student members, it is easy to appreciate the many skills and strengths they possess and will serve our profession as we continue to grow and meet the vast, complex needs

of our multicultural, multi-dimensional communities.

The ADTA Student Membership Subcommittee serves as an ad hoc subcommittee overseen by the ADTA office of Secretary to provide a clear and direct line of communication and service to ADTA student members as they engage in their educational programs. As in past years, the ADTA Student Membership Subcommittee is preparing for our LIVE Webinar Series which has been especially developed to meet needs of our Student Members.

STAY TUNED! Please watch for upcoming announcements and registration information on this spring's offerings!

Board Reports

Secretary's Report Continued...

And, without further ado, I introduce to you the ADTA Student Membership Subcommittee:



Rebecca Connors
Lesley Student Representative

Rebecca is currently in her second year at Lesley University in the Expressive Therapies and Mental Health Counseling program. She is originally from Pelham, New York and received her BA in English Literature from the University of Virginia. Last year she interned with older adults suffering with dementia at the Aviv Centers for Living in Peabody, Massachusetts and is currently completing her second year internship at a therapeutic elementary school in Lexington, Massachusetts. She feels grateful to be in a field devoted to spreading joy through movement and the integration of body, mind and spirit.

Email Contact: rac8t@virginia.edu



Michelle Inauen
Alternate Route Student Representative

Michelle currently lives in Lewisville, Texas which is North Metroplex of Dallas. She is currently pursuing the alternate route path while obtaining her Professional Counseling degree at Amberton University and taking my DMT intensives at CMER in San Jose, California. Michelle is shadowing under the supervision of BC-DMT, Mary Whiting and BC-DMT, Suzy Matheson. Michelle is a student member of the ADTA and the Texas Chapter; she is serving as an Alternate Route Student Representative on the Student Membership Subcommittee and is doing special work with the Alternate Route Enhancement Workgroup. Michelle states, "I look forward to meeting as many ADTA members as I can and I am sure everyone has something wonderful to offer."

Email Contact: colorbursts@hotmail.com



Winnie Wong
Pratt Institute Student Representative

Winnie is a second year student in the Masters of Science in Dance/Movement Therapy (DMT) program at Pratt Institute. She holds a BA in Dance and a BA in Communications from the University of Maryland in College Park. Prior to her DMT training, she worked for six years in the non-profit arts administration field in New York City. Her internship experiences include both the hospital and school settings for children and adolescents and adult in-patient psychiatry, including an acute forensics unit with all-male inmates. In addition to school, Winnie performs in the NYC area, most recently with a movement collective called Project Agent Orange.

Email Contact: wwong7@pratt.edu



Beth Ryan
Drexel University Student Representative

Beth is a second year DMT student at Drexel University. She is originally from Lehman, PA and has her bachelor's degree in Exercise Science from The University of Scranton. She feels blessed to be surrounded by such supportive peers, staff, and local professionals and looks forward to working with more in the future. She is very excited about entering as a professional into this field and is proud to serve on the ADTA student committee.

Email Contact: ryane311@gmail.com



Concetta Troskie
Antioch University New England Student Representative

Concetta Troskie is a second-year DMT/Counseling and Drama Therapy student at Antioch University New England. She is happy to be serving on the ADTA student committee this year, and looks forward to a year of moving and shaking!

Email Contact: ctroskie@antioch.edu



Grace Ho
Alternate Route Student Representative

Grace Ho, MA, CMA, is a PhD candidate in the psychology program at The Graduate Center, CUNY. She is currently receiving the Dance/Movement Therapy alternate route training with Dr. Miriam Berger at Harkness Dance Center in New York.

Email Contact: graceho6688@hotmail.com

Board Reports

Secretary's Report Continued...

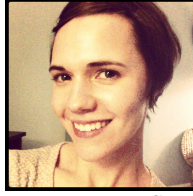


Kendall Hagensen
Naropa Student Representative

Kendall is presently in her second year at Naropa University in the Somatic Counseling Psychology program. She is training to be a Somatic Psychotherapist and Dance/Movement Therapist (DMT), and will be a Clinical Intern after completing the current semester. She believes our bodies are inherently intelligent and hold answers to some of our most important questions. Helping people uncover their unique path to wellness in the way that is right for them is her ultimate goal. She strives to become a multiculturally competent counselor and to serve the local community. A strong value of hers is working as part of a team. She wants to provide as well as receive support in order to continuously reevaluate how to best serve her clients.

Kendall is originally from Washington State and now resides in Boulder, Colorado. Her interest in dance/movement therapy (DMT) began as a high school senior when she wrote a paper on the field, and created a philanthropic dance production called "[Dancin' For Life](#)" for her Senior Project. Between Washington State University, Wells College Arts in Paris Program, and Western Washington University, Kendall studied Kinesiology, Dance History, Art History, Anatomy, many forms of Dance Technique, and Psychology. She graduated from Western Washington University in 2009 Cum Laude with a BA in Psychology and a Minor in Dance. After graduation Kendall worked as a Living Skills Specialist and was an Adjunct Faculty member in the Dance Program at Western Washington University before moving to Colorado to pursue graduate studies.

Email Contact: khagensen@students.naropa.edu



Meghan Murphy Sanchez
Columbia College Student Representative

Meghan Murphy-Sanchez is currently a third year thesis student in the dance/movement therapy and counseling department at Columbia College Chicago, and this is her second year serving as the ADTA student representative. Meghan's thesis entitled, "Body Attitude: A Phenomenological Approach Toward Creating an Operational Definition" is a project she is extremely passionate about and one that she's been working on for the past year. A term frequently used by movement analysts and dance/movement therapists alike, Meghan became fascinated with body attitude and its various implications in the early stages of her training to become a dance/movement therapist. It is her intention to create an operational definition for the phenomenon through interviewing experts in the field of movement analysis and/or dance/movement therapy. By creating a comprehensive definition for the phenomenon, Meghan is hoping to increase its validity and application within the setting of DMT. Besides working on her thesis, Meghan is also working part-time as a dance/movement therapist in an intensive outpatient clinic treating adults with chronic mental illness. In addition, Meghan is also pursuing a certificate in movement analysis through Columbia College's Graduate Laban-Certificate in Movement Analysis (GL-CMA) Program and will complete her training in July of 2013. Outside of her professional and academic work, Meghan enjoys baking, cycling, and spending time with her family and friends.

Email Contact:
meghan.murphy1@loop.colum.edu

Andrea Palafox
Sarah Lawrence College
Student Representative

Email Contact: apalafox@gm.slc.edu

Administrative & Professional Support Members

Ty Tedmon-Jones
Chairperson, ADTA Secretary

Shannon Lengerich
Professional Rep

Romain Diaz
Professional Rep

Board Reports



Approval Committee

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

The Approval Committee is pleased to announce that the MS in Dance/Movement Therapy Program under the direction of Cathy Appel at Sarah Lawrence College (Bronxville, NY) has received its candidacy status. We look forward with excitement to the continued development of their program.

The Approval Committee put forward a motion to the Board of Directors to amend the ADTA Alternate Route Subcommittee Procedures regarding the submission fee. The motion unanimously passed and, as of March 15, 2013, a fee of \$25.00 is required each time an alternate route course is resubmitted for approval after initially being denied approval.

A reminder that as of March 15, 2013 all alternate route coursework outside of ADTA approved graduate programs will need to be approved by the Subcommittee for Approval of Alternate Route Courses (SAARC).

Recent conversations between the DMTCB, Approval Committee, and SAARC have identified the need for deeper and broader inquiry and discussion related to online education, and we will be developing a survey to gather your invaluable input and expertise. The information will help the

committees develop guidelines for this delivery system. In the meantime, we invite you to begin dialoguing with your colleagues about this important matter.

The Approval Committee's next meeting was March 2, 2013 in Chicago where it reviewed the annual reports of all six approved programs as well as Antioch's six 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 the supervision representative and Jesse Geller is the public member.

In addition, the agenda included clarifying standards related to qualifications for teaching observation and assessment of movement as a result of discussion with the Education Subcommittee. The SAARC is simultaneously working toward clarifying expectations related to movement observation courses through Alternate Route. In addition, the Approval Committee will nominate a member to chair the SAARC. Serving on this subcommittee are Nana Sue Koch (Interim Chair), Shira Karman, Janet Lester, and Barbara Nordstrom-Loeb.

We want mail! From you!



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.

Board Reports



Standards & Ethics Committee

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

Standard and Ethics Committee news includes the appointment of Ellen Searle LeBel to a committee position. Committee members have enthusiastically welcomed her entry into shared committee work.

Ethical Considerations in Dance/Movement Therapy and Technology: A Tip Sheet is finally posted on the ADTA website in the Members Only section, under a new tab entitled Technology Corner. While the Tip Sheet is by no means exhaustive, it hopefully provides an orientation to some of the current best practice advisement in this arena.

On another matter, in January there was an interesting discussion in the ADTA Professional Practice Issues and Questions Forum initiated by Laurel Crawford. The discussion revolved around how to approach situations in which a person who is not trained as a dance/movement therapist uses description similar to DMT language to represent his or her work (in this case high school volunteers proposing to provide dance activity for inpatient adolescents). Concerns included safety issues and as well as how to differentiate the two practices for patients and staff. Former Standards and Ethics chairs Lenore Hervey and Susan Kierr, both weighed in on the discussion with creative solutions. Related situations were the subject of Board discussion in the fall.

Some members have looked to the Standards and Ethics Committee for a corrective response when encountering these situations. However, only those who are ADTA members or credentialed by the Dance/Movement Therapy Certification Board are beholden to our code and standards. Short of fraudulent appropriation of our actual credentials, the ADTA and DMTCB do not have a sanctioning recourse. These situations primarily present as

educational opportunities. As with many concerns that register below the threshold of risk of serious harm, the first step is for the member to directly approach a person of concern in a way that supportively communicates an expectation of that person's best intentions. It is advised that you approach as a curious ally who has a common interest in movement and its healing potential. From that common ground the nature of one another's scope of activity may be clarified and differentiated along with language appropriate to describing each. You might invite membership in the ADTA as an Associate member. It is useful to remember that in this and many ethical problem-solving situations, communication and engaged relationship, skills of our trade, provide the most effective route to resolution. As body/mind practices continue to emerge and are embraced by an enthusiastic public, the importance of cross practice dialogue also grows. Interestingly enough, the two first hotline contacts I received at the beginning of my tenure as S & E chair, were not from dance/movement therapists but from movement practitioners outside of DMT concerned about marketing their work in a way that did not violate our profession.

Get involved!

Whether it's through a committee or a local chapter, get involved with the ADTA and help spread the DMT word. Contact the ADTA Office for more information.

Board Reports



Education, Research and Practice Committee (ERP)

Submitted by Susan Imus, MA, BC-DMT, GLCMA, ERP Committee Chair & Laura Downey, Research Sub-Committee Chair

EDUCATION:

1. Alternate Route educators are working to coordinate their course offerings into a yearly calendar, which will reside in the ADTA office.
2. Discussion has begun with the Alternate Route Student Membership Committee to offer Q & A opportunities on a regular basis. Follow-up will take place at the spring Board of Directors meeting (BOD).
3. ADTA Approved Program Educators will teleconference in April following the BOD meeting. The purpose of the meeting is to discuss trends in counseling and their effect on curriculum, etc.

RESEARCH:

1. The Research Sub-Committee is accepting poster proposals through July 1, 2013 for the Research and Thesis Poster Session at the 2013 ADTA Conference in Brooklyn. It is looking for research or thesis projects (programs and non-thesis projects will not be considered). Please be on the lookout for submission criteria and email Laura Downey, Research & Thesis Poster Session Coordinator, with questions (Lmdowney@hotmail.com).
2. The Research Sub-Committee is looking for nominations for the annual Research Award, co-presented with the Marian Chace Foundation. It is seeking published research articles in dance/movement therapy. Authors must be members of the ADTA. Please send nominations to Emma Barton, Coordinator of the Research Award, with nominations or questions (yogawithemma@gmail.com).

3. The Research Sub-Committee offers a research workshop at the conference every other year. This year, members of the committee are planning to offer a workshop on multiculturalism in research in collaboration with members of the Multicultural and Diversity Committee. Look for details in the conference schedule and make sure to sign up for this one!
4. If you are interested in doing research on your own or with a group but don't know where to begin, contact the Research Sub-Committee. The mission of the committee is to support research in dance/movement therapy so members may be able to offer supervision, guidance, or another set of eyes on your methodology. Email Laura Downey, Research Sub-Committee Chair, to get connected with a committee member (Lmdowney@hotmail.com). Also, check out the resources on the research pages of the ADTA website - the answers to your questions might be right there!

PRACTICE:

1. Nominations for the sub-committee have been submitted and invitations are forthcoming.
2. Scope of Practice is under discussion.
3. Second teleconference meeting will take place prior to the April BOD meeting.

Please submit any questions, comments, or concerns for the ERP Committee to Susan via e-mail @simus@colum.edu. Happy Spring!

Board Reports



Public Relations Committee

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

On February 14, men and women from all over the world danced in support of the one billion women on this planet who will be victims of violence in their lifetimes. The ADTA proudly joined this cause. The days leading up to V-Day and the days following it were filled with the dedicated, hard work of many people.

This column is dedicated with profound gratitude to all those who contributed to this cause – visibly and behind the scenes.

The breadth of ADTA member involvement in One Billion Rising is recorded on our website. Visit this page often when you need a dose of “can do” inspiration. The videos from all over the world will move you, the quotes will stir you, and the photos will inspire you. Every one of those events was created and supported and promoted by dance/movement therapists. This is our community!

http://adta.org/ADTA_One_Billion_Rising_Events

As is always the case in a campaign as significant as this, success is achieved through the efforts of many. Everyone who participated in this campaign – as a visionary, a participant, an organizer, a witness, or as a social media cheerleader – contributed to its power and efficacy. In addition to all the dance/movement therapists who worked so hard to organize their own local events or contribute to others’, a few people worked especially hard behind the scenes to help make this as meaningful as possible to as many as possible as quickly as possible. Special thanks to the following individuals for helping make the ADTA One Billion Rising Campaign such a success:

- Brigitta White – Social media outreach
- Gloria Farrow & Renee Wolfe – Website
- Sherry Goodill – Writing and filming the official ADTA video statement and for the suggestion of involvement as an organization.
- Angie Giordano-Adams – Co-creator of the OBR video mashup
- Pattee Russell–Curry - Video mashup support
- Lunden Abelson-Hunter – Author of new clinical information sheet *Dance/Movement Therapy: A healing modality for women who have been subjected to violence*

Lastly, a very special acknowledgement for PR Committee member Alicia Sofia Garfias who, *in addition* to creating & filming a multi-media event of her own in Mexico, also contributed all of the following: translated the OBR clinical information sheet into Spanish; co-created OBR video mashup; created OBR photo slideshow; assisted with social media support and, during the actual week of Feb 14 at the peak of the OBR campaign, assumed PR Chair responsibilities in my stead while I was unavailable, tending to a family emergency.

What a privilege and honor to be part of this campaign, to witness the work of this community and to collaborate with such brilliant, devoted, passionate people.

This is our community.

Board Reports

Public Relations Committee Continued...

SOCIAL MEDIA UPDATE

Each quarter I will report our growth in the social media spheres since the last newsletter. The projected trajectory over the next year is very exciting.

ADTA Facebook group page https://www.facebook.com/groups/2209175161/ 2,338 members (+135)
ADTA Annual Conference page https://www.facebook.com/ADTAConference 270 subscribers (+37)
The ADTA group on LinkedIn http://www.linkedin.com/groups/American-Dance-Therapy-Association-ADTA-3945307 1010 members (+193) and over 40 member discussions last month.
ADTA Twitter account @ADTAorg https://twitter.com/ADTAorg 391 followers – an increase by over 50% in the last three months.

(Note that @ADTAorg achieved its best “retweet” yet during National Eating Disorder Awareness Week. A Huffington Post account (@HuffPostWomen) retweeted to its 32,628 followers a link to an article quoting dance/movement therapist Susan Kleinman. This is the power of Twitter!)

The PR Committee remains ready to help you venture into this territory if it is unfamiliar. Please see Erika Hornthal’s post on the value of getting *LinkedIn*. For general guidance and support on utilizing technology and social media, please see the new TECHNOLOGY CORNER under “Members Only Section” on the ADTA website. http://adta.org/Technology_Corner

DON’T BE A MISSING LINK

Submitted by Erica Hornthal, MA, LCPC, BC-DMT

ADTA Public Relations Committee, Social Media Sub-Committee

The PR committee is working hard to identify ways to inform others about the dance/movement therapy profession and the wonderful work we all do. One of our goals for this year is to increase our presence on social media sites. One in particular that I am excited to be working on is LinkedIn.

LinkedIn is a unique social media platform that encourages professional business development and networking. In order to increase the ADTA’s visibility on LinkedIn, we need our members to sign up, if they haven’t already, and join the ADTA group. You can join the ADTA group at the link below:

Board Reports

Public Relations Committee Continued...

DON'T BE A MISSING LINK Continued...

<http://www.linkedin.com/groups/American-Dance-Therapy-Association-ADTA-3945307>. Once you have joined the ADTA group, you can participate in ongoing group discussions and can easily share those discussions with other professionals. As dance/movement therapists, we are aware that we are pioneers but we are also business professionals. Whether we are working in a mental health capacity, as a body based practitioner, or in a clinical setting, it is imperative that we tap into our business minds and educate other professions about our unique skills and qualifications. It is then that our profession will grow and continue to be recognized as a legitimate field in the eyes of healthcare professionals around the country. The most efficient way to educate others about our profession is through these social media networks. Let LinkedIn work for YOU.

I encourage you to create a LinkedIn profile and begin connecting to professionals in your towns, fields of practice, and other areas of interest. For new therapists on the verge of joining the work force, LinkedIn is actually another avenue for job searches. With the job market becoming more and more competitive, we need all the help we can get. Please feel free to contact PR Social Media Subcommittee Members Erica or Brigitta (Erica@hornthal.com or brigitta@wholemeprograms.com) should you have questions on how to build a LinkedIn profile. It is easy to do and does not require much time at all. My guess is that most of you are on Facebook. Do your careers and yourselves a favor and increase your professional network the way you have your social network. Before you know it, you will have a large professional network that will support your professional aspirations and provide networking opportunities that you never thought possible.



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

CHAPTER LEADERSHIP CALL

The MALs have been continuing the dialogue between chapter leaders across the country and held our chapter leadership call on January 8, 2013. Hosting these calls has been wonderful – the conversation is friendly and the exchange of ideas has been energizing. The MALs know how hard working the chapter board members are and that their volunteer jobs are usually a thankless one – the main purpose of these calls is to invigorate and stimulate conversation. Another purpose of the calls is to insure that board members are disseminating accurate information to the membership. One example of this is the e-blast that went out to members on Jan. 7 titled “Notice of Deadline to convert credentials by July 1”. In our last call, the MALs confirmed that everyone understood the e-blast and we suggested that chapters post this email on their websites/social media sites for their members. After a quick review of this e-blast, we followed up on our emotional discussion held at the national conference – how to reduce isolation amongst our members. The use of social media and the use of

Board Reports

Members-at-Large Report Continued...

students were suggested as ways to help keep chapters vibrant. As a way to use advocacy to bring members together and decrease isolation, we then transitioned to brainstorming ideas on how chapters could support their members in the One Billion Rising campaign. Lora Wilson Mau, PR Chair joined the call. Our next scheduled phone call is Tuesday, April 9: 5:30 Pacific/8:30 Eastern for one hour. The agenda will focus on concerns and questions about the recent NBCC issue. It is our hope that the linking up of chapters across the country and the bonds that the MALs are fostering through the leadership calls “mirrors” the ways that members can relate and feel connected to each other.



From the Office

Gloria Farrow, BS, ADTA Operations Director

- **United States Tax Deduction** - did you know that your ADTA dues are deductible as a business expense for United States federal income tax purposes? For 2012-2013, 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.
- **2013 ADTA Conference October 24-27, Marriott at the Brooklyn Bridge New York** – make your hotel reservations now online [Click here](#) or call 1-718-246-7000/1-877-303-0104.
- **When writing** dance/movement therapy always put the slash (/) between dance and movement; however, when writing **DMT** or **dmt** no slash (/) is written.
- **Member Benefit – Clinical Consultation** - This new arrangement benefits both consultants and consultees. BC-DMT Consultants are able to expand their clinical consultation practices. ADTA members have expanded access to affordable initial consultation sessions to explore specialty areas of expertise or select among consultants to best fit their needs. See Clinical Consultation under the Members Only Section of the website.
- Questions regarding **Continuing Education (CEs)** can be answered through the ADTA’s website: http://www.adta.org/Recertification_CE. 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.

Board Reports

From the Office Continued...

- 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.
- 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.
- **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 link your website to ours under Resources/Related Links. http://www.adta.org/Related_Links
- Amazon **SHOP AMAZON.COM and SUPPORT ADTA!!** Shop Amazon from ADTA's homepage and ADTA automatically receives a percentage of what you spend! Start shopping and share this link with all your friends and relatives.
- **Starting April 1st you can renew your membership, credentials and chapter online for the upcoming fiscal year:**
 1. Go to <http://www.adta.org>
 2. Login with email address and password (lower left of screen)
 3. Then click "view profile" at bottom left of screen below your name
 4. Under "member details" click button "renew until 30 June 2014"
 5. Follow the instructions*

*note you will also be asked if you want to renew your R-DMT or BC-DMT and Chapter -- so read to the bottom of each screen.
- **Update/change your membership information:** Click on "View Profile" below your name in the lower left hand corner of your screen.
- Make ADTA one of your friends on Facebook <http://www.facebook.com/groups/2209175161/?fref=ts>
- Did you graduate from an ADTA Approved Graduate School and have not yet applied for your R-DMT? Click on <http://www.adta.org/R-DMT> for your R-DMT Application for Approved Program Applicants and have your transcript sent directly to the office. R-DMT applications are accepted any time during the year.

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

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

Chapter Reports



California Chapter

Submitted by Elizabeth Storm

The California Chapter is excited to be in the planning stages of a follow up workshop in Southern California for A Moment in History, our panel from just last February featuring Joan Chodorow, Cynthia Berrol, Marcia Leventhal, and Tina Stromsted. We have a professionally edited copy of the video on DVD and will have it available for rent and purchase in the coming months. In other news, our own Debra Froling, MA, BC-DMT has taken on the role of co-treasurer with our current officer Akiko Kaji, PhD, R-DMT. Several of our chapter members took part in One Billion Rising events throughout the state of California. We are looking forward to more exciting

events in the future. Check out our social networking platforms:

- Our website:
www.californiadmt.org
- Facebook page:
<http://www.facebook.com/pages/California-Chapter-of-the-American-Dance-Therapy-Association/176860535696814>
- Our ListServe:
<http://health.dir.groups.yahoo.com/group/ccadta/?v=1&t=directory&ch=web&pub=groups&sec=dir&slk=32>



Illinois Chapter

Submitted by Yasmin Dalton

In our January meeting, we elected new members to the board who will be serving through the 2014 ADTA National Conference in Chicago. The new members are as follows: President: Kim Rothwell, BC-DMT, LCPC, CADC, GL-CMA; Vice President: Yasmin Dalton, LPC, R-DMT; Secretary: Shawna Solsvig LPC, R-DMT, GL-CMA; and Treasurer: Megan Ross LPC, R-DMT, GL-CMA.



at Grace House in Chicago, IL, hosted a 1 Billion Rising Event. Grace House is a facility for women leaving Illinois prison and reentering society. The event was full of life and had a great spirit.

There is an upcoming Drama Therapy/DMT conference in St. Louis: Enter This Body: The Use of Drama and Dance Movement as Therapy, May 25-26th.

On February 14th, one of Columbia College Dance/Movement Therapy and Counseling Department's MA students doing her field placement

Contact iladtachapter@gmail.com for more information.

Chapter Reports



MD/DC/VA Chapter

Submitted by Kathy Wallens

We have been fortunate to have a very busy, committed, and involved membership both at chapter events and in the community at large.



J & W Workshop Posture Line

We have been discussing using our chapter funds towards philanthropic purposes such as scholarships for students or members with limited resources to assist them in attending national and other related conferences or professional trainings, research, donations to the Marian Chace Foundation, and/or funding for a dance/movement therapy event.

We were inspired on January 27th at our second annual “Chapter Spotlight Conference” where chapter members Naomi Nim and Jody Wager presented Telling Our Stories through Text and Movement, held at the beautiful Kirov Academy of

Ballet in Washington, DC. Naomi and Jody led us through several movement directives that involved exploring how movement and text can intertwine to help us to create and understand our own emotions, situations, and stories. After participating in solo, dyad, and group movement exercises, we discussed clinical applications of using movement and text among various populations. To close, we danced to “rise” in honor of the One Billion Rising campaign to end violence against women. We are grateful to Naomi and Jody for sharing their inspiring work!

On March 21, Jody Wager will again be a co-facilitator of the opening to the Psychotherapy Networker Conference here in Washington, DC. Other chapter members will assist her in creating the welcoming to the attendees as well as hosting the ADTA table in the Exhibit Hall during the Conference.

On April 12-14, two of our chapter members, Jody Wager and Andree Schillesci, along with Susan Kleinman from Florida's chapter, will be presenting at the first Annual Child Play Therapy Training Conference: Creating Health & Healing: Expressive Arts Therapy as Medicine in Alexandria, VA.

We are looking forward to our local chapter's annual Spring Conference, May 3, which will be an all-day event with Christine Caldwell. Her workshop, entitled The Moving Cycle, explores the four phases of movements we engage in as we heal. We welcome members from all areas to join us. Registration is \$65 until April 5th, \$75 thereafter.

Chapter Reports



New Jersey Chapter

Submitted by Tina Erfer, BC-DMT, LCAT, New Jersey Chapter President

Greetings from the New Jersey Chapter. Even though winter is still here for many of us, as the days now remain light for a little bit longer each day, we eagerly await the arrival of Spring!

On February 14, 2013, members of the Board of NJADTA participated in several dance events, in solidarity with the One Billion Rising movement, to protest violence against women and girls.

In Summit, NJ, at the Terra Sky Center for Wellness, chapter President Tina Erfer helped organize a special Nia class, dedicated to the One Billion Rising cause. In Wyckoff, NJ, Joan Berkowitz (chapter Treasurer) was the catalyst who helped shift the theme of a “Moving Energy” class led by MeriLynn Blum, to that of rising up against violence towards women. Naomi Arad Broome (chapter Secretary) participated in a “Rising with Babies” , Baby & Me

Yoga class, at Shakti Living Arts, in Maplewood, NJ. At Bergen County Community College, chapter Public Relations Chairperson Janette Dishuk organized a “Dance to Rise, Dance to Heal” Dance marathon. We are sure other members of the chapter were busy throughout the state as well, dancing for the cause!

On May 5, 2013, the NJ Chapter is pleased to sponsor an all-day conference: “Dance/Movement Therapy and Eating Disorders: Improvisation and Authentic Movement in Group Therapy”. Joan Wittig, BC-DMT, LCAT is the presenter and the event will be held at Montclair State University.

For more information, please email us at: njadta@live.com.

And, remember to visit our website: www.njadta.org.



One Billion Rising – Tina Erfer and the Nia
NJ Community, Summit, NJ

Chapter Reports



Wisconsin Chapter

Submitted by Jeanine Kiss, Hancock Center

Rena Kornblum, BC-DMT has been honored with the “Unsung Heroine” award from the National Alliance on Mental Illness, Dane County! The award honors individuals who have made a difference in the lives of people living with mental illness. She received this award at the NAMI banquet on March 19.

Grace Valentine BC-DMT and drama therapist Lucy McLellan, RDT-BCT will present "Healing through Drama and Dance/Movement Therapy" during Sexual Assault Awareness Month on April 19 at an open house at the Hancock Center.

The New England Chapter of the ADTA and Antioch University are hosting Rena Kornblum as their keynote speaker during their Annual Spring Conference – “Moving for Peace: Prevention and Dance/Movement Therapy” on April 6.

Dance/movement therapists Mariah Meyer LeFeber and Ann Wingate will offer demonstrations at Madison’s first Natural Parenting Expo in March.

In celebration of Social Work Month, Rena Kornblum was invited to present on Violence Prevention through Movement. This is the keynote workshop of “Weaving Threads of Resilience and Advocacy: the Power of Social Work” at the UW-Madison School of Social Work in March. You can view an interactive lecture by Rena Kornblum to the University of Wisconsin-Madison, School of Social Work (November 2012) through the following link: <http://youtu.be/j3YgZiWieNk>.

Last but not least! Our chapter and the Hancock Center for DMT are thoroughly enjoying our Antioch intern Allison Steele! She is working hard and doing a great work!

Marian Chace Foundation



Trustees:

Sharon Chaiklin, President

Ann Lohn, Treasurer

Jane Wilson Cathcart, Secretary

Susan Kleinman, Outreach & Development

After the excitement of the conference, the weeks that follow are a time for reflection and preparation for the next round of planning and decision-making. Susan Kleinman has been in contact with the several individuals about who they would like to share their thoughts on the next set of bookmarks. All have now responded, so the newest bookmarks can start being

prepared for the conference in Brooklyn. This requires making sure they are accurate, Jane conferring with the printer, and buying lovely ribbons.

The trustees will meet as usual in April in order to go over any business needed to keep the Foundation

Marian Chace Foundation

sailing along smoothly and to review the grant applications that have been sent to us. With the deadline of February 15th having passed, we have received eight applications this year. The process involves reading, conferring, analyzing, checking with Ann Lohn about the amount of funds available, and then deciding how best to distribute them. It is a responsibility we each take most seriously and carefully.

We are pleased that one of our grantees, Anna Kemble shall shortly have her film about children and development through dance completed. It includes interviews with Susan Loman and Bonnie

Bainbridge Cohen among others. We are looking forward to its availability for all.

We welcome suggestions and ideas from the membership about how we may best serve our profession. We not only welcome communication but are eager for it.

We as always wish to sincerely thank those who remembered to send donations to the Foundation in order for our work to continue. It is with particular pleasure to have some of these made in honor of the Foundation. It means a lot to us. Thank you.

Marian Chace Foundation Donations

Received December 1, 2012 – February 28, 2013

FRIEND (up to \$36.00)

- Ann Simpson – *Given in the name of Susan Simpson, for Global Site Performance Projects*

SUPPORTER (\$36.00 - \$99.00)

- California Chapter of the ADTA – *In memory of Debra Froling's mother and Alison Salter's father*
- Arlynn Stark – *In honor of Sharon Chaiklin's Lifetime Achievement Award and Harry Chaiklin's President's Award*

PARTNER (\$100 - \$499)

- Emma Barton – *In honor of the members of the Marian Chace Foundation...thank you*
- Nancy Beardall – *In memory of my Dad, William Beardall, who passed away December 1, 2012...he loved dance/movement therapy and dance/movement therapists*
- Donna Newman-Bluestein – *In appreciation for all that the Marian Chace Foundation does to support the educational, scientific, literary and artistic development of dance/movement therapy, in effect making the world a better, more embodied, safer and humane place*
- Jerry Katz – *In memory of Stephanie*
- Lynn Koshland – *In loving remembrance of Laura Peralta who shines in the hearts of all those that she deeply touched with her pure light*

CHACE CIRCLE (\$1,000 and up)

- Hancock Center, Madison, Wisconsin
- Stephanie Park – *For Anne Kemble's film The Moving Child*

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 December 1, 2012 and February 28, 2013.

Jennifer Bacani
Kelli Bean
Laura Boyer
Katherine Cameron
Shannon Crudup
Megan Hall
Katherine Jesuele
Carolyn Lohman
Anne Rust-D'Eye
Melissa A. Sanchez
Diana Bastos Seabra
Stacy Letrice Smith
Tami Rene Stack-McQueen



ADTA Voluntary Contributions

ADTA wishes to thank the voluntary contributors who donated for the period from December 1, 2012 – February 28, 2013. Thank you for your support.

Barbara Alammari
David Anthony
Allison Brandt
Vanessa Li
Mary McGuire
Donna Newman-Bluestein



2013 Conference

Dance/Movement Therapy: Creating Community Connections: Brooklyn and Beyond
October 24-27, 2013
New York Marriott at the Brooklyn Bridge



Attending an ADTA National Conference is one of the vital benefits ADTA offers members. This is a perfect way to establish new connections, network with your peers, and be involved with the field of dance/movement therapy. If you have never attended an ADTA conference, do not overlook this opportunity to connect and become part of your association and the dance/movement therapy community.

If you are a regular conference attendee, then you know that every year's conference brings about new opportunities, new networks, and new ways of thinking about one's place in the dance/movement therapy field. A typical format for the conference includes 3 days of workshops, presentations, social events, lectures, and performances for a very reasonable conference fee. There is something for everyone!

Please join us for the 48th Annual Conference of the American Dance Therapy Association in Brooklyn, New York from October 24-27, 2013. Once again we will take to the streets of Brooklyn and share our work with the city that never sleeps.

Pre-Conference Intensives on Thursday, October 24, taught by seasoned clinicians who wish to pass their knowledge to others.

Opening Reception – with local performances

Research Poster & Thesis Project Session – innovative research and thesis projects to be presented

Marian Chace Foundation Lecturer – each year the MCF selects a special dance/movement therapist to share his/her legacy with us.

Networking – The conference is full of opportunities for members to network via social and plenary events like the Opening Reception, Membership Breakfast, Banquet and Dance, as well as during Special Interest Group sessions.

Awards – a range of awards are presented to outstanding members of ADTA during the Conference including the Lifetime Achievement Award.

Seminars and Panels – A variety of opportunities to hear experts present an assortment of seminars.

International Panel – Every year the theme and panelists change but always a worthwhile happening! This year's theme is "**Why I Became a Dance/Movement Therapist?**" Panelists will explore and examine the sources of their journey into the world of dance/movement therapy.

Accommodations – New York Marriott at the Brooklyn Bridge – Special ADTA Conference Rates. Make your reservations now. [Click here](#) online or call 1-718-246-7000/1-877-303-0104.

From the Professional DMT Community

ADTA and Counseling: Relationship and Change

Submitted by Sherry W. Goodill, Ph.D., BC-DMT, NCC, LPC, ADTA President & Leslie Armeniox, Ph.D., BC-DMT, NCC, LPC, Professional Relations Liaison for Counseling, ADTA

For nearly two decades one of the most strategic interdisciplinary relationships for the ADTA has been with the field of counseling. This relationship is strategic because as a larger field with more influence in the society, counseling organizations can and have negotiated opportunities and privileges for their members and stakeholders, resulting in growth, public awareness, legislative and insurance benefits for counseling professionals and consumers of counseling services. By extension, when dance/movement therapists have been included and identified as counseling specialists, these benefits have accrued to them and their clients. Recent developments in counseling and the creative arts therapies have motivated this rather long review of the history and current state of the relationship.

There are four main counseling organizations, and it is worth knowing a little about each. The American Counseling Association is the membership organization, with over 50,000 members and 19 specialty divisions, including the Association for Creative in Counseling (ACC). We (SWG and LA) held a face to face meeting with the leadership of the ACC in 2011 and are in ongoing communication. The National Board for Certified Counselors (NBCC) is the free standing credentialing organization for the counseling field. The NBCC develops and administers the National Counselor Exam (the NCE) and several specialty credentialing tests. The NBCC also confers and administers the NCC (National Certified Counselor) credential. The Council for Accreditation of Counseling and Related Professional Education Programs (CACREP) accredits graduate programs in counseling, and currently lists 560 accredited master's programs in counseling and counseling specialties. The ADTA has provided comment to at least one round of revisions to CACREP standards in the past several years. The American Association of State Counseling Boards (AASCB) is a coalition of state licensure boards. As

of 2009 when California passed its licensure law, all 50 states (plus Puerto Rico and Guam) have a counseling licensure board. The AASCB has identified portability of licenses as a goal: that having a license in one state will make it easy to obtain a license in any other state. Portability is one theme that has led the counseling field in recent years to focus on unifying the profession. And in the last decade, the goal of unifying the profession of counseling has motivated revisions in definitions, some state licensing laws, CACREP standards, and recently, NBCC rules. The ADTA board has been continuously updated and in discussion about the trends in the counseling profession.

As you are aware, in many states dance/movement therapists have worked side by side with other creative arts therapy and counseling groups in coalitions to establish licensure laws. Dance/movement therapists have benefitted from these efforts and in many states enjoy the privileges and opportunities that counseling licensure affords. While counseling licensure does not guarantee that insurers will cover DMT services by licensees, it can and often does make it more likely. These license titles include LPC, LMHC, LCPC, LPCC, and others. In 2010, the ADTA conducted a licensure survey of ADTA members. With not all professional members reporting, the survey showed that DMTs are licensed in at least 28 states under counseling, social work, psychotherapy, family therapy and creative arts therapy (CAT) licensing laws. Counseling and CAT licenses outnumbered other types, with the CAT license concentrated in New York state and the DTRL (the only specific DMT license in the US) in Wisconsin.

In recent years the ADTA has participated in this relationship through the Board of Director's appointment of a Professional Relations Liaison to Counseling in 2009. Dr. Leslie Armeniox has

From the Professional DMT Community

ADTA and Counseling: Relationship and Change Continued...

fulfilled this role by representing ADTA at conferences of the American Association of State Counseling Boards and the American Counseling Association. She has presented on DMT and DMT-related topics at these conferences, and served as the lead exhibitor for the ADTA booths there as well. Several others from the ADTA have joined in with these efforts including Government Affairs Committee members Ellen Yacoe, Sheila Stone, and Robyne Davis; and Susan Klienman, Amanda Wilkinson, DMTCB Chair Susan Saenger, Susan Kierr (who just this January delivered remarks for NCCATA at the AASCB conference) and myself. If we have inadvertently excluded the names of anyone else who has attended ACA or AASCB on the behalf of the ADTA, please accept my apologies and let us know, so that we can have a complete record. In addition, Leslie has built and maintained strong relationships with several leaders in counseling organizations, and this has enabled frank discussion, consultation, and support throughout. Others in the ADTA community have built and stewarded strong relationships with counseling leaders at state levels.

A Change:

This is important news about a change in the relationship with the NBCC: As you may know, since 1999 there has been an arrangement between the NBCC and the ADTA. It recognized that DMT was a specialty of counseling and stipulated that ADTRs (now BC-DMTs) who had DMT or other mental health master's degrees could sit for the National Counselor Exam (NCE) and then apply for the NCC (National Certified Counselor) credential. One advantage of that agreement was that board-certified dance/movement therapists could take the NCE and use their passing scores on it when applying for counseling licenses in several states. The agreement has been honored and renewed automatically and continuously since it was established in 1999. However, in the Fall of 2012 the NBCC Board of Directors voted to change the requirements for the NCC, specifically regarding the definition of a master's degree in counseling. The

vote effectively eliminates people with DMT degrees from eligibility for the NCC. I have recently received a letter from NBCC President and CEO Dr. Tom Clawson, informing us that because of that vote the 1999 agreement will be ended.

In subsequent discussions with Dr. Clawson, we have obtained the NBCC's new language defining a "master's degree in counseling". That language is excerpted from our communications here: Specific language on the new definition of "master's degree in counseling".

"The NBCC Board of Directors approved in June 2012 a change in the 2013 degree requirement for the NCC for State Licensed Professional Counselors application. The 2013 application requires a degree in counseling. Counselors using this application must meet the new degree title requirements. The educational requirement for this application is a master's degree in counseling; community counseling; mental health counseling; school counseling; agency counseling; professional counseling; counselor education; guidance counseling; counseling and development; student affairs/college counseling; or marriage and family counseling. These are the only degree titles now approved. Please see the degree title changes located on page three of the application for further information (http://www.nbcc.org/Assets/Certification/ncc_forLPC.pdf). Applicants with other mental health degrees will be referred to the 'NCC Application for Non-CACREP Graduates' and review decisions will be based on coursework content."(T. Clawson, personal communication, February, 2013)

Regarding educational requirements in the aforementioned NCC Application for Non-CACREP Graduates, Dr. Clawson provided the following on the new NBCC language:

From the Professional DMT Community

ADTA and Counseling: Relationship and Change Continued...

“As of September 2012, all coursework content must have clear orientation to counseling. NBCC supports and promotes the counseling profession in this way by more closely requiring that counseling degrees and courses be truly identified with only the counseling profession. The NBCC Board of Directors approved in October 2012 that, beginning in 2014, the definition of a graduate degree with a Major Study in Counseling will be:

“A degree in which a minimum of 48 semester hours of the degree credits will be in counseling and will cover at least nine counseling coursework content areas required by NBCC and must include one course in Professional Orientation to Counseling and at least six semester hours of supervised field experience in counseling.” (T. Clawson, personal communication, February 2013)

There is no doubt that this is a loss and yet the impact may be less than one might imagine at first. Below we address the major stakeholder groups in the ADTA who may be affected by this change and attempt to outline how. We conclude with some ideas for moving forward.

Individuals who currently hold the NCC credential. We have confirmed with the NBCC that all those who currently hold and maintain an NCC with the NBCC *will be able to renew* the credential continuously going forward.

ADTA State Chapters: Because licensure is manifested and regulated at the state level, ADTA Chapter Presidents were among the first to be informed of this action by the NBCC board. The ADTA has advised chapters that may be currently promoting the NBCC-ADTA agreement in promotional materials, or websites, to revise that

language in accordance with the information from the NBCC. The emphasis is now on each state counseling licensing board and its educational, clinical, and supervisory requirements. Thus it is more important than ever for ADTA state chapters to stay informed and up to date on developments in licensure and insurance patterns in the state, to convey current and accurate information and advisories to chapter members, and to build coalitions with counseling, psychotherapy, and other related professional groups when that is in the best interest of chapter members. Further, it is suggested that chapter leaders make every effort to organize and collaborate with other local creative arts therapy chapters/colleagues to build strong strategic alliances with each other and with state licensure boards. It is important to advocate and educate licensure boards in an effort to influence licensure regulations and/or laws that will continue to provide dance/movement therapists avenues for licensure and, by extension, more opportunities for third-party reimbursement of DMT services.

Individual dance/movement therapists who are seeking state licensure:

The NBCC has clarified that the recent changes should not result in decreased access to counseling licensure for DMT specialists. The reasoning is as follows, and is a process familiar to many of you: (1) each state has a counseling licensure application process and it is different in each state. (2) Many states use the NCE as their licensure exam. (3) Some state boards will require that a therapist/counselor apply to the state first; and after reviewing said therapist's records (education, clinical experience and supervision) if educational, supervision and clinical experience requirements have been met, the state gives permission for that individual to sit for the NCE. Some states allow one to apply for licensure after taking and passing the NCE. (4) If, according to the state's assessment (as described in #3), someone is eligible to take the NCE, the state makes arrangements for offering the NCE. States supply the

From the Professional DMT Community

ADTA and Counseling: Relationship and Change Continued...

NBCC with the names of people they have approved to take the NCE. The NBCC will honor a state's determination that someone can sit for the NCE. In many states there are multiple locations where the NCE can be taken electronically at any time. In other words,

- a. The states determine the educational, clinical and supervision requirements for counseling licensure eligibility in each state.
- b. Regardless of whether the state uses the NCE for its exam or not, one must meet the educational and supervision requirements. If you don't meet those requirements, it is irrelevant if you may or may not take the NCE, since you can't get licensed as a counselor anyway.
- c. If you DO meet the state's educational, clinical and supervision requirements, then you should be able to get approved by the state to take the NCE for licensure application purposes.
- d. Thus, the state has the permission granting authority when it comes to taking the NCE.

These are the conditions which led Dr. Clawson to assure me (SWG) that *"this decision by NBCC should in no way interfere with the ability of BC-DMTs to apply and test for a state counselor license and/or for the NCC if they meet the degree and coursework requirements."* (personal communication, January 2013) As always, it is important that each individual applicant communicate with their state board and learn the procedures. You might be wondering if we could arrange for an extension of the NBCC arrangement for the people who are currently in process towards licensure. As explained above, taking the NCE for licensure is still available to those who meet their state's other requirements and for this reason the NBCC has stated that an extension of the 1999 arrangement for those folks is unwarranted.

Another group of stakeholders are **DMT graduate students and R-DMTs currently working towards their BC-DMT credential**. Many of these people

hold goals of obtaining the NCC and/or counseling licensure. If the intent was to obtain the NCC credential under the ADTA-NBCC arrangement after earning the BC-DMT, that will now not be possible. For those of you who plan to take the NCE only for licensure purposes, and according to Dr. Clawson's emphasis on states' permission granting authority for taking the NCE, you should not be affected.

Dance/movement therapy graduate degree programs in the US: In the early 1990s, aware of the opportunities that counseling licensure could afford graduates of DMT programs, the ADTA encouraged DMT master's degree programs to, where possible, align curricula to counseling education requirements so that graduates had a chance at applying for licensure. Several programs did so and in the states where these programs are housed, their graduates have reported success obtaining licensure. In light of the new NBCC decision, the university graduate programs have been informed and advised that, if the NBCC-ADTA agreement is described in promotional materials, websites, or student recruitment and admissions communications, that language should be revised. At this point the ADTA does not have any immediate plans to substantively change its program approval standards for master's degree programs.

Moving forward:

- With portability of licenses as a major goal for the counseling organizations--and if licensure is your goal-- it is recommended that if you are able to obtain a license in any state, do so. Later, when portability is established, it could be easier to move from state to state and work as you wish to.
- Those who have current NCCs are advised to maintain and continue to renew the credential. DMTs who have questions about their current NCC or who wish to apply for an NCC under the new rules can contact:
Michelle Gross, NBCC Credentialing Services Administrator, at gross@nbcc.org.

From the Professional DMT Community

ADTA and Counseling: Relationship and Change Continued...

- Stay informed and current on the state licensure rules and regulations in your state.
- The current President of the ACA, Dr. Bradley Erford, has expressed interest in meeting with the ADTA to see how we might arrange closer ties between the members of ACA and ADTA in a way that will be mutually beneficial. With the ADTA Board's approval, I plan to meet with Dr. Erford later in March and will report to the Board and the membership from that meeting.

There is information related to state licensure on the

ADTA website at the following link: <http://www.adta.org/Default.aspx?pageId=415684>. If you have any questions, please do not hesitate to contact your region's Member at Large, your chapter leadership, or any national board member. We wish to thank national board members, chapter presidents and degree program directors who, with their early questions and responses about the NBCC news, helped us hone the material for this article towards more clarity. Your national organization is working hard to strengthen the vitality of our members' dance/movement therapy careers. Please let us know your thoughts.

ANTIOCH
UNIVERSITY

NEW ENGLAND

Keene, New Hampshire
800.552.8380
www.antiochne.edu

If you have a passion for dance and a desire to use your skills in a counseling capacity, Antioch University New England's ADTA-approved Dance/Movement Therapy and Counseling programs are just what you need.

- MA, MEd or Post-Master's Certificate
- Drama Therapy option
- Learn from world-renowned faculty
- Practice while you study

HELP OTHERS THROUGH *Dance.*



PAID ADVERTISEMENT

From the Professional DMT Community

The Center for Movement Education & Research 2013

Submitted by Bonnie Bernstein

The Center for Movement Education and Research (CMER) has begun a new series of DMT Alternate Route Training in California. Soon to come:

✚ **Dance/Movement Therapy Theory and Practice Level 2** will be offered on April 5-7 & April 26-28, 2013. This course focuses on clinical practice in Adult Psychiatric and Community Mental Health settings. It highlights the methods of Marian Chace and Trudy Schoop Instructor: Dawn Lyon MA, BC-DMT. This course will be held in San Jose, California.

✚ **Dance/Movement Therapy Theory and Practice Level 3** will be offered in late spring. This course highlights the theories and methods of Blanche Evan for the higher functioning client. Bonnie Bernstein, MFT, BC-DMT will be the instructor.

✚ **Movement Observation Courses** are offered at CMER by instructors Judy Gantz, MA, CMA and Peggy Hackney, MFA, CMA, who give ongoing LMA courses for DMT's.

✚ **Kestenberg Movement Profile Course** will be offered in May and taught by Susan Loman MA, BC-DMT, NCC, KMP Analyst

✚ **Exciting Beginnings - Center for Movement Education & Research- Seoul**



Photo Credit: CMER Website



Photo Credit: CMER Website

We celebrate the opening of the CMER-S. This DMT Alternate Route Training Program in Korea will begin in April 2013 under the direction of Bonnie Bernstein, MFT, BC-DMT and Sunyoung Park, PhD. All the courses will be approved ADTA syllabi and taught by CMER Core Faculty.

All CMER syllabi are approved by the ADTA for DMT Alternate Route Training.

For further information go to www.cmer.info or contact Judy Gantz through e-mail at judy@cmer.info or by phone at 310 600-0664.

From the Professional DMT Community

Why Race Should Matter to Dance/Movement Therapists

Submitted by Lysa Monique Jenkins-Hayden, MA, Editor of The BAAD Review,
Founder and President of The Black American and African Descendants (BAAD) Affinity Group
an affiliate of the ADTA Multicultural and Diversity Committee (MDC)

Have you ever thought about how race operates in your day-to-day interactions? What are the first clues you gather about someone that signals they are from the same or a different racial group? Acquaintance begins with “snapshot” perceptions. What humans initially experience about others is how they move and what they sound, look, and even smell like. Furthermore, if we are awakened to tuning into our somatic responses, we are also aware of the feelings that the attributes of the “other” create within us.

Humans are reliant on their observational acuity to group and classify people into distinguishable categories based on shared or differing phenotypic, phonetic, and kinesics attributes. To acknowledge differences between two groups is not inherently problematic, as dissimilarities are usually confirmable and real. Many non-verbal scholars detail the kinesics differences between racial and ethnic groups. What is problematic is differences have been historically described in terms of divergence and abnormality. When abnormality becomes the focus of bodily and movement descriptors, it brings about the conditions and culture of racism and the process of racialization. In this way race and difference have been unfortunately fused with racism in a thwarted mangle. This fusion has made matters of race and diversity extremely uncomfortable, painful, and mostly avoided. Unfortunately it pushes racial and ethnic differences into a desired wish to be all the same, and difference then becomes denied or ignored instead of celebrated and honored.

Some people have dealt with the problem of racism by making a proclamation of colorblindness. While I

find this proclamation incredulous in many ways, as a dance/movement therapist it ignites my curiosity. When someone says “I don’t see race”, I ask what happens in their observational process when the visual, audible, and movement cues that denote racial and ethnic differences are observed. What is done with that information? For those who can acknowledge observational differences between racial and ethnic groups, how do these differences matter to the relationship? Should we, as DMTs, be especially concerned about how they matter in our personal or professional relationships? Should we be particularly aware of what a colorblind belief system does to our observational process? I believe the answer is a resounding yes!

“What are the external and internal experiences that impact a person’s body image and life in regards to race?”



Although racial classifications have been difficult and painful to discuss because of the legacy of racism, these distinctions and categories should rightly spark the observational interest of DMTs, as the body and all its presentations (phenotypic, phonetic, and kinesics) are of utmost importance to our work. As DMTs part of our work is to help our client see: to see themselves, to see their environment, to see others, and to see how others see them.

Chace believed that one of the main functions of DMTs is to help clients develop a more realistic concept of their body image (Chace, 1964). Therefore, should not DMTs ask how race and racial experiences color the body image? Chace, influenced by Harry Stack Sullivan also believed that people need to be heard, felt, seen, understood, and partnered with in order to provide the adequate conditions for change. Chace believed in the

From the Professional DMT Community

Why Race Should Matter to Dance/Movement Therapists Continued...

“participant observer”, understanding that both the therapist and client mutually influence each other and the therapeutic environment (Fischer & Chaiklin, 1993). Therefore, a few other questions come to mind that DMTs might ask: How does race affect the presentations of the body and the meaning in the movement metaphors created when in relationship with one another? What are the external and internal experiences that impact a person’s body image and life in regards to race?

Whitehouse also believed that the experience of the therapist and the client is intrinsically tied. In authentic movement encounters, the client is encouraged to move without sight, while the therapist uses their and somatic experiences to witness the client. Whitehouse’s techniques fostered the client to move, without sight, so that their movements had more opportunity to be more “highly specific to their own nature and history” (Adler, 1992, as cited by Chodorow, 1999, p. 257) because the client would be freed from inhibitions and tendencies to censor movement material (Whitehouse, 1979). Whitehouse’s techniques also instructed the therapist to not only focus on the client’s movement but also on “their own inner experience in the presence of the mover” in order to be tuned into, and hopefully to own, their “projections, judgments and interpretations” of the mover (Adler, 1992, as cited by Chodorow, 1999, p. 257). It seems reasonable for DMTs to ask then, when a client moves in context to their own nature and history, does not this nature and history include a racial context? Also, might not the therapist’s projections, judgments, and interpretations also be colored with racial perceptions—including, possibly, racial stereotypes?

What might be learned by Whitehouse’s work, whether or not she ever considered race or its impact on the therapeutic relationship, was that she cautioned therapists to be secure enough within their own person to offer non-defensive suggestions about what was witnessed about the mover (Whitehouse, 1979). Most importantly, Whitehouse advocated that therapists know that their suggestions could contain

error and not be at all helpful to the client because the suggestions and reactions to what was witnessed could be fraught with projections and judgments (Levy, 1998; Whitehouse, 1979). It seems Whitehouse also believed in a strength-based model which gave the client the right to reject the interpretations of the therapist in order to offer their own stories and interpretations (Whitehouse, 1979). I believe this is where true authenticity in movement and racial dialogue can begin, when we are fully able and ready to hear, feel, understand, and “see” the person in their totality, including the parts that might make us uncomfortable in our own experience as witnesses. Chace (1964) also advocated that therapists “be aware of [their] own feeling in response to emotional expression from others... [and not] reject [the] expressions... [of others] because [we are] threatened by them... [because others] will be aware of [our] rejection, and [therefore, dance therapists] will augment...isolation rather than reduce it” (p. 248).

“...countertransference responses are not only unique to a therapist’s personality, but also to their ethnicity, culture, and race, as these contexts help shape their personality...”

I love that Fischer and Chaiklin (1999) remind us that “each therapist’s dance contains [their own] movement characteristics, coping mechanisms and possible countertransference responses” (p. 139). I would add, however, that countertransference responses are not only unique to a therapist’s personality, but also to their ethnicity, culture, and race, as these contexts help shape their personality, movement characteristics, and coping mechanisms. Fischer & Chaiklin (1999) also remind us that therapists can “only do...to the extent that we are self-aware” and we are “unlikely to be totally unresolved of our own conflictual issues, but it is imperative to keep questioning our perceptions...and to recognize and claim the impact we have on others” (p. 139). As DMTs, we need to consider how race affects and

From the Professional DMT Community

Why Race Should Matter to Dance/Movement Therapists Continued...

impacts our personal and therapeutic relationships, the therapeutic space, and our academic environments. If we do not, we run the risk of isolating those who dare to express a cultural worldview, a body presentation, and a movement repertoire, which differs from the accepted Eurocentric norms

NOTE:

The Black American and African Descendants (BAAD) Affinity Group, is an affiliate of the ADTA Multicultural and Diversity Committee. I founded this affinity group on a wish that the BAAD organization can help the dance/movement therapy profession understand more about how race impacts relating and relationships. This article was originally intended as an article in BAAD's first newsletter publication, called *The BAAD Review* but was offered instead, here, in the ADTA newsletter as an introduction to our work. BAAD is excited to begin

a journey with readers, through our collective works in *The BAAD Review*, in the hope that all dance/therapists will begin courageous internal explorations and community dialogues that acknowledge the questions, concerns, wishes, and fears connected to the concepts of race and racism. We hope that you will find stimulation in our newsletters to begin and continue to discover if, how, and when race (and racism) is actively or passively present in yourself and your relationships. The articles and entries in *The BAAD Review* are presented to assist you on this wonderful and sometimes painful journey. We thank you for the opportunity to travel along with you and encourage you to read further by downloading or printing our first edition, which can be found on our website at <http://baadaffinitygroup.weebly.com/the-baad-review.html>.

REFERENCES

- Chace, M. (1964). Dance alone is not enough. In S. Sandel, S. Chaiklin, & A. Lohn (Eds.), *Foundations of dance/movement therapy: The life and work of Marian Chace*. (pp. 247-251). Columbia, Maryland: The Marian Chace Memorial Fund of the American Dance Therapy Association.
- Chodorow, J. (1999). Dance/Movement and body experience in analysis. In P. Pallaro (Ed.), *Authentic movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow*. (pp. 253-266). United Kingdom: Jessica Kingsley Publishers.
- Fischer, J., & Chaiklin, S. (1993). Meeting in movement: The work of the therapist and the client. In S. Sandel, S. Chaiklin, & A. Lohn (Eds.), *Foundations of dance/movement therapy: The life and work of Marian Chace* (pp. 136-153). Columbia, Maryland: The Marian Chace Memorial Fund of the American Dance Therapy Association.
- Levy, F. J. (1988). *Dance/movement therapy: A healing art*. Waldorf, MD: AAHPERD Publications.
- Whitehouse, M. S. (1979). C. G. Jung and dance therapy: Two major principles. In P. Pallaro (Ed.), *Authentic movement: Essays by Mary Starks Whitehouse, Janet Adler and Joan Chodorow*. (pp. 73-101). United Kingdom: Jessica Kingsley Publishers.

One Billion Rising Experience Reflections

Experience Reflection #1

Submitted by Joseph Bocage Few, BC-DMT, LPC

I was so happy to participate in this event! I work as a full time dance/movement therapist with severely abused and neglected adolescent girls within a residential facility in Hollywood, CA. I am also very fortunate to be working with a bright young DMT intern this year. Initially, we taught the choreography to about seven or eight girls. We practiced twice more, and when we got right down to the day, there were three girls who were able to attend. The short films were moving and stimulating. The various speakers were interesting, but I was concerned about the 'patience factor'. We wanted to Dance! And then Jane Fonda spoke. Wow! All of us were moved to tears and shouts of empowerment. We all danced with a fury and after we finished proudly cheered with each other for our efforts and accomplishments! What a great Valentine's Day! There was much more enthusiasm and growth, both during and after this experience, than I would ever have anticipated. Now, these young ladies expressed a love for that song and a desire to teach more girls, not only the dance, but for what it stands.

Experience Reflection #2

Submitted by Nicole Oxendine

I am a dance/movement therapist and teacher. I had my students perform the V-Day choreography for One Billion Rising. It was an amazing experience to educate young African American females about this cause. They were so excited to be a part of this international movement! A few of the dancers are survivors of sexual assault. While preparing for V-Day and after performing they said they felt empowered and supported! It brought awareness to our school about violence against women and girls. Watch their dance here: [Hillside Dance Performs for V-Day](#).



Experience Reflection #3

Submitted Carol Kaminsky

University of Miami modern dance and dance therapy undergraduate students participated in One Billion Rising on February 14th. Under the direction of Carol Kaminsky, dance/movement therapist and UM dance faculty, students performed "Break the Chain" outside on the patio of the University Center on a beautiful south Florida day. Crowds of on looking students cheered for the fifteen dancers. Printed information from the ADTA about dance/movement therapy as a treatment modality for victims of violence was distributed to the audience. Following the dance event, dance therapy students listened to a guest lecturer from a local shelter for women and children exposed to domestic violence.

One Billion Rising Experience Reflections

Experience Reflection #4

Submitted by Devika Sekhar

Original Movement Therapy (OMT) held a Community Dance Space event in Pune, Maharashtra, India on V- Day and on the occasion of “One Billion Rising”.

I felt that holding a community space for people would be best received, as they would feel free to



walk in and move more or less freely with minimal direction. Unless part of a dance organization, most would find it hard to ‘learn’ the choreographed dance piece- Break the Chain. The event was also meant to encourage those from different backgrounds to come, express, and share in the movement, especially those women who have been abused in some way.

Two sessions were held in the day, one in the afternoon and one in the evening. This was done keeping in mind those who might want to pop in during their lunch break to explore some movement for themselves and, well, perhaps had plans for the evening, given that it was Valentine’s Day after all. It was a lovely afternoon attended by about ten people, all curious to see what the event was about and who joined in with no hesitation to my great relief! I had been doubtful of people participating at the start of the day.

The three hour long evening session was something that I find hard to describe - the amazing energy that was present in that space. I still get a tremendous feeling of warmth washing over me when I think about that evening. We had overall 35 participants that came in and were all eager to get into some movement. My work entails facilitating creative movement spaces through therapeutic creative input, in which I have been fortunate to learn and train. This was no different. We initially started out in a circle, introducing ourselves through movement, and slowly made our way into partner work and then whole group movement. Everyone slowly found their space and within that their dynamics began to form with the group. Something which I am familiar with when working with a group made up of different and diverse participants.

Some participants left with a new sense of themselves, in that mere span of three hours, as it brought up such an array of emotions and thoughts. I was glad that this space had indeed provided what it had set out to give.

Feedback flooded my mailbox soon after the event and I now hold regular such community dance spaces for those interested. I’d like to share some feedback (which has been given with the consent by these individuals). Mitali, who came in for the community meet and who is now part of the regular sessions I hold said, “I initially thought the session at TaaraGo would be just another dance workshop supporting the cause. I was glad I was proven wrong! The unique dance exercises, the movements that you made us do, were refreshing and it took me to a very happy place, being a dancer myself. Let me tell you, on joining OMT, I pat myself for taking that step.’

One Billion Rising Experience Reflections

Experience Reflection #4 Continued...

Another woman, Neha shares “I attended the OMT session in affiliation with TaaraGo Pune which brought the One Billion Rising Community Dance space held on the 14th of February and the experience was truly wonderful!

The exercises we did that day were very interesting AND entertaining. This session was very different from the usual, quite unique and very helpful for people like me. I used to be a very friendly outgoing person but the last two years have changed me, made me an introvert and I find it difficult to get along with

people (in the beginning). But during this session, I felt really good, felt quite comfortable and all thanks to Devika. She is a wonderful, friendly and CHEERFUL person.”

It is for women such as these that the OMT Community Space was held and the One Billion Rising event on the 14th made to happen. OMT and its participants will continue to rise for those abused, through our movement, through the days to come. For we will, Strike. Dance. Rise!!

Experience Reflection #5

Submitted by Brigitta Elsa White, MS, R-DMT

SPECIAL NEEDS DANCE GROUP JOINS OBR!

My teen and young adult dance group is comprised of individuals with intellectual, developmental, and some physical disabilities. When I brought in the prompt based on the One Billion Rising campaign, the students were able to connect to the universal sympathy of the desire to want to end violence towards women and children across the planet as well as the immensity of the moment using dance in a global campaign.

The discussion focused on primarily sending our love to people who are in most need, to people who are in terrible and frightening situations. We listened to the theme song first, ‘Break the Chain’. This seemed to connect the students more concretely to their participation in this global movement. Every student was alert and aware of their feelings and this was seen in their dance expression.

Many students showed empowered and embodied movements. These were movements connected to

the core, full bodied movements. There was lots of reaching and rising, moving from a low level to a high level with arms over the head. Eventually we ended in the all-powerful circle. Unity, solidarity, support, love and happiness were expressed. We were a part of the billions that rose through dance.



One Billion Rising Experience Reflections

Experience Reflection #6

Submitted by Sohini Chakraborty, Founder Director of Kolkata Sanved

I AM RISING...ARE YOU?

We all know that the One Billion Rising (OBR) Campaign is a Global shake to demand an end to violence. The whole campaign medium is “DANCE”.

Kolkata Sanved has been working for years using dance/movement therapy for social transformation. We believe that all individuals in this society should live with dignity and self respect and that a basic sense of empowerment and integrity can be achieved through dance/ movement therapy.

So when we saw that the OBR campaign medium is “DANCE” it was a feeling of achievement as a practitioner of dance/movement therapy. It has been strongly believed for ages that socially, politically, or culturally “DANCE” cannot be a medium of social change. Until today this notion remained embedded in the minds of many. Social norms in India, which are largely patriarchal, perceive the bodies of women and girl children as objects, symbols of purity, and/or agents of reproduction; their bodies are never seen as creative, free agents of life. Dance has been used as a medium of exploitation of the female body over years.

We at Kolkata Sanved took an active part in this campaign with the **West Bengal One Billion Rising Network**. Swayam, Kolkata based NGO working on violence against women took the initiative to arrange the whole campaign. All together more than 20 human rights organizations lead the campaign. Kolkata Sanved played a big role to lead a movement choir with thousands of people including women and men to experience the use of movement and dance and how it helped to feel liberated, free as well as reconnect the thinking and daily activity pattern as an

individual of society. We used drums, others instruments, voice, and simple movement to make people move and help them to understand the power of movement.

The whole programme was for 3 hours, 3p.m.- 6p.m. We gathered in the Kolkata based big ground called “SAHID MINAR”. There was a 2 hour awareness programme through dance, music, talk, and then a big rally walk from Esplanade to College Square. One of the international members of Kolkata Sanved, Sydney Skov, inspired by the Kolkata Sanved Movement Choir, organized same movement choir at Portland Organ.

Below: People gathering at OBR



**How many years will we ourselves keep silent?
Are you listening to your own voice to break the
silence?
Are you ready to move?
Walk with us, Dance with us and Rise with us...**

Dance/movement is one of the best vehicles to raise our voices against violence against women and use the power of dance/movement. This is the beginning...

One Billion Rising Experience Reflections

Experience Reflection #7

Submitted by Pamela Faith Lerman, MEd, BC-DMT, LCAT, LMHC

ONE BILLION RISING EVENT AT RECOVERY ORIENTED MENTAL HEALTH PROGRAM DANCING WITH SURVIVORS AND SUPPORTERS

I have worked as the Creative Arts Therapist for the Psychiatry department of a community based hospital for almost fifteen years. Part of my work is in the Trauma Recovery track of a recovery oriented outpatient mental health program, where I have led dance/movement therapy and body oriented clinical groups for over a decade.

When the suggestion was made to join our work as dance/movement therapists with the One Billion Rising (OBR) movement, I thought it was a terrific opportunity. I began to talk about the OBR day and teach a modified dance to clients, survivors of physical and sexual abuse, who wanted to participate. Every time we rehearsed the dance it invigorated folks, and the hope raised by doing the dance allowed for some very in depth conversation about empowerment and recovery.

As the time drew closer to the event, I invited any staff member who wanted to participate to join us, and by the day of the event we had ten staff members involved. The plan was to dance in from different corners of our building into the program cafeteria, where up to 70 people eat lunch.

We chose February 13th as our Strike, Dance, Rise day, and 20 clients and staff participated in a flash/mob/dance at lunchtime in the cafeteria of our day program. Over 50 people were eating lunch. We worked on the dance to “Break the Chain” for several weeks and by the time yesterday rolled around, there was quite a bit of excitement. Folks eating lunch were completely surprised and by the end of the

dance, many people were dancing from their seats. We gave out information sheets from the One Billion Rising website as well as info sheets from the ADTA on dance/movement therapy as a healing modality for recovery from trauma.

I lead many different dance/movement therapy groups during the week and people who were present for the flash/mob/dance, but not participants, have been steadily asking that we do this dance as part of our groups. What has happened has been very moving for me. As we learn the dance and practice it, people’s faces and bodies light up. The people working in our kitchen, both clients and staff, come dancing out with spoon in hand and join us. And then, stories begin. Women who have been in the mental health system for many years, with long term diagnosis of thoughts disorders as well as other issues who haven’t necessarily told their survivor stories, have begun to talk and say things like: “this is so important to me – I was abused by my former husband for so many years, I haven’t talked about it...I was raped, I never told anyone...etc., etc.,...” And then the dance begins and the expression and empowerment begin/continue. What a terrific focal point. More. More. More.

Thanks to Eve Ensler and all the wonderful people from OBR who conceived this event and thanks to Sherry Goodill, Lora Wilson Mau, and all of the ADTA folks who helped connect dance/movement therapy and the ADTA to be at the well-deserved center of these life-changing programs.

One Billion Rising Experience Reflections

Experience Reflection #8

Submitted by Megan Dillenbeck

BODY & MIND

UNITE AND RISE IN OTTAWA, CANADA!

Each week, I facilitate a movement class with the intention of aligning the body and mind to increase awareness, appreciation, and vitality of the Self. We listen to and experience the natural wisdom of the body and strive to incorporate the new awareness into daily life for health and personal growth. Moving the 5 Rhythms and reflecting on the process using creative arts techniques, participants reconnect to their innate body wisdom and support each other in their journey.

On V Day we danced with purpose. We danced in unison with people around the world as a reminder of our strength, courage and solidarity. Mary Moncrieff (BC-DMT) attended and brought hand made hot pink silk scarves with the One Billion Rising logo and the ADTA logo on each, which she wore to the University of Ottawa Rising as well. It was important to us that the ADTA's voice be added to chorus of bodies here in Ottawa and around the world dancing for women's rights and equality. On February 14th, this group of women danced the choreographed steps with enthusiasm and strength. The energy in the room was palpable. The blood was flowing, the feet were moving, our spirits were soaring, and our commitment to change was powerful. Not only did we create change through the dance, but the proceeds from the class were donated to a local women's shelter so change can continue to take place for women wanting to break the cycle of abuse and inequality.

As Dance/movement therapists, we know the healing power of dance. To dance with men and women around the world for such a worthy cause was a gift and one I hope to be able to do many times over!!



PROFESSIONAL
TRAINING IN
INFANT
DEVELOPMENTAL
MOVEMENT
+ YOGA FOR BABIES

Taught by Ellyne Skove, LCAT, BC-DMT, NCC, RPP



For more information visit
www.gogobabies.net/workshop
or call (718)643-6064

PAID ADVERTISEMENT

Newsletter Advertising Information

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

Interested in advertising with ADTA?

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

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