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A Few Words from the Newsletter Team

It's the most wonderful time of the year for DMTs. The ADTA Annual Conference is right around the corner. A perfect time to catch up on continuing education, network with colleagues, and dance, dance, dance. What are you waiting for?! Register today.



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

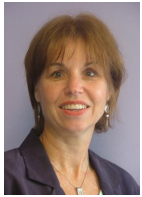
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Gloria Farrow, Co-Editor
Amber Falls, Format & Design



Board Reports: President

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



Dear Colleagues,

The winds of change blow steadily throughout our lives and through the lives of our clients and patients as well - sometimes with gale force, sometimes in gusts, and sometimes as a soft breeze. In the ADTA, those winds are always felt in autumn when, at the National Conference, new board members step into the roles and the responsibilities of leadership, while outgoing board members move on to other foci and projects. At the upcoming Conference we will be saying thank you and farewell to four outstanding outgoing members of the Board of Directors: Ty Tedmon-Jones (Secretary), Corrina Brown (GAC Chair), Jenna Heise (Central Region MAL), and Margaret Migliorati (Western Region MAL). Each of these remarkable and dedicated individuals has served the ADTA – you, the membership - with diligence, integrity, creativity, and passion. Please join me at the ADTA Annual Business meeting (breakfast on Friday October 25th) so that together we can thank them heartily and wish them well.

This issue of the newsletter contains much more information about the Conference. Please read it all and get *jazzed* for another fabulous conference in Brooklyn. So much will be happening and it's a very full, exciting schedule. Plan ahead so that you can take in all that is important to you and your work.

A little more on the newsletter: quarterly, the newsletter editorial team: Mat Ottenberg Winer, Amber Falls, and Gloria Farrow put together this rich publication filled with stories, photos, information, and news. The ADTA newsletter includes news from the Marian Chace Foundation and the Dance/Movement Therapy Certification Board, Chapters, board members, professional, student, and associate members. I salute Mat, Amber and Gloria for the highly professional and timely work that they do each and every quarter to bring the newsletter to us. When I read the newsletter, I am taken on a journey around the country and the world, privileged to briefly “visit” with DMT colleagues, hear stories of accomplishment and of challenge, be reminded of the power of this work that we do, and appreciate the

ever-evolving ways that dance/movement therapists are contributing to the society. Please join me on this journey and read the whole issue!

Two news items for your awareness:

First, the ADTA Task Force on Childhood Obesity completed its work this summer with the submission of a white paper on DMT and Childhood Obesity. White papers are documents commonly used by organizations, companies, and government entities to communicate with a public audience about an issue, problem, or product. The ADTA appointed the task force to develop the association's thinking and position regarding the role that DMT might play in addressing the problem of childhood obesity in the United States. The paper outlines the rationale for DMT services to address the psychological and social challenges faced by children and teens who are very overweight or obese and it includes a call for research. You may access the white paper now on the ADTA website. We encourage you to use it for developing DMT service programs, building research projects and collaborations, and increasing awareness. Please let us know if you do make use of the white paper - and if it is helpful to you! The Task Force included professional ADTA members and BC-DMTs Robyn Cruz, Leslie Armeniox, Annie Kirschenmann, Rena Kornblum, Sherry Goodill, and ADTA Public Policy Consultant Myrna Mandlawitz.

Second, I'm happy to follow up on news from April's National Summit on Arts, Health and Well-being across the Military Continuum. As ADTA Vice-President Jody Wager reported in the last newsletter, the ADTA was invited to submit a DMT position proposal to Commander Moira McGuire, NC, USPHS, program manager of the Warrior Clinic and Director of the Creative Arts Program at Walter Reed National Military Medical Center (WRNMMC). During the spring months, the proposal was developed, submitted, warmly received, and then revised according to Cmdr. McGuire's suggestions. The proposal was to be considered further in a planning conference for the WRNMMC this summer,

Board Reports: President Continued...

and we eagerly await an update about this potential new DMT opportunity. In addition, as a result of our participation in the Summit (again, see more in the *ADTA Newsletter, Vol. 47, Issue 2*), I was asked to serve as a reviewer for a forthcoming white paper authored by the National Initiative for Arts & Health in the Military. This comprehensive report will be released in September and should serve as a timely, authoritative, and compelling resource for the public,

policymakers, funders, and those who wish to develop DMT or other creative arts therapy services with military personnel, veterans, and/or their loved ones. We'll post a link to it on the Forum when it becomes available.

Enjoy reading the rest of the newsletter, everyone!

Sherry

Board Reports: Vice President

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



Hello Dear Colleagues,

As we move from the lazy, hazy days of summer into the crisper days of fall, I find myself getting very excited about our upcoming conference and time

together.

Dance/Movement Therapy:
Creating Community Connections
Brooklyn and Beyond

Our conference theme this year was chosen to stimulate discussion and reflection upon the concept of connection - connection between therapist and client, therapist and colleagues, client and client, therapist and community, community and world ... and beyond. And these are just a few of the connections that are possible. The response to this theme and call for papers has been exciting and heart warming. The level of connection that is represented and highlighted in the workshops is remarkable.

I have been personally drawn these past few years to seeking ways of bringing my love of dance and dance/movement therapy to communities that haven't had the opportunity to experience what we do. In my search to find and participate in new venues, I have begun thinking more about the concept and practice of 'giving back'.

“The best way to find yourself is to lose yourself in the service of others.”

~ Mahatma Gandhi

Sometimes motivation comes from personal experiences. For example, I felt drawn to 'give back' to the wonderfully supportive staff at the cancer center where I received treatment 19 years ago for breast cancer. Even though I knew they would tell me they were "just doing their job", I felt a strong urge to demonstrate my appreciation by offering them something from my heart. They graciously accepted my offer to provide a workshop on "Moving Our Cancer Story" with a group of women undergoing treatment. It was a beautiful experience for all involved. I felt a sense of closure and completeness, and the participants walked away with a greater understanding of, and new way to speak about, their cancer journey.

This past spring I participated in my second volunteer experience at Camp Koala. This is a camp whose mission is to provide grieving children, teens, and their families with the tools and resources to help them manage their grief in a healthy way and to offer companionship in a supportive environment. Any child aged 7-12 who has experienced the loss of a parent, primary caregiver, or sibling is eligible to attend the camp. I provided a dance/movement

Board Reports: Vice President Continued...

therapy experience with the aim of offering the children a safe and creative way of expressing their feelings through dance and movement. When invited into the circle to share a dance to honor someone special ... or in memory of this person ... one little girl, without hesitation, energetically hopped around on the ground while sharing that her mother, who had passed away recently, loved frogs. Another little boy bounded into the center of the circle and started dancing "Gangnam Style". When the laughter of his peers subsided, he shared that his father had died just before this song became popular but he was sure that he would have loved it.

Also this spring, a group of DMTs from the MD/DC/VA chapter once again provided dance/movement therapy services as part of the TAPS (Tragedy Assistance Program for Survivors) Good Grief Camp, where they worked with children that had lost parents in the line of military duty. This was the second year that our chapter had been approached to provide these services, and this year they wanted us to work with even more children. They have even begun discussing the possibility of including the adolescents in the future.

There are so many opportunities for us to share the power of dance/movement therapy and to give back to our communities in this most unique way. I am certain this is happening all over and I believe that it would be most inspiring to begin to share our

collective experiences. I would love to hear some of your stories. Where have you offered the gift of dmt as something other than what you do for a living? How has it impacted you as a person ... as a professional? I will work on creating a space for these stories to be shared, as I believe they are stories that need to be told and heard.

It is with this concept in mind that we have developed the first "Day of Service" opportunity within the conference itself. We will be offering a "taste of dance/movement therapy" to some local agencies/facilities that currently do not get to experience it. This is our small way of giving back to the community that is hosting our conference while providing a positive experience for their clients. It is our way to say thank you while sharing something from our hearts with our only intention to be of service.

In closing, I will end with these words from Mother Teresa: "Never worry about numbers. Help one person at a time, and always start with the person nearest you".

So let's start here ... in Brooklyn ... and pay it forward.

With appreciation,



Board Reports: Treasurer

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



I am happy to report that this year the ADTA received the greatest amount of donations yet! Donations made to the ADTA have been growing steadily each year and this year we received almost \$5,500!

We are so grateful to all those who contribute to the growth and development of our profession. The organization is working hard on various, exciting projects that need funding. The ADTA remains fiscally responsible and your donations help make

these projects possible. If you have any creative ideas on how to raise funds for these projects, please contact Meghan Dempsey at move2improve@gmail.com or visit www.adta.org to make a donation.

Now Available!!!

Automatic Monthly Donations: Don't forget to sign up for automatic monthly donations! Choose how much you wish to donate monthly and contact the ADTA office to enroll. You can start this

Board Reports: Treasurer Continued...

anytime throughout the year. No matter the size of the donation, you will be helping this organization do its best to continue to serve you. All you have to do is sign up and we do the rest!

Member Benefit!!!

Year Round Consultations: We continue to offer year round, low cost consultations as a way to meet the needs of our community. Well-seasoned DMTs have generously volunteered their time to give back to both the organization and the community. The initial consultation is offered at a discounted rate with the proceeds going directly to the ADTA. The rate of the following sessions will be discussed directly between you and your consultant. This is a win-win situation for everyone involved! You may view a brief description about each practitioner on our website to find the right match for you. Consider this option if you need help with a presentation or workshop, are working with a new population, or have you been practicing for awhile and need to breathe new life into your work. Just go to www.adta.org. Click on the Members Only Section. Click on Clinical Consultation. Scroll through the BC-DMT Consultant List. Select your consultant. Pay through PayPal. Email your consultant and set up the time.

Board Reports: Secretary

Ty Tedmon-Jones, MA, LCAT, LMHC, BC-DMT, ADTA Secretary



Dear Members,

Greetings! I wish you all the best during this time of seasonal transition. As we bid our farewells to summer and usher in autumn, it is an opportune time for taking stock and considering needed or desired changes.

To this end, I pose a question, “what can ADTA members do to minimize risk in the practice of dance/movement therapy?” Although I believe our training and standards provide dance/movement therapists with exceptional competency, even fantastic therapists could face legal action. Whether you have a private practice, offer training workshops,

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

If you **recently graduated**, don't forget to consolidate your student loans. Here are some websites you might want to check out before you decide if this is an appropriate option for you:
<http://www.forbes.com/2009/04/15/student-loans-moneybuilder-personal-finance-consolidate.html>
<http://studentaid.ed.gov/repay-loans/consolidation#should-i-consolidate>
<http://www.aie.org/Paying-for-college/After-graduation/Learn-About-Student-Loan-Consolidation.cfm>

If you have been working as a **public service employee** for over 10 years, you might be eligible for Student Loan Forgiveness. For details visit:
<http://www.studentaid.ed.gov/sites/default/files/public-service-loan-forgiveness.pdf>

<http://www.staffordloan.com/repayment/forgiveness.php>

clinical supervision/consultation or work full-time for an organization, medical malpractice assertions can be made against you and if applicable, against your state license.

There are numerous ways that dance/movement therapists can minimize risk as they conduct their practice, regardless of the setting in which they work. The foremost way in which to minimize risk is to provide ethical, competent services. This includes following the ADTA Standards of Practice, applying the ADTA Code of Ethics (go here: <http://bit.ly/14DmeI4>), and by carefully following all state laws and regulations governing the practice of

Board Reports: Secretary Continued...

psychotherapy/counseling. Further, dance/movement therapists can assure services are provided only for which they have specific training and supervised experience, and they can continuously improve their practices by integrating evidence-based and best practices in their day-to-day interventions. Dance/movement therapists can improve their skills and expertise through continuing education and receiving ongoing, continuous professional supervision regardless of their level of experience. Finally, an important way for professionals to safeguard their livelihood and personal assets is to maintain professional liability insurance.

Liability insurance is (generally) both affordable and easy to obtain. As a matter of fact, the process can probably be completed in about an hour! Dance/movement therapists may obtain professional liability insurance from a number of carriers and below are a few that you may wish to explore:

Marsh U.S. Consumer:

<http://www.proliability.com/professional-liability-insurance/other-professions#>

Healthcare Providers Service Organization:

<http://www.hpso.com/professional-liability-insurance/>

These providers are known to expressly offer professional liability coverage to dance/movement therapists. Please note that the ADTA does not endorse any insurance provider. The data provided here is for informational purposes only and the ADTA makes no guarantee thereof. If you have specific questions, you are encouraged to contact a trusted insurance provider. If you have legal questions, you are encouraged to obtain legal counsel.

Here are a few additional points to consider as you determine which insurance carrier is best for your needs:

- Consult your personal insurance provider to investigate any potential professional liability insurance option available, as there may be

cost-saving advantages if you are able to bundle products.

- Explore the difference between products (e.g. “Claims Made” versus “Occurrence” coverage).
- Carefully discuss all aspects of your practice with your agent/customer service representative to ensure you obtain coverage that is appropriate to the services you provide (e.g. full-time employees require different coverage than private practitioners and you may need an additional coverage if you provide clinical consultation).
- If you hold a professional license, ensure that you obtain coverage for the licensed profession and for dance/movement therapy if creative arts therapies are not licensed in your state.
- Students are also eligible to obtain individual professional liability insurance coverage and are encouraged to investigate the potential benefits of personal protection.
- Connect with all membership groups with which you are affiliated to explore potential cost-saving offers.

If you have additional suggestions on this topic or wish to provide the name of a company whom you can recommend, I welcome your email: ty@somaticrevelations.com; this information may be included in a Membership Guidance Article in the future. Finally, I invite you to present any questions that you may have on the **ADTA Forum** for *Professional Practice Issues & Questions*, <http://www.adta.org/Forum>.

Wishing you continued prosperity and success,

Ty Tedmon-Jones

Board Reports: Standards & Ethics Committee

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



The ADTA Standards and Ethics Committee continues to progress in the Code and Standards revision process. I'm happy to be re-elected to see this task through. The many revision factors, worthy of consideration, can make this task somewhat daunting. The ADTA is fortunate to have such a thoughtful, devoted committee for this work: Aisha Bell, Annabelle Coote, Angela Tatum Fairfax, Ellen Searle LeBel, Paul Sevett, and Kiki Nishida Yokokawa. Since the committee communicates through Skype meetings, some of us look forward to meeting one another for the first time in person at the ADTA conference.

Recently the committee engaged in a rich discussion with regard to the tone of the revised document and the way in which language serves as a reflection of the profession. Committee members observed differences in the language of the ethics documents of related professions; some affirmative in tone while others are couched in the language of prohibition. Committee members expressed enthusiasm for crafting a document that is affirmative, empowering, and represents who we are as a professional body, while being specific enough to provide useful guidance.

With regard to other committee tasks, the Standards and Ethics consultation line (adta.ethics@gmail.com) has been fairly quiet. A reminder that the committee provides oversight of standards and ethics compliance by ADTA members and DMTCB credentialed therapists, not by those outside the dance/movement therapy profession.

The first step in addressing a concern is the direct informal communication, by the dance/movement therapist witnessing a possible transgression, to the dance/movement therapist whose behavior is of concern. The tone of this communication should be respectful, communicating the behavior that has been observed; educative regarding the standard or ethics clause concerned; and involve a request for a response. An exception to this procedure is a situation in which informal communication might

result in harm or the transgression is particularly egregious.

I've excerpted the complaint procedure as described on the ADTA website:

ADTA Standards and Ethics Committee Reporting of violations is at the dance/movement therapist's discretion, not mandatory. When a dance/movement therapist questions the ethical conduct of a fellow dance/movement therapist, informal discussion between the two dance/movement therapists is the first step. Contact the Standards and Ethics Committee Chairperson, Ellen Schelly Hill, at adta.ethics@gmail.com if you would like committee facilitation for the discussion.

If this does not resolve the difficulty, a formal complaint procedure can be undertaken. To file a complaint:

All complaints must be written, signed, and specify facts of the alleged violations; in addition, relevant documentation should be supplied. Send to:

Standards and Ethics Committee Chairperson
American Dance Therapy Association, Inc.
10632 Little Patuxent Parkway, Ste. 108
Columbia, Maryland 21044

Thanks to all of you who represent the high standards of the dance/movement therapy profession everyday in your work and public life.

We want mail!



Questions, comments, thoughts, pictures...submit them for the next ADTA newsletter. We love hearing from our members. Be sure to read the newsletter guidelines before submitting.

Board Reports: Approval Committee

Jessica Young, MA, BC-DMT, LCPC, GL-CMA, ADTA Approval Committee Chair



The Committee on Approval will hold a closed meeting at the Conference on Friday, October 25th from 5:45-7:15pm. This will be a transitional meeting for the Committee's supervisor representative: Eri Millrod will be stepping down and Valerie Blanc will now serve in this role. Also serving on the committee are Wendy Allen (Naropa), Nancy Beardall (Lesley), Claire LeMessurier (Antioch), Anne Margrethe Melsom (Drexel), Julie Miller (Pratt), and Jesse Geller (Public Member). Members of the Committee on Approval, Subcommittee for Approval of Alternate Route Courses, and Education Subcommittee are in the process of drafting a survey

about online teaching, which will be disseminated to all approved program and alternate route educators and discussed at the Conference in the educators meeting.

The ADTA Board unanimously approved the nomination of Nana Sue Koch to serve for a third and final year of service as Chair of the Subcommittee for Approval of Alternate Route Courses. We are fortunate to have her outstanding leadership for another year. Congratulations Nana! Serving alongside Nana on the Subcommittee for Approval of Alternate Route Courses are Shira Karman, Janet Lester, and Barbara Nordstrom Loeb.

Board Reports: Education, Research & Practice Committee (ERP)

Susan Imus, LCPC, BC-DMT, GL-CMA, ERP Committee Chair



Hello everyone. As most of you already know the Education, Research, and Practice (ERP) Committee is the largest on the ADTA Board. We have three subcommittees and will begin a fourth, the Alternate Route Educators' Subcommittee, during our meeting at the Brooklyn Conference. All subcommittees will meet in Brooklyn with the following schedule:

Approved Program Educators' Subcommittee:

Thursday, 10/24, 1:00-3:30 p.m.

Alternate Route Educators:

Thursday, 10/24, 3:00-5:30 p.m.

(All educators will have one half hour together to discuss shared issues such as on-line courses. Please note that these times are slightly different than what is listed in the conference brochure.)

The Practice Subcommittee:

Friday, 10/25, 12:45-1:45 p.m. over lunch

The Research Subcommittee:

Saturday, 10/26, 12:30-1:30 p.m. over lunch

Locations of meetings are yet to be determined (TBD). Please check the MESSAGE BOARD at the registration table.

I've been working hard to re-organize the Practice Subcommittee. We now have two new members, Elizabeth McNamara and Vicky Wilder. Welcome aboard! Continuing membership includes: Judith Fischer, Shannon Lengerich, Laurel Thompson, and Sharon Chaiklin. Sharon and I are working with Leslie Armeniox to revise the Scope of Practice Statement created in 2001 by Leslie. We will present this to the BOD at our meeting in Brooklyn.

We redefined the Practice Subcommittee's mission statement and objectives and will present this to the BOD at the fall meeting. The Practice Subcommittee has also been assisting the Public Relations Committee on the ADTA TALKS. We hope to launch our own page on the website next spring, so stay tuned.

The Research Subcommittee which consists of the following: Laura Downey, (chair), Robyn Cruz, Lenore Hervey, Marybeth Weinstock, Emma Barton, Sherry Goodill, and Susie Imus has been busy as

Board Reports: ERP Continued...

always planning the Research and Thesis Poster Session at the conference and preparing the Research Award. They are sorry to announce that there will be no award this year. They are redefining this award and will make its announcement in the spring newsletter. Many thanks to Laura Downey and all her hard work!!!

Although the ERP is a huge committee, it is a pleasure to get to work with fellow dance/movement therapists across the United States. Thank you to all the subcommittee members who volunteer their time and energy.

Board Reports: Public Relations Committee

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



With the conference just around the corner I am excited to announce the development of major PR initiatives that will be launched in Brooklyn.

The ADTA is expanding its presence in the social media sphere! Come by the PR table at the conference to meet members of the PR committee and learn about how the ADTA is expanding its presence in the social media sphere, including a Pinterest account, a new official Facebook page and an ADTA Youtube channel.

These platforms will be utilized to maximize exposure to new video content that will be filmed at the conference. Funded by a generous grant from the Marian Chace Foundation, the ADTA is producing a series of videotaped talks on dance/movement therapy in the style of TED talks!

“ADTA Talks” (working title) follows the model of the highly successful and widely viewed TED.com talks. Addressing the great need for dance/movement therapy concepts to be better understood by the public and addressing a major strategic initiative of Vision 2016, “ADTA Talks” will use the free, egalitarian access to YouTube and the exponential power of social media to distribute separate educational and inspiring lectures to diverse consumers at minimal marketing expense.

Each “ADTA Talk” will address a different topic that,

when taken together, will form a collection representing the DMT body of knowledge in a form accessible to the lay learner as well as professionals. The PR Committee will maximize exposure to these video lectures through an ongoing targeted, strategic marketing campaign and cross promotion via numerous social media platforms including Facebook, LinkedIn, Twitter, Pinterest and the upcoming official ADTA blog. Promotion of the videos will be coordinated with national awareness days and months.

Topics were selected by the PR Committee based on search engine data, and the ADTA Board of Directors submitted nominations for each topic. Final selection was determined by the BOD. Current, active members were considered based on the following criteria: expertise on topic (including publications, credentials/licenses and previous media exposure) and evidence of charismatic public speaking and/or television experience.

The taping will occur before a live audience on Thursday, October 24 at the Mark Morris Studios in Brooklyn, New York, near the conference hotel. An audience for the event is needed; conference attendees, allied professionals and lay people are all welcome to attend for free. If you would like to sit in the audience for a few hours and support the speakers or if you know of members of the public that would like to attend, please contact Lora Wilson Mau at lorawilsonmau@mac.com to reserve seats.

Board Reports: Public Relations Committee - Social Media Update

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

Each quarter, the ADTA's growth in social media spheres since the last newsletter is reported. Our projected trajectory over the next year is very exciting.



<p>ADTA Facebook Group Page https://www.facebook.com/groups/2209175161/ 2702 members (+364) + 16%</p>
<p>ADTA Annual Conference Facebook Page https://www.facebook.com/ADTAConference 456 subscribers (+186) + 69%</p>
<p>ADTA Group on LinkedIn http://www.linkedin.com/groups/American-Dance-Therapy-Association-ADTA-3945307 1462 members (+452) + 45%</p>
<p>ADTA Twitter Account @ADTAorg https://twitter.com/ADTAorg 626 followers (+235) + 60%</p>

Board Reports: Public Relations Committee - LinkedIn

Brigitta Elsa White, MS, R-DMT, PR Committee Member, LinkedIn Team Leader

How to grow your LinkedIn Network?

Let your body of knowledge be the foundation that creates bridges between our profession to the world

As an ADTA Public Relations initiative, we would like to give you ways in which you can grow the amount of people in your professional network on LinkedIn. Someone joins this vastly popular professional social networking site every four seconds. Joining is advantageous for dance/movement therapists for many reasons. It can be used to broadcast your professional identity, connect with others in related fields, and share your knowledge by contributing to conversations in LinkedIn Groups on diverse populations, topics, and research. The metaphor of "building bridges" comes

to mind when thinking about growing your LinkedIn professional network.

The foundation of your bridge is YOU. You can create a substantial, rich, and colorful profile of your professional experience. For example, your headline might read "Dance/Movement Therapist, Mental Health Professional, Certified Movement Analyst." The headline is followed by your description and other relevant profile information. Once your bridge is secure, you can begin to connect your bridge to other bridges locally, nationally, and across the globe.

Board Reports: Public Relations Committee – LinkedIn Continued...

The beauty of LinkedIn is that, in order to connect “your bridge” to another professional, you don’t actually need to know the person. When you go to add or request a connection, just use your most relevant headline or title that will identify your professional title to that person (in our current example: “Dance/Movement Therapist, Mental Health Professional, Certified Movement Analyst.”). The potential connection will trust you because of your unique credentials and likely be excited to make your acquaintance. You can accumulate a limitless amount of connections on LinkedIn. Once you’ve reached 500 connections, you’ll see 500+ on your profile. I have done this and I’m happy to share with you how it’s done!

First, make sure you have your basic connections: those people with whom you have studied and worked or know personally or professionally. Then, look at their connections and the connections that LinkedIn suggests for you. Look for professionals who interest you and who could be of benefit in your networking. Wellness professionals, other creative arts therapists, and business owners are reaching out to network and support one another! Remember to think big and go for those whom you think are unattainable!

You can also grow your network on LinkedIn by joining groups. These groups offer opportunities for discussion, advising, and job seeking. Many groups are specialty forums, as is our very own “American Dance Therapy Association Group” on LinkedIn. You can find all kinds of professionals to connect with in these groups, and you can share your knowledge and contribute to the discussions. Perhaps others may decide to send you clients or ask you to present at their next meeting!

You can find groups for autism, dementia care, mind-body wellness, creative arts therapy, psychotherapy, whatever your heart desires. Just type the topic in the search box in LinkedIn groups and join the group!

In summary, let your body of knowledge be the foundation that creates bridges between our profession and the world.

Examples of LinkedIn Groups that may interest you:

- American Dance Therapy Association
- Art Therapy Alliance
- Creative Arts Therapies and Neuroscience
- Laban Movement Analysts
- MD-DC-VA ADTA
- Mind-Body Health
- NJ Chapter of American Dance Therapy Association
- Pratt Creative Arts Therapy Alumni
- QMU Dance/Movement Psychotherapy Programme (MSc)
- Whole Me Moms and Dads (for practitioners and families working with prenatal life to early childhood)
- Autism Innovators
- Autism Speaks
- Autism Creative Art Therapy Alliance
- Alzheimer's and Dementia Professionals
- Alzheimer's Association
- American Psychological Association
- Mental Health Networking
- Expressive Therapies



Board Reports: Government Affairs Committee

Myrna R. Mandlawitz, ADTA Policy Consultant

Congress Once Again Punts on Appropriations



The new federal fiscal year – FY 2014 – will begin on October 1, 2013. That said, once again Congress has not completed one of its major responsibilities, enacting the twelve annual appropriations bills that fund each of the federal agencies.

The bill that funds the programs of most interest to ADTA members is Labor-Health and Human Services-Education, which as the title indicates funds health care, education, social services, and employment and training. By the beginning of the August congressional recess, the full Senate Appropriations Committee had passed its Labor-Health and Human Services-Education appropriations bill. However, the House had not acted even in the subcommittee.

While the Senate Labor-HHS-Education bill (S. 1284) has not yet reached the Senate floor, regardless of what happens next, that bill represents a strong statement of support for health, education, and human services funding. On the health care accounts, the bill includes \$5.2 billion for Program Management at the Centers for Medicare and Medicaid Services (CMS), the agency responsible for overseeing the Affordable Care Act. This represents an increase over FY 2013 of \$1.3 billion. The Senate bill also includes an \$84 million increase for the National Institute on Aging, the NIH Institute with the primary responsibility for preventing, treating, and curing Alzheimer's disease, as well as \$20 million for a new initiative to strengthen long-term services and supports, assist caregivers of individuals with Alzheimer's disease, and train healthcare providers on how to recognize the signs and symptoms and manage the disease.

On the education side, the bill includes an increase of \$125 million for the Individuals with Disabilities Education Act (IDEA) Part B State Grants and an additional \$20 million for IDEA-Part C (Infants and

Toddlers). In addition, an amendment (Sponsor, Senator Kirk (R-IL)) passed on a bipartisan vote in the Committee that transferred a proposed increase for the Promise Neighborhoods program to IDEA. Title I of the Elementary and Secondary Education Act (ESEA) would receive a \$125 million increase as well.

One of the biggest winners is early childhood education. The Committee included full funding for the President's proposed Preschool for All initiative as well as increases for Head Start and the Child Care Development Block Grant. Members of the Committee cited the strong research supporting investments in early childhood that lead to much stronger outcomes later in life.

Another positive element of the bill is a substantial investment for mental health services and school safety, with a total of \$119 million in new funding to increase access to mental health services. These funds would go toward teaching individuals to identify early signs of mental illness, connecting young people with appropriate services, and addressing shortages among behavioral health service providers. Money is also set aside for grants to schools to improve school climate and learning conditions and to help schools in troubled communities break the cycle of violence.

When Congress returns to Washington on September 9, they will be in session only nine days before the end of the fiscal year. Therefore, there will not be sufficient time to finish the Labor-HHS-Education bill, much less all twelve appropriations bill. Even if the House had acted on the Labor-HHS-Education bill, the allocation the subcommittee received to fund its programs is significantly lower than the Senate amount. This would have made reconciling the House and Senate versions almost impossible.

Before October 1, Congress will act to pass a Continuing Resolution (CR) to keep the government

Board Reports: Government Affairs Committee Continued...

operating until they can sort out final spending levels for Fiscal Year 2014. They will most likely pass a CR that continues into mid-October when they will also be faced once again with raising the debt limit. The other serious fiscal issue still looming is sequestration, the current five percent across-the-board cuts to most all federal programs. Unless Congress acts to eliminate the sequester, they will

have to contend with shrinking budget caps over the next nine years that will make adequate funding of vital programs extremely difficult, if not impossible.

ADTA closely monitors the appropriations and budget processes and will continue to keep members updated as action may need to be taken.

Board Reports: Members-at-Large

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



The MALs continue to host Chapter Board Leadership phone calls quarterly. The most recent

phone call on 7/9/13 included board leaders from the New Jersey, MD/DC/VA, Rocky Mountain, Pennsylvania, Illinois, California, Wisconsin, and Washington Chapters. All board leaders are invited to join the call. The topic of how chapters are using social media to encourage participation amongst members is an ongoing and rich conversation. How to support chapter treasurers was also discussed. Questions regarding the change in the relationship with the NBCC and the status of the ICE application were addressed.

The MALs will be happy to address members at their Regional Caucus in Brooklyn on Friday, October

25th from 11:45-12:45 pm. The MALs and the National Board Treasurer, Meghan Dempsey, will also host a chapter leadership get-together from 5:45 – 6:45pm on Friday, Oct. 25th at the conference. Adina Rosenberg, East Coast Region MAL, will continue in her role this year and is extremely grateful for her MAL pals, Margaret Migliorati and Jenna Heise, for their friendship and collaboration. During their tenure, the MAL position was transformed into a partnership enhanced by unparalleled teamwork and cooperation. A new alliance will carry on the work as the new MALs, Amber Gray and Crystal Smith, begin their roles in October.

The MALs would like to thank all of the board leaders who volunteer their time to dialogue every three months and look forward to working with the new board leaders who may be transitioning into their positions in the coming months ahead.

Now is the time to get involved!

The ADTA Conference is right around the corner and is the perfect time to talk to Committee leaders, Chapter members, and your Board of Directors. There are plenty of ways to be involved in the ADTA and they can show you how!

Board Reports: From the ADTA Office

Gloria Farrow, BS, ADTA Operations Director



2013 ADTA Conference October 24-27, New York Marriott at the Brooklyn Bridge – Stop by the ADTA registration table in New York and see our new merchandise for sale!

When writing dance/movement therapy always put the slash (/) between dance and movement; however, when writing **DMT** or **dmt** no slash (/) is used.

Member Benefit – Clinical Consultation - This 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

Questions about **Continuing Education (CEs)** can be answered at our ADTA 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.

Read the discussions/listings in the **FORUM** <http://www.adta.org/Forum> and find out the latest offerings of workshops, job openings, professional practices, advocacy, announcements, student information, and multicultural-diversity-international topics.

Have you visited the **ADTA Online Store** http://www.adta.org/Online_Store?

U.S. Tax Deduction - did you know that your ADTA dues are deductible as a business expense for United States federal income tax purposes? For 2013, 96% of ADTA dues and donations are deductible, either as

Clinical Consultation under the Members Only Section of the website.

ADTA website – we are in the middle of reconstructing our website for better navigation and easier accessibility. Remember your **member login username** is your email; your password is known only by you. If you cannot remember your password, click on Forgot Password and follow the directions. We do not have password information in the ADTA National Office.

Eblasts - tailored content to an important subject, filled with the latest information, news, features, and products. ADTA is now using Eblasts to get the latest information to ADTA members in a quick and money saving way!

unreimbursed employee expenses or as Schedule C business expenses. Consult your tax advisor regarding your situation.

If you are planning to give a presentation in your area, make sure you are offering our latest **introductory brochure** and the **educational brochure**. Call 410-997-4040 or email info@adta.org or gloria@adta.org to request brochures sent to you for distribution.

Future ADTA Conference Dates – Put them on your calendar

- **2014** – Chicago, Illinois, Hyatt Regency McCormick Place, November 6-9
- **2015** – San Diego, California, Hyatt Regency La Jolla, October 22-25

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

Board Reports: Conference News

Gloria Farrow, BS, ADTA Operations Director

2013 ADTA 48th Annual Conference
October 24-27, 2013 at the New York Marriott at the Brooklyn Bridge
Dance/Movement Therapy: Creating Community Connections
Brooklyn and Beyond



Make an effort to attend this yearly gathering of your ADTA colleagues. Attending an ADTA National Conference is an opportunity to take advantage of one of the most important benefits the ADTA offers its members. The ADTA is offering more than 50 seminars and intensives during the conference for those wishing to enhance their knowledge of dance/movement therapy or those seasoned in the field earning their continuing education credits. So many events are planned during the conference and do take some extra time to explore New York!

Some highlights of the conference:

- Meet colleagues at the Opening and enjoy two performances
 - IN-FILLED-HER (Excerpt) presenting Thania Acaron
 - Su Caminao by: Legacy Women
- ADTA Business Breakfast with Recognition and Awards
 - Inauguration of newly elected Board of Director members
- The ADTA Research Sub-Committee sponsors the annual Research and Thesis Project Poster Session
 - Twenty-nine (29) innovative research and thesis projects will be presented to the DMT community
- Regional Caucuses
- 2013 Marian Chace Foundation of the ADTA Lecturer Dr. Fran Levy, presenting *Gifts We Have to Give: Opening the Doors of Shared Creativity*
- Special Interest Groups
- Friday Evening Films and Discussions:
 - 7:00 – 8:00 pm *Expressing Disorder: Journey to Recovery*
 - 8:00 – 9:00 pm *To Move is to Be Alive – Penny Lewis – Dance Therapy Pioneer*
 - 7:00 – 8:00 pm *Trash Dance*
- 19th ADTA International Panel – *Why I Became a Dance/Movement Therapist?*
- Banquet and Dance
 - Lifetime Achievement Award to Susan Kleinman
- 48th Annual Conference will close with a Movement Choir, led by Marylee Hardenbergh and Jody Wager, which will magically connect events of the conference with the honoring of those R-DMTs and BC-DMTs newly credentialed since our last conference.

We encourage you to attend this year's conference in Brooklyn, New York!

Chapter Reports: MD/DC/VA Chapter



Naomi Nim

The MD-DC-VA chapter has been reaching out near and far, teaching and training colleagues in related professions about dance/movement therapy. This summer, incoming co-President Nalini Prakash presented her work on dance therapy in India and Dr. Patrizia Pallaro trained therapists in Belgium and Russia. Andree Schillesci will be presenting a new, coordinated expressive arts therapy approach for children and adolescents at the Expressive Arts

Therapies Summit and at Walter Reed Army Hospital. Nalini Prakash, Jody Wager and Naomi Nim will present dance/movement therapy with geriatric populations at The Washington School of Psychiatry Center for the Study of Aging. Deborah Quirk and Naomi Nim are organizing a MD Expressive Arts Therapy Conference in an effort to build alliances with colleagues in the field.

Chapter Reports: Pennsylvania Chapter



Angela Tatum Fairfax, PhD, LPC, BC-DMT, NCC, Interim PA Chapter President

The Pennsylvania Chapter of the ADTA welcomed the graduating class of 2013 from the Drexel University Department of Creative Arts Therapies, Dance/Movement Therapy Program by hosting the annual reception and wine toast. This followed an exceptional Research Colloquium where outstanding and groundbreaking Master's research was presented. The range of topics included 1) working with socially, emotionally and behaviorally challenged youth; 2) non-erotic touch in working with sexual abuse survivors; 3) training for disaster relief; 4) evidence-informed practice working with pediatric cancer patients; 5) polarities in DMT; 6) power of silence in working with a selectively mute child; 7) contextual case analysis of a child with cerebral palsy; 8) subjective responses to engaging with persons with psychotic disorders; 9) community engagement and cultural identity through the use of

rhythm with African American children; 10) community engagement and creativity to foster resilience in an at risk community; 11) family DMT and autism spectrum disorder; 12) intergenerational program between older adults and kindergarteners; 13) body experience of individuals engaged in recovery from substance use; and 14) adolescents in residential treatment.

There is no doubt that this new generation of dance/movement therapists are more than capable of broadening our horizons as we branch out into uncharted territory to spread the good news of dance/movement therapy. As we delve into a new school year, let's remember to offer support to our students who are beginning their journey as well as to those who will be completing their journey.

Chapter Reports: Texas Chapter



Suzy Matheson

Kalila Homann will be collaborating on a 45 hour Movement Observation class with Janet Kaylo in 2014, called Elements of Movement. The class will offer alternate route credit, as well as CEUs for LPCs and LMSWs. Those interested can email inquiries to kalila@themindbody.net. She is also collaborating with Anna Kemble of Vancouver, BC to begin a West Coast Alternate Route Training Program based in Vancouver. The first class that launched this program was Embodied Neurobiology, offered in July 2013.

Mikael Lökvist, PhD, BC-DMT recently completed his doctorate in Clinical Psychology with a concentration in Somatic Psychology. His dissertation called Somatic empathic resonance: Subjective and intersubjective experiences of the psychotherapeutic dyad will soon be available via ProQuest.

Suzy Rossol Matheson is busier than ever. She was just voted as the new Texas Chapter ADTA Treasurer and plans to take on her first intern this fall from Antioch University New England. She contracts at two behavioral health hospitals in the north Dallas area, a variety of assisted livings/memory care units, and the Autism Treatment Center of Dallas (adult unit). She is looking forward to seeing her classmates '03 from Antioch this fall at the annual conference for their 10 year reunion.

Lea Comte has been doing LOTS of exciting things over the last year since moving to Austin in June of 2012. Her most exciting adventure has been her new endeavors with Big Sky Pediatric Therapy. Starting back in July, after a meeting with the owner of Big Sky Pediatric Therapy, Lea got them to agree to take

on Dance/Movement Therapy! She conducted sessions during multiple summer camps they hosted and during an open house. Recently, they offered a 3 weeks movement series, a Parent/Child session for kids 18 months to 3 years, and a Pre-K session for kids' ages 4 to 6 years old. Building the clientele has been slow but having a supportive environment is the first step.

While working to build her clientele at Big Sky Pediatric Therapy and working at The Little Gym of South Austin, Lea has also been participating in an online Webinar hosted by Dr. Suzi Tortora. In September of last year, Dr. Tortora began interviewing dance/movement therapists around the world to intern with her *Ways of Seeing* program. She chose twelve dance therapists from around the globe (Russia, China, Netherlands, and New Zealand). They have met on a bi-weekly basis over the Internet since October of last year. The program focuses on DMT with children and their families. Lea expresses that the experience has been rewarding and challenging. Learning from women around the world has been enriching. Studying movement over the Internet through video conferencing has been an entirely new way to experience movement and movement observation. She will be starting the second year of the *Ways of Seeing* program starting in September.

Lea is proud to announce that she will be presenting with Dr. Tortora and other members of the webinar at the ADTA conference in October. She will be speaking about the experience of learning through the webinar while also presenting a case study she analyzed during the webinar.

Chapter Reports: Carolina Chapter




Angela Wiley

The Carolina Chapter has been busy creating a LinkedIn page and a Facebook page. We have also “gone electronic” and begun using cloud storage for chapter records.

Many of our members have been conducting performances and workshops...

- Tania Bruhn has been working with Whole Health Resources (wholehealthresource.com)
- Sarah Arnett and Jody Cassell presented at the Center on Creative Aging Symposium on May 16-17
- Angela Wiley held workshops at her private practice office on impulse reduction, work with trauma and additions; and using dance and drama therapy. She is getting ready to host a monthly dance jam with local drummers and dancers.
- This Spring Jody Cassell joined with three textile artists for an exhibit entitled Resolving the Disquiet. The four created works to confront personal loss and understand the grieving process. They embarked on a journey of resolving the disquiet together, to confront the idea of personal loss in a public space with the hope of expanding the community. Shortly after the performance, Jody went back into the space with a videographer who filmed her dancing while surrounded by the works of Jan-Ru Wan, Megan Bostic, and Samantha Pell. The three dances include a dance based on the images of their works, the reading and dancing of the story she wrote about her loss, and a dance that celebrates that sometimes gleeful mysteries happen even with great loss. If you would like to see this performance, contact Jody Cassell at movingtolearn@nc.rr.com and she will send you the video link. This video may be something you want to view for yourself or to use as a springboard if you lead groups on grieving.



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The image shows a woman with dark curly hair leaning over a baby who is sitting on a grey surface. The baby is wearing a light green long-sleeved shirt and pants. The woman's hands are near the baby's feet. The background is dark with some green leaves visible on the left.

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Chapter Reports: Illinois Chapter



Yasmin Dalton

In the past several meetings, the Illinois ADTA Chapter has sponsored presentations from our own ADTA community and other mental health professionals in the Midwest. We focused on a variety of subjects such as: Kestenberg Movement Profile, Family Systems, and Somatic Experiencing.

- On May 25-26, Laura Downey, Jeannine Salemi, and Kim Rothwell attended and participated in the Regional Central Conference for Dance/Drama Therapy at Castlewood Treatment Center in St. Louis, MO. The theme of the conference was Enter into this Body: The Use of Drama and Dance Movement as Therapy.
- On June 23rd, Erica Hornthal, CEO of Northshore Dance Therapy, hosted a fundraiser for the Alzheimer's Association called Dance for Dementia.
- On July 14th, Kim Rothwell and Yasmin Dalton attended a multi-city fundraiser for the Marion Chace Foundation called Dance the Blues Away. It was organized by Kira Stein, a Blues Dance instructor, who is interested in promoting the research of dance/movement therapy and depression.

It has been a busy couple of months for us and we are excited to keep reaching across disciplines to strengthen our community through knowledge and collaboration.

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Marian Chace Foundation

Trustees:

Sharon Chaiklin, President

Ann Lohn, Treasurer

Jane Wilson Cathcart, Secretary

Susan Kleinman, Outreach & Development



As we near the time of the ADTA conference in Brooklyn, NY, we want to remind you about the Marian Chace Lecture which is open to all and will be held on Friday, October 25th at 4:15pm. The 24th annual lecture will be given by Fran J. Levy, Ed.D, BC-DMT, LCSW, author of the well-known and often used book entitled *Dance/Movement Therapy: A Healing Art*. Her multi-background in the arts leads her to speak of *Gifts We Have to Give: Opening the Doors of Shared Creativity*. It is an intriguing title and promises to stimulate new possibilities.

As you enter the lecture room, you will receive one of the new set of bookmarks to add to your collection. These have relevant quotes shared by our renowned members each year, and you will be pleased with the words they have given us which you may make use of in your work.

The Hancock Center in Madison, Wisconsin is a supporting agency of the Foundation. As part of that relationship, one of the Foundation trustees attends a board meeting annually. This year the Center is celebrating 30 years of providing dance/movement services to the community! In order to both honor and celebrate this event, Sharon Chaiklin will be attending their anniversary open house on Thursday October 3, 2013 and then attending a board meeting the following day. We suggest you view their web page to see the work being offered and the honors received.

Remember that grant proposals must be received by February 15th, 2014. Use your time at the conference to stimulate your thinking and gather information. Information regarding applications for grants may be

found on the ADTA web site in the section related to the Marian Chace Foundation.

We are only able to give grants if we have the funds. While we have invested wisely, we count on the donations of members and friends to enable further development - the more we receive, the more we have to give. We are therefore most pleased to thank our donors.

Donations received June 1st through August 31st

FRIENDS (up to \$36)

- Sylvia Doner – *In support of 'Dance the Blues Away' and to thank Kira Stein for her amazing coaching, compassion and passion.*
- Laura Weisberg & David Wong – *In honor of Lillian and Sam Weisberg.*

SUPPORTER (\$36 - \$99)

- Nicole N. Lynch – *'The Moving Child' film project.*

PARTNER (\$100 - \$499)

- Fran Levy – *Donated book royalties from 'DMT: A Healing Art'.*
- Wendi McKenna – *'The Moving Child' film project. This is exactly what we are teaching in our baby and child wellness classes.*
- David & Leni Moore, Jr. – *Global Site Performance projects*

CHACE CIRCLE (\$1,000 and up)

- John & Page Cowles – *Global Site Performance projects*
- Hayes Fund of the HRK Foundation – *Global Site Performance projects*
- Sarah R. Winton – *Global Site Performance projects*

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 Board Certified-Dance/Movement Therapists (BC-DMTs) and Registered-Dance/Movement Therapists (R-DMTs) registered between June 1 and August 31, 2013.

BC-DMTs

Kristen Leahy
Kerin Nadler
Sarah Thiel

R-DMTs

Katie Bank
Jennifer M. Chambers
Wei Chen
Rayni Leigh Collins
Rebecca Connors
Emily D'Annunzio
Ashley Evans

Cimone N. Graves
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Lindsay Howard
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Casara Nemes
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LinniADTR@aol.com

ADTA Voluntary Contributions

ADTA wishes to thank the voluntary contributors for their generous support.

Donations received between June 1st and August 31st

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Sari Breuer
Catherine Brower
Andrea Brown
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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*
- Newsletter articles should be *no more than 2 ½ pages* when submitted as a Word document
- 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