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

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Mat Winer, Copy & Content Editor
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A Few Words from the Newsletter Team

Holiday season is in full swing! If you still have gifts to purchase, don't forget that you can support the ADTA. Shop Amazon through the ADTA website or stop by our online store (www.adta.org/Members_Store).

The ADTA Annual Conference in Brooklyn, New York was a huge success. Thank you to all who helped make it happen. We hope everyone traveled home with wonderful experiences to share. Conference Reflections and pictures begin on page 15. If you missed the conference this time around, mark your calendar and plan ahead for the 2014 conference in Chicago, Illinois. We hope to see you there!

The ADTA Newsletter Team would love to hear from you. Whether you are a student or a professional DMT, submit your pictures, thoughts, and articles for our next issue. Any ADTA member can contribute...don't be shy! Please view the Newsletter Submission Guidelines on page 28 **before** submitting.

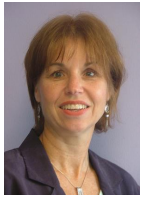
Remember to take time and enjoy the things that matter most amidst all the hustle and bustle. Have a joyful holiday, a safe New Year and we will see you next time in 2014!



Above: ADTA Board of Directors at ADTA's 48th Annual Conference in Brooklyn, NY

Board Reports: President's Letter

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



Dear Colleagues,

Warm greetings to you! It was wonderful to see so many of you at the ADTA's Annual Conference in Brooklyn in October. Thanks to the hard work of Annual Conference Committee Chair and Vice President Jody Wager, BC-DMT, Operations Director and Conference Manager Gloria Farrow, the conference committees, and countless others who presented and taught and volunteered and performed. We had one of the most successful ADTA conferences ever! For those of you able to attend, this newsletter will bring back what we hope are some good memories and images of learning, dancing, and connecting. For those of you not able to attend, we hope to bring you some of the excitement and information here in this edition of the newsletter. I will start with some items from the national Board of Directors and the Annual Business meetings.

The Board met for two days before the conference and conducted a large volume of business. Many of our actions focused on revising policies and procedures for improved workflow and clearer communications, which allow us to provide better service to our members and other stakeholders in the ADTA. Committee chairs report various specifics throughout the newsletter but I wish to highlight some significant actions:

- With much excitement, the Board approved the formation of a new **Southern States Chapter** of the ADTA. This new chapter will create a supportive regional DMT community for those in the states of Louisiana, Arkansas, Mississippi, Alabama, Georgia, Tennessee, & Florida. Congratulations to C. Vonie Stillson, BC-DMT, of Meridian, MS for leading the effort to establish the new chapter!
- The board also adopted a **revised Scope of Practice statement for DMT**, something that should be useful to practitioners, educators, and employers, to clarify and claim the skills and competencies of dance/movement therapists. You will find this on the website and I hope you

find it helpful. Many thanks to the working group; ERP Chair Susie Imus, BC-DMT; Practice Subcommittee member Sharon Chaiklin, BC-DMT; and Leslie Armeniox, BC-DMT, who updated the scope of practice to meet current needs.

At the Annual Business Meeting, I was able to share several encouraging indicators of organizational health for the ADTA: as of October 2013, overall ADTA membership is at an all time high total of 1558 members; there is an all time high of 1054 Professional members, and an all time high of 185 Associate members of the ADTA. Thank you for supporting your national professional association with your membership and participation! We also learned from the editors of the *American Journal of Dance Therapy* that in the past year there was a monthly average of 1,900 pdf downloads of articles from the journal: a powerful indicator of interest in and dissemination of the DMT body of knowledge.

We welcomed four new members of the national Board of Directors: Gail Wood, BC-DMT, Secretary; Allison Winters, BC-DMT, Government Affairs Committee Chairperson; Amber Gray, BC-DMT, Western Region Member at Large; and Crystal Smith, BC-DMT, Central Region Member at Large. And we conferred several service and achievement awards to recognize outstanding accomplishments and contributions from members around the globe. You'll see more later in this newsletter.

Electronic balloting is in our future! Under the leadership of the 2013-14 Nominating Committee Chair, Charnè Furcron, BC-DMT, we aim to pilot a secure electronic balloting procedure for the Spring 2014 ADTA elections. Look for more information as we roll out this new program.

In closing, I want to express how very good it is to be part of this global DMT community. The creativity, innovation, sense of mission, and dedication manifest in the work and mutual support among ADTA members is truly inspiring to me every day.

Board Reports: Secretary

Gail M. Wood MA, BC-DMT, NCC, RYT-200, ADTA Secretary



Greetings! Wishing you all the best during this winter holiday season and for the upcoming year. Since taking office in October, I have experienced much excitement towards the development of new possibilities. I wish to thank you for your support and encouragement as I transitioned into this new and important position with the ADTA. I truly look forward to what the next two years will bring both for myself and for the organization.

For this newsletter submission, I felt it would be helpful for me to share about myself, goals I have while in office and remind you, our members, of the committees that I chair. In the upcoming newsletters, I will report on the various projects each of these committees will be working on.

Upon discovering the wonders and joy of dance/movement therapy, I sought out the Master's program best suited for me and my learning style. Three years later, I was lucky enough to have an internship where I grew up and was working there part time. Another three years later, I had achieved my next goal step, Board Certification. Over the past ten years, I have worked at various psychiatric/behavioral health facilities in Virginia working with various populations and ages.

Now I'm working in another capacity with the public school system and for the Board of Directors of the ADTA. I'm grateful for the experiences and opportunities I have had and look forward to the new ones I will have. The support I created and obtained by being a part of the ADTA and MD/DC/VA chapter of the ADTA has been and continues to be invaluable. It is with this support that I have developed skills to help with creating new opportunities for myself, and hopefully this process will continue to not only benefit me but others as well.

As your Secretary for the ADTA, I have the same goal of continuing to find those opportunities and increase our visibility as DMTs through the committee's I chair. These committees are: Student Membership Sub Committee, Global Membership Sub Committee and Facebook Sub Committee. I wish and hope that identifying and addressing our members' needs through these sub committees will help increase the vitality and visibility of DMT's.

While these committees grow and work together for you, don't forget about the valuable use and potential of our forums on the ADTA website, Facebook, Pinterest, and Twitter for continued connection with others and to gain as well as provide support.

Wishing you prosperity and success this new year.

Board Reports: Treasurer

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



In continuing with the flow of the season, I would like to celebrate and offer thanks to those who have supported the ADTA. We would not be where we are today without the diversity of your support. The ADTA remains financially conservative and is thriving!!! Your enthusiasm and passion brought in over \$3,000 in the silent auction and raffle ticket sales this year at the conference! As we enter another year of abundance, think of creative ways you can

give back to the ADTA.

Don't forget about this Member Benefit:

Year Round Consultations: Do you need help with a presentation or workshop? Are you working with a new population? Do you need to breathe new life into your work? Check out our website to find low cost consultations/supervision. Fabulous, well-seasoned DMTs have volunteered their time to give back to both the organization and the DMT community. The initial consultation will be offered

Board Reports: Treasurer Continued...

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!! 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.

Now Available!!!

Automatic Monthly Donations: You can now sign up for automatic monthly donations by contacting the

national office. This is something you can start anytime throughout the year. You choose how much you wish to donate monthly. No matter the size of the donation, you are helping this organization do its best to continue to serve you. Start the year off by giving back to the organization!

Remember:

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

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

Susie Imus, MA, LCPC, BC-DMT, GL-CMA, ERP Committee Chair



The Education, Research, and Practice Committee (ERP) was very active during the Brooklyn conference, hosting four sub-committee meetings. We also launched the first formalized sub-committee meeting for Alternate

Route Educators. This is a historic event! I have summarized the work of each sub-committee below:

Practice Sub-committee (PS):

Membership consists of the following: Shannon Lengerich, Sharon Chaiklin, Judith Fischer, Laurel Thompson, Elizabeth McNamara, Vicky Wilder (newly elected sub-committee chair), and Susie Imus (outgoing sub-committee chair).

Vicky Wilder was elected PS chair. Congrats Vicky! Beth McNamara was elected to represent the PS on the Education Revisions Task Force. Congrats Beth!

Susie, Sharon, and Leslie Armenoix were charged by the Board of Directors (BOD) to create the Scope of Practice for our organization one year ago. Thanks to Susie's persistence, Sharon's wisdom, and Leslie's past efforts from 2001, the Scope of Practice has been approved by the BOD! Congrats to all for their

efforts. This information will soon be available for our membership via the website.

Thank you to the committee and especially new chair, Vicky Wilder, for assisting the PR committee in editing the ADTA Talks, which were filmed for our new U-Tube channel at the Lynn Redgrave Theatre in Manhattan on Oct. 24.

Laurel Thompson will serve as the PS's electronic media representative. The PS is hoping to stay in touch with our membership regarding any practice issues that may emerge. Laurel will monitor all ADTA electronic communication and work with chair, Vicky, to develop a presence on the ADTA website. Look for us in the near future.

The PS also discussed presenting a workshop at the ADTA conference every other year on practice related issues, including topics such as private practice and new fields of practice. We will formally invite our PR committee to attend and develop media around our presentations. We are committed to raising awareness of new fields of practice for membership job procurement. This is in line with the 2014 strategic plan.

Approved Degree Program Educators Sub-committee (ADPES):

The following approved degree programs were in attendance: Antioch University, Columbia College Chicago, Drexel University, Lesley University, The

Board Reports: ERP Committee Continued...

Pratt Institute, and Naropa University. Sarah Lawrence College (candidacy for approval status) was also in attendance.

We had a very large number of educators in attendance from each school listed above. An electronic survey regarding educational program statistics had been circulated in advance of the meeting. This survey also requested agenda items for the meeting. Many topics were briefly covered with a good deal of attention focused on the role of research in our MA programs and doctorate education in the field of dance/movement therapy.

Doctorate programs at both Lesley and Drexel are research degrees. Drexel University representative, Sherry Goodill, was in attendance. Lesley University had MA representation only, due to conflicting pre-conference workshops. Nevertheless, MA remains the terminal practice degree for our field. Research courses are required in every MA program according to our Educational Standards for Approved Programs. Thesis requirements vary per school.

A task force is being formed through the Approval Committee to revise educational standards. Nancy Beardall will represent the ADPES on this committee.

The ADPE Sub-Committee met jointly with the newly formed Alternate Route Educators Sub-Committee to discuss electronic education. We had over 40 educators meeting jointly to discuss the future needs of our students. It was an amazing sight to behold (see photo).

Alternate Route Educators Sub-committee (ARES):

Twenty-four educators attended the Brooklyn meeting from all over the U.S. We began as previously indicated by discussing the need for electronic delivery of education with the APDES.

Many successful stories were shared, despite the concern of many educators over the seemingly impersonal nature of video communication. The conclusion is that electronic delivery methods are here to stay. Antioch University is delivering psychology courses online; Lesley is beginning a low residency program; ARES are having wonderful results, as reported by Suzi Tortora and Dani Fraenkel.

Alternate Route educators began the growing pains of formal organization. The passion for this work was palpable in the room. As prescribed by the BOD, the ARES includes all interested Alternate Route educators. The sub-committee will be organized by having a Core Team who will call the meetings and report to the ERP chair. The core team is selected from the following sub-committees: Alternate Route educators work group, Approval Committee, Dance/Movement Therapy Certification Board (DMTCB), ARE, ADPE, and a former Alternate Route (AR) student.



Above: Educators meet to discuss electronic education

The core team of the ARES is as follows: Barbara Nordstrom Loeb, chair (work group), Bonnie Bernstein (ARES), Linni Diehl (DMTCB), Nana Koch (Approval), Thania Acaron (Former AR student), and Ellen Schelly Hill (ADPES).

Many agenda items were briefly discussed. AR educators were asked for their patience until the Core team can get organized. The BOD is requiring that the AR work group complete their FAQs and advising guide before the Core Team of the ARES formally

moves into action. If there are any issues needing immediate attention please contact ERP chair, Susie Imus at: imusdance@gmail.com.

The Core Team will work under the guidance of the ERP chair and the BOD to develop their subcommittee objectives and goals along with the specifics of term of office. These positions will be

Board Reports: ERP Committee Continued...

rotating, so many AR educators will have the opportunity to serve.

Joan Wittig was selected as the representative to the Education Standards Revision Task Force from the ARES.

Research Sub-committee (RS):

Membership consists of the following: Laura Downey (sub-committee chair), Lenore Hervey, Robin Cruz, Cynthia Berrol, and Susie Imus. Also in attendance was Sondra Malling, an interested new member of the RS.

We had 26 posters at the ADTA Research and Thesis Poster Session in Brooklyn. All posters were professionally printed bringing us up to date with other professional poster sessions. Congratulations to all presenters for outstanding work, and thank you for

sharing your work with us in this venue. Thank you to all who attended.

We are working on revamping the Research Award for 2014 and look forward to sharing details with the membership once they are finalized.

Robyn Cruz will represent the RS on the Revised Education Standards Task Force with consultancy by Laura Downey.

We are working on updating our webpages, including updated sources and committee member contact lists. In the meantime, if you are interested in research consulting or have questions about research in dance/movement therapy, please contact the Research Subcommittee Chair Laura Downey at Lmdowney@hotmail.com.

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Board Reports: Standards & Ethics Committee (S&E)

Ellen Schelly Hill, MMT, BC-DMT, NCC, LPC, ADTA S&E Committee Chair



I continue to reflect on the wonderful event of the ADTA conference in Brooklyn in October. The conference allowed me to stoke my professional competence in the company of more than 550 other conference participants.

Competence is central to the fundamental ethical principles of non-maleficence and beneficence, which respectively involve avoiding harm and actively doing well in our relationships with clients. It includes practice competence, supported at the conference by my educative participation in outstanding conference workshops, panels, lectures, and poster session conversations; multicultural competence, facilitated by workshop discussions with a more richly diverse ADTA membership than in conferences past, specific multicultural events sponsored by the Multicultural and Diversity Committee, and attention to multicultural considerations by many workshop presenters; and personal competence, a well being that allows full presence in the work of therapy, replenished as I sat and clapped in audience to the inspirational opening dance performances, engaged in warm and lively connections with colleagues, and joined the collective dance of the Saturday night banquet and Sunday morning Movement Choir. “Doing the right

thing” never felt so good. The conference gave those of us fortunate to participate a return to our work with renewed resources and spirits. I only wish more ADTA members were able to participate in the conference each year.

The conference provided the occasion for Standards and Ethics participation in productive dialogue and action in ADTA Board meetings, face-to-face time with some S & E committee members previously known only to one another through Skype, and the offering of a pre-conference intensive, exploring multicultural and ethical considerations in the use of touch in DMT, co-presented with S & E Committee member and Multicultural and Diversity Committee chair, Angela Tatum Fairfax.

The S & E committee continues Code and Standards revision. We’re aiming to have a draft of the document to present to the membership at the conference in Chicago next fall.

I send to you all, a New Year’s wish of creative and competent practice in the year ahead, especially as fueled by your attention to personal and professional replenishment.

Board Reports: Public Relations Committee (PR)

Lora Wilson Mau, MA, BC-DMT, ADTA PR Committee Chair



What an exciting year 2013 has been! The many members of the Public Relations Committee (PR) Committee have worked diligently on numerous projects over the past twelve months to improve brand awareness and to advocate and

educate about dance/movement therapy throughout the social media sphere – communicating to the world all the amazing work that YOU are doing. Most recently, the conference in NY saw the launch of four projects that had been in the works for many months: the premier of the One Billion Rising video mash-up and photo slideshow (soon to be

permanently housed on an ADTA YouTube channel), the filming of the ADTA Talks, and the launch of the official ADTA Pinterest account!

If you peruse www.pinterest.com/ADTAORG/ you will discover boards dedicated to dance/movement therapy, inspiring dance quotes, dance/movement therapy in the news, the creative arts therapies and domestic violence and abuse. The Pinterest sub-committee, led by Brianna Martin, will continue to develop this site, adding new boards and pins each month. You can contribute to this PR campaign by pinning and sharing those images across your own social media accounts. (If you are a Pinterest junkie

Board Reports: PR Committee Continued...

and/or love working with images, the Pinterest sub-committee would love to have you join their ranks. Email Brianna at bmartin2@antioch.edu for further info!)

2014 promises to be even more exciting as ADTA moves forward with plans to create an official YouTube channel, a blog, and a more honed/targeted presence on Facebook. All of the social media platforms will be used to cross promote one another and expand the reach of our public relations materials, chief of which will be the series of ADTA Talks that were recently filmed in conjunction with the conference in Brooklyn. (See side post on "ADTA Talks"). Look for announcements in 2014 as each of these additional platforms are developed and launched.

My heart is full of gratitude to the invaluable members of the PR Committee for their tremendous contributions over the past year. The accomplishments of the past year could not have been achieved without their committed involvement. Please join me in thanking them for their continued

service and dedication to promoting our beloved profession.



Above: Members of the PR Committee

Social Media Subcommittee Leaders:

Alice Garfias (Twitter & YouTube)
Brianna Martin (Pinterest)
Brigitta White (LinkedIn)
Ande Welling (Blog)

Additional committee members:

Melinda Malher-Moran, Sara Van Koningsveld, Jennifer Giuglianotti, Pattee Russell-Curry, Erica Hornthal, Angie Giordano-Adams, Cara Arcuri, Karen Linafelter, Nicole Stackpole, and Elizabeth Damon.

There is always room for more committee members! We can

accomplish more, faster with many hands on deck. If you have even five hours to spare at some point this year, consider volunteering for the PR Committee. We can definitely use your energy – no contribution is too small! Please contact me at lorawilsonmau@mac.com and together we will find the perfect use of your time. Here's to a productive, rewarding and successful 2014!

Board Reports: Approval Committee

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



The Committee on Approval held a closed meeting at the conference in Brooklyn during which we said goodbye and extended our gratitude to Eri Millrod and welcomed Valerie Blanc as our new supervisor representative. 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). Our next meeting will be in Boston on March 15th where we will review annual reports from each of the six approved programs. We will also begin the review and revision process of the

standards as we move toward more competency-based standards. We share this charge with a work group of the Board of Directors, which is currently being created.

Please note the new application fees for the approval of academic programs, which were unanimously approved by the ADTA Board. The increase is drastic due to the fact that we have not increased fees in the last several years. This increase will align the ADTA with other allied accrediting organizations and continue to advance the credibility of our field. Moving forward we will regularly examine the fee

Board Reports: Approval Committee Continued...

structure so that future increases are less dramatic. Application for candidacy is now \$1250, application for six year approval is \$1000, application for 3 year approval is \$750, and annual reports are now \$300.

Nana Sue Koch (Chair), Shira Karman, Janet Lester, and Barbara Nordstrom-Loeb serve on the Subcommittee for Approval of Alternate Route Courses (SAARC). Please refer to the ADTA website for recent changes to the Policy and Procedure for ADTA Review and Approval of a Course for Alternate Route R-DMT Training, where committee structure and member responsibilities have been further detailed as has the course review and approval procedure. Please note that after

courses are approved instructors must be mindful that, if they make substantial syllabus changes, they must re-submit the course for approval along with a \$25 fee. In this regard, substantial syllabus changes are defined as changes beyond updating and refining the course and include a change in any or all of the following: course focus or objective; format (e.g. from in-person to partially or fully on-line or visa versa); hour allocation; or a collapse of this course into another.

Coming soon from SAARC is an integrated document of R-DMT alternate route course information, which will include standards, guidelines, forms, processes, and procedures.

Below is a list of Alternate Route Approved Courses from April 2013 to October 2013:

The Movement Psychodiagnostic Inventory (3 credits)
Martha Davis, Mimi Berger, & Dianne Dulicai
Harkness Dance Center 92nd Street Y, NYC

Dance/Movement Therapy Theory and Practice: Part 1 (2 credits)
Nana Koch
Vidaza, San Jose, Costa Rica

Dance/Movement Therapy Theory and Practice: Part 1 (1.5 credits)
Nana Koch
Beijing Apollo Education and Consulting, Beijing, China

Dance/Movement Therapy Theory and Practice: Part 2 (2 credits)
Nana Koch
Vidaza, San Jose, Costa Rica

Writing Theory, Documentation and Treatment Plans (2 credits)
Danielle Fraenkel
Kinnections, Rochester, NY

Dance/Movement Therapy II-Theory and Practice: The Dance of Relationships (2 credits)
Barbara Nordstrom-Loeb and Paul Sevett
University of Minnesota, Twin Cities, Integrated Behavioral Health



Board Reports: Government Affairs Committee (GAC)

Allison Winters, MA, MS, BC-DMT, LCAT, RYT, ADTA GAC Chair



Happy holidays ADTA community! I am happy to greet you as your new Government Affairs Committee (GAC) Chair. I have enjoyed participating on GAC as the Western Region

Representative since 2010. During this time I have also worked for the Department of Defense providing dance/movement therapy to active duty military with substance abuse and other psychological disorders at the Naval Medical Center in San Diego, CA. I have exceptional dancing shoes to fill as Corinna Brown completes her term as chair. It is my honor and privilege to enter this new role and I am grateful to have had her as an example for the past 3 years that I served on GAC. I am happy to say that Corinna will continue to serve on GAC as we move into the New Year. Thank you Corinna! Robyne Davis and Ellen Yacoe will continue their service on GAC and we welcome Norlyn Asprec and Angela Wiley as our newest members. Myrna Mandlawitz is staying on as our policy consultant and President Sherry Goodill continues to provide GAC with guidance and support. GAC is always open to your thoughts, opinions, ideas, and questions. If you would like to be involved in any way, no matter how small, please don't hesitate to contact us. We welcome your participation.

It is an exciting time in government affairs for the ADTA. As mentioned at the breakfast business meeting during the conference in Brooklyn this past October, GAC continues to maintain involvement with The National Initiative for Arts & Health in the

Military. We attended the summit at Walter Reed Military Medical Center last April and plan to continue our participation in these efforts. In November of this year in Washington, DC, Vice President Jody Wager and GAC member Ellen Yacoe attended a Congressional briefing on the initiative hosted by Americans for the Arts. Jody and Ellen reconnected with Commander Moira Maguire, who facilitated last Spring's military summit at Walter Reed, as well as Roman Baca, former Marine and Artistic Director of the Exit 12 Dance Company. Jody had the opportunity to speak at the briefing and reiterated the ADTA's commitment to the Arts and Health in the Military Initiative. We look forward to moving forward with Americans for the Arts and Walter Reed in this initiative and supporting our veterans and military service men and women.

Save the date! Once again, ADTA will participate in Arts Advocacy Day in Washington, DC. It is an important time every year for the ADTA as it provides us with an opportunity for our voices to be heard directly by government representatives. The dates for the upcoming event are March 24-25, 2014. Please contact GAC if you would like to get involved. We hope to see you on The Hill!

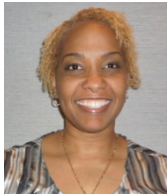
I wish you all a safe, happy, and healthy holiday season. Stay in touch by posting your questions and sharing your thoughts on the ADTA Public Advocacy forum at www.adta.org/Forum. We look forward to hearing from you!



www.artsusa.org/aad/

Board Reports: Multicultural & Diversity Committee (MDC)

Angela Tatum Fairfax, PhD, LPC, BC-DMT, NCC, ADTA MDC Chair



What an amazing 2013 conference experience we had in Brooklyn, NY!!!! As always, the Multicultural and Diversity Committee (MDC) was in full swing with new and exciting contributions and cultural dance expressions to tantalize body, mind, and spirit.

This year we sponsored *The Bridge* room as a space to share multicultural dances, cultural dance history, and experiential learning. *The Bridge* was utilized as a transcultural community practice room designed to promote awareness of multicultural competency during the conference and reduce the barriers to diversity within the dance/movement therapy field. The room was available each day of the conference and operated in an open format allowing attendees to drop in at their convenience and focus on the following themes:

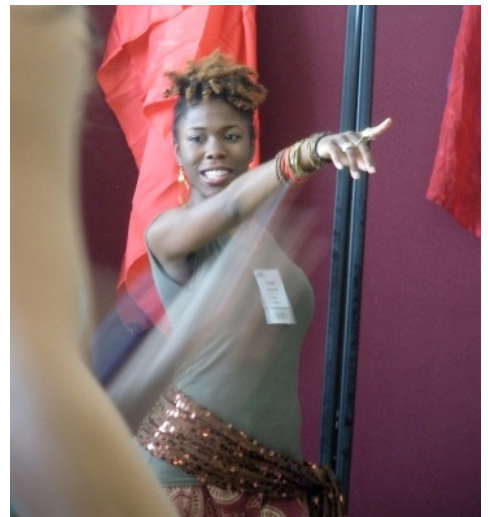
- Exploring **assumptions** about cultural competence,
- Promoting **awareness** of personal barriers that impede professional and organizational multiculturalism,
- **Skill building** for culturally specific practice, and
- Gathering **knowledge** of multicultural/cross-cultural best practice models.

We are truly thankful for all of the creative and talented facilitators who so graciously shared their personal cultural dances with us. We enjoyed Umfundalai Dance (Lindsay Howard), African Bellydance (Gaia & Pure Onyx Movement Dance Company), Yoruban Orisha Dance (Afia Bogan-El), Thai Classical and Folk Dance (Warin Tepayeyone), Afro-Puerto Rican Bomba Dance (Maria “Mara” Rivera), Korean Hand Drum Dance (Minjung Shim), and Traditional Irish Step Dance (Paige Draper). We received tremendous positive feedback from participants and thank all who made this endeavor a huge success!

For the past four years, the MDC has awarded a conference scholarship funded by the ticket sales of the banquet raffle and we express heartfelt gratitude

to all who contributed to this worthy cause. This year, as in years past, we received some very strong, dynamic applications and the selection process was not easy. A special highlight of the conference was meeting and welcoming our 2013 MDC Conference Scholarship recipient, Nancy Herard-Marshall. Check out an excerpt from Nancy’s application to get a sense of how her cultural identity informs her work.

“My Personal Identity Dimensions have significantly affected and molded my dance experience, my training and my movement repertoire. As a Haitian-American woman, I grew up very aware of my heritage and culture in which dance plays a very important role. My father was an extremely proud Haitian man that spared no time teaching us our history with pride. As a certificate student at the Alvin Ailey Dance Center,



Above: ADTA conference attendee participates in ‘The Bridge’

I recall being told by the white male ballet instructor that my posterior was too large for ballet. I was constantly told to “tuck it in.” Although I did so until it actually hurt, I was never “tucked in” enough to his liking. It was around this time, even while studying at this predominately black institution, I realized I needed to concentrate on a dance form that respected and honored my physical being. I eventually realized that the Haitian folklore dances I practiced for fun as child with my father had value in the dance world. Additionally, I learned about Katherine Dunham and her studies as a dancer/anthropologist in Haiti and I began training with those she danced with such as the late Lavinia Williams. Thus I began my journey as a professional

Board Reports: MDC Continued...

Haitian Folklore dancer. Body part isolations are rich in these dances. For example, Ibo movements emphasize the chest, the hypnotic undulating rolls of the Yanvalou movements emphasizing the spine, shoulders and arms. These movements as well as others in the technique have significantly affected my movement repertoire across the board and into other techniques such as modern dance, not to mention my gait and how I carry myself as an individual.

Vodou is a belief system that completely integrates body, mind and spirit. One of my deep interests is to explore dance/movement therapy within the context of Haitian Vodou by working in the Haitian and Haitian/American communities. However, while I



Above: ADTA conference attendee participates in 'The Bridge'

have a deep respect and love for the dances born out of the Vodou religion, I am not practitioner of Vodou. This has caused a challenge in how I interact with fellow dancers who are practitioners in the Haitian dance community during rituals at ceremonial events.

Navigating the balance in remaining faithful to my Christian beliefs while engaging in movements that may otherwise be considered worshiping the Gods and Goddesses of

Below: ADTA conference attendees participate in 'The Bridge'



Vodou has been a significant challenge that I have only recently understood how to balance successfully.

This is my first year as a DMT grad student. I have noticed a lack of students and instructors of color within this program, as well as theories being geared towards western ideas of movement. My hope is that with the growth of the field and groups like MDC, this will change significantly. However, I do feel that the diversity I bring to the graduate program has been enthusiastically accepted.

During one session in the practicum, I found myself having to explain my hair after one of the children ran up and put her hands into my locs (dreadlocks as some might refer to them) without asking first and said it felt like string. I was in a predominately white area out of NY so many of these young children were quite curious and all began to put their hands in my hair. We discussed different hair textures and then I quickly turned it into our movement portion of the session. "Let's shake our heads to see how it makes our hair move" etc..."



Board Reports: Members-at-Large (MAL)

Amber E. L. Gray, MA, BC-DMT, NCC, LPC, LPCC, ADTA Western Region MAL

Crystal Smith, MA, BC-DMT, LCPC, ADTA Central Region MAL

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



For those of you who attended the National Conference in Brooklyn and the regional caucuses, the MALs would like to thank members for sharing their “Kodak moments” and for being interested and involved in their region’s highlights. The chapters have much to offer members such as hosting networking and social gatherings, offering a lending library, leading community movement sessions to aid in healing post-Hurricane Sandy, and creating wonderful

opportunities for continuing education just to name a few. Besides the regional caucuses, the MALs hosted a chapter Board leaders meeting on October 25th. We were happy to engage in a spirited dialogue for the 14 hard-working volunteers who attended. Many chapter boards have been busy behind the scenes centralizing documents and important financial records. Meghan Dempsey, Treasurer of the ADTA, was available to answer questions. Don’t worry if you weren’t able to attend the conference here’s a rundown of some of the topics brought to the attention of the MALs that you might have missed:

- 1) Licensure issues
- 2) Affordable Care Act and how it may affect DMTs
- 3) Increasing Integration of body-Based and somatically-oriented psychotherapy into mainstream psychotherapy
- 4) Alternate Route issues
- 5) Chapter succession planning and leadership transition

Our next chapter board leadership conference call will be January 13th, where we will continue discussing how social media and other web technologies can help bring members together.

If any of these issues interest you or if you have any other concerns, contact your MAL, get involved in your chapter and keep the conversation going!

The MALs would like to congratulate C. Vonie Stillson and the founders of the Southern Chapter, who successfully petitioned the ADTA to form a chapter which will include the states of Louisiana, Arkansas, Mississippi, Alabama, Georgia, Tennessee, and Florida.

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: From the ADTA Office

Gloria Farrow, BS, ADTA Operations Director



2013 ADTA Conference If you were not able to attend this energizing conference, the office has a few 2013 Conference Proceedings left. They are \$25 including postage; just send a check to the office, call (410-997-4040) with your credit card, or order online.

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.

www.adta.org/Related_Links

Update/change your membership information:

Click on “View Profile” below your name in the lower left hand corner of your screen.

Upcoming dates to remember:

February 15, 2014 Nominations for Open Positions to the Board of Directors are due.

February 15, 2014 Proposals for Conference Presentations are due.

Questions about **Continuing Education (CEs)** can be answered at our ADTA website 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** 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**? Several new items are available. To receive member

discounts, log in as a member first.

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 - 2014, 96% of ADTA dues and donations are deductible, either as unreimbursed employee expenses or as a 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.

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Use this link www.adta.org/ to shop Amazon and ADTA automatically receives a percentage of what you spend! Start shopping and share this link with all your friends and relatives.

Mark your calendar now – November 6-9, 2014 is the ADTA’s 49th Annual Conference at the Hyatt Regency McCormick Place, Chicago, Illinois.

Planning ahead – October 22-25, 2015 50th ADTA Annual Conference in San Diego, California at the Hyatt Regency La Jolla.

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

Is ADTA one of your friends on Facebook?

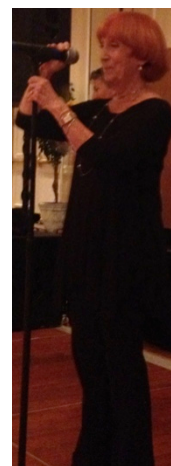
www.facebook.com/groups/2209175161/

Conference Reflections from Brooklyn, NY

Award Recipients 2013

ADTA Recognition Award recipients are nominated by ADTA members and the Board of Directors to acknowledge outstanding contributions to the profession of dance/movement therapy and the ADTA. The following are the 2013 award recipients:

Lifetime Achievement Award: *Susan Kleinman*
Excellence in Education Award: *Sabine Koch*
Leader of Tomorrow Award: *Ande Welling*
Outstanding Achievement Award: *Laura Downey Novak*
Exceptional Service Award-International: *Alicia (Alice) Garfias*
Exceptional Service Award-National: *Donna Newman-Bluestein*
Exceptional Service Award-Local: *Pattee Russell-Curry*
President's Award: *Gloria Farrow*



Accepting their awards (above from left): ADTA President Sherry Goodill & Sabine Koch; Gloria Farrow; ADTA President Sherry Goodill & Alice Garfias; Susan Kleinman

Award Thanks

Susan Kleinman

I would like to thank the ADTA Board of Directors for recognizing me with the very special ADTA Lifetime Achievement award. How fortunate I have been to have met such innovators and creators who became colleagues, then friends and collaborators, as we joined together to try to articulate, practice and advance what is now known as the profession of dance/movement therapy.

Over the years, our numbers have increased, our leadership has assumed new directions, while also

building upon the foundation that was created, and our belief in dance/movement therapy as a healing art has remained intact.

I am reminded each day, through my own clinical practice, of the power of the dance/movement therapy process. As we all forge ahead to continue our growth, I look forward to being a part of what happens next as a profession. I am grateful for this honor, this recognition, and most of all for the privilege of being a part of this profession.

Conference Reflections from Brooklyn, NY

A Conference of "Firsts"

Jody Wager



In 1974, I attended my very first dance/movement therapy conference. I was a junior at SUNY Buffalo, where I had been studying to become an Occupational Therapist, until the day I walked into the Cantalician Center in downtown Buffalo ... a school for autistic children ... and my life was turned around! I had heard about a woman who called herself a dance/movement therapist and I wanted to see what this was all about. I had been taking dance classes to balance out the dry and heady curriculum of the OT program. Quite frankly, I was feeling bored and uninspired. Within the first 15 minutes, I knew I had found my calling ... and it wasn't occupational therapy! Almost immediately I began the frantic research ... what is dance/movement therapy and where do I go to study it. Fortunately for me, the Conference that year was held in New York City and because that was my hometown, it was easy enough to get to. I wandered around, from session to session, with eyes wide open, soaking it all in. To this day I can still recall, in body and in mind, the excitement and energy of that weekend. The rest, as they say, is history.

So as I sit at my computer tonight, having decided to dedicate this article to our most recent conference in NYC, it is ironic that it has been almost 40 years since my entry into the field of dance/movement therapy and that my entry was by way of a NYC conference. And just as I could recall the energy of that weekend, so do I recall the remarkable vibrancy of this past conference. It has continued to fuel my days and inspire me at work. I often feel I do some of my best and most creative work during the time immediately following a conference. I find that I take home a little bit of everyone I come in contact with and I incorporate the new material along with the delicious moments of connection with old friends

and new. Together, this rejuvenates me and awakens within me the spirit of dance/movement therapy.

I want to once again publically thank everyone that worked to make this year's conference so successful. I believe it was the largest conference yet! First and foremost, thank you to Gloria ... she is truly the choreographer of this dance! And thank you to Renee for her help both behind the scenes in the days leading up to the conference and her time on site helping to keep things flowing smoothly. Thank you to all the performers, presenters, vendors, volunteers, and attendees. Thank you for so generously sharing of your work and yourselves. I am eager to read through all the evaluations and to glean from them your recommendations for how to make the conference even better.

There were many firsts this year of which I am extremely proud. The 'ADTA Talks', thanks to the innovation and direction of Lora Wilson Mau and the outstanding PR Committee, was a huge success. I can't wait to see what develops from this project.



Above: Participants of first 'Day of Service'

Stay tuned! Our first 'Day of Service' event was also a huge hit, both with the volunteer dance/movement therapists as well as the clients and agencies with whom we worked. Thank you to Kimberlee Bow, Sabrina Washington, and Alexandria D'Aurio for joining me in bringing dance/movement therapy to two locations in Brooklyn that have never experienced dance/movement therapy before. Upon leaving each site, we were met with questions

about when we would be back. I am pleased to share that already connections have been made between the Pratt dance/movement therapy program and Brooklyn Community Services. It is our intention that the 'Day of Service' will become an ongoing tradition during the conference, where we will continue to introduce dance/movement therapy to locations within the host

Conference Reflections from Brooklyn, NY


A Conference of "Firsts" Continued...

city that currently do not provide it. Another first was the Multicultural and Diversity Committee's 'Bridge Room'...a space created for the sharing of cultural dance, movement, and dialogue. Thank you to the many members of the committee who oversaw the operation of this room and managed its very full and interactive schedule.

There are way too many highlights for me to recognize here in this forum, from the powerful performances that opened our conference to the heartwarming closing of the movement choir, where we honored one another and specifically our newly credentialed colleagues. Thank you to the Marian Chace Foundation and to Fern Levy for her thoughtful presentation. Thank you to the members of the International Panel for sharing your personal journeys and dance with us. Thank you to all the researchers for sharing your studies with us. And what about that band and dance???? I personally loved getting to dance the 'One Billion Rising' choreography with all of you. Kudos to the members of the PR committee that created both the photo collage and video montage ... they were brilliant! And even though it was a difficult choice to make, I loved having the opportunity to attend the 'Friday Night at the Movies'.

I am certain that you all left this year's conference with your own assortment of memories and highlights ... those moments that, when you think of them later, will bring a smile to your face or a flutter to your heart. I will close by sharing my hope that the flame of this year's conference continues to live on in each of you and that you continue to feel supported, encouraged, recharged, validated, and empowered by this experience. May you hold on to all that you received and bring it with you wherever you go. For those of you reading this message that were unable to be with us this year, it is my hope to see you next year in Chicago.

Until then ... keep sharing the dance!



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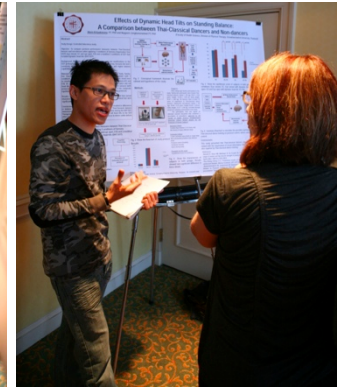
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Conference Reflections from Brooklyn, NY

ADTA's 48th Annual Conference in Pictures



Conference Reflections from Brooklyn, NY

Japan Recognizes Sharon Chaiklin

Submitted by Yukari Sakiyama



Above: Sharon Chaiklin & Yukari Sakiyama

The Japan Dance Therapy Association (JADTA) is pleased to recognize JADTA supervisor Sharon Chaiklin for her valuable contributions and support of the development of dance therapy in Japan and for her continuing generosity to our members over the past two decades. She received the *Tadashi UMEDA Award* on October 24, 2013 at the ADTA Annual Conference from JADTA Vice President Yukiko Ohnuma.

Chapter Reports

Pennsylvania Chapter

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

The PA Chapter Board and membership have been flexing their creative muscles by being proactive in leadership, community, and government affairs. The first order of business was to officially elect Angela Tatum Fairfax as the Chapter President. Congratulations!!!!

In this role, Angela's first call to action was to plan and facilitate a "Professional Profiles" panel discussion to introduce members of the Chapter Board to the first and second year students in the Dance/Movement Therapy program at Drexel University. It was a great time of sharing and exploring how one navigates and transitions from student to professional, communicating the benefits of connecting to the ADTA on a local and national level, and providing insight to the students questions.

We then partnered with the Drexel University Dance/Movement Therapy and Dance programs to present the Stuart Pimsler Dance Company for a workshop regarding community based healing. This 2-hour workshop introduced the Stuart Pimsler Dance and Theater (SPDT) method which involves elicitation of participant stories and translation into dance form, as practiced by the company in educational, community, and arts in healthcare contexts. Members of the company presented the SPDT creative process through a combination of

verbal presentation, video clips of company work, and experiential work with workshop participants. Not only was the workshop relevant to the work we do as DMTs but was also an opportunity to reconnect with movement as a healing force in our own self-care.

Lastly, the chapter voted to maintain representative membership in the Pennsylvania Counseling Association (PCA) by sponsoring Elizabeth McNamara who serves as Government Affairs Liaison. Elizabeth attended the 45th Annual PCA Conference in November, representing the PA Chapter of the ADTA. The conference, entitled "Efficacy and Advocacy: Advancing the Profession of Counseling in Pennsylvania," was held in State College, PA and focused specifically on improving counseling outcomes as well as supporting and advancing counseling at the local, state, and national levels. As the Chapter's Government Affairs Liaison, Elizabeth was especially interested in exploring licensure issues (particularly as they relate to DMTs and the process of applying for the LPC) and current legislative happenings in PA as it is crucial that DMTs be in the know regarding this agenda. To this end, Elizabeth joined the PCA's Government Relations Committee and will be attending a PA Licensure Board meeting in Harrisburg in the new year.

Marian Chace Foundation

Trustees:

Sharon Chaiklin, President

Ann Lohn, Treasurer

Jane Wilson Cathcart, Secretary

Susan Kleinman, Outreach & Development



The Marian Chace Lecture was presented by Fran J. Levy at the ADTA conference in Brooklyn. It was well received by the large audience attending who also received the newest bookmark of a quote by a

member chosen by last year's author. As always, the lecture will be available in an upcoming issue of the American Journal of Dance Therapy along with the introduction given by Jane Wilson Cathcart.

Remember that grant proposals are due by February 15th. Information regarding submission may be found in the Marian Chace section of the ADTA web site.

Each year the trustees of the Marian Chace Foundation seek to award a prize for Journalism for an article accepted and published in the American

Journal of Dance Therapy based upon either a re-written thesis or research or theoretical paper produced for graduation within five years of graduation. The author chosen each year will receive recognition at the ADTA conference and receive an honorarium of \$100. When submitting an article to the Journal, state the desire to be considered for the Marian Chace Award for Journalism.

The trustees thank all those who donated funds after the Lecture in Brooklyn. A total of \$2,211 was generously given to the Foundation. We also wish to thank Kira Stein and her work in initiating and organizing a dance evening at which she collected \$473 for the purpose of research into mood/anxiety disorders. People have continued to remember our purpose and additional donations were received after the conference. Some donations were anonymous and we thank those individuals as well as the following:

Donations received September 1st through November 30th

FRIENDS (up to \$36)

- Anonymous
- Nitza Broide-Miller
- Emily Day – *in memory of Grazia Day*
- Ashley Erb
- Laia Jorba-Galdos
- Mary T. King-Linares
- Warin Kritiyakiarana
- Annie Olin – *in memory of Roberta Shlasko*
- Lucille Ormay – *in memory of Marian Chace*
- Adina Rosenberg – *in honor of Gayle Gates, a wonderful educator that I feel most lucky to have played with*
- Marcel Zobel

SUPPORTER (\$36 - \$99)

- Anonymous
- Sandy Dibbell-Hope – *with my continuing gratitude*
- Diane Duggan – *in honor of Claire Schmais and Elissa White*

Marian Chace Foundation

Donations Continued...

SUPPORTER (\$36 - \$99)

- Yeva Feldman – *to my great teachers at Hunter – Claire, Elissa, and Nana...you continue to inspire me*
- Marylee Hardenbergh
- Ellen Schelly Hill
- Susan Kierr
- Judith Klein – *in memory of, and with thanks, to Liljan Espenak and Elizabeth Polk, two of our great dance/movement therapy pioneers*
- Julie Miller – *in memory of Sammy*
- Valerie Perdue – *in honor of Elissa Queyquep White for teaching me the Chace Method*
- Susan Sandel
- Luanne Sberna – *in memory of Teresa Martine*
- Paul Thompson – *G.E. Matching Grant earmarked The Moving Child film project*
- Elissa White – *in honor of Robert White*

PARTNER (\$100 - \$499)

- Miriam Roskin Berger – *in memory of Gunilla Sempler-Larsson and Bobbie Shlasko*
- Ted Ehrhardt
- Barbara Busse – *in honor of my sister, Ortrude White, who keeps on dancing through her Alzheimer's Journey*
- Gloria Farrow – *in memory of my Mother and her love of dance*
- Elizabeth Hagerman – *in memory of Sherrill Berryman Johnson, PhD*
- Lenore Hervey
- Christine Hopkins – *great MCF Lecture at the conference; so humble and clinically-focused; it was a treat!*
- Virginia Klein – *for Leah and Sidney*
- Nana Sue Koch – *in honor of Elissa White and Claire Schmais*
- Rena Kornblum
- Mimi Moyer
- Shira Musicant – *in memory of Anne Musicant*
- Nikki Oddivak
- Nancy Schulman – *in honor of Dr. Fran Levy*
- Kira Stein – *this donation is toward mood/anxiety disorder research in honor of the blues dancing community*
- Sally Totenbier – *in memory of Dr. William Sharkan, beloved uncle, mentor, educator and advocate for those in need*

PATRON LEVEL (\$500 - \$999)

- Kimberly Dye

CHACE CIRCLE (\$1,000 and up)

- Joan & Ira Berkowitz
- Onan Family Foundation – *earmarked 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 new Registered-Dance/Movement Therapists (R-DMTs) registered September 1 through November 30, 2013.

Rose Amanin
Louise Binette
Rachel Brammer-Shlay
Jenny Cobuzzi
Cheryl Delaney
Jean Alfred Dorvil
Melissa A. Driscoll
Maria Gismondi
Lysa Monique Jenkins-Hayden
Robin Dawn Klasson
Becka D. Lazur
Beth Leeper
Brianna Martin

Julia Rose Marx
Meghan Murphy-Sanchez
Darcilyn Nelsen
Anginese Davine Phillips
Laura Pierce
Emily Rose
Elizabeth Grace Saccenti
Ahide Carolina Saenz
Jessica Sittig
Allison Steele
Kristen Taylor
Sabrina Marie Washington
Kate Rouleau Wojnas

ADTA Voluntary Contributions

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

Donations received between September 1st and November 30th 2013

Minh Buh
Nancy Jo Cardillo
Beverly Carinus
Jean Alfred Dorvil
Deborah McElkenny
Autumn Gillmore

Orit Janco-Golan
Wendy Huber
Nicholette Odlivak
Linalynn Schmelzer
Kaitlin Williams
Jennifer Wowk



From the Professional DMT Community

ADTA at Expressive Therapies Summit

Congratulations to ADTA members who presented in the Expressive Therapies Summit in New York City in November!

Cathy Appel
Jackie Ashley
Corinna Brown
Sherry Goodill
Amber E.L. Gray
Dassie Hoffman
Tomoyo Kawano

Mimi Moyer
Donna Newman-Bluestein
Maria "Mara" Rivera
Andree Schillesci
Minjung Shim
Warin Tepayayone
Suzi Tortora

Dance/Movement Therapy with TAPS Good Grief Camp for Young Survivors

Brigitta White, MS, R-DMT

For the last two years, dance/movement therapists have been involved in supporting grieving children of military families with the Trauma Assistance Program for Survivors (TAPS) annual Good Grief Camp in Arlington, Virginia. Dance/movement therapists provide group dance therapy in a co-leading format to approximately 20 children in a single group. The number of DMTs grew from four to seven in the two years of participation, doubling the amount of children provided group treatment. In 2012, two groups of approximately 20 children were facilitated and in 2013 four groups were accomplished. In 2014, the goal is to serve eight groups of children. But what is TAPS and how did dance/movement therapy get involved with the population?

The mission for the Good Grief Camp is sited below (<http://www.taps.org/Seminars/2014/National/>):

TAPS Good Grief Camp for children and teens provides a safe and supportive atmosphere to conduct activities and opportunities to learn coping skills, establish and identify support systems and create awareness that they are not alone in the grief of their loved one. Children and teens meet others of their own age group to share and learn, together.

Counselors and therapists from across the nation volunteer their service for this annual grief camp held

over Memorial Day Weekend. Initially in 2012, one of the volunteer counselors reached out to the ADTA office looking to include dance therapy on the children's therapy group roster offered at the camp. A handful of local VA-DC-MD dance/movement therapists responded to the inquiry, and this writer volunteered to organize and coordinate with the other dance/movement therapists.

In personal communication, the aforementioned counselor expressed her strong belief in the power of dance therapy from personal experience. She disclosed that she had suffered loss and that, when she participated in a dance and drum circle, she felt an enormous cathartic experience allowing her to increase her coping skills. She was adamant that "official" dance/movement therapy would be so needed with the children and the adults served at the Good Grief Camp.

This supportive advocate for the field of dance/movement therapy became our field's catalyst in our relationship working with grieving children of military families. In our experiences leading brief, short-term, one-session dance therapy groups, we observed co-morbid symptoms of grief and PTSD. This is also evidenced by personal communication with another volunteer counselor sharing insight and case information prior to a dance/movement therapy group.

From the Professional DMT Community

Dance/Movement Therapy with TAPS Good Grief Camp for Young Survivors Continued...

Gail Wood, BC-DMT and Secretary of the ADTA says, "Providing Dance/movement Therapy services during the TAPS program was very rewarding and eye opening. Seeing, hearing and experiencing the rich range of emotional expression and gratitude for us spending time with each group was priceless." Furthermore, Nalini Prakash, BC-DMT and Co-President of the MD-DC-VA Chapter of the ADTA added, "I was amazed at how quickly trust developed through the power of kinesthetic empathy with the children in such a short time. They were able to share and process such profound stories with me as a result."

The relationship the field of dance/movement therapy has with TAPS is fertile ground for sprouting more

Creative Dance as Bridge Between IACD and ADTA

Yael Schweitzer, LCSW, BC-DMT

The theme of the 2013 ADTA conference was creating community connections. I was honored to present the workshop: "Creative Dance as Bridge from Self to Community" and I saw this as an opportunity to create a bridge between IACD – International Association for Creative Dance and ADTA – American Dance Therapy Association, and the dance/movement therapy community. Developed by Barbara Mettler, Creative Dance is an approach to dance improvisation. IACD was founded in 1998 by her students who wanted to keep alive her vision and unique approach to exploration of body movement and improvisation.

Mettler said that "Free dance is not an interpretation of life – it is life", and as every living thing, Creative Dance and IACD grow and develop and seek to expand and open to new possibilities. As a dance therapist and a long time practitioner and teacher of Creative Dance, I see how these modalities can connect, relate, and enrich each other.

Barbara Mettler considered her approach to dance as art that serves no other purpose than to provide joy in

growth for viable dance therapy careers with the military population. If you are moved to volunteer in 2014 on Saturday morning, May 24th, please contact this writer (brigitta@wholemeprograms.com), as seeing the numbers of dance/movement therapists present speaks louder than words for our field with the military. It shows we are an immense troop, ready to help, and capable of serving. The level of promotion and impression on the camp organizers and other counselors is lasting and perpetual. We will "burst at the seams" in this grassroots approach with TAPS Good Grief Camp and more fertility will create new dance/movement therapy life with the population.

the act of creating satisfying movement forms. She really insisted on "no other purpose" and emphasized that her work was not therapy. She did, however, see great therapeutic benefits as a by-product of Creative Dance as art and also encouraged her students to apply the creative dance principles to their own work and lives. The principles of Mettler's approach of Creative Dance can easily be implemented in therapy. When having the intention of using these principles in therapy, Creative Dance has much to offer dance therapists.

At the workshop, I introduced elements of Creative Dance that can be adapted and integrated into dance therapy. Some of these principles are known to dance/movement therapists, some serve as refreshers and some bring new perspectives. I've listed the main principles of Creative Dance with my comments as to their therapeutic value as I see it in parenthesis:

1. Movement and dance are basic human needs. Everyone can dance, regardless of age, gender, ethnicity, dance experience, physical ability, and

From the Professional DMT Community

Creative Dance as Bridge Between IACD and ADTA Continued...

- body shape. *(This principle opens the door for everyone to participate in Dance/Movement Therapy.)*
2. Movement/dance has value as it happens in the present, as it develops, and it is not aimed at an audience. *(This allows freedom to move from within and relate to meaning and psychological implications when done in the therapy room.)*
 3. The movement is improvisational, expressed as an organic dance form, creating a dance that is free to develop according to the living qualities of the movement. It unfolds naturally as an expression of one's inner life. *(This type of work invites mindfulness to the movement – deep listening to the body, feelings, and impulses that bring authentic quality to the movement and rich material for therapeutic work.)*
 4. To keep it as pure movement, there is no outside music or accompanying percussion, only natural sounds of body parts, breath & movers' sounds. *(This also invites enhanced awareness/mindfulness of movement impulses, expressions, and connections).*
 5. The body is the instrument and the movement is the material of the dance. *(This concept helps to deepen the connection with the body and listening-in, from the tune up to working on content that arises with movement.)*
 6. Creative Dance sessions are based on exploration of themes and “creative problems” or studies (e.g.: time, space, shapes, polarities) that call for problem solving and creative solutions. *(Exploring creative solutions can support and enrich therapeutic investigation. The movement themes provide meaningful explorations with psychological implications e.g. open-close, holding on-letting go.)*
 7. One of Barbara Mettler's unique contributions to movement improvisation is in expanding the improvisatory dance to include others. The movement themes develop within a structure of individual exploration, dancing in dyads or small groups and ending with a whole group dance. *(This progression reflects the innate human progression of growth and development. It brings interpersonal mindfulness to therapeutic*

work especially in groups. It guides participants to include others in their field of awareness and invites participants to explore the relationship between individual forms of expression and the group's themes, finding creative solutions to navigate between the two.)

The response to the workshop was wonderful. People expressed their appreciation of the deep listening to the body, working in silence, connecting through movement, taking a pause, and experiencing a rare and powerful connection with their own body expression and with others.

The flyers, newspapers and brochures that I brought to represent IACD were in high demand and some of the participants asked to be part of IACD list to get information about IACD's ongoing activities. There is a variety of activities IACD offers. There are Creative Dance groups in several states that are open to new participants (I have been leading one of them, an ongoing Creative Dance group in Portland Oregon for over 8 years). Regional workshops are offered under a special grant from Mettler Studios (next one coming up will be in Tucson, AZ on January 17-19, 2014). These workshops are designed to introduce new people to Creative Dance and can be arranged upon request. The annual, week long Creative Dance Congress provides the opportunity to dance in a large group, learn from different teachers, and deepen one's experience of this approach. There are also workshops and trainings along with two newsletters per year that keep members of IACD connected and informed.

The positive and enthusiastic feedback I received from the workshop emphasizes the potential for collaboration and mutual learning between IACD and ADTA.

IACD is open to new members and engaged participants. If you want to learn more, get involved or become a member you are welcome to visit IACD's website at: www.dancecreative.org. You can also find out more about Barbara Mettler at www.barbaramettler.org.

From the Professional DMT Community

Remembering Elizabeth Polk

Ann Lohn

Dear Ann,

I've been travelling a great deal, and just got your kind letter re Judith Klein's generous donation. You may be interested to know that the preservation district in which my Mother lived for about 60 years has placed a plaque on her house (where I grew up) and it acknowledges her as a dance therapy pioneer.

There was a ceremony on November 21, and Nana Koch and Eleanor de Palma were there to represent the profession! It was touching to see several people (my age) who remembered taking dance lessons with my Mother in her basement studio, and how it changed their lives. For some it was a refuge, for others it was a dream, and a place where they felt beautiful. The power of creative movement worked its magic and was not forgotten.

*All the best,
Grace Polk*

Link to the National Register Plaque Dedication:

http://sunnysidegardens.us/Websites/sunnysidegardens/files/Content/3910185/Elizabeth-Polk-plaque_Sept-21,2013.pdf



DREXEL UNIVERSITY

College of

Nursing and Health Professions

Creative Arts Therapies

Dance/Movement Therapy Faculty Position

The College of Nursing and Health Professions at Drexel University, a private comprehensive university in Philadelphia, PA., is pleased to invite applications for a 12 month half time dance/movement therapy faculty position in the Department of Creative Arts Therapies. The person in this position reports to the Director of Dance/Movement Therapy Master's Program and will be a member of a robust creative arts therapies department. Responsibilities include teaching, academic and thesis advisement, scholarship, and service components. Salary is commensurate with experience. (This is a non-tenure track position.) The position is effective beginning September 1, 2014.

Qualifications for the position include:

- A BC-DMT credential with a master's degree or doctorate.
- Previous teaching experience, preferably including thesis advisement.
- A minimum of five years clinical practice experience, including experience with children.
- LPC credentialed in Pennsylvania or an equivalent credential in another state.
- A record of scholarly contribution to the field through presentation and/or publication.
- A record of participation and leadership in the regional or national dance/movement therapy professional community.
- A commitment to actively represent the program, including some travel.
- Advanced study of LMA or KMP is a plus.

Those interested, who meet qualifications, may apply by sending a letter of interest and cv to Ellen Schelly Hill, Director, Dance/Movement Therapy M.A. Program, at es42@drexel.edu. The application deadline is February 1, 2014. Telephone and campus interviews will be held by invitation following review of applications. More information about the Drexel Dance/Movement Therapy Program and Department of Creative Arts Therapies is available at www.drexel.edu/artsTherapies. Drexel University is an equal opportunity employer.

PAID ADVERTISEMENT

From the Professional DMT Community

ADTA TALKS (A special project funded in part by the Marian Chace Foundation)



Above: ADTA Talks participant gets 'camera-ready'

What a day October 24th was! Audience members poured in and out of the Lynn Redgrave Theatre in Manhattan all day, supporting the ADTA Talks speakers while they were filmed by a four camera film crew. The speakers delivered ten minute talks on DMT (in the style of TED talks) covering autism, bullying, dementia, mental illness, palliative

care, neuroscience, and more! These talks are currently being edited professionally and will be released to the public in early 2014 on the new ADTA YouTube channel. They will also be promoted throughout the year via social media during specific awareness months and days, drawing the public's attention to the unique expertise that dance/movement therapists have in these areas. (You can read more about the background of the project in the Fall Newsletter.)

Congratulations to the following dance/movement therapists for their hard work and success speaking on their respective topics! Watch for the release of their videos early in 2014!

Emma Barton: Substance Abuse
Lori Baudino: Pediatric Medicine
Donna Newman Bluestein: Dementia
Christina Devereaux: Autism
Ted Ehrhardt: Mental Illness
Charne Furcron: Measurable, positive change in lives of urban youth via dance (community based work)
David Alan Harris: Child Soldiers of Sierre Leone
Susan Imus: DMT vs "Dance as Therapy"
Rena Kornblum: Bullying
Susan Carey Orkand: Palliative Care
Suzi Tortora: Parenting
Allison Winters: Veterans
Robyn Cruz: Psychodiagnostic Assessment & Neuroscience
Stacey Hurst: Laban Movement Analysis
Susan Kleinman: Eating Disorders

Special Thanks to the Public Relations Committee Members who served on crew that day!
Alice Sofia Garfias, Angie Giordano-Adams, Brianna Martin, and Brigitta White

ADTA's 49th Annual Conference



ADTA & NDEO will be hosting a joint conference
Collaborations: A Mosaic of Possibilities
Chicago, Illinois
November 6 - 9, 2014

Newsletter Advertising Information

Ad Size	Member Rate 2 Issues	Member Rate 4 Issues	Non-Member Rate 2 Issues	Non-Member Rate 4 Issues
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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**
- 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