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

Newsletter Team:

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



A Few Words from the Newsletter Team

Welcome to the first issue of the 2014 ADTA Newsletter. Spring is finally here and we are welcoming that warm weather and sunshine with open arms.

Our first issue of the 2014 year is starting us off in great fashion. This issue has many submissions from the Professional DMT Community and we are loving it! Make sure to keep them coming.

Don't forget...any ADTA member can contribute to the newsletter. Whether you are a student or a professional DMT, or even an Associate member, submit your pictures, thoughts and articles for our next issue. Our summer newsletter submission deadline is May 31st. A friendly reminder to please view the Newsletter Submission Guidelines on page 35 **before** submitting.

****Please Note****

Change for upcoming newsletters:

To improve the efficiency of newsletter production and highlight the importance of the DMT credentials, only the R-DMT and BC-DMT credentials will be reflected after individual names in newsletter submissions and by-lines.

Board Reports: President's Letter

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



Greetings!

The winter that is coming to a close here in the US has been a hard, cold one for so many in this country and so many of our ADTA members. I, for one, eagerly await the thawing, releasing energy of spring with the openings that happen as the earth warms up - and as we humans warm up too! And I look forward to the many wonderful things coming up in the spring for the ADTA.

Perhaps the most exciting of these, for me, is the roll out of our **Webinar continuing education program**. The Webinar program is one of our Vision 2016 projects and reaches to our goals of offering diverse, accessible training opportunities, of targeting resources to our members' needs and supporting new areas of practice for dance/movement therapists. Until now, the ADTA's CE offerings have occurred almost entirely through the annual national conference and we will always value and invest in the conference as a rich, full program of quality continuing education. We do know, however, that not everyone can get to the conferences on a regular basis. The webinars will allow everyone to access DMT classes for CE easily, and we are so happy to make great programming accessible now in this way. Kudos and credit for the new webinar program goes to Margaret Migliorati, workgroup leader for this Vision 2016 project. Margaret has skillfully created a full package of professional level manuals, workflows, and template materials for the preparation, presenting and technical aspects of the program: thank you Margaret! For the promotion of the launch I also thank PR Chair Lora Wilson Mau; Gloria Farrow has been critical to making the web aspect of the webinars functional and of course the three instructors for our inaugural CE season: Shannon Lengerich, Paul Sevett and Robyn Cruz – many thanks to these folks! So sign up for a webinar and enjoy learning and getting some CEs from the comfort of your own home! And stay tuned for more over the months to come.

The **Alternate Route Education Support and Enhancement Workgroup**, consisting of Barbara Nordstrom-Loeb (workgroup leader), Ellen Schelly Hill and Nancy Beardall, have also completed their projects, with the provision of new resources and advisory materials for Alternate Route educators and students. On the ADTA website you can now find a sample learning sequence for the alternate route, and there are sets of Frequently Asked Questions for both teachers and students: students will find them in the Education and Training area and instructors should check out both the AR subcommittee area (under About ADTA/Committees/ERP) and the FAQs for Alternate Route Educators (under About ADTA/Committees/Alternate Route Teacher Information). Thanks again to this Vision 2016 workgroup for the hard work, research and ingenuity that went into this project.

The ADTA Board continues to diligently study questions related to how the ADTA shall support our members and future generations of dance/movement therapists with regards to licensure and in relation to the discipline of counseling. Licensure under counseling laws is an option for professional dance/movement therapists in some, but not all, US states and it can expand practice privileges and opportunities. In New York State, the Licensed Creative Arts Therapist (or LCAT) is available and many people carry that license, and Wisconsin licenses for the practice of DMT as psychotherapy through the DTRL. In 2013, the counseling field (in a collaboration entitled Vision 20/20), working to make licenses portable across states, arrived at a long term plan to endorse the LPC license title as preferred, and to focus licensure on mental health counseling practice. The ADTA board is invested in nurturing ongoing dialogue and relationship with counseling organizations and currently that dialogue is with the American Counseling Association. This is happening through representation at the ACA conference by Dr. Leslie Armenoix, BC-DMT, our Professional

Board Reports: President's Letter

Continued...

Relations Liaison to Counseling, and in the ADTA's application to become an Affiliated Professional Counseling Organization with the ACA. We will keep you, the membership, informed.

We are also committed to our relationships with our "sibling" creative arts therapy organizations through **The National Coalition of Creative Arts Therapy Associations (NCCATA)** and the various joint activities happening through NCCATA. The ADTA was ably represented at the November conference of the American Music Therapy Association by Jenny Baxley Lee, BC-DMT. The AMTA Board warmly welcomed Jenny to several leadership events and meetings, manifesting fully the spirit of mutual support espoused by NCCATA. Thank you Jenny Lee! NCCATA has applied for status as a 501(c)3 organization, which will allow for more nimble administration of the NCCATA budget and smoother leadership transitions. It is also signals an enduring commitment to the ideals and goals of collaboration between CAT disciplines. These include advocacy, education of the public, representing the CATs as a collective and possibly research. In November, I represented the ADTA in a research panel at the Expressive Therapies Summit in New York City: panelists and

audience alike were bursting with ideas for collaborations! The ADTA board recently resolved to actively engage the NCCATA associations around the question of collaborating in licensure and/or insurance reimbursement related efforts, and I will be taking this matter to the spring meeting of NCCATA association presidents.

In not long at all, the ballot for new board members in the ADTA and the DMTCB will come out. But don't look in your snail mailbox: the voting link will come to your email! Please make sure that your ADTA member directory profile is updated with a current, functional e-mail address so you get the link to our **new electronic balloting system!** The e-balloting will be both secure and anonymous and will be easier for more of our members to participate in the election. Many thanks to Nominating Committee Chair Charné Furcron for supporting this upgrade of our election procedures.

Please bring your questions, thoughts, concerns, and ideas to me or any board member. I wish you a spring season of promise and possibilities.

~Sherry



Above: Jenny Lee at AMTA

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: Vice President

Submitted by Jody Wager, MS, BC-DMT



As I sit here at my computer on this beautiful, yet very crisp, morning sipping my first cup of coffee, I reflect on the happenings of the past few months since I last wrote. My focus has been primarily on our upcoming conference and that is what I would like to share with you today. Since my last report, the conference committee has been hard at work. I would like to take this moment to publically acknowledge and thank these committee members for their ongoing support, dedication and creative energy. They are: Lora Wilson Mau, Angela Tatum Fairfax, Kim Rothwell, Crystal Smith and Gloria Farrow. Together we created a national review panel comprised of dance/movement therapists from across the country with diverse backgrounds and perspectives. The committee has already begun the process of reviewing the 100 entries that were received. We have created our pre-conference intensive program and although the schedule is not fully formed as of this printing, we are thrilled to announce that there will be full and half day presentations offered by: Susan Kleinman; Amber Gray; Leslie Armeniox and Shannon Lengerich; Lauri Nemetz; Martha Eddy; Paul Sevett and Zvika Frank; Linni Deihl and a representative from the Multicultural and Diversity Committee. Stay tuned for the titles and descriptions of these workshops.

One of the many benefits of collaborating with the National Dance Educators Association is that we get to create a joint dance concert. Heidi Latsky, a New York-based choreographer noted for her work with mixed ability dancers, will bring to The Dance Center of Columbia College Chicago a new contemporary dance work, *Solo Countersolo*, which exploits the highest common denominator of attributes among performers who at first sight seem so different from one another. The Dance Center, Chicago's leading presenter of contemporary dance, is generously offering tickets to conference registrants for Heidi Latsky Dance's performance on Friday, November 7

at 8:00pm. Tickets will be available to purchase in the summer. How's this for a Friday night outing?

We are also thrilled to announce that there will be a plenary panel for all to attend on the topic of Dance/Movement Therapy and the Military. Our President, Sherry Goodill, will serve as moderator with special guest Commander Moira McGuire, from Walter Reed Medical Center, along with a number of dance/movement therapists working with Veterans and their families including Alison Winters, GAC Chairperson.

Once again, we will create an opportunity for our community to give back to the host city by initiating a 'Day of Service', ADTA style. If you are interested in providing a taste of dance/movement therapy to an underserved population or an introduction to an organization that currently doesn't offer DMT, then this is the opportunity for you. Please join us on Thursday afternoon for a 'Day of Service', where you, together with your colleagues, will bring new DMT possibilities to Chicago. More details will follow.

Of course, there will be our traditional research poster session, the always inspiring International Panel, the breakfast business meeting, the regional caucuses, the historical panel, the Marian Chace Lecture and last but not least our spectacular Saturday night banquet and dance.

Please check the ADTA website regularly for updated conference information. Go to http://www.adta.org/ADTA_2014_Conference for a little more information about hotel reservations...

Looking forward to seeing you in Chicago!

I hope I have whetted your appetite ... I hope you are feeling even more encouraged to attend this year's conference in Chicago.

Board Reports: Secretary

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



Greetings ADTA Members and welcome spring! In this brief report, I am very happy to introduce you to the 2013-2014 ADTA Student Membership Subcommittee. The ADTA Student Membership Subcommittee serves as an ad hoc subcommittee overseen by the Secretary of the ADTA to provide a clear and direct line of communication and service to ADTA student members as they engage in their educational programs. These ladies have demonstrated such enthusiasm and spirit, ready for the journey of the student. Each conversation and interaction I have with them inspires me.

Here are a few projects on which the ADTA Student Membership Subcommittee is working. The representatives are talking with student members to identify Webinar Series topics of interest in addition to the construction of a specific Facebook group page for students only to maintain communication, encourage connections and assist with the transition from student to professional.

STAY TUNED! Please watch for upcoming announcements in late Spring/early Summer about the Student Facebook group page and registration information for Webinar offerings!

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

Rosey Puloka is a first-year dance/movement therapy graduate student at Columbia College. She received her BA in dance from Colorado College before traveling to the South Pacific to explore therapeutic movement practices with disadvantaged youth. As an artist-in-residence at the Taipei Artist Village, she has also worked with individuals with varying levels of developmental disabilities as part of the Dance and Disabled Project in Taiwan. On the home front, Rosey has spent some incredible years as a behavioral interventionist with autistic youth and as a residential supervisor at a rehabilitation facility for adolescent girls. Rosey is currently interested in how truth lives in prison, identity formation of the biracial

body and dance/movement therapy's potential in circular communities abroad.

Ashley Slade is originally from New Jersey. She graduated in 2012 from Goucher College in Baltimore, Maryland where she majored in Psychology. She is now a second year graduate student working on her masters in dance/movement therapy in the Creative Arts Therapy Program at Drexel University in Philadelphia, PA. She loves and has been involved in musical theater, singing, dancing and church activities all her life. She comes from a large, lovable and supportive family for which she is most grateful. She appreciates the honor of being a student in the Dance/Movement Therapy Program, a member of the American Dance Therapy Association and the ADTA subcommittee student representative this 2013-2014 year.

Michelle Inauen is attending Amberton University in Garland, Texas. She is obtaining her MA in professional counseling. She is currently in practicum while counseling at Sigma Counseling in Carrollton, Texas. She is also an alternate route DMT student. She takes intensives at Center for Movement Education and Research. She is a part of the student committee and the alternate route student committee. She is also a student member of the American Counseling Association and a student member of the Texas Counseling Association.

Rachael Collins is currently a second year student pursuing her MA in Somatic Counseling Psychology at Naropa University. In 2009 she graduated cum laude from the University of Massachusetts Amherst with degrees in Dance and Business Management. Prior to discovering her passion for dance/movement therapy, Rachael worked in marketing and public relations for the natural foods industry. She has been a dancer since the age of five and is currently an avid yoga practitioner and certified teacher. Rachael hopes to contribute to spreading the word about the work of dance/movement therapy and the importance of bringing the body into awareness so that engagement with what is present can occur.

Board Reports: Secretary

Continued...

Shawnia White is a Brooklyn native. She went to Goucher College for undergraduate studies, where she was introduced to and fell in love with dance therapy. Shawnia is the co-chair of the Creative Arts Therapy Committee at Pratt. Although Pratt consumes a lot of Shawnia's time, she continues to take dance class and teaches dance at an elementary school.

Nikki Stackpole is currently a 2nd year student in the Dance/Movement Therapy and Counseling program at Antioch University New England (AUNE) in Keene, NH, and this is her first year serving as the ADTA student representative. Thus far at AUNE, Nikki has had co-leadership roles at an inpatient psychiatric unit for both adults and adolescents and is currently completing her counseling internship at a day school for children who have severe disabilities. Outside of her academic work, Nikki enjoys spending quality time with her 8-month-old boxer mix puppy

and is in the process of growing her hair out to donate to charity.

Laura Bryson is currently a second year student pursuing her MA in Expressive Therapies specializing in Dance/Movement Therapy at Lesley University, Cambridge, MA. She graduated in 2011 from Bryn Mawr College with a BA in Psychology. Laura worked for Stanford University prior to graduate school as a research assistant. She worked as a research assistant on the LIFE, which examined the impact of exercise and health education on the health of elder adults. She has been dancing since she was 2 years old in ballet classes but has explored other forms of dance throughout her life. Laura hopes to contribute to the field by providing supportive research on the use of dance/movement therapy for specific populations and bring more recognition to the field.



Board Reports: Treasurer

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



The ADTA would like to give a heartfelt thank you to the Gettysburg Ensemble for another generous donation to the ADTA. As mentioned in previous newsletters, the Gettysburg Ensemble is a student run organization at Gettysburg College that donates the proceeds from their dance concerts to support dance/movement therapy. Their most recent concert, "Vote for Dance Ensemble" in November 2013, showcased 75 dancers in 16 dances. There were over 400 in attendance, making the dance concert the most attended event on campus! Uyen Le, the Ensemble's treasurer, claims the Ensemble's philanthropic philosophy "aims at promoting passion

and interest for dance as well as raise awareness of dance therapy." She states, "I joined Dance Ensemble because I love dancing and Dance Ensemble is a perfect place for me to explore my interest...." Their next dance concert is April 11 at 8pm at Gettysburg College in the Union Building Ballroom (CUB Ballroom). Show your support if you're in the area!

*** Have you completed your taxes? Don't forget to deduct your membership dues, credential renewal, and donations to the ADTA on your tax return. The ADTA is a 501(c)6. Check with your accountant, tax adviser, or www.irs.gov to explore your options.***

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

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



I send warm regards from Chi-beria where we are once again experiencing the Arctic Vortex. I am in contact with my four sub-committees and committee members all over the U.S. and realize most of us have been challenged this winter by Mother Nature.

Education: Alternate Route Educators' Sub-committee (ARE-SC)

Barbara Nordstrom-Loeb, ARE-SC chair, is in Minneapolis and can certainly relate. Barbara has been busy leading the Alternate Route Educators' Sub-committee, despite the cold. We had our first Core Team meeting via conference call on February 4. We created three smaller teams within the Core Team: AR Student Team, AR Educators Team and a Web Team. Barbara will triage questions as they emerge and send them forward to the smaller teams.

The website was just updated and includes a beautiful time line for ARE students and frequently asked questions (FAQ) for the Alternate Route learning experience. These questions are located at: <http://adta.org/AlternateRoute>. We are encouraging

everyone to use this wonderful resource developed by the 2016 Strategic ARE Task Force. If you cannot find the answer to your questions in the FAQs, you may either contact the ADTA office or Barbara Nordstrom-Loeb directly at loebx001@umn.edu. Barbara will triage the questions and forward them to the appropriate team members as described above.

Our next Core Team meeting will address collective concerns from the entire ARE-SC that were highlighted at the ADTA conference in Brooklyn. Concerns include, but are not limited to electronic AR courses, advisement/mentoring, internships and supervision. All AREs are asked to forward concerns to me at simus@colum.edu or Barbara at loebx001@umn.edu.

Education: Approved Academic Programs Sub-committee (AAP-SC)

The committee will meet at the ADTA conference in Chicago and will continue its discussions regarding the electronic delivery of education and recommendations for updating the Standards of Education for Approved Academic Programs.

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

Continued...

Practice Sub-committee (PS), Vicky Wilder, chair
The PS has updated its purpose statement and objectives for approval by the BOD at their spring board meeting. The PS submitted a proposal to present at the Chicago conference. We are working to provide a workshop at each annual conference to address issues related to current practice. Please forward areas of interest and/or concerns that you would like the PS to address for all of you in a workshop format.

Research Sub-committee (RS), Laura Downey, chair
The RS is working toward updating its website and preparing for the Research Poster Session at the annual conference. Information will follow in our May Newsletter.

In true DMT spirit the ERP Committee is dancing through its challenges with Mother Nature and feeling all the warmer for doing so.

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

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



There is little to report from the Standard and Ethics committee, We started our December conference call meeting each reporting the temperature of our geographical locations. Paul Sevett, calling in from sub zero weather in St. Paul, Minnesota, won the award for coldest. I hope you are all finding ways to make it through this challenging winter. The committee continues to be engaged in ethics code and standards revision. Committee member Annabelle Coote

mentioned the other day that as ADTA members we sign off on the code and standards every year at dues time and yet committee members are only now, during the revision process, feeling fully acquainted with them. Consultation line inquirers often have misconceptions about what is and is not included in the document. Get to know your professional code and standards! Consider bringing them with you for a read through as you curl up and blanket yourself from the cold.

Board Reports: Public Relations Committee (PR)

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



The Public Relations Committee is working very hard behind the scenes on some rather significant projects and we are excited to share these developments with you.

The ADTA Youtube Channel and the ADTA official Facebook page will be launched very soon (if not already by publication of this newsletter). The ADTA Talks will be released on this Youtube channel this spring.

The ADTA will be launching a blog within the next few months. The blog team, lead by Ande Welling, is planning a strategic calendar of posts that will coincide with national awareness weeks/months; thereby, taking advantage of the existing traffic on the web communicating those ideas. This blog will be housed on the ADTA website and will be utilized to share information that will be of interest to the general public (including all of those wonderful ADTA Talks!). These blog posts will be shared via Facebook and Twitter for maximum exposure. The

Board Reports: Public Relations Committee (PR)

Continued...

ADTA blog will become the main PR mouthpiece for the organization.

The blog team is looking for guest authors to write for the blog! Yes, YOU! The posts need not be long; in fact 4-6 paragraphs is ideal. We especially need authors who can write about the topics below, but if you have a particular topic that you are really passionate about, please let us know. You can offer to write one post or multiple – it's up to you. What is your area of expertise? Let us know what you know!

Guest bloggers are needed for the following topics (from a DMT perspective):

Self harm; Brain injury; Public health; Parkinson's; sexual assault; creativity and innovation; self discovery; older Americans; ALS Awareness; Brain tumor awareness; men's health; DMT with orthopedically challenged/disability awareness; depression; domestic violence; breast cancer; arts and health; family caregiver's month; human rights awareness; spirituality; loss/grief; national day of service; eating disorders; MS awareness

Please contact Blog Leader, Ande Welling, at andewelling@yahoo.com if you have questions or if you would look to be a guest author. The ADTA blog needs YOU.

By now you have certainly seen the new ADTA webinars advertised on the front page of the website,

in the forum, on Facebook and via e-blast! The new ADTA continuing education webinar program is not only about CEs, (1 CE per hour) it is also a brilliant tool for PR – hats off to Margaret Migliorati for her hard work on this campaign. If you are on Facebook, please do share those webinar posts when you see them with your friends –many of these webinars are appropriate for allied professionals and they are also great for students and folks considering DMT as a career. If you are not on Facebook, consider sharing the links via emails with people you think might have an interest in that particular topic. Tiny actions by each of us add up to major outreach. Do not underestimate the power of the “share.” It is the fuel of social media.

Just as a reminder:

April 16: *The Ethical Use of Digital Technology in DMT* with Paul Sevett MA, BC-DMT, LICSW

May 8: *Quantitative Research: A Brief Review* with Robyn Flaum Cruz, PhD, BC-DMT, LPC

The PR committee always welcomes additional members. If you can volunteer even a few hours for a specific project, we can use you. We also welcome folks who would like to contribute on a regular basis. Whatever you have to give, we will willingly and gratefully accept. Together we can truly make a difference.



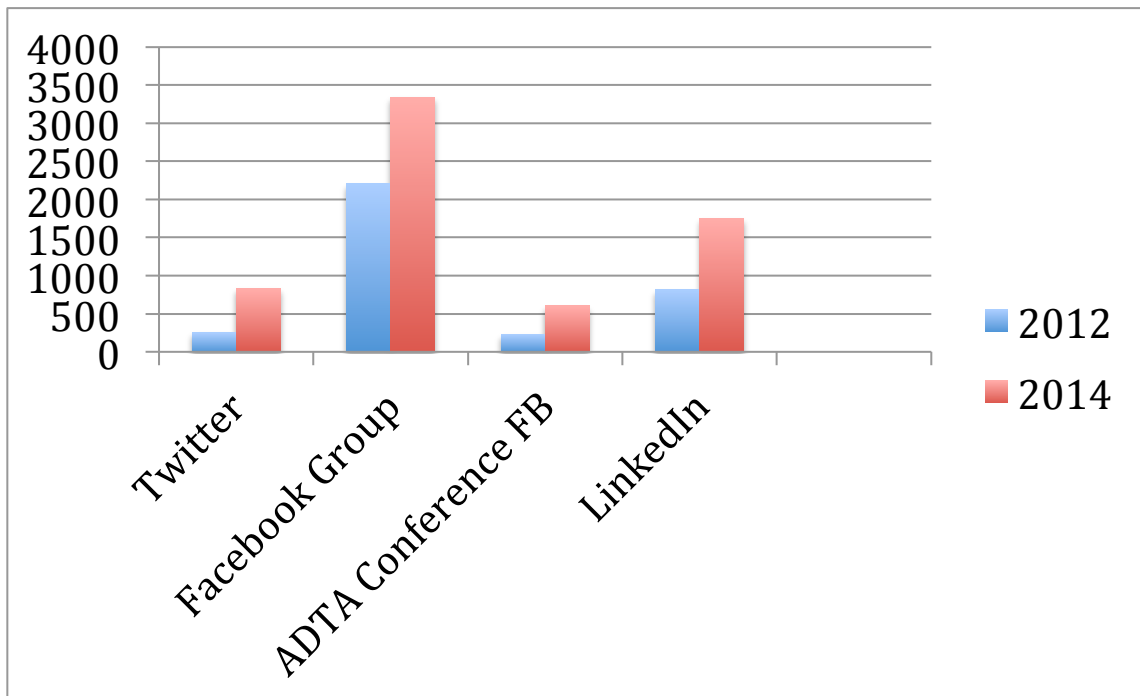
Board Reports: Public Relations Committee - Social Media Update

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

Our growth in the social media spheres since the fall newsletter:

<p align="center">ADTA Facebook Group Page https://www.facebook.com/groups/2209175161/ 3343 members (+266) + 8%</p>
<p align="center">ADTA Annual Conference Facebook Page https://www.facebook.com/ADTAConference 603 subscribers (+45) + 8%</p>
<p align="center">ADTA Group on LinkedIn http://www.linkedin.com/groups/American-Dance-Therapy-Association-ADTA-3945307 1752 members (+149) + 9%</p>
<p align="center">ADTA Twitter Account @ADTAorg https://twitter.com/ADTAorg 829 followers (+76) + 10%</p>
<p align="center">NEW ADTA Pinterest Account http://www.pinterest.com/ADTAORG/ 7 boards, 94 pins, 79 followers</p>

This chart conveys the growth that has occurred over the past 14 months!



Board Reports: Committee on Approval

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



The Committee on Approval, which includes Wendy Allen (Naropa), Nancy Beardall (Lesley), Valerie Blanc (Supervisor rep.), Jesse Geller (Public Member), Claire LeMessurier (Antioch) and Julie Miller (Pratt) will

meet in Boston on March 15th where we will review annual reports from each of the six approved programs. We will also craft the charge for the newly established ADTA Standards Task Force. This group comprised of Nancy Beardall (Approved Program Educator Rep.), Joan Wittig (Alternate Route Educator Rep.), Robyn Cruz (Research Subcommittee Rep.), Beth McNamara (Practice Subcommittee Rep.), Meg Chang (Standards & Ethics Rep.), Ellen Yacoe (Government Affairs Rep.), Nana Koch (Subcommittee of Approval for Alternate Route Courses Rep.), Anne Margrethe Melsom and myself (Committee on Approval) will closely examine and recommend revisions to the standards to the Committee on Approval.

Please note that the application for ADTA Approved Program Status or Renewal Guidelines for Self Study Preparation have been revised to reflect a more paperless process as well as more fully integrate the standards. In addition, supervisor and student questionnaires included as part of the application will now be conducted electronically. Directors of programs submit email addresses for supervisors and outgoing students to the ADTA office to ensure that the questionnaires can be distributed and completed via an online survey tool in a secure manner.

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 website http://www.adta.org/Alternate_Route_Teacher_Information where you can find the new document entitled *ADTA Guidelines for Alternate Route Courses*, which incorporates the following former documents: Standards for Review and Approval of Alternate Route Courses, Guidelines for BC-DMT's Teaching Courses for Alternate Route Students, Application

and Instructions for Course Approval and Alternate Route Subcommittee Approval Procedures.

Please see the following page for information on approved alternate route courses as of September 2013.

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Board Reports: Committee on Approval

Continued...

Approved courses since September 2013

Instructor	Course	Where Offered
Paul Sevett & Barbara Nordstrom-Loeb	Dance/Movement Therapy II-Theory and Practice: The Dance of Relationship 30 hours/2 credits	University of Minnesota Twin Cities Integrated Behavioral Health
Suzi Tortora	Dance/Movement Psychotherapy with Infants, Young Children and Their Families: Level 1 <i>Introduction to the Ways of Seeing Program</i> 15 hours/1 credit	Harkness Dance Center 92 nd Street YMYWH- NYC
Ted Ehrhardt	Movement Behavior 3 30 hours/2 credits	Beijing, China at Inspirees International
Imke Fiedler	Kestenberg Movement Profile - Part 1 35 hours/ over 5 days	Beijing Apollo Education and Consulting Beijing, China
Bonnie Bernstein	Advanced Clinical Skills: The Methods of Blanche Evan 15 hours/1 credit	Strawberry Creek Design Center 1250 Addison Street Berkeley, CA 94702
Suzi Tortora	<i>Ways of Seeing</i> DMT Method– The Dancing Dialogue -Understanding the Power of Nonverbal Communication to Promote Healthy Relationships at All Ages Introduction – Level 1 24 hours/1.5 credits	Beijing Apollo Education and Consulting Beijing, China
Suzi Tortora	<i>Ways of Seeing</i> DMT Method– The Dancing Dialogue -Understanding the Power of Nonverbal Communication to Promote Healthy Relationships at All Ages Level 2 24 hours/1.5 credits	Beijing Apollo Education and Consulting Beijing, China
Christina Devereaux or Tina Erfer	Theory & Practice: Dance/Movement Therapy with Children Section 3: Moving Theory into Practice 30 hours/2 credits	Inspirees- Beijing, China Shanghai, China Hong Kong
Joan Wittig or Julie Miller	Group Dance Therapy 45 hours/3 credits	Beijing, Shanghai and Hong Kong, China at Inspirees International

APPROVED

Board Reports: Government Affairs Committee (GAC)

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



Greetings ADTA community. Although the weather is not much of an indication that spring is approaching, the season is almost upon us. Spring is a wonderful time for renewal and what better way to recharge your batteries than to join in the advocacy efforts of the ADTA? As in past years, GAC will be participating in Arts Advocacy Day in Washington, DC. This event is a unique opportunity for the dance/movement therapy community to be heard by government representatives about the issues that are important to us. It is one of the few times that we are able to have a potential influence on policy and legislation that affects us. Don't worry, you do not have to be an expert in politics to get involved. If you have any thoughts, opinions or ideas about the future direction of dance therapy, GAC would love to hear from you. So mark your calendars for March 24-25. We hope to see you on The Hill!

If you are unable to participate in Arts Advocacy Day, don't fret, GAC still wants to hear your ideas. The public advocacy forum on the ADTA website is a great place to begin to put your thoughts into action. It also gives others an opportunity to connect and join in the conversation. So feel free to post what you are thinking about DMT advocacy as often as you'd like. You never know when your idea might lead to change. Other ADTA social media platforms that are available and waiting for you are Facebook and LinkedIn, both of which can be accessed directly from the ADTA homepage, www.adta.org. Please feel free to contact any GAC members for assistance with your government related issues. We look forward to serving you.

A happy and rejuvenating spring to all. I am looking forward to seeing all of you in Chicago in the fall!

GAC Committee Members:

- Allison Winters – Chair
afwinters@msn.com
- Sherry Goodill - ADTA President
sherry.goodill@gmail.com
- Jody Wager - Vice President
jwager1@cox.net
- Corinna Brown - Arts Advocacy Day
Corinna.brown@gmail.com
- Robyne Davis - Education, Arts Advocacy Day
rdavis1830@aol.com
- Ellen Yacoe - Education, Arts Advocacy Day
eydance5@gmail.com
- Norlyn Asprec - Licensure, Arts Advocacy Day
nsasprec@gmail.com
- Angela Wiley – Licensure
angela@dance-drama-therapy.com
- Myrna Mandlawitz - Policy Consultant
Mandlawitz@verizon.net
- Gloria Farrow - Operations Director
Gloria@adta.org



Board Reports: Government Affairs Committee (GAC)

Veterans' Package Includes Access to Complementary and Alternative Medicine

Submitted by Myrna Mandlawitz, ADTA Policy Consultant

ADTA is working closely with our partners in the American Music Therapy Association (AMTA) and the Consortium for Citizens with Disabilities (CCD) on passage of S. 1982. This Senate bill, the *Comprehensive Veterans Health and Benefits and Military Retirement Pay Restoration Act of 2014*, calls for the Secretary of Veterans Affairs to develop a plan to expand "research and education on, and delivery and integration of complementary and alternative medicine services into the health care services provided to veterans." "Complementary and alternative medicine" (CAM) would be defined consistent with current federal definitions, which include DMT.

S. 1982 also includes a three-year pilot program to be carried out in at least 15 separate Veterans Department medical centers. The program will assess the "feasibility and advisability" of integrating complementary and alternative medicine (CAM) services with other health services for veterans with mental health conditions, chronic pain and other conditions. Other parts of the bill provide for examination of barriers encountered by veterans in accessing CAM services. Service providers would

also be included in such studies, including perceptions of providers regarding any systemic or attitudinal barriers to delivery of CAM services.

Senator Sanders (I-VT), chairman of the Senate Veterans Affairs Committee, is strongly committed to passage of this comprehensive package, which addresses many other critical issues for veterans. To date, he has secured 26 co-sponsors for the legislation but unfortunately there are no Republicans signed on at this time. In the House, some Republican members have expressed concerns about how the Senate proposes to pay for the services included in the bill. Therefore, the fate of the bill is unclear. However, services to veterans are generally a bipartisan issue, so it is hoped common ground can be reached.

In an additional development, ADTA is in conversations with the CCD Veterans and Military Families Task Force on the potential for its involvement in a congressional briefing to coincide with Veterans Day. The briefing would focus on delivery of mental health services to veterans and their families, and the Task Force appears receptive to including ADTA and AMTA as part of this event.

Board Reports: Members-at-Large (MAL)

Submitted by: 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



We are well on our way transitioning as a team, with new MALs at the helm, and thus far have had great success collaborating and consulting with one another to keep the work going strong.

On January 13th we held a chapter board leadership conference call and exchanged outstanding information on the following topics:

1. Succession planning: A conversation regarding strategies for role succession included tips such as co-chairing for short periods to acclimate new leaders, timely submission of nominations to set plans into motion and a 'words of advice' gathering where current and past leaders can impart tips to incoming leaders.

Board Reports: Members-at-Large (MAL)

Continued...

2. Why should DMTs join a local chapter? Please consider utilizing the website to invite new members to your next chapter meeting and/or tapping into undergraduate/alternate route programs as a resource to augment membership.
3. Chapter reciprocity: Feedback indicates that chapter reciprocity is already being honored as a person can be a member of multiple chapters simultaneously.
4. Using social media to increase connection and expand engagement: Consider using Skype, Google Hangout or Oovoo to improve connection with remote members or those who have difficulty attending physical meetings. A tip sheet for Google Hangout was recently emailed to Chapter Board Leaders.

The Southern Chapter is working towards being granted a charter and if anyone has questions, concerns or comments please contact Adina.

Thank you to all who participated and provided great ideas and information about upcoming events. We continue to remain invested in your ideas and always enjoy when you send updates our way!

We look forward to supporting our chapter leaders during our next quarterly board leadership conference call on Tuesday April 29th.

Board Reports: From the ADTA Office

Submitted by Gloria Farrow, BS, ADTA Operations Director



The ADTA is pleased to provide top quality [Webinars](#) designed to help you earn continuing education credits, increase your knowledge of the dance/movement therapy field and support your overall professional development.

Questions about **Continuing Education (CEs)** can be answered at our ADTA website [http://www.adta.org/Recertification CE](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**.

Does your employer request the ADTA Dance/Movement Therapy [Scope of Practice](#)?

Attention U.S. Members - 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 Schedule C business expenses. Consult your tax advisor for your situation.

**2014 ADTA Conference November 6-9, 2014
Hyatt Regency McCormick Place, Chicago, IL**
Make your hotel reservations now [Click here](#)

Starting April 1st you can renew your membership, credentials and chapter online for the upcoming fiscal year 2014/2015:

1. Go to www.adta.org
2. Login with email address and password (lower left of screen)
3. Then click "view profile" at bottom left of screen below your name
4. Under "member details" click button "renew until 30 June 2015"
5. Follow the instructions*

*Note you will also be asked if you want to renew your R-DMT or BC-DMT and Chapter -- so read to the bottom of each screen.

Board Reports: From the ADTA Office

Continued...

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.

Member Benefit – Do you have your own website?

On your website set up an area that states: *For more information about ADTA/DMT* and link to the ADTA website. ADTA can link your website to ours under Resources/Related Links.

http://www.adta.org/Related_Links

Update/change your membership information:

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

Did you graduate from an ADTA Approved Graduate School and have not applied for your R-DMT? Click on <http://www.adta.org/R-DMT> for your R-DMT Application for Approved Program Applicants and have your transcript sent directly to the office. R-DMT applications are accepted any time during the year.

Read the discussions/listings in the [FORUM](#) and find out the latest offerings of workshops, job openings, professional practices, advocacy, announcements, student information and multicultural-diversity-international topics.

Have you visited the **ADTA Online Store**? Several new items available and to receive member discounts, log in as a member first.

http://www.adta.org/Members_Store

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

Liability Insurance - Marsh U.S. Consumer:

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

Healthcare Providers Service Organization:

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

SHOP AMAZON.COM and SUPPORT ADTA!!

Use the link/Amazon icon on our home page to shop Amazon and ADTA automatically receives a percentage of what you spend! Start shopping and share this link with all your friends and relatives.

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

If you were not able to attend the ADTA's 48th Conference, the office has a few 2013 Conference Proceedings left. They are \$30 including postage; just send a check to the office, call (410-997-4040) with your credit card or order online.

Is ADTA one of your friends on Facebook?

<https://www.facebook.com/groups/2209175161/>

Discover ADTA on Pinterest

www.pinterest.com/ADTAORG/

Contact the ADTA Office

p. 410-997-4040

e. gloria@adta.org

info@adta.org

m. 10632 Little Patuxent Parkway, Suite 108, Columbia, MD 21044

Chapter Reports

Carolina Chapter

Submitted by Virginia Hill



The Carolina Chapter of the ADTA held “A Day of Dance Therapy” workshop in Greensboro on March 1. This gave members an opportunity to present and to introduce dance/movement therapy to interested people in the area. We had three presenters who provided a variety of experiences. Angela Wiley, President, hosted the workshop at her practice (a wonderful inviting "container" for therapy). She started the day off with an introduction to DMT. After a lunch break, Virginia Hill led a movement experience incorporating the evidence-based Wellness Recovery Action Plan (WRAP). Sarah Campbell Arnett closed the day with one of her always welcomed presentations on physical story telling.

MD/DC/VA Chapter

Submitted by Nalini Prakash, MA, BC-DMT and Emily Hall Ray, PhD, MA, BC-DMT

The MD/DC/VA Chapter is abuzz with activity. Here is a sampling of some of the exciting work and dance/movement therapy representation that has been going on lately:

- Robyne Davis presented *Demonstrations of Practice Using Arts Integration in Special Education: Voices from the Field* for the Intersections: Arts and Special Education Conference at the Kennedy Center.
- Ashley Duquette and Carol Orth gave a presentation for Easter Seals respite workers serving children and teens with disabilities and developmental delays. They spoke about body-based awareness when working with difficult situations, attunement, use of props and special considerations for those with sensory processing issues.
- Naomi Nim, Jody Wager and Nalini Prakash presented a three hour training workshop on dance/movement therapy and aging for faculty and students at the Washington School of Psychiatry.
- Andree' Schillesci, Mimi Moyer and Warin Tepayayone were all presenters at the annual Expressive Therapy Summit in New York City.
- In January, Warin Tepayayone presented *Culture, Perception, and Assessment in Dance/Movement Therapy* for our Chapter Spotlight Conference. Eleven dance/movement therapists and three students attended. It was a lovely afternoon as we pondered what we mean by “culture” and how we can practice cultural sensitivity and awareness in therapy and movement assessment.
- On February 8, 2014, the Maryland Expressive Therapies Conference was held at Springfield Hospital Center in Sykesville, Maryland. The conference was a collaboration between our chapter, the Mid-Atlantic Chapter of the American Society of Group Psychotherapy and Psychodrama, the Potomac Art Therapy Association, the Maryland Art Therapy Association and the Maryland Association for Music

Chapter Reports

MD/DC/VA Chapter

Continued...

Therapy. DMT Kristine Winner presented and Jody Wager led the closing. Many thanks to Naomi Nim and Deborah Quirk for their efforts in making this collaborative conference happen.

- In March, Andree' Schillesci and colleague Susan Eastman will present *Moving Through It, Marking a Path: Integrating Art and Dance/Movement Therapy with Adolescents in Residential Treatment* at the annual Child and Adolescent Psychiatry Symposium in Bethesda, Maryland.
- On Thursday March 20, Jody Wager (along with Daniel Leven) will lead the welcoming event *The Doorway to Engagement* at the Psychotherapy Networker Conference. This event will be held at the Omni Shoreham Hotel in Washington, DC.
- On Friday April 4, the chapter will hold our annual spring conference at the University of Maryland College Park. We are pleased to announce that dance/movement therapist Allison Winters will be presenting about her work with veterans.
- Additionally, the chapter is initiating peer supervision and case conference groups beginning in March. Members of the chapter board are also exploring the utility of starting a chapter blog.



New England Chapter

Submitted by Kim Robles, LMHC, BC-DMT, MA

The New England Chapter (NEADTA) would like to dedicate this Winter Update to Elaine Siegal. On December of 2013 she passed away leaving behind her family, friends and colleagues. This is a sad occasion for the dance/movement therapy community. A moment to remember Elaine was held on January 18th 2014 at Traditions of Wayland 10 Green Way Wayland, MA. 01778. Her daughter asked that any donations in her name go to the Marian Chace Foundation. If you have any other questions, you may contact Sharon Chailklin at sharonchailkin@comcast.net. Several people have been sharing their experiences and memories of Elaine with Sharon, NEADTA and ADTA.

Our NEADTA Board Volunteers have been planning the 2014 conference: Dance/Movement Therapy: Pioneering Approaches to Community Healing with our keynote speaker, Robert D. Macy. This educational and professional event will be held at Lesley University in Cambridge. For more information about the conference and other events go to www.neadta.com

Check out our Facebook page, New England Chapter of the American Dance Therapy Association. Our

Facebook is a public page that provides an opportunity for the dance and movement community to share information and ideas. This will increase our access to community events in rapid speed.

How have you been staying warm this season? One of our board members has done this by giving birth to a new baby. The NEADTA would like to congratulate our Secretary, Brooke Kimbro and her family on bringing their new baby boy into the Dance/Movement Therapy community. Another way to stay warm is by performing in a ballet company and starting a new job with Justice Resource Institute which, Assistant Treasurer, Matt Tucker has done. Vice President, Michelle Joubert, moved to Maine; Members Outreach, Rebecca Connors; started her new job as an In-Home Therapist and Events Support Committee Volunteer, Laura Bryson is working towards graduating this May. We know that there is more going on within our dance/movement community. We are excited to hear all about it, so please share your dance or movement related activities with us, your DMT friends.

We thank all that have donated to our Penny Lewis and Norma Canner Student Scholarship Fund. This

Chapter Reports

New England Chapter *Continued...*

year we were able to send two students to the ADTA New York Conference. Congratulations Audrey Albert-King and Colleen Donaldson for your NEADTA representation.

Lastly, our board is vibrating with new energy, which has assisted us in developing creative and innovative ideas. The chapter co-sponsored an event “Move Together, Heal Together Community Dance Event”, February 23rd, which brought the Fitchburg Massachusetts families and friends together, bringing peace to their community. We want you to share your innovative or pioneering ideas with the chapter,

volunteer on the Events Support Committee and/or become a board member. Contact us at neadta@gmail.com.

Keep a look out for some of these upcoming events:

- Saturday, April 5th NEADTA Conference at Lesley University
Dance/Movement Therapy: Pioneering Approaches to Community Healing
- Member’s Appreciation Night
- NEADTA Anniversary Celebration
- Member’s Spotlight Workshop

New Jersey Chapter

Submitted by Susan Orkand, MA, BC-DMT, CMA

The New Jersey Chapter of the American Dance Therapy Association remains dedicated to maintaining our Chapter’s involvement and enthusiasm, focusing on the unique elements of what it means to be a dance/movement therapist.

We held a workshop during the winter months which was not an easy task. We have had record-breaking snow, and the icy roads have added a lot of stress to the everyday traveler. The title of our workshop was “Reflect, Renew and Restore.” It was led by Susan Orkand, MA, BC-DMT, CMA. The intention of the workshop was to provide an opportunity to explore breath, to focus inwardly, to dance freely and to form dance/movement phrases that exemplified wholeness and renewal. There was a strong response to the small-group pieces of choreography. Each person developed her own short phrase that illustrated her “signature.” She then taught her phrase to others in the small group and each dance/movement therapist did the same. After each person’s phrase was explored, they were put together into a larger dance and shared with the rest

of the group. Feedback revealed that it was powerful for others to reflect their expressive dances in another person’s body, to be able to add to a collaborative creative piece and to have it witnessed by the rest of the group in the workshop. The workshop concluded by making Mandalas with collage pieces that illustrated a sense of well-being and healing. The workshop was held at Montclair State University in their beautiful and spacious dance studio.



Before the actual workshop itself, NJ chapter members were eager to create a sense of networking and communication with one another. Members expressed interest in forming peer supervision and networking opportunities on-line. Job sharing and avenues to exchange clinical and professional experiences were emphasized. We are eager to tap into the expertise of our technologically savvy members for their help in setting this up.

We hope the season brings warmth, safety and well being to our entire association.

Chapter Reports

Pennsylvania Chapter

Submitted by Dawn Morningstar, MA, BC-DMT, LPC



This winter, the PA Chapter of the ADTA celebrated together in the Holiday Gathering. This event has been a big hit with Chapter members and their families. It gives area DMTs a chance to reconnect with former classmates or students and colleagues in a relaxed and fun atmosphere. The event is held annually at Dawn Morningstar's House, and this year was attended by more than 40 DMTs and their families.

Washington Chapter

Submitted by Emily Day

Margaret Sutro captured our last meeting held in Nancy Goldov's University District office perfectly. Some of us are over sixty and still earning our living as dance/movement therapists & movement professionals. We all have wonderful spaces that we use for group and private sessions as well as going out in the community to do our work. Nancy teaches at Antioch Seattle as well.

Kimberly Dye was with her son who recently returned from abroad or she would have been with us too. A wonderful article with color photographs about her Stretch-eze just appeared in a national magazine. She's being bombarded by orders. Emily is a Prior Learning Evaluator for Antioch students who want credit for their dance and movement work. She will be attending the Association for Group Psychotherapy and Psychodrama (ASGPP) Conference in Oakland March 26th -30th sharing her Dancing Colors & Roth 5Rhythms work. Margaret has been taking her movement work into a local church group as well as seeing private clients. Leif Tellman sees up to 35 clients some weeks in his Pioneer Square office which he shares with Lisa Fladager, who also has an office on Whidbey Island.

We reminisced about the ADTA Conference we hosted in Seattle and would be willing to have one here again. Words can't express how glad I was to be part of our WA-ADTA gathering last evening. For those Board members who have kept this little flame

of an organization alive - thank you.

Somehow our time in Nan's space seemed like a small homecoming -- a Monday-evening-sized kind-of-tired celebration of life. All the better to have present the capable and expecting Allie Bulliman who was wise enough to leave at a sensible time.

Certainly it was a chance to acknowledge how each one of us has forged a path in the work that we love, cherishing those who have gone before us, having fun during those times when we get to dance together, and appreciating others who are coming along into the future.

Margaret wrote, "I am thoroughly enjoying this particular vantage point in my life cycle: feeling acutely aware of how fortunate we are to bring our innate and well-trained capacity for loving witness to our own selves, to each other, to the work, and to the people who find us and a sense of community for their own embodied vitality along their own life paths. Woopi yi yo yi yay."

**Feeling left out?
Get involved with ADTA!**

- Join a committee
- Participate with your local chapter
- Submit articles & pictures to the newsletter

Chapter Reports

Soon-to-be Southern Chapter

Submitted by Voniè Stillson, MA, BC-DMT, NCC, ATRI, HHC, M/BPT, CYI

Greetings all on behalf of those of us who hope to be the new Southern Chapter!

We are very excited to announce that we are approaching the last step to becoming a chapter! Here is a little about us and how we got started. Voniè Stillson, a Mississippi native who had been an active part of the New England Chapter, wanted to share the support and nurturing of connection with DMTs in the South. The first step in the process of forming a chapter was to have eight professional members. This was the milestone that took the longest time to overcome, from 2007 until 2012. This is mostly due to the small number of dance/movement therapists in the South in general, as compared to other regions.

To reach the number of members needed, e-mail addresses were gathered from the ADTA website using the “find a Dance/Movement Therapist in” feature, sorting by states close to MS. In September 2012, the number of people interested in forming a Southern Chapter went from seven to thirteen! Voniè referred to this group as the Lucky 13! There were others who expressed an interest in being a part of the Southern Chapter at the 2012 ADTA conference in Albuquerque, NM. After conference this brought the list of states to be part of the Southern Chapter to LA, AK, MS, AL, TN, KY, GA and FL.

With much assistance from Gloria Farrow and some technical difficulties, in April of 2013, a petition for chapter formation was submitted to the ADTA. The members petitioning were: Voniè Stillson, Susan Kierr, Patricia Seymour, Amy Jacques, Mat Winer, Lauren Higgins, Loretta Lynn, Patricia Earl, Dee Wagner, Nakia Williams, Rita Bates Brown, Diana Carlson and Sue Fredrick. In September of 2013, By-laws were completed, proofed, agreed upon by

those members and submitted to the ADTA board for approval at the upcoming conference. Member-At-Large Adina Rosenberg was instrumental in guiding this process as well and the Southern Chapter greatly appreciates her help throughout this process. On October 23, 2013, the ADTA Board voted to approve our By-Laws!

Our next step was incorporation. The state in which to incorporate was discussed and the members decided on MS. The articles were submitted and, on December 2, 2013, the Southern Chapter of the ADTA was officially incorporated! Our finalized By-laws and copies of our articles of incorporation were submitted to the ADTA Board. The last step will be to have our charter granted, hopefully at the next ADTA board meeting.

If all goes well and our charter is granted, we will next be looking for those interested in serving as board members of the Southern Chapter. One of the major concerns when this process first began was how to conquer the miles. Our primary communication has been e-mail. It was discussed having quarterly meetings via phone or Internet and once a year meeting in person. This way even though many of us are hours away from the nearest member we will be able to have professional support, connection and assistance. Another hope for the Southern Chapter is that our formation will continue to help increase the knowledge of our field in a region where it is still considered “new” or “unheard of”.

Thank you again to all of those who have been supportive and encouraging of this endeavor! We greatly appreciate you all!



Shaping Local Connections

Inspirations from Dance Movement Therapists in the Rocky Mountains

Saturday, April 12th 2014

*A Conference Sponsored by The Rocky Mountain Chapter of the American Dance Movement
Therapy Association with the support of Naropa University*

**Join us for a full day of inspirational workshops and presentations facilitated by
the innovative Dance Therapists in our local community!**

This conference is an opportunity to:

- Learn about cutting-edge applications of Dance Movement Therapy in diverse local populations
 - Network with other professionals and students in our community
 - Be inspired and invigorated by the dedicated work of other professionals

All mental health counseling professionals and students are welcome!

Conference will be held on the Paramita Campus of Naropa University
3285 30th Street, Boulder, CO

Conference Fees:

Option to register for morning and afternoon separately

Students: \$40 for full day or \$25 for morning or afternoon session

Professionals: \$125 for full day or \$75 for morning or afternoon session

Discount awarded to DMT professionals or students who bring a friend in a related mental
health field

For more information, contact:

Melissa Walker MA, R-DMT at melissawalkerdmt@gmail.com

Atdarockymountain.weebly.com

Conference schedule TBD

In Memory of...

Janet Ganet Sigel

“At the moment Jane held my hands and said ‘I take you’, I found my destiny. With a passionate heart Jane guided me to discover and develop my full potentials. Jane enlightened my dream of bringing dance/movement therapy to China. Her spirit will always shine on me, as a teacher, a mentor and a mother.”

-Submitted by Linda Cao, BC-DMT, LCPC

“For me, in many ways, Jane had a bigger than life presence. Some of her outstanding features were her passion for dance/movement therapy and her zest for life. She had a unique approach for utilizing dance/movement therapy to promote social justice on many levels. Not only did Jane endow her clients, students and colleagues with the ability to identify whatever was shackling their spirits, she promoted their liberation. Jane encouraged those around her to discover and unlock life's treasure using the three R's of release, reveal and restructure. She will be missed.”

-Submitted by Andrea K. Brown

Dr. Valerie Hunt

“My Mentor, the brilliant, iconic trailblazer, Dr. Valerie V. Hunt passed. Dr. Hunt was an early champion and supporter of our evolving profession. Her humanistic and scientific background influenced generations of UCLA students in the dance and kinesiology fields. Dr. Hunt laid down a foundation for us in Dance Therapy that has allowed us to flourish and evolve with the greatest of professional standards. Her early influence upon the development of Dance/Movement Therapy gave us an early respect among allied professions.

Dr. Hunt was a guiding force in my own development and I was privileged to have been her research assistant while a student at UCLA; and in later years while a professor at NYU, I was an associate when she researched aspects of the Energy Field.

Because of Dr. Hunt's position as a respected and renowned professor at UCLA, she was instrumental in helping shape my Master Thesis on the efficacy of dance in changing the behavior of schizophrenic children. A first for UCLA and the first Dance/Movement Therapy Master's Thesis ever.

Her creative vision did do much to move our profession forward and to assist many of my generation to evolve, thrive and move forward with strength and courage.

A great and iconic model, mentor and visionary will be remembered for many generations.

May we honor Dr. Hunt and remember her as one of our earliest and key theorists in helping to shape so much of what we have achieved these past 50 years.”

-Submitted by Marcia B. Leventhal, PhD, CMA, BC-DMT, NCC

ADTA Voluntary Contributions

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

Received December 31, 2013 through February 28, 2014

Martha Eddy
 Gettysburg College Dance Ensemble
 Rosemary Gonsalves
 Simone Kleinlooh
 Beth Leven
 Donna Newman-Bluestein



Marian Chace Foundation

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



The promise of spring after this impossible winter invites us to look forward to the semi-annual meeting in April when the trustees will review the new grant proposals sent to us. We shall also use the time to create new initiatives

and respond to older problems. We welcome any thoughts that may occur to you that we can discuss at this time.

We have updated and clarified information on the website section of the [Marian Chace Foundation](#). Please look at the section called [Bookmark Project](#). Over the past four years, the Foundation has passed out bookmarks at each conference on which our dance/movement therapist colleagues have selected and responded to relevant quotes. On the Marian

Chace Foundation section of the website, you will find all the quotes that have been on the bookmarks over the past years for your use whenever you might want one that is just right for a paper or talk. Thanks to Gloria Farrow for the wonderful work she has done and continues to do to put all the information on the site for all of us.

Speaking of bookmarks, the quotes for 2014 are all in process and will be shared at the conference in November in Chicago when a new set will be given out at the Marian Chace Lecture.

We thank those who most generously donated to the foundation to enable it to carry on its work. Certainly those who have received grants to further research in the profession and those who have been granted funds for other projects that demonstrate our importance in the world are most grateful to you.

Marian Chace Foundation

Continued...

Donations received December 1st through February 28th

FRIENDS (up to \$36)

- Ellen Glover – *In memory of Elaine Siegel*

SUPPORTER (\$36 - \$99)

- Board of the CA Chapter, ADTA – *In honor of the marriage of Margaret Migliorati...we are very grateful for all your support to our Chapter as Western Member-at-Large and want to express our joy and congratulations through this donation*
- Anne R. Mabry – *In memory of Elaine Siegel*

PARTNER (\$100 - \$499)

- Jane & Conrad Cathcart – *Honoring the memory of Dorothy Vislocky-Steigerwald, ADTA founding member*
- Nancy Beardall – *In memory of William Beardall*
- Virginia Benson – *In memory of Elaine Siegel*
- Dianne Dulicai – *Thanks to the work of the committee in keeping alive the important Chace work*
- Sherry & John Goodill – *In memory of Dr. Elaine Siegel*
- Anita Jorgensen – *In memory of Elaine Siegel*
- Jerry Katz – *In memory of Stephanie*
- Lynn Koshland
- Estee Cohen Laub, MA, LCSW – *In memory of Elaine V. Siegel, my teacher, mentor and a spirited friend*
- Lesley College 2012 Core Group, Expressive Arts Therapies Major – *In appreciation of Nancy Beardall's dedication to her graduate students, her Movement Observation II sections have come together to honor Nancy for her support*
- Hans & Ursula Luck – *To honor the memory of Elaine Siegel*
- MN Chapter of the ADTA
- Donna Newman-Bluestein
- Paul & Deane Stepansky – *In memory of Elaine V. Siegel, PhD, psychoanalyst, dance/movement therapist, and a long-time ADTA member*
- Robert Ungerer – *Given in the name of Elaine V. Siegel, PhD*

CHACE CIRCLE (\$1,000 and up)

- Sky Brooks – *Earmarked Global Site Performance projects*
- Hancock Center
- Hayes Fund of the HRK Foundation – *Earmarked Global Site Performance projects*
- Deborah K. Stone

DMTCB

Dance/Movement Therapy Certification Board

Submitted by Susan Saenger, BC-DMT, DMTCB Chair

Continuing Education and Recertification

Maintaining your certification and utilizing the service marks (R-DMT or BC-DMT) indicates to the public that you hold yourself and others in our profession to a high standard of practice.

The Dance/Movement Therapy Certification Board's (DMTCB) mission is to recognize individuals qualified in the use of dance/movement therapy through the utilization of the best possible criteria. We do this to uphold high standards of care for clients and to promote continuing education in the field of dance/movement therapy. Our goal is to keep all our professionals current on their certification.

Compliance with Continuing Education requirements for the R-DMT and BC-DMT is known as recertification. Recertification and payment of an annual maintenance fee are necessary to maintain DMTCB credentials. Recertification promotes quality assurance and professionalism in dance/movement therapy practice and these in turn promote better service delivery to consumers.

Remember that there are several status options for both R-DMTs and BC-DMTs including "Reduced Practice," "Temporary - Inactive," and "Retired - Inactive." Please refer to the DMTCB section of the ADTA website for the specific requirements of all the recertification options. Failure to maintain a credential results in the loss of the right to its use and reinstatement requires re-application to the DMTCB.

For Continuing Education opportunities, instructions on recertification procedures and much more, visit the DMTCB section of the ADTA website.

Congratulations

R-DMTs registered from December 1, 2013 through February 28, 2014.

Hanna Abdelhamid
 Jaclyn Abramson
 Erika June Barrington
 Melissa Beane
 Lynn R. Chapman
 Lindsay Copeland
 Sarah Marie Cortez
 Ashley Getz
 Tracy Grissom
 Mallory Ingram
 Jennifer Mueller

Nicole D. Oxendine
 Anson Relick
 Linalynn Schmelzer
 Elana Sobol
 Jaquel Stokes
 Alison Whitney Teichart
 Imani R. White
 Sarah A. Winkler
 Mei-Hsien Wu
 Marcel R. Zobel

From the Professional DMT Community

Taking Time and Space For Joy: An article about a skater's relationship to the ice

Submitted by Eve Chalom

Eve Chalom is a two-time world competitor in ice dancing. She is currently a dance/movement therapist, a performer in both ice skating and modern dance, a yogi and a figure skating coach. She is continually exploring the connections between dance/movement therapy, figure skating and life in general.

In dance/movement therapy, the emphasis is on “being” instead of “doing.” For those who are not sure of the distinction between those two words, I want to illustrate the difference. Two people are on a beach. One person is looking around at the ocean, smelling the salt air and eating an apple. She hears the crunch of it and tastes the fruit. She is sitting on a bench, her back relaxed against it. She is comfortable and definitely not in a hurry. These processes may or may not be conscious but the person is aware of at least one of these experiences, if not more. The second person is pacing back and forth on the sand, unable to appreciate the feel of the sand under her feet, running back to the car to pay the meter, then continually trying to spread out the picnic blanket so that it doesn't get sand on it, and eating her lunch while wishing she had brought something to drink. Compared to the first person, the second person is having a much harder time “being.” She is less present in the moment, which leads to her not having what she needs to be comfortable as well as feeling less satisfied with what she actually has. This is not a judgment of her, for there are many reasons why some people tend towards “being” and others towards “doing.” Dance/movement therapy works to uncover the reasons that push someone towards feeling the need to “do” a lot in an effort to remove herself from feeling her existence in the present moment.

As I worked through my Master's Degree in dance/movement therapy, I found myself wanting to bring the philosophy of “being” onto the ice and into my skating. I realized I didn't know how to “just be” on the ice. Growing up as a competitive skater, I had learned to always be in a working mode when I was on the ice. The ice rink took on a negative association

as a place where I felt insecure, frustrated and constantly not good enough. Those feelings drove me to push myself for continual improvement. This is a common experience in the skating world and, in a way, those feelings do motivate people to achieve excellence. But the lack of contrasting experiences on the ice can lead to burnout. This was true in my case, as I quit competing when I was nineteen. My search for peace on the ice began when I gave myself a chance to see my skating as a way towards better health and happiness. I began to be grateful for my years of training and expertise because it meant I had that much more knowledge to apply to my path of health and happiness. I stopped seeing skating as something to distance myself from or pull away from. The poison had become the antidote.

One of the first steps that I took towards bringing dance/movement therapy onto the ice was asking myself to just “be” on the ice without “doing” anything. I gave myself permission to only glide around the rink and not “do” any work or try to get anything done except breathe. There were no planned ideas of what I should “practice.” I did this for a few months. It may not have looked like much to someone on the outside but to me this was exactly what I needed. I often focused on my breath. The fact that I already had some facility and ease with skating gave me something to look forward to when I would get on the ice because I always did enjoy movement in any case.

A powerful shift happened during those hours of gliding around on the ice. All those years of emotional, physical and psychological baggage had combined to pull me away from my original feelings of joy and connection on the ice. By taking the pressure off myself by telling myself I didn't have to “do” anything, I found that once in a while, I actually felt like doing something. Surprisingly my body would feel like doing a particular exercise or movement or stretch. I would follow my impulse and go do whatever my body felt like doing and then, when finished, go back to my gliding again. I felt

From the Professional DMT Community

Taking Time and Space For Joy: An article about a skater's relationship to the ice *Continued...*

more relaxed after following my impulse and often noticed my breathing and other internal changes. The main idea was to give myself space to “be” on the ice without having a specific goal of what I was supposed to “do.” As a side benefit, because I had committed to the goal of only doing something specific when it felt enjoyable or satisfying, I began to build more self-esteem. Because I only did what I wanted to do, a lot of the movement I was doing felt nice instead of uncomfortable. Because the movement now felt good to me, it contributed to my having good feelings in general and, by extension, good feelings about myself.

It became apparent that I couldn't really “be” on the ice without also “being” myself. It was a shock to realize that learning to be myself on the ice is more important than any work I could possibly do on my skating. After many years in the competitive world, I had forgotten how to be myself. As a young competitor in the spotlight, I often sacrificed my own

needs for the demands of my sport because I didn't know there was another way to achieve my goals.

And to “be yourself” is not always that easy! It can be a life-long journey to truly grow into yourself and to be comfortable being yourself. I had grown very used to identifying my self-worth on the ice by how fast I could skate or by how deep I could take an edge. Instead, I belonged out there on that ice because I loved to skate. It was very freeing to no longer judge myself anymore by how good I was at something. It was a very different way of being on the ice than I was used to. Instead of putting skating first before my needs as a person, my skating became mine and was for me, Eve. Not only did my skating become mine but my love for skating became mine too. This love transformed me. I am no longer the woman on the beach who is pacing and unable to enjoy herself. I feel the freedom of the glide, the deepness of my breath and feel truly, completely, alive and happy.

The Spirit of IAEDP Award

Submitted by Susan Kleinman, MA, BC-DMT, NCC, CEDS



Susan Kleinman, MA, BC-DMT, NCC, CEDS, recently received The Spirit of IAEDP Award at the International Eating Disorders Professionals symposium in St Petersburg, Florida. The Spirit of IAEDP Award recognizes the IAEDP member who embodies the energy, enthusiasm, commitment and willingness to promote the IAEDP mission and to encourage others to participate in IAEDP activities. This person acts as an IAEDP “ambassador” both inside and outside the organization. Congratulations Susan!

Yuna Kim, a skater for the ages

Submitted by Linni Deihl, BC-DMT

She combines extreme lightness and quickness with flow...perhaps this magnificent flow is only possible on the ice. Her shaping and organic movement in every cell in her body needs to be experienced LIVE, in three dimensions. TV doesn't do her justice. Her ladies short and long programs, and gala performance at the Sochi Olympics was a pinnacle in my life. They interviewed me in the Olympic park on Seoul TV. They could not believe a 73-year-old woman from USA came all the way to Russia to experience the beauty of Yuna Kim skating. She did not have the "home ice advantage" and won Silver but in my perspective was a gold winner for the ages.

From the Professional DMT Community

My DMT Travels

Submitted by Linni Deihl, BC-DMT

- Moscow: February 16 - 18; An opportunity to connect with Irina Biryukova and her students and give input to her growing training program in Russia. I follow the excellence of Joan Chodorow and Suzi Tortora and will return again summer 2015 to offer a DMT training integrating Chace, Group Process, and Effort/Shape Movement Analysis.
- New York City: March 10th; Panel presentation at Actors Equity for Dance Magazine, "Career Opportunities for Former Dancers", Paths toward becoming an DMT; Graduate training programs and Alternate Route Education
- Bronxville, NY: June 6th; Sarah Lawrence College Reunion Weekend, DMT Workshop for Alumni/ae
- Westhampton Beach, NY; June 2nd - June 13th; DMT Two Week Intensive Alternate Route Training
- Riverhead, NY: beginning June 15th, Peconic Ballet Theater, founding and directing Dance for Special Needs Children, a program I developed in Patchogue NY and now will be meeting the needs of families on the East End of Long Island
- Westhampton Beach, NY: December 27th - January 6th; DMT Two week Intensive Alternate Route Training

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International Institute for Advanced Training in DMT

Submitted by Ilene Serlin, PhD, BC-DMT & Marcia Leventhal, Ph.D, BC-DMT, CMA, NCC

The International Institute for Advanced Training in Dance/Movement Therapy has had a busy year conducting the workshops below and is planning further development in these areas:

- In Istanbul, Turkey:
April 19-21, 2013: Finding Meaning in a Chaotic World Through Dance – An Introduction to Dance Therapy. Starting November 2013, February 2014, May 2014, and August 2014 is the intensive one year certificate course in Dance/Movement Therapy.
- In Beijing, China:
June 12-16, 2013, October 12-16, 2013, March 2014, June 2014: Certificate and diploma courses: The Art of Embodiment: Whole Person Approaches to Group Psychotherapy and Clinical Practice (co-sponsored by Beijing Institute of Psychology).
- In San Francisco, CA:
December 7, 2013: An Introduction to the Art of Embodiment for Mental Health Practitioners, December 8, 2013: *Advanced Practitioners Training: Assimilate, Integrate and Innovate; The Role of Whole Person Health in Transformation and Change* (co-sponsored by AgeSong)

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Maryland Expressive Arts Therapies Conference 2014

Submitted by Naomi Nim, BC-DMT

Approximately 70 expressive arts therapists gathered for the first (in our memory) Maryland Expressive Arts Therapies Conference at Springfield Hospital in Sykesville, MD, on February 9, 2014. The conference was organized by MD/DC/VA ADTA Chapter past presidents, Deborah Quirk and Naomi Nim, and the president of the MD Music Therapy Association, Gabby Ritter-Cantesanu with support from the Potomac Art Therapy Association, the Maryland Art Therapy Association and the Psychodrama Association affiliated with the Mid-Atlantic Group Therapy Association.

It was a day of learning, inspiration and collaboration and a very satisfying opportunity to share insights and ideas with fellow expressive arts therapists. Each of the four modalities offered workshops by both seasoned and emerging therapists. Drexel alumni, Kristine Winner, and Pratt alumni, Linalynn Schmelzer, ably represented dance/movement

therapy. Kristine challenged us to think and create within a new theoretical paradigm in her workshop, *Creating the Movement of Self-Change*, an integrative model of change within dance/movement therapy, with applications to all creative arts therapies. Linalynn drew us back into the joy of dance in her workshop, *Reconnect to the Joy of Dance*.

Jody Wager, ADTA Vice President, and Erin McConnell, Maryland Art Therapy President, brought the day to a meditative and moving close. Erin helped us to meditate on our day and contribute to a communal mandala and then Jody led us in a slow, snaking pathway as we hummed and chanted out our new sense of community.

We meet soon to evaluate and plan the next conference.

ADTA 2013 Conference Reflections

Submitted by Maureen Tierman Nelson, R-DMT, Teacher of Physical Education/Creative Movement and Dance

For the past 15 years, my work as a dance/movement therapist has been displaced by my full time teaching position as a physical educator in an elementary public school. However, I have found over the course of my varied professional experiences and my day-to-day life that being a DMT is much more than about having a specific job. It cuts to the core of who I am inside. It weaves its way into every job or position I have ever held and has broadened my perspective in all that I do.

So, for this reason attending the ADTA conference in October 2013, held in Brooklyn, was a wonderful and powerful experience for me. To share the space with so many other men and women, who are touched by this incredible field, moved me deeply. I was so impressed with the diversity that surrounded me. I have been connected to and in the field for over 44 years. The face of the DMT has evolved and this

shows how well it has been absorbed into society. It also exhibits how the tendrils of the field have blossomed and expanded into so many different directions and walks of life. I enjoyed browsing through the selection of books that were being sold. I also was delighted to have such a broad selection of workshops to choose from. These things and more earmark the growth of the field.

For me, being present at the ADTA Conference was more than just about the workshops I attended. It was a collective experience. It became a space in which I was able to gather and draw on the bodily kinesthetic energy which surrounded me, or more accurately, the energy which encompassed me from the moment I entered the hotel.

Each workshop was led or co-led by individuals who clearly love what they do. Each presenter's

From the Professional DMT Community

ADTA 2013 Conference Reflections *Continued...*

intelligence, skill set, insight and passion for the field were evident and magnified by their personal experience and enthusiasm. Like a magnet I was drawn in towards the material, anxious to absorb and experience as much as possible. I walked away excited and thinking about all the things I had learned. I couldn't wait to get back to school to explore ways to weave the material into my teaching and my work with young children.

DMT's work in different parts of the country or for that matter the world. We come from and represent

different cultures and socio-economic backgrounds, work in different facilities, with different titles and job descriptions. Although these many differences exist, I believe that we as DMTs are part of the same family. It is a magnificent organization that shares a common core and then branches out in all directions. I entered this field in 1972 and have enjoyed both watching and being a participant in its growth and development. I want to thank the National Committee for creating such a marvelous experience for so many!



The MA Somatic Counseling Psychology Degree Program within the Graduate School of Psychology at Naropa University in Boulder, Colorado would like to announce the opening of several core faculty, visiting instructor, and adjunct faculty positions beginning with the 2014/2015 Academic Year.

The MA Somatic Counseling Psychology Degree Program is entering its 30th Year Anniversary and is home to the concentrations in Dance/Movement Therapy and Body Psychotherapy as well as the new Dual Concentrations in Dance/Movement Therapy and Body Psychotherapy. In addition to the core coursework in Dance/Movement Therapy and Body Psychotherapy, the curriculum draws from best practices in contemplative pedagogy and experiential education while also highlighting neuropsychology, developmental patterning, creative process, clinical decision-making, and professional identity.

Applicants interested in any of these positions should visit the employment link on the Naropa University website for an explanation of qualifications and requirements. The weblink is:

<http://www.naropa.edu/about-naropa/employment/index.php>

Naropa University is actively engaged in creating an inclusive, diverse community and is proud to be an Equal Opportunity Employer. In keeping with our diversity initiatives, Naropa encourages applications from persons of historically under-represented groups and those who support diversity.

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From the Professional DMT Community

Dance/Movement Therapy and Art Therapy Set Sail

Submitted by Sandra Beggs MA, BC-DMT, R.Psych (AB), Prov. MHC Lic.

What possibilities emerge when you put 73 art therapists and one dance/movement therapist on a boat together? Inspiration, collaboration, creative sparks and heartfelt connections abound! On February 7, 2014 a group such as this set sail on a cruise to the Bahamas to celebrate the Florida Art Therapy Association annual conference. This three day conference was brilliant in it's well-paced agenda that blended plenty of personal time and shore excursions with well-researched presentations and opportunities to network in a very informal environment.



As a dance/movement therapist, I spent the first day witnessing and learning the language and perspectives of this dynamic group of creative arts therapists. Having had some supervision experience in art therapy and actively integrating art with dance/movement therapy in my clinical practice, I was intrigued by the unique “ways of seeing” therapeutic art, by an art therapist vs. a dance/movement therapist. I noticed, for example, in Dr. Dave Gussak's session that, where an art therapist may notice color, shape and use of space on a page, as a dance/movement therapist I was also curious about the qualities of movement that shaped and created the art. I inquired about the effort that was applied to the page in a particular set of strokes, the

tempo of the art creation and the intentionality of the direct and indirect approaches to the art that I noticed. An “aha moment” occurred when I realized the possibilities in collaborating from our unique professional perspectives in support and reinforcement of each others' work as we continue to advocate for the enhanced acceptance and increased profile of the creative arts in therapeutic environments.

In turn, as I presented my own work in using dance/movement therapy and art in the group treatment of women experiencing depression, many of the art therapists in the audience saw the possibilities in incorporating movement and dance expressions into their work to enhance and deepen the art process. When I invited five art therapists to create a movement experiential to define the group rules in the early stages of a therapeutic group's formation, Dr. Patricia Isis added a comment about deepening into the meaning of a particular movement word and I wondered about how that deepening could be further processed in art and then again in movement.

The conference was abundant in opportunities to connect with like-minded people, many of whom had experienced the integration of the creative arts therapies in their graduate training. I listened as they spoke about their attempts to lobby legislators to license their profession in the state of Florida and thought of the years that dance/movement therapists have invested in doing similar things around the United States and internationally to promote professionalism, credibility and awareness of the value of creative arts therapies and the life-changing impacts that they can have on the people we serve. I look forward to continuing to collaborate with these professionals and actively encouraging the cross-pollination of our very important and compelling creative healing work.

Student Submission

“We are Light” Movement Choir

Submitted by Audrey Albert Kin, MA Dance Education, CMA, Nia Instructor, Expressive Arts Therapy candidate, Lesley University

Dr. Nancy Beardall, Director of the dance track for Expressive Arts Therapies at Lesley University provided her students with the opportunity for a community performance on January 30, 2014. Both sections of Movement Observation II performed movement choirs that evolved from autobiographical dances. Under Nancy's direction, we cut and pieced then wove and blended the movement of our lives together. Her enthusiasm for this process was



infectious as we neared completion of the project. Each time we performed and honed the piece, Nancy was ecstatic, always excited by our

individual and collective gifts and connected to the dance and the emotion (hers and ours).

As we participated in our last closing ritual circle that had become a blessing, a mantra, something to count on to bring us all together before parting, Nancy said, " I wish we could combine both classes and create a

movement choir with all of us."

We came together to fulfill Nancy's wish to create a movement choir with all of her students from both classes. The movement choir was called "We are Light". We did this because each one of us feels that Nancy is an



exceptional leader and advisor. She is more than 100% dedicated to her students. The amount of support she has given to her students and continues to give us along our journey is endless. She is like Mary Poppins' satchel. We have been seen, we have been heard and we have been witnessed. This has informed who we are becoming as DMTs.

It is our turn and pleasure to honor Nancy for her gifts, unwavering support, love of her craft and glimmer in her eye when she speaks about the work and how it is absolutely possible for each one of us to go out into the world and connect with people through DMT.

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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:**

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