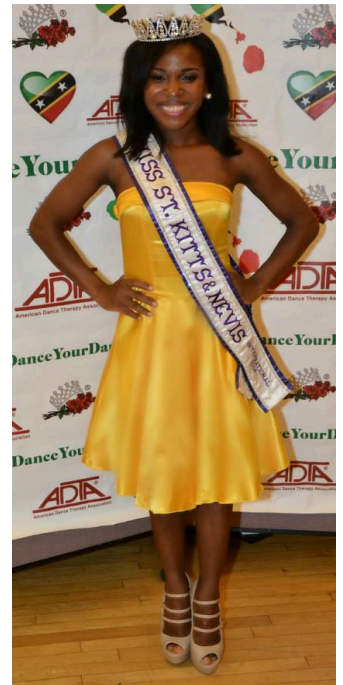


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A Few Words from the Newsletter Team

Conference time is upon us again. Can you believe it has already been a year? Enjoy this issue of the ADTA Newsletter and catch up with us before heading to Chicago. Don't miss out on this amazing conference...there is still time to register! We look forward to seeing everyone there.



Above left: A public square in Bordeaux, France, Susan Kierr brings a little of the sagittal into a vertical street performance.

Above right: Stacey Greene at Caribbean Style and Culture Dance Showcase

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



Board Reports: President

Submitted by Sherry Goodill, BC-DMT



This is the last time I write and submit a letter to the newsletter as the president of our association. From here in this liminal space where I stand, I humbly ask your indulgence in some reflection, and in an expression more personal than usual, which has taken shape as a love letter and thank you note:

I love the ADTA because it is a living, breathing manifestation of the creative and pioneering spirit that fueled the development of dance/movement therapy in this country. I love the ADTA because, while yet relatively small, it is feisty and smart and on fire with a deep sense of mission.

Dear ADTA,

Thank you for offering me a rich and diverse international collegial community. Thank you for being a place to play (and move!) with new ideas, to grow, to take risks (and to make mistakes and learn from them) and a place where I can act fully on my passion for dance/movement therapy. Thank you for trusting me to speak for the group and thank you for staying close when the going is rough. Thank you for so many precious professional and personal relationships in which I have been sustained, recognized and challenged to be my best self.

This love letter contains some “tough love” also—and it is precisely because I love the ADTA that I am compelled at this juncture to communicate that there is still plenty of work to do and we need all of our resources pooled and pulled together to do it. We need to bring back our lapsed members in friendship and with sensitivity. We need to pro-actively continue discerning, claiming and taking responsibility for the right place of dance/movement therapy in the society. More of us need to vote in ADTA elections; more of us need to complete surveys, practice analyses (the organization cannot make good decisions without this input); and when it is time to speak out together, more of us need to communicate with state and federal legislators and agencies. We need to keep grappling with the large and sometimes difficult questions about insurance reimbursement, licensure, professional identity (and identities) of dance/movement therapists; to leverage our relationships with the other creative arts therapy disciplines and associations for mutual benefits, privileges to work and the public’s access to DMT services. And for the same reasons, we need to

stay in a collaborative relationship with the field of counseling. We need to be both generous in the sharing of our knowledge (for how else will the society increase demand for DMT services?) and firm about the competencies and scope of practice boundaries that make dance/movement therapy the unique, powerful, ethical, integrated approach to therapy that it is.

The ADTA’s Vision 2016 strategic initiatives outline an ambitious overall goal: to make dance/movement therapy a viable, vital, satisfying and long-term career for anyone who wants to make this one’s life’s work. This multi-faceted vision has many components and we have made a little progress. Quality DMT CE is now accessible all year round through the new webinar program, giving practicing therapists and students alike tools for opening new areas of work; the ADTATalks are widely viewed and educating the public both accurately and easily about DMT; licensing efforts in New Jersey and Maryland hold the promise of future recognition and opportunities for dance/movement therapists in those states; awareness of how DMT can support US veterans and military personnel is stronger than ever; there is a new committee to support alternate route educators in their work; and the Multicultural and Diversity Committee of the ADTA is a regular committee with board representation and avid membership, making real strides towards building the ADTA as a truly welcoming, inclusive professional community. There is other important work in progress too: a greatly improved Code of Ethics soon to be released; revised competency based educational standards for master’s programs in the planning stages; a practice analysis coming to the membership shortly; and a planned update to the website that will enable even more interactivity and access to information. President-elect Jody Wager and Vice-President Elect Margaret Migliorati, your incoming leadership team, both bring their own love of DMT, substantial management experience, creativity, and a shared drive to bring these projects and much more to fruition. I am so excited about the next four years in the ADTA!

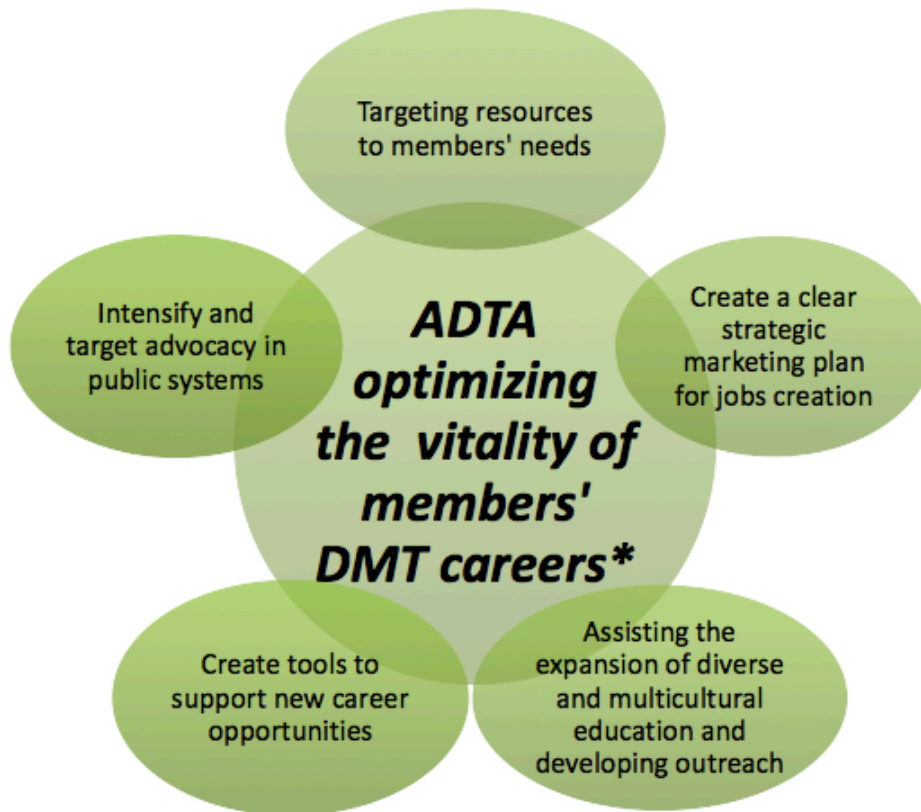
The end of my presidency is most definitely not the end of my involvement in the ADTA, and so for me at least, the love story continues. I hope that you also feel some of these good things about the organization. Please keep communicating about how your association can support you in your DMT work.

Sherry

Board Reports: President

Continued...

Vision 2016 and the ADTA Five Year Plan



THEMES*

*Expanded
Career
Breadth*

*Positive
Brand
Recognition*

*Lucrative
Professional
Opportunities*

*Diverse,
Accessible
Training
Opportunities*

*Innovative
Perspectives
and Practice*

*Local and
Global
Consumer
Access*

*Strategic,
Productive
Research*

Join as non-profits unite in Washington DC to raise awareness about eating disorders.

Date: Tuesday, September 30, 2014

Time: 12:00 Noon

Where: West Lawn of Capital, Washington DC

ADTA is proud to partner with MOM March. For more information go to www.marchagainsted.com.

We are a partner <http://www.marchagainsted.com/partners.html>



Board Reports: Vice President

Submitted by Jody Wager, BC-DMT



“When one door closes ... another opens”

As I sit here today, writing my final newsletter article as Vice President of the ADTA, I am moved to reflect on these past 4 years. I can so vividly recall my initial feelings of awe, nervousness, disbelief, self-doubt and extreme excitement, as I took office and began this journey ... and oh, what a wonderful journey it has been!

Serving as your vice president has afforded me the opportunity to learn so much about the inner workings of our association. I appreciate all the support and encouragement I have received along the way from you, the membership. Thank you for your vote of confidence. It has been my sincere pleasure and privilege to serve you in this way.

I have enjoyed so many aspects of my role as Vice President but I have to say that the task that has filled me with the most pleasure and satisfaction has been that of the role of Conference Chairperson. I've often joked that if I hadn't become a dance/movement therapist, that I would have enjoyed working as a party planner. I do so enjoy a good party and bringing people together! Working on the conference, alongside Gloria and the various conference committee members over

the years, has been a most rewarding experience. Not only has it allowed me to come in contact with so many of our members but it has provided me the opportunity to have a significant part in helping to create an environment where learning, expanding and connecting takes place. I mean...where else do you get to organize a dance party that is the envy of the town?

From the very first conference that I attended back in 1974, when I first discovered dance/movement therapy, until now...our conferences remain one of the highlights of my year. I look forward to our coming together as a community with every cell of my being. The rich exchanges that take place both in the 'classroom' and on the dance floor nourish and nurture me throughout the year. And just when I begin to feel that longing to learn something new and to surround myself with like-minded travelers, it's time to come together again. Our conferences have become both a professional and personal tradition for me ... a unique time for me to gather with dear friends who know me well and colleagues who inspire me with the work they do. I am so grateful to have found this profession and so profoundly proud to be a member of this most special community. Thank you!

With ongoing appreciation,
Jody

Board Reports: Treasurer

Submitted by Meghan Dempsey, BC-DMT



Attention ADTA members!! We need your creative minds!! The 50th anniversary of the ADTA is upon us. This is a great time to spread the word about DMT by getting our local communities involved. Do you have any fun ideas for fundraising? Email Meghan: move2improve@gmail.com.

Don't forget about **Clinical Consultations** and **shopping Amazon**. Both are available year-round and support the organization with little effort or cost to you.

Clinical Consultations: We continue to offer low cost consultations with well-seasoned DMTs. The initial consultation is offered at a discounted rate with the proceeds going directly to the ADTA. The rate of the following sessions will be discussed directly between you and your consultant. You can view a brief description about each practitioner on our website to find the right match for you. Consider this option if you need help with a presentation or workshop, are working with a new population, or if you have been practicing for awhile and need to breathe new life into your work. To take advantage:

1. Go to www.adta.org
2. Click on the Members Only Section
3. Click on Clinical Consultation
4. Scroll through the BC-DMT Consultant List and select your consultant
5. Pay through PayPal
6. Email your consultant and set up the time

Board Reports: Standards & Ethics Committee

Submitted by Ellen Schelly Hill, BC-DMT



I'm looking forward to the upcoming ADTA conference in Chicago. A brief report during this busy time...

Revision on the ethics code and standards continues and committee members remind ourselves to take heed of one of the guiding values of the revision process; it will not be a massively enlarged document. The Standards and Ethics Committee will present a conference workshop that rolls out a first look at the revised code and standards. Soon after this, it will move to ADTA committee and

DMTCB review and then on for public comment. We hope you'll be engaged in this process.

Standards and Ethics consultation

A reminder that the Standards and Ethics Committee retains a consultation line via an email address adta.ethics@gmail.com. We will return contact promptly by email or phone with respect for any indicated contact preference.

I hope to see you at the conference.

Board Reports: Public Relations Committee

Submitted by Lora Wilson Mau, BC-DMT



Chairing the PR committee is an incredibly rewarding position! My role requires that I watch the news (social media and traditional media) for all the latest stories about dance/movement therapy. What a joy it is to see dance/movement therapy appear in

the news daily! It is exciting and rejuvenating to see tangible proof that our efforts in the ADTA and that your efforts as members are making a difference.

This summer, the ADTA experienced a first. We had a new ally promoting our profession. Stacey Greene, Miss St. Kitts and Nevis International 2014, promoted her platform *Dance Your Dance, Improving Lives Through Dance Therapy* while competing in the 2014 Miss International Pageant.

<http://www.staceygreene.net/#!adta/c1zno>

Ms. Greene spent many hours with ADTA members learning about dance/movement therapy so that she could represent our profession accurately. She was a wonderful spokesperson for the field and we congratulate her on finishing in the top 15! You can read more about her journey in her separate piece.

The story of dance/movement therapy in 2014 is different than in previous years. The ADTA is contributing to the narrative with new social media platforms, using our own resources to amplify the effect of every story, every video and every post appearing in the media. One such platform is Pinterest. PR

Committee member and Pinterest Team Leader, Brianna Martin, has written a short piece about the Pinterest team. If you are looking for a fun, creative way to help support the profession, read her post and consider joining the team. A small amount of effort on your part can go a long way. That is the exponential power of social media.

The narrative in 2015 will be changing even more as we expand our reach by not only amplifying the news but actually *writing* it. Plans for an official ADTA blog have been in the works for over a year and we are getting close to an official launch. YOU can help write the narrative for dance/movement therapy, literally. The ADTA blog is seeking authors: professional members who are interested in drawing upon their own expertise to write short blog posts on occasion. Do you wish more people understood what you do, why you do it and how it works? Of course, you do. Don't we all? Help write the narrative. Offer to write a 4-6 paragraph blog post on a topic you are passionate about. The blog team will guide you through the process. Contact Blog Team Co-Leaders Ande Welling andewelling@yahoo.com or Jennifer Giuglianotti Tapjeng@gmail.com with any questions.

I look forward to meeting many of you at the conference in Chicago in November. Please stop by the PR table to learn more about the committee and find me if you would like to talk PR. The more the merrier! Happy Autumn!!!

Board Reports: PR – Social Media Update

Submitted by Lora Wilson Mau, BC-DMT

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

The official ADTA Facebook Page (the voice of the organization on Facebook)

<https://www.facebook.com/AmericanDanceTherapyAssociation>

Launched March 13, 2014

1,513 “likes” (+276)

+ 22%

ADTA YouTube Channel

<https://www.youtube.com/user/ADTAorg>

Launched officially on April 2, 2014

275 subscribers (+130)

+ 90%

ADTATalk views

19,861 (+8,687)

+ 78%

ADTA Facebook Group Page

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

3,806 members (+191)

+ 5%

ADTA Group on LinkedIn

www.linkedin.com/groups/american-dance-therapy-association-ada-3945307

2,107 members (+160)

+ 8%

ADTA Twitter Account @ADTAorg

www.twitter.com/adaorg

927 followers (+83)

+ 9%

ADTA Pinterest Account

www.pinterest.com/adaorg

7 boards, 165 followers

+ 28%



Board Reports: PR Feature – Stacey Greene

Miss International Wrap Up

Written by Stacey Greene

Submitted by Lora Wilson Mau, BC-DMT

Anyone who knows me well knows that I love to dance. However, that love took a long time for me to discover and nurture since I struggled with low self-esteem and confidence during my adolescent years. I grew up in the close-knit villages of Newtown, Basseterre and Green Valley, Cayon in the Caribbean island federation of St. Kitts and Nevis. I came from a family of little means, which meant I could not afford to do certain types of extracurricular activities that interested me such as taking dance lessons. I yearned for the opportunity to grow, to do more, to feel wanted and to know within myself that I mattered. At the age of 17, I found comfort in dance when I decided on a whim to tryout for the dance ensemble at the Clarence Fitzroy Bryant College in St. Kitts. The art form of dance provided me a new outlook on life. For me, dance became a form of self-expression. When I danced, I felt the weight of the world disappear. I felt joy. I felt happiness and I felt free to be myself. Dance helped me develop healthy habits, self-esteem and confidence.

When the opportunity was granted to me to represent my home country in the prestigious 2014 Miss International Pageant, I jumped at the opportunity and the chance to promote my platform "*Dance your Dance, Improving Lives through Dance Therapy.*" Through discussions with a friend, who is a board certified

dance/movement therapist, I learned about the American Dance Therapy Association and what dance/movement therapy is all about. I learned that all the emotional and physical issues I struggled with can and are treated by amazing and hard working DMTs every day. I knew almost instantly that I wanted to work with this organization but did not know what the response would be like and how long the process would take. My research led me to learn that the ADTA is the only U.S. organization dedicated to the profession of dance/movement therapy. Given such a large organization, I did not know where to start but since time was of the essence, I first began by sending an email to the Public Relations officer. My level of excitement did not allow me however to simply stop

there. I proceeded to email any and everyone whose email I could get a hold of from the President of ADTA, Dr. Sherry Goodill, to Philadelphia Chapter President, Dr. Angela Tatum Fairfax.

I was welcomed as an official advocate for the organization after having several training sessions and interviews with senior board members of the ADTA. Working with the ADTA has been a truly rewarding experience and I am truly thankful to all DMTs near and far for your support, guidance and encouragement. A



Stacey Greene & Angela Tatum Fairfax at Caribbean Style and Culture Dance Showcase

huge thank you to several of you who took time out of your schedules to conduct one-on-one interview sessions with me and allowed me a peek into the phenomenal work you do to change lives for the better every day. My biggest and most notable community event was the Caribbean Style and Culture Dance Showcase held in Philadelphia, PA on June 27th. It was an event I was intricately involved in as I planned it from beginning to end. The goal of the event was to raise funds and awareness for my platform. I could not have had the event without the support of the ADTA and its members. The keynote speaker, Dr. Angela Tatum Fairfax, came equipped with ample information about the organization, which was distributed to the attendees, and

she provided a live demonstration of a DMT session much to the pleasure of the attendees.

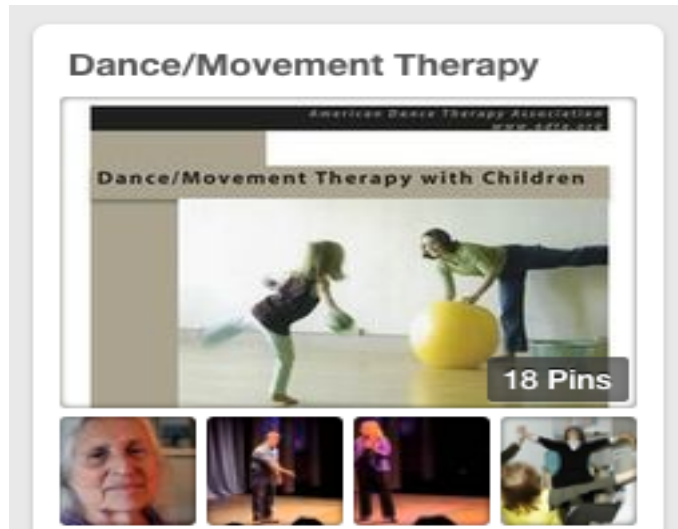
The support of the ADTA allowed me to confidently speak on behalf of the organization and the profession of DMT at the Miss International pageant on August 1st and 2nd in Jacksonville, FL. Having successfully advanced to the Top 15 of the competition, I was able to have yet another opportunity to speak with a wider cross section of individuals about the benefits of DMT in treating chronic illnesses such as anxiety and depression while building self-esteem. All of these experiences have developed in me a bigger love and understanding of the field of DMT. There is no doubt that I will certainly continue in my advocacy for the growth of the profession.

Board Reports: PR Feature – Pinterest Pitch

Written by Brianna Martin

Submitted by Lora Wilson Mau, BC-DMT

Are you interested in furthering the presence of dance/movement therapy on social media? Do you enjoy teaching others about the field of dance/movement therapy? Do you love finding new articles and resources online to share with others? Are you already on Pinterest?! If you answered yes to any of these questions, please consider joining the ADTA Public Relations team as part of the Pinterest Group. We collect and share graphics, articles, news in the wellness fields and various resources for our community with the social media population. We are growing our team and looking for creative, motivated and passionate DMTs to help us spread the word. Sound interesting? Then WE NEED YOU! Please email Brianna Martin, Pinterest Team Leader at blmartin1215@gmail.com to find out more and to inquire about how you can start to help today!



Dance/Movement Therapy Pinterest Page

Board Reports: Committee on Approval

Submitted by Jessica Young, BC-DMT



I hope that everyone had an opportunity to enjoy the longer summer days and can find moments of recuperation as we transition in fall. There are a number of transitions occurring in the Committee on Approval. It is with great excitement that we welcome Craig Haen as our new public member, replacing Jesse Geller who graciously served on the committee for five years. Craig has his doctorate in Expressive Therapies and is a registered drama therapist. He serves as adjunct faculty at Lesley University and NYU, and his extensive publications include using the creative arts therapies in working with trauma and youth. He currently owns a private practice and is active in a number of professional organizations. He will undoubtedly provide a rich perspective with the expertise, passion and appreciation for the work we do in ensuring that programs are providing the highest of standards.

It is with great pleasure that we also welcome Ted Ehrhardt as the incoming representative for Pratt, replacing Julie Miller. Ted offers a depth of clinical experience working for over 25 years in an inpatient setting. He is also a CMA and has extensive teaching experience at Pratt Institute and the Laban/Bartenieff Institute of Movement Studies. As we prepare to say goodbye to Julie, I would like to say that it has been a distinct privilege to work alongside her and to learn from her. Julie's contributions to the committee have been invaluable and she will be greatly missed. The committee will hold a closed meeting at the conference on Thursday, November 6th from 4:00 pm - 6:00pm. This will serve as the last meeting for Julie during which Craig and Ted will transition into their new roles. Also serving on the committee are Wendy Allen (Naropa), Nancy Beardall (Lesley), Claire LeMessurier (Antioch) and Anne Margrethe Melsom (Drexel). Congratulations to Sarah Lawrence College and the first graduating class of their program! This is a significant milestone as they prepare to apply for approval.

In other exciting news, the Subcommittee of Approved Alternate Route Courses (SAARC) welcomes incoming members Valerie Blanc (Committee on Approval Rep.), Danielle Fraenkel (Alternate Route Educator Rep.) and Susan Saenger (former DMTCB Rep.). Janet Lester will graciously step into the chair position of SAARC as she enters into a second term of service. Her experience and stable presence will provide continuity for SAARC.

Nana Koch has completed her terms of service, Barbara Nordstrom-Loeb is stepping down as she will be chairing the Alternate Route Educators Subcommittee and Shira Karman is not renewing for another term. The amount of work that this subcommittee has done under the astute leadership of Nana with Barbara right by her side has been

Board Reports: Committee on Approval

Continued...

incredible. Because of their tireless efforts, the process for approval of alternate route courses is more streamlined, accessible and user friendly. This is due to the creation of the *ADTA Guidelines for Alternate Route Courses*, which includes helpful guidelines in creating a syllabus. They have also been instrumental in clarifying and revising procedural guidelines to facilitate the actual review process for alternate route courses. Shira's attention to detail and constructive feedback to applicants helped to ensure that the highest standards for syllabi were met. I sincerely thank Nana, Barbara and Shira for the dedication, hard work and expertise that they have so generously given to the work of this subcommittee.

Alternate Route coursework, which has been approved since May includes the following:

- Dance/Movement Therapy Theory & Practice II: Bridging and Operationalizing Theory
Danielle Fraenkel
Kinnections in Rochester, NY
- Dance/Movement Therapy and Relational Trauma
David Alan Harris
Beijing Apollo Education and Consulting
- Dance/Movement Therapy Group Dynamics
David Alan Harris
Beijing Apollo Education and Consulting
- Psychomotor Therapy Liljan Espenak's Dance Therapy Approach – Part 2
Nana Koch
Beijing Apollo Education and Consulting
- Group Process in Dance/Movement Therapy
Nana Koch
Beijing Apollo Education and Consulting

Finally, the Education Standards Revision Task Force, co-chaired by Anne-Margrethe Melsom (Approval Rep.) and myself, met twice. We have researched resources from other allied professionals, crafted a working definition of outcome based and input based competencies, developed a working draft of a template and decided upon eight core content areas. We are currently in the process of solidifying these areas and will then divide into three subgroups. Each subgroup will focus on creating outcome-based competencies for assigned core content areas. This is the beginning of many steps in the revision process and we are very excited to have begun this important work. Also on the Task Force are Nancy Beardall (Approved Program Educator Rep.), Meg Chang (Standards & Ethics Rep.), Robyn Cruz (Research Subcommittee Rep.), Nana Koch (Subcommittee of Approval for Alternate Route Courses Rep.), Beth McNamara (Practice Subcommittee Rep.), Joan Wittig (Alternate Route Educator Rep.) and Ellen Yacoe (Government Affairs Rep.).

Have a wonderful academic year!

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

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



Board Reports: Government Affairs Committee

Submitted by Allison Winters, BC-DMT



Happy Fall everyone! It's been a busy summer for the Government Affairs Committee (GAC) and I am looking forward to seeing everyone this November in Chicago. Here is an update on some of the projects GAC has been

working on:

The Substance Abuse and Mental Health Services Administration (SAMHSA) has announced a new initiative for 2015-2018 called Advancing the Behavioral Health of the Nation. This summer, SAMHSA asked associated organizations for feedback on the initiative.

Here is an excerpt from SAMHSA's website, www.samhsa.gov/newsroom/advisories/1407292628.aspx

This strategic plan outlines work to increase the awareness and improve understanding about mental and substance use disorders, promote emotional health and wellness, and the prevention of substance abuse and mental illness, increase access to effective treatment, and support recovery. An important component of the plan is the prioritization of six Strategic Initiatives and the linkages between these initiatives and SAMHSA's policy, programmatic, and financial planning. At its core, this plan offers a framework for planning around common categories of initiatives that enable cross-collaboration and organization of SAMHSA's work (SAMHSA, 2014).

In an effort to support SAMHSA's initiative, the ADTA Board of Directors provided feedback to SAMHSA on the six initiatives mentioned as follows: Prevention of Substance Abuse and Mental Illness by GAC Chair, Allison Winters; Health Care and Health Systems Integration by Vice President, Jody Wager; Trauma and Justice by Multicultural and Diversity Committee Chair, Angela Tatum Fairfax; Recovery Support by Member-at-Large (Eastern Region), Adina Rosenberg; Health Information Technology by President, Sharon Goodill, and Workforce Development by ADTA Policy Consultant, Myrna Mandlawitz. The completed feedback was officially submitted by Public Affairs Chair, Lora Wilson Mau. The ADTA is proud to contribute to the continued support and advancement of behavioral health in our nation.



GAC in the Spotlight:
Norlyn Asprek

On Friday, November 7th from 5:10-6:10 PM, at the 49th Annual ADTA Conference, the Board of Directors will be facilitating a plenary session entitled Serving Those Who Serve: Dance/Movement Therapy for Veterans, Military Personnel and their Families. We are honored to be hosting very special guest Captain Moira McGuire, Director of Arts Programming at the Walter Reed Military Medical Center in Bethesda, MD as well as Co-Chair of the National Initiative for Arts and Health in the Military. Also included on the panel are dance/movement therapists Allison Winters, BC-DMT, Amanda Mitchell, BC-DMT and Gail Adduci, BC-DMT who will describe their work with veterans, active military personnel and their families. Presentations will describe how DMT meets the psychosocial needs of those who have seen combat and can bring about

healing for those who have experienced war trauma. Discussion will explore ways to make DMT more accessible in military health care settings and in the community. This plenary is scheduled to immediately follow the Marian Chace Foundation Lecture, so stick around. You won't want to miss it!

Finally, welcome to "GAC in the Spotlight!" In each of the next several newsletters you will have an opportunity to meet one of the ADTA GAC members. GAC is doing this in an effort to help the ADTA membership to get to know us a little better. We are here to

serve you, so please do not hesitate to reach out. So without further ado, meet Norlyn Asprek!

Norlyn Asprek joined the American Dance Therapy Association in 2012 and currently serves as the Northern California Programming Chair for the California Chapter. She also assists the ADTA Government Relations Committee with projects related to state counseling licensure. After graduating from Drexel University's Creative Arts Therapy program, Norlyn began working as a Legislative Aide for the California State Assembly. In this role, she handles policy issues related to healthcare as well as manages legislation focused on improving our education system. In her free time, Norlyn loves to cook, dance and practice yoga!

As always, feel free to connect with GAC via email or through the ADTA public advocacy forum. See you in Chicago!

Board Reports: Multicultural & Diversity Committee

Submitted by Angela Tatum Fairfax, BC-DMT



The Multicultural and Diversity Committee (MDC) has been hard at work preparing for the 2014-2015 ADTA membership year. There are several developments on the horizon and we are looking forward to a very productive year.

The MDC Conference Scholarship Workgroup completed some fundamental revisions to the scholarship criteria, application and selection process. After vast discussion and review of previous scholarship awards and the new ADTA scholarship funding structure, it was determined that a name change was in order. Therefore, the MDC Annual Conference Scholarship is now known as the MDC Focus Award to assure that the recipient addresses his/her multicultural and/or diversity personal identity factors and funding need. We received several great applications for the 2014 MDC Focus Award and despite a difficult decision a recipient was selected. To find out who it is, please attend the banquet at the 2014 ADTA Annual Conference in Chicago!

Speaking of the conference, this year the MDC will present a half day intensive entitled, "Moving Beyond the Dance: Inclusion of Spirituality in Dance/Movement Therapy Practice." We anticipate another great presentation, filled with clinically exposed and personally lived truths that we encounter in our work as dance/movement therapists working with culturally diverse populations. We will also have a display table and host a fun-filled dynamic meet and greet. Please stop by our table, attend the intensive and connect with us throughout the conference weekend. We look forward to seeing you there!



See you in Chicago!

November 6 – 9, 2014

ADTA Conference

Board Reports: Members at Large

MALs: Amber E. L. Gray, BC-DMT; Crystal Smith, BC-DMT; Adina Rosenberg, BC-DMT

Submitted by Adina Rosenberg, BC-DMT



Summer doesn't stop the MALs! On July 8th, the MALs hosted a chapter leaders' board phone call. The quarterly call allowed chapters from around the U.S. to share spring and summer highlights. Our next board leaders' gathering will be held at the Chicago conference on Friday, November 7th from 6:30 pm - 7:30 pm. The Regional Caucus will be held on Friday, November 7th from 12:30 pm - 1:20 pm. The East Coast Regional Caucus will be led by the new

East Coast MAL, Naomi Nim, who starts her term as of that Friday morning, so come and introduce yourself. Please allow me to formally say thank you to my East Coast chapter leaders and fellow current (Amber Gray and Crystal Smith) and past (Margaret Migliorotti and Jenna Heise) MALs – it was a pleasure working with you and getting to know all of you. I look forward to my next role as the 50th Anniversary Chair.

Board Reports: From the Office

Submitted by Gloria Farrow, Operations Director



2014 ADTA Conference November 6th – 9th, Hyatt Regency McCormick

Place: It's not too late to register! Need a roommate to offset the expenses?

Email info@adta.org for the latest list.

There are still many seminars open to

attend. Go to <http://www.adta.org/2014Seminars> to view the seminars and bios of the presenters. Intensive seminars are on Thursday, November 6th for an additional charge. View the intensives here: <http://www.adta.org/Pre-ConferenceIntensives/>. Refer to the Special Events section frequently as events are updated (<http://www.adta.org/SpecialEvents>). As a registered ADTA conference attendee you are entitled to attend any of the National Dance Education Organization seminars (www.ndeo.org). NDEO Intensives are on Wednesday, November 5th for an additional charge. Stop by the ADTA registration table in Chicago and purchase some ADTA merchandise for sale!

Cannot find an ADTA member's e-mail, phone number or mailing address?: As a member first log into the ADTA website; go to the Members Only Section (<http://www.adta.org/MembersOnlySection>) and search by name.

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

Member Benefit – Clinical Consultation: This arrangement benefits both consultants and consultees. BC-DMT consultants are able to expand their clinical consultation practices. ADTA members have expanded access to affordable initial consultation sessions to explore specialty areas of expertise or select among consultants to best fit their needs. See Clinical Consultation under the **Members Only Section** of the website.

ADTA Website: Remember your **member login username** is your **email**; your password is known only by you. If you cannot remember your password, click on Forgot Password and follow the directions. We do not have password information in the office.

Eblasts: Tailored content to an important subject, filled with the latest information, news, features and products. ADTA uses Eblasts to get the latest information to ADTA members in a quick and money saving way!

Questions about **Continuing Education (CEs)** can be answered at http://www.adta.org/Recertification_CE. Continuing education (CE) hours are defined as actual clock hours of participation in an activity; **one hour is equal to 1 CE**.

As a member you have full online access to the **American Journal of Dance Therapy (AJDT)**; login with your username and password to the ADTA website. You are able to access the latest journal and every volume back to Volume One.

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

Have you taken part in the ADTA **Webinars**? The ADTA is pleased to provide top quality webinars designed to help you earn continuing education credits, increase your knowledge and support your overall professional development. Webinars are scheduled monthly! http://www.adta.org/ADTA_CE_Webinars

Does your employer request the ADTA DMT Scope of Practice? http://www.adta.org/About_DMT

Have you visited the **ADTA Online Store** (http://www.adta.org/Online_Store)? Don't forget! To receive the **member discount price**, log into the ADTA website first.

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/gloria@adta.org to request brochures sent to you for distribution.

Future ADTA Conference Dates: Put them on your calendar

- **October 22-25, 2015** – Hyatt Regency La Jolla in San Diego, California
- **October 20-23, 2016** – Hyatt Regency Metro Center in Bethesda, Maryland

The ADTA National Office is available to its members by voice mail (410-997-4040), email (info@adta.org), fax (410-997-4048), and of course postal mail, (10632 Little Patuxent Parkway, Suite 108, Columbia, MD 21044).

Chapter Reports

Carolina Chapter

Submitted by Virginia Hill, R-DMT

The Carolina Chapter of the ADTA began its monthly “book club” on July 8th, meeting via Google Hangouts, and is scheduled to meet every second Tuesday of each month. The chapter decided to read and discuss articles referenced on the ADTA Website, filtering in the Webinars at times. To prepare for this, we surveyed our chapter members to determine interests. We learned that the greatest interests lie in the areas of anxiety/stress, trauma, behavior and impulse control and neurobiology. The benefit to our members is not only the intellectual stimulation and discussion but also the CE credit and the experience of using Google technology to meet and move together. Our list of articles to review include:

2014

- July – Dance/Movement Therapy Improves Emotional Responses and Modulates Neurohormones in Adolescents with Mild Depression
<http://www.adta.org/resources/documents/jeong%20et%20al%20depression.pdf>
- August – Body Image, Eating Disorders, and Women in Midlife: How are We Doing? A DMT Perspective (article TBD corresponding to the August webinar)
- September – The Joy Dance: Specific Effects of a Single Dance Intervention on Psychiatric Patients with Depression
<http://www.adta.org/Resources/Documents/Koch%20-%20The%20joy%20dance%20study.pdf>
- October – Dance/Movement Therapy & Autism: Dances of Relationship
<http://www.youtube.com/watch?v=65DLHYrHIIM>
- November – The Acute Effects of a Specialized Movement Program on the Verbal Abilities of Patients with Late-Stage Dementia
<http://www.adta.org/Resources/Documents/Dayanim%20Alzheimers%20study.pdf>
- December - Dance/Movement Therapy & Dementia
http://www.youtube.com/watch?v=TYF9_zKDrc8

2015

- January - Mills, L., & Daniluk, J. (2002). Her body speaks: The experience of dance therapy for women survivors of child sexual abuse. *Journal of Counseling & Development*, 80(1), 77-85.
- February - Kornblum, R. & Wingate-Caprula, A. (1993). Surviving abuse work: Healing approaches for abused children and their therapists. Paper presented at the American Dance Therapy Association 28th Annual Conference, Atlanta, Georgia.
- March - Ambra, L. (1995). Approaches used in dance/movement therapy with adult women incest survivors. *American Journal of Dance Therapy*, 17(1), 15-24.
- April – Burn, H. (1987). The movement behavior of anorexics: The control issue. *American Journal of Dance Therapy*, 10, 54-76.
- May – Kleinman, S. (2003). Body talk: Giving form to feelings. *Proceedings of the American Dance Therapy Association 38th Annual Conference* (pp. 7-11). Columbia, Maryland: American Dance Therapy Association.
- June – Davis, D. & Boster, L. (1993). Cognitive-behavioral-expressive interventions with aggressive and resistant youth. *Residential Treatment of Children & Youth*, 10(4), 55-68.



Chapter Reports

California Chapter

Submitted by Marybeth Weinstock, BC-DMT

The California Chapter Board met for a retreat in Pacific Grove, CA on Saturday, August 9th. In attendance were President Jennifer Edwards, NO CA Programming Chair Norlyn Asprec, Co-Communications Chairs Erin Scott-Haines and Marybeth Weinstock, Treasurer Akiko Kaji and Student Rep. Danielle Lottridge (who had her baby about a week later!). We enjoyed meeting in person since we are spread out in California.



California Chapter of ADTA retreat

We continue to get news of members who have passed the LPCC. Congratulations to:

- Stefanie Endler, BC-DMT
- Lisa Goldfein, BC-DMT
- Lisa Manca, BC-DMT
- Susan McKenna, BC-DMT
- Pattee Russell-Curry, BC-DMT
- Erin Scott-Haines, BC-DMT
- Amanda Wilkinson, BC-DMT

Soon-to-be Southern Chapter

Submitted by Voniè Stillson, BC-DMT

The Soon-to-be Southern Chapter has been really busy over the past few months!

Congratulations to Patricia Earl who received her yoga certification in Bhakti and Hatha yoga. She is using this with her patients at River Road Hospital in New Orleans.

Also, congratulations to Voniè Stillson who received her Professional Counselor License (LPC).

Charnè Fulton presented Conflict Resolution and Nonverbal Communication at the Licensed Professional Counselors Association of GA annual regional conference.

Mat Winer was asked to facilitate stress management workshops for charge nurses and nurse residents at Grady Health System Hospital. Folks have responded positively and with enthusiasm to movement oriented stress management techniques.

Amy Jacques had fun over the summer bringing dance/movement therapy to Camp Joyful Soles, a special needs day camp through Shenanigans: Applied Arts and Theatre for Autism. She has also been enjoying using Rena Kornblum's "Disarming the Playground: Violence Prevention through Movement" Curriculum" with the Boys and Girls Club of Hall County, GA.

Dee Wagner has a book coming out about online dating - how it stirs up attachment trauma and how we can move through the process amping up our social engagement systems to create healthier interpersonal dances!

Ambria Cunningham will be interning at Mississippi State Hospital in Whitfield, MS starting in September. She is the first DMT to intern, not only at this site, but to intern for the state of MS!

Moving in the Spirit in Atlanta is accepting dance/movement therapy interns for the 2015 – 2016 school year! Please contact Charnè Fulton for more details.

Chapter Reports

MD/DC/VA Chapter

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

We are pleased to announce that Sharon Chaiklin's co-edited book *The Art and Science of Dance Therapy* is now published in Korean!

In August, several dance/movement therapists (Mimi Moyer, Jody Wager, Ellen Yacoe, Emily Ray, Nalini Prakash and one dance/movement therapy student, Bethany Niciu) participated with Ilene Serlin in a filmed dance/movement therapy group session that will be part of an American Psychological Association training video about the arts in healthcare. Please read more details in Ilene's report.

Joyce Wolpert, R-DMT writes about incorporating dance/movement therapy in her work as a Wellness Coordinator with seniors:

I created a movement choir of our members at our one year birthday event to emphasize important group themes. This summer I gave individual dance/movement therapy sessions to Parkinson's patients in their homes to build body confidence. This fall I will have a group meet together at the senior center to decrease social isolation. As a beginning organizing effort with a group of elderly Russian-only speakers, I did circle creative movement culminating with a Russian waltz by Tchaikovsky. As dance/movement therapists, we truly offer the universal expressive language! Finally, for ongoing training with a group of volunteers who are assisting other seniors with household tasks and providing companionship, I taught mirroring to increase their responsiveness to others and discussed the idea of 'potential space' as a way to create a healing relationship.

Thus, I am grateful to our practice that offers so many skills to open up human interaction.

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June 1 – 12, 2015

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(631) 653-8750
LinniADTR@aol.com

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

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Marian Chace Foundation

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



The trustees look forward to seeing you as we unbelievably celebrate the 25th Marian Chace Lecture. Lenore Hervey will be our special speaker. The title of her talk is *Bindings, Boundaries and Pathways: Dancing on the Edge*, which is an intriguing promise of her discussion of her varied perspectives as a dance/movement therapist. The lecture is scheduled on Friday, November 7th at 3:40 pm. It will start promptly as it will be followed by another event.

Bookmarks with new quotes will be distributed at this time and an announcement will be made of the recipient of the Journalism Award, which is chosen based upon an article published this past year in the American Journal of Dance Therapy (AJDT). The requirements for this are always in a back page of the journal.

We invite proposals for new grants to be submitted by February 15th. Information about all requirements is posted on the ADTA website under Marian Chace Foundation. We are eager to support worthwhile research or special projects. At times we may ask further questions of the applicant in order to strengthen the proposal but there is always the desire to be supportive of the process. There is a requirement that the results of any accepted project be written for the AJDT in order that the information and knowledge gathered be available to all.

We thank those who have donated these past months to the Foundation which enables us to continue our work. As you will notice, several donations were made in memory of Paul Kleinman who died this past spring. He is the husband of our trustee Susan Kleinman and we too wish to acknowledge her loss.

We thank all for your wonderful support and look forward to seeing you in Chicago in November.

Donations received June 1st through August 31st

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- Elisa Mott
In memory of Paul Kleinman

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- Dr. Margo Maine
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- Dr. Beth McGilley
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- Adrienne Ressler
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- Susan Sandel
In honor of Sharon Chaiklin and in memory of Paul Kleinman

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- Kathleen Fluegel
Earmarked Global Site Performance projects
- Kim Rozzi
In memory of Patricia Abdale

DMTCB

Dance/Movement Therapy Certification Board

Submitted by Susan Saenger, BC-DMT

Congratulations

BC-DMTs registered June 1st through August 31st

Rachael L. Bonaiuto
Kirsten Young

R-DMTs registered June 1st through August 31st

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From the Professional DMT Community

Janet Adler's Article Corresponding to the 2009 Marian Chace Lecture Now Available

Submitted by Susan Cahill, BC-DMT

Janet Adler was the Marian Chace lecturer at the ADTA Conference in Portland in 2009. She offered an essay concerning her experience of her mother's eight day fast into death. This work is now published in an online magazine called Natural Transitions: Conscious, Holistic Approaches to End of Life Volume 3 Issue 3. It can be accessed through www.naturaltransitions.org. The title of the essay is: "Witness to a Conscious Death".

Ilene Serlin and Jody Wager lead Movement Choir at APA's Opening Ceremony

Submitted by Jody Wager, BC-DMT



Ilene Serlin & Jody Wager

On August 7, 2014, the 122nd Annual American Psychological Convention kicked off its Opening Session at the Washington Convention Center. The theme of the arts and psychology, chosen by President Dr. Nadine Kaslow, was displayed with artistic representations from APA members, a performance of the balcony scene from Romeo and Juliet by Abigail Simone and Yosvani Ramos and a keynote by author and journalist Jane Pauley.

After the keynote, the members of the APA Council of Representatives Choir sang, led by Dr. Frank Worrell. Dr. Ilene Serlin, Dr. Phyllis Koch-Sheras and Jody Wager led the audience in a Movement Choir, supported by members of APA's Dance Caucus Drs. Lilli Friedland, Irene Deitsch, Bjornhild Stokvik, Judy Kuriansky and Mary Alvord, and Washington-area dance/movement therapists Ellen Yacoe, Dr. Emily Hall, Bethany Niciu, Mimi Moyer and Nalini Prakash.

Given the expected 13,000 attendees at the convention and approximate 2,000 attendees at the Opening Ceremony, the Movement Choir helped transform a cavernous, impersonal room into one of connection and celebration.

Combining Dance/Movement Therapy & Child Development to Help Parents with Their Young Children

Submitted by Nettie Becker, BC-DMT

Tommy's mother was deeply concerned when she brought him to the first session. Unlike his older two siblings, the 10-month-old didn't crawl — in fact, he didn't move much at all. While other babies at that age are normally curious, he didn't look around at the other children when sitting with them in a group.

Tommy and his mother were part of a series of workshops for parents, infants and toddlers that I conduct at public libraries on Long Island, New York. Funded locally by the county, the program is designed to help parents work with their children, stimulating them through play. For many parents who find it difficult to bond with their infants, it is an important first step in the process. As Susan S. Woodhouse of the Department of Counselor Education, Counseling Psychology and Rehabilitation Services at Pennsylvania State University, points out, "One of the central ideas of attachment theory is that a mother's

sensitively responsive behavior is a key contributor to the quality of the infant's attachment to her, and meta-analytic findings provide empirical support for this link." For parents with toddlers, the workshops aid in helping them to establish intimacy through play with their young children. This particular workshop series consisted of three sessions with eight infants and their parents at one of the towns.

One goal of these sessions is to show parents how important they are to their infants. Many need assurances that they are good parents. As the session progresses, the parents become preoccupied with their babies and become focused on how they can improve their parenting skills. Each week when we meet they marvel at how much their infants have accomplished.

The sessions begin with eight parents sitting in a circle with their babies as they introduce themselves and their

From the Professional DMT Community

Combining Dance/Movement Therapy & Child Development to Help Parents with Their Young Children *Continued...*

babies. I greet them as they enter a warm cozy room and introduce myself. I explain what dance/movement therapy is and how I apply it during the sessions. The atmosphere is friendly and welcoming. The lights are dim and soothing, music is playing in the background. There are two colorful blankets spread out on the floor with stimulating developmentally appropriate toys scattered around the blankets. The infants range from one to twelve months in age. The toys are mostly sensory motor oriented which include rattles which make noise, small toys that light up when the infants touch them as they are on their tummies. There are toys for the older infants that move when pushed, balls that roll when they push them, boxes large enough to put objects in and take objects out, as well as different textured toys and stuffed animals.

Infants sometimes enjoy looking, smiling and touching each other more than they like playing with the toys, but the toys can be used to stimulate interaction between mother and infant. After six months, the children begin to play with toys on their own.

I'm aware of my body shaping in an open horizontal plane during the session so that I convey my feelings of acceptance and to make the parents feel part of the group's process. It is also important that I am aware of my feelings toward the parents and their babies. I want to be able to reflect on how I am making them feel. When I observe how the parents interact with their babies I can work with them on specific issues such as attunement and movement activities. Our mirror neurons also play a part in helping us build relationships since they enable us to feel and display empathy in meeting the needs of individuals in the group. Daniel J. Siegel, MD, Clinical Professor of Psychiatry at UCLA School of Medicine, emphasizes this point in his book, *The Mindful Therapist*. "When we perceive an action that has intention behind it," he writes, "—one that has a predictable sequence of behavioral motions — a set of neurons in our cortex responds by getting us ready to act in a similar fashion. These mirror neurons are called this because they function as a bridge between sensory output and motor output that allows us to mirror the behavior we see someone else enact." This is particularly important when I meet with each parent individually. Throughout the sessions, I try to build relationships that make it possible for me to relate to them and at the same time

the parents are building relationships with each other and with me.

During the session, topics of interest are discussed and the parents ask questions relating to their children as I model how the toys are used developmentally. I demonstrate how to massage and exercise with their babies. About halfway through the session we all stand up and improvise dance steps in a circle to up-beat music. We also improvise movements that give the parents a chance to exercise with their infants as they and the babies laugh together and enjoy the experience of moving in space.

In Tommy's case, I saw the need to discuss with the mother the importance of maintaining eye contact when she speaks to him and when she breast feeds him since many parents of infants like Tommy tend to avoid this when they feel their babies are not responding. Babies develop at different paces and parents often mistake a slower pace for something worse, particularly if there are other siblings who developed more quickly. I showed Tommy's mother how to gently exercise with him, bending and straightening his legs, touching his legs and massaging to relax him. We put him on his tummy and gently lifted each leg up and down to show him how to crawl. When he babbled, I had the parent imitate him and have a conversation, all the while maintaining eye contact. We also played peek-a-boo, a game that teaches an infant that mom is really there for him and will come back after disappearing for a short time.

Tommy's mom noted small changes in her son after each session. At home, she followed up with what we had done. Toward the end of the first session, he was reaching for toys while on his hands and knees. During the second session, he began playing with some of the toys. By the third weekly session, he was crawling, smiling at me and reaching out to some children.

This child was one of eight in the group — all of whom, parents and children, benefitted from the program. My training as a dance/movement therapist was invaluable in preparing me to work with these parents and their children. When we say goodbye after each session, parents leave with a good feeling about themselves and the others. Nearly all express gratitude for a worthwhile experience.



International News

Congratulations CMER-Seoul!

Graduation Ceremony: October 2014

Submitted by Bonnie Bernstein, BC-DMT

California based Dance/Movement Therapy Alternate Route Program, Center for Movement Education and Research (CMER) honors its amazingly talented South Korean cohort of 12 trainees in the CMER-Seoul DMT Program. In early October, these students will have completed 270 hours of Dance/Movement Therapy: Theory and Practice courses, 90 hours of LMA courses, 90 hours of Group Process courses and the Master's Degree requirements for their R-DMT Applications.

The Internship/Supervision phase of training is in full swing, spanning locations throughout South Korea, including children's centers, psychiatric hospitals and community clinics. The seasoned faculty from CMER's California Alternate Route program has taught all of the DMT Theory and Practice courses that we also offer to our U.S. students. Forest Franken, BC-DMT and Linda Aaron-Cort, BC-DMT have already provided many hours of supervision in Korea. Bonnie Bernstein, BC-DMT is Education Director of this CMER-Seoul program along with her Korean colleague, Sunyoung Park. She will return to Seoul to provide a month of supervision in October. Dawn Lyon, BC-DMT will return to supervise this winter. Judy Gantz, CMA, Administrative Director of CMER, has taught 90 hours of LMA tailored to the training of dance/movement therapists and Susan Kierr, BC-DMT has also been an outstanding teacher and supporter of this Korean cohort.

The CMER-Seoul faculty is thrilled with the high academic achievement and talents of these 12 emerging professionals and look forward to having them become R-DMTs and colleagues in our international ADTA community.



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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