

THE OFFICIAL NEWSLETTER OF THE AMERICAN DANCE THERAPY ASSOCIATION

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### A Few Words from the Newsletter Team

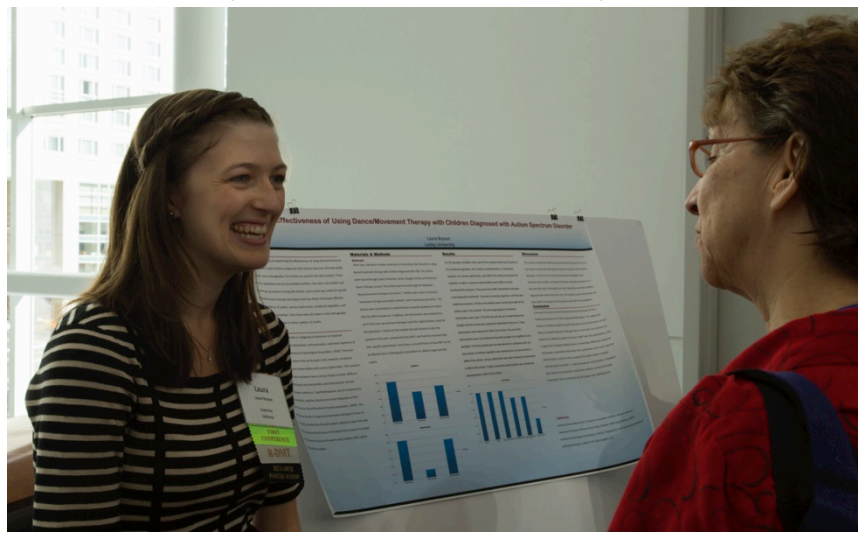
As 2014 draws to a close, we take the opportunity to remember this year's Annual Conference, and we cannot help but be excited for 2015 and the ADTA's 50<sup>th</sup> Annual Conference. It is going to be an amazing year for the ADTA as we have much to celebrate.

Remember to submit articles, pictures, news etc. for the next issue of the newsletter. We love to hear from our members and have a chance to share with each other. We look forward to hearing from you soon.

Enjoy this winter issue of the ADTA newsletter. Happy holidays and we will see you next year!



Above: Jody Wager embracing her new role as President  
 Below: Laura Bryson at the Research & Thesis Project Poster Session



*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 Jody Wager, BC-DMT



As I sit here at my computer on this Saturday evening after Thanksgiving, I can't think of a more opportune time to express my feelings of gratitude to you, my dance/movement therapy community. It is with a very full heart that I say thank you for your support and trust. I will do my best to serve you and to represent you out there in the world. This is an exciting time to be a dance/movement therapist and I am filled with anticipation and awe for what is to come!

As I shared with those of you present at our recent business meeting, I dedicate this term of office to my father, Julian Wager, who taught me about giving back to my community, every day of his life. I would also like to take this opportunity to recognize some very influential people in my life. I want to thank my family for their ongoing love and encouragement ... and not to mention their willingness to share me with you for the next 5 years. I am grateful! I also wish to thank my teachers, Claire Schmais and Elissa White, who, 37 years ago, got me started on this path ... a path which continues to give me as much joy and satisfaction today as it did when I first started. I wish to thank my patients, who teach me every day, through our on-going dances, and my students, who hold me accountable and challenge me with their questions and curiosity. I wish to thank all my dear colleagues, whom have moved me with their work and passion for all these many years. It has been a joy being on this journey with you! I must also acknowledge our Board of Directors and administrative staff ... I can't begin to tell you how honored I am to work alongside each and every one of you. I cannot wait to see the fruits of our labor. You inspire me! And to Margaret ... I am delighted to have you by my side and look forward to a rich and collaborative relationship. Lastly, I wish to publically thank Sherry ... not only for your brilliant years of service but also for your guidance and support these past four years. Working alongside you has truly been a most remarkable experience. You have taught me much and I only hope that I can be as strong an advocate and spokesperson as you have been. Thank you.

There is much that I thought to share with you in this, my first newsletter report as president. I continue to feel stimulated and supported from our time together in Chicago. I hope your conference experience was everything you needed it to be and that it continues to serve you well. Thank you to all who shared their work and gave of themselves so generously. What a privilege it was to witness! Many thanks to those dance/movement therapists, from near and far, who participated in our second annual Day of Service. I am proud to report that dance/movement therapy was successfully introduced to two new sites in Chicago. It was our privilege and honor to welcome Captain Moira McGuire from [Walter Reed National Military Medical Center](#) in Bethesda, Maryland. As an invited guest, Captain McGuire attended many workshops in addition to participating in the panel on Dance/Movement Therapy and the Military. She also attended our banquet and dance on Saturday night, which reportedly was a highlight of her visit! Engaging in these types of exchanges feels exciting and full of potential. Stay tuned for future updates.

And speaking of the future ... another exciting opportunity is heading your way. I am thrilled to report that the Standards and Ethics Committee has been working diligently on revising the Code of Ethics and Standards of the ADTA. I do not want to steal their thunder, so please check out their report later on in this newsletter. I will say; however, that you, the membership, will have an opportunity to review and comment on this newly revised draft. Please stay alert to announcements that will come to you by way of eBlasts and on the Forum. Your involvement in this process is key and greatly appreciated.

In closing, I wish to invite you stay in touch. As I say at work ... I have an open door policy. Please let me know your thoughts, feelings, challenges, questions, compliments and suggestions. We are in this together!

*“The only way to make sense out of change is to plunge into it,  
move with it, and join the dance.”*

~Alan Watts

Here we go ... won't you join me?

## Board Reports: Past President

Submitted by Sherry Goodill, BC-DMT



Greetings everyone!

It was a glorious and very exciting annual conference in Chicago. I wish that every ADTA member could have been there to experience the power of the collective and the sharing of new knowledge and developments in our work. So much is happening! My letter here will recount for you two specific items from the two-day meeting of the Board of Directors that preceded the conference (November 4<sup>th</sup> and November 5<sup>th</sup>).

1. As you all are aware, for several years now, the ADTA has engaged in study, dialogue and discernment regarding state licensure. Usually, this has meant looking at opportunities for those with dance/movement therapy degrees and credentials to qualify for state licenses under the counseling licensure laws. As you also know, recent trends in the field of counseling foretell a likely narrowing of those educational qualifications for licensure eligibility in some states. At the same time, trends in the creative arts therapy disciplines have suggested that other kinds of licensure may become possible in some states going forward. From the national vantage point that the ADTA board has, there is currently no discernible single best national direction for licensure in the short term. Thus, the board has adopted the following statement and stance, and will operate accordingly for the foreseeable future.

*“Given the fluid nature of counseling and creative arts therapy licensure trends in the US at this point in time, the ADTA can and should support and work vigorously with any state group with a viable opportunity to improve the licensure opportunities for professional dance/movement therapists and ADTA members in that state, whether that is for inclusion in counseling oriented licenses, omnibus CAT licensing, stand-alone DMT licensing or another type of formal state recognition. Providing that the state working group is equipped and committed to carrying out the project and sustaining the gains made from it, the national organization can be available for partial and modest financial assistance (in the form of GAC grants), consultation, meetings and material support.”*

The ADTA will continue to closely monitor and evaluate the licensure trends in the country. Should the landscape change in such a way that a single national licensure strategy for DMT providers is prudent and indicated, we are prepared to adjust and to direct resources into the best possible future for DMT practice.

2. The current structure for major leadership roles in the ADTA have been in place for at least forty years. In this structure, the Vice President (VP) is elected by the membership for a 2-year term of service, which can be renewed by vote of the membership (for a maximum of 4 years in the role of VP). The President also is elected by the membership for a 2-year term, also renewable for a maximum of four years in the presidency, followed by 1 year as Past-President. Throughout the life of the association, the person in the VP role has almost always served the maximum four years and then gone on to the presidency for the maximum four years. With the year of service as past president, this results in a 9-year long arc of leadership service. In effect, the ADTA Vice Presidency has functioned as a de-facto President-Elect role. Further, the resulting 9-year trajectory described here is unusually long in a professional membership association. The Board of Directors has approved a change to this plan that would revise the roles and terms for leadership of the ADTA as follows: one 3-year term as President-Elect, followed by one 3-year term as President, followed by one 1-year term as Past President. The board believes that this brings more transparency to the process of electing individuals to leadership roles. For those who might run for these roles, there would be a more straightforward and predictable trajectory to consider. What has essentially been a 9-year commitment in the past would become a clear 7-year commitment for the person who is elected as President-Elect. We wanted you to know about this because you'll be asked to vote on it in the Spring of 2015. These policies are outlined in the ADTA bylaws and a bylaws change requires ratification by a vote of the membership. You will see this item with the spring election ballot. If you have any questions, please get in touch with me or any other member of the Executive Committee.

With great excitement for the future of the ADTA,

*Sherry*

## Board Reports: Vice President

Submitted by Margaret Migliorati, R-DMT



This is my first submission to the ADTA newsletter as Vice President of the Board of Directors and I couldn't be more excited, humbled, honored and, quite honestly, nervous. I step into this role trying to fill the shoes of many who have gone before and at a time when the ADTA is on the verge of celebrating its first 50 years. I am excited at the task ahead as we, together, reflect back on 50 years of groundbreaking work and prepare for our second half-century.

As I write, it has been a few weeks since the conference and my installation as VP. From this vantage point, I would like to share my experience of being "initiated" into the role of VP because I think the process speaks to how special we are as Dance/Movement Therapists.

First allow me to back-up a bit. Because I take the commitment to our field and each of our members seriously, I considered the idea of running for VP long and hard. I was additionally anxious about my ability to fulfill such a large role in our organization. Was I truly up to the task?

I shared these concerns with board leadership as well as other DMT mentors. In each of their own ways, these DMT leaders gave me space to navigate my anxieties while also making it clear that they believed in

my abilities. They reminded me that they, along with many others, would be supporting me as an ADTA board member and that none of us ever walks alone. They allowed me to gently find my way to saying "yes" in a manner that was respectful of my own, not altogether linear, process. And, when it came time to be installed as VP, these same DMTs (along with many others) welcomed me warmly into the leadership circle, instilling me with both confidence and gratitude. Throughout, the process was punctuated with a sense of ritual and a deep honoring of the individual talents each of us brings to the ADTA.

I have been around many workplaces in my career – for-profit, non-profit and academic alike – and I know how rare it is to be nurtured so generously. I have always been proud to be a DMT but never more so than now. I am honored to join President Jody Wager, the Board of Directors, the ADTA office and each of you as we dance into our next 50 years and beyond.

### Looking Ahead to 2015

In October 2015, the ADTA will celebrate its 50<sup>th</sup> conference in San Diego, CA. The theme for the conference will be: **ADTA 50th Conference: Reflecting - Reaching - Moving Forward.**

Be on the lookout for the call for papers in the New Year. We hope you can join us for this celebration of a significant milestone in our history!

## Board Reports: Treasurer

Submitted by Meghan Dempsey, BC-DMT



A **BIG** thank you to the chapters of the ADTA, especially the treasurers, for their ongoing commitment to maintaining current and accurate financial records. They have persevered in navigating through the sometimes alien and frightening "financial world" to ensure the financial health of their chapters, allowing them to continue to thrive in their local communities. Treasurers, please take this time to review the deadlines for your state and federal taxes for the 2013/2014 fiscal year.

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

**Student Loans:** A lot of us have them! Have you consolidated your student loans? Here are some websites you might want to check out before you decide if this is an appropriate option for you:

<http://www.forbes.com/2009/04/15/student-loans-moneybuilder-personal-finance-consolidate.html>

<https://studentaid.ed.gov/repay-loans/consolidation>

<http://loanconsolidation.ed.gov/>

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



## Board Reports: Secretary

Submitted by Gail Wood, BC-DMT



Dear Members,

Greetings! Wishing you all the best during this time of seasonal transition. As a new year is just around the corner, it's time to reflect on successes and make changes necessary to our work all while continuing to help others.

I pose a question to you: what can ADTA Members do to minimize the risk of being sued in the practice of Dance/Movement Therapy? Whether you have a private practice, offer training workshops, clinical supervision/consultation or work full-time for an organization, medical malpractice charges can be made against you and if applicable, against your state license. Even the most talented and careful therapist can be affected. There are numerous ways that dance/movement therapists can minimize risk as they conduct their practice, regardless of the setting in which they work. One way for professionals to safeguard their livelihood and personal assets is to maintain professional liability insurance. Though many organizations do provide professional liability insurance that may not always be enough. Liability insurance is, generally, both affordable and easy to obtain. The ease of technology brings us many options with which to chose from and the timeliness that many of us who are constantly on the go desire. Dance/movement therapists may obtain professional liability insurance from a number of carriers and these are a few that you may wish to explore:

- Marsh U.S. Consumer: <http://www.proliability.com/professional-liability-insurance/other-professions#>
- Allied Health: <http://alliedhealth.insureon.com/professions/art-dance-drama-therapists/98>
- CM&F group Inc: <http://www.cmfgroup.com/malpractice-liability-insurance-individuals>
- Healthcare Providers Service Organization: <http://www.hpsso.com/professional-liability-insurance/>

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

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

- Consult your personal insurance provider to investigate any potential professional liability insurance option available, as there may be cost-saving advantages if you are able to bundle products.
- Explore the difference between products (e.g. "Claims Made" versus "Occurrence" coverage).
- Carefully discuss all aspects/details of your practice with your agent/customer service representative to ensure you obtain coverage that is appropriate to the services you provide (e.g. full-time employees require different coverage than private practitioners and you may need an additional coverage if you provide clinical consultation).
- If you hold a professional license, ensure that you obtain coverage for the licensed profession and for dance/movement therapy if Creative Arts Therapies are not licensed in your state.
- Students are also eligible to obtain individual professional liability insurance coverage and are encouraged to investigate the potential benefits of personal protection. In particular when doing community volunteer work that might not be directly linked and or a part of your schools' professional liability coverage.
- Connect with all membership groups with which you are affiliated to explore potential cost-saving offers.

If you have additional suggestions on this topic or wish to provide the name of a company with whom you can recommend, I welcome your email: [gmwoodadta@yahoo.com](mailto:gmwoodadta@yahoo.com); this information may be included in a Membership Guidance Forum in the future.

Wishing you continued prosperity and success.



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

Submitted by Susan Imus, BC-DMT



The ERP was very busy during the Chicago conference. We had five meetings, one with 43 educators (see photo). I will briefly summarize the work taking place in each of the four sub-committees.

### EDUCATION/Approved Academic Programs (AAP):

The following schools had representatives in attendance at the Chicago meeting: Antioch University, Columbia College Chicago, Drexel University, Lesley University, Naropa University, the Pratt Institute and Sarah Lawrence College.

It is a record year and 284 dance/movement therapy students are enrolled in the seven programs. The 17 educators discussed topics including low-residency programs, on-line delivery of courses, advisement and cultural diversity.

The Multicultural and Diversity Committee (MDC) Chair, Angela Tatum Fairfax, was invited to the meeting to discuss issues that had been presented to the CDC around education and diversity. Angela was unable to attend but submitted a list of concerns as requested by Susan. All educators agree that each of their respective programs have more culturally diverse classrooms. The CDC will meet with the AAP educators at next year's conference. The discussion will continue.

A conversation began around advisement and gate-keeping for our profession. This discussion continued when the alternate route educators joined everyone.

### EDUCATION/Alternate Route Educators Sub-committee (ARES):

Twenty-six alternate route educators joined the approved academic program educators for approximately one-half hour. We all discussed the challenges in providing good advisement for our students. We also discussed evaluation tools that some programs are using to assist students who are having interpersonal challenges in the classroom and/or clinical settings. Susan is collecting copies and will be sending these tools to all educators. Approved academic program educators were then dismissed.

Barbara Nordstrom Loeb, ARES chair, ran the next meeting. Barbara announced the initiatives that have been instituted in the short history of this sub-committee. In just one year, an infrastructure has developed that includes a core team and sub-teams. The core team has a two-year term with the opportunity for one renewal. It includes Linni Diehl, from the

Dance/Movement Therapy Certification Board (DMTCB), Thania Acaron, an alternate route alumna, Bonnie Bernstein, as an alternate route educator, Nana Koch, from the Sub-committee on Approval of Alternate Route Courses (SAARC) and Ellen Schelly Hill, from Approved Academic Programs.

The core team has two sub-teams that are answering questions from Alternate Route Students (Linni and Thania) and Alternate Route Educators (Bonnie and Nana). Barbara is triaging the questions as she receives them from the web or the ADTA office. Linni and Thania have been extremely busy answering questions from alternate route students.

The DMTCB has issued a new Alternate Route Student Handbook which will assist all alternate route students and educators. Students and educators are encouraged to read the guidelines before contacting Barbara. The core team is keeping track of questions to add to the FAQ's found on the website.

The website has been re-organized and is still in progress. See Education and Training. A calendar of alternate route courses is close to completion and will be posted on the website under the Alternate Route Student section. The calendar will assist students in planning by date, region, course, credits and instructor.

Discussion also ensued around courses and programs that are internationally conducted. There are many challenges for students and educators in trying to meet the DMTCB's Alternate Route Student Handbook's criteria. Susan assured the meeting members that the ADTA's Board of Directors is going to re-convene the International Task Force to explore issues such as this.

Kudos to Barbara and her core team on a very successful first year. Plans for the next year are being solidified and will be posted in the spring newsletter.

### RESEARCH Sub-committee (RSC):

New President, Jody Wager, attended the beginning of the meeting to discuss future projects with the Government Affairs Committee (GAC). Additional guests included the Marian Chace Foundation members: Susan Kleinman, Sharon Chaiklin and Ann Lohn. RSC attendees included Cynthia Berrol (via phone), Robyn Cruz, Laura Downey, Lenore Hervey, Sondra Malling, Jennifer Tantia and Susan Imus. Emma Barton was unable to attend.

Laura Downey, sub-committee chair, ran the meeting. Agenda items included but were not limited to the

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

*Continued...*

RSC's responsibility to research in international communities, research awards, relationship with the GAC, RSC's web contributions, conference presentations and the Research Poster Session.

Kudos went out to Laura for coordinating Friday's Poster Session at the conference. Eighteen posters were presented. Sondra will coordinate the poster session for next year's conference.

The committee was excited to present the Research Award to Sabine Koch. Sabine receives a free annual membership for her award. Robyn will continue to coordinate this award for next year.

RSC members reviewed their mission and discussed the need to update their section on the website. The RSC hopes to collaborate pro-actively on projects with other ADTA committees. Future projects will be addressed in the spring newsletter.

### PRACTICE Sub-Committee (PSC):

Vicky Wilder chairs this sub-committee and conducted the meeting. Members in attendance at the meeting included Sharon Chaiklin, Judith Fischer, Shannon Suffoletto and Susan Imus. Absent were Elizabeth McNamara and Laurel Thompson.

Ande Welling was also in attendance from the PR committee to discuss the new ADTA blog and the PSC's role with it. Ande explained the blog, showed examples and requested the PSC's assistance with editing. The PSC willingly agreed and has edited two blogs to date.

The PSC will continue to collaborate with the PR committee on the development of new Clinical Information Sheets. These sheets are found under Public Relations for members only section of the ADTA website.

Discussion ensued about the upcoming Scope of Practice revision. Although originally on the agenda, this is delayed until the Code of Ethics and Standards of Practice document is finalized.

### A final ERP note:

The ERP hosted its first panel workshop on Sunday morning at the Chicago conference. Sharon Chaiklin from the PSC, Laura Downey from the RSC, Nancy Beardall from the AAPS, invited guest, Jenny Lee and ERP chair, Susan Imus, had a lively discussion along with the workshop participants on our scope of practice. The ERP will investigate practice narratives over the next year in preparation for a future workshop or video.

## Board Reports: Multicultural & Diversity Committee

Submitted by Angela Tatum Fairfax, BC-DMT

Article by Heidi McCardell-Wentworth, R-DMT, MDC Spirituality and Religion Affinity Group Coordinator



I had a lovely conference experience. I enjoyed co-presenting with Angela Tatum Fairfax as well as attending other presentations. I was glad that Angela and I could let people know about what the Multicultural and Diversity Committee of the ADTA is up to these days especially in the area of spiritual and religious diversity. The three main areas of the Spirituality and Religion Affinity Group (SRAG) are to develop best practice guidelines for incorporating spirituality and religion into DMT; to be a resource for students, professionals and educators to offer support and guidance when dealing with issues surrounding spirituality and religion; and to grow as an affinity group in supporting multiculturalism and diversity in the ADTA.

Attending sessions describing DMT with different populations such as trauma, women, international participants and Autism gave me the opportunity to reflect on just how important cultural competency is and how integral diversity and multiculturalism are to the profession of dance/movement therapy. I look forward to continuing my work as an ally and advocate for people who feel marginalized or misunderstood in Chicagoland through my employment at Mind Body Connections working under Stacey Hurst as well as my participation in the Illinois Chapter of the ADTA and on the Multicultural and Diversity Committee.



## Board Reports: Public Relations Committee

Submitted by Lora Wilson Mau, BC-DMT



I am deeply honored to serve the members of the ADTA in a second term as Public Relations Chairperson and thank you for your continued trust in my service. It has been a joy to work with the dedicated members of the Public Relations Committee, and I have no doubt that the growth and development of the next two years will be just as exciting and rewarding.

By now, hopefully, you are aware of ADTA's growing presence in the social media sphere. Over the past two years, ADTA has laid a foundation across many platforms, planting the seeds for continued expansion. ADTA began on LinkedIn under the leadership of PR Chair, Donna Newman-Bluestein. As we begin 2015, ADTA can additionally be found on Youtube, Pinterest, Twitter and Facebook. Please see the *Social Media Update* for statistics on growth in each area.

You can think of these platforms as megaphones, amplifying dance/movement therapy related news to the masses and introducing our concepts to consumers and allied professionals who may know nothing about our field. Each platform amplifies to a select audience but, together, they work exponentially to increase our volume and reach.

That said, the power of these platforms is limited in that they can only share content that exists. In the past, we have waited for journalists to publish articles about dance/movement therapy in newspapers or online magazines so that we could then share those pieces on our website and on social media and hopefully increase their readership.

In 2015, we will no longer have to wait for others to write about dance/movement therapy. In 2015, we will be our own journalists, our own authors, our own news channel. The new ADTA blog, hosted on the ADTA website, will publish blog posts on a weekly basis, written by our membership. Imagine *The Huffington Post* but with only with one topic: dance/movement therapy. Ande Welling, Blog Team Co-Leader, has been working diligently behind the scenes for over a year to make this blog possible. It is now here.

YOUR voice is needed. Consider submitting a post to the blog team. Offer to write a four to six paragraph blog post on a dance/movement therapy topic you are passionate about. Simply email Blog Team Co-Leader Jennifer Giuglianotti ([Tapjeng@gmail.com](mailto:Tapjeng@gmail.com)) communicating your interest. She will answer your questions and guide you through the submission process.

Subscribe to the blog via the ADTA website so that you are notified via email when new posts are published. Then SHARE those posts every way you can: Facebook, Twitter, Pinterest, email, LinkedIn, etc. Throw the seeds into the air – the wind will do the rest.

The growth over the past two years in PR is due to the amazing teamwork of the PR Committee members and the individuals who have stepped into positions of leadership on this committee. I wish to acknowledge them here. When you encounter these folks – in person or online – please communicate your appreciation to them for their service and hard work. They are the backbone of this committee.

Lastly, consider also joining us. There is so much more we can do. Join the many members of the ADTA PR Committee. We will match your talent and skills with project needs and, together, we will move dance/movement therapy FORWARD.

### AMAZING PR Committee Members: 2012-2014

Angie Giordano-Adams, Melinda Malher-Moran, Brianna Martin, Sara Van Koningsveld, Kamahria Hopkins, Jennifer Giuglianotti, Erica Hornthal, Ande Welling, Pattee Russell-Curry, Sarah Boreham, Sabrina Washington, Emily D'Annunzio, Elizabeth Rutten-Ng, Audrey Albert King, Alice Garfias, Brigitta White

### Welcome NEW PR Committee Members in 2015!

Darci Nelson, Heidi Ehrenreich, Michele Lemelo, Melanie Johnson, Adriane McKee, Jessica Lin and.... YOU. ☺



## 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

1,815 “likes” (+302)

+ 20%

### ADTA YouTube Channel

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

Launched officially on April 2, 2014

419 subscribers (+144)

+ 52%

ADTA Talk total views

31,618 (+11,757)

+ 59%

### ADTA Facebook Group Page

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

4,066 members (+260)

+ 7%

### ADTA Group on LinkedIn

[www.linkedin.com/groups/american-dance-therapy-association-ada-3945307](http://www.linkedin.com/groups/american-dance-therapy-association-ada-3945307)

2,273 members (+166)

+ 8%

### ADTA Twitter Account @ADTAorg

[www.twitter.com/adaorg](http://www.twitter.com/adaorg)

1,091 followers (+164)

+ 18%

### ADTA Pinterest Account

[www.pinterest.com/adaorg](http://www.pinterest.com/adaorg)

9 boards; 129 pins; 231 followers

+ 40%



## Board Reports: Government Affairs Committee

Submitted by Allison Winters, BC-DMT



Season's greetings ADTA community! I hope this newsletter finds you all happy, healthy and peaceful during the holidays. It was wonderful to see many of you at the ADTA conference in Chicago this past November. If you were unable to attend, here is a quick recap of GAC's participation in this year's conference...

Myrna Mandlawitz, ADTA Policy Consultant, Robyne Davis, BC-DMT, and I co-facilitated *Strut Your Stuff: Be an Advocate for Dance/Movement Therapy*. Myrna bestowed her legislative wisdom on all of us, while Robyne shared her experiences in the education sector and I imparted my insights on DMT in the Federal government with the veteran and military population. We then role played what it might be like to visit a government representative on "The Hill" during Arts Advocacy Day. We all enjoyed learning how to become stronger advocates for DMT and remembering the roots of why we all became DMT's in the first place – the healing powers of dance.

I also had the pleasure of speaking on the military panel, *Serving Those Who Serve: Dance/Movement Therapy for Veterans, Military Personnel, and Their Families*, with Captain Moira McGuire of Walter Reed National Military Medical Center, Gail Gogliotti, BC-DMT and Amanda Mitchell, R-DMT. Each of us shared our experiences working with this unique population and discussed how DMT could be best utilized as a treatment modality within the VA, military medicine and the community. Lively and impassioned discussion continued at the reception following the panel and is still ongoing! This is an area of DMT that is dear to me but is also gaining interest and momentum within the greater DMT community and beyond. A big thank you to Captain McGuire for being a leader and advocate for the creative arts therapies in military medicine.

Speaking of leaders, let's take a moment to get to know one of GAC's shining stars, Angela Wiley, BC-DMT, in *GAC in the Spotlight!* So without further ado...



Angela works as a dance/movement therapist, drama therapist and verbal therapist. She also teaches dance and drama classes. Angela lives and works in the Greensboro, North Carolina area. She holds concurrent bachelor degrees, one in dance and theater, the second in psychology. She also holds a masters degree in dance/movement therapy with a minor in counseling. Angela has 19 years of experience teaching various forms of dance and theater to children, adolescents, adults, and the elderly and has worked as a licensed therapist for the past 12 years. Angela specializes in working with children and adolescents; however, her clientele has included all ages in the spectrum of life. She offers mental health therapy to individuals, families and groups. She has specialized in working with victims of abuse, people with developmental and physical limitations and individuals struggling with eating disorders and substance abuse. Currently Angela maintains a private practice in Greensboro and specializes in working with children, teens and families. She is one of a few therapists specializing in working with young children (ages 2-6) that have experienced trauma and abuse. Angela also works as a supervisor for those pursuing their LPC and/or dance/movement therapy and drama therapy national credentials. Angela maintains close contact with those in South Carolina and serves as the American Dance Therapy Association contact for South Carolina and is the president for the Carolina Chapter of the American Dance Therapy Association (ADTA). Angela is also the Eastern representative for the North American Drama Therapy Association (NADTA) and a member of the ADTA government affairs committee.

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

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



## Board Reports: Committee on Approval

Submitted by Jessica Young, BC-DMT



It was wonderful to see so many of you in Chicago for what was truly an invigorating conference. I walked away feeling inspired, rejuvenated and grateful to be a member of the ADTA community.

The committee's closed meeting on November 6<sup>th</sup> allowed new members to be introduced to the group and the work of the committee and to also become acquainted with the new membership of the Subcommittee of Approved Alternate Route Courses (SAARC). Committee on Approval members include: Wendy Allen (Naropa), Nancy Beardall (Lesley), Valerie Blanc (Supervisor), Ted Ehrhardt (Pratt), Craig Haen (Public Member), Claire LeMessurier (Antioch) and Anne Margrethe Melsom (Drexel). In the spring, we will hold a closed meeting in Chicago to review the annual reports of each approved program and Naropa's six-year approval.

SAARC membership includes: Janet Lester (Chair), Valerie Blanc (Committee on Approval Rep), Danielle Fraenkel (Alternate Route Educator Rep) and Susan Saenger (former DMTCB Rep). Please note that all applications and accompanying syllabi for alternate route course approval should be sent to the chair, Janet Lester, at [janetlester@earthlink.net](mailto:janetlester@earthlink.net).

Finally, the three subgroups of the Education Standards Revision Task Force have begun to review, revise and create outcome-based competencies for assigned core content areas. The full task force will be meeting again in January. Many thanks to those serving on the Task Force: Nancy Beardall (Approved Program Educator Rep), Meg Chang (Standards & Ethics Rep), Robyn Cruz (Research Subcommittee Rep), Nana Koch (SAARC Rep), Beth McNamara (Practice Subcommittee Rep), Joan Wittig (Alternate Route Educator Rep) and Ellen Yacoe (Government Affairs Rep).

Have a joyful and loving holiday season!

## Board Reports: Standards & Ethics Committee

Submitted by Ellen Schelly Hill, BC-DMT



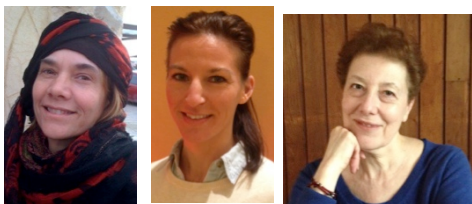
As always, the ADTA Conference was a flurry of stimulating workshops and presentations, mini reunions, meaningful collegial conversations and great fun. I'm impressed with the individual and collective energy, creativity, commitment and wisdom represented in our profession.

In terms of the Standards and Ethics Committee, the 2014 ADTA Conference in Chicago provided the opportunity for a roll out of a preliminary draft of the revised Code of Ethics and Standards of the American Dance Therapy Association (ADTA) and Dance/Movement Therapy Certification Board (DMTCB). The draft was shared with the ADTA Board of Directors and with participants in the conference workshop, Getting to Know the Revised Code of Ethics: Anchoring Our Professional Integrity. New code sections addressing Multicultural Competence, Touch and Advocacy for Social Justices were highlighted along with substantially developed sections on Assessment, Responsibility to the Profession and content addressing dance/movement therapy education. Committee members were gratified by the enthusiasm and thoughtful feedback generated during this preliminary sharing. The draft will move to more formal review by the ADTA Board and the DMTCB. The committee will then disseminate a refined draft to ADTA committees and involve the ADTA membership and DMTCB credentialed therapists in a public comment period. Committee members were excited to be together in body to present at the conference after working together at long distance for two years. Standards and Ethics committee members Aisha Bell, Annabelle Coote, Kiki Nishida, Angela Tatum Fairfax and Paul Sevett all participated. Ellen LeBel, who was unable to make the conference, participated in spirit via a slide and words about "Weaving the ADTA Code of Ethics". The strength of the revision process all along has been its collaborative nature; we hope you all will be poised to participate when a revised draft rolls out for comment this spring.

Stay tuned!

## Board Reports: Members at Large

Submitted by: Amber E. L. Gray, BC-DMT; Crystal Smith, BC-DMT; Naomi Nim, BC-DMT



Welcome Naomi, and thank you Adina for your wonderful contributions!

The Fall Board Meeting, regional caucuses and chapter leaders gathering provided direction and feedback that inspired the MAL's to forge onward into 2015!

The Southern Chapter has been incorporated! Voniè Stillson has been working with the PR chair, Lora Wilson Mau, to spread the word on Facebook, Twitter, and YouTube. The Southern chapter's official headquarters are in Mississippi; however it is comprised of members from seven states: Alabama, Arkansas, Louisiana, Georgia, Kentucky, Mississippi and Tennessee. Please remember and repeat to others that ANY ADTA MEMBER can join ANY CHAPTER.

Succession Planning! The MAL's are continuously looking for ways to improve the viability of chapters and, in an effort to support leadership, we are considering building an "orientation" packet and/or power point that will be accessible on the website. Please let us know if you have any suggestions or want to help!

The MAL's will chat as a trio in December in preparation for the larger Chapter Board Leaders conference call on Tuesday 1/20/15 at 8:30EST, 7:30CST, 6:30MST, 5:30PST. As always, we will send an email notification to include the agenda and phone number.

Our doors are always open to questions, feedback and ideas. Enjoy the holidays, however you acknowledge them.

## Board Reports: From the Office

Submitted by Gloria Farrow, Operations Director



We hosted such a wonderful conference with the National Dance Education Organization (NDEO) in Chicago! Over 1,300 attended and we received positive feedback about learning, connecting, dancing and crossing over to join NDEO/ADTA seminars as well. I thank all the volunteers, presenters, vendors and conference book advertisers. A very special thank you to Lesley University who graciously sponsored a reusable bag to all participants. In the future, keep in mind that sponsorship opportunities are always welcome.

Our 50<sup>th</sup> Conference planning is afoot! Put October 22 – 25, 2015 on your calendar and plan to come to Hyatt Regency La Jolla in California.

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](http://www.adta.org/ADTA_CE_Webinars). We are actually in development with plans to make the webinars that can be given 'live' available afterwards for web-based viewing (with CEs). When that web-interface technology is up and running, the webinars will be accessible at any time day or night and we will make sure to announce it widely when it is ready.

ADTA receives royalties to sell DVDs for dance/movement therapists and distributors. See the list below and visit our online store ([http://www.adta.org/Online\\_Store](http://www.adta.org/Online_Store)). Please contact the ADTA office if you have a video that meets the distributor criteria of ADTA.

- *Expressing Disorder: Journey to Recovery* features the work of Susan Kleinman, dance/movement therapist and Carol Dietrich, drama therapist.
- *Moving Toward Health* by Sandy Dibbell Hope
- *Violence Prevention through Movement: Training DVD One & Two* by Rena Kornblum



## Board Reports: From the Office

Continued...

- *Moving Toward Peace: Violence Prevention through Movement* by Rena Kornblum
- *Dance/Movement Therapy for Women with Breast Cancer* by Ilene Serlin
- *To Move is to Be Alive* by Penny Lewis
- *Looking for Me & Still Looking* by Janet Adler
- *Dance Therapy: The Power of Movement*

Reminder to ADTA members in the United States - For 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.

Any questions for ADTA? Contact the ADTA National Office by:

Email: [info@adta.org](mailto:info@adta.org)

Phone/Voicemail: 410-997-4040

Fax: 410-997-4048

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

## Chapter Reports

### Southern Chapter

Submitted by Voniè Stillson, BC-DMT

It is with great joy and pride I am writing this update as the Southern Chapter and not the Soon-to-be Southern Chapter! Our charter was granted in October and we couldn't be happier! Our original "Lucky 13" has grown and we are picking up steam! We now have a Facebook page: [www.facebook.com/southernchapterofadta](http://www.facebook.com/southernchapterofadta) and our e-mail address is [sc.adta@yahoo.com](mailto:sc.adta@yahoo.com). Our next step is electing a board! We will continue this process in the next month.

Dee Wagner presented "The Dance of the Social Engagement", Voniè Stillson presented "Aquatic Dance/Movement Therapy" and Susan Kierr was a co presenter of "International Dance/Movement Therapy-The Mystery and Excitement" at this year's national conference in Chicago. Mat Winer, Voniè Stillson and Charnè Furcron all received special recognition at this year's business meeting as well! The conference overall was filled with pleasant surprises of, "I know you!" as many of our members met face to face for the first time. The Conference was a perfect first appearance for our chapter! We are excited to embark on the next leg of our journey as we continue to create connection, provide support and spread the word about dance/movement therapy in the South!

In October, Voniè presented "DMT with Schizophrenia: Creating Connection" introducing those attending the MS Dept. of Mental Health's MH/IDD conference attendees to the work of Trudi Schoop. Also in October, Susan Kierr presented "DMT and the Charter School Curriculum" in New Orleans. If you are interested in learning more about any of the presentations mentioned, please contact that speaker.

Please note, as with any of the ADTA chapters, membership is not dictated by your geography but by your choice, so if you are interested in joining us or any other chapter, I know your participation will be welcomed!



Above: Southern Chapter members



Above: Voniè Stillson accepting the Outstanding Achievement Award

## Chapter Reports

### Carolina Chapter

Submitted by Virginia Hill, R-DMT

The Carolina Chapter of the ADTA continues to hold its second Tuesday of the month book club and has discussed DMT interventions including KMP rhythms, autism and DMT, as well as DMT and late stage dementia. The Chapter was present at the ADTA annual conference, with six members in attendance.

### MD/DC/VA Chapter

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

As we near the end of 2014 and we look back on the many accomplishments of our chapter, we are most honored and proud to welcome our very own Jody Wager as the new president of the ADTA. Her boundless energy and positive attitude will lead us toward many more accomplishments. We also proudly congratulate and welcome Gail Wood who was installed as Secretary, Naomi Nim, our Member-At-Large, Eastern Region, and Nalini Prakash, member of the nominating committee, and we look forward to working together in the coming years. To commemorate our many accomplishments and to celebrate the holiday season and each other, our chapter came together on Sunday December 7<sup>th</sup> to dance and connect at the Ballet Arts Studio in Sandy Spring, MD.

On Tuesday September 30<sup>th</sup>, Mimi Moyer represented DMT at the MOM march against eating disorders on Capitol Hill in Washington DC to help end the silence and stigma that surrounds eating disorders. On Sunday October 5<sup>th</sup>, Gail Wood, Warin Tepayayone and Jesse Smith promoted DMT at the 10<sup>th</sup> annual Buddy Walk at George Mason University where the Down Syndrome Association of Northern Virginia hosted a fundraiser. There were lots of smiles, plenty of laughter and creative movement that occurred throughout the morning and the early afternoon.

The MD/DC/VA Government Affairs Committee (Sharon Chaiklin, Judith Fischer, Eve Hanan, Naomi Nim) with help from lobbyist Travis Mertz has developed a good working relationship with the MD Board of Health and Mental Hygiene. The committee met twice with the Executive Director of the

MD Board and once with the regulations and legislation committee. After a key meeting this past summer, attended by Sherry Goodill, the committee submitted documentation of the standards for a DMT degree, the qualifications of a BC-DMT and research on the effectiveness of our work. We remain cautiously optimistic that the Board may license BC-DMT level ADTA members as LCPC's in Maryland. We expect a decision in the next few months but, if necessary, we will introduce legislation in 2015.

Looking ahead into the New Year, the MD/DC/VA chapter has some very exciting events coming up in 2015. Our very own Sara Rubinstein will be presenting

her work in Israel for our annual Spotlight Conference where she will describe the utilization of DMT with at-risk teen girls in a Druze village and the unique perspective on multiculturalism that emerged from the DMT interventions. She will also discuss the implementation of DMT sessions at an after school program for Jewish and Arab children with physical and developmental

disabilities in the city of Akko.

Our chapter is also on the coordinating committee led by Naomi Nim for the second annual Maryland Expressive Arts Therapies Conference that will be held at Springfield Hospital on Saturday, February 28<sup>th</sup>. We are enjoying our collaboration with music, art, and drama therapists and psychodramatists. This year's conference highlights collaborative workshops among two or more modalities. We will be posting the conference registrations soon and we encourage ADTA members, students and mental health professionals to join us from near and far.



Above: MD/DC/VA Chapter representing at MOM March

## Chapter Reports

### MD/DC/VA Chapter Continued...

Our Spring Conference on May 1<sup>st</sup> 2015 will present Kalila Homann and her work, Brain Dances: Moving Through Exquisite Realities of Our Neurophysiology. We look forward to learning how body, limbic and cortical regions integrate sensation, perception, emotion and thought into our capacity for complex experience. We will also have the opportunity to consider applications for the work to a range of clinical populations.

On behalf of the MD/DC/VA Chapter of the ADTA, we would like to wish the entire dance/movement therapy community a happy holiday season and hope for peace, joy and lots more dancing in the coming year.



Above: MD/DC/VA Chapter representing at Buddy Walk

## ADTA Voluntary Contributions

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

***Received September 1<sup>st</sup> through November 30<sup>th</sup>***

Nancy Jo Cardillo  
 Therese Duffy  
 Deborah Froling  
 Gettysburg College  
 Orit Janco Golan  
 Chauncey Harrison  
 Autumn Gillmore Joyce  
 Deborah Stone  
 Amelie Strauss-Maslansky  
 Elizabeth Templeton





## Marian Chace Foundation

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



We congratulate Lenore Hervey on her inspired talk as the Marian Chace Lecturer in Chicago. It was warmly received by those present. Hopefully her visual illustrations will be able to be shared when the talk is printed in the American Journal of

Dance Therapy.

Sondra Malling received the Foundation's Journalism Award for her article entitled *Choreography and Performance with Deaf Adults who have Mental Illness: Culturally Affirmative Participatory Research*. The article can be found in Volume 35 Number 2 – December 2013. We encourage others who have recently graduated to consider publishing their work in the AJDT. Look at the last page in the Journal for information. It is through our publications that our knowledge can be developed.

New sets of bookmarks were distributed. Last year's participants (Pamela Fairweather, Donna Newman-Bluestein, Tricia Capello, Susan Loman, Linda Aaron-Cort, Meg Chang, Bonnie Bernstein) invited colleagues

to respond to a new relevant quote. These (Christina Devereaux, Nancy Beardall, Nancy Koprak, Suzanne Hastie, Patrizia Pallaro, Kalila Homan, Ann Krantz) will be added to those already on the Marian Chace Foundation section of the ADTA web page. The quotes are available for all to use. Just acknowledge the author and source.

The trustees are in the process of planning the next two years of events as we celebrate the ADTA's 50<sup>th</sup> year. We welcome all suggestions.

We are looking forward to receiving grant proposals by February 15<sup>th</sup>. These are reviewed at our meeting in April. We will fund as many vital proposals as we have the money to give. These funds are based on a percentage of our budget. The budget consists of donations received and interest from investments. We try to build our base so that we continue to always have funds to distribute.

We gratefully thank all those who have donated funds during and after the conference. You enable us to support further scholarship and education of our members and the public. Those who gave so generously are as follows:

### Donations received September 1<sup>st</sup> through November 30<sup>th</sup>

#### FRIEND (up to \$36)

- Patricia Garcia
- Marylee Hardenbergh
- Lauren Higgins
- Mary T. King-Linares – *In honor of Glorianne Jackson*
- Nancy Koprak – *In memory of Joyce Amit*
- Susan Loman
- Margaret Mason – *In memory of Jane Ganet Siegel*
- Margaret Migliorati
- Judith Sternfeld – *In honor of the professional work of Dr. Roslyn Yomtovian*
- Angela Tatum Fairfax
- Elissa White – *In memory of Paul Kleinman*

#### SUPPORTER (\$36 - \$99)

- Sarah Arnett – *In honor of Luci Marlatt*
- Millie Baker – *In honor of Liljan Espenak*
- Paula Brown – *In memory of Ginger my beloved Boy who passed 11-6-14*
- Sharon Chaiklin – *In loving memory of Stephanie Katz and Arlyne Stark*
- Diane Duggan – *In honor of Mimi Berger*
- Susan Imus – *In memory of Jane Ganet Sigel*



## Marian Chace Foundation

### Donations Continued...

#### SUPPORTER (\$36 - \$99)

- Phyllis Jeswald
- Carol Kamisky
- Ann Lohn – *In honor and memory of Arlynn Stark*
- Suzy Matheson
- Naomi Nim – *In honor of Sharon Chaiklin for her enduring dedication, wisdom and scholarship*
- Adina Rosenberg – *In honor of the ADTA Board*
- Ellen Schelly Hill – *In honor of Sherry Goodill's amazing ADTA Presidency 2010-2014*

#### PARTNER (\$100 - \$499)

- Barbara Busse – *In loving memory of Warren Lamb*
- Susan Cahill – *In honor of Janet Adler and Barbara Cahill and in memory of Jane Ganet Siegel*
- Christina Devereaux – *Thank you to Pamela Fairweather for the mentorship*
- Ted Ehrhardt
- Amber Gray – *In memory of Emilie Conrad*
- Susan Kierr – *In honor of the beautiful birth of Elijah K. Hess*
- Susan Kleinman – *In memory of Arlynn Stark and in honor of her legacy to our profession*
- Rena Kornblum
- Julie Miller – *In memory of Erwin White*

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(631) 653-8750

LinniADTR@aol.com

# DMTCB

Dance/Movement Therapy Certification Board

Submitted by Linda Aaron-Cort, BC-DMT

## *Congratulations*

**R-DMTs registered September 1<sup>st</sup> through November 30<sup>th</sup>**

Wei-Chiung Chen  
Amanda Fondow  
Rachel Goyette  
Kamahria Hopkins  
Rebecca Jane Love  
Marissa Joy Miller  
Maria Ninos  
Heather B. Oberlin  
Pauline Smith  
Etalia Thomas

### ***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.

# Conference Reflections from Chicago



*Colleagues old and new  
Learning, connecting, dancing  
Joy lights up my heart.*



## Conference Reflections from Chicago

### Award Recipients 2014

Submitted by Gloria Farrow

ADTA Recognition Award recipients are nominated by ADTA members and the Board of Directors to acknowledge outstanding contributions to the profession of dance/movement therapy and the ADTA. The following are the 2014 award recipients:

Research Award: *Sabine Koch*  
 Leader of Tomorrow Award: *Eve Hanan and Sara van Koningsveld*  
 Outstanding Achievement Award: *Voniè Stillson*  
 Exceptional Service Award: *Mat Ottenberg Winer*  
 Excellence in Education Award: *Danielle Fraenkel*  
 President's Award: *Robyn Flaum Cruz*  
 Lifetime Achievement Award: *Susan Loman*



### Award Thank You

Submitted by Voniè Stillson, BC-DMT

Flabbergasted, tears of joy, honored, thankful and humbled; those are the words that came to mind when I found out I had been chosen as this year's recipient of the Outstanding Achievement Award for my work with creating the Southern Chapter. I must say this is not something I achieved on my own. I must first and foremost thank my family, my mom, a certified therapeutic recreation specialist who understood me going into a field not everyone knows about, and my husband Chase, who has literally followed me across the county twice as I pursued my dream.

Thank you to my educators at both Naropa and Antioch, especially Kim Burden, who encouraged me along the way. Cathy Lebeaux and Suzy Rossol Matheson who showed me the benefits of being part of a chapter when I was a student rep with the NEADTA and who made this entire process not seem so scary. I have a deep admiration for Susan Kierr, the first Southern dmt I ever met. While taking a picture of Southern Chapter members at the conference, I heard Susan say, "I got Voniè's back," which has been true since day one of this endeavor.

Adina Rosenberg and Gloria Farrow, your assistance in this process was amazing! To Michelle Whitacre, my Mississippi sister, thank you for encouraging me when things got hard. To the ADTA who as a whole have heard not only my concerns and frustrations but those of so many others as well as we expressed disconnection from the dmt community due to geography. Not only have you heard us but you have worked and continue to work hard to address them. For me there is so much more connecting than just 2 short years ago. This has been such a wonderful gift for us all!

And last but not least, "The Lucky 13": Rita Bates Brown, Nakia Williams, Diana Valverde, Sue Fredrick, Amy Jacques, Patricia Seymour, Mat Winer, Lauren Higgins, Susan Kierr, Loretta Lynn, Dee Wagner and Patricia Earl. You were the original petitioners for chapter formation; it is you who allowed my dream of creating connection, providing support and spreading the word about DMT in the South to become a reality, this achievement would not have happened without you!

## In Memory of...

### In Memory of Arlyne Stark

Submitted by Sherry Goodill, BC-DMT

I owe a great deal to Arlyne. She essentially brought me into the field, through an introductory dance/movement therapy course at Goucher in the summer of 1976. Her passion for what we do and her sureness about the value of dance/movement therapy just propelled me right into this wonderful work!



## In Memory of...

### In Memory of Arlynn Stark


Submitted by Marybeth Weinstock, BC-DMT

Greetings to all reading this. I am so profoundly sad that I did not get to say goodbye to one of the most important people in my life. In April, I gave a talk at the celebration event of the 50th anniversary of my dance professor, Chrystelle Bond, at my undergrad school, Goucher College. In it, I spoke about watching films about DMT and having the hair on my body stand on end because I knew what I wanted to do for the rest of my life. I expressed my gratitude to Professor Bond for introducing me to my beloved profession and also profound thanks to Arlynn with whom I had the first of three internships at Sheppard Pratt Hospital in Baltimore, shortly after that. I hounded the Dance and Psychology Departments, and they found me this magical woman. I remember my first internship day like it was yesterday. I was terrified. I walked into this dark gothic building and proceeded to meet one of the warmest human beings I have ever met. Her smile lit up the room. The patients, who were all so medicated and many with lobotomies, would come to our magic room and smile and dance and communicate. This was due to her profound gifts and love of the work and love and compassion for those people who were suffering. I was in the right place at the right time with the right person. She believed deeply in my gifts and encouraged me to no end. I worked so hard. She had me read everything under the sun written about DMT, body image and Effort/Shape. I was so hungry to learn and did just that under her generous, kind, expansive tutelage. I looked up to her, idolized her and, to my amazement, she also became my friend. I had two more internships with her after that. Lucky me. To this day, I hope I am doing a fraction of what I witnessed her do for her patients. I am also proud (yes, proud!) that that connection was the first from Goucher College, that other students, such as Nancy Peiser followed, and then Arlynn started a DMT program at Goucher. I could write on and on about the magical DMT sessions that happened in that basement room. The collaborations with the other Creative Arts Therapists were so exciting and still inspire my work.

After I gave my speech in April, Professor Bond pointed to Arlynn's son Andy Samuels who was in the audience. I was so excited to see him. I hadn't seen him since he was a kid. He took pictures of me and I hope Arlynn got to see them and I hope he told her how I thanked her in front of that audience, with tears pouring down my cheeks. I'm so sad I didn't get to say all this to her before she passed on. I know she knows. I am thinking of a DMT conference in the 90's when I was in the lobby with Claire Schmais and Arlynn. I looked at them both with awe and exclaimed, "My two


mentors!!!" Arlynn got a huge smile on her face and turned to Claire and said, "I had her first!"

Thank you from the bottom of my heart Arlynn. I will miss you terribly, but you so live on in me. Every working day of my life I honor you. You taught me how to bring sunshine into the lives of people who have so little.



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## In Memory of...

### In Memory of Arlynn Stark

Submitted by Laurice Nemetz, BC-DMT

I was part of the last class graduating from Arlynn had a presence and carried herself something important to say, verbally or non-also an underlying sense of we do. I have to admit I knew very little about greatly respected her sense of boundaries. impressive teachers, including Sharon our graduate program, even until the end. York State licensing, I discovered that graduate school course descriptions. Arlynn paperwork together for my application and descriptions from that well-respected a long-time DMT, I was impressed with better sense of her vision for what she felt shaped a lot of the work I do today. She will continue on.



Above: Arlynn Stark  
(photo provided by  
Cara York)

the Goucher College, over two decades ago. equally as a dancer and a woman who had verbally. She had a wealth of knowledge but humor, absolutely necessary in the work that her personal life throughout the years and I She had gathered together a group of Chaiklin and the late Peter Madden, to teach in Many years later, while applying for my New Goucher had neglected to archive much of our dug through her records, getting the necessary gave me a chance to re-read the course program. As an educator myself, in addition to seeing the curriculum as a whole and gained a were important skills to learn. That program be missed, but her contributions to the field

## From the Professional DMT Community

### Rock with Me! Babies From Around the World Lead the Dance!

Submitted by Suzi Tortora, BC-DMT

Suzi Tortora posted a new YouTube video as a video follow up for her ADTA Talk posted in August 2014.  
<https://www.youtube.com/watch?v=ulzZvyqPz3s>

In honor of Infant Mental Health Week, I released **Rock with Me! Babies From Around the World Lead the Dance!** a dancing dialogue of attuned connection based on my Embodied Parenting Program. The clips were taken of students, parents and colleagues from around the world during various workshops and trainings I led as part of my Lullaby Project. Through the Embodied Parenting Program and Lullaby Project, I teach parents [and caregivers] how to use play, songs, dance, movement and breathing activities to enhance their body-to-body connection, creating a dancing dialogue with their baby.

Building upon Papoušek's Angel's Circles concept, I have created a seven-step process called Lullaby Circles ARC -- Attend to baby's nonverbal cues; Reflect on both what these cues are saying as well as what the parent's internal reaction is; Connect back with baby through playful dancing interactions.

You and your baby dance together right from the start! Your baby tells you how she feels through the way she looks at you, the faces she makes to you and how

she moves her whole body. The very first way she talks to you is through her body, for even her coos and cries are accompanied by actively moving. Your baby first learns about the world around her through how she explores her body moving when alone and with others.

Babies' actions are contagious! It is hard to resist those bright shining eyes and the bursting smile that spreads over your baby's face when she sees your loving gaze. As caregivers we automatically respond to babies by exaggerating our facial expressions and raising our voices into a playful tone called motherese. These playful connections are the core building blocks of how you and your baby create a lasting attachment [bond].

It is through feeling her body moving with you that your baby first begins to feel your love. Your loving embrace can both soothe her and get her up and going as you sway and bounce your baby in your arms. Singing, dancing and playing with your baby teaches her how to calm down when she is upset and become energized to play with you when she is alert and awake. Your body-to-body connection through movement is the first way you and your baby communicate. This vital connection between parent and baby is seen everyday, across the globe and in my latest YouTube video:

<https://www.youtube.com/watch?v=XgKIUpFpyno>

## From the Professional DMT Community

### Suzi Tortora's Ways of Seeing Webinar

Submitted by Suzi Tortora, BC-DMT

Suzi Tortora's 2015- 2016 Ways of Seeing Post Graduate International begins this January!

The application deadline is fast approaching for Dr. Tortora's Ways of Seeing webinar. Please do take a look at her web site: <http://www.suzitortora.org/waysofseeing.html> for a complete description of the program and an application.

The idea of the Ways of Seeing international webinar-based training program came out of Dr. Tortora's teaching engagements around the world this past decade. She has met many students that are deeply interested in continuing to work with her and are dedicated to supporting families and children. Dr. Tortora's vision is to enable students to take the Ways of Seeing advance level training while simultaneously having the opportunity to meet each other, developing an international network of Ways of Seeing professionals.

The Ways of Seeing training is structured as a live face-to-face discussion and process webinar that will meet for 1 - 1/2 hours two times a month. It is designed to provide ample time to discuss the concepts during the webinar and then to provide time for the students to process and review the information together with supplemental readings and homework assignments between the webinar meetings. Year 1 (2 semesters in 2015): Highlights the essential role of the moving body, multi-sensory embodied experience and nonverbal communication across the life span. The intricate relationships between the developing brain, mind, body and emotion are emphasized in the Ways of Seeing program. Year 2 (2 more semesters in 2016): the optional second year focuses on infants, young children and families.

## PLAN AHEAD AND SAVE THE DATES!

ADTA's 50<sup>th</sup> Annual Conference  
*Reflecting - Reaching - Moving Forward*  
October 22 - 25, 2015  
Hyatt Regency La Jolla  
San Diego, California

Starting our year-long celebration to culminate with the  
50-year anniversary of ADTA in 2016

## Newsletter Advertising Information

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

### *Interested in advertising with ADTA?*

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

## Newsletter Submission Guidelines

*All articles submitted are done so with the understanding that edits may be required for clarity and format purposes.*

In order to guarantee that each issue of the ADTA newsletter is published and posted for the membership in a timely matter, deadlines for all submissions will be strictly observed. There will be no exceptions! If late documents are received, they will be held for publication in the following issue. Please send submissions for the newsletter via e-mail to [info@adta.org](mailto: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