

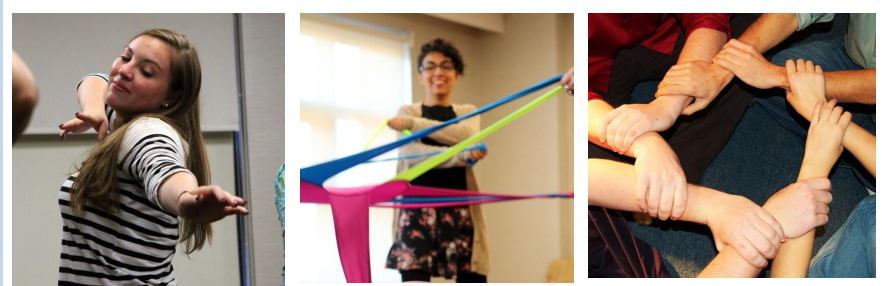
THE OFFICIAL NEWSLETTER OF THE AMERICAN DANCE THERAPY ASSOCIATION

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A Few Words from the Newsletter Team

Welcome to the first issue of 2016! We can't wait to catch you up with everything that has been going on in the dance/movement therapy sphere and what is new with ADTA. Don't forget to submit your pictures, stories, thoughts, news, etc. to the next issue of the ADTA Newsletter. We love hearing from you and so do our readers. Mark your calendar to submit by May 31st.



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



*“It was one of those March days
when the sun shines hot and the wind blows cold:
when it is summer in the light, and winter in the shade.”*

-Charles Dickens

Spring is in the air today and I am feeling inspired ... and grateful. When March comes around my attention flies to a Washington, D.C. event that has become a tradition for me. The Psychotherapy Networker Symposium is an annual conference held just blocks from the National Zoo and the vibrant neighborhood of Adams Morgan. It's a conference that attracts upwards of 3,000 psychotherapists from around the world with programming conducted by some of the most prominent leaders and teachers in the field of psychotherapy. The energy at the Omni Shoreham is buzzing with people coming and going and finding their way through this historic hotel. I have been attending this conference for the past 15 years but for the past 8 years I have had the distinct pleasure and honor of conducting a movement opening for this most prestigious event. Most recently, my colleague and dear friend Naomi Nim and I have begun offering a closing movement workshop that we call "Keeping the Inspiration Alive".

As much as I enjoyed and valued my time attending these conferences, I continually questioned why dance/movement therapy wasn't represented. Why weren't we giving these workshops? Why weren't we sharing our expertise? I did some research and discovered that dance/movement therapists had in fact presented in the past but not recently and not nearly enough ... in my opinion. The idea to offer a movement opening came to me during a chapter meeting. Although I can't recall the details of our conversation, I do remember the excitement we all felt when we imagined bringing this idea to the organizer of the Networker. Could this be our way in? Having been a participant for so many years, I felt certain that I could provide the conference attendees with a unique and embodied way of beginning their conference experience. After all, this conference prided itself for being open to new and creative approaches to therapy. I felt I had nothing to lose but to try and so try I did. Despite feeling nervous, I made an appointment to meet with Rich Simon, the editor of the Psychotherapy Networker Magazine and host of the Symposium. I told him that I would like to provide him with a 15-minute dance/movement experience that would take place just prior to the opening keynote presentation. I spoke of how I believed this would provide the conference attendees with a way to physically, emotionally and cognitively begin their conference journey and help them to connect with themselves and others and make for a deeper level of engagement. To my surprise ... but not really ... he liked it! And off I went! I created a basic 15-minute structure that was comprised of 3 distinct pieces of music, each 5 minutes in length. The first piece was a connection to self, the second piece was a connection to others and the final piece was a connection to the entire community. Each year I adjust the structure slightly to support the theme of the conference. The greatest gift for me has been standing back and watching a ballroom filled with people dancing and moving and connecting with one another. It has been a joy to behold! It has also been a joy to share this experience with my fellow DMTs who have joined me every year and assist me in facilitating these openings.

As I write this newsletter article, I am preparing for my 9th movement opening and exploring the theme of attachment and creativity. I am proud and excited to share that 5 years ago the movement opening became the main event and lasts the full hour. Dance/Movement Therapy is most definitely in the house!

I have chosen to share this story with you today in an attempt to inspire and encourage you to consider reaching out to a local conference and offering your expertise. Imagine how powerful it would be if each of us approached a conference and offered to conduct a workshop or facilitate a movement opening. Imagine how many people we could introduce to the field of dance/movement therapy. Imagine how many lives we will touch as a result of this effort. This grassroots form of advocating and educating IS possible and WILL make a difference. And it's only the beginning! We must continue to look for the openings, in whatever form they take! So as we all consider ways in which to participate in the 50 ways to Advocate Campaign, I encourage you to consider this type of forum. It is actions like these that will allow others to experience and view us as the experts we are ... experts in the field of body/mind integration.

With appreciation and excitement,

Jody

Board Reports: Vice President

Submitted by Margaret Migliorati, R-DMT



2016 ADTA Annual Conference will celebrate the ADTA's 50th anniversary ADTA-style. Come early and stay late – this is definitely the conference NOT to miss!

Special Keynote Speakers. Historical Panels. Interdisciplinary Discussions. Advocacy on the Hill. Moving History. Day of Service at Important DMT Sites. Unique Pre-Conference Intensives. Dancing on the Mall.

These are just a few of the events planned for you at the 2016 ADTA Annual Conference. This year's conference will be the culmination of a year-long commemoration that began at the 50th annual conference in 2015 and ends in Bethesda as we celebrate the 50th anniversary of the ADTA. Don't miss this unique opportunity to come together as a community to honor all that has come before and begin to co-create our next 50 years as a field!

Planning Note: There will be additional special events (many free) on Thursday and the conference will go until early afternoon on Sunday. Please plan your travel accordingly so that you may take advantage of the full program. More details to come.

Deepest gratitude to the conference committee members - Gloria Farrow, Lora Wilson Mau, Naomi Nim, Nalini Prakash, Vicky Wilder and Angela Grayson - who are working tirelessly to bring you a rich, creative and enlightening conference.

Vision 2021 – What's Next?

Thank you to all of you who submitted responses to our request for your answer to the question: ***“What is the most important question the ADTA must answer now?”*** In all, we received 100 rich, thought-provoking responses that will help guide not only the development of Vision 2021 but will also inform all areas of the Board of Directors' work.

The next step in the Vision 2021 process is for board members to review the responses submitted and identify themes and common issues. We will bring these themes into our in-person board vision session which will take place for 12 hours at our spring board meeting in early April. Out of that meeting will come a draft Vision/Strategic Plan which we will then share with membership for response and feedback. The final plan will be unveiled at the 2016 conference and will be a true representation of the collective vision of the membership.

Board Reports: Treasurer

Submitted by Vicky Nichols Wilder, BC-DMT



Dance/movement therapy "Outreach for Veterans" is the ADTA's response to November as the Month of the Military Family and an educational endeavor of our 50Years/50Ways to advocate. The #GivingTuesday campaign kicked off on December 1st and donations collected through December 31st totaled \$4065 (estimated to cover the costs of 3-4 grants). Thank you!

Your donations will expand mental health services to veterans through the development of new dance/movement therapy programs across the country, including the dissemination of educational materials for both veterans and service providers which communicate the value of this treatment for anxiety, PTSD and depression.

And here's how...the president is forming a working committee to create the grant application; the PR committee will create a Toolkit on DMT with Veterans. Once the grant is announced on the ADTA website, dance/movement therapists will apply to provide an in-service or experiential to a veteran community. The project will be videoed for viewing at the conference and chronicled in the American Journal of Dance Therapy. The educational outreach of these videos is much larger than that of a single in-service because all final videos from this project will live on YouTube and be distributed by social media.

Also, I am serving on the conference planning committee, discussing options for providing scholarships to our conferences.

#GIVINGTUESDAY™

Board Reports: Education, Research & Practice Committee

Submitted by Susan Imus, BC-DMT



This is the second to the last newsletter report for the Education, Research & Practice Committee. ERP is transitioning into two separate committees-the Education Committee and the Research & Practice Committee.

Discussions have begun amidst the four subcommittees (Approved Academic Degree Programs, Alternate Route Educators, Research and Practice) to revise ERP protocols and procedures. The nominating committee is looking for two members to run as the new committee chairs. The two year terms will begin in October 2016 at our 50th Anniversary Celebration in D.C. Feel free to contact someone on the nominating committee or me if you are interested in leading one of these new committees.

The Alternate Route Educators' Sub-committee under the leadership of Barbara Nordstrom-Loeb has been busy working on the development of advisement recommendations for alternate route educators and students. This subcommittee is also creating an on-line demographics form for the ADTA to better understand and track its Alternate Route students.

The Research Subcommittee is gearing up for the conference where it hosts the annual Research Poster Session and Research Award. Jenn Tantia is spearheading these activities in her first year as subcommittee chair.

A big thanks to Barbara and Jenn for their dedication and hard work in leading these subcommittees!!

The Practice and Approved Academic Degree Program subcommittees are meeting later in March and will focus their attention on revising the protocols and procedures.

Please send questions, comments or nominations to Susan Imus, ERP chair, at: imusdance@gmail.com

Board Reports: Standards & Ethics Committee

Submitted by Paul Sevet, BC-DMT



Hello Everyone. This is my first newsletter report as Chair of the Standards and Ethics (S&E) committee. I've known four past chairs of the committee, women I highly respect. I will do my best to continue their tradition of strong leadership. It is an easier task for me because of the fine members of the S&E committee.

As hopefully you know, we have completed a new Code of Ethics. We are proud of it and believe it is a document worthy of our profession. We presented it at the last two conferences as well as part of the Webinar series this past December. Look for it in the Webinar archives if you missed it the first time around. We will also be presenting a workshop at the 2016 conference focused on embodying the Code, common ethical dilemmas and looking more closely at a couple of steps in an ethical decision-making process. We look forward to seeing you there.

Please consult the Code as a guide for professional behavior as well as a reference when confronted with an ethical dilemma in your practice. You can also reach the committee with any questions at ethics@adta.org. We will respond as quickly as possible.

**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



As we usher in Spring, the Committee on Approval is thrilled to introduce our newest member, Cathy Appel, who represents Sarah Lawrence College. She will join Wendy Allen (Naropa), Nancy Beardall (Lesley), Valerie Blanc (Supervisor), Ted Ehrhardt (Pratt), Craig Haen (Public Member), Susan Loman (Antioch), Anne Margrethe Melsom (Drexel) and myself (Columbia College Chicago) on April 9th and 10th in Boston for our annual spring meeting. This dynamic and highly dedicated committee will be reviewing the renewal of six-year approvals for both Drexel's and Lesley's programs in addition to annual reports for all programs.

On behalf of the ADTA and the Subcommittee of Approval for Alternate Route Courses (SAARC), I extend heartfelt gratitude to Janet Lester who is stepping down as chair. She has been a member of SAARC since Fall 2011 and chair since Fall 2014. Her passion for the field and for helping to ensure that alternate route courses uphold established standards and ethics is remarkable and complemented by a kind and loving spirit. Thank you for your gracious and generous service. Susan Saenger (former DMTCB representative) has been nominated to serve as chair of SAARC. Her experience on the DMTCB and as a current member of SAARC has prepared her well for this role. All applications and accompanying syllabi for alternate route course approval should be sent to Susan at ssaenger@nc.rr.com. In addition, we are excited to welcome Dawn Lyon to SAARC as an alternate route educator representative. She brings extensive experience as a clinician, educator and supervisor to this role. Thank

you to Susan and Dawn for embracing this opportunity. They join the delightful company of Valerie Blanc (Committee on Approval representative) and Danielle Fraenkel (alternate route educator representative). Please visit the ADTA website for a complete list of approved alternate route courses <http://adta.org/Information-for-Students>.

Finally, the ADTA Standards Revision Task Force is preparing to submit a draft of the revised Standards to the Board of Directors at their spring meeting April 1st. All educators, program directors and the membership at large will have an opportunity to offer feedback on the proposed revisions beginning later this spring and extending through the summer. Details of this process will be forthcoming after the task force has a completed draft. Members of the task force include Co-Chair Anne-Margrethe Melsom (Approval), Robyn Cruz (Research), Nancy Beardall (Educators), Meg Chang (Standards & Ethics/Diversity), Ellen Yacoe (Government Affairs), Joan Wittig (Alternate Route), Elizabeth McNamara (Practice) and Julie Miller (DMTCB). We met on January 21st and our next meeting is scheduled for March 29th to review the final draft before submitting it to the Board.

As we enter this season of new life, I am grateful for the growth and health of our profession. We have a record number of educational opportunities with seven approved master's programs and a wealth of alternate route options. It's an exciting time to be a DMT and educator, and I feel fortunate to be surrounded by so many inspiring colleagues.

Board Reports: Government Affairs Committee

Submitted by Alison Salter, BC-DMT



A Single Droplet Starts a Powerful Movement

Several years ago I challenged myself with climbing to the top of Mount Massive in Colorado. Standing at the base of the mountain, no trail in sight, could I find my way to the top? My journey to the top of Mount Massive offered me insights into my own life journey. I remember one night scooping snow up in order to boil it for drinking water the next day. As I was busy gathering snow, I noticed a single droplet of water quietly dripping off the crest of snow above me. I was amazed with the awareness of that one small droplet dripping down into the ground below.

It was the start of a trickle of water. That trickle of water will grow into a small steady flow of water, winding its way down the mountain. On my way down the mountain top, after reaching the summit, I sat by the edge of a roaring river. I was once again amazed by the water before me. The force of the river, forging a path of power, carving the land, creating energy and new pathways mesmerized me. A single droplet of water, high on the mountain top, had been the quiet beginning to this powerful movement forward. It all started with one small single action.



We, the members of ADTA, are standing at a base of a massive mountain, looking for that path forward. If each of us takes one single step, we can choreograph a powerful movement forward of strength, passion and change.

Board Reports: Government Affairs Committee

Continued...

On March 8, 2016, several ADTA members took one small step towards educating and advocating for DMT. This began ADTA's movement towards making DMT an identified "complementary alternative treatment therapy for mental health issues" within the Jason Simcakoski **PROMISE Act H.R. 4063**. If you were unable to be a part of Arts Advocacy Day, you can still be a part of ADTA's movement.

A Call to Action...What You Can Do to Help Your Profession?

Take 5 minutes and call your congressional member.

If you are unsure who your congressional member is go to: <http://www.house.gov/representatives/find/>

If you do not know what to say, keep it simple:

- Thank your congressional member for the work he/she is doing for your district
- Ask your member to support H. R. 4063 Jason Simcakoski PROMISE Act by becoming a co-sponsor
- Ask your member to request Dance/Movement Therapy be added to H.R. 4063 Jason Simcakoski PROMISE Act - Title III - Complementary and Integrated Health SEC. 301. (b)(3) Expansion of Research and Education On and Delivery of Complementary and Integrative Health to Veterans
- Ask your member for an email/fax number which you can send information regarding Dance/Movement Therapy (which is one of the creative art therapies, along with art therapy and music therapy, already listed in the bill)
- Let ADTA members know you took action. Send your Name, City, State and the congressional member you called to Robyn Cruz at robyncruz@comcast.net and have your name added to ADTA's 50/50 Campaign.

Let's fill the ADTA 50/50 Campaign Map with calls to all members of congress!

March 8th was our first step towards our summit. October 20, 2016, the ADTA membership will have the opportunity to bring our powerful movement to Capital Hill. Our dance needs to be seen. Our song needs to be sung. Our congressional members, our senators need to know we are here. Be ready Dance/Movement Therapists, we are heading to Capital Hill.

**Mark your calendars
October 20, 2016**

ADTA's Day on the Hill!

Advocacy Day Scholarship

It gives me great pleasure to announce Keya Middleton as this year's professional recipient and Sara McIntyre as this year's student recipient of the ADTA, Government Affairs' Arts Advocacy Day Scholarship. Please join me in congratulating Keya and Sara as this year's honored recipients.

Keya Middleton's life has been a series of transitions: some favorable and some unfavorable. Learning to thrive in the discomfort of a challenging transition has been an essential life lesson for Keya. The outcome has created a desire to support people as they venture through challenging transitions in their lives. Keya's life is rich with experiences and opportunities that allow her to support numerous populations through various transitions: from homelessness to housing stability, incarceration to reintegration, sickness to health, substance dependence to sobriety, isolation to socialization and more recently, independence to dependence for older adults.



Board Reports: Government Affairs Committee

Continued...

Her current path allows her to combine her degree in Criminology, experience working in the criminal justice system, love of transitional support and belief in dance/ movement therapy, into creating a program focused on supporting the defendant participants transitioning into mental health court (MHC). MHC's court provides an alternative to incarceration for nonviolent offenders with mental illness and co-occurring disorders. Arts Advocacy Day is the perfect opportunity for her to learn effective ways to advocate for the arts and how essential they are in the community and how effective they could be in this sort of problem solving court of the Criminal Justice System. Pushing for the development of strong public policies and the increase of public funding for the arts seems like a timely venture for her at this time. Dance was a powerful resource in her life, which has been full of extreme transitions. Keya hopes to bring that same power and similar testimony into the lives of all those she is allowed to serve through dance/ movement therapy.

Sara McIntyre is a 3rd year low-residency student at Lesley University. She is living in the Bay Area of California and working on her thesis and final internship at Napa State Hospital. She has a passion for dance and psychology and is excited to be pursuing a career where she can connect both. Sara has worked with adolescents and adults, both in psychiatric settings, and has found beauty in the work for both populations. She is inspired by laughter, touch, smiles and genuine human connection. Her thesis is set to more deeply explore those inspirations, as she examines touch in Dance/Movement Therapy. Sara is also passionate about social justice, which led her to the Arts Advocacy Day scholarship opportunity. Sara feels that art, dance, music and story telling (among many other art forms) are necessary for the physical, emotional and social well-being of any individual. Where there is art, there is a more vibrant and connected sense of community. As she continues her journey toward becoming a Dance/Movement Therapist, she plans to be a dedicated social activist for the arts. She hopes to continue working in psychiatric settings and maybe in high schools one day. Sara is a curious female who is ready for a life of learning from everyone around her and dancing.

The Arts Advocacy Day Scholarship is awarded annually to a professional and a student member of the ADTA. Our honored recipients have demonstrated exceptional desire and passion towards developing a strong foundation in public advocacy. They have expressed dedicated intentions of utilizing their experience at Arts Advocacy Day to further promote Dance/Movement Therapy on a local or national level.

Arts Advocacy Day is hosted by Americans for the Arts and supported by 85 national arts organizations. This two-day event highlights the impact of arts in a wide scope of public policy issues ranging from education to healthcare to cultural exchange to network neutrality. Each participant receives training from experts within the field and peer-to-peer learning/networking. The Day on the Hill allows participants to directly address congressional representatives to discuss the importance and impact the arts have across a range of issues directly affecting state and local communities.

I would like to thank all our applicants for their time, effort and passion in completing the application process. The scholarship selection process was a difficult task; however, ultimately only two scholarships could be awarded. We would like to encourage each applicant who was not selected to re-apply for next year's scholarship.



Board Reports: Public Relations Committee

Submitted by Lora Wilson Mau, BC-DMT



Undoubtedly, my favorite part of writing this newsletter column every three months is crunching the numbers to see how the ADTA's social media presence has grown. Bigger numbers mean more and more people are learning about dance/movement therapy and sharing that information with their own circles! Each quarter, the ADTA always experiences growth across all platforms. However, over the past three months, we have surged!

The *Social Media Update* shares the growth since the last newsletter but here are just a few highlights:

- A 59% increase in blog views
- a 28% growth in ADTA Talk views
- a 30% growth in YouTube subscribers
- a 27% growth in Facebook followers

And, by the time this newsletter goes to press, the ADTA Facebook Group page will have surpassed 5,000 members! If you are active on any of these platforms, know that your likes and shares are making a significant difference. Thank you!

These numbers have also been impacted by targeted campaigns: #GivingTuesday in December and #NEDAwareness in February. During National Eating Disorder Awareness Week alone, the ADTA YouTube Playlist "Dance/Movement Therapy and Eating Disorders" was viewed nearly 200 times and related ADTA blog posts were viewed nearly 900 times.

The next awareness campaign is our very own. National Creative Arts Therapies Week #CATW2016 is right around the corner! I invite you to enthusiastically join in the social media campaigns that week by commenting on blog posts and ADTA videos and liking and sharing ADTA posts on whatever platform(s) you choose. It only takes a few seconds and the potential reach is tremendous.

Lastly, keep an eye out for two exciting developments in the near future:

1. Look for the first of the new ADTA Talks, filmed in San Diego in 2015 to be released in March! Twenty-seven videos are currently being professionally edited and they will all be released over the next 2-3 months in conjunction with relevant awareness days and weeks/months. As they come out, please share widely with your own circles.
2. The long-awaited redesign of www.adta.org is almost complete. The new website is mobile friendly, image driven and easy to navigate. We can't wait for you to see it and see it you will in early April if all goes as planned. Thank you for your patience! It will have been worth the wait. 😊

The screenshot shows the ADTA website homepage. At the top left is the ADTA logo (American Dance Therapy Association). Below the logo is a navigation menu with links: Home, About ADTA, About Dance/Movement Therapy (DMT), 2016 Conference, ADTA CE Webinars, Become a Member, DMT In the News, DMT Photos & Videos, Education & Training in DMT, Events, FAQ, Find a Dance/Movement Therapist, Forum, Online Store, and Resources. The main content area features a search bar, a paragraph about the benefits of DMT, a link to ADTA webinars, and a section titled "Rebuilding Wholeness: Dance/Movement Therapy in Breast Cancer Care" with a photo of a woman. At the bottom, there is a section for "The ADTA 50/50 Campaign" with a map of the United States showing campaign locations.

Board Reports: Public Relations Committee

Social Media Update

Submitted by Lora Wilson Mau, BC-DMT

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

Moving Dance/Movement Therapy Forward: The Official Blog of the ADTA

<http://blog.adta.org/>

Totals since launch January 11, 2015

108 posts

62,427 views (+ 23,108)

+ 59%



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

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

Launched March 13, 2014

3,797 "likes" (+797)

+ 27%

ADTA YouTube Channel

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

Launched officially on April 2, 2014

1,018 subscribers (+237)

+ 30%

ADTA Talk total views

82,313 (+ 18,012)

+ 28%



ADTA Facebook Group Page

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

4,983 members (+371)

+ 8%



ADTA Group on LinkedIn

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

2,951 members (+148)

+ 5%

Follow the NEW ADTA Company Page on LinkedIn

www.linkedin.com/company/american-dance-therapy-association-adta

109 members

ADTA Twitter Account @ADTAorg

www.twitter.com/adtaorg

1,406 followers (+172)

+ 14%



ADTA Pinterest Account

www.pinterest.com/adtaorg

9 boards; 139 pins; 335 followers (+21)

+ 7%



NEW ADTA Instagram Account @ADTAorg

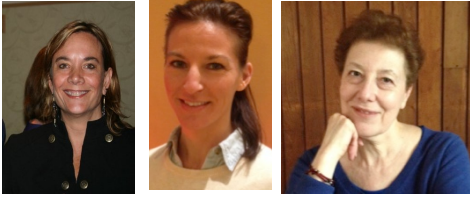
Launched October 21, 2015

49 posts; 145 followers (+47)

+ 48%

Board Reports: Members-at-Large

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



ADTA chapter leaders and the Members-at-Large share creative ideas for professional development, member engagement and outreach to the mental health professional community during quarterly conference calls. Many chapters are finding ways to connect with one another virtually across long distances. This year we will be experimenting with virtual regional caucuses shortly after the annual conference.

ADTA chapters are also opening up their annual chapter conferences to the mental health community at large by providing superb workshops and speakers. We applaud this commitment to bring dance/movement therapy to a broader community.

The MALs are encouraged and inspired by the licensing work being done in New Jersey and Maryland and are aware that at least one other state is preparing to lobby for a change to state law to open the door for DMTs to be licensed. At the ADTA conference, NJ task force members and MD/DV/VA government affairs co-chairs will share what they've learned from their experiences lobbying state governments to support chapters that are considering pursuing a license.

Board Reports: From the Office

Submitted by Gloria Farrow, Operations Director



Our ADTA National Office is physically small, but we generate a lot of work by the staff and with the help of our member volunteers!

I want to share a telephone call that I recently received in the office. A person (not a member) called and asked to speak to the head of the membership department. I will admit I tried to muffle a little chuckle but this question has been asked many times over the years. I did explain to her that we are a small staff association, wear many hats in the office and cannot dedicate a full time staffer to any one single purpose. The "office" handles much of the operational tasks of membership including membership processing, database management, recruitment and retention efforts and most definitely membership service.

The person wanted to know why membership would be a benefit. I proceeded to tell the caller our membership benefits:

ADTA maintains high standards of the profession through:

- 1) Education
- 2) Legislative efforts
- 3) Advocacy
- 4) Professional collaboration

Representation:

- 1) Members-at-Large link members to the Board of Directors
- 2) Local Chapters give access to Continuing Education workshops and professional collaborations

Members receive:

- 1) Special conference rates, webinar rates, online store rates
- 2) Access to the ADTA quarterly newsletter
- 3) Access to the American Journal of Dance Therapy (AJDT)
- 4) Opportunities to get involved with committees
- 5) Access to the Membership Directory
- 6) Complimentary link from ADTA website to a member's DMT website or blog

Leadership:

ADTA members influence the profession by holding office, serving on committees and voting in elections.

Board Reports: From the Office

Continued...

Assistance:

Get answers to questions on the ADTA website, from National Office staff, Members-at-Large and the Board of Directors.

ADTA Monitors Legislation:

ADTA keeps a national watch for legislation impacting the practice of dance/movement therapy; sponsors "Hill Day" seminars to inform federal legislators about dance/movement therapy and informs members about the political process.

ADTA Expands the Scope of Dance/Movement Therapy:

Membership ensures continuation of publications, education, research and training necessary to inform the public of the benefits of dance/movement therapy and ensure access to quality services.

Oh yes the caller joined ADTA!

The office feels membership is a team sport! Membership is our motivating commodity and really the mixture of things that are happening around the association. We want to grow our numbers, we want the help and support and the companionship of the office staff and our members. Our membership rate (\$65) is staying the same for this next fiscal year. We want to continue to keep our current members engaged and also attract younger members to our association who may think an association is for older professionals. As a member, take the challenge to bring in new members. Why not reach out to allied professionals to attract them to the ADTA as an associate member? Sponsor a student's membership? And, as one of our professional members did, sponsor a retired member!

Just a few reminders:

Moving? Save the ADTA money by updating your profile on the website or contacting the ADTA office to update your address on our database.

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

Starting April 1st, renew your membership, credentials and chapter dues online for the upcoming fiscal year (July 1, 2016 through June 30, 2017):

1. Go to www.adta.org
2. Login with email address and password (lower left of screen)
3. Then click "view profile" at bottom left of screen below your name
4. Under "member details" click button "renew until 30 June 2017"
5. Follow the instructions*

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

We are so thrilled about this year's upcoming ADTA 51st Conference in Bethesda, Maryland (DC Metro Area). There are countless ideas in the works to make this conference exceptional while celebrating 50 years of ADTA. We have several plenaries in the planning stage including Dr. Stephen W. Porges and Dr. C. Sue Carter. Per requests from conference attendees, we will have seminars Sunday and special events! Visit and revisit the website <http://adta.org/2016-Conference> for information that is updated often.

Join us and your colleagues for the ADTA 51st Conference – ReGeneration: Moving Pathways to Integration, October 20-23, 2016, as we discover new areas of the profession, celebrate with friends and support dance/movement therapy. Make plans to be with us in 2016!

Hotel Information

Hyatt Regency Metro Center
One Bethesda Metro Center (7400 Wisconsin Ave)
Bethesda, Maryland 20814
Make reservations: <https://resweb.passkey.com/go/ADTA2>

Any questions for ADTA? Contact the ADTA National Office:

Voicemail – 410-997-4040
Email – info@adta.org
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

The Southern Chapter has been taking the 50/50 challenge to heart and finding creative ways to spread the word of DMT! In December, Voniè Stillson presented, “Cosplay as Active Imagination Through DMT Goggles” at Geekonomicon (a pop culture convention) in Biloxi, Mississippi. In January, she was named The Comic Book Femme Fatal’s “Lady Nerd of the Month” where she touched on the SCADTA.

In December, Moving in the Spirit, including Dr. Charnè Furcron & Laurie Jones, participated in World Aids Day events. In the beginning of February, Dr. Furcron, Laurie and Ambria Cunningham participated in the One Billion Rising Atlanta event. Then Dr. Furcron performed in Seattle on Valentine’s Day with Moving in the Spirit where she was able to advocate for DMT at the Seattle Unity Church.

On February 21st, Dee Wagner presented “Mindful Play” at Vol. 28 of Pechakucha Night, in Atlanta, where she discussed her book *Naked Online: A DoZen Way to Grow from Internet Dating and keeping online dating playful* (all from her DMT perspective!). In April, Dee will be joining Voniè and others at Southern Geek Fest, in Hattiesburg, Mississippi, where the Southern Chapter will have their 1st ever chapter booth at an event! Check out www.southerngeekfest.com for more details of this event.

Susan Kierr will be appearing in Hana Kamea Kemble’s upcoming film *The Moving Child*. Susan is also helping to organize a Tricentennial summit on the 300th birthday of New Orleans using inner city dance groups to focus on reversing the insidious increase of violence in the community.

We look forward to continuing our work of spreading the word of DMT, providing support and creating connections in the South.



Above: Charne moving in the spirit. Taken by Ela Lambin. Below: Taken by David Childers of eventscreamer.com.



Wisconsin Chapter

Submitted by Ann Wingate, BC-DMT

The Wisconsin Chapter of the ADTA needs to report that it has folded after over 20 years. However, DMT is alive and well in Wisconsin. We will be re-gathering at some point as a study group to support sharing and further learning about our great profession. Hancock Center continues to have four dance/movement therapists on staff and there are at least a handful of other DMTs in our state.

Deborah Thomas, founder of Hancock Center, retired over a year ago yet continues to be a leader in the field teaching others in her retirement center about dance/movement therapy. Grace Valentine, long-term staff and women’s program coordinator is following Deb into retirement. We all appreciate the strong contributions both have made to Hancock Center and our field.

Hancock Center recently hosted a V-Day event in honor of One Billion Rising. This event, Empowerment through

Movement and Song, was co-facilitated by Hancock Center DMT, Ann Wingate, BC-DMT and Dianne Brakarsh, dance activist/choreographer/facilitator of *Moving from Within*. Women were invited from local support agencies. The event provided a time for all to joyously learn the flash mob dance, “Break the Chain” and to further process its themes of self-respect and empowerment through positive assertion and boundary-setting. Ann and Dianne have offered Empowerment through Movement and Song numerous times in the past two years at schools, as workshops for the community and at conferences for professionals and teens. The V-Day event was followed by two “Break the Chain” flash mob dances in downtown Madison organized by Dianne. Women from the event and from the community joined to celebrate the wonderful message of One Billion Rising to end abuse world-wide.

Chapter Reports

Rocky Mountain Chapter

Submitted by Melissa Walker, R-DMT

The American Dance Therapy Association Rocky Mountain Chapter is excited to present the 2nd Local D/MT Conference, The Rhythm of Resilience: How Dance/Movement Therapy Supports the Development and Sustainability of Resilience.

The Keynote will be presented by [Amber Gray, BC-DMT](#) on Friday, April 8th, from 7 pm - 9 pm with the remainder of the Conference on Saturday, April 9th from 8 am - 5 pm at Naropa University, Paramita Campus.

During the 2016 local conference, participants will explore how Dance/Movement Therapy supports the development and sustainability of resilience. Resilience is generally defined as the resistance an individual has to psychosocial risk experiences - it is the ability to recover, rebound and heal despite highly stressful or traumatic experiences. Visit our website for more information about the Conference, speakers and group supervision panelists:

<http://adtarockymountain.org/2016-conference/>

California Chapter

Submitted by Sara R. van Koningsveld, BC-DMT

The California Chapter of the ADTA (CCADTA) is looking forward to a spectacular 2016. We have been diligently working on initiatives, including an increase in statewide programming, alternate route internship support, licensure resources for current dance/movement therapy (DMT) programs and a scholarship for CCADTA members (students and/or professionals). Below is a summary of what we will be bringing to California in the coming year:

This spring, the CCADTA is looking forward to our next event. On April 17th from 1:00-5:00 PM, we will be hosting our spring chapter meeting and CEU event at Ed Roberts Campus in Berkeley, CA. The Chapter meeting will include a guest speaker/presentation related to DMT practice. This will be a great opportunity to enhance your DMT knowledge, network and learn more about the CCADTA. Please email Norlyn, Northern California Programming Chair, at nsasprec@gmail.com, or the CCADTA, if you have questions or would like to be involved in the event. A fall event will be hosted in Southern California, with more information to come in summer 2016.

Chandra Chaikin, CCADTA Student Representative, has recently stepped-in and stepped-up to the challenge of compiling information regarding internships and supervised sites for California DMT students. As California currently has no approved DMT graduate programs, Alternate Route is the only option for those who want to stay in California and earn their R-DMT credential. Chandra, along with the CCADTA board, will be exploring ways to support DMT by creating a list of internship sites and supervisors throughout the state. Please contact

Chandra directly, at cctherapydancer@gmail.com, if you would like to be a part of this project and/or have information regarding a pre-registration, internship site in California.

In 2012, California began licensing clinical professional counselors (LPCC) for the first time; however, the requirements for licensure have changed as of January 1, 2016. Alison Salter, ADTA Government Affairs Chair (GAC), and Deva Connett, CCADTA GAC have been collaborating to ensure DMT is included in license consideration as well as developing materials to keep graduate programs, students and professionals informed on the new requirements for licensure under California Law. More information about California LPCC requirements can be found at www.bbs.ca.gov.

Lastly, the CCADTA is excited to announce a new scholarship to support student and professional members. The purpose of this scholarship is to provide financial assistance and encourage members of the California DMT community to be proactive and innovative in educational pursuits, professional development and

contributions to the field. CCADTA membership has supported this effort and has contributed a total of \$565 to be offered in scholarship funds.

If you would like more information about the CCADTA and our programs or would like to be involved in the above mentioned initiatives, please contact us at CCADTA@gmail.com or find us on Facebook (California Chapter of the American Dance Therapy Association) and Twitter (@CC_ADTA).



Chapter Reports

Calling All Ohio Dance/Movement Therapists

Submitted by Jennifer Knapp, R-DMT

My name is Jennifer Knapp and I am a LPC and an R-DMT in Ohio. I am currently working on sitting for the exam for my LPCC and working on my BC-DMT and my certification in EMDR. It has been a goal of mine to be able to practice as a Dance/Movement Therapist and be licensed as a counselor in Ohio. I, along with another Dance/Movement Therapist, Allison Kuhr, in Toledo, Ohio would like to invite you all to a gathering in Toledo, Ohio this summer.

I know that there are Dance/Movement Therapists in Ohio who have been doing this work for a long time and have battled the licensure process. I am hoping that we can all meet and determine who would like to do more in Ohio. We may start off small as a study group, but I would like to see it grow into its own chapter! At some point we could be the Midwest chapter and incorporate other states if we wanted too! How exciting!!!

Right now, I would like to see how many of you are interested in meeting. I know for some of you it might involve travel, but depending on the size of the group, I could have the meeting in my home or at my church.

I propose the meeting on Saturday June 18th 2016. We could meet in the afternoon at 1pm that way people who are far away could travel in the morning if they like! There are hotels nearby if anyone would like to stay and leave on Sunday! More details will come!

Please reply with your interest either way and whether you would be able to make the meeting on June 18th. My email is dancer04_21@hotmail.com and phone is 419-297-7547.

I look forward to meeting with all of you and discussing various issues that will promote our field and unite us!

ADTA Voluntary Contributions

ADTA wishes to thank the voluntary contributors for their generous support. **Donations received December 1st through February 28th.**

Cathy Appel
Michelle Martins

Pamela Brenneke
Donna Newman-Bluestein

Cassandra Crawford
Ronna Schelby



ADTA's 50/50 Campaign

Submitted by Robyn Flaum Cruz, BC-DMT

Celebrate 50 YEARS OF ADTA!! Join the 50 Years/50 Ways to Advocate for Dance/Movement Therapy Campaign!

- ✓ Check out the 50/50 Campaign Map <http://www.adta.org/page-1861785>
- ✓ THE GOAL is to educate groups in each of the 50 states of the US and each of the countries where dance therapists live and work! **See examples and find out how!!** <http://www.adta.org/page-1861785>

So far only 25 states in the US have had an action! WE NEED YOU TO PLEDGE AND TO ACT! Look at the map, does your state or country need an action? What about states or countries near you – do they need actions?? Let's fill up this map with actions!!!! Let's add more to the list of actions around the world!!

Commit to advocating for Dance/Movement Therapy in your community or in a community nearby by educating the public about DMT. Big or small, all of it counts in the 50/50 campaign!!!

Pledge to educate the public about Dance/Movement Therapy - send *Your Name, City, State, Country, and email address* to Robyn Cruz robyncruz@comcast.net **OR, if you have taken action**, send *Your Name, City, State, Country, the Group You Educated and Number of People in the Group* to Robyn Cruz at robyncruz@comcast.net.

HELP MEET THE GOAL!! WE CAN DO IT TOGETHER –advocate for DMT in ADTA's 50th year!

DMTCB

Dance/Movement Therapy Certification Board

Submitted by Linda Aaron-Cort, BC-DMT

Congratulations

R-DMTs credentialed between December 1st and February 28th

Amanda Abeling
 Hannah Bailey
 Katie Bellamy
 Kayla Elizabeth Brown
 Shauna Gray
 Erin Howe
 Callen Jones
 Yatzaira E. Marcano-Nazario
 Lori McKechnie
 Eileen Moran
 Jana Elise Taylor

Dance/Movement Therapy Courses: 10 Day Experiential Intensive Courses

Approved by the ADTA as an Alternate Route to R-DMT Certification
 4 Credits or 60 Contact Hours

Located in the Hampton's Beach Resort Area – 2 hours east of NYC

Attend one or both:

June 1 – 12, 2016

December 27, 2016 – January 6, 2017

- Established experiential training in dance/movement therapy since 1972
- Open to practicing and student dance/movement therapists, mental health providers, graduate and undergraduate students in related fields, and others interested in non-verbal communications
- Known for small classes which allows for both group and individualized instruction
- Learn dance/movement therapy theory and skills, group process in dance/movement therapy, and movement analysis
- Participate in clinical field work
- Authorized certificate will be issued on completion of the course

Tuition: \$975 per two-week program

Housing: Hampton's Bed and Breakfast available at additional cost

Contact: Linni Deihl, BC-DMT

P.O. Box 743

Quogue, NY 11959

(631) 653-8750

linni.deihl@gmail.com

Marian Chace Foundation

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



There is excitement and much planning going on regarding the next conference to be held in Bethesda, Maryland, which will celebrate 50 years of the ADTA. The trustees have similarly been involved in wishing to recognize the significance of this time. In addition to the annual lecture and what is likely the last group of bookmarks to be shared with the membership, we have an additional project. We are creating a special edition book to mark this occasion. More about this will be announced at a later time.

Grant proposals have been received and will be reviewed at our meeting in April. We encourage members to consider what interests you and what might be the questions for which you seek some possible answers. That is how research begins and it needn't be as complicated as you might think. You have a whole year to develop something in order to put in a proposal to the Foundation by February 15th. Consider it. We need to build the research base that proves to practitioners in any field what we can do and do well.

In cooperation with the ADTA, money was raised specifically to support dance/movement therapy groups and education for veterans on Giving Tuesday last November. We are pleased to say that over \$4,000 was contributed for the cause through the generosity of our members and others. What follows is a lengthy list of those who gave through the Foundation and also to the Marian Chace Foundation itself. We thank each of you for your incredible response to both the Giving Day and to the e-blast asking for donations to the Foundation.

Donations received December 1, 2015 through February 29, 2016

FRIENDS (up to \$36)

- Nettie Becker *
- Kathryn Boland *
- Barbara Busse *
- Charlene Caiano *
- Lea Comte *
- Simona Georgescu
Happy Holidays to everyone & let's keep dancing!!!
- Lauren Higgins *
- Sandy Dibbell Hope *
- Stacey Hurst
- Phyllis Jeswald *
- Carol Kaminsky *
- Estelle Kluff *
- Sheryl Krats-Sinn *
- Julie Leavitt *
- Marcia Leventhal
Honoring Stuart on his special birthday.
- Margaret Migliorati *
- Julie Miller *
- Dawn Morningstar *
- Melissa Nedza
In memory of Lois Ellinwood, a true friend who shared her joy through movement.
- Kirsten Peterson *
- Joanabbey Sack *
- Megan Shaffer *
- Carin Torp *
- Sara van Koningsveld *
- Jody Wager *
- Elissa Q White *

Marian Chace Foundation

Donations Continued...

SUPPORTER (\$36 - \$99)

- Linda Aaron-Cort
Thank you for your work and sustaining vision.
- Jacelyn Biondo
Thank you for your continued commitment to furthering research in the field of dance/movement therapy.
- Sharon Chaiklin *
- Diana Neshamah Faraone
Thank you for a great conference. Gloria and Renee, you are the best!
- Judith Ginzberg *
- Jessica Melville Goodin *
- Ellen Schelly Hill
- Jeanette Jacques *
- Jeanette Jacques
For MCF general funds
- Carolyn Johnson *
- Victoria Ludden *
- Donna Newman-Bluestein *
- Susan Orkand *
- Ilene Serlin
Thank you for keeping the flame alive!!

PARTNER (\$100 - \$499)

- Cathy Appel
In memory of Harris Chaiklin.
- Jane Wilson Cathcart *
- Conrad & Jane Cathcart
With gratitude for the life, work and loving energy of Harry Chaiklin.
- Robyn Cruz *
- Dianne Dulicai
- Harald & Ann Lohn
In loving memory of Harris Chaiklin – mentor and treasured friend.
- Rena Kornblum *
- Beth Kalish
In loving memory of Claire Schmais.
- Jerry Katz
In memory of Stephanie.
- Kyung Soon Ko
Thank you for your presence!
- Linda McAndrew *
- Eri Tanaka Millrod
- Mimi Moyer *
- Donna Newman-Bluestein
Thank you for all you do in support of our profession.
- Alison Salter *
- Edward Semansky
- Jennifer Sewall *
- Lora Wilson Mau *

Marian Chace Foundation

Donations Continued...

PATRON (\$500 - \$999)

- Lynn Koshland
In memory of Harris Chaiklin who contributed his many gifts to dance/movement therapy field for moving the field forward with integrity, creativity and in pursuit of research.
- Vicky Wilder *

CHACE CIRCLE (\$1,000 and up)

- Joan & Ira Berkowitz
- Ken Flanders *
- Hancock Center

* Denotes donations for #GivingTuesday Veteran's Outreach Project

Professional DMT Community

Acknowledgement of ADTA Innovation Award November 2015

Submitted by Kim Dunphy and Sue Mullane, Making Dance Matter Consultants

ADTA colleagues,

We were thrilled to have been acknowledged with an Innovation Award at last year's conference for the invention of our iPad app for assessment in dance/movement therapy. We have been working on this invention for several years now, through a slow process of trial (and error). We have used the ADTA Conference as a platform for the sharing of our ideas since 2010, pushing ourselves to bring our work to new levels each time we have attended. At the 2014 conference, we presented the results of our first pilot trial, undertaken in Australia and with colleagues from Columbia College, Chicago. This presentation introduced us to a group of very keen potential new collaborators. A small group of these people have undertaken to work with us on the next stage – an extended trial of the app across contexts, population groups and countries. It's exciting!

We're grateful to the ADTA for this access to interesting and like-minded colleagues and for the professional growth it brings us as we share in the work together. We are very proud and pleased to have received this accolade. Thank you ADTA; thank you colleagues.



ADTA's Practice Analysis Coming Your Way!

Submitted by Sherry Goodill, BC-DMT

In most professional disciplines, the organizations that serve and represent the discipline conduct periodic practice and workforce analyses. Practice analyses inform organizational decision making, guide advocacy efforts and define and refine scope of practice statements. Importantly, findings from practice analysis give those who build and administer board certification assessments a grounded and contemporaneous way of knowing what skills and competencies are needed in order to practice. Finally, findings from practice analysis help those who educate new practitioners by indicating new content, curricular foci and/or training approaches that will best prepare people for the service systems and contexts in which they will work. The ADTA is about to launch the first robust and comprehensive practice analysis in many years. It has been designed with input from several committees of the ADTA Board of Directors, and is modeled after successful survey instruments used in other creative arts therapy organizations. We are very excited about what we will learn regarding DMT practice and to apply the findings to all of the aforementioned aspects of ADTA's vision and functions. Professional members will soon receive an email with a link to the practice analysis survey. We cannot emphasize how

Professional DMT Community

ADTA's Practice Analysis Coming Your Way!
Continued...

important it is that we have a strong response rate to the survey, because it is only through a strong response rate that we can be confident of the information we will glean from it. Just so you are ready when it comes, we want you to know that it should take about 30 minutes of your time. Questions will cover a broad range of details of clinical practice activities and responsibilities, compensation, position titles and roles. The survey is designed to keep all responders anonymous and all reporting of findings will use aggregated data only.

Thank you in advance for your participation and thoughtful response.



Update from Gloria Simcha Ruben – A Letter to Gloria at the ADTA National Office

Submitted by Gloria Farrow

Dear Gloria Farrow,

Just thought you might like to know I just celebrated my 90th birthday. Since I shall always consider myself a board certified DMT, in heart and soul, I still am. I live at an active retirement facility in Medford, Oregon near my daughter. I still miss the work. However, my thirty-two years in Mexico produced a legacy, and dance/movement therapy is alive and well in Mexico. We have an association and have conferences each year. The professional association is legal and the graduate program at Institution Integro in Guadalajara still produces graduates. The program has grown to exist in other cities in Mexico. The association is a legal one and I am very proud of my graduates that are continuing my legacy. I brought a new profession to Mexico in 1980. They have named the association after me. And before I left four years ago, they did the ritual of washing my feet in rose petal water. This is a sacred custom in Mexico, done only to the revered. At this point in my life, I am not able to attend your conferences anymore. You have been kind to let me keep my Board Certified title. I have been a member from the beginning of the American Dance Therapy Association. I still think of myself as a DMT. I would still be in practice but I would need to be certified by the state of Oregon to do that. At my age, I am not about to do that. I wish to thank you for being there for me. I would hope I am not forgotten for all of the years of my pioneering for the ADTA. I hope you are well. For a ninety year old, I still look younger than my age.

Sending warm hugs to you,
 Gloria Simcha Ruben

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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.

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