

CREATIVE ARTS THERAPIES WEEK JUNE 1st-7th 2003

*Submitted by Dr. Miriam Roskin Berger,
Chair, NCCATA*

This is a preliminary communication to begin our thinking about CAT Week. As a Creative Arts Therapist, we hope that you will take the opportunity to share in spreading the word about the power and the effectiveness of the healing arts during the first week of June. This year, NCCATA wants to involve as many of its members as possible in the celebration of CAT week, and to use the week as a real public relations effort for our disciplines throughout the United States. Progress in legislative efforts and professional recognition depend on positive visibility. In support of this initiative, we offer the following suggestions and urge you to collaborate with your colleagues in the development of these and other projects and events.

1. Host an open house with other CAT colleagues to display and demonstrate your modality or provide a workshop or seminar open to the public.

2. Offer to run a career day with colleagues at a local high school or college.
3. Provide a staff development in-service to broaden the knowledge of other professionals in your own institution or agency.
4. Visit other schools, nursing homes, day care centers to provide a creative arts therapy experience.
5. Arrange a display at your local library (and in your own institution or agency!)
6. Put up posters and leave flyers where ever you go. (Flyers will be available from NCCATA).
7. Media Coverage. Send out a press release to your local paper announcing Creative

Arts Therapies Week activities in your community. Send a letter or e-mail to the Public Service Director of your local radio and TV stations for a PUBLIC SERVICE ANNOUNCEMENT. (Be sure to include your contact information.) Arrange for you or a colleague to be INTERVIEWED by a local paper or station, highlighting your work.

BE SURE to send a notice of your scheduled activity to me, miriam.berger@nyu.edu, to be posted on the NCCATA WEB site.

Website Update

Submitted by Maria Clausen

We are proud to announce that our website is up and running. Please visit the site at <http://www.nysadta.org>. As it is still a work in progress, some links do not work yet. The website will need constant updating, so please forward any information such as upcoming events, job opportunities and happenings/ongoing events. We hope to create an informative, easy-to-navigate site for all New York State Dance/Movement Therapists as well as anyone wanting more information about Dance/Movement Therapy, students and prospective clients of Dance/Movement Therapy. If you have any suggestions for changes, additional categories or links to the website.

Please feel free to contact me at

aikidance@mindspring.com.

Photos

While we all know how difficult it is to capture what we do in a picture, the website desperately needs photos of dance therapy in action! Photos can be emailed or snail-mailed to me and should be accompanied by a copy or copies of any required release forms, if applicable. Release forms will be kept on file with the web maintainer for legal purposes.

Referral Service

The Board decided to move the referral service, which was once via phone, to the website. If you have a private practice and would like to be listed on the referral service, please forward your pertinent information to me. If you do not have email, you may snail

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Letters from the Board

NEWEST NYS CHAPTER BOARD MEMBERS

Recording Secretary, Yael Luski

Hi, I am very excited to join the New York State ADTA Chapter Board as Recording Secretary. I am a recent Dance Therapy graduate from Pratt Institute and I am currently the Dance Therapist at The Child Study Center of New York, a special education therapeutic nursery school. I am looking forward to working closely with this dynamic board and expanding my involvement in the world of Dance Therapy on a local, state and national level. Please feel free to contact me at yhluski@aol.com

Fund Raising Chair, Joan S. Ingalls

After many years of being on the sidelines of Dance Therapy, in 1999, I received a call from Carole Coupe, the president of the New England Chapter asking if the board could meet at my house in Portsmouth, NH. I was delighted at the idea of getting to know Dance Therapists again, and I soon became a "member-at-large." When I moved to NYC last fall, I knew I would miss my Dance Therapy connection, so when Corinna Hiller sent out an e-mail message to fill vacancies on the board, I responded.

Let me say a few words about myself, and then about my new role as fund raising chair. Having studied dance all my life, both ballet and modern, and having completed a dance notation program at the Laban Institute and several years of my own therapy, in 1976, I began an independent-study program at Goddard College in Dance Therapy. Shirley Weiner and Ottie Paulsen were my trainers. After graduating, I worked primarily on the Discrete Unit at Creedmoor State Hospital, and continued my education in a doctoral program in Sports Psychology at Teachers College Columbia University. Since graduating from that program, I have practiced as a sports mental training consultant.

I am currently in NYC to study Social

Letter from the President

Hello Friends and Colleagues,

I hope everyone is surviving this Winter and maybe even enjoying it while we look forward to Spring. It has been a busy few months for the Chapter Board. We have continued to fill vacant positions on the Board and it seems like there have been new faces and introductions at every meeting recently. We are still looking for someone to fill the position of Treasurer. If anyone is interested please contact me or any member of the Board. It is an exceptionally dynamic, charismatic group (if I don't say so myself) and I strongly encourage people even with no prior experience to consider getting involved. I am pleased and excited to report that we have some great ideas that we are working on in terms of a program of workshops for the Spring/Summer and Fall/Winter. We are planning to offer consecutive workshops related to the same theme. Be sure to read the column from Tamar Kipnis our new Program Director and stay tuned for more information in the mail and on our website. As you may know Creative Arts Therapy week is approaching and now more than ever it is important to make our work and our importance seen, experienced and recognized. We are planning an open meeting, presentation, and brainstorming session in April to help Dance Movement Therapists organize themselves around this important opportunity to get exposure. Again I encourage you to stay tuned for more details regarding this upcoming meeting which will be open to all chapter members.

I cannot stress enough how committed this Board is to providing the chapter members with opportunities for enrichment, advancement and communication among members. The workshops we plan and the Newsletter, Website, Referral List etc. all require money. We rely on members to pay their annual chapter dues. It was brought to my attention recently that of our over 300 members, only 144 members paid their local dues in 2002. Please pay your dues. We are glad to be of service and are open to feedback, suggestions etc. regarding how to better serve you. However without all membership dues we are limited in what we can provide and accomplish.

If this situation does not improve those members who have not been able to pay for whatever reason may be receiving individual letters to remind and encourage them to pay (this will cost us money to do). Please try to budget for this annual expense. I look forward as always to hearing from people at any time and to seeing you at an upcoming meeting or workshop. I hope that everyone will find some way to celebrate Creative Arts Therapy Week; the week of June 2,

2003. Take pride in your work and in the unique impact that we have on our patients, clients, their families and the community.

*Peace ,
Christine*

Therapy. Social therapy, in practice, could be described as a verbal form of the Marian Chase Method of Dance Therapy. It is highly improvisational, and emphasizes the activity of the group, rather than the content of the conversation. That is, group members are concerned with creating something together – building with each other's offerings, and per-

forming a line in a play. Social therapy challenges all of our assumptions about who we are. For those of you who are familiar with Vygotsky, it is concerned with zones of proximal development – helping people to become what they are not. For those who are familiar with Wittgenstein, it takes from him the idea that we create meaning at every moment;

Continued on next page

Letters Continued

meaning is particular to each context. Social therapy also takes from Marx the idea that human beings are primarily social and historical. That is, we are in history, and therefore continuously changing. We don't have to find out who or what we are, because we are always becoming, and simply don't know, can't know, who we are.

As the fund raising chair, I will be working with the board to develop fundraising activities for the chapter. My first question to the board, and to the membership is, "What are we raising money for?" Without a compelling mission, how do we persuade people to work at fund raising or to give to our cause? Fundraising organizations, such as Rotary, or the Cancer Society, raise money for charitable causes, or to enrich their own charitable programs. Professional organizations, such as the American Psychological Association, which we are most like, raise money to help pay for the operation of their services to the membership. We, the NYS Chapter board, have very low operating costs (no rent, no salaries to pay), which are currently covered by dues. It seems to me, that to justify fund raising, we have to go beyond what we currently are doing. We have to want more from the board. What would you like from the board that we currently can't afford, but with fund raising, might be able to afford? What professional activities would you like to engage in that as an individual you can't, but as a group, we can? With our discussion on the ADTA national list of how to promote Dance Therapy, we may have begun this conversation. Let's continue on our local list. To get on the list, go to: www.nysadta.org.

Program Director, Tamar Kipnis

I am excited about being a part of the new N.Y. Chapter of the ADTA board. A few years back, also when I served as the program director, we were interested in membership's enthusiasm to engage and participate in our workshops. Times have changed and now we are facing the challenges of becoming even more effective and visible. The upcoming

Susan Keirr's promotion of DMT at New York's Barnard College

Printed with permission from the listserve.

I wrote the following letter to the college where I had studied Psychology as an undergraduate and realized that if we all got in touch with our undergraduate colleges we could help educate many people about how to use dance and psychology after graduating.

I enjoyed the "Dance Steps Out" article in the Winter 2003 in the Barnard Magazine.

However, I wish to tell you of an area of dance that was omitted:

I am a dance/movement therapist. I was a Barnard '63 psychology major. Seven years after graduating, I began combining my dance life (I was teaching modern dance) and my academic commitment to the field of psychology. For thirty years I have enjoyed being in a

dance related field in which dance and movement are used as psychotherapy. During that time I have received a Masters degree, registry with the American Dance Therapy Association (www.adta.org), and certification with the National Board of Certified Counselors. The dance department at Barnard can inform students who are interested in a professional life related to dance by increasing awareness of the field of Dance/Movement Therapy. I would be glad to help. So would the ADTA and the many practicing Dance Therapists who live and work in New York.

Susan Kierr, ADTR-NCC
2100 St. Charles Ave., Suite 2 A
New Orleans, LA 70130

Making Connections In Albany

Seven DMTs attended a chapter meeting which I facilitated, after the one-day CAT Conference organized by Anne Marie Truppi and sponsored by the Consultation Center in Albany on March 14th. The meeting involved sharing recent successes and venting frustrations about: the national ADTA, difficulties getting jobs, being underpaid and feeling isolated upstate.

Members also expressed feeling exhausted at having to constantly promote one's work. Members gave suggestions how to fix this and shared personal victories in this respect, i.e. Cara Arcuri recently was interviewed by her local television station about DMT. I explained that the board has been discussing marketing, public relations and working on creating a press release kit. Furthermore, we

are holding a workshop April 14th to plan how to promote our work for CAT week in June. I suggested that chapter members support each other by taking turns exerting and recuperating energy promoting DMT. We should always stay in communication and share what we have learned so we do not have to recreate the wheel every time.

I emphasized that members need to pay chapter dues as these efforts require money. Pamela Faith Lerman said she'll work on increasing communications upstate via email and will plan a meeting to share the press release kit so members upstate can strategize their plans for CAT week together. Members were encouraged to let the board know how we can support them.

Corinna Hiller

listserve seems to be a big ego booster. As such, our focus will be on serving our members by continuing to provide the necessary cutting edge information and experience. We are planning workshops that will equip us in enhancing our marketing and public relations efforts, both as individuals and as Creative

Arts Therapists. Also, we are planning to facilitate workshops to review specific skills in utilizing movement observation techniques in research and treatment applications. Please feel free to contact me if you have any ideas about the programming. I can be reached at tamarkipnis@msn.com or at 212 252 2417.

Dance/Movement Therapy with Adolescents in an inpatient locked psychiatric unit

by Pamela Faith Lerman

When I was in the process of moving to Albany in 1998, I made contact with hospital administrators all around the Capital District to see if they were familiar with Dance/Movement Therapists or Creative Arts Therapists. Fortunately, Ellis Hospital in Schenectady, NY had an Art Therapist and was very interested in hiring a Dance/Movement Therapist to work with both their adult unit and their brand new adolescent inpatient unit. We were able to contract for my work on a per diem basis (they did not have a full time job available), and my time with both the inpatient units and the Continuing Day Treatment Center has increased over the years.

It is now four and a half years that I have been working at Ellis, and I wanted to share some of my experiences in working with the adolescents. First of all, I love this age group. They are dynamic, full of energy, often very creative, and most especially, love to have an opportunity to use their bodies in a fun, creative way.

Many of the young people who come to

the Adolescent Treatment Center at Ellis have trauma backgrounds including physical and sexual abuse, and incest. Many of them have experimented with drugs and alcohol, and many of them engage in self-mutilation.

I presently work 2 days a week at the unit. Since patients come into the hospital initially for very short term treatment, there is usually a fast turnover in population. When I come into work, I have no idea who will be there and what I will be dealing with. Sometimes the unit is "quiet", which means there have been no violent incidents, "codes", or restraints. Other times, I am coming in after there have been incidents.

The unit has 16 beds. I work in a small room in which I need to clear the tables and chairs in order to work. I take 8 patients in the group for 45 minutes at a time. I often have little control over who will be in my group (in terms of diagnoses), but I do insist that who comes, can handle physical activity and is not actively experiencing "psychosis".

I come with several bags on wheels including my CD player, props bag, and lots of CD's with a wide range of music including:

Rock, pop, R&B, rap, heavy metal, classical, oldies, alternative... and others.

I have a wide range of warm-ups, dance and movement exercises and group activities and interactive games using props that are in my "bag of tricks". I use much of the Chacian format and principles to help the group get to know each other and begin to communicate non-verbally. If there are young people who have never been on the unit and a majority of the patients don't know each other, I use movement "get to know you games" as a light introduction. I make it clear that I expect every one to do their best, but that no one is forced to do what they are not comfortable with. Recently, I got a donation of very pretty colored rug samples, and every one in the group gets to choose one to sit on when : they are tired, if they feel they need to regroup, or have a home base, or when I feel the group is getting out of control. We also begin the group with "ground rules" re: "safety, respect for each other, and choices around personal space and touch". Since sometimes

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Letter from the Editor

Hello everyone! I want to remind all chapter members that there is no fee for advertising your work, supervision, private practice, groups etc. in the newsletter, read ITS FREE! So please email your submissions to me at CorinnaH@mindspring.com or send them to me via regular mail at 42-15 23rd Ave. Astoria, NY 11105. I would also like to invite all members to drop the board a line to let us know the interesting things you have been doing so I can announce it in the next edition of the newsletter. Lastly, I am seeking reporters to write articles or to interview people for each newsletter. Interesting topics might include:

- Research projects DMTs are involved in. Why are dmts reluctant to do research?
- How is the state of the NY economy effecting DMT's in the workplace?
- The different kinds of work dmts are doing in NY
- Social dance trends
- Supervision
- Creative processes
- Performances
- Clinical Aspects of DMT
- Students and DMT
- Licensure
- Discussion on Raves
- Collaborating with other CATs

- Presentations people have given. Oh the possibilities are endless. Is anyone interested? CEU credits are available for contributions. Let me know.

Corinna Hiller



OPEN CHAPTER MEETING FOR CREATIVE ARTS THERAPY WEEK

with guest speaker
TINA ERFER



In an effort to make Dance Movement Therapy more visible, the chapter is sponsoring this presentation to help members promote our work in various settings during Creative Arts Therapy Week.

Tina will discuss some of the events she has helped plan, design and implement as a way of celebrating CAT week. The goal of this seminar is to inspire, support and guide other DMTs as they find their own ways to celebrate and promote the Creative Art Therapies this year.

Tina Erfer, MS, ADTR, NCC is a registered Dance/Movement Therapist, and a nationally certified counselor. She is on the ADTA Board of Directors, as Eastern Region Member at Large. She has worked in the fields of Dance/Movement Therapy and Special Education for over 20 years; and for the last 9 years, she has worked at Mt. Sinai Hospital. Currently, Tina is the Coordinator of the Hospitals Schools Program, in the Dept. of Child and Adolescent Psychiatry, at Mt. Sinai. In addition, she supervises graduate students and practicing DMTs and is a contributing author in Fran Levy's book, *Dance and Other Expressive Art Therapies - When Words are Not Enough*.

Monday, April 14 6 - 7:30 p.m.

St. Vincent's Hospital
(203 West 12th Street, O'Toole Building, 6th floor conference room)
Refreshments will be served.

CHAPTER SALE

Short Sleeve & Long Sleeve t-shirts and Sweatshirts
Sizes: Small through 2xx
Long sleeve t-shirts \$15.00
+ 4.00 shipping and handling
Short sleeve t-shirts \$12.00
+ 4.00 shipping and handling
Sweatshirts \$20.00
+ \$5.00 shipping and handling (\$2.00 extra for 2xx)
Canvas tote Bags
\$8.00 + \$3.00 shipping and handling

Mail or call orders to:
Christine Zimbelmann
207 W. 11 Street Apt. 5D
New York, NY 10014
(212) 604-8612
make checks payable to: NYSADTA
If multiple items are ordered add \$2.00 Shipping and Handling for each additional item

AUTHENTIC MOVEMENT GROUP

Two evenings a month
7:30-9:30 in Manhattan
Authentic movement offers a bridge between conscious and unconscious; the invisible made visible. For more info call Christine Zimbelmann, MS, ADTR, CMA (212) 604-8612

GRAPHIC DESIGN

Like this newsletter? Let the designer know! Freelance print design and production! And he likes to dance (but not yoga)!!
Wowers! (917) 686-4777
noah@noahwildman.com

EXPERIENCE INDIVIDUAL REICHIAN PSYCHOTHERAPY

Free your blocks, release long held rigidities, feel your energy free up giving you greater access to your life force and greater capacity to experience pleasure and joy
Available in Midtown Manhattan
Contact Corinna Hiller MA, MS, ADTR, NCC (917) 753-8163

SUPERVISION

Adina Rosenberg, MCAT, ADTR, LPC, NCC
ADTR Group Supervision in Yardley, PA
Meets once a month in beautiful Bucks County
Just an hour by train from NYC
Transportation from the train station provided
For more info call 215-321-0961 or email adinajr@aol.com

SUPERVISION

Individual and Group Supervision with Christine Zimbelmann, MS, ADTR, CMA, call 212 604-8612

DTR'S SEEKING SUPERVISION

Corinna Hiller, MA, MS, ADTR, NCC is available for individual supervision utilizing Creative Arts Therapy in NYC. Call 917 753-8163 or email CorinnaH@mindspring.com for more info.

The Marian Chace Foundation

continues to gather the abstracts of masters' theses and doctoral dissertations related to Dance/Movement Therapy in order that we can continue to build our knowledge base and further develop research based on what others have already done. It is through sharing of knowledge that we continue to evolve the depth of our work. Those in doctoral programs, please remember to send an abstract of your finished dissertation along with where and when you received your degree. It is the only way we have to collect the information. Send your info to the ADTA office, attention Marian Chace Foundation. Thank You, Sharon Chaiklin

The Marian Chace Foundation

announces that the third collection of Dance/Movement Therapy Abstracts: Doctoral Dissertations, Masters' Theses, and Special Projects (1997-2001) are now available on CD-Rom - easy to use, fully indexed by subject and author. It can be ordered through the ADTA office for \$10 and \$2 shipping cost. ADTA, 2000 Century Plaza, Suite 108, 10632 Little Patuxent Parkway, Columbia, MD 21044-3263

AUTHENTIC MOVEMENT IN PARKSLOPE!

Authentic Movement is a movement-based form of self-discovery and exploration! *Two ongoing groups:* Sunday evenings and Wednesday evenings. *A once per month group:* Thursday evenings. Groups open for new members each September and January. Plus introductory workshops offered throughout the year and a summer-series each summer. Please call Ricki Grater CSW, ADTR at 718-788-8667 for more information, or visit www.shantispace.com.

HILL DAY

Submitted by Robyne Stone Davis

Hello all! The ADTA is sponsoring a Hill Day in Washington, DC on April 4, 2003. We feel it is important to send a message of inclusion of Art Therapy, Dance Therapy, and Music Therapy in the IDEA (Individuals with Disabilities Education Act) revisions bill. Specifically, we are asking our Senators and Representatives to add "Art, Dance, and Music Therapy" under the "Related Services" Definitions Section 1401 (22). This will allow more access for Creative Art Therapy services to special education students and more job opportunities in schools for Art Therapists, Music Therapists, and Dance/Movement Therapists.

Please help support our efforts by faxing (not mailing) the following sample letter to your respective legislators:

Dear Senator or Representative _____:

I am writing to request your support of IDEA Reauthorization legislative language recommendations submitted to the Senate Committee on Health, Education, Labor and Pensions and the House Committee on Education and the Workforce by the American Dance Therapy Association. Specifically, I would like for you to support inclusion of the term "art, dance, and music therapy" in the Definitions of Related Services, Sec.1401 (22) - and in the Definitions of Early Intervention Services, Sec.1432 (4) (F).

Art, Dance, and Music Therapy are recognized related services. However, school districts sometimes refuse to provide these services when they are appropriate and necessary, using their rationale that art, dance, and music are not currently among the listed services in the IDEA. Adding art, dance, and music therapy under related services will ensure that these services are provided when determined necessary by the IFSP or IEP team. Art, Dance, and Music Therapy are also used effectively in the Part C program, encouraging socialization, self-expression, communication, and motor development among infants and toddlers. Listing art, dance, and music therapists as "qualified personnel" will ensure these services are accessible to special education students and are implemented by appropriately trained professionals.

(Optional: My personal experience as a Dance/Movement Therapist/client/parent/administrator has demonstrated that Dance/Movement Therapy has ...please include one to two sentences of an example describing the effectiveness of DMT with students meeting therapeutic goals.)

Thank you for your attention to this important issue for children with disabilities who rely upon us to serve as their advocates.

Sincerely,

Your Name

You can also voice your support through phone calls to members of Congress. Any contact is helpful. Any questions or further comments can be referred to Robyne Stone Davis at rdavis1830@aol.com. Thank you for supporting the ADTA.

The NY State Chapter is in the process of putting together a PR kit for its members and we need your help

Submitted by Maria Clausen

We are in the process of creating a marketing kit that will include basic information about Dance Therapy, "moving tales" and articles about Dance Therapy in the news. If you have been featured in any newspaper or magazine article, had a TV appearances or can gather any testimonials from Dance Therapy recipients. We would love to include them in the marketing kit. All information may be forwarded to aikidance@mindspring.com or snail-mailed to Maria Clausen at: 5718 Fort Hamilton Parkway, C1, Brooklyn, NY 11219. Or email the NYS Board at nysadta@yahoo.com



BUTOH PERFORMANCE

Corinna Hiller will be performing Butoh with her company at the Brooklyn Botanic Garden's Sakura Matsuri Sat and Sun April 26th and 27th at 4pm in the Meadow.

Announcements

Omissions and mistakes made in the last edition, Fall/Winter 2002 newsletter,

- the cover article, "Nominees needed to sit on regulatory board" was written by Maria Clausen as was the NYS Chapter Website article on page 9. Maria has been working hard on the chapter's website and public relations.
- Patricia Capello was wrongly cited as continuing as the National Board's Treasurer.

The Institute for Expressive Analysis will hold an Open House on Sunday, April 6, 2003 at 3:30 PM at 83 Spring St., between Broadway and Lafayette Streets. All are welcome! For information, call 212-665-7352.

All ADTA members are invited to join the ADTA Board for **Hill Day** on **April 4, 2003**. This is an opportunity to meet one-to-one with your state representatives and share your ideas concerning Dance/Movement Therapy and IDEA. Plans are being finalized and more details will follow. Please put this date

on your calendar and plan to join us in Washington.

Leslie Armeniox
ADTA GAC Chair

WORKSHOPS & CONFERENCES

National Dance Association welcomes you to... Dance down Philadelphia's Broad Street for an all day tour that will spotlight dance education models and technology in class and on stage!

Pre-Convention Dance Workshop (Preceding the 2003 AAHPERD National Convention) **Dancing on Broad Street and Beyond: Building through Partnership , Monday, March 31, 2003** For additional information and registration, click on: <http://www.aahperd.org/nda/template.cfm?template=dancing.html>

Highlights include:

- Authentic Assessment in Dance
- Open Space Technology
- Building Community Partnership
- School Tour and Student Presentation at The Philadelphia Performing Arts Charter School
- Dancing Across the Wires: Interactive Television Exchange
- Demonstration/Participation

- Round Table Discussions
 - Performance Showcase
- National Dance Association,
1900 Association Drive, Reston, VA 20191, nda@aahperd.org, www.aahperd.org/nda , 1.800.213.7193 (toll-free voice) , 703.476.3421 (local voice) , 703.476.9527 (fax)

Creating Bridges: Connecting DMT with Allied Disciplines

Annual Spring Conference for the New England Chapter of the American Dance Therapy Association, Co-Sponsored by Antioch New England Graduate School's Dance/Movement Therapy Program Featuring Key Note Speaker Suzi Tortora, Ed.D., ADTR, CMA, KMP Analyst **"Getting Verbal about DMT: How to Speak so Other Professions Listen "**

Saturday, April 5, 2003, Antioch New England Graduate School, 40 Avon Street, Keene, New Hampshire
Registration Information:
Non ADTA members \$65
ADTA members \$60
Antioch Alumnae/i \$50
Students \$35
CEU Fee (NBCC) \$7
Box Lunch \$7
Pre-registration must be post-marked March 24.

For further contact: Susan Loman, Conference Chairperson, 603-357-3122 x222, sloman@antiochne.edu

DMT's in action:

Dr. Miriam Roskin Berger, ADTR lectured on "Dance/ Movement Therapy and Movement Analysis" to staff at New York Presbyterian Hospital on February 20th, sponsored by the hospital's Center for Complementary and Alternative Medicine.

On February 20th **Corinna Hiller**, ADTR, presented an in-service training to the Psychiatric Rehabilitation Department at Interfaith Medical Center on the applications of Reichian Therapy in a hospital setting.

Maria Clausen, ADTR has changed jobs and is now the Coordinator of Inpatient Psych Activity Therapy at Bronx Lebanon Hospital Center.

Corinna Hiller has been nominated for Ethics and Standards Chairperson on the ADTA National Board....please send in your votes

CHAPTER BOARD PHONE NUMBERS AND E-MAIL

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Fundraising Chair	Joan Ingalls	212 675-6230	jingles315@aol.com
		917 776-9987	
Recording Secretary	Yael Luski	646 373-7572	Yhluski@aol.com

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Dance/Movement Therapy does involve touch, (such as holding hands or movement games, that involve touch), I make sure the kids know they have the choice to "take space" and "use their words" to communicate if they feel uncomfortable. Once all the grounds rules are reviewed, everyone gets to choose one piece of music they would like to hear for the session.

We generally start with a movement "check-in" re: feelings, and then go into a warm-up. I then ask each person in the group to lead some movement or exercise for the warm-up, with the group following them. Not everyone is comfortable with this, but they always have the option to "pass", or do a small movement



(peripheral). We then proceed to many different options including: work with props such as balls, hacky-sacks, a stretch cloth, scarves; structured improvisations involving mirroring, stop and go, shaping exercises. Of course my decisions about where to go with the group are shaped by my observations of how each individual is doing and how the group is doing with each other. We try to end with some verbal processing and a closing movement.

At times, the "process" parts of the group can look very disorganized with small groups of two and three doing different movement interactions at other times, the whole group is dancing and working together, using rhythmic synchrony. Other times there is more symbolic association.

Every session is an adventure. It is so clear that on a locked unit, where there is very little space for kids to work out physically, this

group is invaluable. Dance/Movement Therapy gives them the opportunity to explore healthy physical expression, safe boundaries, interactions with peers using their bodies in respectful ways, and non-verbal expression of feelings. While there is sometimes normal adolescent resistance, when it is clear that they are welcomed without pressure, most of the young people come around to joining in the group at their own pace.

I am grateful to have the opportunity to work with this population, and to be constantly reminded to "be on my toes", be flexible, have fun, and have deep compassion.

**HATHA YOGA WITH
LESLIE DALY, DTR, RYT**

Women's Hatha Yoga,
Sundays at 12.
Open Hatha Yoga, Thursdays
at 6:30pm.

\$15 per class, mats provided.
Classes held at 25 Fifth
Avenue, (9th Street), on the
lower level (see doorman.) For
more info, call 917-359-1345.

Website Continued from Page 1

mail it to me (address below). Please include the following: contact info (email or phone number) and geographical Area in New York (please be specific). With what type of population is your private practice? (ie, adult, child, family, etc)? Any other information you feel is relevant and important.

Supervisors List

In addition, the website lists available supervisors as well as internship placement sites. If you have a supervision site available for students and/or are willing to supervise students, please forward your information to me. Please include your population and other details about your program.

General Listing of all New York Dance Therapists

Pamela Faith Lerman has compiled a list

of all New York Dance Therapists which will be added to the website with names, email (if applicable) and city/town. No phone numbers or exact address will be listed. If you do not wish to be listed, please contact me.

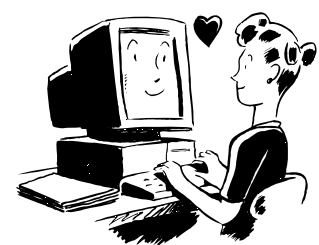
Newsletter

In addition to mailing our newsletter, our current newsletter will be available on-line. We have also archived past newsletters beginning with Summer, 2002. You will need to have a current version of Adobe Acrobat downloaded in order to open and read the newsletter.

Marketing Information

We are currently in the process of creating three consecutive seminars dedicated to help you market yourself as a Dance/Movement Therapist. Whether you work in an estab-

lished institution, are beginning a private practice or would like to expand your growing practice, we hope these targeted seminars will assist you in your professional development. Look for our upcoming April Seminar that will be dedicated to assisting you promote Dance Therapy during Creative Arts Therapy Week in June. Info will be posted on the website as well as inside this newsletter.



NYS/ ADTA
Ansonia Station
PO Box 230563
New York, NY 10023-0563

DATED MATERIAL

NYS ADTA

Support Your Newsletter

The NYS/ADTA is the official publication of the New York State Chapter of the American Dance Therapy Association. The Newsletter Committee reserves the right to edit all materials. This Newsletter is mailed to all member of the Chapter. Subscriptions to non-members is: \$8.00 for 3 issues (annual). For \$16.00/year non-members can also receive all workshop flyers, conference brochures and newsletters. Just send a check to the PO Box listed above with a note requesting "Subscriber Membership". All checks must be payable to: NYS Chapter/ADTA.

ADVERTISING

There is NO FEE for advertising for DMT's/Chapter members. Please send in your ads - scan-ready art & graphics or just text to the newsletter editor, CorinnaH@mindspring.com.

***NEXT
NEWSLETTER
DEADLINE:
JULY 1, 2003***



"Hey, ya get da memo?! Dance Therapists n' Chaptah membahs get dere ads FREE in dis here newslettah! So whattaya stallin' about?!?"