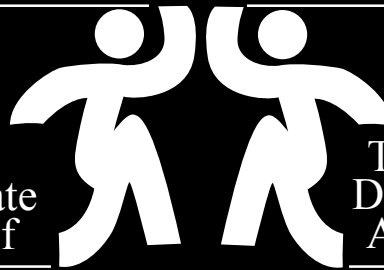


The New York State  
Chapter of



The American  
Dance Therapy  
Association

Summer 2002

## Message From the President

Dear Friends & Colleagues,

Summer is upon us and it is a time for much needed rest and relaxation. This has been an emotionally charged and turmoil filled year on the national level and also on a personal level for many of us. It has been a year filled with personal and professional hard work and reflection. The continued hard work of NYYCAT and New York State's creative art therapists has paid off with the passing of the Mental Health Bill by both the state's Senate & Assembly. We now await the

governor's signature.

The NYS/ADTA board members have also been active during the year. We are now in the midst of running elections for the new board. While some present board members are retiring from board positions, after many years of service, others are seeking out new positions and challenges for the coming term. Please take a few minutes to fill out the enclosed ballot and cast your vote for our new officers. Our ancestors fought long and hard for this democratic process. Meanwhile, with the time

we have left, the board is continuing to plan for the rest of the year in order to facilitate an easy transition into the new term.

Summer is a relaxing time for us so in this issue you will find some repeat entries from newsletters of past years and other tidbits in lieu of our regular columns. Enjoy your summer and see you in the fall.

*Judy*

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## NYS Licensure for Creative Art therapists

Many of you may have already heard this fabulous news but here is an official update written by Joan Witig who by the way has been on the forefront of this process for years and deserves many thanks and congratulations.

In the last week of its session, after nearly 30 years of discussion, the New York State legislature passed a bill regulating the practice of psychotherapy in the state of New York. The bill

provides scope of practice licensing to four "new" mental health professions: creative arts therapy, mental health counseling, psychoanalysis, and marriage and family therapy; as well as psychology.

The purpose of the bill is to regulate the practice of psychotherapy. Until now, psychotherapy has been unregulated, which has allowed people with little or no training at all to

*Continued on page 4*

## Inside: an installation about the experience of schizophrenia

Transitions can be very thrilling as well as very scary. In a time where everything feels uncertain we all find ways to deal with the anxiety of the uncertainty. Just like everyone else, the September 11th tragedy created in me fear, sleepless nights, a nervous energy, and it made me understand how one can easily feel paranoid. It was during this period

that I finally was able to feel and understand deeply the complex experience of the schizophrenic. In my search to contain my experiences and feelings, one evening while having dinner with my husband and talking about my bodily felt sensations the idea of creating and installation where the witness can experience and empathize deeply with

mental illness was born.

*Inside* is an art installation I created that attempts to resemble aspects of the inner world of a person who suffers from schizophrenia. It's goal is to stimulate the complex mental and emotional dilemma that this person is dealing with, by trying to

*Continued on page 5*

# Announcements

## Pratt Institute's Approval

I am happy to announce that Pratt Institute's MS in Dance/Movement Therapy has been given full approval by the Approval Committee.

This is the 4th year of our new program in dance therapy. We had previously been given Candidacy Status, which is given to programs under three years in operation.

Approval was given to both of our formats: Academic Year, which is a traditional offering of classes in Fall and Spring, and the Spring/Summer Intensive format, which is designed for students who do not live near a program. This latter format involves five weeks of classes a year, given intensively, with fieldwork and internship done in the student's home locale. This format is also available to Alternate Route students.

We have worked hard on the development of our program in dance therapy and are very happy to be able to provide another training opportunity within the field.

Contact information for Pratt is : (718) 636-3428 or lthompso@pratt.edu.

*Laurel Thompson*

## Joan S. Ingalls

Joan S. Ingalls, Ed. D., ADTR, will be relocating to NYC in September to study social therapy at the Eastside Institute for Short-Term Psychotherapy (500 Greenwich Street). Social therapy is, like Marion Chase dance therapy, practiced with groups, and

## Tina Erfer, New Member at Large

Greetings, to all NYS/ADTA members:

I'd like to introduce myself. My name is Tina Erfer, and I am the incoming ADTA Eastern Region

Member-at-Large. My term officially begins October 2002, at the National ADTA Conference, but I want to let people know that I am here, and available to support the chapter in any way that I can. My role will be to maintain communication and connection between the chapters in the Eastern Region and the National ADTA Board of Directors. I look forward to working with all of you, as we move forward in new, positive directions!

*Tina Erfer*

*TEdance@aol.com*

based very much on improvisation, "building creatively with the offering." Joan hopes to find time to be active in the NY chapter. She currently practices in Portsmouth, New Hampshire, and plans to return there at the completion of her studies.

## Continuum Movement Workshop

The New York State Chapter of the American Dance Therapy Association presents a workshop in Continuum movement conducted by Mary Abrams on Sunday, September 15, 2002, 12 to 3:30pm (a business meeting will precede the workshop) at 10 East 18th Street, 4th floor. \$20 all, \$10 students with ID.

## Publication Reprints

The National Dance Association announces two publications being revised and to be reprinted in Spring, 2003:

Dance Movement Therapy (Fran Levy, editor)

Preventing Dance Injuries (Ruth & John Solomon, Sandra Minton, editors)

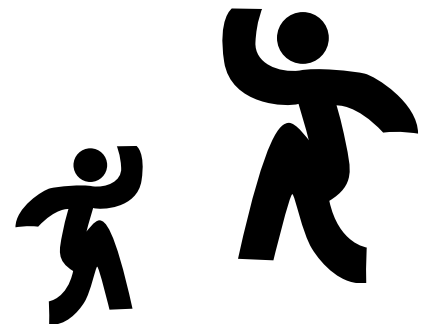
For more information:

nda@aahperd.org

www.aahperd.org

703.476.3421 (voice mail)

703.476.9527 (fax).



## Program Directors Note

The chapter presented a workshop entitled "From theory to practice; joining clients outside of group/engaging clients within a group".

Dance therapists Maria Derosa and Marie Carstens shared their group experiences working at Interfaith Medical Center with the chapter. Maria presented how to use Aikido applications and

philosophy to create harmonious interactions and empathy. Marie shared how a visit to a museum with her clients sparked interest and inspired an eight week project creating masks and movement. Workshop participants enjoyed the group discussion and the experiential presented. Hope to see you at our next workshop.

*Marie McKenna-Aguirre*

## Continuum Movement

Mary Abrams will be conducting a workshop on Continuum Movement for the D/MT community on September 15, 2002. I've been taking classes in Continuum Movement, a system founded by Emilie Conrad in 1967, for the past two years. I have always been intensely interested in body awareness and movement and I have found that this work offers a space to be with my whole self and, particularly to stay with subtle bodily felt sensations with patience and attention. The movement provides an opportunity to notice the myriad energetic connections that traverse the body. It is an exploratory journey that includes the affective qualities of movement in gesture and facial expressions; friendly encounters with stuck places in the body; and a joyful physical communion with the spirit. An

immersion in the body always allows some release from those mental constraints that limit creativity.

Movement exploration in the safe, friendly and nonjudgmental environment that a continuum class provides, opens the door to creativity and well being.

The Continuum Movement web site offers the following remarks:

The inquiry within Continuum Movement opens a world of profound human potential. We discover that movement is what we are as well as something we do; we recognize the inherent wisdom in our bodies which transcends cultural interpretations and we see ourselves as dynamically engaged with an underlying creative flux.

The body is an ongoing fertile field containing within itself its own mysterious

future. This insight gives us the means to nourish ourselves beyond our present models. We become adaptable, mutable and innovative.

All aspects of our somatic intelligence, including the very shaping of our society, are explored as movement. We are taken to the frontiers of possibility through the expansion of our creativity, innovation, health and well-being.

Continuum is a unique field of movement education. It is an invaluable source for professionals in the healing and therapeutic arts as well as anyone interested in the creative process.

I encourage members of the DMT community to attend this workshop.

*Barbara Chutroo*

## The Goose Story

Next fall, when you see geese heading south for the winter flying among in "V" formation, you might consider what Science had discovered as to why they fly that way.

*As each bird flaps its wings, it creates an uplift for the bird immediately following.*

By flying in "V" formation, the whole flock adds at 71% greater flying range than if each bird flew on its own.

*People who share a common direction and sense of community can get where they are going more quickly and easily because they are travelling on the thrust of one another.*

When a goose falls out of formation, it suddenly feels the drag and resistance to trying to go it alone...and quickly gets back into formation to take advantage of the lifting power of the bird in front.

*If we have as much sense as a goose, we will stay in formation with those who are headed the same way we are.*



When the head goose gets tired, it rotates back in the wing and another goose flies point.

*It is sensible to take turns doing demanding jobs with people or with geese flying south.*

Geese honk from behind to encourage those up front to keep their speed.

*What do we say when we honk from behind?*

Finally, and this is important...when a goose gets sick, or is wounded by gunshot, and falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly, or until it dies. And only then do they launch out on their own or with another formation to catch up with their group.

*If we have the sense of a goose, we will stand by each other like that.*



# NYS Licensure Continued

call themselves psychotherapists. It has also allowed licensed clinicians who lost their licenses to continue to practice as psychotherapists. Once this bill goes into effect, it will be illegal to practice psychotherapy without a license.

The bill still has to be signed by the governor, which is expected to occur by the end of the calendar year at the very latest. After the governor signs the bill into law, it will take approximately 3 years to fully implement licensure. The state Education Department (SED) will appoint a board, made up of representatives from the professions to be licensed by the bill, to develop regulations for practice. SED will also examine the credentialing processes of the respective professions and will determine whether these processes are acceptable for licensure. If not SED will develop exams to be taken by those applying for licensure. There will be grandfather (or grandmother) clause for a limited period which will allow qualified clinicians who have been actively practicing for 5 of the past 8 years to apply for licensure without an exam. The bill also includes provisions for students and new graduates to work to accumulate the hours necessary to qualify for licensing.

This bill is a LANDMARK piece of legislation in

WILLIAM S. COHEN  
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**United States Senate**

WASHINGTON, DC 20510  
April 14, 1994

Thank you for your recent invitation to participate in your upcoming conference on "Creating Cultural Connections." While Senate business precludes my direct participation, I would like to take this opportunity to express my support for your efforts.

As ranking minority member of the U.S. Senate Special Committee on Aging, I have long recognized the special therapeutic and healing powers of the creative arts, particularly for older Americans. Through the carefully structured use of dance/movement, drama, music and other creative arts, trained therapists working in a variety of settings can help elderly individuals improve not only their mental and physical functioning, but their quality of life as well.

The creative opportunities provided by dance/movement, music and other art therapies are particularly valuable for residents of long-term care facilities and can help to counteract the feelings of apathy and despair routinely experienced by patients coping with the loss of their independence, their physical capacities and often their spouses or friends. These feelings can defeat the best efforts of the most understanding and skilled medical personnel and can frustrate the entire purpose of the facility which is to maintain and improve the physical and mental well-being of the residents to the greatest extent possible.

Quality care encompasses not simply medical treatment, but also an understanding and respect for the patient as an individual and a human being. Creative arts therapies can provide an invaluable key to the human side of health care, and I commend the members of your profession for your efforts.

Again, thank you for thinking of me.

With best wishes, I am

Sincerely,

William S. Cohen  
United States Senator

that it makes New York the first state in the country to recognize creative arts therapy as a legitimate mental health profession

forward into a new era. Much support will be needed, especially financial. Please take

in its own right. New Mexico recognizes only art therapy; not all creative arts therapies.

Congratulations and thanks to all the many creative arts therapists who have worked collaboratively on this effort for the past 20 years, and have fought for the recognition for who we really are: creative arts therapists.

With all that said we must add that despite this long hard effort, this is not the end, but in fact a new beginning as we go

a moment to send a check to NYCCAT PO Box 1012 New York, Y 10009.

This bill is a **LANDMARK** piece of legislation in that it makes **New York the first state in the country to recognize creative arts therapy as a legitimate mental health profession in its own right.**

Your contribution will help keep us involved as regulations for practice are developed. Please send your contribution and thank you in advance.

*Christine Zimbelmann, MS, CMA  
Dance Therapy representative to NYCCAT*

**Public Relations**

The Public Relations Committee of the NYS Chapter/ADTA received many positive responses from the chapter membership regarding plans to establish a Dance/movement Psychotherapy Referral Service listing in the Manhattan white and yellow phone directories. To be included in the listing, ADTR's have begun to submit their annual registration fee of \$35. Be sure to submit your annual registration fee payable to NYS/ADTA by October 25, 1992 to:

Barbara Chutro  
308 West St.  
NY, NY 10012  
(212) 929-1553



Eleanor DiPalma  
34-20 83 St. #5C  
Jackson Hts, NY 11372  
(718) 457-3216

With your check, submit the location of your practice, phone number, the patient categories you serve, types of treatment (group, individual, couples, families) and your fees. Your \$35 registration fee will also cover expenses for the Dance/movement Psychotherapy Referral Service listing to be included in one or more of the following publications: Free Spirit, Recovery Press, the Village Voice, and the East/West Natural Health Magazine.

Private dance therapy practitioners, the profession and the public will profit from using the telephone referral service. An individual who calls the service will receive information about dance therapy and the names of therapists in private practice. ADTRs who live and work outside of Manhattan are also encouraged to register.

ADTRs, DTRs, students and associate members are welcomed to join the Public Relations Committee. Informal meetings are held throughout the year to brainstorm and develop public relation strategies - how to make dance/movement therapy more visible, accessible and influential. We apply some of those strategies in projects such as: establishing a Referral Service in the phone directories, displaying dance/movement therapy at conferences, in local high schools and in target publications. Call Eleanor DiPalma, Public Relations Committee Chairperson, for more information.

**New York Coalition of Creative Arts Therapies**

Submitted by Judith E. Klein  
July 23, 1992

The two Licensing bills that have been introduced into the New York State Assembly and Senate will permit Creative Arts Therapists to be licensed under the professional title "Mental Health Therapist."

The Assembly bill Murtaugh #A11009 and Senate bill Spano/Stafford #S8296 will be reviewed this Fall during a public hearing.

It is important to support the passage of these bills. You can obtain a copy of the bill. Please call or write ASAP to help make licensing possible!

Assemblyman John Murtaugh  
Legislative Office Bldg  
Room 527  
Albany, NY 12207  
(518) 455-9807  
(212) 304-2090



Senator Nicholas Spano  
Legislative Office Bldg  
Room 517  
Albany, NY 12207  
(518) 455-2231  
(814) 969-5194

Senator Ronald Stafford  
Capitol Bldg  
Room 522  
Albany, NY 12207  
(518) 455-2811  
(518) 561-2430

## CHAPTER BOARD PHONE NUMBERS AND E-MAIL

President	Judith Daniel	718 464-2574	JMDService@aol.com
Vice President	Janine Klotzkin	212 387-8727	Jklotzkin@aol.com
Treasurer	Christine Zimbelmann	212 604-8612	tinezdt@aol.com
Corresponding Secretary	Barbara Chutroo	212 721-4284	Bchutroo@earthlink
Program Director	Maria McKenna-Aguirre	212 874-4969	msadance@hotmail.com
Newsletter Editor	Corinna Hiller	718 491-9675	CorinnaH@mindspring.com
Fundraising Chair	Edna DeBeer Gruvman	718 596-5911	EdnaGruv@optonline.net

### 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

Please send orders to:

Judith Daniel

204-15 Foothill Ave. #A-74

Holliswood, NY 11423

(718) 464-2574

make checks payable to: NYSADTA

If multiple items are ordered add \$2.00 Shipping and Handling for each additional item

### DANCE/MOVEMENT THERAPY SUPERVISION

Group or Individual

In Manhattan

Call Christine Zimbelmann

212 604-8612

### SAVE THE DATE

Fabulous NYCCAT one day conference September 28, 2002 in Manhattan. Watch your email for further details and registration. Come and celebrate our success!

### SAVE THE DATE

November 23, 2002. Chapter workshop with Jay Seitz.

### ANNOUNCING BUTOH /DMT WORKSHOP

with Corinna Hiller

4 Wednesday nights in

September 2002

Call to register

917 753-8163 or email CorinnaH@mindspring.com

for one or all by

August 26, \$15 per

2-hour session.

Come explore your inner darkness and feel the healing powers of Butoh.

## Inside Continued

visualize, in a hands-on, naïve type of demonstration the distorted feelings, exaggerated impressions, delusions, and frightening emotional cul-de-sacs that are going on in the mind of a schizophrenic person. It is an invitation to literally step into the head of a fictional person ill with schizophrenia (the "inhabitant"), and witness, in a bodily-felt sort of way, the vulnerable emotional state and

fragile life of this subject stricken by an illness, often dominated by paranoia, caused by a chemical imbalance, that not only controls his/her life but dictates the course of every step taken. The goal is to allow the viewer to try to experience what a person living with schizophrenia is set to make of life by showing how interactions with the outside world are developed, and how information and emotion is being perceived and processed.

*Inside* did not only serve as my ritual to give closure to an intense year at Pratt, but

also was part of my thesis project. It also opened the doors for future collaborations with my husband since we both share the interest in how our bodies reflect the emotional changes when stimulated by different environments. *Inside* closed on July 14th, but the experience of witnessing the reaction of the people when visiting *Inside* remains as it opened our eyes to see how in a collective way our psyche has been shaken with the uncertainty of not knowing what's next.

Moraima Gaetmank

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 Newsletter Editor with a note requesting "Subscriber Membership". All checks must be payable to: NYS Chapter/ADTA.

### ADVERTISING RATES

#### SMALL (up to 25 words)

NYS/ADTA Members .....\$10  
Non members .....\$15

#### MEDIUM (26-50 words)

NYS/ADTA Members .....\$20  
Non-members .....\$25

#### LARGE (51-75 words)

NYS/ADTA Members .....\$30  
Non-members .....\$35

#### EXTRA LARGE

(76+ words and/or pictures)  
To be determined

For advertising, please make check payable to NYS/ADTA and mail to: Ansonia Station, PO Box 230563, New York, NY 10023-0563

***NEXT NEWSLETTER  
DEADLINE:  
NOVEMBER 1, 2002***

The New York State  
Chapter of



The American  
Dance Therapy  
Association

PRESENTS A WORKSHOP

# CONTINUUM MOVEMENT

CONDUCTED BY MARY ABRAMS

**WHEN:** SUNDAY, SEPTEMBER 15, 2002  
**TIME:** 12 TO 3:30PM (A BUSINESS MEETING WILL  
PRECEDE THE WORKSHOP)  
**WHERE:** 10 EAST 18TH STREET, 4TH FLOOR  
**FEES:** \$20 ALL  
\$10 STUDENTS WITH ID

## ABOUT THE WORKSHOP:

CONTINUUM MOVEMENT OFFERS A DYNAMIC AND CREATIVE APPROACH TO SELF-AWARENESS AND HEALING. IT CAN HELP US ASSESS OUR CAPACITY TO MOVE MORE FREELY. IN THIS WORKSHOP, THE BASIC ELEMENTS OF CONTINUUM MOVEMENT WILL BE INTRODUCED. WE WILL EXPLORE NON-PATTERNED WAYS OF MOVING THAT CAN ENHANCE OUR PERSONAL AND PROFESSIONAL CREATIVE EXPERIENCE.

## ABOUT THE PRESENTER:

MARY ABRAMS IS AN AUTHORIZED TEACHER OF CONTINUUM MOVEMENT AND EMILE CONRAD'S JUNGLE WORKOUT. BESIDES TEACHING IN HER MANHATTAN STUDIO, MARY TEACHES AT DOROT SENIOR PROGRAMS AND THE GREAT RIVER SHAMANIC ALLIANCE IN NEW YORK. FROM 1981-1998, MARY CHOREOGRAPHED AND TAUGHT DANCE IN MINNESOTA, IOWA, INDIA, AND NEW YORK AND RECEIVED GRANT SUPPORT FOR THIS WORK. SHE HOLDS A B.A. IN DANCE FROM ST. OLAF COLLEGE AND FORMALLY STUDIED DANCE FOR OVER 30 YEARS.

FOR FURTHER INFORMATION  
CONTACT PROGRAM DIRECTOR  
MARIE MCKENNA-AGUIRRE  
212 874-4969

# NYSADTA BOARD ELECTIONS BALLOT

## FOR THE 2002 - 2004 TERM

Please take a few minutes to vote for or write in nominees for board members for the next term and return by August 31, 2002. Fold this paper ballot and mail it to the address on the other side. If you prefer, you may email your votes to [JMDSservice@aol.com](mailto:JMDSservice@aol.com)

### **PRESIDENT**

Oversees all the operations of the Chapter. Maintains regular communication with National office and officials. Responds to the requests and needs of individuals asking for information and guidance in Dance/Movement Therapy and Chapter activities.

Nominee: Christine Zimbelmann

Or Write in: \_\_\_\_\_

### **VICE PRESIDENT**

Seconds the President in the governing of Chapter activities.

Nominees (circle one): Marie McKenna-Aguirre  
Judy Tytell

Or Write in: \_\_\_\_\_

### **PROGRAM DIRECTOR**

Responsible for scheduling workshops, communicating with presenters, and securing space for all of the Chapter's workshops. In addition, is responsible for the development of the announcement..

No Nominees were submitted, please write in vote:

\_\_\_\_\_

### **TREASURER**

Responsible for the entire financial operation of the Chapter.

Nominee: Moraima Gaetmank

Or Write in: \_\_\_\_\_

### **RECORDING SECRETARY**

Responsible for the recording of Chapter meetings and events into minutes and summaries that are submitted to the Chapter's newsletter.

Nominee: Anne Laura

Or Write in: \_\_\_\_\_

### **CORRESPONDING SECRETARY**

Responsible for the preparation of all chapter mailings.

Nominee: Leslie Daly

Or Write in: \_\_\_\_\_

### **NEWSLETTER EDITOR**

Responsible for assembling and distributing the Chapter's newsletter.

Nominee: Corinna Hiller

Or Write in: \_\_\_\_\_

### **FUNDRAISING CHAIR**

Responsible for the coordination of all fundraising activities for the chapter.

No Nominees were submitted, please write in vote:

\_\_\_\_\_

### **PUBLIC RELATIONS**

Responsible for coordination of activities related to the chapter's interaction with the public. Also maintains the Dance/Movement Therapy Referral Service and website.

Nominee: Maria DeRosa

Or Write in: \_\_\_\_\_

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PLACE  
STAMP  
HERE

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New York, NY 10023-0563

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