



# LICENSURE BILL SIGNED BY GOVERNOR

## Nominees needed to sit on regulatory board

The State Education Department is setting up a Board whose function will be to write regulations for professionals practicing under the recently signed licensure Bill. The NYS Chapter of the ADTA is currently seeking nominations for a representative to serve on the newly created Board.

Criteria for nomination include someone who:

- has served on a local or national level

- and/or has experience writing exams;
- is clear, articulate and verbal;
- has government, legislative or advocacy experience;
- has a collaborative spirit and is willing to communicate with NYCCAT and advocate for all creative arts modalities; and
- is consumer minded and has knowledge of the licensure Bill.

Responsibilities will include attendance at

meetings in Albany, ongoing contact with NYCCAT and any work in the interim between meetings. The position is voluntary and requires a 3-5 year commitment.

Chapter members are encouraged to submit their nominations to Christine Zimbelmann at [tinezdt@aol.com](mailto:tinezdt@aol.com) or 212-604-8612 no later than January 2nd, 2003.

# Licensure of Creative Arts Therapists in New York State

by Corinna Hiller

Governor Pataki signed our bill into law on December 9, 2002. The following report was written in October.

Dance/Movement Therapist Joan Wittig

and Lobbyist Jim Carr presented a special panel presentation, "Everything you wanted to know about licensure and more", at the New York Coalition of Creative Arts Therapies annual conference which was held September 28th at NYU. Creative Arts Therapists have been working for 20 years to get licensed in New York. Now our licensure bill has passed the Assembly and the Senate. Mimi Berger, Chair of the National Coalition of Creative Arts Therapists, opened the presentation by sending congratulations to New York State from Creative Arts Therapists all over the country and emphasizing how important our bill passing is in the national arena.

### What does the bill do?

Joan explained that if we were not included in the bill S07727, Creative Arts Therapists would not have been allowed to Practice Psychotherapy in New York State. It would have been illegal for CATs to continue prac-

ticating as they have. The bill creates a scope of practice for 4 new professions, Creative Arts Therapy, Psychoanalysis, Marriage and Family Therapy, and Mental Health Counseling. This means our title, "Licensed Creative Arts Therapist", and our work will be protected.

### Formation of the Regulatory Board

Once the Governor signs the bill into law the State Education Department Board of Regents will form a State Board for Mental Health Practitioners. This board will determine the regulations that govern the practice. It will be responsible for creating the exam, addressing malpractice, penalties etc. This board may be formed within a year but it may take up to 2 years to form. There will be 16 members on this board; 4 of the new professions, Creative Arts Therapy, Psychoanalysis, Marriage and Family Therapy, and Mental

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# Letters from the New Board

## Message from the President

Dear Friends & Colleagues,

I would like to introduce myself as the new President of the New York Chapter of the ADTA and to thank Judith Daniel for her years of dedication, hard work and service as President. Thank You Judy; you'll be missed.

The new Board met recently and I am pleased and impressed by the level of enthusiasm and commitment. It is an exciting time to be a Dance/Movement Therapist in New York State with licensure just around the corner; what a tremendous victory and testament to our skill and the value of our work. I urge everyone to stay active, informed and involved as this process continues to unfold.

The Board is committed to continued service to all the members of the NY Chapter and we are working on several new projects and ideas. We are focused on facilitating communication and sharing of information and ideas within our community. To this end we are in the process of creating a Chapter web site. It is an exciting project being tackled by Maria (DeRosa) Clausen the new Public Relations Chair. In the future it will be the home of our referral service. We are also exploring ways to be more connected to our upstate members and would love to hear more about what Dance/Movement Therapists outside of NYC are doing and what they would like from the Chapter. In fact we would love to hear more from and see more of all Chapter members. Remember as well that this newsletter is for and about YOU; all contributions are welcome and will be considered.

As you'll note in the Treasurer's report we are unable at this time to pay our dues to NYCCAT in full due to a lack of funds. In the coming months the Board will be considering and planning ways to raise funds. Remember that NY Chapter T-shirts, sweatshirts and totebags are available for sale at Chapter meetings, workshops and events.

## Note from Judith Daniel

*Dear Friends & Colleagues*

The New York State Chapter has a new board and it is time for the old board to make that transition over to new leadership. Some of us have continued serving the board and the Chapter. Some of us have retired from official active duty. I have joined the ranks of the retirees. It has been a pleasure to have had the opportunity to serve as your Chapter president. I was fortunate in having a dedicated board by my side. I would like to thank them for their efforts, hard work and most of all the pleasure of their company. I would like to thank all of you for your continued support.

You have a new President and Vice President now. I leave you all in competent and capable hands. I hope to however continue to serve the Chapter through my participation in its ongoing activities. I look forward to seeing you there too. Happy Holidays!

*Judith Daniel*

I look forward to the continued success of the Chapter and welcome feedback and input from you, its members. I hope to see many of you at upcoming Chapter events and wish you all Peace and Plenty this Holiday Season.

Respectfully yours,

*Christine Zimbelmann*

## Treasurer's Report

Current Account Balance: \$1470.80

Recent Account Activity: July 2002 paid \$500.00 to NYCCAT for our annual dues. We still owe them \$1,300 in dues for 2002. At our most recent workshop on Continuum Movement Workshop there were approximately 17 people in attendance and we had a gross of \$265.00 (workshop fees/t-shirt sales). This just about covered the cost of the flyers, the postage and the presenter's fee. Our upcoming workshop in November will cost approximately \$225 to hold; we are lucky enough to be able to use the space at NYU for free. We will no longer be maintaining a voice mail in conjunction with the referral service. This cost us close to \$100.00 each year. The referral service will now exist through our website which is under construction. Stay tuned for more info regarding the

referral service and how to be included on the list of therapists.

The Board would like to urge and remind all members to please pay your Chapter dues regularly and to thank those who have been. These dues keep the Chapter alive and allow us to offer workshops at a very low cost to you. In addition these dues allow us to pay our dues as a Chapter to NYCCAT. Now more than ever we need to continue to financially support NYCCAT in the legislative effort.

*Christine Zimbelmann*

## Marie McKenna-Aguirre Moves From Program Director to Vice-President

As program director, I have had the pleasure of facilitating numerous workshops for the Chapter. Our workshop on September 15th featuring Continuum Movement conducted by Mary Abrams was applauded by all in attendance. It was a "moving" experience and reflective of how DMT'S continue to enhance on our "body of work"! As the Chapter board leadership changes let's remember the great presentations given over the past 3 years: *Basis of Collaboration* by

*Continued on next page*

# Cabaret Law Prohibits Dancing in New York City

by Barbara Chutroo

The basis for the following article was a November 7th story in The Villager by Lincoln Anderson:

Many people don't know that New York City's cabaret laws, established in 1926, include a prohibition against dancing in establishments without cabaret licenses. This includes almost all bars and restaurants.

A movement is abreast to revise these laws led by NYC councilman Gerson. He proposes changing the laws to increase penalties for noise and enforce soundproofing regulations while allowing patrons to dance. "If an establishment is appropriately soundproofed, government should not care if people inside dance," said Gerson.

Spurring the push to reform the cabaret laws is a grassroots group of young activists who have danced by the hundreds in conga lines through the Lower East Side, mamboed through the Village and done the hokey pokey around City Hall to protest the city's dance laws.

Eric Demby co-founded Legalize Dancing NYC when he and his friends found they had to throw underground parties in order to get together and dance. "There's a lot of people besides techno people that this affects," he said. "It's swing dancers, samba dancers. Dancing is a fundamental urge, an action to move to sound. That it's legislated is pretty ludicrous".

Jak Karako, owner of the Soho Tango School is another person pushing to reform the cabaret laws. He found it increasingly difficult to rent spaces for tango parties. Most small places don't have licenses and are afraid of getting fined. "Social dancers," he said, "aren't rowdy but we don't have places to go."

In May, 2001, the Slipper Room on Orchard St. was fined \$150 and padlocked for a night when a Department. of Consumer

Affairs (DCA) agent wrote them up for a male go-go dancer on stage. In June of this year a DCA agent caught a few patrons dancing and hit the place with a \$30,000 fine (later reduce to \$6,000) and again padlocked the

place. After this second penalty, they hung "No Dancing" signs and tried to police patrons not to dance. "We had to tell people to stop - they thought we were kidding," said co-owner James Habacker.

Attorney Normal Siegel has taken the Slipper Room as a client and is bent on reforming the cabaret laws. "What we're saying is we want to deregulate dancing. The focus should be not on dancing but on noise.

Dancing is good for the mind, the body and the soul.

You should be able to dance anywhere and everywhere in New York City."



Where's Kevin Bacon when you need him?

## Letters Continued

Janet Gerson; *A Movement Choir - Coming Together as a Community* by Mary Socha; *Butoh Inspirations for Dance Therapy* by Corinna Hiller; *DT for Medically Hospitalized Children* by Judith Mendelsohn; *Joining Clients Outside of Group/Engaging Clients Within a Group* by Maria Derosa and Marie Carstens; *Physical Theatre* by Nancy Putnam Smithner; *Kinetic Awareness - A healing resource for DMTs* by Elaine Summers and Meg Chang; and *Somatic Experiencing* by Laurie Schwartz. I thank all our talented presenters for sharing their inspiring body of work. The Chapter looks forward to continuing the

tradition of exploring and presenting interesting and provoking work to the community. As the Chapter's new Vice President, I hope to continue to serve our community. I would like to acknowledge and thank outgoing President Judith Daniels, and former Corresponding Secretary Barbara Chutroo for their dedication and leadership. Their outstanding service has always inspired me along with their friendship and support. I would also like to thank Dr. Miriam Roskin Berger and her staff over the years at NYU.

I look forward to seeing familiar faces and meeting new colleagues.

Marie McKenna-Aguirre

## Letter from Corresponding Secretary

Hi! My name is Leslie Daly and I am the new Corresponding Secretary of the NY Chapter. I am working at Bellevue Hospital as a dance/movement therapist and Coordinating Manager in Addiction Psychiatry. I also teach Hatha yoga in NYC. As a recent graduate of Pratt, I am full of energy and very excited to be involved in the New York Chapter of the ADTA. Please contact me with any requests for mailings, information, or to update your contact information. I can be reached at [leslieguth@hotmail.com](mailto:leslieguth@hotmail.com)

I look forward to being

involved in a productive and creative board!

Leslie Daly

## Report from Upstate Liaison

Just having returned from Burlington a few weeks ago I am still feeling the excitement and support of connecting with colleagues. These days I continue to work at Ellis Hospital both in inpatient and in the day treatment program. Most exciting for me is over the past year I was given a large office. I am now doing creative arts and dance/movement therapy groups with survivors of trauma, women, and MICA clients. Since most of the folks in

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# Dance Therapist Performing at Joyce Soho in April

by Katherine Howard

Choreographer Katherine Howard (MA, CMA, MS, ADTR, NCC) presents an evening of solos for solitary figures and group works for six women at the Joyce SoHo in Manhattan on April 4th through 6th. Katherine Howard began dancing in Chicago where she studied with Phyllis Sabold and Eric Braun and was influenced early on by master classes with Katherine Litz and Sybil Shearer. As a young dancer she worked at Chicago's Music Theater and on Broadway with Bob Fosse. She has also danced with The Shawl/Anderson Company in California (Cynthia Berrol ADTR and she were in that company together) and with The Toronto Dance Theater.

After graduating from UCLA with an MA in choreography and performance, she joined the dance faculty there for several years teaching technique and choreography. Fellow faculty members were Erma Beaudry ADTR, then Erma Dosamentes Alperson and later Pam Fairweather ADTR. The chair of the Department when she was a student there and early in her faculty tenure was Alma Hawkins.

Ms. Howard was a founding member of the Eyes Wide Open Dance Theater in Los Angeles where she created group and solo dances. In New York Ms. Howard dances with Margaret Beals and Phoebe Neville. She has performed with Ms Neville at DTW, Danspace at St. Marks Church, Squid and in several evenings of improvisation at Eden's Expressway. She is a member of Margaret Beals' Improvisation Group which has studied and performed together under Beals' leadership for over a decade. Currently three of the members of the group are ADTRs, Peg O'Brian, Linda McAndrew and Katherine. Ms. Howard has presented her own work at The Riverside Church, Kiva, Movement Research, The Laban Center's "Groundwork Series", Symphony Space, The 92nd St. Y, and at University Settlement.

Ms. Howard is a graduate of the Hunter College Dance Therapy program, the second to last class. She is thankful to have studied with Elissa White, Claire Schmais and Nana Koch. Ms. Howard feels that her artistic work is what most directly feeds her as a Dance Therapist and that it is her most potent source of continuing education. She works as Activities Director with homeless adults over 50 in a shelter in Manhattan which transitions them to permanent housing.

## Letter from the Editor

Hello everyone! I am very excited to be serving you again as newsletter editor. Over the past 3 years I've been trying to make the newsletter more interesting and more informative to the Chapter as it is our main means of communication (next to the ADTA listserve). I'm proud of the accomplishments made thus far. In this regard I want to thank Noah Wildman, my good friend who is a graphic designer, for making our newsletter look nicer.

He set the layout for this and the last newsletter, donating his time and work for free. I also would like to thank Barbara Chutroo, the outgoing Corresponding Secretary, for her writing contributions to the newsletter over the past three years and in this edition.

I hope the newsletter will continue to grow with your help and input. ***I am looking for people, upstate and downstate, to act as reporters to actively seek out stories to write for each edition of***

***the newsletter.*** The only requirement is that you have access to email to submit your writing. Having an article published in the newsletter is a nice addition to your resume. Please consider writing even just a letter to the editor to express an opinion. If you are not interested in reporting or expressing an opinion then just dropping a line about what you are doing would be great. So many dance therapists are doing great work it would be wonderful

to share these accomplishments with the community. You can contact me at [CorinnaH@mindspring.com](mailto:CorinnaH@mindspring.com).

*Corinna Hiller*



The Chapter Board would like to recognize and congratulate the following New York ADTR's for serving on the National Board of Directors of the ADTA

**Elissa Q. White,**  
our new President

**Patricia Capello,**  
continuing as Treasurer

**Julie Miller,**  
continuing on the  
Credentials Committee

**Tina Erfer,**  
our new Eastern Region  
Member at Large

*Thank you for all your  
hard work and dedication  
to our profession!*

# NYS Licensure Continued from Page 1

Health Counseling, will have 3 representatives each, equaling 12 board members. Next, 3 board members will be people from the public at large who have nothing to do with mental health or any of the professions. Lastly there will be one psychiatrist. The Board of Regents will appoint the board members but each profession will have an advisory panel. Nomination forms will be made and mailed out to the respective professions.

## Staying Unified and Strong

As Creative Arts Therapists will only have 3 representatives on the board one of the 4 creative arts therapies will not be included; art therapy, dance/movement therapy, drama therapy, or music therapy. However the board appointments will be staggered in the amount of time served so there will be some overlap. Joan reassured that whoever is appointed to serve on the board will represent the interests of all CATs equally. It is of the utmost importance that CATs do not fragment over the 3 board appointees as we have won this victory by virtue of our solidarity and any fracture in this unity could cause failure in the process. We have come so far by working together. NYCCAT worked very hard to assure that no one was harmed by the licensure Bill. NYC-CAT worked hard with the Music Therapy associations to insure that they were not negatively effected, as there are Bachelor level music therapists. The Bachelor level music therapists do not do psychotherapy so this bill does not effect them or interfere with their work.

## Requirements for Licensure

CATs will have to work 1500 hours post Masters before they can get licensed. There will be a grandfather clause, which will allow people who have been working as a Creative Arts Therapist for 5 of the last 8 years to get licensed without taking the exam. This one-year grandfather time period will begin at the point when the bill is enacted. It will probably take 3 years to get the bill enacted. The estimated time frame for the law to go into effect is January 1, 2005. After January 2006 the grandfather clause will expire, everyone will have to take the exam.

We are skipping the "certification" part of the credentialing process, as in the CSW. Social Work just had a licensure Bill passed

which was recently signed by the Governor, which is a "scope of practice" bill like ours. It created 2 lines for social workers, the Licensed Mastered Social Worker and the Licensed Clinical Social Worker. Their bill will take effect one year earlier than ours. Bill Carr explained that this was a political maneuver.

Years ago the lobbyists had to take the position with social workers and psychologists, etc. that we all had to stop fighting each other so our bills could pass. It was either everyone goes or no one goes. Soon after headway was made in the legislature and consequently our bills passed the Assembly and Senate.

## Question and Answer

After their detailed explanation of the licensure process Joan and Bill took questions from the audience. They handed out copies of Bill S07727 before the panel discussion so people could read it and ask informed questions.

*Q: Will there be one test for all the professions?*

A: No, there won't be a one size fits all test for the 4 new professions.

*Q: If NYS CATs got licensed as counselors could they have gotten this licensure?*

A: Yes, but it would have been more difficult. In regards to Massachusetts, DMTs there can be licensed as Mental Health Counselors but they can lobby to create another law to get Creative Arts Therapy Licensure.

*Q: What about Recreation Therapists using art therapy techniques etc.?*

A: As long as they are not claiming to do "psychotherapy" our licensure will not effect them. It is the examination, training, and licensure that create the definition of the practice of Creative Arts Therapy.

*Q: Will this process force JCAHO, OMH, OMRDD etc. to look for appropriate credentialing when they do their evaluations?*

A: The State Office of Mental Health has exempted itself from having licensed professionals for 5 years after the law is enacted. This is so they can have time to get qualified people into positions.

*Q: Why is there a provision about being in consultation with a psychiatrist?*

A: This is good clinical practice for any psychotherapist. It is a requirement for social workers and psychologist as well. It is also a concession to the Medical Profession to make sure we do not practice medicine. This sets the "upper limit" of practice. The authority of the M.D. is being upheld. In most cases CATs have more consultation with the medical profession than the other professions on the bill so this will not really change what we do.

We have won this victory by virtue of our solidarity and any fracture in this unity could cause failure in the process. We have come so far by working together.

*Q: When will licensure go into effect?*

A: It will take approximately 3 years for the bill to get enacted, probably by January 1, 2005. However it will not go into effect until 2006 when the regulatory process is set up. The grandfather period will be between 2005 and 2006.

*Q: What will this mean in terms of our job titles and unions?*

A: 10 years ago DC37 got permission from the city to call ourselves Creative Arts Therapists but the city did not want to pay us the rate of Masters level clinicians. If it benefits our institutions, if they will get higher reimbursement for our work, or get reimbursed when they weren't before, this may change our titles and our pay rate may increase.

*Q: What about Medicaid reimbursement?*

A: This is a different issue. This is a Federal issue. Our licensure is on the state level. It is bad practice, bad form, to talk about licensure as a basis for getting 3rd party reimbursement. We are dealing with "scope of practice" licensure. It is about protecting the public from unqualified professionals.

Many questions were asked about individual circumstances and the grandfather clause. Bill reassured that the Board can take into account many variables and situations when considering someone for a license. This is written into the bill under "special provisions".

Joan and Bill said, "a big part of the work in passing this bill was getting people in Albany to know what we, as Creative Arts Therapists, do. How to distill what we do in 30 seconds" in order to explain it to the lawmakers was difficult. After that the process was easier. Joan explained that another key aspect to our victory was that we stopped fighting ourselves. Music, drama, dance, and art therapists all united. Then we worked with Social Work and Psychologists and the bill passed both houses.

Bill commented that we are not the first group of people to go through the licensure process. The New York State Office of

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# Employment Opportunity

The Creative Arts Therapy Service at North Shore University Hospital in Manhasset (Queens/Nassau County border) is looking for an experienced CAT clinician to join on a full-time basis a small, but well established department in the Inpatient Division of the Department of Psychiatry.

Our ideal future colleague would enjoy

cross-disciplinary collaboration, supervisory responsibilities and feel creatively challenged to provide individual and group therapy services to a diverse patient population.

Please send or fax introductory letter and Curriculum Vitae to:

Nathan S. Schappin, ADTR  
 Director, CAT Services  
 NSUH, 8 Tower  
 300 Community Drive  
 Manhasset, NY 11030  
 fax: 516-562-2505

***Congratulations go out to MARIE CARSTENS for being promoted to the Director of the Psychiatric Rehabilitation Department at Interfaith Medical Center.***

## 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!! Wowsers!  
 (917) 686-4777  
 noah@noahwildman.com

## EXPERIENCE INDIVIDUAL REICHIAN PSYCHOTHERAPY

Free your blocks, release long held rigidities and 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

## Licensure Continued

*Continued from page 5*

Professions has ways to help us with this. We should be proud of what we have done. This is very special! Other groups have tried to do it and have failed. People will look to us to show them how to do it. It is the first, second, third state to get licensure that set the standards for the rest of the states and the country. Bill Carr said that we should relax that this process is flexible and can accommodate many people and circumstances. Things will calm down after the board is set up. At the end of

the panel discussion Joan and Bill were given hearty applause. The day ended in celebration with a champagne toast and lots of camaraderie.

This article is an excerpt from a longer report submitted to NYCCAT. If you would like to receive the full length version which includes direct excerpts from the bill please send a self addressed stamped envelop to Corinna Hiller 42-15 23rd Ave. Astoria NY 11105 or email CorinnaH@mindspring.com.



## Save the date for the 13th Annual CREATIVE ARTS THERAPIES CONFERENCE

**Finding Roots - Making Connections Through Art Therapies**

Friday March 14, 2002

sponsored by the  
 Consultation Center  
 790 Lancaster St.  
 Albany, NY 12203

for more info:

phone 518 489-4431

email: consultation.center@rcda.org

## The 37th Annual ADTA Conference October 2002



Board Members Patricia Capello and Julie Miller dancing in Vermont.



Julie and Jean Seibel dancing. "The conference was a very special, inspiring and enriching event." - Julie Miller.

All of us who attended the 2002 National Conference in Burlington, VT lauded the outstanding efforts of everyone involved. That is, the contributions of people such as Gloria Farrow (Conference Manager), Pat Gardner (ADTA Office manager), William Freeman, Elise Tropea, Anne Brownnell and the many significant others who played a part. It was wonderful that so many were here to share in and be nurtured by the finished production. Each year, the conference is uniquely defined and enriched by the special gifts of the respective conference committee. This year was distinguished by a TRUE collaboration with other allied health professionals, specifically our counterparts from the Center on Disability and Community Inclusion—thanks to the vision and hard work of William Freeman and his exemplary team. THANK YOU ALL!

*Cynthia Berrol*



*Joan 'We Did It After 20 Years' Wittig & Loretta Lynn have been instrumental in passing the licensure bill.*

**Letters Continued**

*Continued on page 8*

our day program are long term clients, I am getting to see the continued powerful effects of not just our techniques, but also the building of a therapeutic relationship. It is wonderful to have that in balance to the short term intensive work of being a dance/movement therapist on a locked inpatient unit with both adolescents and adults. Also, the grant I got last year to do dance/movement therapy with Alzheimer's clients in a day treatment program was extended. I am with them one day a week. Life is busy, full and exciting.

Ann Marie Truppi, Phd., ADTR is now working as a psychologist, dance/movement

therapist and consultant for a consortium of organizations in the Capital District.

Rachelle Smith- Stallman is doing an Arts in Education program using dance performance and movement as a tool to teach curriculum, and is working with both teachers and students. Rachelle is also teaching creative movement for the New York State Theatre Institute for children 11-17 years old. Keep on dancing!

*Pamela Faith Lerman*

**Note from New Public Relations Chair**

Hi! My name is Maria (DeRosa) Clausen and I am the new Public Relations Chairperson. I am a 1996 Hunter College

graduate and have worked as a full-time dance/movement therapist at Interfaith Medical Center in Brooklyn, NY since 1997. My first project is to establish a NYS Chapter website. Our website will include a referral service and list of supervisors, workshops and upcoming events, our newsletter, job opportunities, Chapter contacts, and links to other creative arts therapy organizations.

I look forward to serving as your Public Relations Chairperson over the next two years. If you have any suggestions or ideas as to how I can better market and advertise ourselves and our events, please contact me at aikidance@mindspring.com or at 718-613-4778.

*-Maria Clausen*

**A COLLABORATIVE DANCE AND WRITING WORKSHOP**

**Meg Chang, EdD, ADTR** and **Amy Guggenheim, Playwright and Director** will lead a 4 week workshop/seminar for Creative Arts Therapists, artists, writers, performers, educators, and clinicians. We will explore the ways that our own cultural identity manifests and can be used in our racially and ethnically diverse settings. Specific issues that you have encountered will be used to ground personal experience.

We will use words, ideas, movement, and creative process. The over-lap of embodiment and language will be the medium to foster intra-communication with ourselves/identities as we communicate with the many others in daily life.

The outcome of the workshop will be skills that you can use to deal with conflicts that emerge in this work, and ways that the tensions of living in a multi-level society can come to enrich and inform your creative and artistic work.

**DATES:** Jan 30 - Feb 20, 2003 and/or March 1 thru 29, 2003.

**TIME:** 6:30 - 8:30 PM **COST:** \$200.00 series 4 classes

**PLACE:** NYC to be determined

For Information call Meg Chang, 212-279-2678 or email mhchang@aol.com

**Join the Brooklyn Creative Arts Therapy Community**

For the past six years, the Brooklyn Mental Health Council Creative Arts Therapy Committee has hosted an annual June festival highlighting clients' work in a community setting. As well as promoting the creative arts therapies, the goal of the committee is client-empowerment and community integration. This year, in addition to the Spring festival,

the committee is planning a fund raiser dinner/dance and raffle on April 11th, 2003.

The committee is seeking members to serve who will be able to attend a monthly meeting, which is held in Brooklyn. This is an exciting opportunity to work with other creative arts therapists and actively participate within our professional community. Anyone

interested should contact Maria Clausen at aikidance@mindspring.com or 718-613-4778.

The Brooklyn Mental Health Council Creative Arts therapy committee is under the auspices of the Department of Mental Health with related services to mental health, substance abuse and mental retardation.

*By Barbara Bornmann and Maria Clausen*

## NEW CHAPTER BOARD PHONE NUMBERS AND E-MAIL

President	Christine Zimbelmann	212 604-8612	Tinezdt@aol.com
Vice President	Marie McKenna-Aguirre	212 874-4969	msadance@hotmail.com
Newsletter Editor	Corinna Hiller	212 562-4585	CorinnaH@mindspring.com
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Upstate Liaison	Pamela Faith Lerman	518 786-1590	pfler@aol.com
Program Director	Tamar Kipnis	212 252-2417	tamarkipnis@msn.com

### Classes With Mary Abrams - Movement Resources

#### Class descriptions

##### Continuum Movement

Tuesdays, 11 a.m. - 1 p.m.  
Wednesdays, 10 a.m. - 12 noon  
Wednesdays, 6 p.m. - 8 p.m.  
Thursdays, 6 - 8 p.m. taught by Robin Becker in 2003!

In Continuum Movement we distinguish between what we call a body, a form functioning in a given cultural context, and an organism, an ancient process growing and expanding in its capacity for interaction and communication. We ask the question, "As living organisms, are we participating in activities that lie below our threshold of awareness, and if we become aware of them, will they be important to us?" This question guides us in awakening and listening to deep impulses of silent sensation and movement through the basic elements of sound and breath experiments, sensuous wave motion play, and micromovements. Exploring these elements brings a dynamic flow to our every part, interrupts habitual patterns, and helps us to move more freely, feel more deeply, and realize broader possibilities for healing and living our lives in every unfolding moment.

Continuum Movement classes are designed for students at all levels and interests in movement: for ANYONE with physical restrictions seeking a complement or alternative to traditional forms of fitness or physical therapy; for dancers, yoga, and fitness practitioners who wish to explore non-patterned ways of moving that can enhance these practices; and for health practitioners who want to expand their potential for greater personal experience in movement.

##### Emilie Conrad's Jungle Gym Workout

Tuesdays, 6 p.m. - 8 p.m.  
Thursdays, 12 noon - 2 p.m.

Emilie Conrad's Jungle Gym Workout "A revolution in fitness on the playground of possibilities." Engaging in Jungle Gym you will be amazed at how your physical strength, flexibility, suppleness, and range of movement will transform. In Jungle Gym we ask, "What is fitness?",

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4th floor  
New York, NY 10003  
Phone 212 206-7542**

and in response delve into evolving and our fluid ability to meet the wide range of unexpected events that life presents to us. Rather than emphasizing muscle, we work in the body's connective tissue, a network of immediate fluid communication, which frees the body to move beyond constraints of aging or injury, and bypasses painful lactic acid build-up. In order to do this we stimulate and tune our breath developing a greater sense of awareness and motility. We introduce exciting relationships to gravity liberating the nervous system, decompressing organs and bones, and stimulating electrical conductivity. We also challenge ourselves in unique ways with weights developing strong intrinsic support. Jungle Gym promotes circulation, bone health, joint flexibility, relieves back pain, delays aging, increases vitality, and renews a sense of creative play.

#### Fee for all Weekly Classes:

\$20 per single class  
\$90 series discount per five pre-paid classes  
\$175 series discount per ten pre-paid classes

### NYS Chapter Website

The NYS ADTA chapter website is currently under construction. We are registering the domain name, nysadta.org, which you will be able to access in the near future. The site is desperately in need of dance/movement therapy oriented photos. All photos will be returned if mailed (M. Clausen, 346 93rd St. Brooklyn, 11209) or may be sent electronically. We are still in the process of compiling a comprehensive list of supervisors and a referral service. If you have sent your information, please resend it as we have had technical difficulties (the dreaded crashed computer). Please forward your name, credentials, contact information, and any other pertinent information. Photos and other information can be emailed to Maria Clausen at aikidance@mindspring.com. If you do not have email, please contact Maria via phone at 718-613-4778.

#### More electronic news

In order to better facilitate communication and bridge the distance between us, the Board voted to create a NYS Email list. You may join the list by going to <http://groups.yahoo.com/group/nysadta/> and follow the directions to subscribe. If you would like help or would like to be automatically subscribed, please contact Maria Clausen at aikidance@mindspring.com.



**NOTICE OF CONDOLENCES:** Judith Klien would like to send condolences to Judith Sternfeld Adar, ADTR, on the death of her mother, "my thoughts are with you". Anyone wanting to contact her may write to her at 134-04 Jewel Ave. 1A Flushing, New York 11367 or call her at 718 544-8119

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DATED MATERIAL

**NYS ADTA**

## Support Your Newsletter

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