

The American Dance Therapy Association:

- Advocates nationally and internationally for the development and expansion of dance/movement therapy training and services
- Holds an annual conference and supports chapters, regional groups, conferences, seminars and workshops
- Stimulates communication among dance/movement therapists through publication of the American Journal of Dance Therapy, a newsletter, timely monographs and bibliographies

The ADTA is affiliated with the following organizations:

- National Alliance of Specialized Instructional Support Personnel (NASISP)
- National Coalition of Creative Arts Therapies Association (NCCATA)
- Consortium for Citizens with Disabilities (CCD)
- Academic Consortium for Complimentary and Alternative Healthcare (ACCAHC)
- Mental Health Liaison Group (MHLG)



Visit us on the web to:

- Find a certified DMT near you
- Learn about the training and education required to become a DMT
- See DMT and ADTA members in the news
- View photos and videos of DMT



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*Maintaining high standards for education,
training, and professional practice for
dance/movement therapists*



Healing through Movement...

What is dance/movement therapy?

Based on the understanding that the body and mind are interrelated, the American Dance Therapy Association defines dance/movement therapy as the psychotherapeutic use of movement to further the emotional, cognitive, physical, and social integration of the individual.

Dance/movement therapy is practiced in mental health, rehabilitation, medical, educational and forensic settings, and in nursing homes, daycare centers, disease prevention, private practice, and health promotion programs.

The dance/movement therapist focuses on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative, and adaptive behaviors are all considered for both group and individual treatment. Body movement as the core component of dance simultaneously provides the means of assessment and the mode of intervention for dance/movement therapy.



Professional Training >>>

Professional training of dance/movement therapists occurs on the graduate level. There are two routes an individual can pursue to become a credentialed dance/movement therapist: ADTA Approved Graduate Program or the Alternate Route.

Please visit www.adta.org for more information on Education and Training to become a dance/movement therapist.

ADTA Purpose >>>

The purpose of the ADTA is to establish, maintain, and support the highest standards of professional identity and competence among dance/movement therapists by promoting education, training, practice, and research. The Association provides avenues of communication among dance/movement therapists and those working in related fields, and increases public awareness of dance/movement therapy.

Get Involved with the ADTA >>>

Become a member of the American Dance Therapy Association. Anyone can join! Members receive great benefits, including:

- Access to the *American Journal of Dance Therapy*
- Access to the ADTA's quarterly newsletter
- Reduced conference rates and webinars
- And more!

Once a member, delve deeper into the ADTA by joining your local Chapter or serving on a Committee.

