



51<sup>st</sup> Annual Conference  
 October 20 – 23, 2016  
 Hyatt Regency Bethesda  
 Bethesda, MD Washington DC Metro Area

***ReGeneration: Moving Pathways to Integration***

*A Celebration of the ADTA's 50<sup>th</sup> Anniversary*



**Take advantage of our Early Bird Registration Rates  
 Register by July 15, 2016 and save!**

**Highlights of our upcoming conference!  
 Come all four days to take advantage of:**

- *Pre-Conference Full Day & Half Day Intensives*
- *40 Friday, Saturday and Sunday Seminars to choose from*
- *Earn BC-DMT, R-DMT & Counseling Continuing Education Hours*
- *Site Specific Dance on the Washington Mall - Art of Reflection*
- *Marian Chace Foundation Lecture with Dr. Sherry W. Goodill*
- *Historical St. Elizabeths Panel*
- *Opportunity to advocate for DMT with your congressional representative*
- *Day of Service at St Elizabeths Hospital and Walter Reed Medical Center*
- *Research & Thesis Project Poster Session*
- *International Panel: Crossing Continents: Global Pathways of Dance/Movement Therapy*
- *Interest Groups & Committee Meetings*
- *Banquet & Dance, music by Rollex*
- *Special Closing Event*

## MASTER SCHEDULE

<i>Thursday, October 20<sup>th</sup></i>	
<i>8:00 am - 3:00 pm</i>	<i>Day of Service (no charge)</i>
<i>8:00 am - 3:00 pm</i>	<i>Hill Day (no charge)</i>
<i>9:00 am - 4:00 pm</i>	<i>Intensives</i>
<i>4:30 pm - 6:00 pm</i>	<i>St Elizabeths' Historical Panel</i>
<i>7:30 pm - 9:30 pm</i>	<i>Opening Ceremony</i>
<i>Friday, October 21<sup>st</sup></i>	
<i>7:00 am - 8:15 am</i>	<i>Business Meeting</i>
<i>8:30 am - 10:30 am</i>	<i>Seminars (A)</i>
<i>10:45 am - 12:45 pm</i>	<i>Seminars (B)</i>
<i>12:45 pm - 1:30 pm</i>	<i>Lunch on your own</i>
<i>1:30 pm - 3:00 pm</i>	<i>Marian Chace Foundation Lecture</i>
<i>3:30 pm</i>	<i>Site Specific Dance leaves hotel for Lincoln Memorial and Reflecting Pool</i>
<i>5:00 pm</i>	<i>Site Specific Dance Performance, Art of Reflection (no charge)</i>
<i>6:00 pm</i>	<i>On your own in Washington DC</i>
<i>Saturday, October 22<sup>nd</sup></i>	
<i>7:45 am - 8:45 am</i>	<i>State Lobbying Presentation</i>
<i>8:00 am - 9:00 am</i>	<i>Research Thesis &amp; Project Poster Session</i>
<i>9:00 am - 12:15 pm</i>	<i>Keynote Speakers</i>
<i>12:15 pm - 1:15 pm</i>	<i>Lunch on your own</i>
<i>1:15 pm - 3:15 pm</i>	<i>Seminars (C)</i>
<i>3:30 pm - 5:30 pm</i>	<i>International Panel, Crossing Continents: Global Pathways of Dance/Movement Therapy</i>
<i>7:30 pm</i>	<i>Banquet and Dance</i>
<i>Sunday, October 23<sup>rd</sup></i>	
<i>8:30 am - 10:00 am</i>	<i>Seminars (D)</i>
<i>10:15 am - 11:45 am</i>	<i>Seminars (E)</i>
<i>12:00 pm - 1:00 pm</i>	<i>Closing Ceremony</i>

**DAY OF SERVICE; Thursday 7:30 am - 4:00 pm**

For the past several years as part of the Thursday pre-conference schedule, dance/movement therapists have gone out into local communities to introduce and share the power of DMT. Through the specifics of the Day of Service depend on each site, in general DMTs lead introductory dance/movement therapy groups and provide a staff inservice. The Day of Service serves as a way to give back to the communities who host our conferences and have opened up the possibility of new DMT opportunities in the community. This year, in honor of the ADTA's 50th anniversary, we are pleased to announce a Day of Service at two very special sites: Saint Elizabeths Hospital and Walter Reed Medical Center. Join other DMTs on Thursday, October 20th for a rich and rewarding day of learning and sharing at one of the sites below. There is no fee to you and you will receive CE hours from the ADTA for your service. Transportation will be arranged closer to the event.

**HILL DAY; Thursday 8:00 am - 3:00 pm**

As Dance/Movement Therapists we serve populations which have lost their voice or who have not yet found their voice. We are their advocates...we are their voice. They need us to rise up, to organize, and to create a movement of education and advocacy. On March 8th, ADTA began a positive momentum of passionate voices, by educating our legislators on the importance of dance/movement therapy for the health and wellbeing of those who do not have a voice: our children, our elders, our veterans, our disabled, our abused, and our mentally ill. During Arts Advocacy Day, five dance/movement therapists walked the halls of congress, talking with 20 different congressional aides about the powerful healing effects of dance/movement therapy. On October 20, 2016, ADTA needs your voice, your passion and your experience to expand awareness of and public policy for dance/movement therapy. I hope each and every one of us will find our voice and join us in this truly great opportunity to be an active participant in the political process in Washington DC. There is no better way to truly embrace Washington DC during the conference, than to be standing in a congressional office sharing dance/movement therapy with your elected official.

**ALL DAY INTENSIVES; Thursday 9:00 am - 4:00 pm**

***IS1. Challenging the Fear of Change: The Creative Use of Dance/Movement Therapy Techniques for Individuals with Eating Disorders with Susan Kleinman & Rebecca Berman***

Presenters will share innovative ways to lean into client's fears to assist them in managing discomfort and emotional distress. Principles of rhythmic synchrony, kinesthetic awareness and kinesthetic empathy will be implemented through clinicians own creative processes, allowing for the emergence of extraordinary therapeutic skills. Attendees will learn to facilitate engagement with the client's authentic self by working expressively to understand the relationship between fear and resistance and the importance of translating problematic behaviors into metaphorical insights. Teaching methods will focus on folding these skills into clinicians' existing skill set to maximize positive change. (All levels; 51-75% movement; NBCC CE hours; ADTA CE hours)

**152. Experiencing Chace, Evan and Whitehouse: Co-creating a Comprehensive Theory of Dance/Movement Therapy with Linda Aaron-Cort, Bonnie Bernstein, Julie Miller & Elissa Queyquep White**

DMT evolved as a discipline from the work of dancer/educators in response to the unique needs of their students/clients. As the field has matured, the notion of what one needs to know in order to practice as a Dance/movement Therapist has broadened. This one-day workshop has been conceived as an embodied 'mini-phenomenological study' to explore three of these approaches: Chace, Evan and Whitehouse. Through experiencing DMT sessions in each, participants will generate data about what they have in common and how they differ, deriving a better understanding of how each approach fits within a comprehensive theory of Dance/Movement Therapy. (Mid-level; 51-75% movement; NBCC CE hours; ADTA CE hours)

**153. Amplification of Dance Movement and Active Imagination: Personal, Cultural and Archetypal Dimensions with Cynthia Berrol, Sharon Chaiklin, Joan Chodorow, Sandy Dibbell-Hope, Nancy Gurian & Tina Stromsted**

Six dance/movement therapists draw from the contributions of Mary Whitehouse, Trudi Schoop, Marian Chace and other DMT pioneers, building on the cross-cultural psychology of C. G. Jung. Morning and afternoon sessions will amplify and deepen one or more aspects of Dance/Movement and Active Imagination via brief verbal presentations, visual imagery, bodily awareness, reflection, movement exploration and experiences, dialogue and exchange. Our process illuminates multi-sensory image-experiences that infuse the mover-witness relationship and other dimensions of human interactions, including fluctuations between movement and stillness. This process gives special attention to felt bodily sensations, feelings, emotions and their development, as we share transgenerational, multi-cultural communal experiences.

**154. Site-Specific Dance with Marylee Hardenbergh**

In honor of the 50th anniversary of the ADTA, we will be creating a site-specific dance together at the steps of the Lincoln Memorial and Reflecting Pool in Washington DC. This is an opportunity to celebrate our field and bring attention to our work in our nation's capital. The dance performance itself will be open to all conference attendees. The Thursday Intensive is for creating the structure for our dance performance, scheduled to take place Friday around 5 PM. Those who attend the Thursday Intensive will be working with Marylee as our lead dancers, and will create the bones of the performance. At the Intensive, we will work hard and have a lot of fun. Be ready to make this DC dance an unforgettable experience. Come dressed ready to move, and be prepared for any local weather. In the morning, we will work together on the structure of the dance. At lunchtime, we will take the Metro into town to rehearse onsite in the afternoon (rain or shine). We will finish in good time to get back to the conference. (All levels; 76% or more movement; NBCC CE hours; ADTA CE hours)

**MORNING INTENSIVES; Thursday 9:00 am - 12:00 pm**

**155. Moving into Mindfulness: Integrating the Minds and Bodies of Students with Vicky Nichols Wilder & Julie E. Young**

In the Spotsylvania County Public Schools in Virginia, a collaboration is developing to integrate the cognitive and behavioral development of elementary students. The staff collaboration is between the principal, the school psychologist, the dance therapist and selected teachers at Riverview Elementary School. In this seminar, the dance therapist and the psychologist will present the 10 movement

strategies, taught to students and teachers, which integrate the learning of mindfulness and the professional development concepts in *The Energy Bus: 10 Rules to Fuel Your Life, Work, and Team with Positive Energy* by Jon Gordon. (Mid-level; NBCC CE hours; ADTA CE hours)

***156. Moving toward Consciousness: Privilege and Power in the Therapeutic Relationship with Julia Cuccaro-Green***

What is privilege? How does it contour movement and the mind? How can we, as therapists, address it responsibly and sensitively? Focusing on the invisible systems of oppression in our society, we will explore what constitutes privilege, how power influences the therapeutic relationship, and what constructive actions therapists can take to empower clients. This workshop will be a safe space to join with and witness others in a cross-cultural dialogue on power and social justice, whether you are beginning or continuing your journey as an ally. (All levels; up to 25% movement; NBCC CE hours; ADTA CE hours)

***157. Psychomotor Therapy: Liljan Espenak's Dance Therapy Approach with Nana Koch***

This experiential and didactic workshop introduces participants to the seminal work of dance therapy pioneer Liljan Espenak and the system of treatment she called psychomotor therapy. Attention is paid to the ways in which Espenak used expressive dance and diagnostic movement tools to facilitate integration, the ideal body, and feelings of well-being. Adler and Lowen's influence on Espenak's work is discussed, along with concepts inherent in psychomotor therapy and its areas of application. Participants will learn about Espenak's three part system, including diagnosis, restructuring and integration. Additionally, they will learn how she used particular physical exercises, improvisation and props to help clients express what she called "The Four Emotions Most Common to Man," develop muscle-memory and experience catharsis, all leading to behavioral change.

**AFTERNOON INTENSIVES; Thursday 1:00 pm - 4:00 pm**

***158. ReGenerating Dance/Movement Therapy Advocacy: The Function and Power of Social Media with Angie Giordano-Adams, Melinda S. Malher-Moran & Sara R. van Koningsveld***

The utilization of social media (SM) platforms for the promotion, advocacy, and marketing of dance/movement therapy (DMT) has grown exponentially in the past five years and continues to expand. Developing and maintaining a SM style creates a brand and fosters a system of like-minded professionals. By promoting and acknowledging the significance of reciprocity within SM, we can increase: the demand of DMT and our personal brand. Through hands-on exploration and application, this intensive will provide opportunity to support our profession, educate the public, grow as entrepreneurs, and connect with individuals outside of our typical networking circles. (All levels; up to 25% movement; NBCC CE hours; ADTA CE hours)

***159. Through Dance, the Culture is Learned, Transmitted and Preserved with Warin Tepayayone***

Even though the culture influences the way we dance, but through dance the culture is learned. This workshop explores the Southeast Asian Dances, creative art forms, as both cultural expression and cultural epistemology. The participants will be introduced to a broad array of Southeast Asian dance's artistic

expression and movements of the 4 basic characters, Male, Female, Demon and Monkey. An effective of using Laban terminology in explaining Southeast Asian dance movements will be investigated. The cultural form of body position, space and hierarchy in Southeast Asian culture will be discussed. We will explore how Southeast Asian dance benefits in both physical and mental health. The aim of this workshop is to introduce Southeast Asian dance and movement repertoire as another communication tool to help overcome linguistic barriers and cross-cultural misunderstanding. (Mid-level; 26-50% movement; NBCC CE hours; ADTA CE hours)

***ISIO: Introductory Experiential Workshop and Continuous Support Group for Those New to ADTA Conferences with Linni Deihl***

An introduction to DMT integrating Marian Chace concepts, Effort/Shape movement analysis, group process and leadership techniques. Participants will be involved in an interactive process through kinesthetic and personal involvement. This workshop is designed for students and allied professionals new to ADTA conferences. This group will meet daily during the conference for continuing support. (All levels; 76% or more movement; NBCC CE hours; ADTA CE hours)

**ST ELIZABETHS PANEL; Thursday 4:30 pm - 6:00 pm**

*75 Years of Dance Therapy: The Heritage of St Elizabeths Hospital. Panel tracing the continuous presence of dance therapy in an iconic teaching hospital in Washington, DC, from Marian Chace in 1942 through today's staff. Training of dance therapists changed from apprenticeships to a more formal clinical internship with the establishment of academic graduate programs. St E's itself morphed from a huge teaching hospital encompassing clinical training across a spectrum of disciplines and an early focus on group work to a much smaller facility. The early hospital was spread across many acres with over a hundred buildings housing thousands of chronically mentally ill, with many specialized programs such as for deaf and blind patients. A separate forensic hospital was set apart for those judged criminally insane. Initially a federal hospital, it was transferred to the DC government and focused more on community programs, with a much smaller in-patient program in a brand new unified hospital. Dance therapy is one discipline providing services in a treatment mall program. This is quite different from Chace's time where dance therapy was provided on patient wards or in the dance therapy studio. Later, individuals were referred to groups by a treatment team, with specific charting requirements addressing treatment goals. While dance and music therapy were closely allied in Chace's era, dance became a stand-alone discipline with as many as 5 staff therapists and 5 interns. Subsequently, art, music, psychodrama and dance therapies were joined together with cross discipline led groups and core curriculum components for CAT trainees were developed. Past and current staff will speak about milestones they participated in and the impact these changes had on their experience and on psychiatric treatment and philosophy. Audience members will be asked to share their St E's stories and a movement celebration will close the presentation. There will be a slide show. (ADTA CE hours)*

**SEMINARS A1 - A8; Friday 8:30 am - 10:30 am**

***A1. Begin Again: Using Dance/Movement Therapy to Guide Clients with Life-Altering Medical Setbacks Towards Posttraumatic Growth with Zina Mercil***

The presentation will offer an overview of the challenges and posttraumatic growth potentials of working with a client who has experienced a life-altering medical setback through a dance/movement therapy (DMT) lens. The focus will be on DMT interventions for phases of diagnosis, illness, integration, and posttraumatic growth process, along with normalizing common client experiences. Participants will explore the Bainbridge-Cohen and Aposhyan's Five Fundamental Actions as a specific intervention that can be used at any stage of treatment. Along with DMT, the presentation is supported by prior bodies of work in the fields of existential psychology and trauma-informed care. (Mid-Level; Up to 25% movement; NBCC CE hours; ADTA CE hours)

***A2. From Incompetent to Integrated: Dance Movement Therapy with the Forensic Psychiatric Population, a Multicultural Perspective with Ingrid Jennifer Lacey & Jeanetta Scholefield***

This presentation will consider the unique multicultural issues presented in working with the forensic psychiatric population from the dance movement therapist's perspective. Presenters will focus upon the reduction of violence risk factors through addressing the mind body connection. This presentation will describe the traumatic journey patients experience related to the competency process, and the effects of trauma on the brain. Such effects include poor impulse control, emotional dysregulation and cognitive difficulties. Dance movement therapy interventions are designed to address these specific risk factors and support healing through the competency process. (Mid-Level; Up to 25% movement; NBCC CE hours; ADTA CE hours)

***A3. Integrating Dance Therapy and Sanctuary\* to Assist Youth Transitioning from Foster Care in NYC with Debra Kram-Fernandez***

Youth-in-transition from foster care often experience poor outcomes, including but not limited to homelessness, mental health issues, etc. (Shirk & Stangler, 2004). Many programs exist to assist these youth—many well thought out, intelligent and creative resources are available. A major issue seems to be engagement. What might a trauma-informed dance therapy and creative arts intervention offer? What elements might go into creating a manualized treatment intervention to assist these youth with attaining positive life outcomes? We will look at the research process involved as well as dance therapy as a means of facilitating growth and change. (Entry Level; Up to 25% movement; NBCC CE hours; ADTA CE hours)

***A4. The Power of the 7 Energetic Chakras in Dance/movement Therapy with Sabrina Washington & Rev. Suzy Meszoly***

A dance/movement therapist and an energetic healer come together to present on utilizing the 7 Centered-Energy Chakra System within DMT. Participants will learn about each of the 7 Chakras and their connection to bodily and emotional functioning, as well as how the theory and purpose of this system aligns with that of dance/movement therapy. Theory will be put into practice as participants actively explore ways to synthesize these modalities through guided meditation and DMT techniques. Guided experientials will teach ways to work towards energetic, physical and emotional balance. Ways to apply this

work in professional contexts will also be discussed. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)

**A5. Meet at the Intersections: Addressing Race, Gender, Sexuality, and Disability within Dance/Movement Therapy Education with Jessica Diaz, Monimia Macbeth & Rosey Puloka**

Numerous calls have been made for increased multicultural competence within the education and operation of dance/movement therapy. Three emerging dance/movement therapists from Chicago will provide a regenerative approach to building multicultural competence through integrative theories and practices. They stand at particular intersections of race, gender, sexuality, and (dis)ability such that new wisdom to the field is provided through their lived experiences a dedicated practice. Structured within the Restorative Justice application of a peace circle, participants will experience an embodied approach to working with difference. In doing so, we will center the voices that traditionally go unheard. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)

**A6. ReGenerating DMT Theory & Practice with Susan D. Imus**

Regenerating theory and practice in DMT is a workshop that intends to provide common language and structure to communicate DMT taxonomy. It is a comprehensive model that presents essential criteria for consumer safety and optimal health results. These criteria include a qualified dance/movement therapist with purposeful interventions, in an ethical reciprocal patient therapist relationship who effectively utilizes the creative process. Each criterion will be followed by an explanation for the fundamental mechanisms to achieve a desired health outcome. The 15 fundamental mechanisms include a practice continuum which defines the therapeutic, aesthetic, recreational, educational, rehabilitative, and psychotherapeutic approaches to treatment. (Advanced Level; up to 25% movement; NBCC CE hours; ADTA CE hours)

**A7. Dance/Movement Therapy as an Embodied-Artistic Approach to Analyzing Qualitative Interview Data with Tomoyo Kawano**

Dance/movement therapy has much to offer to the nascent arts-based research. Experiential and presentational knowledge are gained through the body's cognitive, affective processes and relational, aesthetic movement expressions, which are currently underutilized in the interpretation of qualitative interview data. In this workshop, an alternate embodied artistic approach that is rooted in dance and dance/movement therapy skills is proposed to expand the boundaries of how and what can be known. Those interested in adapting non-verbal, embodied methods for qualitative data analysis and advancing the academic discourse on the role of the body and artistic expression in research are welcome. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)

**A8. Using Movement to Heal Complex Trauma in Developing Nations with Jennifer Wagner**

This presentation seeks to create an experiential learning moment for participants. They will engage in the time through hearing narrative, seeing pictures and videos of how dance and movement has been used in Northern Uganda, and discussing among themselves ways in which they can continue on what they are learning and gaining from the presentation. (Mid-Level; minimal or no movement; NBCC CE hours; ADTA CE hours)

**SEMINARS B1 - B8; Friday 10:45 am - 12:45 pm**

***B1. Moving Metaphors in Couples Dance/Movement Therapy with Stacey McGinn Hurst***

*This workshop will present the application of dance/movement therapy (DMT) in the context of couple's work to foster healthier relationship dynamics. Communication styles, trust, boundaries, power differentials and expression of needs are some of the topics this workshop will address from a non-verbal relational framework using movement as metaphor. Internal Family Systems and relational-cultural models will theoretically ground the exploration while Laban's relationship concepts will be used as a resource for creative exploration. This workshop promises to offer new ideas for the seasoned clinician working with couples as well as instill confidence and excitement for the more novice dance/movement therapist. (Mid-Level; 76% or more movement; NBCC CE hours; ADTA CE hours)*

***B2. Ethics in the Body: Exploring Ethical Dilemmas and Their Resolution with Paul Sevett & Aisha Bell***

*This workshop focuses on experiencing ethical behavior and ethical dilemmas in the body. Through movement, lecture, and discussion participants will explore where ethics lives in one's body, how and where ethical dilemmas are felt within the body, and how this exploration influences the process of working toward resolution of the dilemma. Topics include the interface of prescribed ethical behavior and one's personal values and how much is one's "gut" feeling involved in the resolution process. Two initial steps in a resolution process are the primary focus of the workshop while other steps in a resolution process will also be discussed. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)*

***B3. Pairing DMT with Kitwood's Person-Centered Care for a New Generation of Older Adults with Laura J. Allen***

*Through didactic and experiential learning techniques, participants will be introduced to an integrated framework of dance/movement therapy (DMT) and Kitwood's theory of Person-Centered Care (PCC) for people who have dementia. With emphasis on individual strengths, creativity, and nonverbal communication, DMT and PCC are natural partners for improving older adults' quality of life. However, the generation of older adults in our society is changing and dance/movement therapists must begin to consider how we will regenerate our work in response to this new face of aging. (Mid-Level; up to 25% movement; NBCC CE hours; ADTA CE hours)*

***B4. Movement Psychology and Body Knowledge/ Body Prejudice in Dance/Movement Therapy with Sara R. van Koningsveld***

*Dance/movement therapists should periodically examine the impact of their experiences and movement patterns, when working with clients of various cultures and backgrounds. This workshop will support the integration of current Laban Movement Analysis knowledge with less known and unpublished works by Rudolf von Laban, as a platform to increase body knowledge and reduce body prejudice. Through movement and reflection activities, participants will explore their effort patterns and preferences, gaining insights relating to personality and movement psychology. A group discussion will support dialogue on implications*

of movement patterns, body knowledge/body prejudice, and movement psychology theory on the practice of dance/movement therapy. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)

**B5. Pathways from our Roots into the 21st Century: Realigning the DMT Standards with Jessica Young, Nancy Beardall, Robyn Flaum Cruz, Joan Wittig, Anne Margrethe Melsom, Elizabeth McNamara, Julie Miller, Meg H. Chang & Ellen Yacoe**

How has DMT education evolved since the Standards were established in 1974? How do the Standards reflect our identity and marketability as dance/movement therapists? Join members of the ADTA Education Standards Revision Task Force as we discuss and explore these guiding questions. The task force will share their process of reviewing and revising the Standards. Participants will have an opportunity to offer initial responses to the revised Standards and move through the dynamic pathways of knowledge that support a DMT education. We will also share ideas and experiences of how DMT education and practice has developed over the years. (Advanced Level; up to 25% movement; NBCC CE hours; ADTA CE hours)

**B6. Seeking Refuge: DMT with Those Displaced by War with Amber Gray, Ashley Fagnoli & David Alan Harris**

The world refugee crisis has serious ramifications for mental health providers. The number of displaced people in the world is at an all-time high, as people caught in hostile environments across the globe have had to assume grave risks in fleeing violence in their home countries. How are U.S.-based dance/movement therapists addressing the mental health and psychosocial needs of refugees? This panel will offer a combination of experiential activities, theoretical overview of refugee resettlement, and case presentations to introduce participants to the application of dance/movement therapy (DMT) to clinical work with such populations, including asylum-seeking torture survivors, and LGBTQ refugees. (Mid-Level; up to 25% movement; NBCC CE hours; ADTA CE hours)

**B7. Clarifying our Professional Identity: The Key to Regeneration and Integration in Dance/Movement Therapy with Danielle L. Fraenkel & Karolina Bryl**

Dance/movement therapy's ability to "regenerate" and "integrate" implies that our field has a clear sense of identity—one that provides a sturdy platform for building a coherent theoretical framework and moving to the next step. We still have work to do to reach these goals. To this end, we will address the following questions: Is DMT a discipline or a modality? What makes DMT different from other somatic methods? How do we hold onto our professional identity as dancers when we discuss our clinical roles and write assessments, treatment plans, progress notes, and present the results of our research? (Mid-Level; up to 25% movement; NBCC CE hours; ADTA CE hours)

**B8. TALT - Dance as a Background for Social Inclusion and Diversity in People with Disabilities with Lavinia Teixeira-Machado**

TALT provides biopsychosocial adjustments and it reverberates in life as a whole that contributes for identification of other contexts that can have an impact in life style of people with disabilities. TALT proposes the following learning objectives: (a) space-temporal adjustment and the knowledge of neuromotor complexity; (b) rhythm perception, comprehension and interpretation of gestural movement; (c) gradual

motor function improvement. TALT has been performed by dance class sessions, and four set procedures are performed as follows: (I) global range of motion; (II) motor coordination; (III) body image; and (IV) skill and agility. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)

**MARIAN CHACE FOUNDATION LECTURE; Friday 1:30 pm - 3:00 pm**

Sherry W. Goodill, PhD, BC-DMT, NCC, LPC, is Clinical Professor and Chairperson of the Department of Creative Arts Therapies at Drexel University, where she teaches in the MA program in Dance/Movement Therapy and Counseling, and in the PhD program in Creative Arts Therapies. She holds a doctorate in medical psychology with a concentration in mind/body studies, and has 35 years of experience as a clinician, scholar, and educator in dance/movement therapy and the creative arts therapies. She is the immediate Past-President of the American Dance Therapy Association, having served a total of 19 years on the ADTA Board of Directors. She currently serves on the editorial board of the journal of *The Arts in Psychotherapy*, and as a guest reviewer for several other publications.

**SITE SPECIFIC DANCE; Friday 5:00 pm**

*Art of Reflection* performed at Lincoln Memorial and Reflecting Pool

**STATE LOBBYING PRESENTATION; Saturday 7:45 am - 8:45 am**

**RESEARCH THESIS AND PROJECT POSTER SESSION; Saturday 8:00 am - 9:00 am**

**KEYNOTE SPEAKERS; Saturday 9:00 am - 12:15 pm**

On Saturday, October 22<sup>nd</sup>, join us as we welcome two distinguished and special guests, Dr. Stephen Porges and Dr. Sue Carter, to provide keynote addresses. Following the keynotes there will be a lively dialogue between Dr. Porges and Dr. Carter and leading dance/movement therapists on the intersection between our work. Finally, in the afternoon, you are invited to attend one of three concurrent workshops with top dance/movement therapists to learn how you can apply Dr. Porges' and Dr. Carter's work using basic dance/movement therapy principals and techniques.

**SEMINARS C1 - C8; Saturday 1:15 pm - 3:15 pm**

***C1. Dynamic Equilibrium: Engaging Neurophysiological Intelligences through Dance/Movement Therapy with Kalila Homann***

Dance/movement therapy (DMT) lives and breathes in the neurophysiological intersections between mind and body. This playful and informative experiential workshop explores how three DMT clinical practices - attuned somatic sensing, interactive dance, and authentic movement - can be understood in light of

affective neuroscience. We will explore and consider current research on: 1) vagal and biochemical regulation, 2) interoception, 3) implicit/explicit memory systems, and 4) brain lateralization. This will help us to understand the efficacy of dance therapy approaches employed with a wide range of populations across the developmental spectrum. (Entry Level; NBCC CE hours; ADTA CE hours)

***C2. Social Engagement and Dance/Movement Therapy in Autism: A Polyvagal Perspective with Christina Devereaux***

This experiential and didactic workshop will examine how dance/movement therapy serves as a vehicle for expressive communication and a bridge to enhance the social engagement system for individuals and groups with autism spectrum disorder. Based on Stephen Porges' and Sue Carter's empirically supported research about the physiological basis of social bonding behavior and the neurophysiology of feeling safe, participants will examine dance/movement therapy intervention with ASD through this theoretical perspective. (Entry Level; NBCC CE hours; ADTA CE hours)

***C3. Restoring Core Rhythmicity: Polyvagal Informed DMT for Trauma with Amber Gray***

The field of trauma recovery has grown significantly in the past twenty years. We now know that traumatic memory is implicit (sensory-motoric and image-based) memory. Many researchers endorse the use of somatic and creative arts therapies for survivors to fully integrate the past with the present and restore well-being and balance. Dance/Movement Therapy, which sits uniquely poised at the crossroads of somatic psychology and creative arts therapies has a unique contribution to offer the growing field of traumatic stress and recovery. Working with movement, we work with the neurological underpinnings of all human action; moving, breathing and dancing, we can begin to restore our right to inhabit our bodies in the ways we choose. This Polyvagal informed DMT playshop will offer participants an opportunity to experience how DMT, as seen through the lens of Dr. Porges Polyvagal Theory, is used with survivors of trauma. A basic theoretical framework for Polyvagal informed DMT will be accompanied by experiential activities, based on the facilitators twenty years of work with survivors of trauma. Endogenous rhythmicity, "Rules of Engagement" and physiological state shifting are core concepts and practices of this DMT approach. (Entry Level; NBCC CE hours; ADTA CE hours)

***C4. Using Mixed Methods Research to Study Dance/Movement Therapy with Liesbet (Elizabeth) Manders & Minjung Shim***

Mixed Methods Research (MMR) combines qualitative and quantitative approaches to investigate complex health problems and multidimensional treatment modalities such as DMT. The aim of this presentation is to provide an introduction to the basic concepts of MMR and help participants understand why DMT researchers and therapists should consider using MMR to examine creative processes, individual experiences, and the overall efficacy of DMT. This will include presentation of practical concerns and challenges in conducting MMR, a presentation of research designs and findings from two mixed methods DMT studies, and experiential activities to inspire novel research designs. (Mid-Level; up to 25% movement; NBCC CE hours; ADTA CE hours)

***C5. Oral History: Roots to Branches: How Vision, Passion, and Commitment Built a Profession with Kristine Purcell, Dr. Miriam Roskin Berger, Judith Bunney, Sharon Chaiklin, Dr. Beth Kalish, Susan Kleinman, Cathy Pasternak, Susan L. Sandel & Elissa Queyquep White***

Second generation dance/movement therapists share their experience in the parallel processes of creating a profession and supporting association. This "oral history" seminar will be structured in a conversational, storytelling style that will allow for spontaneous exchanges and connections to surface that might otherwise be lost. (Mid-Level; minimal or no movement; ADTA CE hours)

***C6. Dance/Movement Therapists and Schools in Collaboration: A Multi-Cultural, Embodied Approach to Violence Prevention with Rena Kornblum***

Embodied learning increases productivity, emotional growth, and a sense of well-being. Participants will experience a movement-based social skills and violence prevention curriculum authored by the presenter. Self-regulation, empathy, anger management, modulating arousal & multi-cultural uses of proximity in clinical and prevention settings will be explored. New concepts from 2015-16 that work on self-regulation and anger management as well as unpublished handouts will be available. (Entry Level; 51-75% movement; NBCC CE hours; ADTA CE hours)

***C7. Embodied Archetypal Rhythms of African Orisha in D/MT Practice with Kim Burden & Melanie Johnson***

Dance/movement therapy and African Orisha practice both utilize group rhythmic action to facilitate transformation. This work examines rhythmic movement patterns of this ceremonial tradition and related KMP tension flow rhythms. This workshop will present a movement experience and discussion of research with potential applications for practice with clients. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)

***C8. Profiles Panel of Third Generation ADTA Presidents with Linni Deihl, Robyn Flaum Cruz, Sherry W. Goodill & Jody Wager***

A living history of the field of Dance/Movement Therapy given by our panel of dance therapists who have lived and danced and practiced dance movement therapy for several decades. These dance therapists practice in different ways but all have significantly contributed to the body of knowledge in our field. In addition, all have served our ADTA organization as presidents. We share stories of how our presidents from the third generation came to our profession...what was their vision and mission and how did it impact their journey. Our first generation pioneers taught our second generation DMT's. Our third generation presidents are all graduates from our dance movement therapy graduate programs. It is vital for our profession to maintain connections between generations so that we continue to transmit our history.

**INTERNATIONAL PANEL; Saturday 3:30 pm - 5:30 pm**

*Crossing Continents: Global Pathways of Dance/Movement Therapy*

**SEMINARS D1 - D8; Sunday 8:30 am - 10:00 am**

***D1. Dance Movement: The Core of Diversity and Future Counseling Initiatives with Eleanor M. DiPalma, Stephanie Bird & Carolyn Webb***

*In this workshop, participants will become aware of the growing need and demand for collaborative efforts aimed at promoting diversity in higher education. They will learn the role of dance and movement in forging new pathways for dance/movement therapists and partnering stakeholders to create collaborations that open up opportunities for college communities to regenerate existing resources focused on inclusive educational excellence. In a group experiential, participants will explore rhythms, space and various movement qualities to increase their awareness of diverse cultural expressions. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)*

***D2. Moving Dialogues: Communication for Creative Resolution with Lynn Koshland & Lisa Roll***

*This session explores two different applications of a dance/movement therapy process to build communication tools that promote dialogue and creative resolution of differences with adults in a clinical practice and children in an elementary school program. Participants will create Moving Dialogues that identify issues of resistance and resolution, applicable to their professional work. Intentional space for empathetic listening, attunement, and response will promote moving beyond differences using multicultural stories, movement, props and music. Presenters integrate DMT methods, Conflict Resolution and Rational Emotive Behavior Therapy and will utilize case presentations, movement experiences, video and didactic discussion. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)*

***D3. Couples Dance Therapy with Dee Wagner***

*Borrowing from counseling and integrating areas of dance therapy expertise, we can generate a theoretical framework for couples dance therapy. Much of couples counseling theory comes out of attachment theory which dance therapists understand kinesthetically. Healthy sexuality requires the kind of embodiment that dance therapy facilitates. More and more, dance therapists have understood the body's functioning through the science of nervous system regulation. This workshop will share couples exercises that strengthen individuality within relationship thus improving couple dances. We will examine aspects of attachment theory and Stephen Porges' polyvagal theory which form the foundation for these couples dance therapy exercises. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)*

***D4. Connecting across Countries and Contexts: Advancing Trials of an iPad App for DMT Assessment with Kim Dunphy, Sue Mullane, Laura Allen, Alida Esmail & Jung-Hsu Jacquelyn Wan***

*Assessment is an ongoing issue for dance movement therapists. Questions about what to measure and how to measure it effectively and efficiently challenge our field. This presentation reports on the second stage of trials of an iPad app devised for assessment of DMT programs. Findings are presented from a research project across sites in Australia, New Zealand, Canada and the USA in which the app was utilized in diverse DMT programs, with clients including children with intellectual disabilities and older adults. Participants will engage in critical reflection of assessment issues emerging from trial findings. (Advanced Level; minimal or no movement; NBCC CE hours; ADTA CE hours)*

***D5. Regenerating Our Roots, Flowing into the Future: Dancing Waves around the Axis Mundi with Dicki Johnson Macy***

*This workshop will explore collective narratives occurring in the domains of Space, Shape and Effort through the use of film, didactic, and experiential presentation. We will examine archetypal motifs successfully utilized for: (1) reincorporation following acute trauma, (2) for resiliency building, and (3) the reclaiming of collective joy. The vital building blocks for the embodiment of individual and collective narratives utilized in these interventions refer to the archetypes of: The vertical maiden or Axis Mundi and the wave motion, a biological and emotional unifying factor for all organisms. (Mid-Level; 51-75% movement; NBCC CE hours; ADTA CE hours)*

***D6. Indigenous Ceremonial Dances and their Contribution to Dance/Movement Therapy with Niek Ghekiere***

*Agape Belgium has held dance/movement therapy training for 12 years. Each year the school invites Native American elders who are raised with their indigenous customs and traditions. Respected by their communities, these elders are living as 'keepers of the old ways'. We invite them to enroll in the dance ceremony as a tool of possibility for students seeking development and healing processes. Although, these elders are not trained dance movement therapists, their approach to dance and the human being lines out precisely with practices and purposes of dance/movement therapy. (Mid-Level; minimal or no movement; NBCC CE hours; ADTA CE hours)*

***D7. Embodied Cellular Presence: Exploring Regenerative Pathways of Movement for Universal Body Balanced Health Integration with Alisa Wright Tanny***

*Embodying cellular presence activates regenerative pathways for universal body-mind health integration. Primary developmental rhythms of expanding and condensing arise from inner to outer and from core to periphery. Synthesizing the foundations of Bartenieff Fundamentals with Body-Mind Centering®, we will explore a psychotherapeutic approach to deepening inner connectivity with outer expressivity through embodied dance. Engaging a complete psychophysical involvement, participants will gain new knowledge and body-based mindfulness techniques in the counseling process, experience a new dance therapy template for supporting emotional expression for anger management, and experience a vehicle for co-creating with other providers to formulate accessible community based wellness initiatives. (Advanced Level; 76% or more movement; NBCC CE hours; ADTA CE hours)*

***D8. Cultivating Body Presence: Integrating Principles of Dance/Movement Therapy and Trauma Stewardship to Develop Self-Care Practices with Kyla Gilmore***

*In caring for others we experience both joys and challenges. Those working with individuals, families, and communities who have experienced trauma are at increased risk for experiencing trauma. Lipisky (2009) identified this as the trauma exposure response. The intention of this training is to increase clinicians' awareness of this phenomenon and to develop embodied self-care practices. This presentation will use didactic and experiential tools to help participants integrate foundational Dance/movement Therapy and Trauma Stewardship theory. Participants will take away knowledge and skills to use in their daily practice. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)*

**SEMINARS E1 - E8; Sunday 10:15 am - 11:45 am**

***E1. Moving Through: Using Dance Movement Therapy with Grieving Children and Teens with Jennifer Wiles***

*This workshop will explore the use of Dance Movement Therapy with Grieving Children and Teens. The presenter's work directing Children's Services in a community-based hospice, along with an award-winning bereavement program and camp will be shared. A model has been developed for synthesizing Dance Movement Therapy, trauma-informed care, and compassionate bereavement work that addresses the unique needs and challenges of this population. Movement experientials will be offered to illustrate best practices and approaches to the work. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)*

***E2. Irmgard's Impact: Looking Back to See Ahead with Karen Bradley & Catherine McCoubrey***

*Irmgard Bartenieff was a weaver of multiple disciplines: she was a physical therapist, a physiologist, a dance notator, a dance performer, a nascent ethnographer, and a movement analyst. All of these perspectives went into her development of the certification program in Laban Movement Studies, and influenced her understanding, her teaching and her practice in dance therapy. Today, dance therapists draw on an equal array of fields and studies to inform current practices. In this panel, dance therapists who studied with or worked directly with Irmgard will present their analysis of her contributions, joined by the archivist of the Bartenieff collection. (Advanced Level; minimal or no movement; NBCC CE hours; ADTA CE hours)*

***E3. Dance/Movement Therapy and Neurorehabilitation: A Shifting Paradigm with Rebecca Barnstaple & Cecilia Fontanesi***

*Applying the framework of neurorehabilitation to Dance/Movement Therapy shifts the language of practice in a direction that expands the horizons of our field. Through presentation of recent research findings, coupled with movement experiences, we will explore how inherent properties of the nervous system, such as neuroplasticity, may facilitate healing through movement. (Advanced Level; 26-50% movement; NBCC CE hours; ADTA CE hours)*

***E4. Still Dancing: The Evolution of Dance from Creative Process to DMT to Embodied Self Care with Nancy Beardall, Amber Gray & Suzi Tortora***

*Our fiftieth celebration year brings senior DMTs together to present their reflections and experiences highlighting the importance of dancing within their own self-care practices and DMT historically. As we grow, bringing our work into diverse groups including national and international communities, neuroscience, educational and psychotherapeutic fields, we have come to further understand the invaluable place that dance plays in our professional development. We will focus on this theme within the context of our collective work. Through discussion and experiential explorations participants will reflect on their own self-care and the role of the creative process and dance/movement in their work. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)*

***E5. Journey of Migration: Moving Encounter Practice as Embodied Process to Investigate the Pathway Toward Integration with Jung-Hsu Jacquelyn Wan***

Dance/movement therapists are trained to pay close attention and track their experience on three levels: thinking/mind, feeling/emotion, and bodily sensation. This awareness on our body is such rich resource to enhance a person's holistic well-being. Moving Encounter practice is created particularly but not limited to foster the embodied process of connecting within us, with another person, and even with the world. This presentation shares a dance therapist's personal journey of migration internally and her finding of how Moving Encounter practices leads the pathway toward further integration. (Mid-Level; 26-50% movement; NBCC CE hours; ADTA CE hours)

***E6. The Body Knows: Integrating Movement Elicitation in Qualitative Research with Sherry W. Goodill & Ellen Schelly Hill***

This workshop presents and describes movement elicitation procedures in the context of qualitative research designs. Movement elicitation (ME) includes the use of expressive dance/movement structures to help research participants access tacit, bodily felt, sensory motor knowledge in the process of reflecting on and describing lived experiences. ME honors artistic ways of knowing and is congruent with DMT principles. Examples from dance/movement therapy masters' studies demonstrate how this method has been used, and how it can enhance the quality of verbal interview data for various qualitative research designs. A movement experiential component and participant discussion will be included in the workshop. (Mid-Level; 26-50%; NBCC CE hours; ADTA CE hours)

***E7. The Moving Child: Supporting Early Development through Movement with Hana Elin Kamea Kemble & Susan Kierr***

In this seminar we view *The Moving Child* film, and engage in movement experientials and discussions related to the importance of movement in all aspects of child development. The Film's focus is on supporting the developmental movement journey of children ages 0-7, captured in relationship to caretakers, dance/movement therapists, and others from allied fields sharing why movement matters. This 2016 inaugural showing will include movement experientials, which encourage participants to identify their own bodily felt sense of film material. Moving before and after the film, viewers can better integrate new learning. (Entry Level; 26-50% movement; NBCC CE hours; ADTA CE hours)

***E8. Healing Stories: Using Movement, Metaphor and Magic to Restore Resilience after Traumatic Loss with Christine Linnehan***

For dance/movement therapists, stories have long been used as a springboard for exploring feelings, sparking creativity, and engaging the movement imagination. In this workshop we will dip into a well of restorative stories that inspire light in dark times--stories that offer hope and courage in the midst of adversity and affirm our capacity to cope after devastating loss. Through case examples and experiential exploration, we will explore how a therapeutic multi-modal approach can be integrated into an evidence-based trauma and grief intervention model to promote creative forms of expression about each individual's unique healing journey after traumatic loss. (Entry Level; 51-75% movement; NBCC CE hours; ADTA CE hours)

**CLOSING CEREMONY; Sunday 12:00 pm - 1:00 pm**

## Marian Chace Foundation Lecture of the ADTA

Friday, October 21, 2016

1:30 pm - 3:00 pm

**Sherry W. Goodill, BC-DMT**



*Sherry W. Goodill, PhD, BC-DMT, NCC, LPC, is Clinical Professor and Chairperson of the Department of Creative Arts Therapies at Drexel University, where she teaches in the MA program in Dance/Movement Therapy and Counseling, and in the PhD program in Creative Arts Therapies. She holds a doctorate in medical psychology with a concentration in mind/body studies, and has 35 years of experience as a clinician, scholar, and educator in dance/movement therapy and the creative arts therapies. She is the immediate Past-President of the American Dance Therapy Association, having served a total of 19 years on the ADTA Board of Directors. She currently serves on the editorial board of the journal of *The Arts in Psychotherapy*, and as a guest reviewer for several other publications.*

## General Information

### **ADTA Refund Policy**

\$75 administration fee charged. *Absolutely no refunds will be made after October 1, 2016 or for no-shows.*

### **Hotel Information**

*Hyatt Regency Bethesda*

*One Bethesda Metro Center*

*Bethesda, Maryland 20814*

*Washington DC Metro Area*

*Telephone: 301-657-1234*

*Make your reservation online: <https://aws.passkey.com/g/54378605>*

### **Directions to Hyatt Regency Bethesda**

- *From Reagan National Airport (DCA): Take George Washington Parkway to I-495 North, to Wisconsin Avenue South, Exit 34 South. Hyatt Regency Bethesda is two miles ahead on the right at 7400 Wisconsin Avenue.*
- *From Dulles International Airport (IAD): Take Dulles Access Road East to I-495, to Wisconsin Avenue South, Exit 34 South. Hotel is two miles ahead on the right at 7400 Wisconsin Avenue.*
- *From Baltimore/Washington International Airport (BWI): Take I-95 South to I-495 West towards Silver Spring/Chevy Chase. Take 355 South in direction of Bethesda/Washington, DC, which turns into Wisconsin Avenue. Hotel is at 7400 Wisconsin Avenue.*
- *Washington, DC Metro: If you don't have a car or don't want to take a taxi from the airport, you can hop on the Washington, DC Metro Red Line. The Metro Station is located right beneath Hyatt Regency Bethesda. For more information, visit [www.wmata.com](http://www.wmata.com).*

### **Photo Release**

*During the course of the conference, you may be photographed as a result of your participation in conference activities. These photographs may be used by ADTA in the course of promoting future conferences or other association educational and/or publicity purposes. You will not be compensated for the use of your photograph. If you do not want your photo used, please contact conference organizers.*

### **Continuing Education**

*By attending this conference, you will be able to earn CEs. CEs are earned for contact clock hours at the conference, with one CE awarded for each hour of an educational activity. There is a possibility to*

earn 21 CEs at this year's annual conference! It is each participant's responsibility to know if his/her licensing or credentialing body accepts the American Dance Therapy Association's CEs.

ADTA (Provider #5739) is an approved provider for the National Board of Certified Counselors (NBCC) and will offer continuing education for NCCs. Many state LPC Boards also accept NBCC approved hours; you may wish to contact your state board to get information on their approval requirements. Continuing Education Certificates will be available to you at the conference. ADTA is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP™ solely is responsible for all aspects of the program.

### **Room Sharing**

If you wish to share a room and do not have a roommate, please email [info@adta.org](mailto:info@adta.org). Each participant will receive a list of names and contact information (e-mail) of other individuals looking for a roommate. It is your responsibility to contact others on the list and make all roommate arrangements and hotel reservations.

\*ADTA is not responsible for any arrangements that do not work out.

### **Dress Accordingly**

Hotel meeting rooms are often kept at low temperatures. Please plan to pack and dress accordingly to ensure your comfort throughout the conference.

### **Child Care**

Responsibility of each parent.