

NEADTA Annual Spring Conference

Co-Sponsored by Lesley University

Dance/Movement Therapy and
Transdisciplinary Approaches to Wellness



April 17, 2010 · 3rd floor, University Hall · Lesley University
1815 Massachusetts Avenue, Cambridge, MA

DANCE/MOVEMENT THERAPY AND TRANSDISCIPLINARY APPROACHES TO WELLNESS

2010 KEYNOTE SPEAKER - Suzi Tortora, EdD, BC-DMT, LCAT, LMHC

The Importance of Nonverbal Communication in the Development of Young Children

This presentation will discuss the important role nonverbal signs and signals play in a young child's development, providing a comprehensive review of the growing interest in the infant's experiences that occur outside of verbal conscious awareness. Presented from a developmental and attachment perspective, the important role qualitative aspects of nonverbal expression and the nonverbal exchange in the development of significant relationships will be highlighted.

Suzi Tortora, EdD, BC-DMT, LCAT, LMHC, has a private dance/movement therapy practice in New York City and the Hudson Valley region of New York; teaches creative dance; and has developed dance therapy programs for medically ill children, autistic children and parent/infant non verbal video analysis. She trains allied professionals and lectures, internationally and nationally. Suzi has been featured on "Good Morning America" and "Eyewitness News" ABC-TV; "Women's Day" and "New Yorker" magazines; and has published papers and a book, The Dancing Dialogue, about her DMT method.

ABOUT THE NEADTA

The NEADTA is the New England membership chapter for the American Dance Therapy Association. It serves the six New England states of: Maine, New Hampshire, Vermont, Rhode Island, Connecticut, and Massachusetts. It serves its members through a newsletter, a website, annual spring conference, and various events to promote professional development and connection to the field of Dance/Movement Therapy and Mental Health. The NEADTA supports students at Antioch University New England and Lesley University. Students are encouraged to attend the ADTA national conference through the creation of the NEADTA/ Penny Lewis Student Scholarship Fund and have opportunities for Board representation and free NEADTA spring conference admission by volunteering. For more information please email: neadta@gmail.com

LESLEY UNIVERSITY

Expressive Therapies: Dance Therapy with a Specialization in Mental Health Counseling

Offered on Lesley University's vibrant Cambridge campus attracting both national and international students, this 60 credit Master of Arts in Expressive Therapy: Dance Therapy with a Specialization in Mental Health Counseling trains students in the psychotherapeutic use of dance and movement in furthering the emotional, cognitive, physical and spiritual integration of the individual. Dance/movement is the primary medium used for observation, assessment, research, therapeutic interaction and intervention.

Program Philosophy

The Dance Therapy Specialization encourages students to become critical thinkers and creative, reflective, mindful practitioners; yet it also holds that effective DMTs are instruments of therapeutic and social change. Direct supervised contact with clients from a range of populations is required. Sites include hospitals, mental health centers, geriatric centers, schools, clinics, etc. The Lesley program:

- Approved by the American Dance Therapy Association
- Qualifies graduates for R-DMT credential upon graduation
- Fulfills course requirements for LMHC licensure

To learn more about the M.A. in Dance Therapy with a Specialization in Mental Health Counseling, contact Nancy Beardall, beardall@lesley.edu



Schedule of Events

8:30am-9:00am - Check –in
9:00am-9:15am - Welcome
9:15am-10:15am - Keynote: Suzi Tortora, Ed.D, BC-DMT, CMA, LCAT, LMHC
10:15am-10:30am - Break
10:30am-12:00pm - Workshop 1 - Morning (3 choices)
12:00pm-1:30pm - Lunch with the NEADTA Board
1:30pm-3:00pm - Workshop 2 –Afternoon (4 choices)
3:00pm -3:15pm - Break
3:15pm-4:45pm - Workshop 3 – Late Afternoon (4 choices)
4:45pm-5:00pm - Mingle and Networking
5:00pm-5:45pm - Movement Closing

Morning Workshops- 10:30-12pm

M1- The Life, Work and Legacy of Norma Canner

Panel guest of Honor: Norma Canner

*Presenters: Nancy Beardall, Ph.D, LMHC, CMA, BC-DMT; Ian Brownell; Webb Wilcoxon;
Nancy Jo Cardillo, BC-DMT, LMHC and Priscilla Harmel, BC-DMT*

This workshop celebrates the life, work and legacy of Norma Canner as well as the vibrant dance therapy community that is present at Lesley to this day. The values instilled 35 years ago with the launching of the Expressive Therapies: Dance Therapy program continues to be communicated to students by the dance therapy faculty and by the students' recognition of Lesley's own dance therapy "pioneer" Norma Canner. Our guest of honor will be Norma Canner who will speak and answer questions. Other panelists include former students and the Co-Directors of *A Time to Dance*. Stories will be shared by the panelists and sections of *A Time to Dance* will be viewed.

M2- Body-Mind Practices Integrated into Suboxone Treatment for Opiate Dependence

Presenters: Dr. Herb Meyer and Mary Yost, MA, MLDAC, BC-DMT

This workshop introduces participants to a model of treatment used for seven years in an opiate dependency treatment program. Presenters explain the opportunities available for therapists interested in expanding their own skills into the use of suboxone medicine and its role in addictions. Presenters will demonstrate how to integrate Dance/Movement therapy techniques into group and 1:1 treatment through case studies and a movement experience.

M3- Healing and Wellness in Cuban Popular Dance

Presenter: Amanda Gill

This workshop will include video, lecture and an experiential to introduce participants to the context and elements of Rueda de Casino (Cuban Salsa in a circle). In this workshop we will explore the following questions: How do Cubans and non-Cubans view their wellness while dancing Rueda de Casino? How does Rueda de Casino reflect healing principles recognized in DMT? How do we feel dancing Rueda de Casino?



Afternoon Workshops- 1:30-3pm

A1- Developmental Wellness for Children: A KMP Approach

Presenters: Susan Loman, MA, BC-DMT, NCC; Melanie Johnson; Nicole Cellini and Elizabeth Hallett

Antioch students and faculty will present a KMP model for wellness in children, families and their communities. This discussion/experiential workshop draws from the collaboration of the presenters' application of the KMP that culminated in a published article in the ADTA Journal. Each presenter will share a vignette of their work applying the KMP with a child with autism, an infant and a family with a three-year-old daughter and offer related experiential exercises.

A2- Exploring the Therapeutic Applications of Caroline Myss' Archetypes of Survival through Expressive Arts Therapies

Presenter: Cathy Lebeaux, MA, LCMHC, BC-DMT, NCC

This workshop will explore Caroline Myss' four Archetypes of Survival, the Saboteur, Victim, Prostitute and Child, in relation to our work with clients. We will look at issues like trauma, relationships, and stuckness, and the lessons these archetypes have to teach us. Expressive arts therapies will be used to deepen the process. This workshop will include experiential exercises, lecture, and group discussion.

A3- Encouraging the Body to be Present in Therapy: Creating Space that Invites Movement

Presenter: Claire LeMessurier, LCMHC, BC-DMT

The presenter will share how she designed and set up her Dance/Movement Therapy private practice to help clients connect with their bodies and express themselves through movement. Choices made in designing the therapeutic space will be explored. The presenter will share clinical vignettes to demonstrate ways in which clients use the space.

A4- From Sitting to Moving: Introducing and Developing Dance/Movement in Therapy

Presenter: Annabelle F. Coote, MA, BC-DMT, LMHC, CADAC, NCC

In this workshop, we will explore ways to effectively introduce and develop creative arts and dance/movement in our work with clients, particularly those who are reluctant or intimidated by these modalities. We will emphasize the importance of recognizing, respecting and working with resistance while using our own curiosity and creativity to facilitate the therapeutic work. Individual clients will be the primary focus, but we will also consider approaches to groups. This workshop will include discussion, experiential activity, didactic presentation and case material.



Late Afternoon Workshops- 3:15-4:45pm

L1- Movement and Mindfulness: Yoga as Movement Therapy

Presenter: Emma Barton, MA, R-DMT, E-RYT500

This workshop will explore the use of Yoga in clinical therapeutic work, specifically focusing on substance abuse treatment and dual-diagnosis. Based upon Movement and Mindfulness, a yoga and Dance/Movement therapy program that was designed and implemented for use in the behavioral health field, the facilitator will offer suggestions for Dance/Movement therapists interested in incorporating yoga into their clinical work. Additionally, movement experiences combined with in-depth exposure to the traditional elements of yoga and Eastern concepts of Mindfulness.

L2- A Dance/Movement Therapy Intervention Following Taiwan Typhoons

*Presenters: Dicki Johnson Macy, M.Ed, LMHC, BC-DMT
and Valerie Blanc, MA, LMHC, BC-DMT*

The presenters bring to conference participants the opportunity to learn the DMT psychosocial intervention used to train 35 Asian Dance/Movement Therapists in Taipei following the devastating typhoons in Taiwan. This highly structured and phase oriented intervention combines ritual circles, integrated sound and movement, personal and group storytelling, psychodrama warm ups, art therapy, cognitive behavioral therapy and Dance/Movement therapy. This program has been successfully implemented throughout Asia, the Middle East and Africa. Workshop participants will learn about the intervention through didactic and experiential material, including live footage.

L3- Reconnect to the Joy of Dance

Presenter: Linalynn Schmelzer, BFA, MA, R-DMT

Reconnect to the experience of movement as a joyful way to connect to self and others. This workshop will focus on reuniting participants with dance in Dance/Movement therapy. Participants will refuel through the healing and wisdom that comes from moving together. The workshop will consist of the presenter leading a movement warm up, the development of group choreography and conclude with a movement cool down followed by a group discussion on the workshop experience.

L4- Laban and Drama

Presenters: Sandra Sneiderman and Britta Koetting

Learn to attune to your body's movement preferences through the use of Laban efforts and drama. Using movement to attune to your body and explore the space, participants will develop their kinesthetic awareness. Participants will be introduced to the Laban efforts to discover how play and drama can expand movement and provide an outlet for creativity. Workshop participants will apply a range of Laban efforts to develop and interact as different characters, and explore how movement impacts communication and relationships.



Presenter Bios:

Amanda Gill is currently a Dance/Movement Therapy student at Lesley University with a specialization in the Mental Health Counseling MA program.

Annabelle Coote, MA, BC-DMT, LMHC, CADAC, NCC is a Senior Staff Psychotherapist, whom currently works with college students at Bard College at Simon's Rock in Barrington, MA.

Britta Koetting is currently a Dance Therapy Student at Lesley University with a specialization in the Mental Health Counseling MA program.

Cathy Lebeaux, MA, LCMHC, BC-DMT, NCC currently runs her private practice at the Psychotherapy and Expressive Arts Center, LLC in Keene, NH. She is the current NEADTA President.

Claire LeMessurier, LCMHC, BC-DMT is currently self-employed as a Dance/Movement Therapist and is an Adjunct Faculty at Antioch University New England. Claire works with children, adolescents and adults in her newly opened private practice.

Dicki Johnson Macy, M.Ed, LMHC, BC-DMT is the Director of the Boston Children's Foundation. Dicki works with children aged 3-11 years whom have been exposed to war and natural disasters.

Elizabeth Hallett is currently a Dance/Movement Therapy and Counseling student at Antioch University New England.

Emma Barton, MA, R-DMT, E-RYT500 is a mental health clinician with Habit OPCO. Emma currently works in the area substance abuse (MISA).

Dr. Herb Meyer is in private practice at the Dr. Herb Meyer Family Practice in Danville, NH. Dr. Meyer attended medical school at the University of New England College and is affiliated with Anna Jacques' Hospital and Lawrence General Hospital.

Ian Brownell is the producer of the film *A Time to Dance*, based on the life and work of Norma Canner. Ian is an independent producer of film, video and theater in the Boston area.

Linalynn Schmelzer, BFA, MA, R-DMT graduated from Pratt Institute in 2009. Linalynn is currently working with children and seniors.

Mary Yost, MA, MLDAC, BC-DMT has her MA in Dance/Movement therapy from Antioch University New England. She currently works in three health practices with a focus on addictions medicine.

Melanie Johnson is a Dance/Movement Therapy and Counseling student at Antioch University New England. Melanie is currently doing her internship at a psychiatric hospital.



Nancy Beardall, Ph.D, LMHC, CMA, BC-DMT is the Dance Therapy Coordinator at Lesley University. She is a Certified Movement Analyst and educator. Nancy's work has focused on dance, dance/movement therapy and social/emotional development in the public schools.

Nancy Jo Cardillo BC-DMT, LMHC is on the faculty at Lesley University teaching in the DMT program and also in the undergraduate Expression Therapies Program. Nancy has worked with DMT and children over the years and is currently a doctoral student at Lesley.

Nicole Cellini is currently a Dance/Movement Therapy and Counseling student at Antioch University New England.

Norma Canner BC-DMT, Professor Emerita, Lesley University is an early DMT pioneer and on the original faculty of the Expressive Therapies program at Lesley University in Dance Therapy. Norma has shared her work nationally and internationally. Her book *And A Time to Dance* describes her Dance/Movement Therapy work with children. The film *A Time to Dance* is a documentary of Norma's life and work in DMT.

Priscilla Harmel, BC-DMT is on the national faculty of Creative Arts and Learning at Lesley University. Priscilla facilitates the SEED group for Lesley faculty across the University and is also an artist for VSA Arts of Massachusetts.

Sandra Sneiderman is currently a Dance Therapy student at Lesley University with a specialization in the Mental Health Counseling MA program.

Susan Loman, MA, BC-DMT, NCC is the Director Dance/Movement Therapy and Counseling Program at Antioch University New England. Susan specializes in work with infants, toddlers and caregivers utilizing the Kestenberg Movement Profile (KMP).

Valerie Blanc, MA, LMHC, BC-DMT works at the Boston Children's Foundation with children aged 3-11 years, whom have been exposed to war and natural disasters.

Webb Wilcoxon is the Co-Director of *A Time to Dance* and a playwright currently living in Northampton, MA.

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REGISTRATION FORM

Current Member: NEADTA _____ ADTA _____
Name: _____
Address: _____
City: _____ State: _____ Zip Code: _____
Email: _____ Telephone: _____

PRE-REGISTRATION IS REQUIRED and *can not* be accepted on the day of the conference. If you are unable to attend, full refunds will only be made prior to April 15th. After April 15th, no refunds will be made. The NEADTA Conference supports the NEADTA/Penny Lewis Student Scholarship Fund.

___ \$55.00 NEADTA/ADTA MEMBERS OR LESLEY ALUMNI postmarked by April 3rd; \$65.00 postmarked after April 3rd
___ \$65.00 Non-Members postmarked by April 3rd; \$75.00 Non-Members postmarked after April 3rd
___ \$15.00 Student Rate postmarked by April 3rd; \$25.00 postmarked after April 3rd
___ \$ 20.00 for CEU's (6 LMHC CEU's)
___ \$12.00 AU BON PAIN Lunch & Beverage
_____ TOTAL AMOUNT **Make checks payable to: NEADTA**

"EARLY BIRD SPECIAL" RATE NEEDS TO BE POSTMARKED BY APRIL 3RD

Mail To: NEADTA
Michelle Gaudreau
7 Holman Avenue
Leominster, MA 01453

___ I am unable to attend the conference, but wish to send in a donation in the amount of \$ _____ to the Penny Lewis Scholarship Fund.

___ I am a student volunteer /presenter

WORKSHOP SELECTION

Morning Workshops (check one) M1 _____ M2 _____ M3 _____

Afternoon Workshops (check one) A1 _____ A2 _____ A3 _____ A4 _____

Late Afternoon Workshops (check one) L1 _____ L2 _____ L3 _____ L4 _____

AU BON PAIN Lunch & Beverage Option - \$12 (check one)

SALAD BOX/SANDWICH BOX LUNCH:

___ CAESAR SALAD ___ CHEF'S SALAD ___ MEDITERANEAN CHICKEN SALAD
___ FIELD & FETA WRAP ___ HONEY TURKEY WRAP ___ SOUTHWEST TUNA WRAP

BEVERAGES: ___ DIET PEPSI ___ SIERRA MIST ___ POLAND SPRING WATER