



# **EADMT NEWSLETTER 2018- 2019**

I would like to welcome readers to the first EADMT Newsletter and thank the Communication WG for this initiative.

It is of great value to be able to get to know the life and vitality of our profession as it unfolds around Europe. It is an opportunity for knowledge and greater contact between our countries and a source of new stimuli and suggestions. In fact it is a new opportunity for each EADMT member to be presented, filling an information gap in our website, letting a greater and English-speaking audience be aware of members' professional activities and national initiatives. This newsletter is the first step in creating a specific space in our website for presenting the particular approach and ideas of each country's Professionals.

Our profession needs to be presented and known about, and the Newsletter can be spread throughout our continent and reach not only Dance Movement Therapists but also other arts-therapists and other professionals. I invite all of you to share and inform through our channels to make the most of the opportunities presented.

Hoping to see all of you at our Assembly in Lisbon, 5<sup>th</sup> & 6<sup>th</sup> October 2019!

*Vincenzo Puxeddu*

*EADMT President*

Dear EADMT Members!

We are very glad to present the first edition of the EADMT newsletter!

18 associations contributed to it!

Some of them present their history, mission or structure.

Others share actions undertaken during the last year.

You can read about interesting events, conferences, workshops, research projects and publications.

Share it among members of your association. Let's know each other better and let's inspire each other too!

*Izabela Guzek, EADMT Delegate*

*Elli Kita, EADMT Communications*



## Austrian Association of Dance Movement Therapy

### Full basic EADMT member

The Austrian association of dance movement therapy has been very happy to become a member of EADMT in 2018. The BTA has 65 members including 12 students. Our president, since last year, is Melanie Noehmer.

Dance movement therapists in Austria work in all kinds of different working fields – in private practice as well as in clinical settings.

During last year, our association organized a big international conference on the topic *“Joy – in dancing and therapy.”* Our key note speakers were: Maya Storch (CH), Marianne Eberhard-Kaechele (Germany) and Michael Musalek (A).

Right now we are planning to work for a research study about the efficiency of dance movement therapy in cooperation with the University of Salzburg (clinical psychology).



## Croatian Association Dance Movement Psychotherapy

### Associate EADMT member

Dance Movement Therapy in Croatia has been developing formally since 2010, when “Terpsichore” Association started a 4yr professional education in Zagreb supervised and run by Penelope Ann Best. The educational program was created to meet the EADMT educational standards as well as the standards of other psychotherapies trainings. The first generation of DMT professionals completed this program in 2014. In 2016, another generation started the 4 yr educational program, organized by the same association.

Croatian Association for Dance Movement Psychotherapy, the professional association for students and certified dance movement psychotherapists was established in 2012 with the aim to link with EADMT and SPUH (Union of Psychotherapy Associations in Croatia) as well as to establish and keep professional standards of this new profession. The association is very small: at the moment 7 formal members only. But 3 of

them are very active, keeping it running till membership number grows bigger. A 2yr Postgraduate program offering specialization on Creative Therapies started at the Academy of the Arts and Culture in Osijek in 2016. /17. This program is at the postmaster’s level and students choose one major study between four (Art therapy, Dance Movement Therapy, Music Therapy or Drama Therapy) but they are also offered elective subjects to choose from other creative therapy fields. The subject areas include 3 fields of different subjects (major artistic, medical and major creative therapy) plus clinical practice and individual therapy. It has also been created to meet the educational standards suggested by EADMT and has close links to the George Washington University in USA, Roehampton University, UK, Polish Music Therapy Association and UK DMP supervisor and education mentor Susan Scarth, former president of EADMT. The second generation of creative therapies students enrolled in 2018. The Academy of Arts and

Culture has made contracts with over 20 different institutions and associations dealing with different client groups and students choose where to do their clinical practice. After graduation students usually maintain to work in their primary profession using DMT as an additional skill. As soon as the new profession of dance movement therapist is formally recognized by the state, graduates may be able to get employment on the basis of this profession.

Recently, the Law of psychotherapy as independent profession has been accepted in Croatia and now it is in the process of implementation by the Ministry for Demography, Family, Youth and Social Policy. Up to now, Croatian Dance Movement Psychotherapy Association has been accepted as a member of the Union of Psychotherapy Associations but now we are in the position to fight to get recognized by the new law as one of the psychotherapy approaches. The law recognizes only psychotherapy approaches which are already members of EAP (European Association of Psychotherapy) but Union of Psychotherapy Associations of Croatia believes that Croatian Dance Movement Psychotherapy Association may be equally recognized by the law by additional sub normative acts.

The newly formed Chamber of Psychotherapy will be in charge to review all individual applications for membership keeping standards of newly formed profession and issuing licenses. According to the new law, DMP or DMT certified individuals may be getting slightly different titles by the Chamber of Psychotherapists depending on their previous prime profession, education or experience.

Although DMT in Croatia is still at a pioneering phase of development with more actions needed in terms of recognition and continuous professional development in the future, considering the length of time since it started within 2 forms of educational systems (*initiated and run by Vedrana Kurjan Manestar and Sanela Janković Marušić, founders of the Croatian Dance Movement Psychotherapy Association and delegates at EADMT*) it has been growing considerably and is more and more present and alive at hospitals, different associations, home for children, schools, elderly homes...etc.

*Sanela Janković Marušić,*

*President of Croatian Association Dance Movement Psychotherapy*



## Cyprus Association of Dance Therapy

### Associate EADMT member

The Cyprus Association of Dance Therapy was formed in June 2016 and became an Associate member of EADMT in December 2017. The goals of the Cyprus Dance Therapy Association are: 1) to promote the profession in Cyprus, 2) to work towards establishing the profession in Cyprus, 3) to protect the integrity of the profession, 4) to provide the rules and regulations for working as a dance movement therapist in Cyprus. As an association and since our creation, we hold monthly meetings in which we discuss, reflect and work on various issues.

Throughout this journey we had the firm support and mentoring of ADMP UK, UKCP, RDMPist, private practitioner and clinical

supervisor Nina Papadopoulou. On the 6<sup>th</sup> of April 2019 we had the honor as an association of attending a six-hour CPD dance movement psychotherapy workshop, in Nicosia Cyprus, facilitated by Nina Papadopoulou on: **Working with Trauma**. On this workshop the focus was on: Trauma, the body and the wider context: Theoretical, clinical and experiential facets. We want to express our sincerest thanks to Nina Papadopoulou both for her ongoing support and for enriching us in so many levels through her workshop.

We are also very pleased as we are in the process of creating the Cyprus Association's website with the title of ADTCY (Association of dance Therapy Cyprus).

As an Association we want to thank EADMT for including us in the European dance movement therapy family and wish EADMT all the best for the future!

*Athena Pikiis*

*President of the Cyprus Association of Dance Therapy,*

*Registered private practitioner and clinical supervisor with ADMP UK.*



## Danish Dance Movement Therapy Association

### Associate EADMT member

DMT is growing in Denmark. Since 2018 and up to now there have been quite some activities.

There are some exciting activities already planned for the rest of 2019 and in the beginning of 2020. See below.

In the association we are working with different activities to expand awareness about DMT and to raise our members' community. For example:

- Evenings with the members with open dialog about different subjects.

- Open events with different people who work with dance and/or health. The association wants to have a dialogue to inspire each other.

In the future some of our members want to focus on how to be visible on social media.

### Conferences

- June 2018. International conference "*the art of communicating*" hosted by Vejle Hospital. Workshop: "*Importance of body language in the meeting with the patients*" Mette Ørbæk

- September 2018. *“Movement psychology and dance movement therapy”*. Presentation and workshop for psychology students. University of Copenhagen. Helle Winther
- October 2018: Nordic conference for psychology students from universities in Nordic countries. *“Dance Movement Therapy workshop”* with Helle Winther, Mette Schmidt, Karen Nielsen and Marie Angelique Goumard.
- November 2018: Workshop about *“How to use Dance, Movement and Touch in pedagogical work with mentally ill people”* at NUVO Konference, Middelfart Denmark.

#### Publication and Research Projects:

- Jan 2019 - January 2022. *“Research project with dance as therapeutic for Parkinson”* - Patients and relatives tell about dancing with Parkinson's -The research project led by Professor Louise Phillips and associate professor Lisbeth Frølund from Roskilde University and has received DKK 5.3 million from the VELUX FUND's HUMpraxis program to investigate how citizens with

Parkinson's disease and relatives can use dance as a therapeutic art activity in patient-involving treatment. Mette Ørbæk is a part of this research.

- May, 2019. Bookchapter: Winther, H. (2019). *“Dance movement therapy for young people”* in M. Lykke Nielsen. Dance 22. Copenhagen. Frydenlund. (In press).
- April 2019. Article in Magasinet Sundhed about *“Dance Movement Therapy”*, Nils Sjøberg Editor interviewed Mette Ørbæk.
- January 2018. Article: Schmidt, M., Bille, T., Krantz, G.(2018) *“Movement in special education.”* Abstract. In recent years, an urgent political focus has been to include movement in teaching that aims to strengthen health, quality of life and learning amongst children in schools. Based on case study on special education at Marjatta, a school of disabled children, we suggest that a holistic approach to movement in school teaching will improve aspects of development and learning of disabled children. This article develops new perspectives on how movement can be meaningfully integrated in special education. in Research in the

pedagogical profession and education. Journal Year 2 number 1. FPPU.

### **DMT Training:**

Since 2011 we have had DMT training. Right now there is a little break due to organizational changes.

2016 - 2018. Dance Movement Therapy Education. Dansergia. Institute of Emotional Integration. Martin Tiden, Birgitte Karlshøj, Helle Winther, Mette Ørbæk and Anette Bundgaard. Copenhagen.

Since 2018. Ongoing process for new DMT training – the successor for Dansergia DMT. The new training will start either autumn 2019 or 2020. Institute of Dance Movement Therapy, Denmark. Mette Ørbæk, Anette Bundgaard, Martin Tiden, Birgitte Karlshøj, Helle Winther.

### **Workshops:**

June 2019. “A new project for women who has been a victimized for battered physical, economical and ppsychological” - workshop with Simona Fioretti & Mette Ørbæk

April 2019 & May 2019. Workshop - “Introduction to Dance Movement Therapy” with Mette Ørbæk & Anette Bundgaard.

March and April 2019: “Movement and dance therapy in group work.” Workshop with Mette Schmidt, Absalon University Seeland, Denmark.

March 2019. “Movement psychology and dance movement therapy.” Presentation and workshop for psychology students. University of Copenhagen. Helle Winther

### **Groups in progress:**

Since September 2018. Ongoing dance & movements sessions/classes with people who have Parkinson disease and Cerebral Parese with Mette Ørbæk

Dec 2018 - January 2020: "*Mindfulness, Dance and Touch*". Repeated 3 times, a 6 weeks course - 90 hour and Examination at Absalon University Seeland, Denmark with Mia Herskind and Mette Schmidt.

Jan - May 2019: "*Mindfulness, Dance and Movement Therapy*". Ongoing, private course for groups with Mette Schmidt.

March - August 2019: "*Dance, Movement and Touch therapy for neglected children*". Teaching educators and individual and group work with the children. Mette Schmidt

June - Sept 2019: "*Mindfulness and Movement*". 30 hour, private course with Mia Herskind and Mette Schmidt, Møn - Denmark.

February - April 2019: "*Dance Movement Therapy in group work*" - a progress over five times for personal development with Mette Ørbæk Dance Movement (Mette Ørbæk's own private company)

March- April 2018. Mini project "*Dance & Movement for well-being - physically through a greater body joy and joy of movement, but also an improvement of social life through.*"  
Mette Ørbæk

### Individual DMT

*Dance and Movement Therapy*. Some members have ongoing individual sessions with clients. Ex. Birgitte Karlshøj, Helle Winther, Mette Schmidt, Mette Ørbæk,

### Open events

August 2019. Open presentation about Dance Movement Therapy and spirituality "*Healing of your Soul & Body with Dance Movement Therapy*" at Natur-Balance Centeret in Skovlunde. Mette Ørbæk

May 2019. Open event about "*The healing power of dance*". Association of Dance Movement Therapy, Denmark is host.



## Finish Dance Therapy Association

### Full basic EADMT member

#### **DMT in the treatment of adults with depression – randomized controlled study.**

The Finnish Dance Therapy Association has been collaborating with the University of Jyväskylä - Department of Psychology and the Social Insurance Institute of Finland (KELA) on a research project that studies the effectiveness of DMT with adults with depression. The randomized controlled study started in 2017 and will finish this year. 157 research subjects participated in DTM groups, which ran twice a week for 75 minutes over a 10 week period. The study examines whether DMT intervention brings changes in the symptoms and the body image of the participants. Currently, the collected data is still being analyzed and publications will be written later this year, first in Finnish and later in English. The preliminary results have been cited in

a systematic review article by Karkou et al.: Effectiveness of Dance Movement Therapy in the Treatment of Adults With Depression: A Systematic Review With Meta-Analyses

You can access the article here:

[https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00936/full?fbclid=IwAR2yi46Q1KWwQ3j-gK-](https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00936/full?fbclid=IwAR2yi46Q1KWwQ3j-gK-69cVVL3GISpu5qRMUZPDlog1rq6n6iZVukRcuUlk)

[69cVVL3GISpu5qRMUZPDlog1rq6n6iZVukRcuUlk](https://doi.org/10.3389/fpsyg.2019.00936)

<https://doi.org/10.3389/fpsyg.2019.00936>

#### **Doctoral dissertation on DMT**

Päivi Pylvänäinen, PhD (psychol.), M.A. in Creative Arts in Therapy – Dance/Movement Therapy, successfully defended

her doctoral dissertation in psychology at the University of Jyväskylä in August 2018. Her dissertation included four studies on the use of dance movement therapy (DMT) in a group form in the treatment of depression at a psychiatric outpatient clinic. The dissertation presents data from ten DMT groups, involving 62 patients who participated in and completed DMT groups during the years 2007-2013 at one psychiatric outpatient clinic. The age range of the participants was 21-61 years. To allow comparisons between DMT and treatment as usual (TAU), a control group of 12 patients was part of the quasi-experimental design in one substudy. The studies utilized qualitative and quantitative research material. The aim was to explore the phenomenon of body image and the particular group of patients with depression in outpatient psychiatric care. A tripartite model of body image was applied in this study. It perceives the body image to consist of the body self, image properties, and body memory. To assess the body image contents, a verbal Body Image Assessment (BIA) was developed. Depressed patients' body image reflects difficulties in intra-personal and interpersonal relating. Pre- and post-intervention BIA's showed, that a 12 x 90 mins DMT group treatment produced a positive change in the body image of the

patients with depression. DMT group treatment also reduced depressive symptoms. DMT vs. TAU comparison yielded Effect sizes of  $d = 0.60 - 0.97$ , depending on a measurement tool (BDI, HADS, SCL-90, CORE-OM), and in favor of the DMT group. The results of this study support the view that DMT is beneficial in the treatment of depressed patients. The dissertation is published online: Dance movement therapy in the treatment of depression: changes in body image and mood - a clinical practice based study. <http://urn.fi/URN:ISBN:978-951-39-7503-6>

#### Other post-grad research

There are two other doctoral dissertations that are associated with DMT underway.

Liisa Jaakonaho MA, Doctoral researcher in the University of the Arts Helsinki investigates ethical questions in and around her work as a dance pedagogue/DMT with differently abled people. Learn more on Liisa Jaakonaho's research: [www.liisajaakonaho.com](http://www.liisajaakonaho.com)

Pauliina Jääskeläinen, Dance/movement therapist, M.Sc. (Admin./psychology of leadership), dance teacher writing her doctoral dissertation in the faculty of Social Sciences at the

University of Lapland. Her study examines the use of DMT as a part of promoting well-being at work. Follow Pauliina's work:

<https://tanssiliketerapiapauliinajaaskelainen.wordpress.com/>

<https://www.facebook.com/tanssiliketerapiapauliinajaaskelainen/>

### **Working towards state recognition**

The Finnish DMT Association continues active lobbying for including DMT in health care services in Finland. We are closely collaborating with Art Therapists and Music Therapists in order to get official recognition as Arts Therapists.



Berufsverband der  
TanztherapeutInnen  
Deutschlands e.V.

## Professional Association of German Dance Therapists (BTD)

### Full professional EADMT member

We are the largest professional association for dance therapy in Germany with over 560 members and ensure the quality of training and the establishment of dance therapy in healthcare. The board of the professional association was re-elected at the annual general meeting in February 2019. We are happy to introduce ourselves:



#### **Hannah Bracht, first chair**

Dipl. Social worker; studying family psychology for master's degree. She works as a teacher in the formation of educators and as dance therapist in a day-care clinic for patients with chronic pain.



**Katrin Wirth-Storch, second chair**

State-certified sports and gymnastics teacher; head of amateur dancing. She worked in two rehabilitation clinics and now works in a psychosomatic clinic as dance therapist.



**Grit Wendisch, financial treasurer**

Dipl. purchase for health care; medical computer science. She is a self-employed project manager and business coach and integrates the methods of dance therapy into coaching.



**Elisabeth Erhardt, secretary**

Master's degree in clinical psychology and healthcare; studying psychotherapy. She works as psychologist and dance therapist in a clinic for pain patients and launches dance projects with artists.

Together with the Executive director, Petra Schrader, the board is committed to represent and support the BTD association and its members. Petra Schrader is the central key point for all administrative and organisational matters.

In the development of the BTD recognition standards, our focus is on ensuring professional training. The association regularly works on further development and updating of these criteria, especially with regard to the future orientation towards European training standards and the recognition of dance therapy within the framework of EU legislation.

We strive to support our members in scientific research and public relations to strengthen our profession in government recognition.



## Greek Association of Dance Therapy (GADT)

### Full professional EADMT member

During last year the major event for our Association has been the organization of the 3<sup>rd</sup> EADMT Conference in Athens. We worked a lot but we also gained a lot of experience and joy!!

We thank all the participants!

At our annual General Assembly in March a new GADT Board has been elected as well as a new EADMT deputy delegate:

GADT Board 2019-2022

Zoe Chatzidaki, president

Ioanna Koutiva, vice president

Tonia Dakou, secretary general

Natasa Smyrli, deputy secretary general

Erasmia Perdiou, treasurer

EADMT deputy delegate : Tonia Dakou

Following the EADMT General Assembly in Athens, our member Elli Kita has joined the EADMT Board (Communications & PR)!

There is a growing interest for our Dance Therapy Training Program. The 2019-2022 edition of the Program is expected to start in September.

We had the pleasure to welcome two publications in Greek language: *Dance Movement Psychotherapy: history, theory, methodology, tools*, by Anastasia Nikolitsa and *The Contribution of Arts Therapies in Psychiatric Therapeutics*, a collective work with the contribution of our members Nina Alkalai, Georgia Aroni, Elli Kita, Stella Kolyvopoulou, Alexia Margariti, Zoe Paneriti and Natasa Smyrli.





## Hungarian Association for Movement and Dance Therapy (HAMDT)

### Full professional EADMT member

The Hungarian Association for Movement and Dance Therapy presents the **main events** that took place from May 2018 to May 2019

- 14 May 2018 *HAMDT General Meeting* (first with a new board)
  - 1-2 June 2018 *Testre Bízva/ Trusting on Body. 25 Years of Hungarian Association for Movement and Dance Therapy - Anniversary Conference*. It was the highlight of the past year! In the 2days program we had a lot of enriching and inspiring presentations. 116 participants, 4 parallel workshops / paper / roundtable sections, and a nice atmosphere!
  - 26. September 2018. *1st issue of HAMDT Newsletter!* It is a new forum, where HAMDT working groups present their work, share their problems and ideas with all the HAMDT members.
- 5-7 October 2018 *3rd EADMT Conference "Crossing Borders and the In-Between"* 7-8 October 2018 *EADMT General Assembly, Athens*. "In between moves: The PMDT group as a social microcosm."-Workshop led by HAMDT professionals.
  - 9-11 November 2018 *Psychotherapy Weekend*. It is a weekend of Hungarian Psychotherapists, organized yearly in Siófok. A psychodynamic movement and dance therapy group, led by HAMDT professionals gave personal experiences for the representatives of other psychotherapeutic methods.
  - 17 November 2018 *HAMDT Professional Day and general meeting* for the members of association. Professional workshops, papers, roundtables, HAMDT working groups

shared their experiences with their colleagues, EADMT delegates reported to the HAMDT. The Professional Day is only for the members of HAMDT with the aim of supporting each other, recharging, getting new inspiration within our professional community, building and empowering our professional identity.

- 5-6-7 April 2019 *Civil Group Weekend*, Siófok. Opening and closing plenary movement programs, psychodynamic movement and dance therapy (PMDT) groups were led by HAMDT members. In the so called “Civil Group Project” Hungarian therapists work on applying PMDT method to civil situations, trusting that raising awareness of somatic group dynamics develops transparency and democratic culture.
- 17-18, 23 April 2019 *ELTE psychologist training at the Eötvös Loránd University*, 3days self-experience group with psychodynamic movement and dance therapy method.
- 28 April 2019 *2nd issue of HAMDT Newsletter!*
- 14 May 2019 *HAMDT General Meeting*
- 25 May 2019 *HAMDT Open Day*. We organise this program every year for the larger public in Budapest. Participants can choose from 4 different workshops, several presentations,

roundtables. At the end of the day we always ensure space and time for sharing reflections and discussing methodological questions.

- 27 May 2019 *XXIII. Conference of Communal Psychiatric, Addiction Treatment and Mental Health, Progression and Recovery*, Awakening soul in moving Body- workshop, presentation by a HAMDT member.

### **Working group system**

Since November 2017 we try to share works and responsibilities by building a new working group system. Each working group is responsible for one special field, for example: *Psychotherapeutic Working Group* is responsible for special problems of psychotherapeutic recognition, *Higher Education Working Group* for the preparation of the postgraduate specialist training; *Professional Working Group* organizes programs like Professional Day or Open Day of HAMDT – first for the HAMDT members, second for the wider public; *.International Working Group* supports the work of delegates, translates texts, organizes international programs. *National*

*Insurance Working Group* is responsible for making plans, how to get financed status in Hungarian National Insurance System. We have other working groups with professional focuses: for example “*PMDT for children*”, or “*Professional Publications*”, etc.

The Training Committee and the Board of Hungarian Association for Movement harmonize the activities of working groups. The working group system gives us a new chance to distribute works, responsibilities and possibilities more efficiently and transparently than previously.

Since 2018 autumn we have edited two issues of “HAMDT Newsletter”, a new forum, where working groups present their work, share their problems and ideas with all HAMDT members. We hope that this new structure expands our

capacities and bring HAMDT closer to a state recognition and prosperity in every field.



## Italian Association of Dance Movement Therapy (APID)

Full professional EADMT member



Dear all, news from Italy from the new APID Board!



You can see, from left to right: our precious secretary, Francesca Mannocci, Elena Mignosi, Maria Paola Rimoldi, our President Simonetta Ottone, our Vice Presidents Sara Diamare and Fernando Battista, Ines Federica Tecchiati (me!) EADMT Delegate and Scientific Communication, Maria Teresa Cancelli, our treasurer.

We have been very active since our nomination:

- This is a picture of our last **DMT week** that we hold each October with workshops, seminars, exhibition and Flashmobs all over Italy, where our

APID members spread Dance Movement Therapy in many shapes and different applications.

- **Registration of APID** Dance Movement Therapy at the MISE (Ministry of Economy)
- Many other **actions** that you can read in our State Recognition Quest 2019 for EADMT.

We would also like to present what happened in our **National Annual Conference 2019**, that was the first one organized by the current Board on March, 23<sup>rd</sup> and 24<sup>th</sup>.

We were in Naples, as part of the "*March Woman*" of the Metropolitan City of Naples, with the aim of representing a moment of permanent training for APID members but also of interdisciplinary exchange and openness to the community and citizenship.



The title *Staje 'mmano all'Arte (Being in Art's hands)* is nearly impossible to translate in his deep meaning, but the subject makes reference to Art as the way to humanize education and care: the sum of technical-scientific knowledge is never comparable to that *"All" which the person is.*

The key points of the appointment have been:

- body and movement, in an anthropological perspective, in different cultures;
- care in educational and training processes;
- gender relationship.

The pedagogical, psychological and artistic approach, in the educational, clinical, socio-cultural field, were the central topics dealt by the new **APID Scientific Committee**, which

boasts names such as: Rossana Becarelli, Magda Di Rienzo, Massimo Fiorucci, Maria D 'Ambrosio.

Our Committee is based on “unconventional” approaches supported by scientific evidence, studies and experiences of the highest profile, in the health, university and research fields.

The collaboration with Isabella Bonfiglio, Equality Councilor of the Metropolitan City of Naples underlines, once more, the ability of APID to be present throughout the national territory, starting from the south and going up and down the peninsula, promoting, supervising monitoring a profession, that of the DanzaMovimentoTerapia (pursuant to Law 4/13), which requires a lot of training and permanent updating.

The quality and originality of the training proposal consisted, not only of the interventions of the four members of the complete APID Scientific Committee, but also of Workshops, Posters and comparisons in various forms by the APID members, gathered in Local Sections and Study Groups, in increasing numbers in every area of Italy.

The Major of Naples, spoke at the Convention 2019. De Magistris, with a simple and clear speech, entered with sincere

participation in the themes of the day, honoring with his precious presence (for the first time, in more than 20 years of APID conferences) our adhesion to the March Donna 2019 Review.



A significant moment of involvement with the local community was also the attendance of UNISOB and the *Università L'Orientale* of Naples students. Professor Graziani (Assiriology and History of the Ancient East) presented the paper: *Dance in Ancient Mesopotamia*.

Last but not least, the newborn APID Sud organized a performing closing event of the Conference first day, *Mani di Donna (Woman's hands)*. Nine APID members danced a choreography inspired by Rudolph Laban and by the image over

a Funerary Slab located at the Archeological Museum in Naples (4<sup>th</sup> century BC – Ruvo di Puglia): the plate depicts a colorful human dancing chain with arms intertwined, as a reminder of mutual help in overcoming traumatic events. Women stamping feet awaken the earth, plant roots, create bonds with the dead. In *Mani di Donna* the emblematic shape of the dance is transformed in a *Neapolitan Tamurriata* danced in the darkness of the Conciliar Room with live music by Enzo Stendardo and the singer Lello Russo. The performance involved the audience in a spontaneous and powerful dance.

During our **Annual meeting**, 20 new members were admitted and two new local sections were ratified: APID Sud, including Campania, Puglia and Calabria and APID Umbria.

*Ines Federica Tecchiati*

*DMT Trainer Supervisor APID*

*Art Psychotherapist / Yoga and Meditation Teacher*

*APID board – EADMT Delegate*



## Israeli Association for Creative Arts Therapies (YAHAT)

Associate EADMT member

We are an association that represents all the arts therapies and is divided into sections for each arts therapy specialization. Our board is constituted by a chair, two vice-chairs and five heads, one for each arts' specialization: Visual art, bibliotherapy, music therapy, drama therapy, psychodrama and DMT. I am the Head of the DMT section.

### DMT day conference

In 2017 we decided that every branch organizes a yearly activity/conference, instead of three smaller events per year. This is besides the bi-annual two days conference of whole YAHAT and one day conference every other year for all the affiliated professionals and students.

On March 29<sup>th</sup> the DMT section held a day conference: *Traditions and Renewal*. Two hundred and twenty colleagues participated, professionals and students.

The day was characterized by the full presence of several generations in the development of DMT in Israel, from one of its promoters, Sharon Chaiklin, her students and the next generations. Lecturers from the four training programs led workshops and students presented posters describing their research projects.

Mrs. Sharon Chaiklin was our guest of honor. She was awarded our Certificate of Honor for Lifetime Professional Achievement. The reasons that lead the Commemoration and Recognition Committee of YAHAT to this decision were as follow:

- Her pioneering work promoting Dance Movement Therapy in Israel in the seventies and early eighties.
- Her publishing endeavors from the beginning of the establishment of DMT as a profession in the United States of America that are still fundamental pieces of knowledge for students and professionals as well around the world.
- Her work on the book The Art and Science of Dance Movement Therapy. Life is Dance. Its translation into

- Hebrew is an important resource for learning and increasing knowledge in Dance Movement Therapy and in the Arts Therapies at all in Israel.

After the moving ceremony held in Sharon Chaiklin's honor, and her speech "Early Practices Lead to New Values", Dr. Maitri Shacham gave a keynote lecture titled "From grounding to growth: A contemporary perspective on the development of the profession in Israel".

The workshops offered related to the following subjects:

Personal memories from the experience of learning with Chace,  
Integration of Chace's approach and Jungian theory in the work with images,

The mirror game as a diagnostic tool of attachment style

The Dionysian and the Apollonian body

Creativity in DMT

The moving woman: Integration of feminist and psychoanalytical theories.

Chace's founding concepts and their connection to neuroscience.

The day was closed with a group dance lead by Sharon Chaiklin.

Many participants expressed their emotions of feeling part of a big group that is developing and expanding along decades.



### Other activities

A fund raising was organized during October 2018 in order to collect money needed to present a demand to the Supreme Court of Justice against the Ministry of Health that is delaying

the official recognition of the arts therapies in spite that we fulfill all the requirements established years ago. The hearing will take place next September.

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On May 10<sup>th</sup> a meeting for students approaching the end of their studies was conducted. The day program included:

-Information about work possibilities was given by arts therapists with leading roles in the Ministries of Health, of Education, the Israeli Center for the Treatment of Alzheimer, Early Child Development, NGO for Children at Risk.

-Opportunities for specializations.

-A lecture presenting information about self-presentation in jobs-interviews.

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YAHAT has several teams taking care of different issues: expanding areas of employment, promoting the knowledge about arts therapies in society.

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A day conference for therapists working in the public Mental Health System

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*Hilda Wengrower, Ph.D., DMT.*

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## Latvian Dance Movement Association

### Associate EADMT member

- On March 28 Latvian DMT Association actively participated in an annual conference of Latvian Rehabilitation professional organizations association with presentations on “Rehabilitation in psychiatry”. The most successful examples presented by DMTs included multidisciplinary work based on all 4 Art therapy specializations.
- National Health Service revises payment system for all functional specialists in Latvia, including DMTs. The process has started on previous years and will proceed until October this year. The good news is that the payment system will also include additional money for DMT cabinet technical equipment and props. Not the best news is that DMT service in Latvian Rehabilitation System is recognized and paid by the state only for work within a multidisciplinary team. Our association hand in hand with all 4 art therapy associations is looking forward to negotiate position for DMTs also as mono-professionals.
- Latvian DMT Association members also actively participated in the 5th Annual International Scientific Practical Conference HEALTH AND PERSONALITY

DEVELOPMENT: INTERDISCIPLINARY APPROACH. Target audience was functional specialists, arts therapists, health-care persons, medical practitioners, psychologists etc. Conference was held on April 25<sup>th</sup> – 27<sup>th</sup> in Riga Stradins University. Three of our DMT association members presented their following theses: Indra Majore-Dūšele - *“Mindfulness based dance movement therapy model for chronic pain patients”* and also *“The interview analysis in grounded theory.”* Next to this Kristīne Vende-Kotova - *“Mother's nonverbal attunement to child and children behavioral problems”*. Finally Zane Krieķe, our new member, together with prof.K.Mārtinsone and prof.B.Purvlīce - *“Relationship between personality traits, self-esteem and collective self-esteem of Latvian art therapists”*.

Conference was very successful and informative for members of DMT association and also for recognition and development of DMT profession in Latvia.

- On May 11 Latvian DMT association organizes theoretical and practical education seminar for post-graduates *“Rehabilitation for wheelchair patients. DMT*

*perspective within Arts Therapy context”*. Theoretical part will include information about stroke, cerebral and spinal injuries treatment in National Rehabilitation center and practical examples of DMT work with wheelchair patients.



## Portuguese Association Dance Movement Therapy

### Associate EADMT member

General Assembly of European Association Dance Movement Therapy will take place at the Centro Hospitalar Psiquiátrico de Lisboa | 4, 5, 6 October 2019.

Peer Supervision Group sessions are held every month in Lisbon  
Vivaldi Group: open sessions debating subjects concerning DMT. For members and non members of Praia. One session during the Spring, the Autumn, the Winter and the Summer.

**Training:** Dance Movement Therapy: Skills Training and Applied Resources, Trainer: Carolina Alejos Psychotherapist in DMT and

Relational Psychomotricity, Scholar Research, member of the International Council of Dance ICD-UNESCO; ADMTE-Spain and Praia- Portugal.

**Lectures & Workshops:** An Introduction to Dance Movement Therapy - Theoretical Principles, History and Methods. The 45mh lecture (free) can be complemented for those who want to participate in the 1h 15m workshop - an opportunity to play with the rhythm, to express themselves and to understand their relational patterns. Trainers: Filipa Narciso and Isabel Rodrigues Figueira - MA Dance Movement Therapist.



## Russian Dance Movement Therapy Association

Full professional EADMT member

The Dance-Movement Therapy Conference "*Dances with reality*" was organized in June 2018

It was devoted to following themes:

- In what way and in which forms is DMT applied in Russia at present time
- How does DMT respond and adjust to requests of the whole society, organizations and individuals
- How does DMT make connections and seeks for possibilities of cooperating with other specialists, societies and therapy directions, while maintaining the core of DMT's method

- What values and ideas DMT brings in social landscape of modern world
- What image does society form about DMT

This was very nice, full of reports and master-classes, round tables and cultural program events, and 130 people had attended. There were speakers from many cities of Russia, speakers from Toronto, Berlin, and television bridges with Patrizia Pallaro and Zvika Frank.

The video "Dance of the soul" has been completed – a project of the association of DMT with people suffering from schizophrenia. The film was presented on conferences in Russia, but has got no English subtitles.



## Spanish Association of Dance Movement Therapy

### Full professional EADMT member

- There is a new board in the Spanish Association of Dance Movement Therapy. Rosa M<sup>a</sup> Rodriguez has been renewed as Spanish delegate. Eduard Martin ceases to be a delegate; Carolina Jimenes will take his place.
- European Consortium for Arts Therapies Education, ECARTE will be held in September 11th to 14th 2019, Alcalá de Henares, Madrid. [www.ecarte.info/conference/](http://www.ecarte.info/conference/)
- Teresa Bas and Rosa M<sup>a</sup> Rodriguez, in collaboration with Diana Fischman, have made a new contribution on the book “*Handbook of Embodied Perspectives in Psychotherapy*”: [www.routledge.com/The-Routledge-International-Handbook-of-Embodied-Perspectives-in-Psychotherapy/Payne-Koch-Tantia-Fuchs/p/book/978113806575](http://www.routledge.com/The-Routledge-International-Handbook-of-Embodied-Perspectives-in-Psychotherapy/Payne-Koch-Tantia-Fuchs/p/book/978113806575).  
The chapter is intitled: Modulating Verbal and Non-Verbal

Languages in Dance Movement Psychotherapy: Moving conversations with adult patients in private practice.

- Diana Fischman will lead an intensive course, November 13<sup>th</sup> to 17<sup>th</sup> November, Barcelona. More information: [exploracionemoviment@gmail.com](mailto:exploracionemoviment@gmail.com)



# Svenska Föreningen för Dansterapi

## Swedish Dance Movement Therapy Association

### Associate EADMT member

From the Swedish association's President, Francine Lee Mirro-Finer:

- One of our most important missions is to reinstate the education of Dance movement therapists in Sweden, a country who was one of pioneers in that field. We lost our educational place at the Dance College several years ago! Unfortunately, there is a strong tendency in Sweden to question even well researched areas in Alternative Medicine and our discipline falls under that category.
- We are starting to have workshops both as gathering points for us as dance therapists to dance together, and as information of our discipline with an opportunity to experience what is it. We do these workshops at the

Dance Museum & the Scene Museum (free entry) and also a day of "Dance yourself to Health" (which has a fee) at the House of Health here in Stockholm.

- We also want to attract different age groups. Just now for example the number of people over 60 has increased and a new movement called *Age on Stage* has started. So, we aim to approach this group and investigate the possibility of doing dance movement therapy with the aging process.

From Karlstad University:

The Faculty of Arts and Social Sciences at Karlstad University has developed a new separate course focusing on Dance Movement Therapy at an undergraduate level.

The course is called: THE BASICS OF DANCE MOVEMENT THERAPY, 15 ECTS CREDITS

The aim of the course is that students acquire a general understanding of dance and movement as a therapeutic tool. The course is primarily designed for students and practitioners in psychotherapeutic, health care and dance-related fields, and has a focus on the theory and methods of dance therapy. Students develop an understanding of dance therapy by integrating theory and practice.

Course coordinator: Jenny Davidsson.

E-mail: [jenny.davidsson@kau.se](mailto:jenny.davidsson@kau.se)



## Swiss Association of Dance, Movement and Body Therapies

### Full basic EADMT member

The Swiss Association of Dance-, Movement- and Body Therapies (btk) offers around 3-4 workshops every year. The two remaining Workshops in this year are about Dance Theater and about communication in therapy. The language of instruction of both workshops is in German.

06/22/2019: "Tanztheater - gelebte getanzte Inklusion" with Carmen Puccio and Bettina Baldo

09/14/2019: "Verlockungen und Fallen in der therapeutischen Kommunikation" with Renata Vogelsang

Also we would like to draw attention to our new website on [www.bvbtch.ch](http://www.bvbtch.ch). Maybe some of you want to check it out. In this moment the information is only available in German.

The English version will be online soon. Thank you and warm regards from Switzerland,

*Caroline Homberger und Annlies Stoffel*



## Association for Dance Movement Psychotherapy UK

Full professional EADMT member

ADMP UK was founded in 1985 and will be celebrating 35 years in 2020. As the association for Dance Movement Psychotherapy in the UK it has seen a lot of political, social and cultural changes within the UK. In 2016 ADMP became an organisational member of the United Kingdom Counselling and Psychotherapy (UKCP) under the Humanistic and Integrative Psychotherapy College (HIPC).

This was an exciting time for members of ADMP as it gave Dance Movement Psychotherapist an opportunity to gain state regulation under the Professional Standards Authority (PSA). During 2019 ADMP has been working hard to develop training standards to ensure that all members are able to work towards this level of professional status. ADMP has also been consulting with members about the possibility of applying for regulation under the PSA in our own right so that all members can benefit from state regulation. We are aware that the ever

changing climate in the UK is making it more difficult for members to find work without PSA regulation.

Supporting the work of the ADMP UK Ltd council are a number of subcommittees and three part time administrators. The work of the sub committees has been focusing on ensuring that all aspects of ADMP including Training, Education and Professional Development remain within the UKCP and HIPC recommended guidelines. ADMP has seen the development of nine regional hubs in response to a consultation with members who were asked to contribute to the development of the association. Please see the graphic accounts from 2016 and 2017 attached.

ADMP is continuing to network with other organisations including the European Association for Dance Movement Therapy (EADMT); the UK national Learning Disability Senate (intellectual disabilities) as the representative for the UK Arts Psychotherapies and representation with the UK National Skills for Health steering group looking to develop an Advanced Clinical Practitioner competency framework. ADMP has also

continued to be represented at the UK National Institute for Care Excellence (NICE) guidance meetings and has sent in comments for specific consultations in partnership with the Arts Psychotherapies and UKCP. ADMP UK Ltd has been invited to contribute to a HIPC conference in Sept 2019. Please follow the [link](https://therapymattersuk.wordpress.com) for more details.

The ADMP UK Ltd representatives attending EADMT meetings on behalf of ADMP have currently been in this position for four years. ADMP UK Ltd is working with them to further develop a terms of reference agreement between them and ADMP to ensure that the best interests of ADMP UK Ltd and its members are represented at all EADMT meetings. ADMP UK Ltd is committed to supporting the work of EADMT.

*Jackie Edwards, Chair / Luke Stevenson, Vice Chair  
Gabrielle Reilly, Treasurer / Heidi McCallion / Michela Reghellin  
Kristina Taskashin / Emma Perris / ADMP Council 2019.  
Contacts: [chair@admp.org.uk](mailto:chair@admp.org.uk) / [Admin@admp.org.uk](mailto:Admin@admp.org.uk)*



Information Sharing 23<sup>rd</sup> January 2016 Cori



## Ukraine Dance Movement Therapy Association

### Full basic EADMT member

We want to tell you about the work that has been done by our Ukrainian Association of DMT this year. We already informed you that we have had elections passed and as a result, guidance of association was fully replaced. Now Aleksandra Klimova is our UADMT President. The vice-president of the association is Iryna Sandytskaya. The delegate of the association is Olha Zarivna. The delegate assistant is Victoria Kileeva.

We conducted an analysis and defined the status of every member of UADMT in accordance with the following criteria: education, professional qualification and work that he / she conducts in the association.

We also have started a big project in March this year - the “*BodyMindFest*”. It is a festival of body practices. The aim of this festival is to familiarize the population with the methods of dance movement therapy. We plan to conduct festivals in all big cities of Ukraine. Festivals already were successfully conducted in Kyiv and Dnepr. In July a festival will pass in Odessa.

We succeeded to obtain that the Dnepr National University plugged in the on-line tutorial on the faculty of psychology an additional object - dance movement therapy. It is the only university that agreed to such experiment. But we plan to develop on this direction with other universities of our country.

Presently we are working on a plan of scientific research in the area of efficiency of the use of dance movement therapy.



**See you all in Lisbon!**