



e-motion



Association for Dance Movement Therapy (ADMT) U.K.
Quarterly

Winter 2003

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EDITORIAL



Welcome to another informative and thought-provoking edition of e-motion. **And a particular warm welcome to Andrew Clements who has been appointed as the association's administrator.** In our most recent council meeting the ADMT UK council met Andrew and I feel I can speak for all council members – we are most delighted to have such an experienced person amongst us! Christmas has come early! Together with our new administrator ADMT UK has also a new address - **PLEASE** send all mail to **ADMT UK Administration, 32 Meadfoot Lane, Torquay, Devon TQ1 2BW.** For all inquiries via email please use query@admt.org.uk or visit our website www.admt.org.uk, which has a comprehensive FAQ and other informative sections to consult.

The emotion-team has again used its creative means to make this newsletter an interesting read and food for thought, starting with NEWS from the council. This is a new sections which we hope to expand in the new year to create a stronger link between the council and DMT grassroots 'out there', to keep you updated with HPC progress and other important issues, such as insurance cover and ADMT policies.

I would like to see e-motion to develop into a discussion forum as much as it is already a HUB

for information. Please send your comments, thoughts and ideas on the following articles and reflections. Monika Steiner's outlook into DMT practice invites reflection and mirrors discussions on the ADTA listserv. DMTs and other arts therapists have been buzzing around the globe to attend and present at various conferences and exhibition and there are reflections from Penelope Best, Paula Eyers and Barbara Feldtkeller looking back at ECArTE, ADMT UK conference and The Mental Health Exhibition in October.

2004 will be another exiting year starting with the Research Colloquium for Dance Movement Therapy in February in Hannover, Germany – for details please see the programme. The Interdisciplinary College 2004 is focusing on Body and Motion and Arts Reach 2004 celebrates the Health Benefits of the Arts. And More, and more.....

The e-motion team would like to say thank you to all who contributed to e-motion during this year.

We wish a peaceful time with family and friends, a MERRY CHRISTMAS and keep dancing into the NEW YEAR!



The e-motion team



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NEWS FROM ADMT COUNCIL

1. **ADMT UK has appointed Andrew Clements as administrator**, who will work part-time for the association. He will be the first point of contact for inquiries – please still use the queries@admt.org.uk email address
2. **NEW mail address for ADMT UK. For ALL correspondence please use:**
ADMT UK Administration
32 Meadfoot Lane
Torquay
Devon TQ1 2BW
3. **URGENT!** The council needs more members and individuals to be co-opted onto the council for specific tasks! Please contact Andrew if you would like to be more involved in the development of the profession.
4. **NEW!** 'General Information' and 'Code of Professional Practice' leaflets. These leaflets are for your own information as much as for public display and can be used as a marketing tool. In the new year you will receive an ADMT information pack, which will include samples.
5. **Glossy DMT information leaflets still available!**
You can purchase them at the address above for £5 for 50 leaflets. Send SAE A4 with stamps for £3.17 to Andrew.
6. For those of you who had the query whether you could pay **membership/registration fees via the internet, standing order or direct debit**, the council followed this up and the costs to implement and maintain this service are too high and are only justified if the number of members would increase dramatically.

!!BIG REMINDER!!

All council meetings are open to members of the association. We would like to welcome members to the **next council meeting 24th January 2004 at Dance Voice in Bristol.**

Strategies for the Future of Dance Movement Therapy

By Monika Steiner Celebi, SRDMT



Reading reports of recent activities like the last conference, abstracts and accounts of members' work have impressed me with their energy and enthusiasm. I would like to share a few thoughts of my own on the development of the profession as I see it.

I agree that current trends need continuation and support, such as: State registration of DMT alongside the other arts therapies, participation in the activities of ECArTE- European Consortium of Arts Therapies, publication of clinical work, the compilation of the

DMT Research register, ADMT conference 2004, which will focus on research, books on research and the clinical practice of DMT .

DMT is a hybrid as Nina Papadopoulos explains so clearly and creatively in her recent article (published in the last issue of e-motion 2003). It draws from many varied and sometimes conflicting sources and creates a multitude of different approaches. Their protagonists may spend time arguing about the true essence, theoretical models and their 'correct' application and



articulation. Alternatively DMT could focus more on its effectiveness and the benefits therapeutic use of body awareness and creative movement can bring to so many different client populations.

One thing I observed is that whilst students and later on practitioners of DMT come from various backgrounds like the arts, social sciences, humanities, and so forth many of us (and that includes me) often go on to later train in additional areas to complement our expertise. This may be in the traditional psychotherapies, alternative methods of healing like Alexander, Yoga, Feldenkreis, other arts therapies and so forth.

What I conclude from this is that DMT as a standalone is not enough. Alternatively maybe the people, who choose to study DMT are using their studies as an opportunity for self discovery and reflection. Whilst this is perfectly reasonable in itself it does not enough address the current problems DMT faces, of not enough jobs and funding and too little public recognition.

- I see the future of DMT very much depending on its ability to collaborate for instance with the other creative arts therapies like drama, play, art, poetry and music, or with other psychotherapies and counselling. This applies equally to clinical practice and to joint research.
- While it is important to articulate the core concepts of DMT, like the healing potential of body based experiences, dance and non-verbal communication I think a successful future lies in DMT's ability to be as inclusive as possible to many forms of movement expression, like therapeutic dance and movement, the body therapies, alternative therapies, therapeutic applications of sport as well as reach across other traditional professional boundaries. To use political jargon we need 'joined up' initiatives based on interdisciplinary approaches.

The main focus in my eyes should be the **client population**. There seems to me to be a divide in the area of practice between the 'higher functioning' individuals, (this involves DMT students and practitioners) who are on a journey of self discovery and can utilise what is generally described as movement improvisation, authentic or symbolic movement or even movement meditation and talk about it endlessly and the many marginalized

populations, who are usually either in or attached to institutions, or other organisations who want to help above deprived, discriminated or handicapped populations. The focus with the latter is more on functioning, grounding, strengthening, containing and enriching.

There is a **third strand** of potential clients, who have so far been neglected. They are the many who are neither in institutions, nor on a path of reflectivity or therapeutic self-discovery. These are the majority of people.

It is in this area where DMT should invest more energy and try to become more mainstream. I am thinking of the role of prevention DMT could play. One example that comes to mind is initiatives like 'the place to be', who went into schools to work with kids, who had traumatic experiences, but nevertheless were sent to general schools. Adults have traumatic experiences too, but nevertheless keep going to work, or keep looking after their families.

DMT practitioners could go to groups of mother with the under fives, using Sure Start initiatives, go into community centres, sports centres, and health centres and they could start mutually supportive dance and movement groups everywhere. It would not be called therapy, but maybe prevent the need later on for therapy. What I envisage is neighbourhood dance groups similar to the way the Chinese practise Tai Chi in the streets. One could call it the 'movement for health' initiative. Reich talked about sexual hygiene; I'd like to think of movement-based groups as physical, emotional and spiritual maintenance, which among others would help combat alienation, one of the illnesses in our society.

For example obesity is a growing problem in western society, which DMT practitioners could address in this way. Working with the over 60ies is another area of possible growth for DMT. So is the area of work satisfaction, backaches and absenteeism. Employers could be persuaded to encourage the formation of regular movement groups. Private insurance could be approached to help with recovery from alcohol and drug addictions, depression, anxiety, bereavement and redundancies using DMT.

To achieve this the benefits of therapeutic movement groups have to be demonstrated to the state and to the private health and employment systems. For instance people who come to GPs with psychosomatic complaints could be approached to join movement



groups and then noted if they still visit their GPs as often as before they attended a movement group. We could do groups for people with arthritis, irritable bowel syndrome, all stress related complaints as well as 'traditional' mental health complaints.

We need to demonstrate the physical and emotional healing qualities of movement and dance, get questionnaires out for general satisfaction as well as get confirmation through triangulation methods to show the benefits of participating in these movement groups.

Another area of growth is in teaching and training professionals who already work within institutions, as described by Ute Kowarzik in the last edition. We could enable them to become more sensitive to their clients non-verbal communication, their movement and expressive abilities as well as empower the workers to use movement to encourage growth, support and communication. This could help them help their clients to strengthen a more positive sense of self. DMT can also reach out to bodies like the sports council, physiotherapists, occupational therapists, dance and aerobics teachers and increase their understanding of movement groups, non-verbal communication, and the dynamics with the leader of a group and so forth.

There is a paradox. Why not let community dance workers set up these groups. I think that it takes DMT skills of movement empathy, understanding of rhythm, of movement structures, of how the body carries

feelings, of group dynamics to be successful in reaching, holding and containing these varied potential client populations. That does not mean that we have to call our groups therapy groups. That may frighten off the majority of potential users. We should follow the humanist / existential tradition and emphasise health, strength and support, whilst acknowledging weakness, vulnerability and the many shades of grey that make up the normal human experience.

In summary:

We have to use our varied backgrounds as strength and branch out into the field of prevention. Be less precious about how we call ourselves and more proactive in creating many more different forms of movement groups in as many different environments possible. We have to show the benefits of these groups by conducting research, which is not only qualitative and participant observer based, but look for more objective methods to demonstrate the benefits of movement groups we lead.

These views are based on my experience of working about 20 years as DMT, 15 years in psychiatric institutions, 15 years work as psychotherapist, 10 years of teaching DMTs and other health professionals. I now have a private practice for psychotherapy and DMT, and teach Yoga classes. I also lead antenatal classes for pregnant women and their partners. My research interest is to explore body based birth preparation.

I can be contacted on: moni@ymte.co.uk

Arts Therapies collaborate at 'The Mental Health Exhibition'

Paula Eyers, MA DMT, RDMT

This year we teamed up with other therapies for the Mental Health Exhibition in Islington's Business Design Centre. My colleagues, Val Huet and Joan Woddis were representing 'Art therapy', Lucy Smith from Nottingham was advising on 'Drama' and Maria Garcia and myself were answering 'Dance Movement Therapy' enquiries. We shared stand 59 on the second floor, handing out leaflets and brochures to representatives from the public, private and voluntary sectors as well as service users who were keen to discover what was on offer in the holistic, alternative and mainstream treatments. 1,000 people were

expected to turn out for this event but there were in fact 1,600 (including the 100 exhibitors).

The Training and Advice Zone was a success since all the seminars were fully attended, reaching across the whole spectrum from service user to provider. The aim of the Training Zone was to give participants an opportunity to update their skills and knowledge in a range of areas relevant to current mental health practice. Ex-service user/survivor Tina Coldham was one of the facilitators presenting the seminar; *Service user as trainer*. Tina's main concern is that "people



should be treated holistically and not as a symptom of their pathology. This is why it is important to educate people who are newly trained and embedded with an ideology from the medical models". When asked if she thought the training zone was a success Tina said, "there was a cross-section of people who were all comfortable about mixing in an open and friendly space, where it is so important to break down some of these barriers." The social and professional barriers were unproblematic.

Our Arts Therapies stand was situated near The Arts Zone; a collaboration between *Mental Health Today Exhibition* and 'Centrepieces' a community mental health art project run by service users in the London Borough of Bexley. It aims to promote positive images of mental health to the wider community, through the quality of artwork that it produces. They have regular art exhibitions, run a picture loan scheme, undertake community art projects, create public sculpture and meet together to take part in art-based activities.

The 'Relaxation Zone' offered a free holistic treatment designed to give people a 10 minute taste of one of three treatments; Body Chair Massage, Foot and Hand Reflexology and Indian Head Massage. There was much interest in these treatments being provided courtesy of *Bodylab Therapy Services Ltd*. *The Shiatsu Society* on Stand 58 (next to Arts Therapy) was also extremely popular!

And finally the 'Performance Zone,' which was hosted by 'Core Arts' a community arts project run by artists and musicians for people with mental health problems based in Homerton, East London. Those taking part in the performance zone seemed to enjoy it enormously and there is no doubt that the music added to the fun and relaxed atmosphere, although for those of us upstairs it was harder to speak and be heard. The organisers have said that they would change this layout next year.

Mind and 'The Mental Health Foundation' were the associated organisers. The sponsors were *The Guardian, Advance*; a national support provider and registered Housing Association; *Central*; a specialist recruitment and training resource for social workers and social care staff; *Impact Social Care Training*; one of the largest national providers of the certificate in community mental health care, *Maca*; a leading national charity supporting people who have experienced mental distress; and *National Institute for*

Mental Health in England (NIMHE), who are forging new partnerships and will take a lead in connecting mental health research, development, delivery, monitoring and review. It is impossible to mention all exhibitors but do have a look at www.pavpub.com, which gives a lot of information for those interested.

There were many DMT training questions from the general public, some of whom were already in caring professions, wanting to know where and how to train as a therapist. Other training queries were raised from private and public sectors relating to 'in-house training'. These came via managers in residential settings wishing to seek dance movement therapists (arts therapists) to train existing staff. There was quite a lot of misunderstanding about being able to practice as 'a therapist' without the in depth training and skill that is actually required. There were very few who addressed the question of employment. NHP however, a private residential rehabilitation company was interested in employing an arts therapist. The setting is in Lymworth Whaley Thorns near Nottingham. "The Limes", is a pilot that NHP have set up offering their clients in the mental health sector group arts therapy programmes as part of their rehabilitation care plan. The private health sector is a growing area where we may consider developing and securing clinical DMT practice. NPH runs 610 residential psychiatric settings across the country, so there is quite a lot of DMT potential with such a lead!

It was great working alongside this broad group of arts therapists. We shared information and passed on enquiries relevant to our media. It opened my eyes to what is happening in mental health services as well as the interrelationship between the Arts therapies. I was interested but not surprised to learn that Art therapy has secured more positions in the work place with its 1,380 members (of which 765 are in full employment) compared to our DMT membership at 191 members (91 are in full employment).

The success of Art therapy seems to be reflected not only in their historical development and capacity in size but also in how they consider education to be an important aspect to their development as a profession. They reach out to related fields to promote Art therapy by offering one-day workshops at Goldsmith College. With the new MA Dance Therapy programme running at Goldsmiths I am sure it will not be long before we follow suit. I am encouraged that we too are developing our research and the 3rd ADMT UK



conference in November 2003 shows plenty of signs of “Getting the Ball Rolling”. Education and research is an important aspect to our profession but we also need to consider the way we market ourselves so as to raise the profile of our profession. Whether we are seen primarily as alternative, holistic or clinicians following medical models has implications in the way we are conceived by service users, medical and educational professionals.

For more information about this event contact:
Mental Health Today
Pavilion
The Ironworks
Cheapside
Brighton
BN1 4GW
Telephone 0870 161 3505 Fax: 0870 161 3506
Email: info@pavpub.com
Web: www.pavpub.com



CONFERENCE NEWS

Looking Back

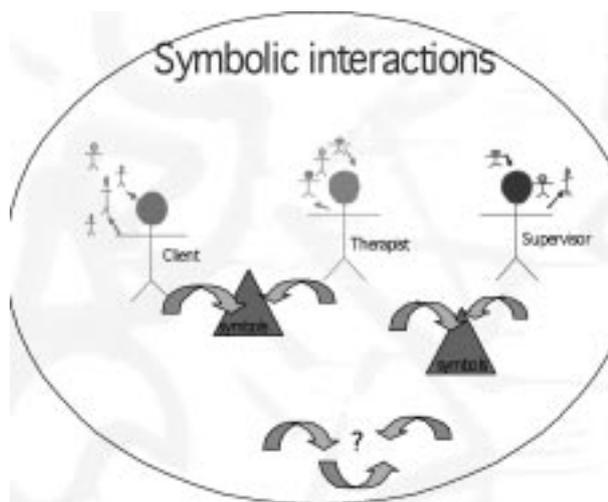
ECArTE, Madrid, September 2003

“Arts Therapy: Recognized Discipline or Soul Graffiti”

An inspiring weekend to make new and restore ‘old’ connections with arts therapists from around the world, discussing our state of affairs as arts therapists in a continuously growing field of therapies. It was my first visit and the sheer energy and enthusiasm combined with a little chaos here and there was quite overwhelming. The opening presentations provided a springboard for discussion and debate, triggering mind-body-emotion to be creatively expressive. DMTs from the UK were on the platform presenting and offering workshops and like me ‘just’ participating.

The cross-connectivity and cross-fertilisation in research, clinical practice and supervision amongst the arts therapies was most encouraging – I enjoyed seminars on research projects by art therapists and could easily link their work approach and research results to DMT; I worked creatively with other therapist on the ‘creation axis’ at Avi Goren-Bar’s workshop and I realised that in my own practice this inter-relatedness with other professionals from the arts therapies is often missing.

Other highlights were, **Penelope Best, SRDMT**, who presented challenging thoughts on supervision, with food for thought and encouraging ground for further discussion – here only some snapshots:



What gets co-created within therapeutic encounters between therapist and client, therapist and supervisor and within the wider expressive systems? Relational Creative Processes Model of Supervision (P. Best).





As arts therapists we use symbolic languages. We may pay attention to our verbal input and its influences. How might we pay better attention to the influences of our selection, conscious and unconscious, of non verbal languages?

CLEAN LANGUAGE

- Minimises contamination
- Uses client's metaphors and habits
- Sensory & conceptual information
- Basic clean questions

David Grove,
James Lawley & Penny Tompkins

How might arts therapists consider the clean language model promoted by Lawley and Tompkins? (Lawley, J. & Tompkins, P. (2000) . Metaphors in mind: Transformation through symbolic modeling. London: The Developing Company Press

FEEDBACK VOICES

- Symbols /metaphors
- Interpretation
- 'Clean language'
- Collaborative stories

There are many kinds of feedback, which takes place within therapeutic encounters depending upon the model and approach.

METAPHORS CARRY INFORMATION

- Vivid, compact
- Personal Landscapes
- Fundamental meaning making
- Embedded in everyday life

Lakoff & Johnson 1980

Lakoff, G. & Johnson, M. (1980) . Metaphors we live by. Chicago: University of Chicago Press

Penny's presentation was very well attended and received. These snapshots provide not only a taster, but also a stimulus for all those DMTs, who supervise to reflect on their approach and discuss it with colleagues in the next e-motion. **I would like to invite comments, thoughts and ideas on supervision and DMT. Please send your contribution to our new e-motion email address: emotion@admt.org.uk**

Further, **Vicky Karkou, SRDMT**, presented her work on mapping arts therapy practice in the UK in the main conference room. Her presentation, simultaneously translated to Spanish, was also very well received with constructive and positive feedback. Vicky met a group of arts therapists who are currently undertaking a similar task in Holland mapping their practice with different client groups, in different settings and making comparisons between related fields. The research team is currently extending this project in order to develop a European database.

Creative flexibility was asked from **Jeannette McDonald, SRDMT**, who offered a movement workshop – and had to realise that she shared her allocated time with another therapist. Well, how could it have been different? – All went well and her expressive facilitation was very welcomed by all participants – they had a great time!

Presentations, seminars, creative workshops there was no stopping...almost – one could not ignore the beauty of the city, its cultura, tortillas and torreros and the chance to glance at the shops. On Sunday morning a seminar could have easily been held at the Reina Sophia Museum when I bumped into the entire arts therapies spectrum enjoying Bunuels early film productions.





ADMT UK 3rd National Conference, Bristol, November 2003

“DMT and Research – Let’s Get the Ball Rolling”

Another successful conference came to an end on Sat 22 in Bristol. 67 delegates came from as far as Uganda to participate at an exciting day with presentations experts in the field of arts therapy, psychotherapy and research.

The conference was opened by music therapist and researcher **Gary Ansdell**, who has extensive experience working in the NHS. With great sensitivity and humour he introduced the governmental requirements and guidelines for ‘evidence-based practice’, skilfully leaving the DoH jargon behind. After Gary had established a base for DMT and research **Kim Etherington, psychotherapist and researcher**, presented her most recent book ‘Body, Trauma and Transformation’, in which she uses ‘narrative inquiry’ as a research methodology. Feeling very much ‘at home’ in the flow of the narration, Kim delivered an excellent account of the power of personal stories, highlighting the relevance of this methodology in DMT. The morning was closed by **Bonnie Meekums**, SRDMT and researcher, who creatively

was interweaving her work into Gary’s and Kim’s presentation giving DMT a strong place in the research arena.

During the afternoon delegates could chose from a diverse range of workshops/seminars with hands-on experience as well as creative exploration of research methodologies relevant for DMT. Topics ranged from authentic movement, birth preparation, movement & words, co-operation between professionals in the NHS to interviewing skills and were offered by Katya Bloom, Sara Boas, Ute Kowarzik and Marina Chrysou, Helen Payne and Monika Steiner.

There was even a chance for a dance at the end to get our blue balloons rolling and for Annette Schwalbe to present a creative poster prepared by her DMT students in Uganda.

A big *ThankYou!* to all for helping out during the day, and to all delegates to make it such a memorable day – despite the freezing hall.

Looking Ahead

- **International Research Colloquium of the German Association for Dance Movement Therapy (BTD Tanz- und Bewegungstherapie)**
13. - 14. February 2004, Hannover
Stephansstift, Kirchröderstr. 44, 30625 Hannover

PROGRAMM

FRIDAY 13th FEBRUARY 2004

17.00 - 17.45 Registration

18.00 - 18:15 Opening and Welcome (Iris Bräuninger)
and Briefing on Workshops

Short Presentations with Discussion

18:15 - 19:30h 1. Part: Movement Analysis, Tools and Specific Disorders

1. Dance/movement therapy as stress management and improvement in quality of life: Results of a randomized control study (Iris Bräuninger Schweiz/BRD)
2. Dance/movement therapy and changes in stress-related hormones: a study of fibromyalgia patients with video-interpretation (Eva Bojner Horwitz Sweden)

3. The effect of dance movement therapy work on patients with fibromyalgia (Sarah Rodriguez Spain)
4. Dance/movement therapy as a clinical intervention method in oncological rehabilitation. Evaluation of treatment effects – research results of phase I (Elana Mannheim BRD)

19:30 - 19:45h Short Interval

19:45 - 21:00h 2. Part: Theoretical Concepts and Social Problems

5. Dance/movement therapy and body scheme (Paivi Pylvanainen Finland)
6. Dance/movement therapy and separation/individuation (Gordana Horvat Mahne Croatia)
7. Body language and expressive energy based on the



international dance therapy form Dansergia (Helle Winter, Denmark)

8. Women and men at work: Movement qualities and reliability of the KMP (rhythms, efforts and pre-efforts) (Sabine C. Koch BRD)
- 21.30 22.30 DMT-Video, with a German beer

SATURDAY 14th FEBRUARY 2004

Research - WORKSHOPS: 9:00 - 11:45h

9:00- 10:15 1. Part (Parallel Presentations)

1. Movement analysis with the BMMP. Applications to binding-research and parent-child interaction. Cooperation project DITAT with the University of Köln (Methods/ Instruments) (Heike Hummel & Sabine Sahn BRD)
2. Personal Text/Public Body: The Performance of Gender Identities with/in Interdisciplinary Creative Practice (Methods/Experiential) (Beatrice Allegranti UK)
3. Dance Movement Therapy with women and children suffering from domestic violence first findings of the research project on domestic violence at the FH Oldenburg (Methods/ Intervention) (Claire Moore-Schmeil BRD)

10:15 10:30 Short Interval

10:30 11:45 2. Part (Parallel Presentations)

4. Exploring Methods for Dance/Movement Therapy Research (Methods/Perspectives) (Robyn F. Cruz USA)
5. The Dulicai Nonverbal Assessment of Family Systems. Application to domestic violence in parent child interaction. (Methods/Instruments) (Maria Gabriela Sbiglio Italy)
6. How do dance-movement therapists manifest racial, ethnic, and cultural diversity theories in their practice? What intercultural education reveals about constituting personal and social identity (Method/Intercultural Reflections) (Meg Chang USA)

POSTER SESSION 11:45 - 12:15h

1. Nonverbal Indices of High Stress in Parent/Child

- Interaction: A correlative study using the KMP in comparison with life-, event-, and parenting stress self-report scales (Silvia Birklein U.S.A.)
2. Articulation of Links Between Psychoanalysis and Movement Analysis (Katya Bloom UK)
 3. Movement Parameters in Depression: Potential of the Kestenberg Movement Profile for Diagnosis and Efficacy Research (Iris Bräuninger, Jérôme Endrass, & Daniel Hell Switzerland)
 4. First Results from the National Depression Study (Dianne Dulicai U.S.A.)
 5. Men and Women at Work: KMP-Analysis of Movement Qualities (Sabine C. Koch BRD)
 6. Identification of Early Relationship from the Analysis of Movement Patterns in Mother-Infant Interaction Observed in an Inpatient Psychiatric Ward (Hannelore Lier-Schehl, Gert Hölter & Luc Turmes BRD).
 7. Post-Traumatic Stress in a Post 9/11 New York: Changes in Effort-Shape Use and Breath Patterns (Laurice Nemetz U.S.A.)
 8. The Effect of Dance/Movement Therapy on Patients with Fybromialgia (Sarah Rodriguez, Spain)
 9. Biodanza as Mirrored in the Sciences: Research concerning the psychological, physiological and immunological Effects of Biodanza (Markus Stück, A. Villegas, H. Schröder, U. Sack, R. Terren, V. Toro, R. Toro BRD)
 10. Efficacy of Dance/Movement Therapy Interventions on Body Aspects in Consideration of Social Competence (Cathleen Thiele BRD)

12:15 Reflections und Closure of the Colloquiums (Iris Bräuninger)

Organisation and Registration: astrid-tjandra@tjandra.de

Content of Research Colloquium: sabine.koch@psychologie.uni-heidelberg.de and tanztherapie@swissonline.ch (Iris Bräuninger)

Overall organisation of the Colloquium:

www.dancetherapy.de

➤ **Interdisciplinary College 2004**

Focus Theme: Body and Motion: March 5 – 12, 2004, Guenne at Lake Moehne

For more details see: www.ik2003.de

➤ **Arts Reach 2004**

“Arts Reach 2004: A Celebration of the Health Benefits of the Arts for the Public and Professionals” during May 21 - 23, 2004 in San Francisco.

Arts Reach 2004 will be part of a larger venue called ArtSFest 2004, a celebration of arts and culture throughout the San Francisco Bay area for ten consecutive days in May 2004. Yerba Buena Center for the Arts is a co-sponsor of ArtSFest 2004 and will be the main location for Arts Reach 2004. margie@anagenasis.com



News

Post Graduate Diploma/ MA in Dance Movement Therapy

This rigorous training programme is now being taught within the Unit of Psychotherapeutic Studies, part of the Professional and Community Education Department (PACE) at Goldsmiths University of London. The first cohort of DMT trainees began this October.

For those who want to find out more about what the new programmes involve there is an exhaustive booklet. This outlines Goldsmiths, PACE and the Pg.Dip./MA in DMT. It presents key features and the programme aims and structure for both full and part time trainees as well as giving an indicative overview of the syllabus, coursework and modes of assessment.

Janet Kaylo is leading the way, with Sue Curtis and other members of the profession, such as Yeva Feldman, Rebecca Hanson and Dawn Batcup. Art Psychotherapists, Kevin Jones and Andrea Gilroy are also members of staff.

Find out more by visiting the website www.goldsmiths.ac.uk, or e-mail pace@gold.ac.uk. Prospectus hotline 020 7919 7537 (24 hrs) outside the UK dial +44 020 etc

Goldsmiths College
University of London
New Cross
London SE14 6NW
Tel: 020 7919 7171

DMT Books

Anyone interested in selling used and out of print DMT and related books? Please contact Janet Kaylo on 020 7078 5012

Cultural Embodiment with Sandra Reeve and Sara Boas Bristol March 27/28

A week-end to experience how culture affects movement and the perception of movement. Multiple cultural influences are brought to any relationship. During this workshop, guided movement exploration, individual reflection and group discussion will increase your skill in working with difference. We shall address cultural diversity within, as well as between, individuals.

For further information:
01297 560511 moveintolife@aol.com

33rd Annual Summer Course of the Champernowne Trust

'Significant Transitions: Psychological and Creative Development'

**Saturday 24th July 2004 to Friday 30th July
2004.**

This week long residential conference offers participants the opportunity to explore practical, creative and inspirational applications of Jungian psychology in personal and professional life. The programme includes formal lectures, discussions, creative arts workshops (in movement, group drawing, painting, clay, music, drama and writing), folk dancing, singing, poetry and meditation.

The course will be held in Cumberland Lodge, the historic royal mansion in Windsor Great Park.

Excellent student and other grants available.

For further information contact Nina Papadopoulos:
tel. 020 8556 3180; fax. 020 8532 8313;
email: ninadmt@yahoo.com

Dear Editors,

I would like to congratulate the editors of e-motion on the change of cover. It makes absolute sense to downgrade the cover and upgrade the content. The last two issues were so much more interesting than the ones before, which had glitzy covers, but hardly anything inside them. If we concentrate on what we do and are less concerned with the presentation, we do our profession a better service and conserve our resources and energies on what in my eyes is really important: disseminating the interesting variety of work that is done by the members of our profession. Keep up the good work!

Monika Steiner Celebi
Email: moni@ymte.co.uk





Listings

Monthly small group supervision

(maximum 6) with **Katya Bloom**

Wednesday evenings 7:30 - 9pm in N. London.

For details, contact Katya on 020 8444 2071 or kbloom@talk21.com

Sandra Reeve SRDMT

Movement Observation and Communication

(studio work) Speak, read, improvise and design through movement in dialogue with others.

January 30/31/February 1st. Cost £90.00

Nature as Witness (environmental work)

Life-themes are revealed as we move in the land, as we work by the sea, in woods and on a hillfort.

May 7/8/9th. Cost £90.00

Both workshops with Sandra Reeve are in West Dorset, near Lyme Regis. B&B/camping lists available by request. For further information 01297 560511

moveintolife@aol.com

Sandra Reeve and Sara Boas

Cultural Embodiment

A week-end to experience how culture affects movement and the perception of movement.

Bristol, **March 27/28th**

For further information 01297 560511. or moveintolife@aol.com

Rosa Shreeves

Moving Body and Soul: Finding our own Inner Dance. A holiday/course at Cortijo Romero, Southern Spain, **17th-24th January 2004**

For a brochure and more information please contact the Cortijo office in

Chesham: Tel. 01494 765 775. e-mail: bookings@cortijo-romero.co.uk

Guidelines for Arts Therapists working in Prisons available from

'Guidelines', c/o Art Therapy Department, HMP Grendon, Grendon Underwood, Aylesbury, Buckinghamshire HP18 0TH. Please send an A5 stamped addressed envelope (41p postage). The guidelines were developed by the Prisoners Learning & Skills Unit in association with the Forensic Arts Therapies Advisory Group (Art, Dance, Drama and Music)

News from the Web

➤ Peep into these websites:

www.motivatingmoves.com

www.asperger.org/asperger/asperger_motor.htm

www.streamcommunication.com/danceability/HawaiiALT.html

www.mental-health-resources.com there are excellent links to other arts therapy information

www.maclennanpetty.com.au

www.artslynx.org/heal/dance.html

- For **Research Information** I have discovered the Austrian Research Centre, which publishes dissertation abstracts on the web in German and English. Go to the database to find more: www.arcs.ac.at/dissdb/
Also www.psychotherapyresearch.org covers useful grounds and information

- If you would like to offer contemporary dance, dance therapy, therapeutic movement studies in the warm climate of Sicily – there is a new-born dance academy looking to introduce international workshops during Spring and Summer. Contact Sabrina Schumann on snschumann01@yahoo.com

- For work with dementia you might find very interesting information on www.globalaging.org/health





Therapists and Supervisors

Beatrice Allegranti, MA DMT, SRDMT

Offers individual supervision; feminist and gender sensitive approach as well as Laban Movement Studies and Improvisation. For more information or an appointment contact: beatriceallegranti@mac.com or Tel: 07714 196 810

Katya Bloom, SRDMT, CMA, MA

Is available for individual movement therapy and supervision in North London.
Tel: 020 8444 2071 or email: kbloom@talk21.com

Sue Curtis, SRDMT

is available in South East London for supervision, training or workshops. Sue specialises in all aspects of work with children and young people.
Tel: 0208 244 0968
sue@dircon.co.uk

Yeva Feldman, SRDMT, Gestalt Psychotherapist in advanced training.

Offering supervision and personal therapy. Specialising in area of eating disorders. Humanistic orientation.
yevafeldman@prevyet.freeserve.co.uk

Sarah Holden, BA Hons, SRDMT, Member IGA UKCP reg.,

Offers individual movement psychotherapy, and supervision in South London. Tel: 020 8682 6246
sarah.holden@swlstg-tr.nhs.uk

Janet Kaylo, MA, RMT, SRDMT, CMA

offers supervision or personal therapy, including integrative, somatic movement work, and links to Movement Analysis in clinical and personal work. Tel: (southeast London) 020 7078 5012 or email: j.kaylo@gold.ac.uk

Bonnie Meekums SRDMT, UKCP registered psychotherapist

Is available for both private individual therapy and clinical supervision in the North and North West of England.

Bonnie Meekums, PhD, Lecturer in Counselling, University of Leeds, Wakefield Campus, Barnsley Road, Wakefield WF1 5NS. Tel: 0113 343 9414 or e-mail b.meekums@leeds.ac.uk

Nina Papadopoulos, SRDMT

Is available for individual DMT and supervision in East London. Tel 020 85563180 or email: ninadmt@yahoo.com

Susannah Rosewater, SRDMT

Is offering individual movement psychotherapy and supervision at low cost fee (£15@hour) in private practice in Camden Town NW 1, based on Authentic Movement, Feldenkrais and Humanistic Psychotherapy. For more information call: 020 7485 3440 or email: sue.rosewater@virgin.net

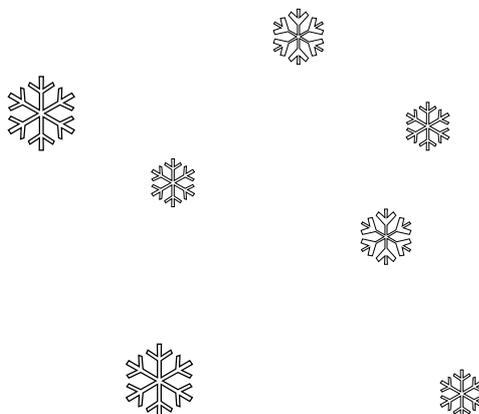
Rosa Shreeves, dance artist and therapist, SRDMT, UKCP

offers individual movement therapy and supervision in West London and workshops in the UK and Spain; Humanistic psychotherapy and the creative arts. Tel: 0208 995 5904 or email: roger.north@btinternet.com

Marion Violets, SRDMT

The Willows, Rhydowen, Llandsul, Ceredigion SA44 4QD
Tel: 01545 590 315 or 07973415287
marionviolets@magie.freeserve.co.uk

- For the exhaustive listing see *ADMT Register of Professional Members*
 - DMT Trainees will need to ensure that their choice of supervisor/therapist is **APPROVED** by their training institution.
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The *e - motion* ADMT U.K. Quarterly is an official publication of the Association for Dance Movement Therapy. The quarterly Committee invites all members to contribute and reserves the right to edit all material. Views expressed by the contributors are the authors' and do not necessarily express the views of the Association. Similarly, any publication, advertisement or workshop not part of the Association's activities is not necessarily recommended or approved by the ADMT U.K. Copyright of articles remains with the author unless otherwise specified. When writing articles, please use the following editorial guidelines:

A maximum of 10 sides of A4 including references. Single line spacing. For text only, there is no need to do formatting. All references cited in the text must be listed in alphabetical order in a reference section at the end of the article. Only items cited in the article should be listed as references. Each one should include the following as a general guide:

Books:

Author/s surname/s followed by initials, year of publication (in brackets), title (underlined), place of publication, name of publisher, page numbers (if referring to an article within an edited book)

Chodorow, J. (1991) Dance Therapy and Depth Psychology: The Moving Imagination. London & New York: Routledge

Journals:

Author/s Surname/s followed by initials, year of publication (in brackets), title of article (lower case), title of journal (uppercase and underlined), volume and issue number, page numbers of article.

Karkou, V. (1999) Who? Where? What? A brief description of DMT: Results from a nationwide study in arts therapies, e-motion, ADMT UK Quarterly, XI, (2), 5-10.

Please carefully edit your work before submitting it, i.e. check spelling and grammar thoroughly.

Send material via e-mail as an attachment to: emotion@admt.org.uk e-mail us for SUBSCRIPTION to the journal, ADVERTISING and LISTINGS. Please note that receipt of contributions will not be acknowledged unless requested.

ADMT U.K. Membership & Subscription

Annual membership to ADMT U.K is available from: Membership Secretary, c/o Quaker Meeting House, Wedmore Vale, Bedminster, Bristol, BS3 5HX.

| | |
|---------------------|---------|
| Associate | £ 35.00 |
| Student / Unwaged | £ 20.00 |
| Institution | £ 60.00 |
| BRDMT Member | £ 45.00 |
| Full RDMT Member | £ 60.00 |
| SRDMT Member | £ 70.00 |
| Overseas Supplement | £ 10.00 |

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Advertising Policy

The *e - motion* ADMT U.K. Quarterly will publish listings in the columns provided as a free service to our members. Council reserves the right to limit listings to those which will be of interest to ADMT members. These listings may include the name of the event / service, the leader, the dates, the location, a brief description (one sentence) and contact information.

Paid advertisement space is available in *e - motion* ADMT U.K. Quarterly. Fees are:

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|--------------------|------------|-------|--------------|-------------|
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| Quarter Page No.2 | 60 | 170 | £25 | £35 |
| Eighth Page | 30 | 170 | £15 | £25 |
| Flyer | | | £80 | £100 |

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***e - motion* ADMT U.K. Quarterly DEADLINES:
1 FEBRUARY, 1 MAY, 1 AUGUST, 1 NOVEMBER**

The editorial committee will undertake to mail the publication approximately six weeks after deadlines.
EDITORIAL COMMITTEE: Barbara Feldtkeller, Vicky Karkou, Katja Ramharter, Matt Wyatt, Celine Butte, Dawn Batcup.

ADMT Research Register: Invitation for Registration

As you may know ADMT is currently applying for state registration through the Health Professions Council. As part of this process we are expected to provide evidence of research that has been or is currently being conducted on the subject of dance movement therapy.

Thus, we are compiling a Research Register of research projects, past and present, relating or contributing to an increased understanding of dance movement therapy. Eventually this Research Register will contribute towards evidence-based practice and will become part of the research registers already compiled by the other arts therapies.

At this point we would like to invite as many responses from all those who have done research projects in order to help us create a picture of existing research activity in the UK context. The following types of studies/projects will be considered:

- Small-scale or pilot studies
- Master studies
- M.Phil. and Ph.D. studies
- Other independent research projects

The criteria for inclusion of your study/project in the final register are:

1. study/project is UK based
2. has clearly defined overall aims, objectives, research questions and/or hypotheses
3. there is a clear description of methodology, research methods and analysis (both qualitative and quantitative research perspectives will be considered)
4. contributes to knowledge or new understanding of DMT
5. there is evidence in support of all claims made and conclusions drawn
6. all relevant sections within the form are completed

The registration form is enclosed in this issue of e-motion, but in order to save time you may request the form to be forwarded to you electronically. See address below.

We would appreciate if you could complete the form as soon as possible in order to help us compile the Register speedily (deadline for form submissions is the 20th of June). The research sub-committee of ADMT may contact you to ask further questions, if needed.

Looking forward to receiving your research registration form.

Vicky and Ute

For requesting and returning the form please contact:

Vicky Karkou V_Karkou@hotmail.com

Ute Kowarzik ukowa@csi.com

45 Anson Rd, Tuffnell Park London N7 0AR

Research Register Form

| | | |
|---|---|--|
| Research details | Name of principle researcher | |
| | Professional title | |
| | Principle present employment | |
| | Contact address | |
| | Telephone | |
| | Fax | |
| | e-mail | |
| | Research collaborators | |
| | Research supervisors | |
| Title of research | Title of research | |
| | Subtitle of research | |
| Research details | Aims of research | |
| | Principal research question(s) or research hypothesis/es or research objectives | |
| | Client group (if applicable) | |
| | Research design (e.g., quantitative, qualitative, anthropological, case study etc.) | |
| | Nature of data collection (e.g., video time-sampling, client questionnaires etc.) | |
| | Principal findings (if research completed) | |
| | Ethical board approving research | |
| Details of institutional affiliation, funding body and grade | Academic institution where registered (if applicable) | |
| | Funding body (if applicable) | |
| | Academic level of research (DgDip, MA, M Phil, PhD, postdoctoral) (if applicable) | |
| | Clinical institute affiliation (if applicable) | |
| Dates | Starting date | |
| | Completion date (expected date if not yet complete) | |
| Keywords | Keywords | |
| Related publications including unpublished material for internal use | Related publications by members of research team | |