

EADMT NEWSLETTER

2021 - 2022



EADMT

This year's newsletter reflects the vitality and resilience of our association amidst adverse conditions across Europe.

Once again, it has been a tough year. The war in Ukraine, at the gates of Europe, has put us in front of new challenges, in which we found ourselves united and ready to put our DMT resources and skills at the service of solidarity with a warm welcome. EADMT member countries report various refugee support initiatives, in presence and from a distance.

They also report initiatives at the scientific level where DMT meets other professionals, in oncology, mental health and trauma management, in the health and social institutions where DMT is present as a clinical and social intervention. The positive development of professional recognition in these countries are illustrated by the variety of paths.

Among the reports in this newsletter, we find experiences of partnerships with hospitalized patients' associations, collaborations with professional associations of arts therapists, and a collaboration project of colleagues from northern European countries! We also read about international initiatives such as the bridge between Europe and South America in the perspective of the EADMT Global affiliation.

I am grateful to the colleagues from these countries who, through their testimonies, accompany us in the European growth of DMT and feed our hope for the future.

I look forward to seeing you in Potsdam / Berlin for the 4th EADMT Conference!

Vincenzo Puxeddu

EADMT President



Dear members of the European Association of Dance Movement Therapy,

We, the Communication Working Group are proud witnesses of how the initiative of creating an EADMT newsletter has now become an annual tradition. Here it is, the fourth edition of the EADMT newsletter is released. Eighteen country members share their experiences but also their rationale and way of thinking on several issues during this year.

A year that unfortunately did not miss a chain of terrible events happening within Europe.

Reading through the newsletter you are going to come across how the DMT professionals choose to support Ukrainian colleagues and refugees in several ways. Also, you will find exciting new projects and collaborations within the healthcare and wellbeing sectors and their outcomes. Most definitely, you can have a look at the new contributions for books that NAs shared and the latest scientific publications in the field. All the “movement” captured in the newsletter is definitely illustrating and increasing the awareness towards the importance of DMT. We are looking forward to seeing you in person in Potsdam this September!

The Communication Working group

Elli Kita (coordinator), Andrea Tziorta, Martina Vávrová, Gabrielé Dylertaité



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AUSTRIAN ASSOCIATION OF DANCE MOVEMENT THERAPY

The Austrian association of dance movement therapy (BTA [-www.tanztherapie-berufsverband.at](http://www.tanztherapie-berufsverband.at)) has right now 72 members and our president is Melanie Noehmer.

The dance movement therapists who are part of our association work in all kinds of different fields of work – in private practice as well as in clinical settings.

We used the time of the pandemic as an opportunity to improve our networking via online meetings. The board of our association continued working online, which made everything more efficient and lowered the cost of travelling.

We had our General assembly in person in Salzburg with a workshop training about the Bartenieff Fundamentals. With our trainings we support our members to be updated at the latest standard.

This year we will have our training workshop about attachment disorder and bonding. We are always

working on our quality assurance to keep the high educational standards of our members.

In Austria “dance movement therapist” is not protected by law therefore a task force tries to achieve recognition. They worked out a questionnaire to find out more about our members’ working status and overall situation as a dance movement therapist. Thus, we hope to get a better overview of our profession and the future goals of dance movement therapy in Austria.



ASSOCIATION FOR DANCE MOVEMENT THERAPY CYPRUS

This year the Association for Dance Therapy Cyprus organised with great success for the first time in its history, a series of educational seminars named “Introduction to Dance Movement Therapy”. We were honoured by the interest of the community, despite the various changes in plans that occurred due to the pandemic.

In a nutshell, our members worked with great enthusiasm to develop a series of three



educational and experiential 3-hour seminars. With the aim of giving participants the time and space to embrace each experience, the seminars had a one-month gap between each other, and occurred over the period of 19th of March – 7th of May 2022. These were the main topics covered:

- “Warm Up in Dance Therapy: History and Basic Principles”
- “Movement Analysis: Theory and Practice”
- “Summary & Experiential Use of Techniques”

The number of people participating was fulfilling and warmed our hearts. We believe that it highlights a shift in the Cypriot community towards embracing new therapeutic approaches and the need to include the body in the healing process. Participants of different backgrounds, ages and needs, had the opportunity to learn about DMT, the basics of its history and principles,

movement analysis and explore the psychotherapeutic use of movement.

This was an empowering beginning for us to become more confident for organising more DMT events with educational and therapeutic opportunities here in Cyprus. Our main next aim as an association is to increase awareness of DMT by running more workshops in the near future.

On another note, in May 2022 we were gladly informed that the profession of Music Therapists received official state recognition, as the legislation was voted unanimously by the parliament. That was a great win and a strong stepping stone for all the creative art therapy professions in Cyprus. This gave our association more hope that we can fight for our own professional state recognition on more fruitful ground. While moving steadily, we can't hide our curiosity and excitement on what the future holds for us!

Andrea Tziorta & Veronica Savva



Photos from the series of seminars organised by the NA



TANter – CZECH ASSOCIATION OF DANCE MOVEMENT THERAPY

The year 2021/2022 has been rather busy for the Czech association. We organised graduation of dance movement therapists from a training from previous years who hadn't formally finalised their education. This way we welcomed 7 new dance movement therapists. Year 2022 has been also a year of solidarity as war entered Ukraine and especially women and children were coming to the Czech Republic. Radana Syrovátková had introduced an idea to provide movement support groups for women and children from Ukraine. The institute the Moving self in collaboration with the Czech association of dance movement therapy joined in the project with many volunteers including people from Slovakia. There were groups organised throughout these two countries and supervision and support groups for the practitioners were available. To ensure knowledge base for this project Amber Gray kindly offered her experience and knowledge. Another significant event was the 5th International Conference in

Expressive Art Therapies – “Space for Art Therapies” that took place on 24th and 25th June 2022. The theme of the conference was breath. Lecturers who shared their expertise were Elena Cerruto from Italy and Lada Kopřivová, Rena Milgrom, Jana Špinarová Dusbábková, Veronika Sequensová, Eva Vэле from the Czech Republic.

Additionally, 3 dance picnics were organised to provide space to dance and share together among dance therapist, although the event is available to the public as well. Photos are from the dance picnic organised to celebrate the international dance day.





DANCE MOVEMENT THERAPY ASSOCIATION DENMARK

Dear colleagues,

The following is a post from the association of dance movement therapy in Denmark. Despite not knowing so many of you, we still feel connected to our European colleagues. This is because of our shared insight into the impact of dance and movement on human life. Across cultures and nationalities, we probably all bring stories with us (professionally and personally) in which dance, rhythm and music have played a central role in coping with the sometimes difficult times in life.

Who are we, and what do we do?

The Danish association counts about twenty members, of whom five make up the board. During the last year the main focus of the board has been basic administrative issues and finding our feet together as a board.

Dance and movement therapy is still a rather small and unknown field in Denmark. We all work in different sectors, filling out various functions. But even if we don't have explicit positions as "dance-therapist", we do bring essential elements from dance therapy with us in our professional lives. Whether this is working with people suffering from

stress, children, elderly people or even in places where movement doesn't play an obvious role. The dance therapeutic background is like having some "extra skills" to use when working with either groups or individuals in public or private parts of society.

To keep nourishing these skills, we find it important to share some everyday stories, which can inspire and further the development of the field of dance movement therapy. An example of such a story unfolds in the following interview with a member of our association, Lisa Sommer.

Free form dance in the community and bringing dance into the psychiatric hospital

Interviewee: Lisa Sommer

Interviewer: Mie Hørbo

The interview takes place in a community house in Copenhagen on a Tuesday morning. It is a house that offers a variety of activities, such as yoga, crafts courses, lectures, lottery and different kinds of dance sessions. On average, about 500 people are in and out of the house each day. So, it is always busy and buzzing with people talking, eating, working and playing. This morning I joined the weekly dance session together with about 30 other people. The session was guided by Lisa. After dancing we sat down to talk about dance, how to facilitate dance and movement, why doing it, and what else came up...

How would you describe the morning dance sessions?

The Morning Dance is an hour of 'full on' free form dance with loud music and often very high energy.



It is a place to express and to feel free, and it is a great start of the day. I guide in different ways into feeling body parts, movement qualities, sensing the music and so on. But there is no choreography, and it is up to each individual how they move and how they connect with others in the room. I don't call it dance therapy, but many who come here say that this is their weekly therapy session, that they are very addicted to;)

Why do you do it?

I like to offer this room to people where they can feel what is going on inside them and express it. Practicing being you. We live in a society where using our intellect is important. I find it just as important to be able to use and feel your body. And I can feel what it does to my own mood as well to start the day like this.

What I also love about it is that the people who come here to dance are people from all different walks of life. And when we dance, it's not an issue who you are in society, your job, age, civil status and so on. All that matters is moving to the music, feeling the rhythm in your body. Just because it feels good. As simple as that!

How do you guide these sessions, (what is important to be aware of...?)

I make a 'wave': We start slowly by landing and breathing. Often, I like the first piece of music to be without too much rhythm, to let people feel their own tempo. I guide inwards in the beginning by inviting closed eyes or forgetting about the rest of us. All the time to make sure that we are in tune with ourselves before we start connecting with each other. Then I build up the tempo, and the

sharpness of the music. We ground and I invite to open the awareness to the room, using the space, and seeing each other. I use quite loud and up-tempo music at the peak of the wave. This is usually my own favourite part. We then end the class slow again and most people end up lying down for a few minutes in silence finding their breath again.

You have been doing this for some time now, what have you learned along the way?

I've learned SO many things, like years of education and study of people and myself. I learned that I cannot control or force people to do anything else but what they do, then it loses authenticity. So, I let go of wanting to create some specific energy. This gives people the opportunity to actually feel themselves and move with what is inside them. I've also learned to enjoy it and to get the benefit of the dance myself as well, and not only feel that I am 'giving' it to others.

I know you're also a part of a voluntary project in a psychiatric hospital in a closed ward, can you tell a little about that?

In Denmark DMT is not an acknowledged part of the hospital system, I wish it was and I am hoping with this project to gather experience and awareness to make it grow slowly. The project is started by Søren Magnussen - a former hospitalized, with the wish to create more life, beauty, free space and activities in the long white corridors. He invites many different people to come and 'give their skills'. This includes playing music, making food, gardening, painting or collecting rare fossils. I come to dance.



I come once a week for about an hour to dance with young women, individually. Sometimes I only meet them this one-time, other times I am lucky that we get to dance a few times together. We dance in their own room, just me and her. I never know who I am meeting, nor what their diagnosis or reason for being hospitalized is. So, I cannot prepare anything, I can only prepare myself by being present and available.

What do you experience when you dance with the young women?

I experience them getting a little break from being 'sick'. A moment where they can laugh and chat with someone who is not taking notes for their journal, someone who is just there 'for fun'. I am neutral in that way. To feel like a human being and not a patient. And then they get a chance to move and feel their body. I experience them growing just a bit, and leaving with a smile on their face, even if it just lasts for a few minutes, I feel it was important and worth it. It really does feel like a little free space for them.

What do you do and how do you do it?

My main focus is to be present. I try to sense how she is and how much she is capable of moving. I never force anything nor do I ask about her disease. I ask what kind of music she likes, if she has been dancing before or how she otherwise likes to move her body. I meet her like a friend, I explain that I don't have a plan and that together we find out how we dance. I normally use music with a rhythm that's clear and not too fast, it seems easiest for a body that has not been moving for a long time.

Sometimes it ends in a cool choreography, sometimes we dance as if we were in a disco, and last week I ended up inviting her to teach me ballet, because she used to do ballet. This was a beautiful way to get her to feel her love for moving her body and to feel that she has a skill and that she was brave enough to show it to me. And well, then I also got refreshed on my own lost ballet positions;) ***Thank you for sharing...I know you're joining the EADMT conference in Potsdam this autumn. What do you hope to take home with you from the conference?***

This is my first time joining the conference, so I am generally just looking forward to meeting people working with DMT in different ways. I am especially excited to hear about how DMT is being used in the psychiatric fields.

We hope this post has given you a glimpse of how dance movement therapy is finding its way into different areas of the Danish society. We are hopeful and optimistic about future developments and opportunities to expand our work as dance movement therapists. And we are happy to be part of the European association, which we feel is an important forum for mutual inspiration and encouragement to keep moving people, wherever we are.

Institute leaders, Anette & Mette





ESTONIAN DANCE MOVEMENT THERAPY DEPARTMENT

Last year's keyword for the Estonian dance and movement therapy community was cooperation.

As a part of the global community, we were excited to receive an invitation from the 26th ADTA International Panel with the topic to describe and demonstrate the healing dances that have been part of countries' spiritual, cultural, and historical expression. We chose to present an old folk dance, Kalamies, and preparation for the panel with planning, writing, gathering, filming, and editing invited our community to be creative in new ways.

Video link:
<https://drive.google.com/drive/u/0/folders/1I3BuXnJmcw7gEfsiSoMmhXyA8RmwZm3A>

Our participation the Project „MoveOn“ continued. It's a Nordplus (Nordic and Baltic Cooperation) funded collaboration development project between the DMT organizations of the Baltic countries (Latvia – coordinator, Lithuania, Estonia) to share their professional resources, heighten and develop understanding, knowledge, skills, and attitudes about body-dance-movement

based methods and techniques for health care professionals and public service providers (educators, social workers, family carers, etc), enabling them to cope with physical, psychological, and social consequences caused by Covid-19 crises.

The main aim is to develop a user-friendly, practical online tool - "MoveOn", consisting of the online handbook supplemented with 9 videos with instructions on how to use the methods. Nine workshops (3 in each project country) will be developed and organized for health care professionals and public service providers on the use of the materials available on the online tool.

Our second transnational meeting was held in April 28-20 in Vilnius and was mainly focused on analysing and selecting the methods and techniques.

We hope to present the first results of our project with workshop in the EADMT conference in Berlin in September.



As it has become a tradition, in April we celebrated International Dance Day together. This time the title of the meeting was "Dance for Peace". We shared and moved together through various



grounding and stress-reducing techniques and learned and danced the Ukrainian folk dance "Hopak".



At the beginning of June, we were pleased with the graduation of the Laban Bartenieff Movement System course. Thank you, our dear teachers Susan Scarth and Karen A Studd!!!

And thank you to all our sweet and smart colleagues from Latvia, with whom we shared this road. It lasted for three years and we learned as well in real life and through zooming.



THE FINNISH ASSOCIATION FOR DANCE THERAPY

The board members 2021-2022:

Chairperson: Päivi Pylvänäinen

Members: Sini-Maria Tuomivaara, Taija Kuula, Saara Soikkeli, Pauliina Jääskeläinen, Saila Lehtonen and Marita Kotro

Deputy members: Silja McNamara and Kaisa Kella

The work in association during 2021-2022

Since July 2021 our association has been involved in efforts to promote the use of DMT. Much of this work has been done in the curtains, as we have tried to influence the policy makers in health care organizations and in the state level administration. There clearly is an increased need for therapy services, and there is evidence that creative arts therapies would be useful and provide good outcomes. To create a louder voice for communicating this information, we collaborate with music and art therapists. It is important to bring into attention, that human beings are interactive, embodied and creative – thus these qualities need to be included in the ways we aim to help people to regain their well-being and to maintain it.



The Finnish Association for Dance Therapy and the Cancer Foundation Finland co-created a webinar '*Dance movement therapy to support the wellbeing for cancer patients*' in September 2021. The webinar highlighted the results from a dance movement therapy research project, which had been carried out in collaboration with the Cancer Foundation Finland during 2019-2021. The 10-week interventions explored DMT as a part of rehabilitation with people with cancer. The free webinar gathered over 100 people together to hear about the results of the project. Furthermore, a research report in Finnish was published about this project to promote dance movement therapy within cancer rehabilitation services.

To enhance the knowledge of how to use and attend to the body within supervision, our association hosted a free event online: '*The embodied possibilities within a work environment*'. In this webinar, Reetta Jokinen, a trauma psychotherapist, a supervisor and a dance movement therapist and Tanja Pihlaja, a family and a couple therapy psychotherapist, a supervisor and a dance movement therapist discussed their views and experiences on the body within a work supervision environment. Furthermore, they shared some exercises. The event was hosted by Asta Lehtimäki, a supervisor and a dance movement therapist. Moreover, Taija Kuula wrote a blog about the event that was published on the Finnish Association for Dance Therapy website. This successful event gathered approximately 200 people and many hoped to gain more knowledge

on the matters of embodied supervision. This might be a place for some further development.

Our dance movement therapy association has continued being a part of the Finnish Culture Wellbeing Network. We published a short information on dance movement therapy on their website. This network is lobbying for and promoting increased awareness of the practices how culture and the arts can be used to support health and wellbeing in healthcare and social services.

Our association continues working on getting the state recognition for the art therapies profession in the Finnish health care system. State recognition is intertwined with the educational system, as there needs to be a defined path towards a degree, which entitles the person to work as a qualified health professional, in this case as a creative arts therapist. We are struggling to get the systems to develop, but are remaining hopeful for the future of our profession. As the Finnish healthcare system is going through some major regional and organizational changes, we feel now is the right time to aim to become a part of the professional health care system rather than staying in the margins.

Although, many of our meetings were still happening online, we were excited to meet up live and in person in November 2021. Our association met up for a Christmas meal and went to see Susanna Leinonen Dance Company's piece called 'BODY'. <https://susannaleinonen.com/artikkelit/>



Our association is delighted to be hosting the GA 2023 in Finland, Helsinki. We started to plan the GA in Finland 2023 on the 16th of January 2022. We are working on all the details, and we are very excited to be sharing some information on the workshop program when the EADMT and dance movement therapists gather in Berlin later this year.



GERMAN DANCE THERAPY ASSOCIATION – BTD

The Covid Pandemic was still a big topic in the wintertime of 21/22. For this reason, the General Assembly, which was originally thought as a hybrid meeting, finally took place as an online event in combination with the 10th year birthday celebration of the master study program Dance Movement Therapy of the SRH University in Heidelberg on February '22. Keynote speaker was Dr. Sherry Goodill, Clinical Professor for Creative Arts Therapies from the Drexel University from the states. She had a guest professorship from October '21 until March '22.

Going digital is still a big topic: The online trainings with several and different topics like i.e., `how to

create an online dance therapy workshop`, `dance therapy with mourning`, `transcultural dance therapy` or `mindful stress release` are still going on.

The online sessions with *moveinu* (https://moveinu.com/moveinu/?gclid=EAlaIqobChMIo9yc1LPV-AIVivIRCh0DwArBEAAYASAAEgKvt_D_BwE) are still taking place. Dance and movement therapists (BTD) can register themselves to give online sessions.

The information video about dance therapy will get subtitles in different languages.

The Berlin regional group is busy preparing the EADMT Conference in Potsdam which will take place from 23rd – 25th of September '22 (<https://eadmt.com/conferences/4th-eadmt-conference-2022-how-far-is-far-how-close-is-close-choreographing-a-new-world>).





GREEK ASSOCIATION OF DANCE THERAPY

This past year has been a very fruitful for the Greek Association, as the Association has been undergoing a significant period of change in its internal affairs.

Since the New Board was elected in April 2021, the Association had to deal with a number of issues of importance:

There was an open discussion between the members of the Association held in May 30th 2021 about EADMT TS Criteria, and which training programs follow it and rise up to the standards.

A GA was held at the 30th of September 2021 where the new Rules of Procedures were voted, which included in more detail the EADMT TS criteria to be followed in Educational Programs.

Greece kept the Full Professional member status following the peer review from Spain and Russia.

A new Statute was voted in the GA held on the 3rd of April 2022 on the basis of the old Statute document taking into account EADMT Statute sample from EADMT Website.

There were two discussions held on the 22nd of May and 26th of June about joining the National Association of Psychotherapy of Greece, a local branch of EAP in Greece. Greece is also considering the possibility of a 4th separate additional year in the GADT's Educational program for those DMTs who wish to follow the psychotherapy route. The discussion on these issues will be examined further by the Association's Working Group for State Recognition in Greece, and further discussions will continue in September.

The Association's Crisis Management Working Group continued its workings by uploading a short video to illustrate GADT's response to the crisis [watch it here](#). The creative processes described in this video resulted in a reflection booklet and formed the GADT Official Guidelines for Online Therapy. We will translate these guidelines in English in order to share with the whole European community.

Greek Association members' network wholeheartedly offers support voluntarily to our Ukrainian colleagues which are going through this terrible war which seems to be never ending. Our prayers are with you for immediate peace!

On behalf of the Greek Association of Dance Therapy we wish all colleagues a relaxing and inspiring summertime break and we are looking forward to meeting in you in person in Berlin.





HUNGARIAN ASSOCIATION FOR MOVEMENT AND DANCE THERAPY

After 3 years, Movement and Dance Therapy Conference was organized again in Budapest, which gave us a long-awaited opportunity to meet in person after the covid period. The conference was attended by a large number of psychotherapist professionals interested in the method, in addition to the members of the association, and gave us the opportunity to present our method to a wider audience. In addition to the professional lectures, there was an opportunity to move together and try out different body awareness methods.

A celebratory launch of a book presenting our method in a comprehensive way took place during the conference.

The association's marketing team continued to work on providing information about the movement and dance therapy method on the association's social media platforms. Our various working groups continued to work together in the online space.

Our association has grown and the impact of the pandemic has not gone away without a trace, so we collectively came to the decision that we needed organisational development to make the association work effectively. This will be done through a 5-step professional process.

During regular online COVID forums (a communication channel organized and maintained during the pandemic) gave each other space to share and reflect together on the challenges we face.

Board meetings, study sessions and general assemblies also took place in the online space. So it was a great pleasure for us to meet face-to-face at our first organisational development session in July 2022 and reflect on the future of our association. In addition to face-to-face meetings, we also had internal training sessions, which were inspiring on both a practical and theoretical level.

Katalin Szili, delegate

Katalin Walter, deputy delegate

<https://mozgasterapia.net/english/>





Patron
Michael D. Higgins
President of Ireland

IRISH ASSOCIATION OF CREATIVE ARTS THERAPISTS, IACAT

The Dance Therapists of Ireland are part of the Irish Association of Creative Arts Therapies in Ireland alongside Art Therapists, Dramatherapists, Music Therapists and Expressive Arts Therapists. We have been meeting online since the end of 2020 and will be meeting in person for the first time in early September 2022 to move our vision and plan for the future of Dance Movement Psychotherapy in Ireland.

There are 4 of us in the Republic of Ireland (in Europe, where IACAT is based) and 2 of us in Northern Ireland. Bernadette Divilly is practicing in the West (Galway), Anna Fiona Keogh and Fran Burns in the East (Dublin), Noémie Cattez in the North West (Donegal) and Theresa Weir and Claire Harkin in Northern Ireland (part of the UK, where ADMPUK is based). Over the years we have received enquiries from people interested in becoming Dance Therapists and have taken the time to inform them of study options and the reality of practicing as a Dance Therapist.

Since Brexit, it has made many years of a difficult relationship between the Republic of Ireland and Northern Ireland even more precarious. We are really proud to be together and work towards more

unity for the whole Island. There is also a working group that has come together across the 2 countries of the Island to organise an All-Ireland Conference set to take place in 2023.

We all come from varied backgrounds including physical therapy, psychology, counselling, publishing, dance, and ecotherapy. Some of us qualified in the US, others in the UK. We currently all run a private Dance Movement Therapy practice to some extent alongside raising families, practicing complementary therapies, Dance Therapy with trauma, and community dance.

We have all at some point been on the council of the Irish Association of Creative Arts Therapists and all continue to work to further Dance Movement Psychotherapy in Ireland. With a lack of state registration for Dance Therapy and the other arts therapies in Ireland, this is a conversation our group often has. Our exchanges touch on movement, society, networks, supervision, peer connections and being members of other therapy associations among others. We are interested in exploring the wider implications of being Dance Therapists in our society and world and how it exists alongside our personal lives. Simultaneously, we work to take care of ourselves, as life, especially in the context of the global pandemic, is busy and heavy and being together helps us remain hopeful.

We are delighted to be members of EADMT since October 2021 when Noémie became the Irish delegate. It helps us feel part of a wider community of Dance Therapists.





THE ITALIAN PROFESSIONAL ASSOCIATION OF DANCE MOVEMENT THERAPY, APID®

Being part of EADMT means feeling part of the European breath, sharing initiatives, comparing and assimilating different points of view regarding common objectives. The fundamental goal remains the recognition of our profession, which is not at the same level in the different countries.

An important point this year was to share a message of peace and cooperation regarding the war in Ukraine. APID decided at the Members' Meeting (March 22) to contribute to the payment of the EADMT quota for Ukraine. Italy shares with EADMT the support for Dance Movement Therapists working in situations of trauma due to ongoing conflicts (fb: EADMT - Support network) Representatives for those who wish to propose initiatives: Elena Cerruto (Delegate) and Monica Re (Deputy). (For communications: elenacerruto@gmail.com)

Great excitement for the conference in Potsdam (Berlin). Fundamental moment of encounter and exchange. The program of workshops and presentations sees numerous Italian Dance Movement Therapists participants.

The Italian Board has worked hard with good results: some members are re-joining APID® after years of absence (thanks also to the new re-joining rules and the new fee schedule); emergencies have been resolved and urgent bureaucratic changes have been dealt with (recruitment of a secretary with a permanent contract, change of accountant and registered office, creation of the new website, restoration of the Facebook and Instagram pages) Established institutional programs such as 'DMT Week' (a worldwide initiative is being collaborated on!) and *Continuing Professional Training* are held with excellent participation both in presence and online.

The APID National Conference (March 2022) in Modena was well attended and participants enjoyed the entire program and the positive atmosphere. Theme of the conference: *Another world is necessary*. A strong reminder of the ecological aspects that sees the role of Dance Movement Therapists as fundamental, with initiatives aimed to develop awareness of our steps on the planet in continuous connection with the environment, with the world inside and outside us.

Prominent guests were invited: anthropologists, climate scientists, political figures and a representative of EADMT: Shirley Mawer (UK). For everyone it was a great joy and emotion to see each other again after 2 years of absence, to dance together, to smile, to hug each other again. We saw a participative connection between Dance Movement Therapists, a sense of belonging that creates a strong unity from which research groups,



new commissions and common projects are starting up.

The Annual Assembly was also well attended: the desire for change and the will to bring it about is evident. The first year of the Boards management experience that has just passed makes the Board confident and, despite the world's events and the less than reassuring news, the APID® Dance Movement Therapists continue to bet on the future.

Training Schools: with the Training Commission and the Heads of Education, what we consider the: "Reform of the Training and Further Education Schools".

Important institutional developments put the Presidency in contact with representatives of the Senate with the aim of including DMT in the ministerial guidelines.

For March 2023, preparation is already underway for a National APID Ongoing Formation in Assisi, a city seen as a symbol of peace. At the Cittadella di Assisi, the permanent training will be a response to an ongoing survey of Members in order to respond to current and pressing needs in line with the Directives required by the MISE (Ministry of Economic Development). (The DMT APID® is recognized by the MISE).



Latvian Dance Movement Therapy association logo in solidarity with Ukraine

LATVIAN DANCE MOVEMENT THERAPY ASSOCIATION

Since last Newsletter the world has changed. Again.

I would like to start with the fact that Latvian Dance Movement Therapy Association has changed the colors of its logo on the February of 2022 from white-green to blue-yellow in solidarity with Ukraine. We stand with Ukraine!

Since Russia has started the war in Ukraine, Latvia has received many refugees from the warzone and dance movement therapists are voluntarily offering them support in cooperation with other arts therapists. Those of us who work with war refugees can receive free-of-charge supervisions as well. Also, recently Latvia has joined the EADMT Support Network and you can be sure to receive support from Latvian dance movement therapists, if needed.



In Autumn of 2021 Latvian Dance Movement Therapy Association in collaboration with colleagues from Lithuania and Estonia have embarked in a process of creating a useful material about body-based principles than can be helpful to overcome the issues caused by the Covid-19. The project is called *MoveOn* and it is supported by *NordPlus*.

In December 2021 Latvian dance movement therapists participated in Arts therapy days in Latvia, offering free-of-charge sessions in private practices and an event for professionals – Kaleidoscope. Kaleidoscope is an event where 3 dance movement therapists (Ilze Lejniece, Santa Grīnfelde and Mārtiņš Etkins) shared simple and directive techniques that they are using in their work. We hope to organize more of Kaleidoscopes in the future as an opportunity for professionals to exchange practical techniques applicable to various client/patient groups.

Two important continuous professional development events were organized by Latvian Dance Movement Therapy Association in this period of time, both happened online. One was a child psychiatrist Dr. Nikita Bezbodovs lecture on “Gender dysphoria among children and adolescents”, a topic that is relevant for everyone working with children and adolescents nowadays. Another one was “Dance, philosophy of dance and creativity in dance movement therapy”, a full day lecture-workshop led by Santa Grīnfelde, certified dance movement therapist and a choreographer and Inta Balode, dance critic and a writer and editor for the Latvian Dance Information Center.

Dance movement therapists were represented at 8th International Scientific-practical Conference *Health and Personality Development: An Interdisciplinary Approach* on April 21.-23. of 2022. In Riga (online), organized by Riga Stradins university. Our members presented their works on therapeutic alliance (Alvīne Milere), legal aspects of working with children (Līva Kupča) and mindfulness-based approach (Indra Majore-Dūšele) in Arts therapy.

This year we, the Association, have two important events in mind – first is the finish of the process of membership renewal process in EADMT (we hope to have fulfilled the requirements and keep the Full Professional status) and the second is our birthday celebration this summer. On July 17th Latvian Dance and Movement Therapy Association will celebrate 15 years since its foundation! Last time when members of our Association gathered together was before the Pandemic, so hopefully, this summer we can bring together dance movement therapists from all over Latvia for this occasion and see each other in person at last!



Dance movement therapists from the Baltic countries - Lithuania, Latvia and Estonia - together in Riga, working on a NordPlus Project "MoveOn" / August 2021





Nederlandse Vereniging voor Danstherapie

DUTCH NATIONAL ASSOCIATION FOR DANCE THERAPY

News from Dutch Dance therapy Association (NVDAT)

- 2nd print of the textbook “Dance Therapy. Exploring the field” is out. The first publication of the book was in 2020 by publisher Acco (editors Rosemarie Samaritter, Nicki Wentholt and Ina van Keulen. The collection of the articles unfolds theoretical, methodical and clinical reflections on development of Dance Movement Therapy in The Netherlands in the last 25 years.
- In April NVDAT held its annual General Assembly and the workshop about Tension & Trauma Release Exercise facilitated by Dione Dijkman and Brigitte Broeksteeg, DMTs.
- Anna Eva Prick is a new lector Vaktherapie (Arts Therapies)
- Rosemarie Samaritter has become associate lector Arts Therapies – at Codarts Rotterdam. Her research will be focused on the role of arts for mental health. She will also support PhD and post-doc candidates for Music and Dance therapy, together with university partners and clinical institutions.

<https://www.codarts.nl/2021/06/rosemarie-samaritter-associate-lector-arts-therapies/>

- Two dance therapists have contributed to the book "Schemagerichte werkvormen voor vaktherapie" ed. by Suzanne Haeyen. The book is dedicated to the applications of schema therapy interventions for creative arts therapies.

https://www.bol.com/nl/nl/p/schemagerichte-werkvormen-voor-vaktherapie/9300000095642430/?Referrer=ADVNLG00002008J-G-137951547029-S-1680380355751-9300000095642430&gclid=CjwKCAjwiJqWBhBdEiwAtESPaG9nLYJoE90FDcEEEUoUYRUK4LuQVB71AguEkJvuJ2MpFI8tPjHdQxoCZj4QAvD_BwE



POLISH DANCE MOVEMENT PSYCHOTHERAPY ASSOCIATION

The last year was demanding for us all, as the war with Ukraine was next door. At least 12 million people have fled their homes since the invasion of Ukraine, more than five million have crossed the



border with Poland. 3.2 million Ukrainians are still in Poland, which is unprecedented in its scale.

The majority of us have got involved in helping the Ukraine refugees find therapists from our association. Hania Strzałkowska, as a part of European initiative, coordinates a group ready to support therapists from Ukraine. Some of our members organize individual free sessions, some of us open our houses for refugees. We had the first exchange with Radana Syrovatkova from Tanter – the Czech association of Dance Movement Therapy – around experience working with refugees.

Recently, Małgorzata Wiśniewska from the DMT Institute, in cooperation with the Polish DMT Association, with the great help of Katarzyna Maja Molska and Weronika Halwa in translating, has also organized remote workshops supporting our members in working with refugees, especially in the field of trauma. It was possible thanks to the kindness of Dr. Meirav Tal-Margalit, a psychotherapist and DMT supervisor, who volunteered to share her vast knowledge with us in 2 workshops. They prepared us for working in this demanding time.

Agnieszka Sokołowska, as a part of monthly professional development, organized 6 mornings for the regulation of the nervous system, “A tender power of presence”,

and free workshops for those of us who dealt with refugees. Some of the topics covered: How to support yourself starting with the body and movement in the current situation? What support

can be done for others by working through the body? Our reactions to trauma, principles of crisis intervention. 100% were donated to help refugees.

Katarzyna Maja Molska President of The Polish DMT association, in cooperation with Stephan Porges, invite all DMT association members to the Safe and Sound Protocol - vagus nerve training, a 2-month online training on zoom with the use of the Unyte-iLs application, which offers 15 hours of music to help to balance the nervous system. It was a free offer for DMT therapists who work with Ukraine refugees.

In Poland, we continue working for the national recognition of the profession, as we are not recognized, yet, through the National Health System. We constantly promote our method through individual and private therapeutic centres. We want our therapeutic work to be recognized, we are quite successfully promoting our methods using everyday practices. I want to give examples of some training centres which promote DMP: The Polish Institute of Dance and Movement Psychotherapy, Iba - Dance and Movement Therapy Centre, Agnieszka Sokołowska, Izabela Dominko, Ph.D. promotes DMT among very different groups of recipients. From those who are already well versed in the field of psychotherapy and helping, through people related to movement and dance, to those who are interested in the method and do not have the opportunity to experience DMT so far.



The idea of workshops, delivered by IBA or The Polish Institute of Dance and Movement Psychotherapy, is to introduce dance and movement therapy, and body work, to the field of therapy, to present tools in this area, and to provide experiences showing their application and impact.

The Polish Institute of Dance and Movement Psychotherapy(<https://www.instytutdmt.pl/>) conducts a comprehensive, 4-year training in dance and movement psychotherapy, and is accredited by the Polish Association of Dance and Movement Psychotherapy.

Iba - Dance and Movement Therapy Centre (<http://Terapiatancem-iba.pl>) as a team in a private centre, they deal with educational activities in the public education system. They teach students of Pedagogy at the University of Warsaw, and Somatics in Dance and Therapy at the Academy of Music in Łódź. As well as dance and movement therapy methods, they also introduce the Laban / Bartenieff Movement System. Katarzyna Dańska also participated in the work of the National Institute of Music and Dance, in the project of introducing dance into primary and secondary education.

Aga Sokołowska (<https://agasokolowska.com/>) creates the project, "Dancing Life", and with the co-operation of Karen Studd from WholeMovement, conducts a one-year program - Conscious Body and Language of Movement training program - Integrating components from the Laban/Bartenie Movement System (LBMS) and

Dance Movement Therapy techniques for intervention and education, working with individuals or groups. She also trains art therapists in the program, "The Culture against and exclusion", as well as teachers in WCIES (Warsaw Centre for Educational and Social Innovation and Training).

Izabela Dominko teaches body awareness to the students of Post Graduate Studies of Positive Psychology at SWPS, one of the best private Psychology Universities.

At the beginning of 2022, the project "All hope in art", supported by the Minister of Culture, was finalized. The project was carried out as a reportage, and DMT was present thanks to the involvement of Justyna Bajew and Małgorzata Wiśniewska, who run the Polish DMT Institute, and last year's graduates of the Institute. You can see the results at <http://calanadziejawsztuce.pl/justyna-bajew-instytut-dmt/>

Anna Szyniszewska-Łukasik

Board Member & Certification Commission Member

Polish DMT Association





PRAIA – PORTUGUESE ASSOCIATION DANCE MOVEMENT THERAPY

Ana Oliveira - DMT Activities June 2021 / June 2022

Clinic: Weekly dance movement therapy group with cancer patients at the Portuguese League Against Cancer.

Research: PhD student at INET-MD, Institute of Ethnomusicology - Center for Studies in Music and Dance, Faculty of Human Motricity, University of Lisbon. Guidance from Prof. Dr. Luisa Roubaud.

Communications at scientific conferences:

“Rehabilitation of the imaginary through dance: a proposal in oncology”. 2nd Congress of Psycho-oncology of the Portuguese League Against Cancer. 7 – 9 October 2021. Co-authored with Luísa Roubaud.

“Joy: the most serious thing in life. Reflection on dance and cancer care”. SIBE+21 Congress Research in Music and Dance. Social and Political Responsibility Practices. Institute of

Ethnomusicology – Center for Studies in Music and Dance. University of Aveiro, Portugal. October 20 - 23, 2021. Co-authored with Luísa Roubaud

“Dance to Psycho-Oncological Care”. XIV Luso-Afro-Brazilian Congress (CONLAB 2021) and the 3rd Congress of the International Association of Social and Human Sciences in Portuguese Language, 15 – 17 September 2021. Co-authored with Luísa Roubaud and Albina Dias.

Art projects:

Movement Psychology Workshop with artists from the Experimental Theater of Porto in the project and show “Aesthetics of Resistance”, based on the reading "Die Ästhetik des Widerstands" by Peter Weiss.

Training:

Student in the Introductory Course and Level 1 of the Laban Bartenieff Movement System by Choronde Progetto Educativo and Whole Movement - Karen Studd and Laura Cox. Rome Italy.

Teaches a class in the field of Mental Health to Master's students in Psychomotor Rehabilitation at the Faculty of Human Motricity, University of Lisbon.

Associative Projects:

Chairs the Board of the General Assembly of the Portuguese Dance Movement Therapy Association.

Member of the EADMT Research Working Group



Liliane Viegas – DMT Activity 2021/2022

Clinic Activity in the Psychiatrist Hospital in Lisbon (CHPL-Centro Hospitalar Psiquiátrico de Lisboa)

Daily group of DMT: Day Hospital (2 groups), Rehabilitation Service, Dance Therapeutic Group “From Process to Performance”, Youth in patient in Crisis, Theater Therapeutic Group.

Supervision in the Psychiatric Hospital dance Movement therapy session

Received for internship in DMT in Mental Health:

1. 1 DMT Master Student from UAB (Autonomous University from Barcelona)
2. 1 Student of Dance in Community Graduation from FMH (Faculdade de Motricidade Humana)
3. 2 students of Educational University
4. 1 Dance Movement Therapist from the Portuguese Dance Movement Association

2 Presentations of the Dance Therapeutic Group “From process to Performance” from the psychiatrist hospital

1. “No Mercado” in the International Dance Day in the Community (April 2022)
2. “Vivências” presentation in the 6th edition of Mental Festival in. Lisbon (May 2022)

Communication:

June 2022: Communication about “Dance Movement Therapy” in a psychiatric hospital “From PROCESS to performance in the Erasmus

Encounter of “Trauma Informed care (TIC) and Psychologically Informed Environment (PIE) realized in CHPL (“Centro Hospitalar Psiquiátrico de Lisboa”).

Associative activity in Portuguese Dance Movement Therapy Association

- Encounter with the working group responsible for the DMT formation.
- Working progress for a new site of the Portuguese Dance movement Association.
- Connection Portuguese Body Psychotherapy Institute (IPPC).





ZPGTS – THE SLOVENIAN ASSOCIATION OF DANCE MOVEMENT THERAPISTS

Another busy year has passed in our association, when there was no shortage of changes. Our already small association, which had six members at the time of its founding, has been reduced by one member, so that we now have a total of five active members. Despite all these obstacles, we managed to carry out some important tasks and activities.

On October 23, 2021, we organized an on-line workshop with the British dance-movement psychotherapist and supervisor Susan Scarth, who prepared a webinar entitled *MOVEMENT, DANCE AND RESILIENCE - How movement and dance in general and especially through the methods and process of dance movement psychotherapy help us build resilience*. Fourteen participants took part in the webinar together with members of the association.

On June 10, 2022, elections to the association's bodies were held. The association elected a new president for a term of four years, who will also represent us as a delegate in EADMT.

In the association, we are most proud of the extensive task we have set ourselves. Namely, we have prepared a new *Rulebook on awarding the title registered dance-movement psychotherapist (R-PGP)* and very precise *Guidelines for awarding the title registered dance-movement psychotherapist (R-PGP)*. Until the spring, we successfully completed the registration and thus the awarding of the title of Registered dance-movement psychotherapist (R-PGP) to the members of the association. This is a huge milestone on our path of establishing educational and professional standards of dance-movement psychotherapy as an independent profession, but also as a recognized modality within the broader field of psychotherapy.

Through our membership in Slovenian umbrella association for psychotherapy we also took part in diverse professional activities of the European Association of Psychotherapy (EAP). Some of our members presented their work (with lectures and workshops) at the regular annual educational event of Slovenian umbrella association for psychotherapy, which took part in June 2022 under the title *Dreams, metaphors and creative media in psychotherapy*.

Depending on our capabilities, the members of the association individually connected with various Slovenian organizations to provide assistance to Ukrainian refugees.

Even more work awaits us in the future. Above all, we committed ourselves to the promotion of our association with the aim of gaining new members



while also spreading awareness of the existence of dance-movement psychotherapy in Slovenia. The work done concerning the professional title Registered dance-movement psychotherapist (R-PGP) also enables our association to follow and participate in the preparation of national regulation of the profession of dance-movement psychotherapy as an independent yet also equal and recognized psychotherapeutic modality.

We continue to connect and cooperate with other arts therapists and psychotherapists of different modalities in Slovenia. Our members will continue to actively participate in the Slovenian umbrella association for psychotherapy (annual assembly, professional council, educational council) and EADMT.

We are also looking forward to participating in the annual 2022 EADMT conference in Berlin.

And there is an important task ahead of us to organize another professional day on the topic of dance-movement psychotherapy in November 2022, which we sincerely want to execute as a live event.



SPANISH ASSOCIATION OF DANCE MOVEMENT THERAPY (ADMTE)

ADMTE 20th ANNIVERSARY

November 19, 20 & 21, 2021

125 people from 16 countries between America and Europe met to attend the conference.

Is was offered to participants:

Tables: Opening Table, Spinning and weaving DMT in Spain, Contact in psychotherapies: specificity and contributions of DMT, Challenges of DMT in the different areas of intervention

Face-to-face workshops in Barcelona, Madrid and the Basque Country

Online workshops for Europe and Latin America

CONTINUING EDUCATION 2021-22

SINCE JUNE 2021

LMA FOR DMT

Facilitator: Gloria Garcia

2021: May 15, July 17, September 18 and November 27



2022: January 29, March 26, May 28, July 23, September 17 and November 26

2023: January 28 and March 25

Total hours: 78 hours

ACCOMPANYING ANXIETY THROUGH DMT

Facilitator: Teresa Bas

Dates: June 19 and 20, 2021 (2nd scheduling)

Hours: 12 hours

WEBINAR: NEW HORIZONS FOR THE SUPEREGO

Facilitator: Susana Volosin

Date: February 26, 2022

Hours: 2.5 hours

OTHER EVENTS CARRIED OUT BY ADMTE

IBERO-AMERICAN MEETING: *IN-FUSING* DMT

March 5, 2022, 16-18h online

The objective of the meeting was to share, review and reflect on research trends in our professional field regarding the models used, mainly highlighting an artistic approach, through movement.

BOOK PRESENTATION

April 8, 2022, 18-20h online:

“Dance and creativity within Dance Movement Therapy. International perspectives”. Hilda Wengrower y Sharon Chaiklin (eds). Routledge, New York.

Speakers: Dra. Hilda Wengrower, Dra. Thania Acaron Ríos and Marcela Baez

MOVEMENT MEETINGS FOR DMTs

Abril 30, 2022, 11-12.30h online

BOARD & COMMITTEES NEWS

Treasury Report

Renewal of 86.25% of the members in 2022. A success keeping in mind the last two years of uncertainty as a result of Covid-19

Admissions Committee

In total 24 new members have signed up since July 2021 to date

Supervisor member (MSR): 1

Full member (MTR): 2

Postgraduate Student Member (MeF): 2

Master Student member (ME): 7

Associate member (MA): 2

European Committee

ADMTE has actively participated in the organization of the EADMT Congress that will be celebrated in September 2022 through the Spanish delegation. We have also collaborated with the Professional Recognition WG in the project of the questionnaire “State Recognition of DMT in EADMT Membership countries”,

Investigation Committee

The Investigation Committee has been active since January 2022 and they are working on a new



Spanish magazine to provide a space for publications and an exchange of best practices in this language.

SCIENTIFIC PUBLICATIONS

ADMTE members have made several publications in impactful magazines. Some of these publications are the result of students' Master's thesis.

Ortuño-Ibarra, A., & Rodríguez-Jiménez, R. M. (2022). A proposal for emotional intelligence development through dance movement therapy. *Body, Movement and Dance in Psychotherapy*, 1-17.

Rodríguez-Jiménez, R. M., Carmona, M., García-Merino, S., Díaz-Ureña, G., & Lara Bercial, P. J. (2022). Embodied Learning for Well-Being, Self-Awareness, and Stress Regulation: A Randomized Trial with Engineering Students Using a Mixed-Method Approach. *Education Sciences*, 12(2), 111.

García Callao, L., Aenishänslin, B. & Rodríguez-Jiménez, R.-M. (2022). From the inside: Dancing between the burnout and engagement in a penitentiary center, *Revista de Salud Penitenciaria*, 24 (2), 50-58

Zachou, E. & Panhofer, H. (2022). Metaphor and Movement: Exploring the Unspoken with a group of Frontline Workers. *Body, Movement and Dance in Psychotherapy*, DOI: <https://doi.org/10.1080/17432979.2022.2052185>

Quaglia Calvo, A.; Rodríguez Pérez, N. & Rodríguez-Jiménez, R.-M. (2022, *submitted for review*). Contributions of Dance Movement Therapy in

Adolescent Education: A Systematic Review. *Psicología Educativa*.

Castro Jaramillo, C. & Panhofer, H. (2021). Dance movement therapy techniques to promote kinaesthetic empathy for couples: 'I have to dance seriously with you', *Body, Movement and Dance in Psychotherapy*, DOI: [10.1080/17432979.2021.1982770](https://doi.org/10.1080/17432979.2021.1982770)

Rodríguez-Jiménez, R. M., & Carmona, M. (2021). A rationale for teacher change from a bodyfulness paradigm: An experience in higher education. *Education Sciences*, 11(9), 460.

Lopera-Auñón, J. A., Medina-Orcera, L. & Rodríguez-Jiménez, R.M. (2021). Emotions and flamenco dance: introducing the *duende* in dance movement therapy, *Body, Movement and Dance in Psychotherapy*, DOI: [10.1080/17432979.2021.1981447](https://doi.org/10.1080/17432979.2021.1981447)

Preda, R. (2021). Power dynamics in dance movement therapy, *Body, Movement and Dance in Psychotherapy*, 17:1, 71-80, DOI: [10.1080/17432979.2021.1994010](https://doi.org/10.1080/17432979.2021.1994010)

Zachou, E. & Panhofer, H. (2022). Metaphor and Movement: Exploring the Unspoken with a group of Frontline Workers. *Body, Movement and Dance in Psychotherapy*, DOI: <https://doi.org/10.1080/17432979.2022.2052185>

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BTK – THE SWISS PROFESSIONAL ASSOCIATION FOR MOVEMENT, DANCE AND BODY THERAPIES

Last year was not an easy one for the btk members. For personal and financial reasons, the board was compelled to dissolve the btk.

The members followed the board's suggestion. The btk members have the choice of switching either to the Professional Association for Complementary Therapy (NVS) or to the Professional Association for Art Therapy (gpk).

The board was able to organize a simple and smooth transition to these professional associations. 25 btk members will move to NVS and 45 members will move to gpk. 53 members decided not to join a professional association or to choose another professional association.

This newsletter is the last newsletter of the btk. The gpk will now be a member of the EADMT.

A separate section for dance and movement therapists will be established in the gpk.

Due to the Covid measures, most further training courses could not be held and only very few persons attended those that took place. A large part of the further training offering even had to be cancelled due to the Covid measures.

EADMT WORKING GROUPS

State Professional Recognition WG

Call for volunteers

Our WG has the following goals:

- Provide support to all members in the different professional recognition processes
- Receive and process information on the various professional recognition processes that each country has been following (at State level but also with other varied ways as on institutional, educational, scientific, etc.)

We need volunteers for one of our current projects: data processing and elaboration of the results from the “State Professional Recognition Questionnaire” applied in 2021. The aim is to prepare a booklet with the results which can be offered to EADMT members. Experience processing Excel data is desired. We expect a workload of approximately 2 hours/week until the booklet is ready.



EADMT UPCOMING EVENTS

4th EUROPEAN ASSOCIATION DANCE MOVEMENT THERAPY
& GERMAN DANCE THERAPY ASSOCIATION PRESENT
EADMT CONFERENCE



*HOW FAR IS FAR?
HOW CLOSE IS CLOSE?*

**CHOREOGRAPHING
A NEW WORLD**

23-25 September 2022
BERLIN POTSDAM - GERMANY

fabrik Potsdam - info at  EADMT www.eadmt.com &  www.btd-tanztherapie.de

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