

EADMT NEWSLETTER

2022 - 2023



EADMT

Dear DMT community,

This newsletter reflects the energy and vitality of our associations despite the existing difficulties. This has not been an easy year either: the war in Ukraine continues to cause so much suffering for so many people. At the same time, in response to it, collaborative initiatives of support are carrying on across Europe. In times of ongoing crisis, for reasons as diverse as the war and economic and environmental crises, the presence of DMT professionals offers a space for accompaniment, presence and care in the face of increasing mental health problems. In this newsletter we can find experiences of working with different groups and contexts, often in collaboration with other creative therapies. The learning and exchanges that the 4th International Conference in Potsdam (Germany) brought us are still vividly echoing in our bodies. We would also like to thank all those who contributed to the success of the event for their hard work.

Efforts continue to be made in the different countries to achieve recognition of the profession of Dance Movement Therapy. Collaborative projects between different countries and with professionals from other fields of knowledge can certainly contribute to this process. Likewise, interest in research increases and we can read different initiatives, research projects and doctoral theses as well as publications by professionals in high-impact scientific journals. We hope that this newsletter, through sharing the achievements, proposals and advances of the associations, will inspire you to continue building bridges to contribute to the well-being of the people wherever they are.

Rosa María Rodríguez-Jiménez

EADMT President



Dear members of the European Association of Dance Movement Therapy,

We are happy to announce the release of the 5th edition of the EADMT newsletter. As we come together each year, delegates offer their unique contributions, each piece representing a vital part of the larger puzzle that shapes this newsletter. It is the result of every individual effort that makes this publication truly meaningful and impactful.

Within the pages of the newsletter, you will get on a journey through the shared highlights and accomplishments of each country. Witness the leading DMT explorations, exciting collaborations, and other great initiatives from dedicated professionals across Europe. The vivid photographs that accompany these narratives breathe life into the essence of DMT, adding colour and depth to the experiences of our fellow members. These images also take us on a virtual tour, guiding us through the diverse landscape of DMT practices. Most definitely, you can have a look at the new published books and the latest scientific publications in the field.

Thank you for your valuable contributions, and we hope that the 5th edition of the EADMT newsletter serves as an inspiring and informative source for all members.

Together, let us continue to dance our way towards progress and well-being.

The Communication Working Group

Martina Vávrová (coordinator),

Andrea Tziorta, Elli Kita, Maria Arvanitaki, Monika Ptasinska, Fabienne Swoboda



CONTENTS

ASSOCIATION FOR DANCE MOVEMENT THERAPY CYPRUS	5
TANTER – CZECH ASSOCIATION OF DANCE MOVEMENT THERAPY	6
DANCE MOVEMENT THERAPY ASSOCIATION DENMARK.....	6
THE FINNISH ASSOCIATION FOR DANCE THERAPY.....	7
GERMAN DANCE THERAPY ASSOCIATION – BTD	10
GREEK ASSOCIATION OF DANCE THERAPY.....	10
I.C.E.T. THE ISRAELI CREATIVE & EXPRESSIVE THERAPIES ASSOCIATION	11
THE ITALIAN PROFESSIONAL ASSOCIATION OF DANCE MOVEMENT THERAPY, APID®	12
POLISH DANCE MOVEMENT PSYCHOTHERAPY ASSOCIATION	14
PRAIA – PORTUGUESE ASSOCIATION DANCE MOVEMENT THERAPY.....	19
SPANISH ASSOCIATION OF DANCE MOVEMENT THERAPY (ADMTE)	21





ASSOCIATION FOR DANCE MOVEMENT THERAPY CYPRUS

Dear all,

It's this time of the year when through this newsletter we look back, reflect on, and learn from the steps of our national association – a chance to plant the next 'seeds'.

Last year we shared about our first introductory workshops in dance therapy and people's high interest, as well as the remarkable achievement of the music therapists here in Cyprus, managing to get state recognition, highlighting our hope towards our own recognition. That led us to begin taking big and confident steps to achieve that too.

Our NA has arranged meetings with members of the parliament. Following the information received, we got carried away in extensive conversations about whether it is the right move or not and a bit lost in the bureaucratic process. We ended up with more questions than answers, with the most important one being: "What are our actual aims from getting a state recognition?". The initial big steps became smaller and smaller, hesitant, and even with a bit of fear.

On another note, in December we attended the first get-to-know meeting of all the creative arts therapists in Cyprus. It was enthusiastic to meet people from all over the island and hear about their work. This get-together inspired the creation of a Mental Health Art Therapies Festival and our NA is a proud co-organiser. This will take place this September and we really look forward to meeting new people, facilitating dance therapy sessions and providing information about our field.

Reflecting on this year, we notice how our movements changed when the feelings of hesitation, stress and fear arose. At the same time, we realise that connecting with other creative art therapists not only reminds us that we aren't alone but also helps us open our eyes widely and see the different pathways that might lead our field to better "acknowledgment". And to reach that, these are the steps we aim to take:

- A team that will represent our NA in media interviews on TV, radio and journals.
- Looking up for creating job opportunities in the public sector.
- Meeting with the Ministry of Education to discuss the possible admission of DMT in schools and special education.

Last but not least, in October, we will have an election general assembly and the new board will continue all this great work.

Andrea Tziorta & Veronica Savva





TANter – CZECH ASSOCIATION OF DANCE MOVEMENT THERAPY

Czech Association has been growing. We have at this moment 55 members in total including student and associate members. We are thrilled about our growing community.

Photos are taken from GA in Telč in April 2023 from workshop with an amazing gaga dancer and instructor Nataša Novotná.

The association has been collaborating with other creative therapy association as one of the members of CREATHEAS, Association of creative therapies.

This time period we have been organising supervisions with local dance movement therapists. It appears that online format is the most accesible to therapists in the whole country. In spring 2023, 4 online supervisions were organised with 4 different superisors and 19 participants in total.



DANCE MOVEMENT THERAPY ASSOCIATION DENMARK

News from Denmark

It has been a great year for DMT in Denmark. Three new persons have been certified as dance movement therapists and this is after a break of six years. Fifteen new students start their DMT journey at The Institute of Dance Movement Therapy, Dk. Beside this we see there has become many more projects where skills as a Dance Movement Therapist are involved.





THE FINNISH ASSOCIATION FOR DANCE THERAPY

Current board members 2023

Chairperson: Päivi Pylvänäinen

Members: Kaisa Kella, Saara Soikkeli (EADMT Deputy), Saila Lehtonen, Silja McNamara (EADMT Delegate), Meri Nisula and Satu Haapanen

Deputy members: Anita Forsblom, Sini-Maria Tuomivaara and Meri Erkkilä

The work in association during 2022-2023

For the past year the Finnish Association for Dance Therapy has been promoting DMT through different ways of hosting online and physical live events. As it's our association's duty and honour to host this year's upcoming EADMT GA in Helsinki, we have been extremely busy planning and arranging the October weekend. We decided to organize an 'International Dance Movement Therapy Symposium – The ways the relatedness with the environment shapes the body, embodiment and mind' alongside the GA weekend. Please have a look at the link for more information: <https://tanssiterapia.net/eadmt-ga-2023/>

Our association organized a webinar 'Dance movement therapy in the wellbeing services counties' in March 2022. In this free webinar we presented various DMT applications that have been carried out in Finland lately. We shared news from two projects with the youth: a research project on the use of group form DMT in the treatment of adolescent depression at a psychiatric clinic in the capital Helsinki area, and a collaboration project with municipal service providers and a dance movement therapist for promoting mental and social well-being of teenagers and young adults in a moderate sized city of Jyväskylä in Central Finland. Our Association has a role in the first project, as it has been supporting the Helsinki Adolescent Psychiatry Outpatient Clinic project by offering dance movement therapists to work as instructors, therapists, and as supervisors. Even though it has been challenging to recruit research participants for the project, the collaboration has been fruitful with Riikka Valjakka, a doctor who specializes in adolescent psychiatry.

In our webinar, another inspiring example of the use of DMT was from Northern Finland where in the city of Oulu a dance movement therapist has joined in a network with mental health services and cultural services, and DMT groups for people with mood disorders have been offered. This is important as in Finland there has been a major reorganization of the public health care and social services, and now we need practical case examples of how collaboration with these wellbeing services counties can be built. Also, working through 3rd



sector agencies and associations is a fruitful way for bringing out DMT services for those in need. In the webinar, a fine example of this was showcased in the presentation on the collaboration with the Cancer Associations in Finland. In South Western Finland in Pori, a dance movement therapist has carried on for several years DMT groups for persons recovering from cancer.

In September 2022, we hosted a dance jam at ARTis, Tampere. The aim was to offer a space for DMT's to encounter each other, promote wellbeing and maintain a professional network. A small group of professional DMT's gathered to move and share their thoughts on dance movement therapy.

Furthermore, our association hosted Christmas dance event at the studio Tanssikeidas, Helsinki where 14 DMT's attended. In the beginning of the event our EADMT delegate, Pauliina Jääskeläinen introduced some interesting thoughts on the latest EADMT Conference in Berlin 2022. After that, we moved and discussed. The event ended in dancing, music and eating together in a festive atmosphere.

The Finnish Association for Dance Therapy is honoured to be a part of a collaboration between 25 different associations organizing a congress 'Bodily approach in psychotherapy and in creative arts therapies. The first meeting of this initiative took place in February 2023. The aim is to host a congress in 12-14.6.2025 in Tampere. The conveners for this congress are Minna Martin and Tor-Erik Söderholm, who are representing psychophysical psychotherapy. In Finland the

stance of the health care administrative authority (Valvira) is that dance movement therapy is not considered an orientation in psychotherapy. Thus, it is important to bring along in the upcoming congress the perspective, that creative arts therapies are a discipline and a profession as themselves, and to make this professional knowledge known in the broader field of therapies and health care.

We have continued being a part of the Finnish Culture Wellbeing Network. 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 creative arts therapies profession in the Finnish health care system. Päivi Pylvänäinen and Katriina Hyvönen have been working on this with other representatives from the associations for music therapy and art therapy. Our parliament changed in Spring 2023 and a new government was formed. Our healthcare system has been in crisis with not enough health care workers, professionals have been on strikes and the reorganization into new welfare counties has been stalling the process. It has been extremely hard to promote the professional status of creative arts therapies in the Ministry of Social Affairs and Health, and in the Ministry of Education and Culture in these circumstances.

The Roiha Institute is currently organizing the only professional dance movement therapy training in



Finland. The institute has consistently organized a yearly basic course in DMT. In February 2023 a 3-year course for the professional specialization in DMT started with 16 students. The main teachers in this course are Marko Punkanen, Päivi Pylvänäinen, and Tanja Pihlaja as the therapist for the training therapy process. The course will last until end of 2025 and is 115 study points. Furthermore, every student must complete the 'basics of psychotherapy' module (25 study points). The structure and contents of this DMT training parallel to a large extent the structure of psychotherapy training in Finland.

We feel it is crucial to promote scientific research in DMT, as more high-quality research can support us in getting a better stance in the society as dance movement therapists. Two of our professional members are working on their PhD's regarding the use of DMT. Pauliina Jääskeläinen is conducting PhD research in the field of management and organization studies, which focuses on the ways how academic research could be more embodied at every step of the research process. Kaisa Kella is working on a PhD thesis with the topic of using DMT for the treatment of depression with adult patients at Jyväskylä University Psychology Department.

Our Chairman Päivi Pylvänäinen has been representing our association in a DMT Nordic Network. The DMT Nordic Network has formed during the year 2022 and has representers from Norway, Denmark, Sweden, Finland and Iceland. The DMT Nordic network aims to support

collaboratively the development of DMT training in the Scandinavian countries.

In Spring 2023, our Association's committee decided to introduce guidelines for CPD for our professional members. As dance movement therapist profession is not a protected professional title in Finland, we are using the CPD only as a guideline to encourage our members in continuous professional development. We cannot make it compulsory, but we strongly recommend it as CPD can enhance professional identity and motivation.

Overall, it has been an exciting year planning the GA and the Symposium. We look forward to seeing many of you here in Finland this October 2023 - welcome!





Berufsverband der
TanztherapeutInnen
Deutschlands e.V.

GERMAN DANCE THERAPY ASSOCIATION – BTD

During one year the BTD had three events in the northern part of Germany.

In 2022 the biggest event for the German Association as well for the EADMT took place: the EADMT Conference “How far is far? How close is close? Choreographing a new world” in Potsdam from 23rd-25th of September. 230 colleagues from all over the world met in Potsdam to attend workshops, lectures and performances. All organizing parties of BTD and EADMT and the BTD regional group of Berlin prepared a wonderful conference and the EADMT general assembly. It felt again like a big family meeting in a high professional and creative way.

In February '23 the German general assembly took place in Hamburg and was held in a hybrid way. For the first time the GA had a topic: Creating transition.

Again, in Hamburg in May '23 the 2nd dance therapy research day took place:

Past – Present – Future, in cooperation with GTF (society for dance research) and MSH (Medical school Hamburg)

Dance therapy goes digital: during the year there are several online workshops concerning different topics, so everybody and who is interested can take part.



GREEK ASSOCIATION OF DANCE THERAPY

Dear colleagues,

“Transition” is the word characterizing what was mostly going on in our association last year.

Our association was founded in 1993 and this year it goes in its 30s! Lots of history, many intriguing stories and lived experiences in these past 30 years. Lots of things were conquered that need to stay solid and others things need to change, transform or adapt. We are in a deep transformative process of discussions, openness, and finding new ways to cooperate and refresh our needs, desires and meaning of what we do.

In Greece there is a new upcoming law to be voted shortly, regarding the State Professional Recognition of Psychotherapy that includes the Arts Therapies as well. Since all the other Arts Therapies in Greece have 4-year training programs



and are all members of the National Association of Psychotherapists (Greek Branch of EAP), the Greek Association, in order to come in line with them, voted at its GA in September 2022 the addition of a 4th year to the DMT training program in order to meet the EAP TS criteria and become a member.

The Ministries of Culture and Health in Greece have designed a program for cultural prescription to be starting in the next few months. The Greek Association of DMT is working along with the other Art Therapies' Associations in order to be included in the New Law regarding cultural prescription.

In our GA in May, the Greek Association members voted for a New Board. Maria Artemi is President, Evropi Stavropoulou is Vice president, Elisavet Kokoreli is Treasurer, Eleni Tzikou- is Secretary and Alexia Margariti is deputy secretary.

We are very happy to be part of the DanceCARE project, a pioneering venture to plan, organize and provide support to carers of elderly people in Europe. This project was approved to be funded by the European Union this May. We look forward to its launch and to collaborate with colleagues from Europe in research and implementation of the project.

We are looking forward seeing you soon in our General Assembly this October.



I.C.E.T. THE ISRAELI CREATIVE & EXPRESSIVE THERAPIES ASSOCIATION

1. A seminar on psychosomatics and movement therapy, dedicated to the memory of Yona Shahr Levy, who passed away over a month ago. The subject matched her approach which advocated integration between movement therapy and other worlds of therapy, while creating a dialogue between them. She also emphasized (or believed in?) the connections between physiologic and neurologic aspects and DMT.



2. Holding zoom movement and dance meetings once a month. Each session was guided by a different therapist and the topic was his / her choice. These meetings are held for the second year and they respond to the limitations of time and place.



יזירה הבעה תרפיה - האגודה לטיפול באמצעות אמנויות בישראל (ע"ר)

3. Lectures and workshops of movement therapists at the annual conference of Yahat of all fields of expressive and creative therapy.



4. A workshop focused on containment and integration for DMT together with Vertigo Power of Balance aiming to learn Vertigo's approach to integrating people with and without disabilities within joint guidance and dialogue. This approach

is based on contact improvisation and other fields of dance.



THE ITALIAN PROFESSIONAL ASSOCIATION OF DANCE MOVEMENT THERAPY, APID®

Being part of the EADMT means feeling part of the European breath, sharing activities, confronting and assimilating different points of view with respect to common objectives. The fundamental topic remains the recognition of our profession, which is not at the same level in the different countries.

Large attendance at the **Potsdam (Berlin) conference**. A key moment of meeting and exchange. The programme of workshops and



presentations was attended by numerous Italian DMts.

The Italian Board worked hard with good results: some members re-joined APID® after years of absence (thanks also to the new reenrolment rules and the new fee schedule); emergencies were resolved and urgent bureaucratic issues addressed. Established institutional programmes such as the '*DMT Week*' continued. The *APID® Continuing Professional Education* was held in Assisi with excellent attendance both in presence and online. During those important days also APID's Assembly took place.

The city of Assisi is seen as a symbol of peace. At the Cittadella, continuing training responded to a survey of Members to meet current and pressing needs in line with the directives required by the MIMIT (Ministry for Business and Made in Italy) which has recognized our professional association). The theme chosen this year was work opportunities and new ways of co-designing. Study and working groups led by qualified professionals were implemented on site. Organisational and planning meetings were also held between Head Teachers of the Training Schools. The intensive workshop programme was well attended and participants enjoyed the rich programme and positive atmosphere. Like last year, we saw a participative connection between the DMts, a sense of belonging that led to great work by the committees.

Relations with **Colap** (the Association that brings together professional associations under the law

4/2013) were deepened and the possible professional turns of such membership assessed.

A new **website** has been created, which is much more up-to-date and allows the immediate assessment of members' compliance with the Continuing Education.

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

From the administrative point of view APID has been formally asked to actively participate in the NACE codes' revision which will be valid from 2025.

It has been important to be involved in the process to promote the change of the NACE code's category asking to consider our profession in the HEALTH section instead of OTHER SERVICE ACTIVITIES section. The change will mean to see our profession recognised and referred to all those healthcare professions providing services in health and social activities according to WHO' health definition as 2 a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

At the moment the process is still going on. A first document seems to accept APID's request. By the end of the year, it will be possible to get more information about the results.



Another fundamental administrative step has been the adoption of a specific software to manage all members' continuous trainings which are on a triennial cadence base. The software will improve the work of the secretary and will be APID's members database during the years.

Next autumn APID is planning the DMT's week with the participation of all the regional sections.

At the end of September APID and DMT will be presented at *the 2nd World Congress Integrative Medicine and Health* in Rome and in October APID will take part to *Urban Nature* a national event by WWF.



POLISH DANCE MOVEMENT PSYCHOTHERAPY ASSOCIATION

DMT in Poland is still relatively new in comparison to other psychotherapeutic approaches. Last year our Association put a lot of work into the process of recognition of DMT as an equivalent modality of psychotherapy. In addition to our usual work, more formal dialogue started, triggered by the Government's sudden project of regulation of psychotherapy as a profession in Poland. The document's draft faced significant resistance from the psychotherapy community for not being relevant to the psychotherapeutic reality and potentially harmful for the clients. This consolidated specialists and associations of different modalities to cooperate and work on the legislation that would define psychotherapy as a profession enabling the state recognition of different modalities existing in Poland. Our DMT representative **Ewelina Drzał** has become a member of the parliamentary group of psychotherapists working on the unified standards and legislation around psychotherapy as a profession. We are very happy to be part of these



discussions. Additionally, we applied to become a member of Polish Psychotherapy Council (PRP), an organization consisting of psychotherapeutic associations of different modalities.

Members of our Association are also involved in more everyday activities that promote our method, educate about DMT and the importance of body awareness in psychotherapy, development and life in general.

Polish Institute of Dance Movement Psychotherapy headed by **Justyna Bajew** and **Małgorzata Wiśniewska** is leading the 6th edition of a comprehensive 4-year training in Dance Movement Psychotherapy. The recruitment process for the 7th edition has already started and the new cohort will begin their education in October 2024. In addition to our experienced Polish teachers, DMT Institute still cooperates with our wonderful British colleagues such as Lorna Hauff, Jeannette MacDonald, Bonnie Meekums, PhD and Penny Best as the training supervisor. This year, Meirav-Tal Margalit, PhD joined the team as a new teacher, generously sharing her experience at working with trauma.

DMT Institute also conducted a professional Course of Dance Movement Therapy for people working therapeutically in different modalities which promotes DMT among other specialists, two Developmental Courses of Dance Movement Therapy aimed at people who want to strengthen their own resources and those preparing to do developmental and aid work and several

workshops promoting DMT as a therapeutic method.

The DMT Institute is also a partner of SWPS University in Sopot, one of the best private Universities, in the postgraduate course "Dance in Therapy and Development". Małgorzata Wiśniewska and Justyna Bajew lead the modules on DMT there.

<https://www.institutdmt.pl/>



Iba Dance Movement Therapy Center co-founded by **Katarzyna Dańska** and **Izabela Guzek** has trained 253 professionals working with people in the fields of therapy, education and movement practices on DMT techniques in the last year.

Iza and Kasia were also present at conferences and festivals promoting knowledge of DMT. Izabela Guzek was the lecturer at the "Materia I Foremka" Festival dedicated to dance performances and the use of dance in supporting the development of children and families. Katarzyna Dańska was a lecturer at international conferences: Soma and Psyche in Music and Therapy organized by the Academy of Music in Lodz (May 2023), Education in the Art of Dance organized by the University of Music in Warsaw (November 2022) Dance in



Education and Human Development, organized by the National Institute of Dance Music (January 2023).

IBA has created the "Laban for Children" program, a model for supporting development through creative movement and dance based on Laban/Bartenieff movement themes and non-verbal communication techniques.

<https://terapiatancem-iba.pl/>



Aga Sokołowska together with **Karen Studd** (co-author of "EveryBody is a Body") have started the 5th edition of the Conscious Body and Language of Movement, a 1 -year training program. The training is based on integrating components from the Laban/Bartenieff Movement System (LBMS) and Dance Movement Therapy techniques through self-practice and work with groups. The training covers integrating components from the LBMS in the process of movement analysis and somatic practice for professional application in working with others. In addition, the training provides the students with understanding of human interaction and patterns in relationships based on the practice of Dance Movement Therapy (DMT).

Aga Sokołowska has also created the free channel on YT to increase the awareness of dance therapy and embodiment and bring them to the wider public. It consists of two different forms: **meditations** in conscious movement practice based on LBMS and BodyMind Dancing and **a series of podcasts** "Inhabit your body, inhabit your life" to enable people to understand more why and how the embodiment supports awareness which is vital to achieve wellbeing and improve the quality of life.

In September 2023 Aga will run the workshop and creative supervision based on DMT techniques at the conference for NEST (New Experience for Survivors of Trauma) association's participants and therapists.

<https://agasokolowska.com/>





Anna Szyniszewska – Łukasik actively brings DMT perspective also into the business world, helping people develop the body awareness and regulation directly in their workplace. She co-founded two programs at the Orange S.A. company that use body-mind oriented approaches and promote DMT as a way for wellbeing.

Women's Leaders Together is a 12-month program for post-graduates. Anna provides "Energizing morning sessions" where participants discover different methods of releasing and preventing stress and tensions from their daily life. They learn how to get in contact with their body by breathing, movement, dance, meditation and mindfulness. It provides the depth of discoveries which affect life and transform it. Different modules were presented by DMT psychotherapists: Anna Szyniszewska taught a simple somatic practice and movement meditation, **Katarzyna Maja Molska-Franczak** presented the module "Resilience in

times of change", **Anna Olejnik** – "Find a way to read and manage your emotions".

The second project "Believe in yourself" started out as a research and showed that employees in Poland need support on self-confidence. The program provided a series of group coaching meetings and an online psycho-educational platform to promote health and well-being in the workplace. As part of the program, Anna Szyniszewska trained 15 coaches to lead the body awareness sessions building self-regulation among the employees. The aim was to increase the awareness of the body responses to stress and allow the experience of moving in contact and harmony with others to bring the body into the regulation of emotions. 115 people took part in the first edition, another 200 will be taking part this year.

Our DMT specialists are more often invited to different interdisciplinary projects and teams and even our students develop interdisciplinary relationships to bring DMT expertise to create the best support for the clients. **Paula Gagor-Krawiec**, a 3rd year student of DMT, has recently become a member of the interdisciplinary Clinic for teenagers and young adults that offers both somatic and psychotherapeutic support for the health of young people.

Even though many Ukrainian refugees have come back to Ukraine in the second year of the war, there is still a need for embodied support for the refugees living in Poland. **Weronika Cegielska**



cooperated with Dominika Dopierała - a music therapist from Nordoff Robbins Poland Foundation, creating groups for children aged 5-7 and 8-11 that fled from Ukraine and Belarus. Over time, the groups have opened up to Polish children as well, allowing both the dance and the music not only to rebuild the highly challenged sense of safety but also promote intercultural integration and allow deep communication and building connections despite the language barriers.

Last but not least, in July 2022 we celebrated our Association's 15th birthday and we spent two days together at the seaside in the north of Poland, reflecting on 15 years of formal presence of DMT in Poland, drawing new plans and ideas, dancing together at the beach, gathering around the bonfire and simply enjoying life among like-minded beautiful souls.



Hanna Strzałkowska
Deputy of the Polish Dance Movement Association





PRAIA – PORTUGUESE ASSOCIATION DANCE MOVEMENT THERAPY

Some activities within the scope of DMT in Portugal 2022/2023

Organized by the Portuguese Association of Dance Movement Therapy:

1. Withdrawal of resigning board and transition to new board in the Association: ongoing process.
2. Clinic peer-supervision meetings between professional DMTs: bimonthly; ongoing.
3. Meditative workshop with Marcia Plevin for psychotherapists: January 2023

A course called Introdução à Psicoterapia Por Dança e Movimento (Introduction to Dance Movement Psychotherapy) started in October 2022 due to the committed efforts of Margarida Lima e Isabel Figueira. This course of 95 hours is an in depth theoretical and practical introduction to

DMT, which takes place over a weekend per month from february 22 to december 23 in the faculty of psychology University of Coimbra.

Isabel Figueira has also given several talks theoretical and practical about DMT in Madeira where she is also starting a clinical practice. She is eager to welcome anyone from our european DMT community who passes by in holidays or wants a professional contact, be it in this Atlantic Island or in Coimbra, as she is working in both places - isabel.rofriguesfigueira@gmail.com.

In the Centro Hospitalar Psiquiatrico de Lisboa, public hospital, Dance Movement Therapy continues to be recognized as a valid and complementary tool in the therapeutic process of psychiatric patients. Keeping one full-time dance therapist and another part-time, Dance Movement Therapy is available in several services, such as: Rehabilitation, Day Hospital, in Acute Internal Services and through Community Intervention in the Centro Comunitário de Saúde Mental de Odivelas.

Full Time Dance Movement Therapist – Liliane Viegas



Clinic:

Daily group session in the psychiatrist hospital (CHPL) per week:

1. 2 sessions in the day hospital
2. 1 session in the acute internal service with young people from 15 to 25 years old in crisis
3. 1 session in the Therapeutic Theater group
4. 1 session in the rehabilitation service with in and out patients
5. 2 sessions with the “Núcleo de Dança Terapia (NDT)” called “From process Performance” (a special project)

Weekly individual session:

1. Individual session with 1 out patient

Supervision:

1. *Supervision of DMT Master Trainee from Barcelona University*
2. Supervision of a Dance in the Community Trainee from Faculdade de Motricidade Humana in Lisbon (Licenciatura)

Congress:

Participation in the encounter “Trauma Informed Care (TIC) and Psychologically Informed Environments (PIE)” 28th of June / 1 of July 2022” in the CHPL in Lisbon, with the presentation “DMT in Psychiatry”

Community:

Presentation of 1 “performance” with in and out patients from the NDT (Núcleo Dança Terapia) Project “From Process to Performance”:

1. Mental Festival Contribution with “2”





SPANISH ASSOCIATION OF DANCE MOVEMENT THERAPY (ADMTE)

New strategic lines for the ADMTE

On August 2022, the board started having weekend working meeting every 6 months in order to create guidelines for the ADMTE for the following years. From these strategic guides based on dissemination, recognition and research, all committees are creating all their initiatives along these lines. In 2023, they met in March and the next one will be in August.

The public relations committee of ADMTE continues the project named "Lazos" (bonds in English) and the face-to-face meeting was recovered. On the other hand, they have also held online meetings with all the cities in Spain to generate more contact and exchange information about their concerns. A Research Committee was created at the last General Assembly in November 2022 and is currently working on the creation of the first Dance Movement Therapy journal in Spanish.

ADMTE Organigram

ADMTE is growing - not only the National Board is working on it. A large Organigram supports the Board, too:

- European Committee: Carolina Jimenes and Eduard Martín
- Admissions: Beatriz Londoño, Yolanda Reyes and Ju Gómez.
- Communication: Emilio Cervelló, Marjorie Vera and Sonia Hernando
- Public Relations: Yolanda Reyes, Julia Gómez, Leonor Yuste and Annebjn Jansen.
- Training Committee: Ana Luisa Meza Ferrari and Laura Martínez Marguenda
- Research Committee: Rosa M^a Rodríguez, Susana García Medrano, Sezin Demirtoka, Alba Buitrago Lassalle, Roser Ylla, Maria Laura Villareal.

News

- Event partnership in WAEF2023 by Inspirees from February till April 2023.
- Speakers into DMT program WAEF 2023 (Ana Luisa Meza Ferrari & Rosa M^a Rodríguez as panelist also on Creative Movement).
- Lazos: Online February 17th and presential May 6th. Next online edition will be in November and a face-to-face meeting in December.



- Intervention: The first Intervention meeting is planned for DMT's to talk about the work with women - date to be confirmed.
- Online networking meetings with different areas of Spain (Annebjin Jansen):
19th January: Aragon, Navarra, La Rioja and Basque Country.
23rd March: Asturias, Cantabria, Galicia, Castilla y León.
29 March: Extremadura, Castilla la Mancha, Andalucía, Canary Islands, Ceuta and Melilla.
27th April: Valencia, Murcia, Balearic Islands.

Online Trainings and supervisions in DMT (2023):

Supervision with LMA perspective (Gloria García Pinares) - March 2023

Laban Movement Analysis for DMT: I Edition (Gloria García Pinares) - from May 2021 to March 2023

Specific advanced training in Laban Movement Analysis for DMT at observation and intervention level (Gloria García Pinares) - from October 2023 to May 2024

Citare Journal:

The Research Committee aims to publish high quality articles on theory, practice and research in the field of DMT, in the spirit of investigating and disseminating new developments in this field and making its scientific basis known, as well as offering a space for dissemination and professional debate for the Spanish-speaking world. The tasks carried out include multiple meetings to organize the

journal, give it a professional focus and lay the foundations for a better development of the journal in the future: platform, table of contents, layout, editing, revisions, contents, etc. Issue 0 is decided to disseminate the rich knowledge that was shared at the dialogue tables held in commemoration of ADMTE's 20th anniversary.

Some publications:

Rosales Hevia, V. Demirtoka, S. (2023). "El objeto no me mueve a mí": Un Caso de Trastorno Límite de la Personalidad mediante Danza Movimiento Terapia. *Clínica e Investigación Relacional*, 17 (1): 177- 192.

<https://doi.org/10.21110/19882939.2023.170111>

De la Parra, V. & Panhofer, H. (2023). Moments of Meeting in DMT: Characteristics and Implications from the Subjective Experience of Therapists. *American Journal of Dance Therapy*. DOI [10.1007/s10465-023-09377-6](https://doi.org/10.1007/s10465-023-09377-6).

Rodríguez-Jiménez, R.-M.et al. (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. <https://doi.org/10.3390/educsci12020111>.

Demirtoka, S. (2022). My quarantine landscapes: A personal inquiry into the COVID-19 lockdown experience through drawings. *Journal of Applied Arts & Health*, 13(2), 213-229.



Web Page

Our web page has all the information in English, so come to visit us:

<https://danzamovimientoterapia.com/>

Warm regards from the Spanish Board of ADMTE,

Ana Luisa Meza, Beatriz Londoño, Sonia Herando,
Laura Martinez Margüenda, Marta Soria & Eduard
Martin

Visual material from “Lazos” May 6th

EADMT UPCOMING EVENTS



- ✦ For more information about the symposium in Helsinki [click here](#)
- ✦ To find the agenda of the 13th EADMT General Assembly [click here](#)

