

# **EADMT NEWSLETTER**

## **2023 - 2024**



**EADMT**

Dear DMT community,

This newsletter reflects the growth and increasing visibility of Dance Movement Therapy thanks to the work of the different professional associations that are part of the EADMT. Globally, and more specifically in Europe, we are facing serious problems. I do not want to neglect the members of our association who are still directly and closely affected by violence. We cannot forget the invasion of Ukraine and the war that is still going on today, nor the attack by Hamas in Israel, just as we were celebrating our last GA, and the subsequent escalation of violence that has been imposed in the Gaza strip. The lack of respect for human rights in so many places, inside and outside Europe, is a horrible reality. Many DMT professionals have been working to support people whose mental health is being impacted by war, forced displacements, climate change effects and lack of medical care and basic resources.

In times when polarisation and division are amplified, and hate messages multiply, I believe that EADMT is an example of unity, collaboration and inclusion of different points of view and realities. It brings light and hope to this world. In the work of the different associations, I would like to emphasise three aspects that are gaining prominence: 1) the projects on art and health, and their application in different contexts and collectives; 2) the collaborative work with other creative therapies enabling greater strength in the recognition of the profession; and 3) the growing interest in research with publications, doctoral theses finished and in progress, and national and international research projects.

I would also like to emphasize the importance of the EADMT's participation as partner for the first time in a DanceCare KA220 ERASMUS + project (2023-2026) funded by the European Union and led by IRNCA (National Institute of Health and Science of Aging, Italy). The project aims to generate training based on Dance Movement Therapy to prevent stress and burnout in formal and non-formal caregivers of elderly people. The wonderful reception by members of



the EADMT to our call for participation makes me very aware of the interest that both the topic and participation in an international project have for the members. This first project will undoubtedly contribute to making us visible in European institutions, showing the importance of our profession in promoting mental health. At the same time, the necessary steps to make

this project a reality are moving EADMT towards a more professional association.

I hope that this newsletter, through sharing the challenges, contributions and growth of the associations, will inspire you to continue generating bridges for communication, inclusion, peace and respect for life in all of its forms.

Rosa María Rodríguez-Jiménez

EADMT President



Dear Members of the European Association of Dance Movement Therapy,

We are delighted to announce the release of the 6th edition of the EADMT newsletter. This year, sixteen of our National Associations contributed to the creation of the annual newsletter.

Within its pages, you'll embark on a journey through the shared milestones and achievements of each country. Explore pioneering DMT projects, exciting collaborations, and other significant initiatives from dedicated professionals across Europe. Additionally, you can find the newly published books and the latest scientific studies in the field.

We extend our heartfelt thanks for your invaluable contributions, and we hope the 6th edition of the EADMT newsletter serves as an inspiring and informative resource for all members.

Together, let's continue to dance toward progress and well-being!

The Communication Working Group

Andrea Tziorta (coordinator),

Maria Arvanitaki, Monika Ptasinska, Fabienne Swoboda





DanceCare Erasmus+ is a KA220 Adult Education project funded by the European Union in which EADMT participates as a partner. It is the first project of its kind in which EADMT participates, which marks a turning point in the visibility and projection of our community.

The project, entitled “Dance Movement Therapy and Conscious Movement as innovative tools in emotional education and support for long-term caregivers” aims to develop, apply and test a body-mind training program for formal and non-formal caregivers (LTC) working with elderly people that could help to reduce burden and depression. The project will be implemented between 1/11/2023 until 29/04/2026. It is led by INRCA (Istituto Nazionale di Ricovero e Cura a Carattere Scientifico) and other partners participating are: Aktios (Greece), Computer Solutions (Greece), WiseMotion Community (Finland) and University of Valencia (Spain). There are 5 work packages (WP): 1) Project Management; 2) Assessment of LTC needs and design of the DanceCare training program; 3) Development of the DanceCARE platform and chat; 4) DanceCARE training program implementation (PILOT) in Spain, Italy and Greece and 5) Assessment of DanceCARE impact and sharing of the results.

In January 2024, EADMT was informed that the project had been approved and was moving forward. The EADMT board was involved in preparing the project call, signing the partnership and grant agreement: Dr. Rosa-María Rodríguez-Jiménez, Izabela Guzek, Terje Kaldur and Dr. Indra Majore-Dusele. Previously and also during the first months, a EADMT team of experts formed by Dr. Rosemarie Samaritter, Dr. Antonella Monteleone and Dr. Rosa-María Rodríguez-Jiménez supported the development of the project proposal, the selection of the project team and prepared the questionnaire for the DMT experts.

The Kick-off online meeting was on the 6<sup>th</sup> February. With the aim of absolute transparency and equal opportunities, the EADMT board launched a call job to recruit the team who will carry out the project. In parallel, some of the tasks of the project were done by the EADMT team of experts because of the deadlines. There were 42 applicants from 15 different national associations answering to the call job which informs of the interest and enthusiasm of the DMT community for participating in this project. In March the selection of the team was done, after reviewing the CVs according to the profiles needs and arranged different interviews. Some further changes were needed and the final team is: Dr. Marloes Shami-van Houten as Research and Education Team Manager, Theodora Bareka as



Researcher, Andrea Tziorta as the Communication Coordinator, Myrto Zarokosta as Administrative Coordinator and DMT Trainer and Adel Qutaini as Senior Financial Officer.

With tremendous leadership and coordination skills but also expertise in research and international projects Dr. Marloes Shami-van Houten is working on the creation of the training programme and coordinating the whole team. To this end, other professionals who had expressed an interest are participating, either as DMT experts or as future trainers at the respective pilot sites (Spain, Greece and Italy). National Associations of these countries have also been involved.

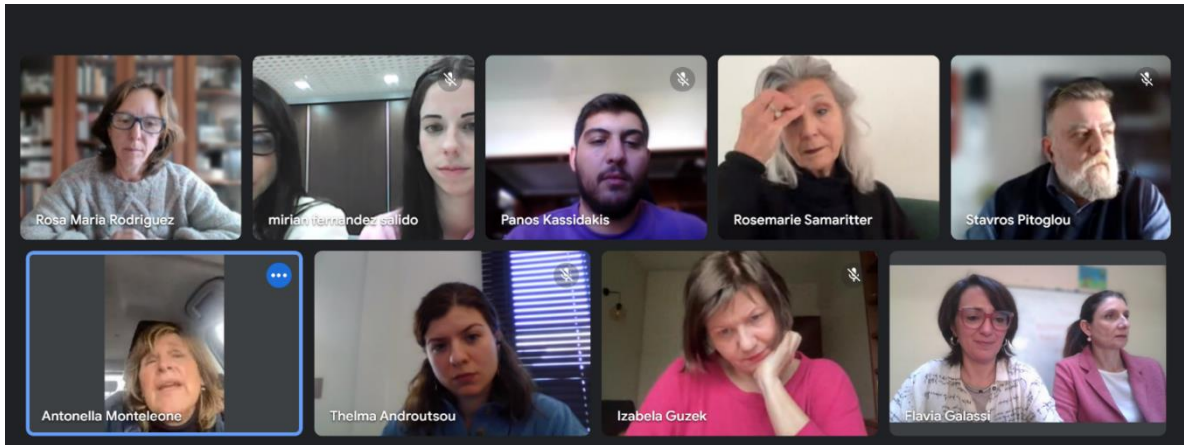
Fluent and constant conversations take place with Dr. Rosa-María Rodríguez-Jiménez, acting as Project Leader on behalf of EADMT Board. She has been leading the selection of the team members, drafting the budget and further negotiations to get it finished, preparing the work agreements and maintaining numerous meetings with team members, external advisers and IRNCA about the content and the finances of the project. She will continue to monitor the project until its completion and liaise with the board in decision making. It is also necessary to thank the collaboration and support of other professionals such as Dr. Susan Bender or Dr. Manuel Carmona who have given advice both legal and in the realisation of the budget. Through our treasurer Izabela Guzek, the services of a financial consultancy firm familiar with German law have been contracted in order to guarantee the necessary steps.

At the time of writing this summary, work is underway to develop the content of the programme as well as to recruit the DMT professionals who will conduct the training at the pilot sites. Through the website (<https://dancecare-project.eu/>) and [Facebook](#) and [LinkedIn](#) pages of the project, the entire community can learn about the current status of the project. It is the EADMT board's wish that the results of the project can help other DMT professionals in their work, and therefore the ultimate recipients of the project, the caregivers and people in need of care. The project will also contribute to research through scientific publications and the EADMT will be an active part of these publications. A special effort will be made to communicate and disseminate the results so that a large number of people can benefit from this precious project.



Co-funded by the  
Erasmus+ Programme  
of the European Union





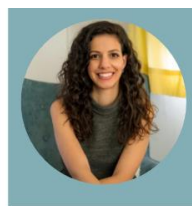
DanceCARE's first meetings with all the partners



Dr. Marloes Shami-van Houten's experiential workshop at the Kick-off meeting in Ancona



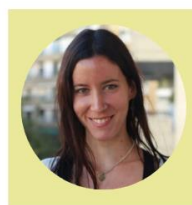
**ROSA MARIA  
RODRIGUEZ JIMENEZ**  
PROJECT LEADER



**ANDREA TZIORTA**  
COMMUNICATION  
COORDINATOR



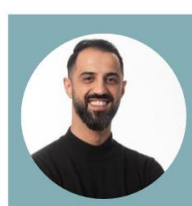
**MARLOES VAN HOUTEN**  
RESEARCH & EDUCATION  
TEAM MANAGER



**MYRTO ZAROKOSTA**  
ADMINISTRATIVE  
COORDINATOR &  
DMT TRAINER



**THEODORA BAREKA**  
PROJECT RESEARCHER



**ADEL QUTAINI**  
SENIOR FINANCIAL  
OFFICER

Meet the EADMT's DanceCARE team





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## ASSOCIATION FOR DANCE MOVEMENT THERAPY CYPRUS

This year has been a vibrant and productive period for our association, marked by a series of significant events.

Our dedicated dance therapists took part in the first Festival of Therapeutic Arts and Mental Health, organised by the Cyprus Art Therapy Association. They offered a series of workshops for adults and children, providing participants unique experiences that highlighted the benefits of dance therapy in mental health. The themes were “Mind-Body-Spirit”, “When words are not enough”, “More than a biological body”, “The mirror of Music and Movement”. These workshops played a crucial role in promoting mental health awareness and showcasing the therapeutic potential of dance and movement.

In a key development, we held elections during our General Assembly this year, resulting in the selection of some new board members.

**President:** Maria Charalambous

**Vice president:** Marina Mappouridou

**Secretary:** Veronica Savva

**Treasurer:** Andria Papanikolaou

**Board Members:** Maria Nicodemou-Antoniou, Andrea Tziorta, Maria Yerolemou

We are excited to welcome this fresh leadership, ready to bring their energy and ideas to our association, guiding us toward continued growth and innovation in our field. We also extend our heartfelt gratitude to the former board members for their dedication and invaluable contributions over the years. Their efforts have laid a strong foundation for the future of our association and we are beyond thankful that they will continue to support us with their expertise and insights.

In addition, our dance therapist Ronit Basher Lazar led an activity in the "Secret Forest" resort in Cyprus with survivors of the incident at the Nova party on the 7th of October in Israel. During the first months, survivors were coming for a week of treatments to ease their condition and teach them tools to deal with the difficult situation. With the help of tools from the world of Dance therapy, they reconnect with the body, movement, music and nature in a safe space and learn tools that allow them to process the traumatic experience, calm down the body and release the stress.

In March, the University of Central Lancashire in Cyprus organised a mental health week in which they invited dance therapists to conduct a workshop introducing dance therapy. These sessions were open to the public and students, reflecting the university's initiative to integrate mental health support within the academic environment. The workshops received enthusiastic

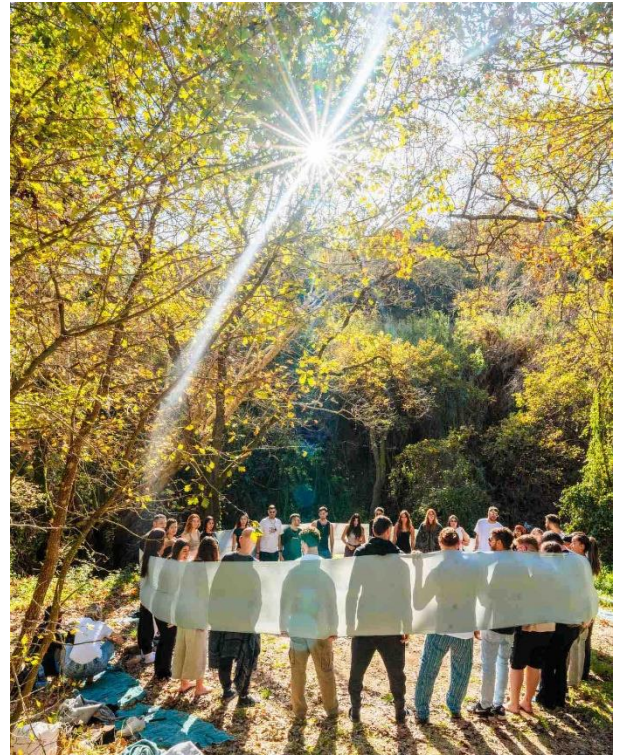


participation and feedback, highlighting further the importance of dance therapy in diverse settings.

On another note, to celebrate World Dance Day, we collected snippets of our work and created an inspiring video with the title “There is dance all over, no matter where you look”. The aim was to show that movement, no matter how subtle, is present in every aspect of life. This video beautifully captured the essence of dance as a universal language. You can [click here](#) to enjoy it!

Last but not least, in an effort to enhance the effectiveness of our association, we are in the process of forming working groups. These groups will focus on various tasks, such as seeking programmes and opportunities through the Ministry of Education and Ministry of Health, working towards state recognition, organizing events to raise awareness about dance therapy and the benefits it offers, and ensuring that our members receive optimal support and resources. Our board took this initiative in order to improve decision-making efficiency. Each group will operate with specific goals and responsibilities, contributing to a more structured operation within our association.

As we reflect on the achievements of this year, we are inspired by the dedication of our members and we look forward to continuing our mission to promote the transformative power of dance therapy.



*Andrea Tziorta & Maria Yerolemou*

*Cyprus Delegate & Deputy*





## DANCE MOVEMENT THERAPY ASSOCIATION DENMARK

### News from Denmark

The biggest news from us in little Denmark is that we have said yes to being the host country for the EADMT GA in 2026. This is significant, and we are excited. At the last national general assembly, it was announced to the attending members, and there was very good energy around this task. A task we will stand together with and lift as a group.

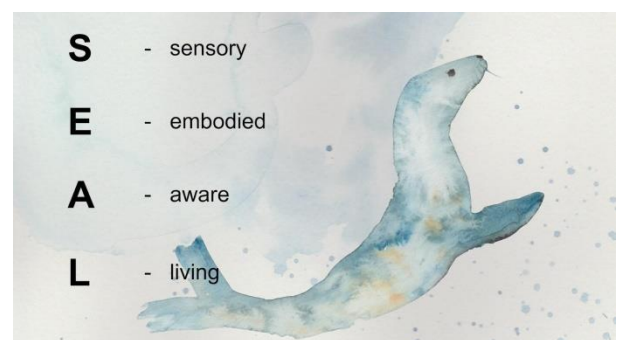
A new book/anthology on art therapy has been published in Danish. Helle Winther has contributed to the book with a section on Dance Movement Therapy (DMT) and she has been a co-editor too.



## ESTONIAN DANCE MOVEMENT THERAPY DEPARTMENT

Our year has started with a nice New Year's picnic. We celebrated the arrival of the new year, which was the year of dragon, shared our experiences and dreams. We created our own dragon and danced the dragon dance.

In 2024, the joint project of Dance and Movement Therapists of the Baltic States, Move-On, was completed. An online book based on dance and movement therapy was created, which is intended for people working under conditions of high stress and responsibility. In Estonia, we introduced the created book to the workers of the healthcare, rehabilitation and educational field.



We are very happy to announce that this spring 2024, 10 new DMT therapists have completed their Master programmes and graduated as well as





some students have finished the DMT preparation course.



On June 1, the DMT department celebrated its annual dance day. We learned this year's folk dance, which was "Inglisga", shared the experiences and new knowledge gained during the year and had our traditional cake.



2024 is a time of great change for DMT professionals as DMT is being reorganized in the Estonian healthcare system. The healthcare system is being reorganized in the Republic of Estonia, and we have contributed to proving the scientific basis of DMT and explaining the necessity of our work so that we get our rightful place in the healthcare system and legislation.



## THE FINNISH ASSOCIATION FOR DANCE THERAPY

### Current board members 2024

**Chairperson:** Marianna Räsänen

**Members:** Kaisa Kella, (EADMT Deputy), Katja Puranen, Meri Erkkilä, Meri Nisula, Päivi Pylvänäinen, Silja McNamara (EADMT Delegate)

**Deputy members:** Saara Soikkeli, Saila Lehtonen, Sonja Jokiranta, Anita Forsblom

### The work in our association during 2023-2024

Last year it was Finland's turn to host the EADMT GA in Helsinki for the first time on the 6<sup>th</sup>- 8<sup>th</sup> of October 2023. Our Association and organizing team of volunteers were extremely busy arranging the October weekend and a lot of our time was put to hosting this event. Furthermore, our Association organized the *'International Dance Movement Therapy Symposium – The ways the relatedness with the environment shapes the body, embodiment and mind'* alongside the GA weekend.

On the 7th of October over 28 countries' Delegates/Deputies attended in person for the EADMT GA (Russia via Zoom) and on the 8th of



October over 25 Delegates/Deputies attended (Ukraine via Zoom).

During the Symposium in Kaapelitehdas, Helsinki, we had six wonderful workshops from Dr Richard Coaten (UK), Dr Mary Coaten (UK), Ana Coimbra Oliveira (Portugal), Dr Marja Cantell (Holland/Finland) together with Helena Volkov ja Erin Harty (Holland) and Dr Päivi Pylvänäinen (Finland) and Dr Pauliina Jääskeläinen (Finland). The participants gained information on how to use DMT within people with memory diseases, acute mental health and depression, pain management, early interaction and work wellbeing. The Symposium had over 74 participants from different countries.

After an interesting day of Friday workshops, we enjoyed a moving session outside the Kaapelitehdas. Dr Katriina Hyvönen led us into exploring the dark windy evening and urban environment together. Furthermore, on the 7<sup>th</sup> of October, we hosted a small memorial to beloved Janet Adler. Moreover, Päivi Pylvänäinen led a movement session in Lapinlahden Lähde to the people not attending the GA. The evening dinner was organized to all the GA and Symposium guests, volunteers and organisers in the famous Aleksis Kivi grand hall. It was a lovely evening mingling and dancing into the night.

We were overwhelmed with joy by the wonderful feedback we received for our Symposium & GA weekend last year. The overall feedback revealed that the arrangements were found very well organised and the atmosphere was perceived as

warm and welcoming. We could not be happier for this! Here is a link to a short video of the weekend:

<https://www.youtube.com/watch?v=xxFw5sWRjVM>

Our Association had a big change this year, as our longstanding Chairperson, Päivi Pylvänäinen stepped down after many years. We are grateful for all her hard work for the position of DMT in Finland. Pylvänäinen continues being in the Finnish DMT Association Board and continues representing our Association in the DMT Nordic Network. The DMT Nordic Network was formed during the year 2022 and has representatives from Norway, Denmark, Sweden, Finland and Iceland. The DMT Nordic network aims to collaboratively support the development of DMT training in the Scandinavian countries and promote the use of DMT within each country.

Our members' Christmas party was hosted in Lapinlahden Lähde, Helsinki on the 9th of December 2024. The festive gathering was a lovely event that included dining and socializing together and finally relaxing in a Finnish sauna together.

Our Association has been actively blogging about different DMT subjects to reach a wider audience. Our aim is to publish a variety of blog texts regarding DMT. Our blog has published two texts about using DMT within people with depression, an insight into a DMT business and greetings from the international Symposium in Helsinki.



The Finnish Association for Dance Therapy continues being a part of a collaboration between 25 different Finnish associations organizing a Congress '*Bodily Approach in Psychotherapy and in Creative Arts Therapies*'. The aim is to host a Congress on the 12th -14th of June 2025, in Turku. The conveners for this congress are Minna Martin and Tor-Erik Söderholm, who are representing psychophysical psychotherapy.

Dr Riitta Luoto and our Association's representatives published a short online article: "DMT being an effective rehabilitation method in treating people with depression" in November 2023, in the Social Insurance Institution of Finland's scientific blog. The blog text was well received and sparked an interest for DMT within the Social Insurance Institution of Finland. Päivi Pylvänäinen and Kaisa Kella presented "Scientific results from DMT" for the Social Insurance Institution of Finland's staff in their morning meeting in March 2024. This was well received!

We have been a part of lobbying for creative arts therapies with other Finnish Creative Art Therapy Associations. Collaboratively we sent a letter to our Culture minister Sari Multala in December 2023, discussing the need to promote state recognition for creative art therapies and hopes to give voice to our professions in the next Culture ministry's political report. The Finnish Ministry of Social Affairs and Health has not yet responded to our plea for recognizing creative arts therapies as a health care profession, even though we had a good audience with the minister. Our association continues working on getting the state recognition

for the creative arts therapies (Dance, Music and Art therapies) profession in the Finnish health care system. Finland is still in the situation where there are many people needing therapy and the knowledge of creative arts therapists would bring an extremely valuable input in the field of therapy services. Having state recognition would give us a better standing point within our society as professional therapists.

### **Professional DMT training in Finland**

The Roiha Institute currently provides 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 training program will last until the end of 2025 and students complete 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.

The University of Arts (Helsinki) Open Campus training 'Visions of art therapies' was held during the academic year 2023-24. The course consisted of an experiential introduction to chosen creative arts therapy modality, e.g. DMT, and in the Spring semester the students participated in a series of workshops presenting and discussing different



aspects of creative arts therapies. Furthermore, during the Spring semester 2024, we offered an additional introduction course to DMT in order to respond even more to the interest people have in getting to know DMT.

### Field of DMT Research

We feel it is crucial to promote scientific and evidence-based research in DMT, as more high-quality research can support us in getting a better stance in society as dance movement therapists. Our professional member Pauliina Jääskeläinen gained her Doctoral Degree from Lapland University, Department of Social sciences on 1st of December 2023. Her PhD research title was: *The reversibility of body movements in reach-searching organisational relations*

<https://urn.fi/URN:ISBN:978-952-337-396-9>.

Furthermore, two of our professional members are working on their PhD's regarding the use of DMT; Kaisa Kella from Jyväskylän University, Department of Psychology is researching the use of DMT within adult population who have depression and Silja McNamara from Tampere University, Department of Social Sciences is researching using DMT within bereaved widows/widowers.



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## GERMAN DANCE THERAPY ASSOCIATION – BTD



*Copyright: BTD*

In February 2024 the general assembly was held hybrid and had the topic: „Bewahren und Bewegen“(Preserve and move). The discussions revolved around the questions what could and what should change and what should be preserved. Furthermore, our board member and president Indra Djimjadi resigned, Amanda Freiberg took her place and Martina Maria Meshesha is the new board member. The next GA in 2025 will celebrate the 30th birthday of our national association!

Twice a year BTD organises an open table where delegates of all committees and working groups meet and discuss relevant topics of each group.

As in the last years BTD offered a series of online Workshops ranging from „dance therapy while sitting“, „dancing and breathing“ to „How to design an online workshop“.

BTD offers a photo gallery to their members, meaning that members can use these photos for example for advertisement and presentations. This gallery has been renewed.

Furthermore, BTD is networking with national organisations (BAG KT, WFKT) to support professional political work for the arts therapies concerning questions of education of art therapists, state recognition and the position of art therapies in the German healthcare system.





## GREEK ASSOCIATION OF DANCE THERAPY

The year 2023 was sadly marked by the death of our beloved colleague and for many years President of the Greek Dance Therapy Association Amanda Kouyioufa. Her loss is very important and her memory remains in our thoughts.



A still informal network for Arts Therapies was created with participating professionals from the fields of Drama Therapy, Dance Therapy, Art Therapy etc which takes actions related to the issues that are of concern to our fields.

We are waiting for the passing of a law that would allow the public health domain to prescribe for Dance Therapy sessions. In April, our Association

became member of the Greek National Psychotherapy Association which is member of the European Association for Psychotherapy.

The necessary steps are being taken so that the three- year Dance Therapy Professional Training Program becomes a four-year one.

New members have joined our Association so that together with the associate as well as the students of the training program, the Association has 81 members.

We attach a group photo of members celebrating the New Year and the following link for a video in which the Presidents of the Association up to this moment, talk about the development of the Association in Greece as well as in the European framework and of the issues that were of utmost importance to us.

<https://www.facebook.com/watch/?v=415645491309110>

<https://www.facebook.com/watch/?v=415645491309110>





## **HUNGARIAN ASSOCIATION FOR DANCE MOVEMENT THERAPY**

### **New Developments in Our Association**

The summer and autumn of 2023 have welcomed many novelties and positive developments for our association. A new group graduated from the MMTE psychodynamic movement and dance therapy training program, and we warmly welcomed the newly graduated colleagues into our association. During the summer admission period, we eagerly monitored the number of applicants for the training at Bárczi Gusztáv University, which could finally start in September after a long wait, thanks to the dedicated work of many of our association's professionals. A total of 16 highly qualified women enrolled in the movement and dance therapy training. The instructors and students of the university training successfully completed the first two semesters of the specialized further training in movement and dance therapy.

### **Psychotherapy Training and Accreditation**

We are pleased to report that during the meeting of the Psychotherapy Council Association on February 1, the psychodynamic movement and dance therapy (PMDT) was unanimously voted as the first optional psychotherapy method. After nearly twenty years, our method has finally received official recognition from the profession. There are no longer any barriers for it to become an accredited method! Psychologists and doctors who are trained in this method can choose PMDT for their psychotherapy specialization exam. The Psychotherapy Council Association leadership also sent out their statement to every psychotherapy body stating that PMDT meets the accreditation criteria.

We are grateful to our colleagues for their work, who have represented the association in the Psychotherapy Council Association for years, advocating for the acceptance of psychodynamic movement and dance therapy! Many thanks to the trainers who taught, and to everyone who contributed to the development and professional recognition of PMDT with doctoral dissertations, articles, studies, and presentations.

### **Publications, presentations**

The presentation of Katalin Vermes's book, 'The Responsible Body - The Rhythms of Exincarnation and Incarnation,' was held on December 6, 2023



The book was introduced and followed by a roundtable discussion titled 'The Practice of Body Awareness as Inspiration.'

Participants included: Márta Merényi, Adrienne Incze, Ferenc Kálmán, Péter Lipka, Bálint Őry, and Katalin Vermes.

Eszter Mónika Ács received the György Vikár Award for her case study "The Struggle Against Separation," published in the *Psychotherapy* (2022/1).

In the volume "Trauma Kaleidoscope," a study by János Borbándi, a paper by Vera Jarovinskij, a piece by Gabi Salz and Virág Kiss with others, and a joint writing by Hajna Endresz, Márta Merényi and Katalin Szili on the subject were published. A book presentation took place on October 20, 2023.

The magazine hosted a symposium book presentation titled "The Body in Society and Therapy" at Imágó Budapest on October at KRE Psychological Institute, Budapest. Gabi Salz's writing was featured in the magazine, and Adrienne Incze's writing "Corporal Turn!" along with Katalin Vermes's book "The Responsible Body" was presented at the symposium.

In the autumn issue of *Lélekelemzés*, we can read several writings and translations by Janka Kormos, as well as contributions to Frances La Barre's article on "The Kinetic Transference and Countertransference" in the discussion with inputs from Márta Merényi, Judit Simon, and Katalin Szili, providing numerous new perspectives for non-movement therapy professionals.

Janka Kormos: "Dance Becomes Therapeutic in the Mid to Late 20th Century," In: *Journal of the History of Behavioral Sciences*. First published: June 28, 2023 <https://doi.org/10.1002/jhbs.22274> – where she writes about the history of PMT in the framework of therapeutic culture, which has initiated a shift towards a less Western-centric historical reflection on dance therapy.

An international workshop

In June 2023, at the invitation of Géza Novák, Hilda Wengrower, Israeli dance therapist, participated in the 6th Art Education Conference of ELTE and held a workshop for the members of our association. We were delighted to study her thinking on DMT.

Organisational transformation

As a result of organizational development, new projects were initiated in the renewed working groups, and ongoing projects continued. We made significant advances in research and development when we began to develop a project assessing the effectiveness of PMDT. We hope that by the conclusion of the project, we will be able to present groundbreaking results that are crucial for the future of the psychodynamic movement and dance therapy method.

The spring leadership elections have taken place. Drawing from the lessons of the previous presidential term period and aiming to spare the next leadership, we decided to postpone our traditionally triennial professional conference by one year to 2025. This is to ensure that the future board members have a 'light' year ahead, beyond



organizational development and prior to the conference, allowing them to get accustomed to the tasks that await them. We are already grateful to them for being able to entrust the management of our association's affairs into their hands, knowing that there will be those who will carry on the burden and responsibility of these matters.

We are looking forward to an exciting and challenging organizational period ahead, during which it will be essential for as many of us as possible to commit to our association's mission.

*Katalin Szili, delegate*

*Katalin Walter, deputy delegate*

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



## IRISH ASSOCIATION OF CREATIVE ARTS THERAPIST (IACAT)

The Dance Movement 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. Over the last 2 years we have been meeting online every other month and have met in person twice, in September 2022 in County Fermanagh, and September 2023 in Galway. We are planning another in person gathering later this year.

As a small (but growing) group, we have continued working on building our DMP community on the island of Ireland. We are working towards finding a definition of DMP relevant for Ireland. We have also been working towards developing a DMP training programme in Ireland.

**Bernadette Divilly** works as a Dance Movement Psychotherapist from a humanistic integrated perspective, primarily in the context of private practice based in Galway. Her client groups are largely drawn from the professional world, for example, those working in the fields of health, arts and law. Her practice specialises in contemplative dance and somatic psychology. She also works as a socially engaged dance artist focusing in the field



of intergenerational trauma, landscape and language. At the moment, her research is concentrated on environment, decolonisation of systems and relational wellbeing and health grounded in the premise of interconnectivity and the living world. In the last year she has been involved with some teaching in the MA in Art Therapy in Crawford Art Gallery Cork; contributed to the Frontiers All Ireland Creative Arts Therapy Conference with Anna Fiona Keogh, and hosted a collaborative event for Dance Movement Therapists training in Galway.

**Noémie Cattez** continues to practice as a Trauma Dance Movement Psychotherapist working with survivors of sexual violence, within the Donegal Rape Crisis Centre in the North West of the Country. In the last few months her role has become permanently funded by Tusla, The Children and Family Agency. This is the first post of its kind for the profession in Ireland. Last year, Noémie was lucky to be able to supervise a DMP student on placement in the Rape Crisis Centre. Noémie continues her role as IACAT delegate to EADMT while also having become a Dance Movement Psychotherapy representative to our national association IACAT in the media, alongside Bernadette Divilly.

**Anna Fiona Keogh** originally trained in psychodynamic psychotherapy. She also draws on ecopsychology, somatic and humanistic approaches. Anna Fiona offers weekly group and individual dance movement psychotherapy in the acute psychiatry ward in St Patrick's Mental Health Hospital as well as offering weekly DMP groups

within The Rutland Centre addiction rehabilitation residential programme, both in Dublin. She is the Editorial Assistant for the International Journal of Body, Movement and Dance in Psychotherapy, and is currently training as a clinical supervisor.

In the last year, **Fran Burns** started working with older people in 2 different ways in Dublin: 1) by running a weekly DMP group at a day care centre where the majority of attendees participate and 2) by running weekly DMP groups in an acute inpatient unit in a large teaching hospital as part of a 3-month pilot assessing the impact of DMP on confidence/mood and resilience. Fran and Anna Fiona both run time limited individual DMP sessions with high functioning adult artists, as part of a project called Minding Creative Minds. This is to investigate how the Creative Arts Therapies can support Creatives who are struggling with stress, creative blocks and life issues.

Our newest member, **Pamela Earl**, is a newly qualified Dance Movement Psychotherapist who graduated last year from the University of Derby in the UK, and is now based in County Carlow. Pamela currently teaches creative dance, with a focus on expression and self-enjoyment, to both neurodivergent and neurotypical children between the ages of 3 and 16. Recently she also took part in a collaborative project that brought together visual artists, musicians and dancers to create pieces focused on the concept of 'Home – A Safe Haven'.

In Ireland, though there are but a few of us, we are a rich and varied group and we can't wait to see how else DMP can grow on our small Island!







## THE ITALIAN PROFESSIONAL ASSOCIATION OF DANCE MOVEMENT THERAPY, APID®

Quartu Sant'Elena (CA), July 2, 2024

Prot. 47 S/ 2024

### **Introduction to the Italian Professional Association: APID®**

The Italian Professional Association for Dance Movement Therapy (APID®) is pleased to present an overview of our activities to our European partners. Below, we highlight key initiatives and events from the past year that showcase our commitment to the field of Dance Movement Therapy (DMT).

#### ***Annual Conference and National Assembly 2024***

Our annual gathering, including the members' assembly, was held from April 12-14, 2024, in Civitavecchia, Rome. The theme for this year's event was "ANOTHER WORLD IS NECESSARY: Dance Movement Therapy between Art and Science, a Profession in Evolution." On April 13, the new president, Monica Re, and the new board for the 2024-2027 term was elected.

Vice-President: Simonetta Cianca

Treasurer: Roberta Bassani

EADMT Delegate: Rachele Preda

EADMT Deputy: Monica Re

Local Chapters Coordinator: Paola Lupi

Commissions Coordinator: Manuela Lops

CoLAP: Simonetta Cianca

### ***CoLAP (Coordination of Free Professional Associations)***

As per Italian law we are a profession recognised by the government under law 4/2013 and we are part of the CoLAP, which supports various professional associations with institutional relationship and informational support. Our representatives attended various in-person meetings in Rome, and on-line meetings where, led by Monica Re, we pushed forward our accreditation process for a new ATECO (international NACE) professional code enhancing our classification within the health sector; we are now in the final bureaucratic steps of a long and complex journey that make us very proud of all the work done on the field and behind the scenes!

### ***Quality Certification and Digital Management***

Starting January 2024, we started to issue quality certificates to members who have completed their profile in our new digital management system. Through this platform the professionals can upload proof of their training and professional development hours, their insurance and subscription papers.





Once they meet all the criteria they get the certificate. Creating this platform was a significant institutional step that aligns with our state professional registration in the MIMIT ministry (ex-MISE) list, allowing us to certify professional excellency under law 4/2013 and move forward in the modernisation and digitisation processes of our structure.

The digital management was introduced by a series of webinars to raise awareness of the administrative aspects of the profession and to strengthen cohesion among APID® members.

#### **Continuous Education and Internal Regulations**

We have worked closely with the **Educational Directors of the national accredited DMT schools**, to ensure high standards in DMT education, all while updating our rules and regulations in collaboration with our **Training Standards commission**.

We have created a prospectus widening the recognition of relevant cross-disciplinary skills for the continuous training requirements, aiming to continue enhancing our training programs to meet professional demands and support post-diploma growth.

#### **Local Chapters and Initiatives**

Our local chapters play a crucial role in promoting DMT on the field. Key initiatives included:

- **Urban Nature:** We participated nationwide as partners in an event by WWF Italy on October 7-8, 2023, highlighting the importance of urban

nature and the need to innovate the way we think, live and move through urban spaces.

- **DMT Week:** Held from November 19-26, 2023, it is our annual commitment to bring DMT to a larger public and strengthen connection between professionals, with a host of activities offered by our associates all over the country. This year the theme was "Dance Movement Therapy: The Art of Connecting Naturally".

#### **National and International conference participations**

- **EADMT GA 2023:** APID® was present in the person of the Deputy who informed APID® members with a detailed report about EADMT activities.
- **2nd World Congress on Integrative Medicine & Health (WCIMH) Rome – 20-23/09/2023:** an international event highlighting the future trends on health's management according to Agenda 2030 and WHO recommendations after WHO Traditional Medicine Global Summit 2023.

"Towards health and well-being for all" 17 and 18 August 2023. APID® presented a poster introducing DMT in the field.

#### **Others Commissions and Working Groups**

To advance our mission, the board has also actively collaborated with:

- **Communication Commission:** managed social media posts, updated the new website, and oversaw the creation of official APID® brochures.



Members can now request these high-definition digital brochures to promote both the association and their work locally.

- **Research Commission:** supported study groups and is working towards launching an APID® journal.
- **Ethics Commission:** consulted on local chapter regulations and the APID® logo use.

Additionally, we witnessed and supported the birth of new transversal study groups among colleagues such as:

- “DMT and Fibromyalgia”
- “DMT, choreographic expression, and performance”



LATVIAN DANCE MOVEMENT  
THERAPY ASSOCIATION

## LATVIAN DANCE MOVEMENT THERAPY ASSOCIATION

The Latvian Association of Dance and Movement Therapy continues to grow and currently has 53 professionals. In February 2024, 8 young DMT professionals graduated from the Master's degree programme in Art Therapy at Riga Stradins University and joined the ranks of dance and movement therapists.

Last year was a very important year in the history of the Association, as it marked the end of a significant cooperation **project "Move On"** between Latvian, Lithuanian and Estonian Dance and Movement Therapy Associations, which lasted almost 3 years.

During the project, Dance Movement Therapy organizations from the Baltic States shared their professional resources with the community of specialists of helping professions (health care professionals, educators, social workers, etc.), enabling them to cope with physical, psychological and social consequences caused by Covid-19. This is the first such collaboration between national



professional Dance Movement Therapy associations in the Baltics.

During the project, the "Move On" handbook was developed - an online tool that includes various Body-Movement-Dance based methods for health care professionals and public service providers (educators, social workers, etc.) to cope with anxiety, depression, isolation and burnout.

The handbook is supplemented with videos that demonstrate and give instructions on how to use the DMT methods and techniques. We are proud to share this beautiful handbook to all of our colleagues accross the Europe: <https://dmtmoveon.wixsite.com/moveon> . Link to videos:

<https://www.youtube.com/@NordplusProjectMoveOn>.

In the final phase of the project, 9 workshops were developed and organized (3 workshops in each project country) to train and educate health care professionals and public service providers on the use of the materials available in this online tool, and to gather feedback on the structure and content of the "MoveOn" handbook itself.



### Sherborne Developmental Movement trainings in Latvia

Over the past year, the Latvia association of DMT has developed a close collaboration with Lonneke van Elburg and Stefanie van Ruijven from "Hechter!" Institute in the Netherlands, jointly implementing a series of trainings on the Sherborne Developmental Movement. The four



training modules gave Latvian dance and movement therapists the opportunity to learn The Practitioners Course of Sherborne Developmental Movement, followed by the specialisation course "Movement Attachment Play" and "Trauma Sensitive Movement Play".



## POLISH DANCE MOVEMENT PSYCHOTHERAPY ASSOCIATION

Polish DMP Association has currently 51 regular and 27 supporting members. In the last year, 7 honorary members have joined, including 6 members from abroad – supervisors from UK that have taught in the Polish Dance Movement Psychotherapy Institute over the years.

### Strengthening DMT/DMP's position on the psychotherapeutic scene in Poland

The last year has been very significant in terms of work to place Dance Movement Psychotherapy on the Polish psychotherapeutic scene.

- **Ewelina Drzał**, supported by **Małgorzata Wiśniewska**, has been a very active member of multi-modality **Working Group** that consists of representatives from different modalities working together on



the legislation around psychotherapy profession in Poland. DMT/DMP has been included in the group of humanistic-experiential approaches and our involvement in **the Group's work enables to shape the law and ensures our place in the discussion on an equal footing** with other modalities. The group cooperates with the National Consultant for Psychotherapy.

- In connection with the ongoing work on the regulation of the psychotherapy profession in Poland, **the Association has adopted a resolution introducing changes in the certification procedure**. According to the new regulations, the Certification External Examination will be held before an Independent Commission. The introduction of changes required us to act efficiently and involve almost the entire community, which certainly awakened the spirit of community and stimulated reflection on the identity DMT/DMP in the context of both the Polish psychotherapeutic community and in the broader European and even global context.
- As a result of the lively discussions, **grassroots initiatives** were created within the Association **to strengthen the bonds between DMT/DMP therapists and to build DMT/DMP's image externally**. Members started the periodic meetings within the framework of the so-called **DMT**

**Café**, dedicated to discussing the identity of DMT/DMP in Poland.

### First Dance Movement Psychotherapy Conference in Poland

- Moreover, to build DMT/DMP's image externally **the first Dance Movement Psychotherapy conference in Poland "Listening to the Body. Therapeutic tools in DMT/ DMP"** was organized by a group of passionate enthusiasts: members of the Association board **Ewelina Fura-Serdeczna, Beata Kubalska** together with the Conference Team **Krystyna Ułamek** and **Sonia Kuraś**. It took place on May 25<sup>th</sup> 2024 in Warsaw. The idea and first sparks came from **Barbara Szamotulska-Dziubich**. Polish Dance Movement Institute took patronage over the conference.
- The goal was to bring DMT/DMP closer to the community of psychotherapists, psychologists, psychiatrists and other specialists working in the field of mental health. Even though the modern neuroscience research shows that the body and mind are in constant interaction and body in psychotherapy becomes a broadly discussed topic in the psychotherapeutic community, DMT/DMP does not evoke enough trust among verbal psychotherapists in Poland. The lively discussions between







Organizers brought a conclusion that it is because of the dance and its elusive nature that eludes cognition. That is why the first lecture consciously focused on: *Dance as an organic form of coping with difficult experiences*. **Sonia Kuraś** and **Krystyna Ułamek** presented the dance between an anthropological and psychotherapeutic perspective.

- Additionally, selected therapeutic tools were presented, integrating verbal and non-verbal methods in the psychotherapeutic process with various groups of clients and patients. Presentations and workshops lead by: **Agnieszka Sokołowska**, **Małgorzata Wiśniewska**, **Ewelina Rechimbach**, **Hanna**

**Strzałkowska** and **Ewelina Drzał** covered topics such as:

- Language of movement based on Laban Bartenieff Movement System
- Multidimensionality of the therapeutic relationship
- Building therapeutic contact
- Therapeutic tools supporting work with body acceptance
- Building a container while working with overwhelming experiences
- Working with a psychiatric patient in the General Psychiatric Unit



### Polish Dance Movement Therapy Institute

Polish DMT Institute, that organizes the full **4-year Training in Dance and Movement Psychotherapy**, lead currently by **Małgorzata Wiśniewska** and **Justyna Bajew**, celebrates its **20<sup>th</sup> anniversary this year**.

The Institute brings together people whose journey with DMT/DMP is just beginning, who want to deepen their self-awareness and establish a stronger relationship with their bodies. However, for the most part, they are people already working, with some experience, who want to expand in the area of psychotherapy and development.

The Institute offers:

- **4-year Training in Dance and Movement Psychotherapy**, the seventh edition of which will begin this October. Over the past twelve months, IDMT classes have been taught by prominent teachers of the method, such as: **Jeannette MacDonald** and **Bonnie Meekums, Ph.D.**
- In the last year, **Trainer's Path** course was introduced for the first time for those interested in developmental work using dance and movement. This program evoked a lot of interest so the enrolment for the next edition has already been opened.
- In the past 12 months, **7 editions** of the **DMT Basics workshops** have been held in two Polish cities for those taking their first steps in the method.
- **Developmental Course**, for those encouraged to develop further after the DMT Basics. The next edition will start in September 2024.

The Institute also strives to go beyond its everyday work and promote what they sincerely believed in and practiced for years:

- **An interview** with **Małgorzata Wisniewska** and **Justyna Bajew** contributed to the **publication about the Authentic Movement** in the June issue of the SENS magazine.
- The Institute **took patronage on the first DMT/DMP Conference in Poland** and the Institute team **Małgorzata Wiśniewska**, **Ewelina Rechimbach** and **Ewelina Drzał**, **provided substantive support** conducting lectures and workshops.
- The DMT Institute has been a **partner of SWPS University for several years**. This year, **Justyna Bajew** and **Małgorzata Wisniewska** conducted classes on DMT fundamentals in the Sopot and Krakow branches.
- Representatives of the Institute also **cooperate intensively with the Polish Association of Dance and Movement Psychotherapy** and the psychotherapeutic





community in Poland as part of work aimed at regulating the profession of psychotherapist.

### **Dancing the life – Aga Sokołowska**

**Aga Sokołowska** together with **Karen Studd** (co-author of “EveryBody is a Body”) have started the 6<sup>th</sup> 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 DMT.

Aga Sokołowska has also been continuing to run 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.

Aga has recently received the highest rank in ISMETA - International Somatic Movement Education and Therapy Association – of the **Master Somatic Movement Educator and Therapist**.

### **Building DMT/ DMP awareness in the new countries**

We are also proud that our 4<sup>th</sup> year student **Weronika Grantham** who is a Ph.D. candidate and a research and teaching assistant, working at the Department of Physical Education and Health in Biala Podlaska – a branch of Józef Piłsudski Academy of Physical Education in Warsaw and a Somatic Movement Educator, registered in ISMETA, is already involved in **building DMT/DMP awareness in the new countries**. In June 2024 Weronika was an exchange teacher in Erasmus+ program in the **Psychology Department of Tbilisi State University in Goergia**, where she gave lectures and workshops for students and PhD students about DMT/DMP. Dance Movement Psychotherapy was a new prospect for them and generated a lot of interest.

*Hanna Strzałkowska - Deputy of the Polish  
Dance Movement Association*





## **PRAIA – PORTUGUESE ASSOCIATION DANCE MOVEMENT THERAPY**

PRAIA – APDMT has had a busy year addressing bureaucratic and legal issues, which we hope to resolve completely by the end of 2024. These issues have also raised several questions among our members regarding the profession of Dance Movement Therapy (DMT) in Portugal. Currently, the association prioritizes strengthening the credibility of DMT professionals by establishing new relationships and collaborations with experts from fields such as medicine, psychology, and academia. Additionally, the association is carefully reviewing its statutes, rules of procedure, and website.

**We want to highlight the following events:**

- [Training Course in Fundamentals of Psychotherapy in Dance and Movement](#)

This course took place in 2023 and again in 2024. It was initiated by the DMT Isabel Figueira in collaboration with the University of Coimbra. It brought together all the Portuguese DMTs and individuals interested in learning more about DMT. This is the first step towards creating a Master's Degree in DMT. The dance movement therapists who taught at this course were: Ana Coimbra, Ana Jorge, Diana Mota, Diana Seabra, Filipa Narciso, Isabel Figueira, Liliane Viegas, Lisa Bompastor, Rute Esteves and Sónia Malaquias among other professionals from other scientific fields.

- [Symposium of Dance Movement Therapy - Body: stories in motion](#)

Also, in collaboration with the University of Coimbra, this symposium featured presentations of previous DMT thesis studies, new case studies and research work, round tables, and workshops. It gathered professionals from other scientific fields related to and interested in the work of DMT. The dance movement therapists who participated in this event were: Ana Coimbra, Ana Jorge, Diana Mota, Diana Seabra, Filipa Narciso, Isabel Figueira, Liliane Viegas, Mafalda Vergueiro, Rita Aguiar, and Rute Esteves.

- **Activity from our professional members:**

### **Diana Seabra**

Diana Seabra has continued to give individual DMT sessions in Lisbon (Center Lisbon and Estoril). She works mainly with adults exhibiting symptoms of anxiety, depression, and mood disorders. Diana has also been developing her own system to access



movement during the process of countertransference in DMT sessions, which she hopes to publish as a case study in the future. She teaches movement observation and movement development/modification as well as improvisation and choreography as therapeutic tools in DMT in the University of Coimbra. She has been invited to give workshops and talks in various settings to address movement and personality.

### **Filipa Narciso**

Filipa Narciso continues to offer individual DMT sessions at a private clinic, addressing various therapeutic needs. In institutional settings, she conducts group and individual DMT sessions with adults and the elderly, particularly in psychiatry and dementia.

As part of her specialization at the Laban/Bartenieff Institute of Movement Studies (LIMS) as a Certified Movement Analyst (CMA), she presented the thesis "Moving with Care," focusing on Laban/Bartenieff Movement Analysis (LBMA) to improve geriatric care and empower formal caregiver teams. This project aimed to apply DMT to optimize healthcare professionals' approaches to the care of elderly individuals with dementia. Since then, she has been training informal and formal caregivers in Lisbon, promoting a better understanding of non-verbal communication and body awareness.

Additionally, Filipa teaches Observation and Movement Analysis in the *Fundamentos da Psicoterapia por Dança e Movimento* course at the Faculty of Psychology of Coimbra.

### **Isabel Figueira**

Isabel Figueira published the article: "From the Body in Motion as Imagination-in-action: transdisciplinary practices for a corporeal-imagetic thinking." as part of the research group on Performance Studies, in the University of Madeira. She was a guest speaker in the Portuguese Association of Couple and Family Psychoanalytic Society. She taught workshops in the University of Madeira integrating movement analysis, drawing and literature with students of the Design Training Course.

She was the driving force for the creation of the training course in University of Coimbra as well as the symposium, as mentioned above, and coordinated these events together with Dr. Margarida Lima. She also taught and guided students on research readings. Isabel integrated national research led by ISPA (Instituto Superior de Psicologia Aplicada), leading a group of Therapeutic Playback Theatre (TPT). She wants to develop further the connection between DMT and TPT, integrating movement analysis, group dynamics and creative movement. She initiated private clinical practice, with a multiple offer of DMT, Group Analysis, Therapeutic Theatre, in Funchal (Madeira, PT).

### **Liliane Viegas**

As a full-time Dance Movement Therapist at the Public Psychiatric Hospital in Lisbon, I maintained all my daily groups from the previous year, including those in the rehabilitation service, day hospital, acute internal service for young adults,



and the Theatre Therapeutic Group. Additionally, I supervised a student from the Master's program in DMT in Barcelona.

In October 2023, I began my application for retirement from the hospital, which was finalized on January 16, 2024, after 20 years of service. I am pleased to announce that our colleague, Rita Aguiar, who previously worked part-time, has been hired as a full-time Dance Movement Therapist to continue our work in mental health.

Maintaining the DMT intervention in the hospital is crucial for the official recognition of DMT as a valuable complementary intervention in mental health. We will continue to work towards the recognition of the profession.

I was invited to participate in the 8th Mental Festival in Lisbon, where I conducted a Dance Movement session open to the community.

I continue to practice as a Dance Movement Therapist privately and in individual sessions, with plans to start group sessions. I am also available to share my experience through conferences and workshops.



Asociația Română de Psihoterapie prin Dans și Mișcare

## ROMANIAN ASSOCIATION OF DANCE MOVEMENT PSYCHOTHERAPY (RADMP)

***Dance for the Soul*** is a project coordinated by RADMP in partnership with TMoves and funded by Romanian Telus International Foundation. The project aims to develop social-emotional skills through dance therapy and creative dance for deaf children/with hearing impairment, coming from vulnerable groups/minorities, and to support their (special) educators, school staff by providing them with basic tools from DMT to support their mental and physical health. This way the staff could see each other from another perspective, and understand better what DMT is all about, aspect which was endorsed in front of parents. The project envisaged 2 workshops for school staff, and weekly sessions with 2 groups of maximum 10 children from primary school during the school year.

***Dance to Express*** is a project coordinated by TMoves through Sorina Petrescu in partnership with Cercima (Portugal), and funded by the European Union through Erasmus+.

The main goal was to educate youth workers with psychology, (special) educational, artistic background in order to prepare them with non-formal creative educational tools, like dance-



therapy, creative dance and inclusive dance for providing better support for children with special educational needs (SEN), or with fewer opportunities.

Objectives:

1. Develop knowledge on dance therapy, and non-formal education (NFE) methods about self-expression and non-verbal communication.
2. Improve facilitation skills by implementing dance therapy and NFE workshops on self-expression and non-verbal communication.
3. Raising awareness on the benefits of project's methods for inclusion, and integrating 20 children with SEN and 20 local young people in Romania and Portugal.
4. Help 40 young people (20 with special educational needs, 20 with fewer opportunities) from Romania and Portugal to express emotions and feelings more effectively.

You can watch our documentary on non-formal education (NFE) and dance Therapy [here](#), as well as our brochure [here](#).

TIMESPAN: 1st of March 2023 – 28th of February 2024



***Dance Bridges: Accept & Connect*** is a project coordinated by TMMoves through Sorina Petrescu in partnership with Cercima (Portugal) and MeetShareDance (Spain), and funded by the European Union through Erasmus+. This project is a continuation of Dance to Express.

Our aim is to create an inclusive creative dance community formed by neurotypical and neurodiverse/with disabilities youth in Romania, Portugal and Spain, that shares stories, experiences and accepts persons as they are, giving them a sense of belonging through inclusive dance. In order to reach our aim, we are training 3 youth workers from each country (choreographers, special educators, dance teachers, psychologists)





with tools from inclusive dance, improvisation and dance-therapy through our international exchanges of best practices. This way we will create urban inclusive creative dance intervention camps in Romania, Portugal and Spain that will develop life skills (creativity, team work, self-awareness, emotional intelligence, decision making) for 48 youth (16 per country), out of which 15 with disability or neurodivergent through dance and dance-therapy (5 per country).

In May 2025, we will organize the first inclusive creative dance and dance-therapy festival in Romania for youth and youth workers.

TIMESPAN: 4<sup>th</sup> of March 2024 – 3<sup>rd</sup> of September 2025



***Dans in lumea tacerii (“Dance in the world of silence”)*** is a project coordinated by TMoves through Sorina Petrescu in partnership with Deaf Procultura Association. This project had as objective the the development of social-emotional but also creative skills through dance-therapy and creative dance, for deaf, hearing-impaired children with associated disabilities and/or emotional disorders, some children coming from vulnerable families, or from the state protection system who stay in boarding school at Special Technological High School No. 3.

At the end of the project, the children prepared an artistic, creative, dance moment that expressed their emotions, their story, processed and realized within the project. Through the funding received, dance therapy lessons were realized, which otherwise could not be paid for by the parents of these children (some being institutionalized), but also the organization of the final event, a dance festival in the world of silence as it is lived and experienced by deaf/with hearing impairment children.

TIMESPAN: January – June 2024



***Cu ochii mintii*** (*“With the mind's eye*) is a project coordinated by Entuziart Association through Loredana Larionescu. The project aims to enrich the lives of visually impaired people through art therapy, dance therapy, psychotherapy and expressive-creative activities. The project is co-financed by the National Cultural Fund Administration and benefits from essential partnerships with the Special High School for the Visually Impaired, the Association of the Blind from Romania, the Association for Urban Development and the University of Bucharest.

This project provides visually impaired people with unique opportunities for personal expression and development, overcoming conventional barriers of education and therapy. It offers an integrated program adapted to the needs of 20 visually impaired children, facilitating personal and social development through art and therapy.

The culmination of the project will be the realization of an innovative exhibition, where the works created by the children will be exhibited. In addition to these, part of the exhibition will be made up of famous paintings rendered through tactile images.

TIMESPAN: 1<sup>st</sup> of March– 15<sup>th</sup> of November 2024



**Dance Neuroregeneration** is a project coordinated by Entuziart Association through Loredana Larionescu in partnership with RADMP, dedicated to those suffering from Parkinson. The project includes workshops of contemporary dance, tango for Parkinson patients, as well as dance-therapy workshops to train those interested in working with this population, conducted by Melanie Brierly and Sari Lievonien.

At the end of June, in Bucharest, the artistic, experiential artistic performance takes place, together with the beneficiaries of the project and addressed to the general public “Performing ParkinsOn Dance”.

TIMESPAN: April – June 2024



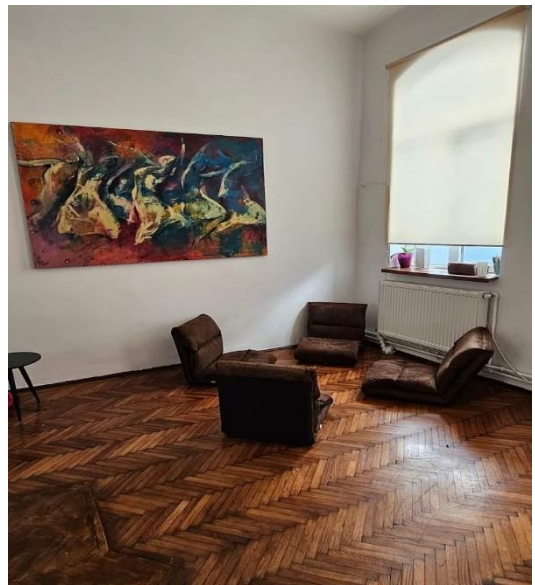


**Festival Corpo 2024, Sintra, Portugal:** Sorina Petrescu, founder of TMoves, special educator, choreographer, dance-therapist and member of RADMP together with Down Association from Bucharest, had the pleasure to present an inclusive choreography made by Sorina and danced together with her partner with Down syndrome. In order to reach this result, she is having weekly dance-therapy session with people with Down syndrome.

She was also invited as a speaker to a roundtable on the topics of inclusion in dance, and dance-therapy.

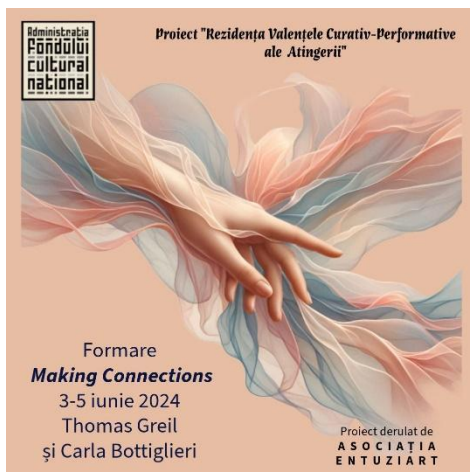


**The Couple in Movement** is a project implemented by Irina Țepuru, psychotherapist and president of RADMP, and her husband, Dănuț Gabriel Țepuru, dance teacher and choreographer, founding member of RADMP. It is mostly private sessions for now, happening for a year and a half under the advice of Penelope Best and Einat Shuper Engelbert. Group workshops and retreats for couples will follow as the program seems to offer a refreshing alternative for couples therapy, and the feedbacks are very promising.



***The curative - performative valences of touch*** is a project implemented by Entuziart, through Loredana Larionescu that brings together 13 specialists in residence (the core of the intervention team being made up of choreographers, videographers, somatic practitioners, psychologists, dance therapists, physiotherapists, craniosacral therapists, special educators from the partner special school) who research together, facilitating embodied experiences for the whole group (contemporary dance, contact improvisation, dance therapy, craniosacral therapy, amniotic therapy, virtual reality). The training, residency and workshops will be completed in a final presentation to the general public, at the National Dance Center in Bucharest.

TIMESPAN: March – November 2024



***Dance and conscious movement for neuroregeneration*** is a project implemented by Profeti ART in partnership with Entuziart. The project aims to bring together dance, neurology and psychology professionals with people affected by Parkinson's and dementia in a journey of discovery, development and transformation, in order to bring to the public's attention, the needs of people affected by neurodegenerative diseases and the benefits of access to cultural products, dance and other forms of conscious movement for these people.

Beneficiaries suffering from Parkinson's and dementia respectively will receive weekly dance workshops - therapy based on contemporary dance and tango, respectively amniotic therapy, together with their relatives and under the supervision of international experts in the field. Last but not least, health professionals from the partner institutions will be able to participate in workshops on professional optimization and burnout prevention through dance therapy.





## **SLOVENIAN ASSOCIATION OF DANCE MOVEMENT PSYCHOTHERAPISTS**

The Slovenian Association of Dance Movement Psychotherapists (ZPGPS) strives for the promotion and development of dance-movement psychotherapy in Slovenia. This year, we successfully faced different challenges and realized several goals, which shows our committed work and dedication to the field.

### **Increasing the number of members**

With the adoption of the new statute in the year 2021, we enabled the inclusion of Members-In-Training. Thus, we gained one new member Member-In-Training, which currently makes us five members, four of whom hold the title of R-DMP (Registered dance movement psychotherapist).

### **Perspectives of Arts (psycho)therapies in Slovenia and Europe**

We followed the EADMT vision and EADMT Global Affiliation Workgroup task to connect with other Arts Therapies modalities, Associations and practitioners, to develop possible cooperation

and professional development of our common professional field.

In January 2024 we organized a professional online meeting entitled Perspectives of art therapies in Slovenia and Europe: starting points and discussion. As an introduction to the continuous professional development module of ZPGPS, we initiated this meeting, where we invited all professional associations and individuals working in the field of art therapies in Slovenia to participate. The discussion was coordinated by our president, Alenka Lin Vrbančič Simonič, with the active participation of all participants.

All four Slovenian organizations: Slovenian association of Music Therapists (ZGTS), Association of Art Therapists (ZLIT), Slovenian Association of Dance and Movement Psychotherapists (ZPGPS) and Slovenian Association of Arts Therapists (SZUT) presented themselves at the meeting, followed by an open discussion on current development challenges in the field of arts therapies. The discussion focused on the possibilities for the exchange of experience and knowledge, as well as common ways of professional networking. We are coordinating the second meeting in the Autumn 2024.

### **EADMT membership renewal**

At the EADMT GA in Helsinki last year we were selected for the peer reviewing process and renewal procedure of our EADMT membership. We prepared the required documentation, we also successfully cooperated with Finland and Ukraine



as our reviewers and also with the coordinator of the process, Mette Orbaek.

### **Continuous professional development module of ZGPS 2023 - 2024**

The central event of the ZGPS this year was the organization of a continuous professional development module, which took place from January 31. to September 25., 2024. The module consists of six educational events, performed by members of the ZGPS and guest lecturer Julia Morozova, a registered dance-movement therapist (NVDAT register), supervisor, trainer and practitioner of the Landscape Analytics technique. We are especially happy that we were able to invite her and that after a long time the live workshop was organized by our Association.

Timeline of events of continuous professional development module:

- January 31, 2024: Vesna Jevšenak - The preventive role of dance-movement psychotherapy in kindergartens (Zoom lecture)
- March 27, 2024: Tamara Serbec - The role of a dance-movement psychotherapist in a regular elementary school when working with students with special needs and beyond (Zoom lecture)
- May 22, 2024: Alenka Lin Vrbančič Simonič - I breathe, I live, I dance, I love: Movement and creativity in the processes of help during losses, crisis and mourning (Zoom lecture)
- July 5, 2024: Julia Morozova - Spaces of transition and the possibility of change (Zoom lecture)

- July 6, 2024: Julia Morozova – Dance-movement psychotherapy in (un)conventional settings (live workshop in Maribor)

- September 25, 2024: Aleksandra Schuller - Common (CF), joint (JF) and specific (SF) factors of change in dance-movement psychotherapy (Zoom lecture)

### **Impressions from the Julia Morozova's workshop: Transitional Spaces and the possibilities for Change: Dance Movement Psychotherapy in (un)conventional settings**

Julia Morozova's workshop started in the “shelter” of dance -movement studio, patio garden and playground of Elementary school Franca Rozmana Staneta Maribor. Our inner and outer journey continued to evolve with transition to beautiful surroundings of a park and a pond in Maribor, the second largest city in Slovenia. The path led us towards many encounters with natural, cultural and also our personal, “psychic” phenomena. It was an outstanding journey with many transitions not only through outer but also through inner spaces. At the “highest” or “farest” point of our journey we developed a dialogue with litopuncture , which is *“geopuncture circle or installation as a collective art work and artistic method of balancing and harmonizing landscape and urban space”* developed by Slovenian artist Marko Pogačnik (Unesco Artist for Peace 2016-2022). Marko Pogačnik, who is also a creator of the Slovenian national coat of arms, developed this geopuncture circle, dedicated to the elementary heart of Europe and the role of Maribor in its





wholeness, with VITAAA art group at the Society for the Coexistence of Man, Nature and Space from Ljubljana in collaboration with the Maribor Art Gallery and Maribor Municipality, August 2017. Nine stones are made of harder limestone from Venice Slovenia (Cividale del Friuli/Čedad), seven of them are made of Pohorje tonalite. Design Simona Čudovan and Marko Pogačnik; project organization Andreja Borin for Art Gallery Maribor; Marko and Marika Pogačnik, Katja Majer for VITAAA. The technical aspect of the installation is the work of the company Nigrad, Maribor.



Copyright: Mateja Košar



Copyright: Alenka Lin Vrbančič Simonič

### Participation in the congress

At the end of May 2024, our president Alenka Lin Vrbančič Simonič successfully presented a workshop about dance-movement psychotherapy with children and adolescents at the 2. Congress of Slovenian Umbrella Association for psychotherapy (SKZP). The topic of the congress was

psychotherapy of children and adolescents. Alenka Lin Vrbančič Simonič also wrote a professional article about dance-movement psychotherapy with children and adolescents, the article was published in the Edited Volume of the 2. Congress SKZP (Psihoterapija otrok in mladostnikov: zbornik prispevkov 2. kongresa SKZP, 2024).

### Cooperation in legislation of Psychotherapeutic Activity in Slovenia

In Slovenia, the draft Act on Psychotherapeutic Activity is currently under consideration. Our association also actively cooperates with proposals and amendments for the law within the framework of Slovenian Umbrella Association for Psychotherapy (SKZP).

### Articles in a professional journal KAIROS

In addition to all activities, four members of our Association decided to contribute articles for the KAIROS, Slovenian journal of psychotherapy. Editors of the journal accepted our idea for the thematic block. So, we are working towards presentation of dance-movement psychotherapy to a wider professional public in the field of psychotherapy and counseling.

With these activities and efforts, we want to continue to contribute to the development and recognition of dance-movement psychotherapy both in Slovenia and beyond.

<https://zpgps.si/>

*Tamara Serbec, secretary of ZPGPS*

*Alenka Lin Vrbančič Simonič, president of ZPGPS*







## SPANISH ASSOCIATION OF DANCE MOVEMENT THERAPY (ADMTE)

Presidency: Sonia Hernando Gimeno

EADMT Deputy: Carolina Jimenes

EADMT Sub-deputy: Eduard Martí Colomer

Organigramme: 21

Admte Members: 96

### ADMTE highlights

This year, the Asociación Española de Danza Movimiento Terapia (ADMTE) has demonstrated a remarkable commitment to advancing the field of Dance Movement Therapy (DMT) through the dedicated efforts of our members and the various committees. Our strategic initiatives have focused on fostering professional development, enhancing community engagement, and expanding the reach of DMT in Spain and beyond. Here are some key highlights from our activities:

CITARE, our open-access, peer-reviewed [digital academic journal](#), continues to grow and thrive as a pivotal platform for the dissemination of research and professional debate in the Spanish-speaking DMT community. The first issue, published in December 2023, featured four

insightful articles. We have received numerous submissions from national and Latin American contributors for the forthcoming issue, a clear reflection of our expanding influence and the growing importance of our work.

Four people on the journal's editorial committee are responsible for reviewing and selecting articles, Sezin Demirtoka, Susana García, Laura Villarreal and Rosa M<sup>a</sup> Rodríguez Jiménez (Editor in chief). They are also dedicated to ensuring the academic rigor of the published work; three more on the research committee, contribute to its dissemination: Alba Parra, Eduard Martín and Ana Luisa Meza Ferrari. All the work involved is carried out by members of the ADMTE who collaborate voluntarily.

The second volume is expected to be released at the end of 2024.

For now, the journal is planned on an annual basis and is set up on a platform where other academic journals publish their work. Our unwavering commitment is that in five years, the journal will be indexed and thus become an academic reference for DMT in the Spanish-speaking world.

### In-house projects

To be a DMT and not to die trying: This new initiative aims to foster synergy and mutual knowledge among DMT professionals by sharing work experiences and generating valuable resources for the Spanish dmt community. This Working Group, coordinated by Laura Martínez Marguenda, Carolina Jimenes, and Sonia Hernando



Gimeno, has held two bi-monthly meetings with an average attendance of nine participants.

**Bonds:** Our ongoing project "Bonds" promotes movement spaces for the community, welcoming members, ex-members, students, and those interested in DMT. This year, we successfully facilitated simultaneous meetings in four cities, (Barcelona by Yolanda Reyes, Bilbao by Esti Olabarri and Sarah Rodriguez, Madrid by Laura Martínez and Valencia by Inma Piqueras). It has plans to expand to six cities by the year's end. This initiative is coordinated by the Liaisons Committee.

**Zone meetings:** Since 2021, the Liaison Committee has been organizing online meetings with DMT professionals across various regions of Spain. Although attendance has been low, with four out of five planned meetings cancelled this year, these gatherings are highly valued for their ability to connect members in less central areas.

### **Online training & supervision**

We have launched an advanced training program in Laban Movement Analysis for DMT professionals, covering both observation and intervention levels. This program runs from October 2023 to May 2024, facilitated by Gloria García Pinares.

An online course entitled "*The brain dances: neurobiological basis applied to Dance Movement Therapy*" was launched for the Colegio Oficial de Psicología de Cataluña (COPC), facilitated by Rosa M<sup>a</sup> Rodríguez Jiménez.

### **Congress**

ADMTE submitted a video for the International Panel at the 58th ADTA Conference title "*The Challenges of Leadership in Dance Therapy Associations Around the World*", in November 2023.

ADMTE was honoured to present at the 3rd ASCATEC Creative Therapies Conference in Tenerife, Canary Islands, in December 2023. Laura Martínez Marguenda and Eduard Martín Colomer delivered a presentation titled "*DMT in Mental Health, Emotions in Movement: Co-creating a Space for Regulation*."

Rosa M<sup>a</sup> Rodríguez-Jiménez delivered the communication entitled "*In-habiting the body: contributions to Sensory Processing Sensitivity from Danza Movement Therapy*", at the 1st Ibero-American Conference on High Sensitivity in June 2024.

Rosa M<sup>a</sup> Rodríguez Jiménez delivered a communication about "*Kinaesthetic empathy in Dance Movement Therapy working with Sensory Processing Sensitivity*" during the III National High Sensitivity Awards, January 2024.

The XXIV Week of Science and Innovation in Madrid in November 2023 had the participation of Rosa M<sup>a</sup> Rodríguez Jiménez, with the communication "*Dance Movement Therapy and Sensory Processing Sensitivity*".

### **Calls & Partnerships**

**DanceCARE:** We are proud to collaborate with the EU-funded DanceCARE programme in which the EADMT is a partner. Our role includes attending



meetings and disseminating information within the Spanish community.

La Caixa Foundation: In collaboration with the Universidad de Francisco de Vitoria (UFV) as lead and ADMTE as partner among others, we attempted to apply for funding for a social project in Catalonia. Although we missed the submission deadline, we plan to reapply this year.

Community of Madrid: We are preparing a proposal for a social project targeting elderly people, using creative tools. This project is led by the Consejo Superior de Investigaciones Científicas (CSIC) and the Universidad Complutense de Madrid (UCM).

### **Collaborations with students**

On 28th October we held our online annual ADMTE meeting with Master's degree students to present the association with representative members.

Focus Group for Master's Thesis: We provided internal resources to form a focus group of DMT professionals for a Master's student's thesis, which aims to improve public understanding of DMT.

Social Education Research: A social education student at the Universitat Oberta de Catalunya (UOC) is conducting internal personal interviews for her final year project on the impact of dance on social development, focusing on marginalised communities.

### **Key ADMTE meetings**

We held two Organigramme ADMTE meetings on October 19 and February 2, and one intensive

weekend Board meeting in May, with another scheduled for November to coincide with the General Assembly.

### **Relevant dates**

The second issue of CITARE will be published at the end of 2024. ADMTE will participate in the celebration organised by the DMT Working Group of the Colegio Oficial de Psicología de Cataluña (COPC) on 5 October to mark the 20th anniversary of the first DMT graduates in Spain (IL3-Universitat de Barcelona). Our General Assembly is scheduled for 17 November.

The above highlights underscore our association's dynamic year, characterized by impactful projects, strategic collaborations, and continuous efforts to promote and enhance the field of Dance Movement Therapy.

### **Scientific publications**

Helin, S. M., Djupsjöbacka, T., & Rodríguez-Jiménez, R. M. (2024). The therapeutic elements of flamenco dance. *Body, Movement and Dance in Psychotherapy*, 1-16.

<https://doi.org/10.1080/17432979.2024.2347612>

Ylla Boix, R., & Panhofer, H. (2024). The kinesphere: a systematised literature review. *Body, Movement and Dance in Psychotherapy*, 1-18.

<https://doi.org/10.1080/17432979.2024.2355133>



# Svenska Föreningen för Dansterapi



## DANCE MOVEMENT THERAPY ASSOCIATION OF SWEDEN

The Swedish Dance Movement Therapy Association (DMT Association Sverige) is pleased to announce that the cooperation with Karlstad University (KAU) continues. The basic DMT course has been running since 2009 and the advanced course is now starting its third year. We are delighted that the number of applicants has been increasing each year. On the basic course we regularly have up to 200 applicants every term. On the advanced course for the coming autumn 2024 there were about 45 applicants, out of which 20 students were accepted.

The ongoing exchange between the Swedish DMT Association and KAU has primarily focused on quality management, which includes the formulation of quality standards for the authorisation of a professional dance movement therapist. The EADMT standard criteria have been used as a guideline. After completing the two courses at KAU and additional courses, supervision etc. according to the authorisation standards it is now possible to receive a certificate of authorisation as a professional DMT therapist from the Swedish DMT Association, providing that the Authorisation Council approves the application.



We are very pleased to announce that the Authorisation Council was formed in 2023.

Jenny Davidsson, course coordinator of the DMT courses at KAU and member of the DMT Association Sverige has, together with other associations in the Nordic countries, been part of creating the DMT Nordic network. We are excited to see where this promising cooperation will lead.



## Fachverband für Kunsttherapie

### PROFESSIONAL ASSOCIATION OF ART THERAPY IN SWITZERLAND

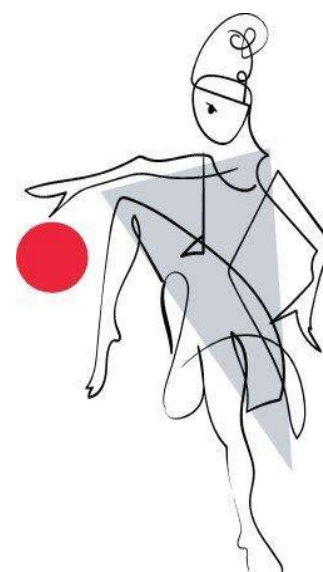
It was a great chance for the former btk (Swiss Dance and Movement Therapy Association) to become part in 2022 of the larger association [gpk](https://www.gpk.ch/) ([professional association for art therapy](https://www.gpk.ch/)), which represents different forms of art therapies in Switzerland. Within the gpk we had the opportunity to create an own section of the dance and movement therapist. The section currently counts around 40 members and organizes meetings on a wide variety of topics as well as ensures networking and exchange among the members. Most recently, an online meeting was organized on the topic of dance therapy with

traumatized people. A next online meeting will take place in autumn on the topic of personality disorders.

The gpk itself organizes around ten cross-disciplinary training courses per year for art therapists and other people interested. The interdisciplinarity in the workshops creates space for mutual inspiration and invites to include other art therapy methods (from painting, music or drama therapy) in your own dance therapy work.

All art therapy associations in Switzerland are affiliated with the umbrella organization OdA Artecure which is also responsible for the federal professional examination and thus for the recognition of art therapy in Switzerland.

Every autumn the OdA Artecure organizes a large-scale conference with a Symposium and a practical Swiss Art Therapy Day. In 2023 the topic of the symposium was “Embodiment and virtualization in art therapy”, the topic of the Swiss Art Therapy Day was “Digital art therapy - curse or blessing”. The themes of the next conference will be online soon: [www.artecura.ch/aktuell](https://www.artecura.ch/aktuell)







## GENERAL ASSEMBLY IN TALLINN 2024

✦ For more information about the 14<sup>th</sup> EADMT GA in Tallinn, Estonia [click here](#)



## EADMT CONFERENCE IN VILNIUS 2025

✦ For more information about the 5<sup>th</sup> EADMT Conference in Vilnius, Lithuania [click here](#)

