
Thursday, September 23 Intensives (IS1, IS3, IS4) 9:00 am – 4:00 pm



IS1 – *Becoming an Embodied Therapist: Accessing the Language of the Body in Treatment* – Susan Kleinman

This seminar presents an opportunity for mental health professionals to learn how to discover and trust their innate ability to "attend" "empathically, respond authentically, and translate non-verbal experiences into cognitive insights. Experiential body/mind exercises based on dance/movement therapy principles will be used along with didactic presentation to integrate a more embodied approach into traditional psychotherapy theory and practice. Participants will learn how embodied methods can be used to treat eating disorders and trauma.

IS3 – *Embodied Neurobiology* – Kalila B. Homann

Recent advances in affective and physiological neurobiology have greatly enhanced our understanding of the mind's integral relationship to the body. This training covers aspects of the structure and function of the brain that are of particular interest to dance movement therapists. The workshop will explore the role of the brain stem in arousal and rest, the limbic system in organizing memory, emotion, and sensory processing and the association cortex in our perception of experience. Brain lateralization and mirror neurons will also be introduced through dance/movement as clinical applications are discussed.



IS4 – *Fostering Global Well Being: Easing Recovery from War and Organized Violence through Dance/Movement Therapy* – David Alan Harris

The presenter will share insights on trauma recovery and self-care from his work as a clinician, trainer, and program manager in post-conflict Africa and elsewhere. Experiential learning, video screening and analysis, lecture and discussion will underscore DMT's unusual potential as a source of community healing and reconciliation after massive violence.

Thursday, September 23 Intensives (IS2, IS5, IS6) 9:00 am – 12:00 pm



IS2 – *DMT and White Identity in a Multicultural World: Where do I fit in? How can I help?* – Elizabeth Templeton

White Identity – what does it mean? To be conscious of one’s own cultural identity is an essential step toward the elimination of racist policies and practices. But to identify oneself as White in today’s world can be fraught with a sense of uncertainty, loss, guilt, and defensiveness. This workshop is intended for the dance/movement therapist who wishes to gain deeper insight into the concept of White identity and how this identity can affect our therapeutic relationships with clients of color. Topics to be explored may include: Helm’s stages of White identity development, White privilege (and the concept of becoming an ally), traditional values and aesthetics of DMT practice, and reflections on one’s own personal dance history from a cultural perspective. Through

an overview and discussion of White identity theory, experiential activities, and thoughtful considerations regarding one’s own clinical practice, not only will we gain clarity about what it means to be a White dance/movement therapist in today’s world, but we may also gain clarity about a plan of social action.



IS5 – *Embodied Ethical Decision Making* – Lenore Hervey

Dance/movement therapists work from a place of embodiment, and this workshop will focus on moving through ethical decision-making with awareness of embodied or kinesthetic responses to challenging situations, and letting these signals be guides throughout the process. Participants are encouraged to bring their own real situations about which they will move toward sound ethical decisions. These will be explored through brainstorming, individual movement, artwork, journaling, small and large group discussion, supervision role-playing, and collegial consultation. Careful attention will be paid to maintaining appropriate boundaries around clinical and personal concerns.

IS6 – *The Kestenberg Movement Profile in a Relational Framework: The Affective and Interpersonal*– Silvia Birklein and Tamar Kipnis

This intensive will address the use of the Kestenberg Movement Profile (KMP) within a relational psychoanalytic perspective. Specifically, participants will explore tension flow attributes and shape flow from a co-constructed and relational framework. Attention will be given to multiple processes of affect dynamics and structure, and their interpersonal implications. Learn from a KMP master teacher and an experienced clinician in a seminar that integrates video, experiential learning, discussion and lecture methods to bring the concepts to life, and inform your clinical work.

Thursday, September 23, 12:00 – 1:00 pm Lunch Break and Visit the Exhibitors

Thursday, September 23 Intensives (IS7, IS8, IS9) 1:00 pm – 4:00 pm



IS7 – *Introductory Experiential Workshop and Continuous Support Group* – Linni Deihl

An introduction to dance/movement therapy integrating Marian Chace concepts, Effort/Shape movement analysis, group process and leadership techniques. Participants will be involved in an interactive process through kinesthetic and personal involvement. **This workshop is designed for students and allied professionals new to ADTA conferences.** This group will meet daily during the conference for continuing support.



IS8 – *Moving, Sensing, Meaning and the Written Word in Print* – Beate Becker and Patrizia Pallaro

How do we translate our clinical experience and research into written communications in professional journals that our colleagues will read, value, and cherish? What are the tools, and what is the process of conceiving, shaping and fine-tuning an article for publication -- be it from a thesis, dissertation, research project, or unique project, experiential work or a theoretical paper? How do we create in writing an organic, documented product? The process of being a witness and the tools we use in training ourselves to become one, are applicable to the process of writing. We will look at organizational techniques such as magic sheets (a.k.a. "mapping"), and witness how our own emergent need for clarity allows us to delve into the journey of writing. Focus on APA writing guidelines, copyright law and plagiarism, book proposals development, marketing techniques, and web-based services, completes this workshop.



IS9 – *Counseling's Vision 20/20 and DMT: Considering your Future* – Leslie Armeniox

What should dance/movement therapists take into consideration when planning a career? What's happening now in the field of counseling, and what does that mean for DMT? "Vision 20/20" is a collaboratively-derived plan for directing the growth of the counseling field. The ADTA's Professional Relations Liaison for Counseling will cover this cutting edge development, as well as topics of licensure, reimbursement, and practice.

The workshop will not include individual consultation regarding licensure but will provide an overview and information so that people who are interested are better equipped to navigate the process. (Lecture, discussion)