

EADMT NEWSLETTER

2019- 2020



Dear colleagues,

The particular moment that we are going through represents a great challenge for the DMT community! The contributions of eighteen European countries are a testimony to this...

In the middle of pandemic crisis we faced difficulties in our work but we also had the opportunity to rediscover how important is our profession's contribution to the quality of life and people's health.

In this year's edition it has been stimulating to see the unease caused by the crisis along with the reaction of our communities and the experience of mutual help and professional support. I am also struck by the fact that many initiatives have been undertaken in support of professional recognition, often in collaboration with professionals in the Arts therapies. It also seems significant to underline the important scientific research activities that have as their object the application of DMT in the clinical and psychosocial field.

I would like to thank the communication coordinator Elli Kita, the Communication Working Group, the delegates and all the colleagues of who gave life and content to this second edition of the EADMT Newsletter, for their great work.

I would like to invite all members to fully disseminate it through national websites.

For the EADMT Board

The President

Vincenzo Puxeddu

Dear members of the European Association of Dance Movement Therapy, we are delighted to announce the release of the second edition of the EADMT newsletter.

The newsletter appears even more important under the challenging circumstances of the pandemic since it is becoming a space to support and unite our challenges and efforts. All the countries took action to provide help to the communities and support their professional members through these difficult times.

A number of links to research results and new research which was been commenced, further developments of DMT activities and conferences within several countries are just a few of the exciting news you will come across this issue. Moreover, there have been updates on the significant work done with regards to the professional state recognition processes.

Many thanks to all the countries that contributed to this year's edition!!

The Communication Working group

Elli Kita (coordinator) Andrea Tziorta, Martina Vavrova, Kaire Bachman

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THE ASSOCIATION OF DANCE THERAPY IN CYPRUS

The association of Dance Therapy in Cyprus counts 4 years of growth, dedication and hard work. In the last year, our association continued working towards promoting and establishing the profession in Cyprus. Some members of the council represented the association offering an experiential workshop as a part of the Mind Body & Spirit Festival Cyprus with the purpose of Introducing Dance Therapy, with great success and large attendance. Individual professional members carried out numerous workshops around the country enhancing the association's aim and work. We were also delighted to welcome new members during this year. Our association was also able to successfully launch our website - currently only accessible in Greek (<http://www.adtcy.com/>).

Cyprus, as in the rest of the world, had to face the pandemic of Covid-19. The national association held meetings to support the professionals during this challenging time and discuss the changes that were imposed to protect the health of the community. The association took action to maximise the support offered to the community during the country's lockdown and

arranged free online group therapy sessions, connected virtually to share thoughts and feelings. Also, the association members expressed their need to connect through movement during this period. We therefore created a video describing a movement journey while experiencing the new phenomena. This brought us closer and minimised any distance and the inability to move in reflection to the strict restrictive measures. We would love to share this video with you through the following link:

<https://www.youtube.com/watch?v=TW48eP4yJ2o>



CZECH ASSOCIATION OF DANCE MOVEMENT THERAPY (TANter)

There was elected a new Board in January 2019 namely Martina Vávrová, chair, Olga Šustrová, vice chair, Hana Hledíková, treasurer, Marta Lebedová, EADMT delegate, Petra Steyerová, communication. The Board has been actively working towards development of the association.

Conference

In June 2019, Tanter organised together with national associations of drama, music and art therapies 4th International Conference in Expressive Art Therapies – “[Space for Art Therapies](#)”. Underlying theme of the conference was Respect and touch which is very relevant to DMT. National and international lecturers presented various aspects of touch and respect.

Intervision and supervision space

Intervisions for DMTs have been created to enable therapists to meet and share in movement. Those have been held in Prague and Brno since November 2019. Furthermore, the association has been organising group supervisions for its members. First planned supervision was unfortunately canceled due to the

corona virus, however plans have been made till January 2021. Supervisions are led by Czech supervisors Radana Syrovátková and Jana Špinarová Dusbábková as well as international supervisors.

A new website and communication

A new website www.tanter.cz was launched in December 2019 promoting the profession of DMT as well as therapists and their work, workshops etc. To support communication among DMTs, a Facebook member's only group was created, and in this supervision, intervention and workshops are shared.

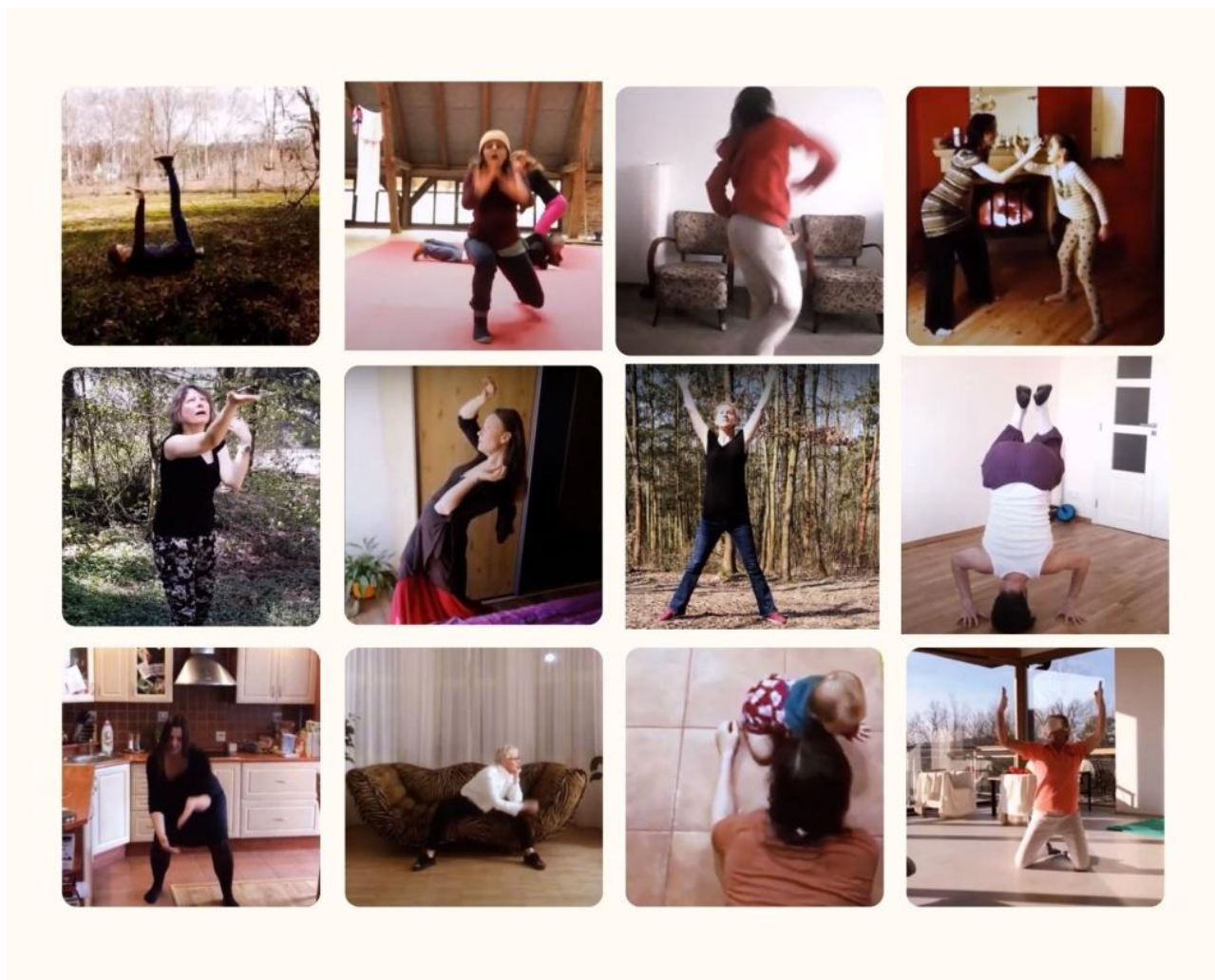
Support through Corona virus

In April, a video to support people isolated by corona virus restrictions was created. 30 DMTs and dancers made 24 different dances all connected in one creation. Through isolation we are all connected in dance. You can watch the video at following link: <https://www.youtube.com/watch?v=2dQsSoa346M&t=123s>. Therapists adjusted to the government restrictions and face to face therapy was suspended in March for some time. Therapists were offering Skype and telephone sessions. Many DMTs were involved in crisis counseling initiatives called delamcomuzu.cz or Antenna to provide short term therapy for people suffering through quarantine.

We are very lucky that since the end of April therapists could get back to providing therapy face to face being physically present for their clients still

wearing face masks and adhering to hygiene restrictions. In May face masks became optional when keeping physical distance and later in June and July all restrictions were lifted. We are lucky the

situation has come to a point we can move together and be physically close to one another.





DANISH DANCE MOVEMENT THERAPY ASSOCIATION

After a break of three years our DMT education in Denmark will restart in September, so far consisting of a small group of seven participants. This new training is the successor of 'Dansergia DMT' which was the only one operating in Denmark.

Some research is going on. Helle Winther implements dance movement therapy in her research and teaching at the University of Copenhagen targeted at high school teachers, leaders, nurses and midwives. Mette Oerbaek continues the research of *Dance with Parkinson* in collaboration with The University of Roskilde.

All DMT therapists were affected by the Corona crisis but managed to adapt new methods of work, mainly by involving the platform *Zoom* for connection to their clients; such as Lisa Sommer who did morning dances during the whole lock-down introducing elements of DMT. Likewise *Dance with Parkinson* was performed on-line almost from the start of the Covid-19.

The Association chose a new board. President is now Linda Hejselbak, Vice President is Mai Glahn, Treasurer is Rikke Andersen. Additional members are Lisa Sommer and Mie Hørby.



ESTONIAN SOCIETY OF CREATIVE ARTS THERAPIES, THE DANCE-MOVEMENT THERAPY DEPARTMENT

In Estonia, The Dance Movement Therapy Department belongs under the umbrella organization - Estonian Society of Creative Arts Therapies

The most important accomplishment for us has been being voted as a full professional member of the EADMT in Lisbon in October 2019 (after being dedicated observers for many years).

We have been continuing with our annual community events:

- DMT Summer Days in Muhu Island (June 14 – 16 in 2019) was the time to recuperate, connect and share in the nature. Unfortunately, we have to postpone the first Baltics DMT Summer days but we are going to have a DMT Summer Day for our local DMT community on August 22 in 2020.
- Christmas Picnic (on December 6) was a possibility to gather and share knowledge and experience from different trainings/conferences/workshops etc.
- DMT Celebration Day (on April 29 - International Dance Day!) was this time celebrated via Zoom. We all danced Estonian traditional dance of the year,

shared how we are doing, ate a cake and danced together. It was a very warm, moving, connecting, supporting and empowering experience.

We are happy to host a Laban/Bartenieff Movement System training lead by Susan Scarth. It has also been a pleasure to welcome Karen Studd as a guest teacher. We all learned a lot from organizing and making the last module in June 2020 enriching and fulfilling experience in spite of being online from four different countries.

We are excited to welcome a new DMT Master's program group at Tallinn University, where our board members are also teaching. The board members have been also involved in renewal process of the occupational qualification standard of Creative Arts Therapist/Dance Movement Therapist in cooperation with the Estonian Qualifications Authority.

The Covid-19 pandemic in Estonia started in mid-March and most of the restrictions were lifted in mid-May. Luckily, the restrictions worked and our society functioned more or less as usual at the beginning of the summer.

Our DMT Department was also influenced by the Covid-19 epidemic. Most therapists continued their work online and were able to provide support to clients during these difficult times. For many, the workload even increased as more help and support was sought due to the crisis.

It was difficult to ensure contact with customers who did not have an online opportunity.

On the positive side, our online skills have evolved significantly and we are likely to use this opportunity much more in the future.

In general, we felt each other's support during this difficult time, and our cooperation deepened even more.



FINNISH ASSOCIATION OF DANCE AND MOVEMENT THERAPY

Effects of Covid-19 to our association

Our association worked actively during the 2019-2020 despite the Covid-19 epidemic. A variety of actions taken to slow down the epidemic in Finland worked well and the virus did not do as much damage in our country as in several other neighboring countries. For our work in association, the isolation and social distancing policies meant that we kept our general assembly and board meetings online. Otherwise, the Covid-19 meant for Finnish association the postponing of the planned hosting of the EADMT general assembly in 2021. We discussed also in our meetings, how the Covid-19 has affected the work with DMT patients and other clients. Some of the ongoing processes had to be postponed, but some of them could be continued online. Video calls with clients were experienced as better than nothing. Even though, there were some technical problems and a sense that something essential was missing from the embodied interactions online. However, some clients experienced that dancing in their homes and communicating via video calls, gave them different kind of privacy and freedom.

The work in association during 2019-2020

The Finnish association arranged Susan Scarth's course in September 2019. The course was aimed to the professional members of our association and its theme was "LMA Application in Clinical Work and in Somatic Practice". The course was a success and an important element for continuous professional development to our professional members.

The research process of a randomized, controlled study of the group formed DMT for depression ended in 2019. This study was done with the Social Insurance Institution of Finland (KELA) and the results were very encouraging. The research was conducted by Lappalainen, Hyvönen, Pylvänäinen, Muotka, Forsblom, Maaskola, Levaniemi, and Kella.

A new development and research project with Cancer Foundation got funding. Our association brings the DMT-expertise into this project by arranging the rehabilitation courses. These courses are held in different locations in Finland. Silja McNamara, Kaisa Selin, Katja Puranen, Taru Ala-Haavisto Sini-Maria Tuomivaara, and Päivi Pylvänäinen work as dance and movement therapists in this project.

Pauliina Jääskeläinen is working at the University of Lapland as a researcher and she has applied for funding with her colleagues to the research/development project to apply DMT to support the working ability. This project has not got

funding yet, but the Finnish association of DMT will help to search for dance and movement therapists if this actualizes at some point. As a part of her PhD research about DMT as an embodied facilitation method in the organizations, Pauliina and her colleagues published an article in the book "Johtamisen psykologia" (Psychology of Leadership, second edition).

Our association worked for the national recognition of dance and movement therapists' profession by attending to a statement that was sent to the Ministry of Social Affairs and Health. The aim is to gain legal recognition of the arts-therapist profession in the social- and healthcare services. Päivi Pylvänäinen has also attended an audience with the Minister of Social Affairs and Health, Krista Kiuru. In spite of these efforts, these processes haven't visibly advanced our national recognition.

Education of dance and movement therapy in Finland is currently executed by Eino Roiha-foundation. The development group of DMT education had one meeting online in February 2020. The plan is to keep Eino Roiha's courses going but also to search for possibilities to integrate arts therapy education into the Universities education programs.

Pauliina Jääskeläinen. The board of our association in 2019-2020: Chairwoman: Päivi Pylvänäinen Members: Sini-Maria Tuomivaara, Taija Kuula, Saara Soikkeli, Pauliina Jääskeläinen, Saila Lehtonen and Johanna Ryyänen (now Vija). Deputy

members: Liisa Jaakonaho and Anna Sarkomaa



PROFESSIONAL ASSOCIATION OF GERMAN DANCE THERAPISTS (BTD)

In May 2019, an international research day took place, in cooperation with GTF and MSH, critically discussing the needs and possibilities of different research methods in our field. Two lectures engaged the participants in a discussion about the pros and cons of conventional research, followed by four interactive workshops that gave insight into research projects and methods. It became obvious that there is a big need for dance therapists to research, and to expand awareness of our field among other professions.

In February 2020, the general assembly of the BTD was held in Hannover. The committees met, workshops and discussions concerning dance therapy issues were held, and at a big party, celebrating the 20th anniversary of the BTD, everybody danced into the night. Preparations for the EADMT conference in 2022 in Berlin have begun.

As you know, in Germany the profession of dance therapists is not protected by law. The association BAGKT (association for art therapy) strives for professional

regulation of all arts therapies. The German association BTd is currently examining whether we are subject to legal regulations of our profession.

Concerning Corona: Our national association BTd provided members with information regarding the latest changes and support options regarding the COVID-19 situation, including links to resources for a variety of concerns: Labor law issues related to COVID-19, loss of earnings in the dance profession, information from the RKI etc. On the listserve, the dance therapists exchanged their fears, as well as new working methods during Corona. We also collected new experiences in holding „moving Skype groups and Skype therapy“.

Greetings from Germany from Lucia, Nicole and Barbarahch



GREEK ASSOCIATION OF DANCE THERAPY (GADT)

The pandemic broke out in midst of a transitional period of changes, mainly concerning the implementation of the Training Standards.

Due to COVID many colleagues had to transfer their practice online, or cease their activities. Our General Assembly was postponed, courses of the GADT

Training Program were transferred online or to the next academic year, trainees had to interrupt internship and a CPD workshop had to be canceled.

After the initial numbness, we created a group on facebook for members to exchange information and material and we set up a Working Group on the Pandemic Crisis Management. This WG organized experiential meetings via zoom, in order to collect information on online dance therapy, and an online supervision group, partly subsidized by the Association to make it accessible to members.

Moreover, the WG is exploring the possibility of cooperation with a research program, with the aim of training our members to offer online short term intervention to people affected by the pandemic.

Another issue was the working status of our members, as long as it is directly linked to financial support measures, when similar situations arise. For this purpose, a relevant questionnaire for members has been created.

Through the difficulties, we were motivated to work collectively and we realized the value of the Association as a living community of colleagues.



HUNGARIAN ASSOCIATION FOR MOVEMENT AND DANCE THERAPY (HAMDT)

The Hungarian Association for Movement and Dance Therapy presents the **main events** that took place from April 2019 to June 2020 and our future **plans**.

2019:

- 16 April 2019 - Meeting of the study committee
- 17-18, 23 April 2019 - *ELTE psychologist training* at the Eötvös Loránd University, 3days self-knowledge group with psychodynamic DMT method
- HAMDT group leader: Éva Szántó
- 14 May 2019 - HAMDT General Meeting
- 25 May 2019 - *HAMDT Open Day* - 4 different workshops, 2 presentation
- 27 May 2019 - XXIII. Conference of Communal Psychiatric, Addiction Treatment and Mental Health, Progression and recovery, Awakening soul in moving Body- workshop, presentation by Szántó Éva, HAMDT
- November 2019 - *Professional Day*, HAMDT general meeting

2020:

- Two new PhD theses from our DMTs:
 - Zsuzsanna Horváth: Complex examination of groups of young people

with special education needs in reflection of dance and movement therapy

<https://doktori.hu/index.php?menuid=193&vid=20999&lang=EN>

- Hajnal Korbai: Body-Mind Approaches in Different Applied Areas - Body Awareness and Relationship Competencies of Therapists in the Context of Therapeutic Efficacy
<https://doktori.hu/index.php?menuid=193&vid=21364&lang=EN>
- Zoltán Csontos, ex-secretary of our association wrote for the journal "Pszichoterápia" (Psychotherapy) how our association handled the pandemic situation.
- There is a new situation in Hungary about therapeutic healing: originally it was a law about doctors and healthcare initiated by the ministry, which is responsible for health. But it also includes psychotherapy, namely: it is restricted, that only psychotherapists can work with psychotherapy and psychotherapeutic tools. So as an association we get in an awkward situation: on one hand we have to prove that our method works as psychotherapy in front of the psychotherapists, but on the other hand we have to prove, that all our non-psychotherapist DMTs do only personal development and not healing. At the same time our training gives tools and knowledge for healing for the trainees, though those DMTs who are not psychologists or psychiatrists work in their original field or work with people not having mental/psychiatric problems.
- Our association had three online

meeting in the lockdown period. New working groups have been set up: one handles the situation during the pandemic, the other works out online working possibilities.

- Our training and therapeutic groups moved to online. We will work again personally since September and also have summer workshops. Groups in closed institutions had to be cancelled during the lockdown, supervision groups had to interrupt.
- The Board of HADMT changed on our last general, online meeting (21 June 2020):
 - Katalin Vermes, president
 - Márta Merényi, vice president
 - Hajnal Korbai, general secretary
 - Georgina Kéri, treasurer
- We developed a DMT specialized training at the Eötvös Loránd University, which is the biggest university in Hungary. The training is two years long, and the credits of it equivalent with a credit quantity of a Master. Admission requirement for the university is the completion of a 300-hour movement and dance therapy group in addition to the BA degree. Right now we got the permission of the Educational Authority after we had got the license from the Human Resource – Ministry of Health. The training can start in 2021 or 2022.
- In 2021 we organize a national conference in DMT – the organization committee had set up. In these difficult times to have a common goal gives perspective to all of us.

Katalin Szili, delegate

Katalin Walter, deputy delegate

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



ISRAELI ASSOCIATION FOR CREATIVE ARTS THERAPIES (YAHAT)

- November 26, 2019. Day conference for arts therapists working in the Mental Health services.
- December 6, 2019: Day conference for arts therapists working in the Ministry of Education settings.
- February 7th: We held our bi-annual day conference for all the arts therapists: "The play of life, the work of David Grossman in therapy and creativity" with internationally renowned writer David Grossman and his work. There were lectures and workshops by biblio-therapists, arts therapists and drama therapists. Grossman lectured at the beginning and at the end, a standing ovation closed the day.
- Our DMT annual day conference was postponed because of the confinement regulations. This year was planned for two days, for March 26-27. Since the one of its main subjects is presence and includes workshops, we decided to postpone it for better times.
- A text in our website (Hebrew) with suggestions to self-regulation was published before the lockdown was established.
- In April Yahat organized lectures transmitted online, some of them

where addressed to all the arts therapists, some of them were specific for arts modalities. For DMT:

- A panel that discussed online individual DMT with adults
- An intimate support workshop for dmts.
- For July 22nd we shall celebrate with Israeli pioneer Yael Barkai her 80th birthday. She will lead a workshop: Thoughts and meditations in movement, about her movement and dance stations in life.
- movement that released tensions. The project with elderly involved dance therapists moving with their own grandparents, and granted increased bonding and a sense of gratitude for both generations. Below is a link to an article about the project as well as a link to a video clip the students created at the onset of quarantine which we hope will warm your hearts and inspire you to dance!
- Yahat organizes courses to train supervisors, lectures for beginners in the field and on specific topics such as counseling and therapy for parents with creative arts.
- The second year students in the training program at Haifa university were engaged in two projects during the lockdown, investigating the place of movement in Zoom meetings with adolescents and elderly. They discovered that for adolescents, the online meetings granted a sense of freedom allowing for more expressive Health. Last year we brought our plea to the Supreme Court of Justice and they sent us back to the Parliament.
- We shall celebrate our 50th anniversary in 2021. A steering committee will begin to work next week to plan the events and activities that will mark this milestone.

<https://www.sciencetimes.com/articles/25385/20200420/dancing-elderly-15-minutes-improve-memory-overall-health-study.htm>

<https://www.youtube.com/watch?v=HWa622Ivy5A&feature=youtu.be>

- We continue to work to achieve the official recognition of the Ministry of



Grossman interviewed by two colleagues. Part of the stage was designed as a living room with bookshelves



Singing opening of the day conference



ITALIAN ASSOCIATION OF DANCE MOVEMENT THERAPY (APID)

Dear EADMT members, this year APID Board lived many heart quakes of different intensity, besides the difficult time we all experienced, due to Covid 19 emergency and lockdown. Our former President, Simonetta Ottone, had to resign, we had a time in which two vice presidents took that role and finally, after a few months, on May 10th I was elected as new APID® President.

Meantime we pursued a very important goal for our future: to be included in the lists of professions regulated and recognized by the Ministry for Economic Development (MISE).

With great joy and satisfaction, just yesterday, June 23rd, 2020. We received confirmation of having achieved our goal, which is fundamental for our training schools and to continue the work towards institutional recognition.

During the lockdown period we were in connection with our members, both through an online General Assembly, and with continuous updates on information, such as financial subsidies for all members who had to suspend their work.

Our Community DID NOT STOP: We established an extraordinary regulation of APID® Covid-19 Permanent Trainings so that trainers could decide either to propose part of the Permanent training online or to freeze their approved training offer, till June 2021.

Besides many videos where DMTs danced and shared their dances with the social media communities, we had:

APID PIEM WELLNESS MOVEMENT ONLINE LINE: On April 15 the free online proposal of Wellness Movement made available by APID® Piedmont for this emergency period. Movement pills suitable for everyone to relax, stretch and reactivate the body with creativity and lightness. In company, while staying at home.

During the activity simple movements were proposed to relax the body and mind and to creatively explore the many possibilities of movement that can also be found in a few square meters, while having fun. The activities were conducted by APID® Piedmont professionals operating in accordance with law 4/2013. Dear EADMT members.

Apid Piemonte took part to a project sponsored by National Apid. The Associations involved, on the occasion of the UNESCO Dance Day, worked on a collective project on the themes of memory and contemporary repertoire.

Sportello online gratuito di
MOVIMENTO BENESSERE
 CON GLI STRUMENTI DELLA DANZA MOVIMENTO TERAPIA
 a cura di APID® Piemonte



Per rilassare le tensioni di corpo e mente
 Per ritrovare sensazioni di benessere
 Per scoprire possibilità di movimento anche negli spazi più limitati

CON CREATIVITÀ E LEGGEREZZA!

Per informazioni e appuntamenti
 apidpiemonte@gmail.com
 3398423940 - 3405532962



We share the link of this video on the event.

https://www.facebook.com/permalink.php?story_fbid=3090647517623894&id=576241779064493

Mara Conte, an Apid@member, was invited to participate in a group of Ligurian professionals to offer free support to frontline operators in the Covid19 emergency (doctors, nurses, health workers, auxiliaries, etc.). Mara offered support to the person through Counseling skills and Dance Movement Therapy using the telephone and the online channels.

Aiutiamo chi aiuta	
Supporto multidisciplinare gratuito per chi è in prima linea	
<p>Siamo un gruppo di professionisti che lavora sul territorio figure che operano nel settore del benessere psico-fisico e che abbiamo deciso di unire le forze per sostenere chi in questo momento è fuori dal proprio lavoro nell'emergenza Covid-19 (medici, infermieri, OSS e tutto il personale sanitario).</p>	
<p>APID® Piemonte</p> <p>APID® Liguria</p> <p>APID® Toscana</p> <p>APID® Umbria</p> <p>APID® Marche</p> <p>APID® Lazio</p> <p>APID® Campania</p> <p>APID® Puglia</p> <p>APID® Basilicata</p> <p>APID® Calabria</p> <p>APID® Sicilia</p> <p>APID® Sardegna</p> <p>APID® Trentino</p> <p>APID® Valle d'Aosta</p> <p>APID® Friuli Venezia Giulia</p> <p>APID® Emilia Romagna</p> <p>APID® Abruzzo</p> <p>APID® Molise</p> <p>APID® Basilicata</p> <p>APID® Calabria</p> <p>APID® Sicilia</p> <p>APID® Sardegna</p> <p>APID® Trentino</p> <p>APID® Valle d'Aosta</p> <p>APID® Friuli Venezia Giulia</p> <p>APID® Emilia Romagna</p> <p>APID® Abruzzo</p> <p>APID® Molise</p>	<p>APID® Toscana</p> <p>APID® Umbria</p> <p>APID® Marche</p> <p>APID® Lazio</p> <p>APID® Campania</p> <p>APID® Puglia</p> <p>APID® Basilicata</p> <p>APID® Calabria</p> <p>APID® Sicilia</p> <p>APID® Sardegna</p> <p>APID® Trentino</p> <p>APID® Valle d'Aosta</p> <p>APID® Friuli Venezia Giulia</p> <p>APID® Emilia Romagna</p> <p>APID® Abruzzo</p> <p>APID® Molise</p> <p>APID® Basilicata</p> <p>APID® Calabria</p> <p>APID® Sicilia</p> <p>APID® Sardegna</p> <p>APID® Trentino</p> <p>APID® Valle d'Aosta</p> <p>APID® Friuli Venezia Giulia</p> <p>APID® Emilia Romagna</p> <p>APID® Abruzzo</p> <p>APID® Molise</p>

As current APID Board we are planning a research about APID® DMT in Corona virus Time.

We hope we will be able to pursue and share it with EADMT community.

Best regards

Ines Federica Tecchiati

APID® President, APID® delegate



LATVIAN DANCE MOVEMENT ASSOCIATION

Since April 2019 until this day our association (LDMTA) has provided continuous education to its members, held several Board meetings and an Annual meeting, where essential decisions for the profession were made, closely collaborated with Union of Latvian Associations of Arts Therapy as well as other relevant institutions of national level and successfully withstood the crisis caused by the pandemic. Dance movement therapists have done scientific work and presented it in conferences. Also, our delegate Indra Majore-Dūšele and deputy delegate Solvita Zemīte participated in EADMT General Assembly in Lisbon.

Concerning continuous education, it is worth mentioning that LDMTA organized three workshops-seminars, in response to the interest and needs of dance movement therapy community in Latvia. Events covered wide range of topics - working with patients with spinal injuries/on wheelchairs, Kestenberg tension flow rhythms and the use of the elements of the contemporary dance and voice in dance movement therapy.

Must be mentioned that almost all of information campaigns held last year,

where organized in a close collaboration with other Arts therapies specializations. Dance movement therapy in Latvia is known, intentionally, as a member of Arts therapies family.

Annual meeting of LDMTA was held in the beginning of 2020 and new Board was elected. Shortly after, the world faced a challenge in a form of pandemic. In Latvia dance movement therapists work mainly in health care or social care, although there are many who work in private practices. Whole Arts therapies community was shaken by the consequences of a lockdown implied for two reasons mostly. First, many of Latvian dance movement therapists had to withstand the uncertainty caused by the closure of their workplaces, lack of information from employers and other issues concerning employment. Second, those who continued to work, mostly in state funded health care and social settings, had to face the challenge of using personal protective equipment, change of schedule and anxiety concerning direct contact with high risk patients. LDMTA reached out to support and offer help to those therapists who needed it.

As expected, an interest in online therapy grew and, in our community, we shared experience and helped each other to stay informed about the possibilities to continue to work from home. The Board issued a material about online therapy.

In April of 2020 6th International scientific practical conference *Health*

and *Personality development: interdisciplinary approach* was organized by Riga Stradiņš university and it happened entirely online. Dance movement therapists participated with presentations (*The first results of the adaptation process of the Multidimensional assessment of interoceptive awareness (MAIA)* D.Krizska-Popova and I.Majore-Dūšele, *Mindful-based dance movement therapy intervention for chronic pain patients - pilot study results* I.Majore-Dūšele, *Emotion regulation for children with behavioral issues in the process of dance movement therapy* K.Vende-Kotova.)

Also, the work on professional identity was presented by collaborating arts therapists, including dance movement therapist Z.Krieķe (*How to measure professional identity?* E.Akmane, K.Mārtinsone, Z.Krieķe). It was taken forward in another conference *Society. Integration. Education* at Technological Academy of Rēzekne, Latvia (May, 2020) in form of presentation *Instruments for Measuring the Professional Identity of Psychological Help Providers: Literature Review* (Akmane, E., Krieķe, Z., Mārtinsone, K.) and a publication

The mediation effect of self-esteem on the relationship between personality traits and collective self-esteem in the sample of Latvian arts therapists (Krieķe, Z., Mārtinsone, K., Perepjolkina V.).

It was a great encouragement that in the Riga Stradiņš university conference Prof. Vicky Karkou (UK) presented her work (lecture *Arts-based research: uses and applications in arts psychotherapies* and workshop: 'The arts for the blues: an interdisciplinary project for people with depression') via Zoom, inspiring the Latvian arts therapies community to be creative in research and online work.

Mainly all of dance movement therapists of Latvia, as far as it is known, dealt with the crisis decently and are now working again, since lockdown was lifted. The biggest lesson learned was that our community is supportive towards each other and strong enough to patiently withstand the storm while providing help to those who need it. Some of us carried on the scientific work and attended online conferences. And some of us are happy to have a new tool in their hands – online therapy.





POLISH DANCE MOVEMENT PSYCHOTHERAPY ASSOCIATION

The Polish Dance Movement Psychotherapy Association is pleased to present the main events that took place from May 2019 to June 2020:

- On May 10-11, 2019, on the 15th anniversary of the Polish Institute of Dance Movement Psychotherapy activities, our Association in cooperation with the Polish DMT Institute in Warsaw, organized a group supervision and one day workshop "The unique wisdom of our body - how the somatic message supports the understanding of yourself and others" with **Penelope Best**. We owe her the current shape and high level of 4-years postgraduate DMT studies in Poland. Thank you! Previously, we have hosted Jeannette MacDonald and Susan Scarth too.
- On May 25, 2019, as part of the International Conference "Body - a window into the mind" in Krakow, our member Izabela Guzek presented the lecture „Body in relations”.
- In October 2019, following the EADMT General Assembly in Lisbon, our member Izabela Guzek has joined the EADMT Board (Treasurer).
- In October 2019, at our autumn General Assembly, a new EADMT delegate –

Małgorzata Wiśniewska and deputy – Magdalena Kidoń have been elected.

- In March 2020, at our spring General Assembly, a new PDMPA Board has been elected as follows:

Aleksandra Capiga Łochowicz - President

Anna Szyniszewska - Secretary

Daria Rembiszewska - Treasurer

Katarzyna Maja Molska Franczak - Board Member.

- We had also the pleasure to welcome a new publication in English:

Bryl, K., Bradt, J., Cechnicki, A., Fisher, K., Sossin, K.M., & Goodill, S. (2020). The role of dance/movement therapy in the treatment of negative syndrome and psychosocial functioning of patients with schizophrenia: A pilot mixed methods intervention study with explanatory intent. *Journal of Mental Health*. doi:

10.1080/09638237.2020.1757051; a collective work with the contribution of our member Karolina Bryl.

- In response to the Covid-19 pandemic, most of our members have offered online psychotherapy, as well as telephone crisis support - also free of charge. In April 2020, our member Maja Molska Franczak had gathered information on the subject and compiled a publication entitled "The DMT psychotherapists working remotely", posted on the Polish Association website and Facebook fan page <https://tinyurl.com/wqc4ase>.
- From March to June 2020, 6 online (Zoom) group peers supervisions took place to support each other and share our own experience in dealing with a new difficult overall situation connected

with the COVID-19 pandemic and a necessity to work online.

- On April 29, 2020, on the occasion of the International Dance Day, the Polish Television interviewed our member Magdalena Kidoń about the therapeutic function of dance.
- In June 2020, in response to events and statements occurring in both public and media space in Poland, aimed at dividing society and initiating hate speech towards LGBTQIA+ people, our Association (in agreement with the members) has clearly objected to the spread of misinformation in the context of expressing human sexuality. Our statement is published on the association's website.



PORTUGUESE ASSOCIATION DANCE MOVEMENT THERAPY

EADMT A.G.October 2019

It was with some apprehension that Praia- Associação Portuguesa de Dança Movimento Terapia responded to the request of EADMT to organize the GA of October 2019 experiencing the request as a great motivation and pride.

The challenge was very big, the team was small.

Centro Hospital Psiquiátrico de Lisboa public hospital recognizes and validates, since 2003 (with 1 full-time and one part-time dance therapist) Dance Movement Therapy as a valuable and complementary tool in the treatment of psychiatric patients, both in the rehabilitation and outpatient clinic as inpatient. The hospital supported being favourable to the request for the EADMT GA made by the associate Liliane Viegas who works, with an effective contract, for 17 years in this hospital.

Salão Nobre was provided as a space for the GA as well as a gymnasium to hold four workshops, and the Occupational Therapy pavilion for catering.

Four workshops were held with international colleagues:

1. DMT with Children with Hilda Wengrower
2. DMT from East to West with Elena Cerruto
3. DMT with elder people with Richard Coaten
4. DMT in Research and Education with Rosa Maria Rodriguez

The workshops were very popular and we congratulate all stakeholders for this.

We attach some photographic memories of it.

Training:

1. A DMT postgraduate project in collaboration with the University of Coimbra was in process, scheduled to start in the next academic year, guided by our associate Isabel Figueira. Information from the University is awaited [to know if the project will progress and how - Adaptations during the COVID period]
 2. An introductory course on Dance Movement Therapy is scheduled (14h) within the scope of training in Body Psychotherapies at the invitation of the Portuguese Institute of Body Psychotherapies for the next month of October 2020. The IPPC awaits indications from the National Health Service to confirm whether it will be possible to be in person with the option via zoom being the possible and proposed alternative (plan B).
 3. During 2019 and 2020 several workshops and conferences about DMT were held by Ana Coimbra Oliveira in universities and training institutes for psychology, physical rehabilitation, educational and social students and professionals. These sessions were held personally and through zoom when Covid adaptations started.
- Peer-supervision meetings: monthly and face-to-face peer-supervision meetings usually practiced by the members of

Praia-APDMT were suspended at the beginning of the Pandemic.

The initiative restarted in May 2020 via zoom, thanks to the initiative of the associate Ana Paula Silvestre. The experience has been a non-ideal experience but it is turning out to be very significant and the possible alternative that we found.

These meetings, through zoom, allow associates to continue sharing and reflecting about their professional practices, discussing clinical cases.

- At Centro Hospital Psiquiátrico de Lisboa: group sessions at the hospital were interrupted during the state of emergency, with weekly telephone follow-up for both inpatients (who cannot yet leave the Park) and for outpatients.

The activities restarted in the 2nd half of June when the service is provided either individually or at most with 2 patients.

- In Portuguese League Against Cancer, Ana Coimbra Oliveira, develops DMT group and individual sessions with oncologic patients and relatives that seek support from the Psycho-Oncological Unit.
- Because of Covid, the group sessions were suspended and the individual sessions continue through zoom maintaining the specificity of dance movement psychological intervention.





THE SLOVENIAN ASSOCIATION OF DANCE MOVEMENT THERAPISTS

How did your national organization and its members cope during the COVID19 epidemic?

During COVID19 epidemic most of us in The Association of Dance and Movement Therapists of Slovenia had to stop with our practice of group dance movement therapy. Some of us continued our practice online with individual clients.

Two of our members report:

"In April 2020 I was leading a dance-movement psychotherapy group of 10 women by the Hangouts application. We usually meet with the group once a month for 6 hours. Now, due to the epidemic situation, I have shortened the meeting on 3 hours by Hangouts. Through the web application I gave a guided dance-movement exercise with a musical background. In the second part we had a conversational part - a circle."

"As many of us I had to stop my practice of dance movement therapy during the COVID-19 pandemic. After some weeks I managed to adjust to a new situation and had a few DMT sessions through the web applications, but just with two clients individually. Body to

body connection seemed so needed and very important and was the biggest challenge.

An exeptional experience was DMT in pediatric clinic with children with eating disorders. Throughout the whole epidemic, with full reasonable protection, we could continue and maintained our DMT sessions in a small group, which has taken place once a week. The goals of DMT in eating disorder' pediatric care are physical, emotional and cognitive wellbeing, enhancing self-esteem, strengthening the patients and improving the quality of life. The verbal responses of patients after DMT sessions in pediatric clinic were calmness, relaxation, positive view on the future, connection with self, freedom, hope, improved mood, less anxiety etc. These are also reasons that DMT is highly requested modality especially during the treatment time in the pediatric clinic. Dance has an overall positive impact on human's body, mind, emotions, spirit..."

Did your association undertake any specific actions to respond to the crisis?

In respond to the crisis some members connected with Slovenian Umbrella Alliance of Psychotherapy and joined a group of psychotherapists who offered online support free of charge to people in need.

In the autumn, we will organize a professional day with lectures and workshops where individual members will present their experiences in their field of work during epidemic.

What were the biggest challenges and what did you learn from it?

The biggest challenge was how to keep our work and continuous contact with clients, where on line work was not possible.



SPANISH ASSOCIATION OF DANCE MOVEMENT THERAPY

How did your national organization and its members cope during the COVID19 epidemic? Did your association undertake any specific actions to respond to the crisis?? What were the biggest challenges and what did you learn from it?

From the very start ADMTE perceived the need to be able to listen and share the experiences and resonances of each person. The association considered that its best resource was to provide a space and time for a collective and open dialogue to emerge from the group about the situation we are/were experiencing.

From March to May, the board organized three two-hour online meetings, with an average attendance of about 30 people, varying the number throughout the meetings. Members from various parts of Spain and also Italy, the United Kingdom, Norway and Sweden participated. They collectively reflected

on the profession and the effects of COVID19, the challenges and opportunities of technology for our work. Also feelings and emerging images were shared both personally and collectively.

In June the space was opened to other Spanish-speaking associations and partners in Latin America. We had an even greater participation of more than 50 people connected from Argentina, Chile, Mexico, Brazil, Costa Rica and Portugal.

In addition to the meetings, proposals were also made by committee members such as the General Prevention Protocol and Recommendations of the Dance Movement Therapy Association COVID-19.

As a result of the positive evolution of these meetings, the Relations Committee will take over to continue generating online meeting spaces. Formation committee has particularly encountered great challenges and is working internally to reframe its training proposal.

From our experience we have found that this type of online meetings allows us to create meeting spaces with people from across the world, facilitating communication and joint learning, without requiring logistical resources.

In conclusion, as an Association we consider this to be a valuable tool with potential to be introduced into our day-to-day practice, so as to facilitate the participation of more people in our initiatives.



SWISS ASSOCIATION OF MOVEMENT- DANCE- AND BODY THERAPIES

News from the Swiss Professional Association for Movement, Dance and Body Therapies “btk”

What a moving time the world is facing with the pandemic. More than ever each one of us was asked to stay more flexible in mind and to be creative and patient.

While the Swiss Government issued a series of new regulations and established aid packages, the two umbrella organizations to which the btk is associated¹ condensed and shared all the important information with its members' associations.

The btk itself established a working group to coordinate all the information and questions from their members. From mid-March until mid-June, Switzerland was in a lockdown. While some members adapted quite well to the situation and were quick to establish video sequences, for others the lockdown was very incisive. Since mid-June, DMT has been able to work again by following strict protection policies.

Just before the lockdown, the btk was able to hold its annual GA. A new structure for the board was approved with the goal of strengthening the collaboration and simplifying the flow of information.

Furthermore, Ben Edri has been elected as the successor to the long-standing EADMT Delegate Annlies Stoffel. We would like to thank Annlies for her commitment and wish Ben a good and fruitful start in his task as Swiss Delegate for the EADMT.

¹ Oda Artecure: the Organization of the Art Therapies; and Oda KT: the Organization of the Complementary Therapies



ASSOCIATION FOR DANCE MOVEMENT PSYCHOTHERAPY UK

The current council began in October 2019 with 2 continuing members and 3 new nominees. The chair stepped down at the AGM and it was decided at that time to operate with a rotating chair. This has been largely successful as it has encouraged all members of council to take a lead on specific roles, the particular focus this year was on passing a resolution on the new Articles of Association, improving our website and communications, running more UKCP accreditation modules and planning for the upcoming UKCP reaccreditation. While work on these has continued, they have unsurprisingly been overshadowed by COVID19 and the administrative responses we have urgently needed to action. The biggest challenge has been finding ways to respond to an emerging crisis that has continued to develop, while members of council have needed to change their own ways of working alongside family commitments. The main priority was issuing ADMP recommended guidance for members continuing to work with clients and responding to the needs of student members that had studies interrupted, especially those due to graduate. For these students, they will now be able to graduate and become a registered

practitioner on a newly created graduate register that allows them to practice while still completing placement/supervision/therapy hours required for full registration.

We have adapted to online working in many ways, and most notably in our provision of online UKCP module tuition in place of the planned face-to-face course in Birmingham this year. We were able to offer a free webinar with Dr Helen Payne to members and other arts therapists which was attended by nearly 80 people. This helped us troubleshoot online teaching provision in order to go on to provide good quality training for UKCP accreditation. The first module was completed at the beginning of July and was attended by the full quota of 30 participants. The remaining modules have almost sold out (at 30 places each). This is an increase of 200% attendance from our previous average of 10 attendees at UKCP training. Undoubtedly online training is proving a popular alternative - our membership is widely spread across the UK (and beyond) so online provision is a valuable resource for our members. It may feel that online working is a difficult leap for dance therapists to make, but out of necessity it has proven to be a real asset and something that no doubt should be continued into future research and provision.

Aside from COVID19, our focus has turned towards diversity within the organisation. This has no doubt been influenced by the upsurge in action within the Black Lives Matter movement but it is a conversation ADMP began at

the beginning of the current administration. We are aware that there are specific issues for our organisation in terms of representation, prior precedents of DMP work and the need for more voices to be heard. Our future plans include a consultation with members relating to diversity and equality which will inform next steps within the organisation - this may be in the form of a diversity panel/working group/committee but will be led by the voices we hear during the consultation.

By the end of 2020, ADMP plan to have updated the website and consolidated our PR and communications output, to have passed a resolution accepting the updated Articles of Association, to have begun a consultation on diversity, to have successfully reaccredited as an organisational member of UKCP, and to have completed at least one complete online UKCP accreditation training. There is much work to be done but we currently have a great team and every confidence that it can be achieved.

On behalf of ADMP UK Ltd

<http://admp.org.uk/>



UKRAINE DANCE MOVEMENT THERAPY ASSOCIATION

We would like to share our experience during the COVID-19 pandemic period. In Ukraine, the quarantine began on March 12th, 2020. The quarantine is still in action till July 31st. The hardest period had been until April 22nd. From the beginning of the pandemic, the uncertainty and perceived potential danger led to rising levels of anxiety among the Ukrainian population. Everyone was disturbed, especially, given that the last 6 years already had been stressful for Ukrainians. However, being in difficult conditions led to certain advantages; the self-organization of society has risen sharply over the years. At the moments of difficulty, people have learned to cooperate.

During this difficult time, the managing board of the Ukrainian Dance Movement Therapy Association decided to organize a social project to provide psychological support to Ukrainian citizens. We started on April 7th and finished on May 10th this year. We created a group on FaceBook, and more than 262 participants joined our project in less than a week. We conducted 30 master classes during the 5-week period.

We received a lot of positive feedback and thanks from the participants. At the same time, it was a good occasion to unite the team of therapists of the association. As a result of the project, we popularized the method of the Dance Movement Therapy increased public interest to it, and many psychologists expressed the intention to learn more about it.

Many participants of the project found specialists for individual sessions. We created space for support and information exchange. In the end, through the survey, we obtained information that for the majority of participants, this project helped and was very useful.

The general information about the project was the following:

Project name: "Self-isolation. HOW and WHERE to find a resource?"

Type: Social project

The project will consist of a series of activities aimed at supporting the psychological health of Ukrainian citizens.

Project Mission: to professionally support and help citizens better adapt to the difficult period of bio-social and socio-economic crisis.

Tasks:

-Reducing the stress level.

-Improving communication with the loved ones.

-Overcoming the crisis of meaning.

-Acquiring and enrichment of the internal resources.

-Obtaining practical skills and abilities to provide psychological self-help.

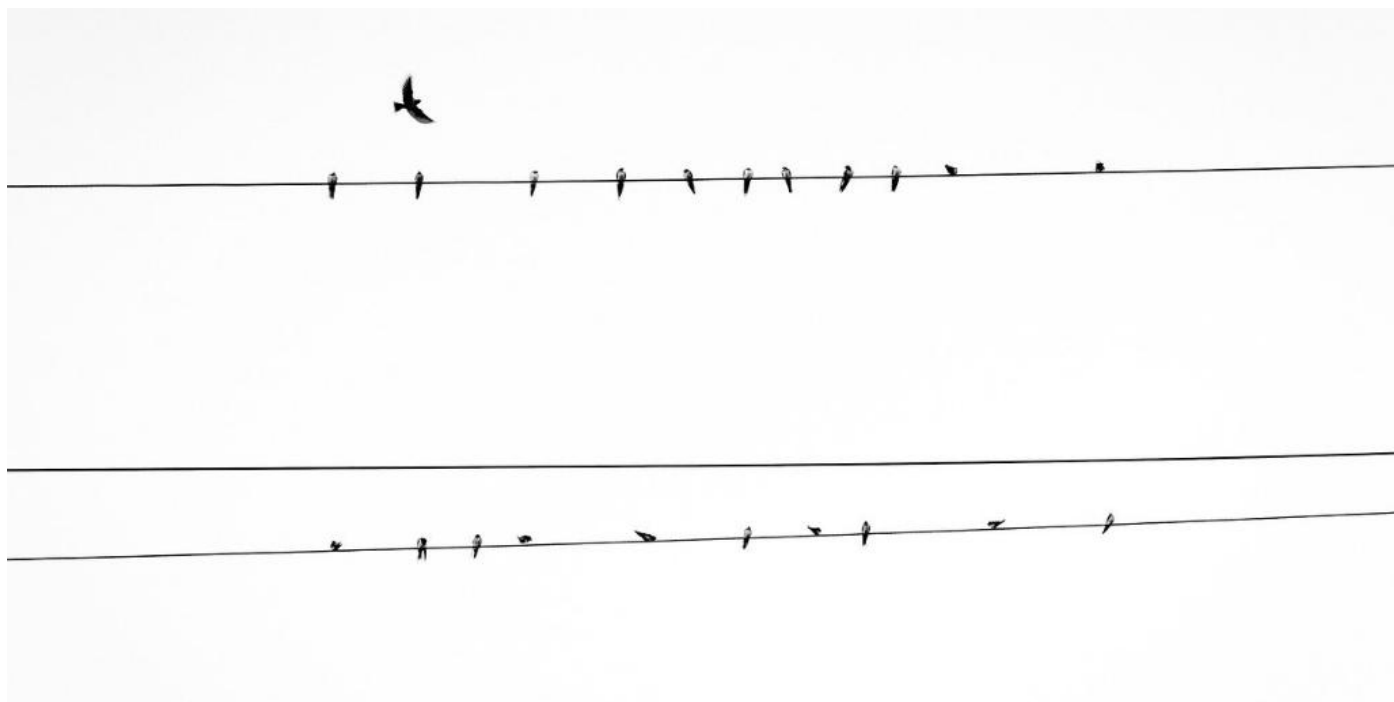
Format: Thematic online master classes conducted by the competent professionals – psychologists, psychotherapists, somatic trainers, motivational coaches, and others - in accordance with the goals and objectives of the project.

Activities will be held on a regular basis throughout the quarantine period twice a week (Tuesday and Friday from 15.00 to 18.00).

Participant eligibility: everyone

Limitations: participation is not recommended for individuals with the diagnosis of severe mental illness.

Duration: 3 hours, consisting of 2 master classes of 70 minutes with a break of 15-30 minutes.



SEE YOU ONLINE!